



Exceptional News for Exceptional Families

Camp Allen EFMP Newsletter



February 2012
Vol. 3, No. 2

Naval Medical Center Portsmouth · Bldg 3, Floor 4, Rm 4.2-131 · 620 John Paul Jones Circle · Portsmouth, VA · FAX (757) 953-2420

Note from the Program Manager

This past November was designated as *National Family Caregivers Month* by the President of the United States, spreading awareness of the “65 million people who provide care for the chronically ill, disabled, aged family member or friend during any given year and spend an average of 20 hours per week providing care for their loved one.” *National Family Caregivers Month* brings awareness to the contributions of caregivers, whether it's caring for an elderly parent, spouse, or child.

I challenge us all to take a step back and start to reflect upon the people in our own lives who have directly contributed to the comfort and well-being of our families. Having spoken with many of our Respite Care providers, they are some of the most fabulous and selfless people who truly enjoy watching and caring for your child(ren). If you are not currently enrolled in the MCCS Camp Allen Respite Care Program and/or would like more information, please contact the EFMP office, myself or visit our website. I wish you health, happiness and great success in 2012!

February 10th marks the 2nd anniversary of the Camp Allen EFMP Office... and we look for many more years to follow! Great job, ladies!



Semper Fi,
Karina Phillips
EFMP Program Manager/MCFTB Director



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Feature Article: Accessible Playgrounds

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As we near the end of winter, we know some of you may already be researching warm-weather recreational opportunities for your children. With that in mind, we are happy to report the handicap-accessible playground at Naval Air Station Oceana is complete and open for fun! The playground is located in the park adjacent to the main gate at the air station.

Kids Cove Playground at Mount Trashmore Park, in Virginia Beach, is another playground option for Southside families. The playground is built on a rubber surface, compliant with the Americans with Disabilities Act and is barrier-free to accommodate all children. For more information, visit www.vbgov.com/government/departments/parks-recreation/parks-trails/city-parks/Pages/mount-trashmore-park.aspx. Additionally, there is an accessible playground located at Campground B at First Landing State Park in Virginia Beach. More information on the park and other accessible amenities can be found by going to www.dcr.virginia.gov/state_parks/fir.shtml.

Located on the Virginia Beach oceanfront at 100 2nd Street, JT's Grommet Island Beach Park and Playground for EveryBODY is a recreation area for both children and adults with special needs. It features 15,000 square feet of ramps and decking, a shaded play area, bench seating, areas to picnic, soft play sculptures, accessible play equipment, and cushioned play surfaces. Special beach wheelchairs are available as well. Further information can be found at www.grommetisland.org.

For those who live on the Peninsula, The Boundless Playground at Deer Park in Newport News is designed with all children in mind, including those with disabilities. There is a play panel installed for wheelchair accessibility, handicap swings with high back support and seat belts, rubber surfacing, and the picnic table under the shelter is designed for wheelchair access. For more information, visit www.nnparks.com/parks_deer.php.

Upcoming Special Needs Forum

A meeting of the Special Needs Forum is scheduled for February 9th, from 1:00 – 2:00pm, at the MCCA Administrative Building in Norfolk. Invited participants may include Marine Corps EFMP families, MCCA Camp Allen staff, Chaplains, Navy Medical representatives, unit commanders or representatives, Family Readiness Officers, base housing representatives, school liaison officers, and other service providers who support the EFMP Marines and their families.

The mission of this forum is for Marines and their families, as well as those that support them, to meet once a quarter for updates regarding the EFMP and address any concerns or issues families may have. It is a facilitated meeting where various special needs topics are brought forth for discussion and may include such topics as housing, unit support for EFMP families, respite care, educational concerns, access to healthcare and general information and referral resources to name a few.

If you would like to attend the Special Needs Forum, please RSVP to Mary Cisowski at mary.cisowski@med.navy.mil or 757-953-2222 by 4pm on February 7th.



Camp Allen EFMP is on Facebook!



To find us, go to www.facebook.com/CampAllenEFMP. We are posting all kinds of information on events and resources. It is a great way to stay informed!

Question from the Field

“I am an active duty Marine who is married to an active duty Sailor/Soldier/Airman/Coast Guardsman and we have a family member with special needs. Which branch of service’s EFMP should we enroll under... the Marine Corps, my spouse’s branch of service, or both?”

In the event of dual military spouses who serve in different branches of service and have a family member (s) eligible for the EFMP, the Marine will need to submit paperwork for enrollment in the Marine Corps EFMP regardless of who is claiming the child in DEERS. For example, if a Marine is married to a Sailor and the family member is enrolled in the Navy's EFMP, the Marine will also need to submit the necessary forms for enrollment consideration for the Marine Corps EFMP. Remember, all EFMP enrollment considerations and assignments are decided by Headquarters Marine Corps.

If you have questions regarding the enrollment process, please contact the Camp Allen EFMP Family Caseworker, Kimberly Carmon-Stanley, at kimberly.carmon-stanley@med.navy.mil or 757-953-2270.



Interactive Customer Evaluation
We welcome all comments!

http://ice.disa.mil/index.cfm?fa=service_provider_list&site_id=1034&dep=DoD



Spotlight on Resources



Oral Preschool Program at Old Dominion University Child Study Center

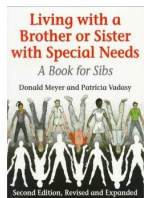
The mission of the Oral Preschool Program is to teach children with hearing loss to communicate successfully using spoken language and to support the professionals and parents who work with them. The program provides auditory-oral educational services to young children with hearing loss (ages 3 through 5) and their families. The goal is to prepare the children for successful integration with their hearing peers. The preschool program is fully licensed by the Virginia Department of Social Services as part of the Child Study Center. For more information, call 757-683-4890.

Take Our Quick Survey

The EFMP Office would like to know what YOU think! Please visit www.surveymonkey.com/s/BFRPX65 to take our quick online survey and share your thoughts and needs with us! The more families we hear from the better, as your input is invaluable to us so we can better serve you!



Your Lending Library



“Living with a Brother or Sister with Special Needs: A Book for Sibs” by Donald Meyer and Patricia Vadasy

“Living with a Brother or Sister with Special Needs” focuses on the intensity of emotions that brothers and sisters experience when they have a sibling with special needs, and the hard questions they ask: What caused my sibling's disability? Could my own child have a disability as well? What will happen to my brother or sister if my parents die?

Written for young readers, the book discusses specific disabilities in easy to understand terms. It talks about the good and not-so-good parts of having a brother or sister who has special needs, and offers suggestions for how to make life easier for everyone in the family. The book is a resource, not just for siblings and their parents but also for teachers and other professionals who work with children with special needs. This revised and updated edition includes new sections on attention deficit hyperactivity disorder, fetal alcohol syndrome, fragile X syndrome, traumatic brain injuries, ultrasound, speech therapy, recent legislation on disabilities, and an extensive bibliography.

The EFMP office has a lending library consisting of books, CDs and DVDs and other materials. Topics include but are not limited to specific conditions, special education/IEP/IFSP, dealing with the military lifestyle, safety for children, resource guides, children’s books, parenting advice, financial matters and Social Security.

Google Calendar

A web calendar is available for viewing that is updated regularly with EFMP/special needs events both military and civilian in nature. To view it, go to the Camp Allen EFMP webpage at www.mccscampallen.com/EFMP_local.htm and click on “EFMP Calendar of Upcoming Events.” If you would like details on a particular event, simply click on the event.



Recipe: Gluten-Free Chocolate Cookies with Chocolate Chips

Whisk together the dry ingredients:

- 1/2 cup GF buckwheat flour
- 1/2 cup sorghum (jowar) flour
- 1/2 cup brown rice flour
- 1/2 cup tapioca starch or potato starch
- 1/3 cup organic cocoa
- 2 teaspoons xanthan gum
- 1 teaspoon sea salt
- 2 teaspoons baking powder
- 1 cup organic cane sugar
- 1/3 cup light brown sugar



Add in:

- 1/2 cup light olive oil or Spectrum Organic Shortening
- 1 tablespoon bourbon vanilla extract
- 1/2 cup vanilla rice milk, coconut milk, or almond milk - more as needed

Add in:

- 1/2 cup vegan chocolate chips
- Stir as best you can to combine (the dough is stiff).

Preheat the oven to 375 degrees F.

Roll a golf ball sized wad of dough between your palms, and place the ball on the lined baking sheet about two inches apart. Repeat this process to make 18 balls. Use your palm to press down on the dough and flatten slightly - not too much - unless you like your cookies thin. Press a few extra chocolate chips into the tops of the cookies, if you like.

Bake in the center of a preheated oven for about 15 minutes until the cookies are set. They will still be slightly soft in the center. If you bake two pans at once, rotate the pans half way through baking.

Remove the pans from the oven, and allow the cookies to cool and "set" for a few minutes; then use a thin spatula to move the cookies to a wire rack. The cookies will get crisper as they cool.

Cook time: 15 min

Yield: 18 cookies

Recipe courtesy of Gluten-Free Goddess, www.glutenfreegoddess.blogspot.com.

Readers are responsible for managing the risks of living gluten-free & should confirm gluten/allergy free status of all products before using.

For information on these events, please visit our online Special Needs Events Calendar at www.mccscampallen.com/EFMP%20Calendar.htm where a complete description for each event as well as contact information and other important details may be found.

Autism Coffee & Chat

February 2 from 6pm - 8pm and March 1 from 6pm - 8pm
Panera Bread, 300 Constitution Dr, Virginia Beach

Polar Plunge Fundraiser for Special Olympics

February 3 - 4
Virginia Beach Oceanfront

Autism Teens/Adults Social

February 4 from 4pm - 6:30pm
Independence Center, 6300 E Virginia Beach Blvd, Norfolk

Newport News Child Advocacy Team

February 6 from 12pm - 1pm

CHKD Spasticity Clinic

February 6 from 1pm - 2pm
CHKD Health Center, 171 Kempsville Road, Building A, Norfolk

Speech Services in the School or Clinic Presentation

February 7
Tabb Library, 100 Long Green Blvd, Yorktown

Independent Living Support Group

February 7 from 2pm - 3:30pm
Independence Center, 6300 E Virginia Beach Blvd, Norfolk

Autism Biomedical Support Group

February 7 from 6pm - 8pm
Independence Center, 6300 E Virginia Beach Blvd, Norfolk

**Mix N Mingle
(Ages 35 and Up)**

February 8 from 1pm - 3pm
Independence Center, 6300 E Virginia Beach Blvd, Norfolk

Grief Support Group meeting

February 9 from 1pm - 2pm or 5:30pm - 6:30pm

**Family to Family Workshop:
5 Promising Approaches**

February 10 from 10am - 12pm
Independence Center, 6300 E Virginia Beach Blvd, Norfolk

“Never Settle For No”

A Sharing of Resources for People with Disabilities

February 11 from 9am - 2pm
Paul D. Camp Workforce Center, Franklin

Virginia Beach Special Education Advisory Committee Meeting

February 13 from 9am - 10am
Laskin Road Annex, Room 25, 1413 Laskin Road, Virginia Beach

Newport News Mayor's Committee on Disabilities

February 14 from 2:30pm - 4:30pm
Main Street Library, Newport News

**Mix N Mingle
(Ages 18 - 35)**

February 15 from 12pm - 3pm
Independence Center, 6300 E Virginia Beach Blvd, Norfolk

Norfolk Commission for Persons with Disabilities Meeting

February 16 from 2pm - 4pm
Norfolk Fitness & Wellness Center, 7300 Newport Ave, Norfolk

Medicaid Waiver Webinar
February 16 from 6:30pm - 8:30pm

Insights into Autism

February 17 from 7:30am - 5pm
Children's Hospital of The King's Daughters
Brickhouse Auditorium, 601 Children's Ln, Norfolk

Autism Biomedical Support Group

February 21 from 6:30pm - 8pm
Independence Center, 6300 E Virginia Beach Blvd, Norfolk

Family-to-Family:

The ART of Communication and Collaboration

February 22 from 10am - 12pm
Independence Center, 6300 E Virginia Beach Blvd, Norfolk

Sensory Friendly Movie:

The Secret World of Arrietty
February 25 from 10am - 12pm
AMC Lynnhaven 18, 1001 Lynnhaven Mall Loop, Virginia Beach

Chat -N- Chew:

Parents Helping Parents Put the Pieces Together

February 26 from 4pm - 5pm
22 Prince George Dr, Hampton

Autism Respite Night

February 26 from 6pm - 8pm
Bounce House, 829 Lynnhaven Pkwy, Virginia Beach

Newport News Special Education Advisory Committee Meeting

February 28
Newport News Public Schools Administration Building
12465 Warwick Blvd, Newport News

Autism Society General Meeting:

Transition Planning

February 28 from 7pm - 9pm
Independence Center, 6300 E Virginia Beach Blvd, Norfolk

Autism Tween Social

March 3 from 4pm - 6:30pm
Independence Center, 6300 E Virginia Beach Blvd, Norfolk



Brought to you courtesy of the MCCS Camp Allen EFMP Office



Neither MCCS, the Marine Corps or any other part of the federal government officially endorses the above organizations, their products or services.