EFMP Exceptional Family Member Program

Henderson Hall Marine Corps Community Services

February 2025

AMERICAN HEART MONTH

As you pass by Valentine's Day decorations and kids' crafts this February, take a moment to think about your physical heart health and heart-healthy habits. Consider enrolling in a CPR class (like Henderson Hall's free Heartbeat Heroes community training on 2/19) or scheduling an appointment with your PCM for a check-up.

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ARE YOU HEART SMART?

Heart disease is the leading cause of death in the United States. One in five deaths is due to heart disease, even though the disease is largely preventable.[1] Keeping your heart healthy starts with living a heart-healthy lifestyle. But first, you need to get smart about your heart. Knowing what causes heart disease, what puts you at risk for it, and how you can reduce those risks can help you make informed decisions to protect your heart and keep it strong.

Heart Smart Quiz

1. True or False? High blood pressure is also known as hypertension and occurs when your blood pressure is consistently 130/80 mm Hg or higher.

2. True or False? Cholesterol helps make hormones, vitamin D, and substances to help you digest foods. Your body needs it for good health, but in the right amounts.

3. True or False? Not getting enough sleep or getting poor quality sleep on a regular basis increases the risk of having high blood pressure, heart disease, and other medical conditions.

4. True or False? To strengthen their heart, adults should aim to get at least 150 minutes of moderate-intensity aerobic activity such as brisk walking each week.

Heart Smart Answer Key: All answers are True.

How did you do? Knowing your own risk factors for heart disease can help guide your lifestyle choices, so talk to your healthcare provider to make sure you're clear. Just as important: know your numbers. Your weight, waist size, blood pressure, cholesterol, and blood sugar levels all affect your heart. If they aren't where they should be, make a pledge to begin improving them.

Adding more physical activity to your day, eating a heart-healthy diet, managing stress, getting enough quality sleep, and not smoking can put you on the path to better heart health.

Learn more about heart disease prevention from The Heart Truth® at www.hearttruth.gov and download the Heart Smart Basics fact sheet to improve your knowledge about heart health.

[1] https://www.cdc.gov/heartdisease/facts.htm

Visit LivetotheBeat.org from the CDC to learn small steps to a heart-healthy lifestyle

Watch Spot a Stroke F.A.S.T. PSA from the American Heart Association to learn the warning signs

Inclusive LEGO

Have you heard of the hidden disability sunflower? This symbol, starting in 2016, has become a global tool to indicate an individual has a disability that is not visible. These have become especially common in airports and increasingly public-facing workers in travel industries are being trained to look for the sunflower lanyard. While the sunflower lanyard does not convey any privileges to the individual, it does discretely signal a need for more time, patience and support. At the end of 2024, LEGO partnered with the hidden Disabilities Sunflower organization to create awareness of the symbol. The symbol has been included in three sets and minifigures can be customized with the symbol as well.

The LEGO Discovery Center in Washington, D.C. has regular sensory-friendly mornings for all ages. One free ADA Carer tickets are available for individuals who visit with someone who requires assistance to access the facility. Note: all adults must be accompanied by children except for Adult Fan of Lego events.

Military Spouse Fellowship Program

One of the common challenges for military spouses is a high unemployment rate and difficulty maintaining employment with frequent PCS moves. Since 2006, the FINRA Foundation Fellowship has been addressing this challenge by providing a portable certification, the Accredited Financial Counselor (AFC) certification to support military spouses in finding employment as financial counselors. The annual application for the Military Spouse Fellowship program will open in March 1, 2025. This fellowship allows up to 3 years to complete the certification requirements which includes 1000 hours of experience and a proctored certification exam. For more information, visit www.afcpe.org/education/finra-foundation-fellowship/

Scholarship Opportunities

It's hard to believe, but now is the time to start looking for and applying to scholarships for the next school year. Besides scholarships based on academic performance, there are a number of nation-wide scholarships specifically for military teens, military spouses and individuals with disabilities or chronic medical needs. Reach out to your family caseworker if you are unsure of what the transition from high-school to post-secondary life will look like for your child.

Scholarships for Autistic Students:

OAR-Due 4/21/2025. $3,000 for diagnosed students pursuing full-time, post-secondary, education at four-year undergraduate college or university, two-year undergraduate college, trade school, technical school, vocational school, or cooperative life skills program

Kerry Magro Scholarships: Due 4/29/2025. $500 for officially-diagnosed students attending a postsecondary program including college, community college and vocational programs

Scholarships for General Disabilities:

Microsoft Disability Scholarship-Opens 1/2025 $5,000 for students with disabilities pursuing engineering, computer science, computer information systems, law, business or related field at a 2 or 4 year college or vocational technical school.

Lime Connect: Several scholarships for varying ages of students with disabilities pursuing 4 year degrees.

American Association on Health & Disability: Students must have a disability as defined by the ADA and must be currently enrolled in an undergraduate or graduate program. Preference for students in specific fields.

Scholarships for Learning Disabilities:

Joseph James Morelli: Due Date: 3/2/25. Applicants must be high school student and attending undergraduate school, technical school or community college in the fall in the STEM field. Must have demonstrated learning disability of dyslexia or similar language-based disability.

Marion Huber Learning Through Listening: For high school seniors with learning disabilities.

Anne Ford Scholarship: $10,000 awarded to a high school senior who will enroll full-time at the undergraduate level. Must have documented learning disability.

Scholarships for Military Families:

Marine Corps Scholarship Foundation: Specifically for child or step-child of AD, reserve or veteran U.S. Marine pursuing a vocational degree or first undergraduate degree. Must demonstrate financial need.

Fisher House Scholarship Directory

Joanne Holbrook Patton Mil Spouse: Open to military spouses to fund GEDs through PhDs, continuing education and professional licensure. Rolling applications.

Spouse Education & Career Opportunities: Directory of military-spouse specific scholarships (login required)

This group is funded by the Patient-Centered Outcomes Institute (PCORI), an organization that prioritizes centering the lived experiences of individuals in research that impacts their communities. By participating in this group, you will have the opportunity to do the following:

- Learn about research processes and how research is used to improve quality of life for military children and families
- Contribute your unique perspective to these research efforts
- Join a community of military-connected parents who share similar experiences

You are eligible to participate if you are a military-connected parent and you have a child with:

- A diagnosed mental or behavioral health condition
- A diagnosed developmental delay
- A concern for a mental or behavioral health diagnosis
- A concern for a developmental delay

Meetings will take place in a virtual format on the last Monday of each month at 8:00 PM
Compensation for participation will be provided.

Virginia

01 FEB and 15 FEB, 1200-1500: Black History Month at the Meeting House
Free. Frying Pan Farm Park, Herndon, VA. In honor of Black History Month, the Frying Pan Baptist Meeting House will be open with interpretive signage will be posted throughout the site for guests to read about the Black History of the Meeting House and stories of the people from the community. Registration required: Link.

05 FEB, 1030-1200: Joint Base Myer-Henderson Hall Play Group
Free. Join Army Community Service New Parent Support Program with children 3 and under on the 1st and 3rd Wednesday of the month. No registration required. For more information, call (571) 664-6578.

08 FEB, 1000-1300: NOVA Kids Camp Fair
Free. Vienna, VA. Join the Vienna Fire Department for free face painting, complimentary hot chocolate bar, crafts and free LEGO play. Summer camp options will be on-site for demos. Register here.

21 FEB, 1600-1800: Ft. Belvoir Teen Activity Night
Free. Monthly library event just for teens in grades 7-12. Teens are invited to come and go as they please. February's theme is "Hack Art Program" and teens will finish someone else's masterpiece. Registration not required. For more information: Link.

Virtual

5 FEB, 1200-1300: Know Diabetes by Heart
Free. Sponsored by the American Diabetes Association and American Heart Association. Learn about the risks related to diabetes and heart disease, how to take control of those risks and learn about community/clinical resources. Registration required: Link.

11 FEB, 1130-1200: Knowledge Nugget: Special Education Overview
Free. Are you new to the special education arena or in need of a refresher on the basics of special education? Join our bite-sized workshop on the need-to-know special education information. Contact efmphh@usmc-mccs.org to register.

25 FEB, 1130-1200: SSI & Medicaid Waivers
Free. Join EFMP for bite-sized learning! Learn about Medicaid and Supplemental Security Income including who qualifies and who to apply. Contact efmphh@usmc-mccs.org to register.

Maryland

01 FEB, 1300-1500: Lights, Camera, Inclusion: A Journey Through Disability and Film
Free. Silver Spring, MD. Enjoy a film screening of *To My Father* follows Troy Kotsur, the first Deaf man to win a Best Supporting Actor Academy Award for CODA and *Working Differently,* which looks behind the scenes of the film and television industry, showcasing the importance of accessibility and inclusion. Following screenings, there will be a panel discussion on accessibility and inclusion. For more information: Link.

08 FEB, 1000-1400: Self Defense-Women & Teens
Free. Severn, MD. Join Anne Arundel County Parks and Recreation to improve self-defense skills including improving awareness of dangerous situations, basic release techniques and techniques for correctly using pepper spray. Registration required: Link.

22 FEB, 1830-2130: Pathfinders for Autism Night at the Maryland Science Museum
Free entry, one member of party must be have Autism Spectrum Disorder. Baltimore, MD. Registration required: Link.

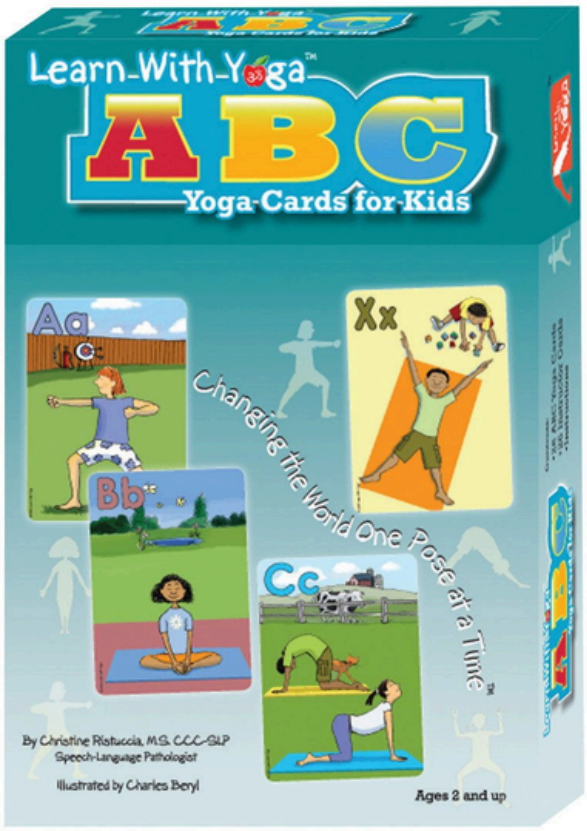
22 FEB, 1300-1400: Afternoon Aviators-Black History Month
Free with museum admission. college Park, MD. Enjoy an afternoon of STEM and aviation-themed sciences at the College Park Aviation Museum. Ideal for learners 8-12. For more information: Link.

Washington, D.C.

01 FEB, 1030: Story Time for the Spectrum
Free. Cleveland Park Library. All children and their families are invited to story time, packed with sensory-friendly activities designed to be enjoyed by children of all abilities, including those on the autism spectrum. Content is designed for children ages 0-5, but children of all ages are welcome to attend with a caregiver. Online registration is required. To register or to request a reasonable accommodation, contact DCPLaccess@dc.gov

01 FEB, 1500-1900: Lunar New Year Market
Free. Smithsonian Arts and Industries Building. Celebrate Lunar New Year with the National Museum of Asian Art. Enjoy hands-on activities, lion dances, food, artisans and makers. For more information: Link.

11 FEB, 1030: ASL Storytime
Free. Cleveland Park Library. Join the DC public library in signing and vocalizing stories and songs; no prior knowledge of ASL is required. The program is for ages 2-5 with caregiver. Registration is not required



Use these ABC yoga cards to gently move your bodies as a family and support a heart-healthy lifestyle from a young age. These cards also include information for adults with suggestions on how to teach the poses and activity suggestions for pre-literacy skills.

To borrow this item or any of the other items in the loan locker, 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

LEGO Discovery Center Sensory-Friendly Mornings
$25.99 per person. You may be eligible for one free ADA caregiver ticket. Enjoy the LEGO center from 1000-1100 with reduced lighting and music. This event is held the first Wednesday of every month. For all ages. Link.

Sensory Sundays at the B & O Rail Museum
$20/adult, $12/child. AD is free. First Sundays in select months. Environmental accommodations (no music, low lighting, quiet areas, increased signage for areas with sound effects), sensory-friendly events (kids craft, train ride, and tour) and resources (sensory kits, social stories, and community table) will be available. Link

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.

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. Sesame Place offers a low-sensory room, low-sensory parade viewing, and specially-trained staff.

How do I disenroll from the Exceptional Family Member Program?

Disenrollment is possible only when the dependent family member no longer qualifies for the EFMP. This occurs when:

1. The original condition has resolved (determined by medical/educational professionals). The service member should submit updated DD 2792 and/or DD2792-1 paperwork to the EFMP office

or

2. An individual is no longer a dependent family member (i.e., divorce, death, loss of custody, or individual has reached age of majority with no guardianship in place). The service member should update DEERS and send documentation to EFMP office (no DD 2792 required)

Out-of-date paperwork does not disenroll a family member, but may delay orders to your next duty station. Check with your FCW to make sure your records are current.

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

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