



EFMP Exceptional Family Member Program

Henderson Hall Marine Corps Community Services

June 2024



Fun in the Sun

Summer break means lots of opportunities to enjoy the outdoor recreation in the National Capital Region—from hiking in Shenandoah National Park to kayaking the water trails of Chesapeake Bay. This month's newsletter includes safety and money-saving tips so you can make the most of summer with your family.

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Beat The Heat



Children, older adults, and people with disabilities or some medical concerns are more at risk for health complications from excessive heat. This can be due to less efficient thermoregulation, effects of medication, and sensory differences. Learn the signs of heat illnesses so you can take action quickly to prevent a medical emergency:

Heat Stroke: Symptoms include confusion/slurring, dizziness, high body temperature, hot/dry skin, seizures, rapid pulse and loss of consciousness.

- Heat Stroke is a life-threatening emergency. Call 911.
- Move the person out of the heat immediately

Heat Exhaustion: Symptoms include dizziness, headache, cold/clammy skin, and nausea or vomiting.

- Encourage sips of water, place cool/wet cloths on neck/wrists/groin
- Get medical help if symptoms last longer than an hour, symptoms worsen, or the person starts to vomit.

You can take action to prevent heat illness/heat stroke:

- Dress in light, flowy clothing with sunglasses and wide-brimmed hats
- Hydrate often. Choose water or sports drinks. Avoid sugary drinks, caffeine and alcohol.
- Plan indoor activities when UV rays are at their strongest (10:00 a.m.-2:00 p.m.) and take rests in the shade when outside
- Apply sunscreen that is at least 15 SPF 30 minutes before going outside. Reapply every two hours.
- Monitor individuals who may have a lower heat tolerance or may not recognize discomfort in themselves, especially young children, and require short breaks from the heat



Water Safety

5 Layers of Protection

The [National Drowning Prevention Alliance](#) advocates for 5 layers of protection against the tragedy of accidental drowning. Think ahead if you live near bodies of water, swim recreationally, or plan to spend time out on the water this summer.



Barriers & Alarms: Over half of drownings occur during non-swim times. Pools should be fenced on all four sides with a self-locking gate. You can also use pool covers and alarm the pool, windows and doors.



Supervision: If a child is missing, *always* check the pool first. Having a pool party? Designate a water watcher and rotate out every 15 minutes to keep the attention sharp. Consider a wristband or badge on a lanyard to make the responsibility clear. Flotation devices are not a replacement for supervision.



Water Competency: Make water competency your child's first sport. Adults and children should take at least basic swim courses to build swimming survival skills. Reach out to your local community center or base pool facility to find classes.



Life Jackets: When in or around natural bodies of water, adults and children should wear USCG-approved life jackets



Emergency Preparedness: While the water watcher should not actively use their phone, a phone must be nearby in case of emergencies. Make sure everyone knows the address. Learn and practice CPR.

UNITED THROUGH READING

United Through Reading is a non-profit with a mission to keep Service Members and Veterans connected with their families when apart. Whether the separation is due to deployment, TDY, or training exercises, service members can be a part of the bedtime routine. Service members record themselves reading a high-quality book at a UTR Story Station location, UTR community event or utilizing the free UTR app. Families are then sent a free copy of the same book so children may read the story along with the recording. The biggest benefit of UTR's story recordings is that it allows children to access their parent any time they need, without the need to coordinate different time zones or poor internet connections. Visit the [website](#) to learn more.



DOLLY PARTON'S IMAGINATION LIBRARY

Did you know you may be able to receive free, developmentally-appropriate books mailed to your home every month from your child's birth until age 5? Many community libraries, counties, and other charitable organizations across the United States have partnered with Dolly Parton's Imagination Library to make sure children are exposed to high-quality books right from the start. To see if your current address is supported by the Imagination Library, check your zipcode at this [link](#). In March of 2024, the state of VA passed legislation to support the program statewide. It is expected to roll out in July of 2024.

Jet-Setting Summer

If you are headed on a trip or a tour, make sure your first stop is to your closest Information, Tickets, and Travel Office (ITT). ITT offices specialize in local recreation, travel tips, travel planning and discounted tickets. Common discounted tickets in the National Capital Region include Busch Gardens tickets, AMC movie tickets, and Six Flags. You find your local office by looking up your base's family life/recreation website. Some ITT discounts are also available for DoD civilians.

You may also want to explore the [Armed Forces Recreation Center Resorts](#), which offers military-only resorts in Hawai'i, Florida, Germany, Korea and Japan. You may also find discounts through [American Forces Travel](#), a partnership between the DoD and Priceline.

America The Beautiful

America The Beautiful passes cover entrance fees and standard amenity fees (day-use fees) at Federal recreational sites, including national parks. Active-Duty families, Gold Star families, Veterans and individuals with permanent disabilities can obtain free America the Beautiful Passes online or in-person at federal recreation offices. For more information, visit the national parks [website](#).

Note: online passes require a \$10 processing fee



Virginia

8 June, 1100-1400: Fairfax Family Fest

Free. 11230 Waples Mill Road Fairfax, VA. Variety of kids activities, from inflatables to bounce houses and slide, to free balloon animals and glitter tattoos. Little ones of all ages will enjoy the wholesome fun and safe environment. All activities are outside and parking is free. This festival is stroller and wheelchair friendly. For more information, visit [Eventbrite](#).

11 June & 26 June, 0930-1130: Dandelion Club Outdoor Meetup

Free. Fort. Belvoir. Join other military parents of young children at the Woodlawn playground. The theme for 11 June is “bubbles” and the theme for 26 June is “Half-Christmas.” Enjoy snacks and fellowship. For more information, find The Dandelion Club on [Facebook](#).

15 June, 1700-2000: Fort Belvoir Summer Concert Series

Free. Fort Belvoir, Garrison Headquarters Parade Field (9820 Flagler Road). Food and beverages available for purchase by credit card only.

Virtual

5 June, 12 June, 20 June, 26 June, 1100: Specialized Training of Military Parents (STOMP) Virtual Workshops

Free. Topics ranging from the Individuals with Disabilities Education Act, Components of an IEP and Accommodations Across the Lifespan. Families and community providers encouraged to attend. Registration required. For more information and to register, visit www.tfaforms.com/5120102

11 June, 1130-1200: Knowledge Nugget: Service Animals

Free. What is the difference between a service animal and a therapy animal? What laws apply to service animals? Who can benefit from a service animal? Answers to these questions and more in a bite-sized format. Contact efmphh@usmc-mccs.org to register.

25 June, 1130-1200: Knowledge Nugget: Networks of Support

Free. Formal networks of support are people who are part of a family's social network like family members, friends, neighbors, co-workers or members of a faith-based community. Formal networks of support are typically individuals from organizations or agencies that provide help or a service to the family. Learn how to find resources and how to build a support system by sharing and networking with others who are dealing with the same challenging circumstances. Contact efmphh@usmc-mccs.org to register.

Maryland

01 June, 1700-2030: Fort Meade Father Daughter Ball

\$90 per couple (father/daughter), \$30 for additional daughter. Enjoy a buffet dinner, a magic show, dancing and crafts at Club Meade. Call 301-677-6969 to purchase tickets.

08 June, 1000-1500: Center for Children's Touch-A-Truck Event

\$10/adults, \$5/kid. 11765 Saint Linus Drive Waldorf, MD. Free Blue Crab's game ticket with each purchased entry. Get an up-close look at one-of-a-kind vehicles, BIG trucks, and more! Check out vendors, games, performances. For more information and for tickets, visit [Eventbrite](#).

13 June, 0700-0800: Rainbow Run 5k Run/2k Walk

Free. Joint Base Andrews. Limited t-shirt sizes available while supplies last. Pre-registration opens until June 12th. [Link](#).

19 June, 1730-1900: EFMP Family Bowling Night

Free game with \$2 shoe rental. Hosted by Fort Meade EFMP Family Support. Registration required. Call 301-677-5662 or 301-677-5734 to register.

Washington, D.C.

15 June, 0900-1030: Morning at the Museum-Bird House at the National Zoo

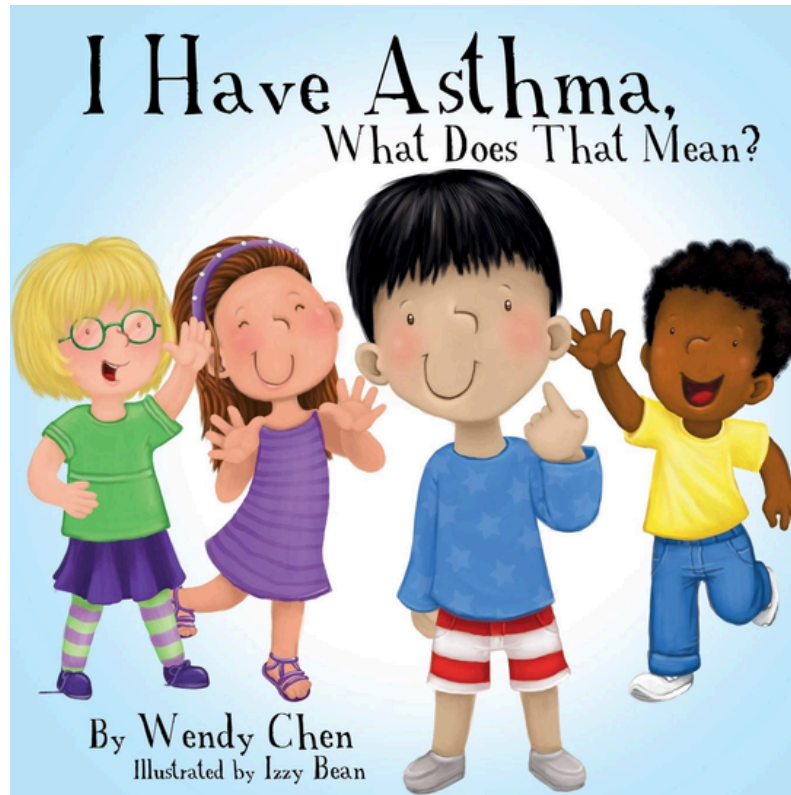
Free. Parking on-site available for \$30. MATM is specifically for youth and adults who are neurodivergent and their families. Only registered MATM participants will be able to go into the bird house during this event. For more information, access this [link](#).

19 June 1000-1700: Juneteenth Freedom Celebration

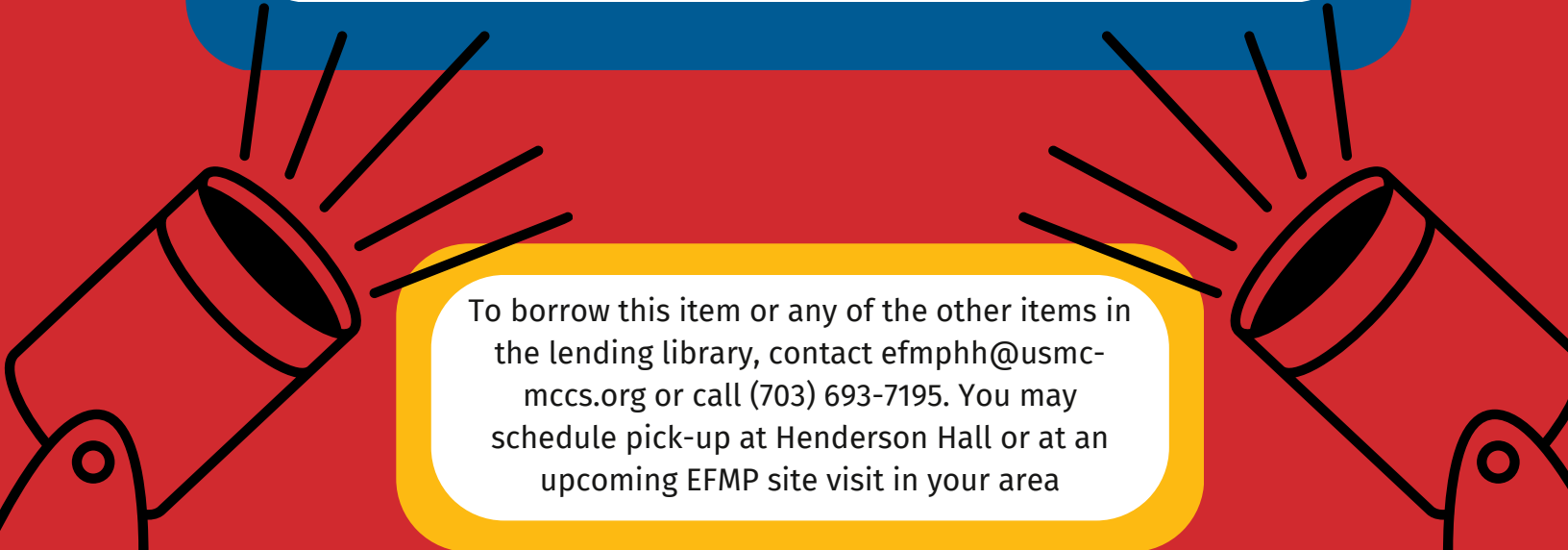
Free. Join the Smithsonian's Anacostia Community Museum for a day-long celebration. Register on Eventbrite: [link](#).

20 June, 1800: White House History Trivia Night

Free. Hosted by the White House Historical Association. 1610 H St NW Washington, DC. Complimentary soft drinks and pizza with prizes for the winning team. Registration required. Register on Eventbrite: [link](#).



Written for children ages 4-8, "I Have Asthma, What Does That Mean?" is a gentle picture book that explains asthma in child-friendly language. This would be perfect to help a child understand their condition or a sibling or friend's medical needs.



To borrow this item or any of the other items in the lending library, contact efmphh@usmc-mccs.org or call (703) 693-7195. You may schedule pick-up at Henderson Hall or at an upcoming EFMP site visit in your area

Sensory Friendly Activities across the NCR

Note: This is an ongoing list updated monthly. Please contact HH TEO if you know of a resource that should be included

Morning at the Museum

Free. Dates and Smithsonian museum vary. Registration required. Sensory-friendly program for children, teens, and young adults who are neurodivergent and their families. Participants enter the museum early and explore at their own pace. [Link](#)

Alamo Drafthouse Cinema

Alamo for All program is active in both Northern VA and DC. All shows on Tuesday before 2:00 p.m. are sensory-friendly. Additional shows are available on weekends.

AMC Theatres

Second and fourth Saturdays for family-friendly movies and Wednesday evenings of every month offer sensory-friendly showings

Children's Museum of Virginia

Portsmouth, VA. Reduced number of visitors and adapted programs/exhibits.

Note: Second floor currently under construction. Held the second Sunday of every month. [Link](#).

Chuck E Cheese

Sensory-Sensitive Sundays. Participating locations open two hours early on the first Sunday of the month.

Kennedy Center

Price varies. Lower lighting during entire performance, reduced sounds, and designated quiet area of theater. Guests are welcome to talk and move throughout performances. Website includes scripted stories to talk about an upcoming visit. [Link](#).


Regal Movies

My Way Matinee Program offers sensory-friendly showings as the first show on Saturdays on select Saturdays.

Philadelphia:

Sesame Place

Sesame Place Philadelphia is the first theme park to be designated as a Certified Autism Center. Every day, Sesame Place offers a low-sensory room, low-sensory parade viewing, and specially-trained staff. There will be two Low Sensory Days this summer on June 9th and June 23 with modified Sensory Dine and Show.



What happens if an exceptional family member doesn't live with their sponsor?

To be eligible for EFMP, service members must have at least 51% custody of dependent family members in the case of separation or divorce. There are some circumstances a service member may live separately from family members enrolled in EFMP. In those cases, it's helpful to know who manages each case.

Deployed Service Member: EFMP case will remain with the original duty station family support office

Geographically Separation (AKA "Geo-batching"): EFMP case will follow the service member. For example, if the family lives in California but the service member is stationed at the Pentagon, the EFMP case will be managed by Henderson Hall EFMP

Continuation on Location (COL): If a family is approved for COL to ensure continuity of care for a family member, the service member will PCS to the next station but receive BAH for where the family is stationed. The EFMP case will follow the service member.

In all cases, family members may attend events offered by any EFMP Family Support offices regardless of branch. Branch-specific case management and paperwork will be managed by assigned office

HH EFMP Services

- Family support/non-clinical case management
- Informal Assignment Screening
- EFMP Attorney Assistance
- Resources and Referrals
- Support at IEP/IFSP meetings
- Respite Care Reimbursement Program
- Eligibility and enrollment for Tricare ECHO
- Transition Assistance (PCS, EAS)
- Workshops and Training
- Lending Library
- Loan Locker
- Family Needs Assessment

DISCLAIMER:

The contents of this document do not necessarily reflect the views or policies of the Department of Defense, nor does the mention of trade names, commercial products, gift suggestions, or organizations imply endorsement by the USMC.

Henderson Hall EFMP is committed to providing accessible, inclusive events and services. Please contact us with concerns or suggestions

efmphh@usmc-mccs.org

(703) 693-7195

1555 Southgate Rd.

Bldg. 12

Arlington, VA 22026

