HENDERSON HALL
Exceptional Family Member Program

UPCOMING EVENTS

SPECIAL NEEDS FORUM:

On **Tuesday, May 21, 2019** from 1130-1230, Henderson Hall EFMP will be hosting a Special Needs Forum at Henderson Hall Building 29, Room 105. The forum is open to all sponsors and family members and will address issues and concerns dealing with the EFMP community. Representatives from JBM-HH facilities, housing, Rader Clinic, Semper Fit, commissary will be available. This forum is not a resource fair, but an opportunity to address concerns, problem solve, and seek resolution with appropriate base community partners dealing with EFMP policies, procedures, and facilities.

Special Olympics Young Athletes:

Henderson Hall EFMP is happy to announce the implementation of the Special Olympics Young Athletes Program.

Special Olympics Young Athletes (SOYA) is a sport and play program for children with and without intellectual disabilities (ID), ages 2 to 7 years old. Young Athletes introduces basic sport skills, like running, kicking and throwing. Young Athletes offers families, teachers, caregivers and people from the community the chance to share the joy of sports with all children. Children of all abilities take part, and they all benefit.

Please join us for three consecutive Thursdays in the month of July from 1000-1100, (i.e., **11, 18, 25 July 2019**). The Special Olympics Young Athletes Program will take place at Building 27, Henderson Hall’s Smith Gymnasium. Please RSVP at [https://efmp-special-olympics-young-athletes.eventbrite.com](https://efmp-special-olympics-young-athletes.eventbrite.com).

HENDERSON HALL EFMP TEAM

We are here to serve you and your family!

1555 Southgate Road, Building 12, Arlington, VA 22214-5000
Office hours: Monday—Friday, 7:00 AM to 4:30 PM
Email: efmphh@usmc-mccs.org Website: mccshh.com/EFMP.html

Program Manager:
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Training, Education, & Outreach Specialist:
Davina Hardaway 703-693-5353
davina.hardaway@usmc-mccs.org

EFMP SERVICES AVAILABLE:

- 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 (Warin Hand-off)
- Workshops and trainings
- Lending library
- Loan locker
- Respite Care Reimbursement Program
- Family Needs Assessment and Service Plan

MAY 2019
# Workshops & Support Groups

## May 2019

### Legend
- **EFMP**
- **Other**
- **Location:** DC, Maryland, Virginia
- **Webinar**
- $ = cost associated

To register for EFMP events, call 703-693-5353 or email efmphh@usmc-mccs.org.

EFMP wishes to make our events accessible to persons of all abilities. If you need reasonable accommodations in order to fully participate in an event, please contact us.

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<td>Planning Ahead: Future Finances and Supports</td>
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<td>Kimbrough Clinic Outreach 0900-1100</td>
<td>Marine &amp; Family Programs Pentagon Outreach 2nd fl, Apex 9/10, 1000-1330</td>
<td>Maryland Early Hearing Detection &amp; Intervention Conference 0900-1600</td>
<td>Understanding Virginia IEPs @ Fort Belvoir USO 1700-1830</td>
<td>Understanding your Child's Challenging Behavior 1900-2030</td>
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<td>Meet &amp; Greet @ CBIRF 1000-1200</td>
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<td>Is your Child a Target of Bullying 1900-2030</td>
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Don’t forget to visit your local school county Parent Resource Centers (VA) or Partners for Success (MD) or local PTA/SEPTA or PTI.
Department of Education: Office of Special Education & Rehabilitative Services
Highly Mobile Children

In 2013, the Department of Education issued a letter regarding highly mobile children.
- Highly mobile children should have timely and expedited evaluations and eligibility determinations.
- Comparable services include services during the summer, such as Extended School Year (ESY) services.


The PLAY Project (HH EFMP TEO)

I recently went to the Autism Resource Clinic at Walter Reed/Bethesda. There was a speaker who presented on her organization, The PLAY Project. They said they were TRICARE-approved, but please verify with TRICARE before utilizing any service.

The PLAY Project™ is a parent-implemented, intensive early intervention program for young children with autism that is evidence-based.

https://www.facebook.com/PLAYProjectASD/

TRICARE Liaisons

Did you know that you can now access a TRICARE Liaison through EFMP ROC to help you resolve your most challenging TRICARE concerns? Call Military OneSource at 1-800-342-9647 to get personalized assistance today.

Check out Military OneSource’s Facebook page at https://www.facebook.com/7700123369/posts/10156450111993370?sfns=mo for more information.

Career Resource Management Center
703-614-6828 www.mccsHH.com/CRMClasses.html
Registration is required to attend all classes
Please check online for registration.

2, 9, 23, 30
CAPSTONE REVIEW (Individual Appointments) 9 AM - 3 PM Bldg. 21

6-10 TRANSITION READINESS SEMINAR (SEPARATION) 7:30 AM - 4 PM Bldg. 21

13-14 BOOTS TO BUSINESS 8:30 AM - 4 PM Bldg. 29, Rm. 104

16 EDUCATION & CAREER FAIR 10 AM - 1 PM Smith Gym

20-24 SENIOR LEADERSHIP TRANSITION READINESS SEMINAR AREA OF CONSIDERATION: 05’s & above, E8’s & above, and W5’s.


28 TEN STEPS TO A FEDERAL JOB 9 AM - Noon Bldg. 21

29 SPouse Transition AND READINESS SEMINAR (STARS) 10 AM - 1:30 PM Bldg. 21

30 PRE-SEPARATION COUNSELING BRIEF 9:30 AM - 11 AM Bldg. 21
Prince William County Public Schools
Office of Special Education
Parent Resource Center

is hosting

Parents as Partners in Special Education:
Building Bridges Between Home, School, and Community

This conference is designed to empower parents, prekindergarten through 12th grade, to advocate for their child and navigate the special education process to ensure successful outcomes. This event will include a community partner resource fair; the sharing of parent perspectives, networking, and break-out sessions on related topics including, but not limited to:

- The special education process;
- The behavior intervention process;
- Mental health needs and supports;
- Communication between home and school; and
- The transition between elementary and middle school, middle and high school, and high school to post-secondary roles.

We look forward to your participation! There will be a raffle for two laptop computers and additional prizes. Accommodations available upon request, but cannot be guaranteed after April 24, 2019. Contact Suzanne Plybon at PLYBONSM@pwcs.edu or 703.791.7295, 703.791.8847 (TDD) to register for this event or ask questions.

Noon - 4 p.m. • Saturday, May 4, 2019
Hampton Middle School
14800 Darbydale Avenue, Woodbridge, VA 22193
May is **LUPUS** awareness Month
(Source: [Centers for Disease Control and Prevention](https://www.cdc.gov/))

Lupus occurs when an unknown trigger causes a person’s own immune system to attack their tissues, damaging the tissues and producing widespread inflammation. There is no known cause or cure for lupus; however, treatments are available. *Lupus is a chronic disease.* This means that you can manage it with treatment, but it will not go away. Treatment can help improve your symptoms, prevent flares, and prevent other health problems often caused by lupus.

Lupus can affect almost any organ in your body. The symptoms of lupus also differ from person to person. Lupus symptoms include: muscle and joint pain, fever, rashes, chest pain, hair loss, sun or light sensitivity, kidney problems, mouth sores, prolonged or extreme fatigue, anemia, memory problems, blood clotting, eye disease.

The best way to keep your lupus under control is by **following your treatment plan** and **taking care of yourself**. These steps can help: learn how to tell that a flare is coming; see your doctors regularly; reduce stress by setting realistic goals for yourself; limit the time you spend in the sun and in fluorescent and halogen light; choose healthy foods most of the time; get enough sleep and rest; exercise moderately with your doctor’s OK and when you’re feeling up to it; build a support system made up of people you trust and can go to for help.

Common **triggers** include: overwork and not enough rest, stress, being out in the sun or having close exposure to fluorescent or halogen light, infection, injury, stopping your lupus medicines, other types of medicines.

Resources: [CDC](https://www.cdc.gov/), [Be Fierce. Take Control](https://www.befiercetakecontrol.org/) initiative campaign

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**EFMP: DID YOU KNOW?**

**Q:** I am PCSing. EFMP is still processing my orders. Can I get on the housing list at the gaining installation?

**A:** Recently, Installations & Logistics approved EFMP-enrolled Marines who have pending PCS orders in the HQMC EFMP queue to have access to the advance housing waiting list, so they are not disadvantaged when their PCS orders sit in HQMC EFMP’s queue. HQMC EFMP will generate the letter and send it directly to the Marine. Once received the Marine can initiate the advance housing application process, using the letter in lieu of orders for the purpose of advance application. The letter will not be automatically generated. Please contact your Family Case Worker in order to start the process.

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**STATS:**

- While anyone can develop lupus, more than 90% of people with lupus are women.
- Lupus is 2 to 3 times more common in **African American** women compared to White women.
- Lupus is most common in women during child bearing years (15-44).

Source: [The Lupus Initiative](https://www.lupus.org/)

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• Network with community resource providers.

• Chance to meet face-to-face with 70+ local and national employers and educators.

• Explore education and career advancement opportunities.

Cpl Terry L. Smith Gymnasium
Henderson Hall, Bldg. 28
Arlington, VA 22204

Thursday, May 16 10 a.m. - 1 p.m.

For more Marine Corps Community Services events in MAY, please visit our website at mccsshh.com.

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