



HENDERSON HALL EFMP TEAM

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EFMP SERVICES OFFERED

- ✦ Family support/case management (including deployment support)
- ✦ Informed assignment screening
- ✦ Special housing consideration (HQMC EFMP)
- ✦ EFMP attorney assistance
- ✦ Resources and referrals
- ✦ Support at IEP meetings
- ✦ Eligibility for Tricare ECHO (with qualifying conditions)
- ✦ Transition assistance (Warm Hand-off)
- ✦ Workshops and trainings
- ✦ Lending library
- ✦ Loan locker
- ✦ Respite Care Reimbursement Program
- ✦ Family Needs Assessment (FNA) and Service Plan (SP)

HAPPY FOURTH OF JULY

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Individual Education Plan University

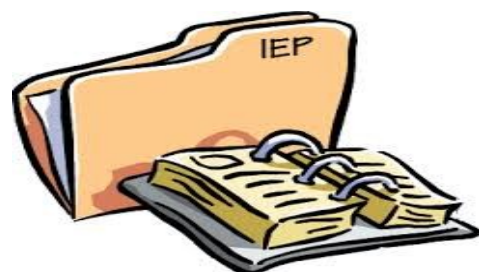
Presented by PEATC in collaboration with the Virginia Department of Education (VDOE)



The IEP process can be difficult and stressful. Everyone comes to the IEP table with thoughts of their personal responsibilities, perspectives, and individual concerns. IEP meetings can be places of high anxiety and there are occasions when conflict may erupt as a result of managing emotions while simultaneously following policy and procedures.

PEATC, in collaboration with Virginia Department of Education, has developed IEP University (IEPU) to help provide families and professionals with accurate and useful information around IEP development and meetings. IEPU is a **self-paced online training** with easy-to-understand guidance on the special education process, the IEP document, and ways to develop collaborative relationships among schools and families. IEPU will target practical strategies aimed at helping future IEP meetings be more positive, productive, and collaborative for everyone involved. A certificate of completion for 6 hours will be provided for all who complete the training.

Register for the
July 18 through August 1 session -
<https://bit.ly/3rZSk4F>



BEFORE the meeting

PATHFINDERS FOR AUTISM (PFA)

TIPS: UNDERSTANDING THE DIFFERENT TYPES OF IEP MEETINGS

When a parent receives an invitation to an IEP (Individualized Education Program) meeting, most of the time it is assumed that the purpose is an annual review to discuss progress on IEP goals. However, there are several other types of IEP meetings. Simply knowing what options exist will help parents be prepared and empower them to best advocate for their child.

This printable guide will give you a brief description of each one, but the exact names (screening, etc.) of the meetings may vary slightly from district to district. This is not an exhaustive list; however, these are the most typical types of IEP meetings.

[Download a printable version of PFA Tips: Understanding the Different Types of IEP Meetings](#)

Additional Resources

[PFA Tips: Communicating with Your Child's Teacher](#)

[Understanding FBAs and BIPs](#)

[PFA Education Articles](#)

[Autism By Age](#) (includes age-specific education resources)



How to Make Patriotic Slime

The 4th of July is right around the corner and we love to celebrate it with a little crafting! This Patriotic Slime will keep kids entertained at the cookout and it's super easy!

SUPPLIES:

4 Ounce Clear Glue

Small bowls

1 tablespoon baking soda

1 tablespoon saline solution

Star sequins / glitter

3-4 drops each **red** and **blue** food coloring.



1. Empty the entire 4 oz bottle of clear glue into a plastic bowl.
2. Add one tablespoon of baking soda.
3. Squirt in one tablespoon of saline solution.
4. Stir for a minute or so until **baking soda** is dissolved and mixture starts to pull away from sides of the bowl. At some point, you will need to knead with your hands. If slime is still sticky, squirt in a little more saline solution until it becomes easier to pull.
5. Pour in your desired amount of iridescent fine **glitter** and star sequins. Mix until sequins and glitter are evenly distributed.
6. Take 2 helpings of slime from the white slime batch and put into two small bowls (you'll be dividing the full batch into 3 parts to make red, white, and blue).
7. Add 3-4 drops of **red food coloring** to one batch and 3-4 drops of food coloring to other batch. Knead with hands (you will get food coloring on your hands).
8. Roll slime into a cylinder shape with hands and place in red, white, and blue order.



Swim season is here!

Here are **10 must-know pool safety tips**. If your child is spending time at a swimming pool, be sure to share these important pool safety rules with them.

- 1. Walk, don't run.** The number one pool safety rule is to never, ever run near a swimming pool. Slipping on wet concrete is a real concern and serious injuries can result.
- 2. Listen to instructions and obey pool rules.** Public pools may have different rules regarding conduct and play in the pool, including allowed toys and attire. Always obey the pool rules.
- 3. No diving in the shallow end.** Only dive in designated areas, and never dive into an above-ground pool. Diving injuries can have a lifetime of consequences.
- 4. No roughhousing.** Drowning accidents can occur during rough play in the pool, especially with young children. No jumping on each other in the pool, or holding anyone underwater.
- 5. Don't play around drains and covers.** Even when properly equipped, pool drains and covers can be hazardous. Entrapments occur when someone or something becomes stuck to these drains or suction and pose a serious danger to young children who are too small to break away.
- 6. Never swim alone.** No one should swim alone and children should absolutely never be left unsupervised in a pool, even if they are proven accomplished swimmers. Drowning accidents are vastly more likely to occur when the victim is alone or unsupervised.
- 7. Sun safety is part of the deal.** Always wear sunscreen when swimming outdoors and wear appropriate clothing poolside. This is especially important for kids.
- 8. Use pool safety equipment properly.** Pool safety equipment should not be used as toys. Make sure all equipment is well maintained and available for proper use whenever necessary.
- 9. Out of the pool and inside when storms threaten.** Lightning can strike suddenly, even in the absence of rain. Take cover when a storm approaches and remain out of the water until at least 30 minutes after the last lightning is sighted or thunder heard.
- 10. Know how to respond in an emergency.** Parents and caregivers should know basics of CPR and first aid. Children should be taught to notify an adult immediately if anyone is having difficulty in the water.



ZEMBIEC POOL ON HENDERSON HALL IS OPEN

Hours of Operation

Monday-Friday: 6:00am - 6:00pm

Weekends & Holidays: Closed

The Zembiec Pool Facility is open to Active Duty and Reserve Uniformed Service Members, Retirees, their Dependents, and DoD/USCG Civilians with Approved ID Card.

Adult (15 and Up) Lap and Open Swim: All Day

Youth (Under 15) Lap and Open Swim: 8:00am – 4:00pm

General Information

Zembiec Pool is a 25 yard pool with capability for up to six lap lanes. The depth begins at 4 feet and ends at 11½ feet. Training and fitness equipment is available for lap swimming, unit PT, and aqua aerobics.

Zembiec pool provides changing rooms with showers, bathrooms, and lockers.

Zembiec Pool does not provide towel service.

For more information regarding the pool or for swimming lesson pricing at

Henderson Hall's Zembiec Pool contact

Olya Rubin at mccs.aquatichh.rec@gmail.com



For information about pools at your local installation reach out to your housing office.

What To Do During a Traffic Stop - Practice sessions for drivers and passengers with developmental disabilities



Anne Arundel County Traffic Stop Practice Sessions for Drivers and Passengers

Wednesday, July 6, 2022
11:00 am - 3:00 pm

South River High School
201 Central Avenue E, Edgewater, MD 21037

EVERYONE feels anxiety when they see that police car light up behind them and may worry about what will happen next. Practice being pulled over by Anne Arundel County Police Officers in a calm environment. The goal is to have a safe interaction during a traffic stop. This program is offered to drivers and passengers of any age with a developmental disability free of charge.

Registration is required.

Register [Here](#)

RESOURCES

There is a wealth of community **resources** and **activities** available virtually and in-person. We have included a list of some organizations' calendars below:

Pathfinders for Autism - [Register for Events – Pathfinders for Autism](#)

Autism Speaks - <https://www.autismspeaks.org/events>

Autism Society of Northern Virginia (ASNV) - [Current Events | asnv](#)

Parents of Autistic Children (POAC) - : <https://poac-nova.org/>

Parents Place of Maryland - [Events for 2022 | Parents' Place of Maryland \(ppmd.org\)](#)

Parent Educational Advocacy Training Center (PEATC) - [Upcoming Events – PEATC](#)

Organization for Autism Research (OAR) - [Events Calendar | Organization for Autism Research \(researchautism.org\)](#)

The Arc of Northern Virginia - [Events - The Arc Northern Virginia \(thearcofnova.org\)](#)

Kennedy Krieger Institute - <https://www.eventbrite.com/o/the-center-for-autism-and-related-disorders-card-466374931>

EFMP SUPPORT GROUP

There is an EFMP support group for enrollees, families and caregivers. It is offered the first Tuesday of each month **virtually** by the **Pentagon Chaplain**. For more information see below:

Event: Pentagon Chaplain - A support group for EFMP enrolled families

Date: First Tuesday of each month

Time: Start time 11:30 am

Place: Virtual via Zoom

Zoom ID: 894-7615-5681

Password: 584678

Chaplain Kandanada from the Pentagon is offering an ongoing EFMP support group online. For more information please call 703-693-9268.

Fourth Fridays



Exceptional Family Member Program Community Resource Virtual Workshop Series

June 24, 2022: Special Needs Trusts for Armed Service Dependents

What is a Special Needs Trust? Should my child have two trusts? How does the Survivor Benefit Plan play into the futures planning for my disabled dependent? The first of our three-part series introduces the details and benefits of Special Needs Trusts for military dependents.

Presenters:

Attorney, TBD

Tia Marsili, Director of Trusts, The Arc of Northern Virginia

July 22, 2022: Military Benefits, Retirement, and Financial Planning (Active Duty, Veterans, Reservists, and Retirees)

The unique challenges of military life are often harder for families of children with disabilities or special health care needs. Knowing how to manage and coordinate military benefits systems with those in the community can be confusing and often overwhelming. This presentation will focus on financial planning for active duty, reservists, veterans, and military retirees.

Presenters:

Heather Walrath, AFC, Navy Mutual Education Presenter and Military Benefits Liaison

Jenny Campbell, ALMI, AAFMAA Member Benefits Team Leader

August 26, 2022: Recertification, Retaining Benefits, and Other Issues

Did you know that losing financial dependency status would force your loved one off TriCare AND eliminate them from SBP payments? This is very distressing news.

What do I need to do to ensure long-term coverage? Who will complete the final recertification when I die? What is the DOD financial dependency process? This presentation covers the What-ifs of retaining military benefits for your disabled dependent.

Presenters:

Grantor/Retired Navy

Ed Heaton, Grantor/COL (Ret) USAR



RSVP: thearcofnovatrust.org/events

front.desk@thearcofnova.org
703-208-1119 ext. 101

The Arc of Northern Virginia's Trust Program At a Glance

In 1999, The Arc of Northern Virginia established a special needs trust program. Special needs trusts enable individuals with disabilities to derive the greatest possible benefit from family money, financial settlements, and gifts while still maintaining the benefits to which they are entitled. The Arc of Northern Virginia's initiative was a direct response to the concerns of aging parents of adult children with disabilities who worried about their children's future financial needs.

A legislative act by the United States Congress enabled nonprofit organizations like The Arc of Northern Virginia to develop and deliver this important financial service. The Omnibus Budget Reconciliation Act of 1993 permitted Medicaid recipients to set aside money in a Special Needs Trust while still retaining their benefits.

Today, The Arc of Northern Virginia's Trust Program serves clients throughout Virginia, Maryland and the District of Columbia. Starting with just 4 trust clients in 2000, we now have served over 1,940 individuals and families. Our combined trust assets is over \$50 million. The Arc of Northern Virginia partners with a Trustee and the Trustee's trust team invests our trust funds.

The Arc of Northern Virginia's Trust Program offers two (2) types of special needs trusts:

1. The Self-Funded Trust: funded with assets owned by or in the name of the individual with a disability.
2. The Family-Funded Trust: funded with assets given by a third party, usually a relative or friend, to the individual with a disability.

Why Write A Special Needs Trust with The Arc of Northern Virginia?

Self-Funded

- You receive SSI and Medicaid and have just learned you will be receiving an inheritance which will exceed the monthly income limit.
- Your disability makes budgeting challenging and you would like gifts you have received to fund your future needs.
- You work part-time and would like to save a portion of your earnings for your post-retirement expenses.
- You will soon receive a pay-out from a structured settlement. You want to preserve your benefits and ensure the settlement funds are available for your future dental, vision and other medical care needs.

Family-Funded

- You want your adult child to be able to afford dental care and occasional recreational outings but do not want to jeopardize her benefits eligibility.
- You are new parents of a child with a disability of genetic origin. To ensure she is well cared for, you purchase life insurance policies but you want to ensure the funds will be managed solely for her supplemental needs.
- You and your spouse cannot afford to fund a trust at this time but you want to ensure your child with a disability receives an equal share of your estate.
- You have a friend with a disability who cannot afford new assistive devices and other supports. You are planning fund-raising events but don't want the gifts to jeopardize your friend's SSI and Medicaid eligibility.

To learn more contact:
Allie Shelby, Dir of First Impressions
front.desk@thearcfnova.org
703-208-1119 ext. 101


The Arc
Northern Virginia
Special Needs Trust
Serving DC, MD, & VA

Families Thriving and Building Resilience



Understanding Racial Trauma And How To Talk To Your Kids About It

July 14th 2022, 15:00

Jamila Ray, Ph.D

Dr. Ray is a psychologist working with youth and families. She provides therapy for children and teens to maximize their functioning at school, home, community, and with their peers. She also leads groups to support teens and their caregivers to manage racial trauma and LGBTQIA-related stressors.



Kennedy Krieger Institute

To register, email Christina.Chipman@usmc-mccs.org or call (703) 693-5353. Visit <https://www.kennedykrieger.org/military> to learn more about our team!



July 2022

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|-----|--|---|--|--|--|--|
| | | | | | 1 | 2 |
| 3 | 4 Independence Day Office Closed | 5 HH Lunch & Learn Service Animals | 6 | 7 | 8 | 9 |
| 10 | 11 | 12 | 13 | 14 Kennedy Krieger Understanding Racial Trauma *SEE FLYER* | 15 | 16 PEATC Family Engagement Conference |
| 17 | 18 | 19 HH Lunch & Learn SSI & Medicaid Waivers | 20 PEATC Parents as Collaborative Leaders | 21 PEATC Parents as Collaborative Leaders | 22 PEATC Parents as Collaborative Leaders | 23 |
| 24 | 25 | 26 | 27 | 28 | 29 | 30 |
| 31 | * See Flyer on Page 11 — Kennedy Kreiger * | | | | | |

JULY 2022

Please RSVP by Close of Business the Day Prior to the Workshop or Event

| Date | Time | Workshop/Event | Description | Location |
|--|--|---|--|--|
| Tuesday July 5 | 11:30 am —12:30 pm | Henderson Hall EFMP Lunch & Learn Series – Service Animals | Learn the difference between service animals and therapy animals, installation regulations, and how to PCS with your service animal. | Virtual—Call for more information 703-693-5353 or to register email: efmphh@usmc-mccs.org |
| Saturday July 16 | 8:00 am —4:00 pm | PEATC Family Engagement Conference | Parents, caregivers, educators, and community leaders will join together to learn strategies that empower all stakeholders to work collaboratively to develop family and school partnerships that share the goal of improving student achievement. The Family Engagement Conference will be a day of connecting and learning. Our nationally recognized speakers will bring concrete innovative strategies and methods to help families and schools increase engagement while building synergy and robust support systems. | Virginia Crossings Hotel & Conference Center 1000 Virginia Center Parkway Glen Allen, VA 23059 Register now: https://bit.ly/3tRapUp |
| Tuesday July 19 | 11:30 am —12:30 pm | Henderson Hall EFMP Lunch & Learn Series – SSI & Medicaid Waivers | SSI is a benefit available through the U.S. Social Security Administration. What is it? Who qualifies? This workshop will cover the SSI program guidelines, the application process, and more. The other part of this brief is on Medicaid Waivers. What is a Medicaid Waiver? Who qualifies? How do you apply for a Medicaid Waiver? Learn the details in this virtual Lunch & Learn. | Call for more information 703-693-5353 or to register email: efmphh@usmc-mccs.org |
| Wednesday Thursday Friday July 20, 21 and 22 | 8:45 am—3:00 pm 8:00 am—3:00 pm 8:00 am—12:00 pm | PEATC - Parents As Collaborative Leaders (PACL) Training | This research-based training will provide parents of children with disabilities with information and resources to become active leaders in policy development and evaluation. Upon completion of this interactive training, attendees will have the tools to work to improve educational outcomes for students receiving special education and related services in Virginia. They will be able to explore the different styles of leadership and learn to identify and improve their own leadership skills. | The Hotel Roanoke & Conference Center, Curio Collection by Hilton 110 Shenandoah Avenue Northwest Roanoke, VA 24016 To register: https://bit.ly/3wm8xnZ Contact PEATC at 800-869-6782 or partners@peatc.org with any questions. |



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