



My Exceptional Family



The Quarterly Navy EFMP Mid-Atlantic Region Newsletter from Fleet & Family Support Centers Mid-Atlantic Region

IN THIS ISSUE

Mid-Atlantic Region EFMP News

- Transitioning from Pediatrics to Adulthood a Success!
- Navy EFMP Leadership Team Visits Hampton Roads

My Healthy Family

- Hurricane Season is Here
- Emergency Preparedness for Families of Children with Special Needs
- Medical Needs Registry
- Bullying and Youth with Disabilities and Special Health Needs
- Home Safety for Children with Special Needs

Family Fun

- A Special Summer Invitation to Military Families
- Where Are You Going This Summer?
- Here's to Heroes Salute for 2012
- Boys & Girls Clubs and the U.S. Military
- Accessible Playgrounds
- Recipe Exchange
- Lending Library

My Resources

- TSA Cares Help Line
- Free Tutoring 24/7 for the Entire Military Family
- Air Travel with a Person with Special Needs
- Project Lifesaver
- Tips for Military Parents on Supporting Their Children in Special Education
- Get Connected: 2-1-1

ADA News

- Accessible Pools Means of Entry and Exit
- Ticket Sales
- Save the Date

FFSC EFMP Liaisons

- USO EFM Day at King's Dominion

Mid-Atlantic Region EFMP News

Summer 2012

Navy EFMP Leadership Team Visits Hampton Roads

Brenda Bollenberg, Navy Region Mid-Atlantic EFMP Regional Liaison Lead, recently coordinated a visit of Navy EFMP Leadership team members to Hampton Roads, VA from 19-21 June. Team members included, CDR David Mater (PERS-451) EFM Program Manager, Dr. Frank Carden, BUMED EFMP Program Manager, Lisa Davis, CNIC EFMP Program Analyst, and Charles Matthews (PERS-451) EFM Program Execution, who visited local Hampton Roads FFSCs and Navy medical facilities. The team assessed current support being provided to EFMP families, briefed Command/FFSP/ BUMED EFMP stakeholders, and provided the opportunity for families to speak to EFMP

leadership with regards to special needs support issues. The tours of several facilities and bases during the teams visit gave them a better understanding of what support and policies EFMP families and providers need in the Mid-Atlantic Region.



Transition from Pediatrics to Adulthood a Success!

The Transitioning from Pediatrics to Adulthood workshop sponsored by Naval Medical Center Portsmouth Department of Pediatrics/Neurodevelopment Pediatrics was a tremendous success! Participants were provided valuable training, timely information, and awareness of pertinent issues for consideration as the special needs child transitions from childhood to adulthood.

There were many topics covered and the presenters did an outstanding job providing information in reference to:

Legal Issues: Guardianship and Special Needs Trust
Social Security Considerations
Academic/Life Skills Concerns
Continuing TRICARE Eligibility
Health-Care Options after Aging Out of

TRICARE
Independence Center Resources & Medicaid Waivers
Housing Considerations
Money Follows the Person (The Olmstead Plan)
A Word about the EFMP Program

If you were unable to attend the first session, you are encouraged to come to the next session this fall. Space is limited so please register today.

When: 11 October 2012
Where: Naval Medical Center Portsmouth
2nd floor, Bldg. 3, Classroom 3
 For questions, additional information or to register, contact Glenda Lewis-Fleming at Glenda.Lewis-Fleming@med.navy.mil or (757) 953-7379.

My Healthy Family

Hurricane Season is Here

Hurricane season is from June 1 - Nov. 30 and largely affects the southeastern



U.S., from the Gulf Coast along the entire eastern seaboard. Much of how you prepare for an emergency is the same regardless of where you are. No matter what part of the world you're in, you need to be informed, have a plan, and make a kit. However, some potential threats may be greater in some regions. In addition, evacuation routes, safe haven and shelter locations, and mass notification systems vary by installation.

You may not be at home when disaster strikes, so make smaller emergency kits to keep at work and in your car. You also need a portable kit to take with you if you go to a shelter or evacuate.

For more information visit:
www.cnrc.navy.mil/cnrma/index.htm

Emergency Kit: Build an emergency kit with enough supplies for every family member to last for three days, maybe longer. Examples of supplies include: water, nonperishable food, a first aid kit, and prescription medications. Include additional supplies to meet the needs of any children, pets or special-needs family members.

NFAAS is a critical web-based tool the Navy uses to account for, assess, manage and monitor the recovery process of Sailors and their families. NFAAS was created in the wake of Hurricane Katrina and grew in importance after the flooding in Millington, Tenn., where it proved essential in helping to account for Navy personnel and their family members during and after the flood. Log into NFAAS following a weather emergency to report your status and request assistance such as help with temporary housing, transportation, financial and medical assistance, child care, legal advice, chaplain services and counseling.

Emergency Preparedness for Families of Children with Special Needs

The time to prepare for an emergency is **BEFORE** it happens. For families of children with special needs, planning becomes even more difficult. Knowing how you will respond is critical. It means extra attention to details and needs that typical families may not have to worry about. Preparation is the key to surviving an emergency and managing the chaos that occurs afterwards.

There are many tips for preparing for a disaster that are applicable to all families. In addition, families with special needs must be prepared to manage their needs under undesirable conditions. One way to prepare is by making an Emergency Supplies Kit.

By gathering and storing supplies in advance, your family can more readily handle an evacuation or home confinement. Remember that putting together an emergency kit can seem like a daunting task. So, purchase and gather necessary items over a period of weeks or months each year. Every few months, recycle water, food and other perishable items from your kit.

Another way to prepare is by developing an emergency plan for your child, family, and neighborhood. Discuss the types of natural disasters and emergency situations that could happen. As a family, discuss how this can affect all family members and how you will address the special needs of persons with a disability. Explain what to do in each case.

In case you are separated it is important to pick two places to meet. You might pick outside your home in case of a sudden emergency such as a fire. Or if you can't return home, you would pick someplace outside of your neighborhood. Everyone must know the address of the "meeting place" and how to contact one another.

Families need to think about potential situations and make sure they can adapt their plan to meet their family's needs no matter what the cause of the emergency. Local officials and relief workers will be on the scene after a disaster, but they cannot reach everyone right away. If you have a child with special needs, planning becomes critical. You could be on your own for several days with

limited resources. Families can cope with emergencies by preparing in advance and working together as a team. Being prepared is your best protection and your responsibility.

If You Must Leave Home

You should **always be prepared to evacuate**. Planning is critical to keep your family safe. Families dealing with special needs require extra planning. You should be packed in preparation for an evacuation to a shelter or a safe location. Keep all of the items that you will most likely need during an evacuation in an easy-to carry container—such as a backpack or duffle bag. Keep the bag in an easy to reach place near the exit you most often use at your home. Your Emergency Supply Kit should include water, food, first aid supplies and supplies for special needs. If you've never prepared a special needs supply kit, use the list below as a guide.

SUPPLIES FOR SPECIAL NEEDS:

- Two week supply of all disposable medical supplies such as dressing materials, nasal cannulas, or suction catheters
- Two-week supply of all medications, prescription, non-prescription*
- Generator or battery backup for all electrical medical equipment
- Copies of prescriptions for medical equipment, supplies, and medications
- Extra contact lenses and supplies or glasses
- Extra batteries for hearing aids, communication devices
- Special dietary foods and supplies
- Manual wheelchairs and other necessary equipment

*Ask your physician or pharmacist about storing prescription medications that must be refrigerated. Have a cooler and ice on hand for this purpose.

**Reprinted from the Care Connection for Children at Children's Hospital of The King's Daughters.*

To download the complete guide please visit:

<http://www.chkd.org/documents/CareConnections/EmergencyPreparednessforFamilies.pdf>

Medical Needs Registry

The Hampton Roads Medical Needs Registry is an emergency preparedness tool that will be used by local emergency managers to communicate with people who have medical needs for emergency preparedness planning. The Medical Need Registry contains the names and addresses of individuals with medical needs or health conditions who cannot manage independently in a general shelter or evacuation center in an emergency. The Medical Needs Registry may be used for any emergency requiring evacuation such as floods, hurricanes, hazardous material spills and gas leaks. The Medical Needs Registry is voluntary and all information collected will be kept confidential and stored on secure servers.

Personal information collected through the Medical Needs Registry also will be used by the Emergency Management offices in each of the Hampton Roads jurisdictions to plan coordination of transportation services to medical friendly shelters for those residents who cannot provide their own transportation during an emergency evacuation if those resources are available. Personal information, including medical conditions, collected within the Medical Needs Registry is exempt from Freedom of Information Act disclosures as such records are related to public safety and are classified as sensitive health and social service records.

You can register online at <http://hrspecialneeds.org> or via mail by calling (757) 420-8300 ext 351 or TTY: (757)390-4881.



Bullying and Youth with Disabilities and Special Health Needs

Before you know it, summer will be over and kids will be returning back to school. For some families, the social challenges outweigh the academic hurdles kids will encounter. Children with disabilities—such as physical, developmental, intellectual, emotional, and sensory disabilities—are at an increased risk of being bullied. Any number of factors—physical vulnerability, social skill challenges, or intolerant environments—may increase the risk. Research suggests that some children with disabilities may bully others as well.



Kids with special health needs, such as epilepsy or food allergies, also may be at higher risk of being bullied. Bullying can include making fun of kids because of their allergies or exposing them to the things they are allergic to. In these cases, bullying is not just serious, it can mean life or death.

Warning Signs

There are many warning signs that may indicate that someone is affected by bullying—either being bullied or bullying others. Recognizing the warning signs is an important first step in taking action against bullying. Not all children who are bullied or are bullying others ask for help.

It is important to talk with children who show signs of being bullied or bullying others. These warning signs can also point to other issues or problems, such as depression or substance abuse. Talking to the child can help identify the root of the problem.

If you know someone in serious distress or danger, don't ignore the problem. Get help right away. If it is at school, contact the teacher or a school counselor. If you have done everything you can to resolve the situation and nothing

Signs a Child is Being Bullied

Look for changes in the child. However, be aware that not all children who are bullied exhibit warning signs. Some signs that may point to a bullying problem are:

- Unexplainable injuries
- Lost or destroyed clothing, books, electronics, or jewelry
- Frequent headaches or stomach aches, feeling sick or faking illness
- Changes in eating habits, like suddenly skipping meals or binge eating. Kids may come home from school hungry because they did not eat lunch.
- Difficulty sleeping or frequent nightmares
- Declining grades, loss of interest in schoolwork, or not wanting to go to school
- Sudden loss of friends or avoidance of social situations
- Feelings of helplessness or decreased self esteem
- Self-destructive behaviors such as running away from home, harming themselves, or talking about suicide

has worked, or someone is in immediate danger, there are ways to get help. Visit GET HELP NOW at www.StopBullying.gov

Creating a Safe Environment for Youth with Disabilities

Special considerations are needed when addressing bullying in youth with disabilities. There are resources to help kids with disabilities who are bullied or who bully others. Youth with disabilities often have Individualized Education Programs (IEPs) or Section 504 plans that can be useful in crafting specialized approaches for preventing and responding to bullying. These plans can provide additional services that may be necessary. Additionally, civil rights laws protect students with disabilities against harassment.

StopBullying.gov provides information from various government agencies on what bullying is, what cyberbullying is, who is at risk, and how you can prevent and respond to bullying.

Credit: StopBullying.gov

Home Safety for Children with Special Needs

Children are naturally curious and learn by hearing, touching, and tasting the things around them. Children however, do not understand that they can be seriously injured by some things in their environment, such as touching a hot stove burner or tasting the cleaning agent that looks and smells like orange juice.

Creating a safe home environment is important to ensure children can explore and

experience the world around them without risk of injury. Children with special needs are at an increased risk of home injuries including falls, burns, poisoning, and choking and may require additional safety precautions due to their physical or cognitive abilities. Creating a safe environment for a child with special needs is an important step to ensuring that child's continued well-being.

Safe Kids USA has created fun, animated,

and interactive videos that teach fire and burn prevention, drowning, choking and falls prevention. It will help viewers learn safety guidelines and step-by-step instructions geared towards making safety improvements in the home.

For more information or to view the series please visit <http://www.safekids.org/safety-basics/special-needs>

Family Fun

A Special Summer Invitation to Military Families:

Free Admission to over 1500 Museums

Whether your family is interested in space, natural history, science, art, or something else, you are in luck! To thank service members and their families for their contributions and sacrifices, Blue Star Museums is offering free admission to museums nationwide for the entire summer.

“Through Blue Star Museums, the arts community is extending a special invitation to military families to enjoy over 1,500 museums this summer,” said NEA Chairman Rocco Landesman. “This is both an opportunity to thank military families for their service and sacrifice, as well as a chance to create connections between museums and these families that will continue throughout the year. Especially for families with limited time together, those on a limited budget, and ones that have to relocate frequently, Blue Star Museums offers an opportunity to enjoy one another and become more fully integrated into a community.”

This year, more than 1,500 (and counting) museums in all 50 states, the District of Columbia, Puerto Rico, and American Samoa are taking part in the initiative, including more than 300 new museums this year.

Blue Star Museums is a collaboration among the National Endowment of the Arts, Blue Star Families, the Department of Defense, and more than 1,500 museums across America. First launched in the summer of 2010, Blue Star Museums offers free admission to all active duty military personnel and their families from Memorial Day, May 28, through Labor Day, September 3, 2012. Please visit: www.bluestarmuseums.org for interactive maps and museums participating this summer.



International Tennis Hall of Fame & Museum, Newport, R.I.

Where Are You Going This Summer?

Did you know Navy Gateway Inns and Suites (NGIS) offers a variety of comfortable, professionally-managed accommodations? In the Mid-Atlantic Region: Maine, Virginia, New Hampshire, Rhode Island, Connecticut, New Jersey, Pennsylvania, and North Carolina there are rooms and suites in tune with the needs of EFMP guests. ADA rooms comply with the requirements of the Americans with Disabilities Act. It is important to remember to make your reservations 30 days prior to arrival.

Rooms Include:

- Luxury Bedding
- 32" Flat-screen TV
- Coffee Makers with Supplies
- Free Wi-Fi Connection
- Local Phone Service
- Cable TV
- Free Laundry
- Reasonably Priced & Tax Free Facilities
- Assurance of On-Base Security



For reservations by phone: 1-877-NAVY-BED (628-9233) or online www.dodlodging.net

Celebrating a Proud Partnership for 20 Years!

Boys & Girls Clubs and the U.S. Military

Through funds provided by the Armed Services, military youth have access to a one-year, no-cost membership at a traditional Club. Since 1991 the Military Services have partnered with the Boys & Girls Clubs of America to provide youth development programs and activities to the children of military personnel, giving families the vital support they need.

As part of the partnership, youth centers on installations around the world offer many of the same club programs as traditional clubs and are available to over 450,000 military children. These military youth have the opportunity to participate in national events and to volunteer their service on the installation or in the surrounding community.

Today, virtually every military Youth Center is a BGCA-affiliated Club. This means that some 458,000 youth in 387 Youth Centers receive the same programs and curriculums Club members in our traditional Clubs receive.

More than 70 percent of military families live outside military installations. Today, more than 15,300 military youth are served at 1,216 traditional Clubs.



Did You Know



The Boy Scouts of America and the Girl Scouts of the USA adapt activities to youth who have disabilities, special needs, and chronic illnesses. These organizations have materials and information available to every leader and scout, declaring inclusion as a high priority.

Here's to the Heroes Salute for 2012

Anheuser-Busch is offering Free One-Day theme park admission to members of the U.S. Armed Forces and their families through a program called "Heroes Salute". This popular offer allows park admission to any active duty, activated or drilling reservist, or National Guardsman. The service member and up to three direct dependents are eligible. The parks included in this offer are:

- Sea World Orlando
- Sea World San Antonio
- Sea World San Diego
- Busch Gardens Tampa
- Busch Gardens Virginia
- Sesame Place

For more information, please visit: www.herosalute.com

Accessible Playgrounds

Virginia (Hampton Roads):

- Fun Forrest, Chesapeake
- NAS Oceana now has an accessible playground
- Kids Cove Playground at Mount Trashmore Park, Virginia Beach
- JT's Grommet Island Beach Park, Oceanfront, Virginia Beach
- Campground B, First Landing State Park
- Boundless Playground, Deer Park, Newport News
- My Place Playground, Williamsburg-James City County Community Center

New Hampshire:

- Casey White Playground, Stevens Park, Manchester

Rhode Island:

- Kids Kove Playground, Barrington
- Hasbro Boundless Playground, Providence
- CVS Caremark Boundless Playground, the Marshall Family Park, Providence
- The Impossible Dream Playground, Warwick
- Matty's Place, Wakefield
- The Sarah Jane McCullough Handicapped Play Area, Wyoming

New York:

- Freedom Park Boundless Playground, Queensbury
- Three Angels Dream Central Park, Schenectady

Connecticut:

- Tercentennial Legacy Playground, Groton
- New London Rotary Centennial Playground, New London



Boundless Playground, Deer Park, Newport News

The Recipe Exchange

If you're living on a gluten and casein free diet, there's no need to avoid America's favorite summer pastime, the incredibly delicious summer BBQ. We have a sizzling summer recipe to consider for your family and neighbors this summer season. Or, do you have a recipe that you would like to share? My Exceptional Family would love to feature your favorite flavorful dishes. Submit your recipe ideas to Brenda.Bollenberg.ctr@navy.mil to be featured in an upcoming newsletter.

Barbecue Sauce (from www.adventuresofaglutensfreemom.com)

Ingredients

- 12-ounce can additive free tomato paste
- 1/4 cup water
- 1/8 cup apple cider vinegar
- 1/8 cup finely chopped celery
- 5 cloves of garlic, finely minced-- this can be adjusted to taste
- 1/8 cup green pepper, finely chopped(optional)
- 1/4 cup brown sugar

Directions

1. Combine tomato paste, sauce, apple cider vinegar, and water.
2. Bring to boil.
3. Add remaining ingredients, cover and simmer for 20 minutes.
4. Remember to stir frequently.
5. Puree, if desired; or serve chunky for a sloppy joe type sauce.



** These recipes are suggestions. User assumes responsibility for recipe outcomes and any risks involved. It is the user's responsibility to insure ingredients and preparation methods are aligned with consumer's dietary/allergy restriction.*

* Can be stored in refrigerator for up to a week.

EFMP Lending Library

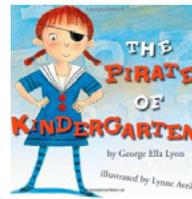
Each FFSC EFMP Liaison has a generous selection of books in their Lending Library. These books are on a variety of disability related topics and are available for you to borrow. If you're looking for a book on a particular topic, please stop by your Liaison's office or simply call to find out what is available in our inventory, perfect for you needs.

Here are two books to consider for summer reading:

The Pirate of Kindergarten

By: George Ella Lyon

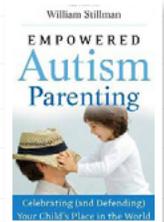
Ginny suffers from undiagnosed double vision, and seeing two of everything is causing her difficulties in school. On vision screening day, a nurse discovers the problem, and the prescribed eye patch gives Ginny a new identity—the pirate of kindergarten. Lyon's short, descriptive sentences set up the situation deftly, and Avril's astute chalk, pencil, and acrylic drawings of "two of everything" provide a vivid window into Ginny's pre-treatment world. It is not until the end of the story that Ginny declares herself a pirate, but as a metaphor for confidence and competence, her patch effectively declares her to be captain of her own ship.



Empowered Autism Parenting

By: William Stillman

In this ground breaking book, William Stillman, an expert and passionate advocate on behalf of those with autism, offers a commonsense guide for parenting children with autism. He gives mothers and fathers, caregivers, and teachers the information they need to recognize the child with autism's unique personality, passions, and intellect and therefore liberate them from today's culture of fear. He shows why the current conventional incentive and reward systems send the wrong message to kids with autism and just don't work. This book offers a sensible ten-step guide for enriching relationships with kids with autism through a belief in their essential competence.



My Resources

TSA Cares Help Line

TSA Cares is a helpline to assist travelers with disabilities and medical conditions. TSA recommends that passengers call 72 hours ahead of travel for information about what to expect during screening.

Travelers may call TSA Cares toll free at 1-855-787-2227 prior to traveling with questions about screening policies, procedures and what to expect at the security checkpoint. TSA Cares will serve as an additional, dedicated resource specifically for passengers with disabilities, medical conditions or other circumstances or their loved ones who want to prepare for the screening process prior to flying.

When a passenger with a disability or medical condition calls TSA Cares, a representative will provide assistance, either with information about screening that is relevant to the passenger's specific disability or medical condition, or the passenger may be referred to disability experts at TSA.

TSA recommends that passengers call approximately 72 hours ahead of travel so that TSA Cares has the opportunity to coordinate checkpoint support with a TSA Customer Service Manager located at the airport when necessary.

Free Tutoring 24/7 for the ENTIRE Military Family

Tutor.com offers free tutoring around the clock for U.S. military families. Get homework and studying help from a professional tutor any time you need it. FREE for K-12 students in Army, Navy, Air Force, Marines, National Guard and Reserve families. Expert tutors are online 24/7 and available to help in more than 16 subjects, including test prep, proofreading, Math, Science, English and Social Studies.

Tutor.com also offers free college tutoring to eligible service members to help them succeed in school as they balance work and college. Tutors are available in more than 20 introductory college subjects in math, science, social studies and English. Military college students can get help with everything from basic math to biology to statistics. Free proofreading and writing help is also available.

Students in U.S. Army, Navy, Air Force, Marines, National Guard, Reserves, Wounded Warriors and deployed DoD civilian families are eligible for free access to the Department of Defense online tutoring program with Tutor.com. This program is funded by the Department of Defense MWR Library Program, Yellow Ribbon Reintegration Program and Navy General Library Program.

To register visit www.tutor.com

Air Travel with a Person with Special Needs

Exceptional Family Member Program

Whether we have special needs or not, when it comes to air travel, we all want to get through the security process quickly and efficiently. But if you have special needs or are accompanying someone with special needs, there are a few extra things you'll want to know — tips on packing medications, getting through security with prosthetic devices, and your rights during a personal search, to name a few. By knowing ahead of time how to prepare, what to expect, and all of the assistance available to people with special needs, you can make things easier on yourself, security personnel, and your fellow passengers.

Before you get to the airport

By taking a few simple steps before you leave for your flight, you can make your airport experience a lot easier. A Transportation Security Administration (TSA) representative can help you through the security screening process, but if you need assistance elsewhere in the airport, you'll need to request it from the airline you'll be flying on. Your airline may need up to forty-eight hours to ensure that they can accommodate you, so call them in advance to arrange for assistance. Also,

if you would like a companion to go with you to your gate, request a gate pass from a representative of your airline before you get to the security area. Check your airline's website for additional guidance and information on available assistance.

Take Your Pet or Service Animal on your Summer Getaway

www.pettravel.com

A great site loaded with information on airline pet policies and pet-friendly motels, as well as pet immigration rules for many countries. Whether you travel with your pet or service animal by air, land, or sea, PetTravel.com has been assisting pet/service animal owners with worldwide travel advice. Choose pet-friendly lodging and services from over 43,127 listings.

If you have further questions about service animals or other requirements of the ADA, you may call the U.S. Department of Justice's toll-free ADA Information Line at 800-514-0301 (voice) or 800-514-0383 (TDD).

Project Lifesaver

Project Lifesaver is a national proactive, electronic tracking, program used to assist in locating people with Alzheimer's disease and related disorders or children with Down Syndrome or Autism Spectrum Disorder that wander from home and become lost.

A lost child with Autism or Down Syndrome or an adult wandering from dementia constitutes a critical emergency and present challenges to police in searching and rescue operations. While we cannot predict when a person will become lost, we can prepare.

Currently, 1,200 agencies in 45 states participate in the program—police, sheriff, fire, public safety departments and other emergency responders.

How Does It Work?

The Project Lifesaver uses a personalized transmitter, powered by a small battery that emits a constant radio signal 24-hours a day.



Once the police are called that a person is missing, officers identify that signal from a specialized directional antenna and are able to track the wandering person. This equipment is used on foot, in cars and also by air providing maximum cover and capability for search efforts for several miles using the tracking equipment. This is a very successful program. Nationwide, Project Lifesaver has responded to over 2,000 rescues and all were 100% successful with a recovery time less than 30 minutes.

How to Enroll?

Please call Project Lifesaver International Headquarters at (757) 546-5502 and ask for information about the nearest agency in your area. They will have the most up-to-date low cost pricing information and local contacts to help get you started and enrolled. Family stipends are available for those who qualify.

Tips for Military Parents on Supporting Their Children in Special Education

By Kristin Stanberry- National Center for Learning Disability

It's critical that you have the right professionals (e.g., educators, case workers, and others) supporting your child's needs, but remember that you are your child's best ally and advocate. Here are some tips for supporting your military child's needs if he or she has a learning disability — at home, in school, and in the community at large.

Your Child's Social and Emotional Needs

While school and learning are important, don't overlook your child's social and emotional needs. Here are some tips to keep in mind:

- Be mindful of how the military lifestyle may affect your child's self-esteem and emotional state — for better or worse. Encourage him to tell you how he feels and address any problems, with professional help if necessary.
- Create a sense of social continuity for your child. Luckily, technology developments in recent years have made this easier than ever. Stay in touch with family members at a distance, as well as with friends from your previous neighborhoods. Help your child connect with them through phone calls, email, video chats, social networking sites, letters, and postcards.
- Encourage your child to make new friends when you move to a new location. Support his efforts by hosting play dates, meeting other parents, and joining community groups. When you're living on base, it's easier to meet others who understand the military lifestyle. If you're not living on base, you may need to make an extra effort to help your child connect with new friends, especially if the school year is already underway.

Your Child's School Experience and Learning

You have the power to be your child's best advocate and help him succeed in school. Try these tips to help your child learn successfully at school — and in life:

- Understand your child's specific disability and how it affects him. For example, if he has a reading disability and needs audio

books to help him read successfully, be sure his teachers are aware of this and make sure that those accommodations are part of your child's Individualized Education Program (IEP).

- Partner with your child's teacher by reaching out and opening the lines of communication. Share important information about your child, be open to the teacher's feedback and ideas, and try to keep the relationship positive and constructive. Given that you're likely to relocate every few years, it's especially important to establish those parent-teacher-school connections as soon as possible.
- Recognize your child's strengths and talents; help him develop them to offset his disability and also increase his self-esteem. For instance, a child who struggles with reading might be an amazing artist. Make sure he has opportunities to express himself through art at school, at home, or in another setting. A focus on strengths and talents will likely help your child to readjust more easily when he changes schools.

Make the Most of Every Move

The military lifestyle offers exciting opportunities with each new deployment, whether you relocate to a new state in the U.S. or abroad. Examples for you and your family to try:

- Before you move, you and your family can learn about your future community. Tap into military and community resources for information, and also do some research on your own. Involve your child in this process by asking what he or she is most interested in knowing about your family's new location.
- After you move, look for opportunities to learn about the history, culture, and natural environment of your new location.
- Share what you learn with family and friends across the miles. Send (or post online) postcards, photographs, video, and stories about your new locale.
- If you move to a different climate (e.g., from desert to snow country), explore new sports and activities that weren't possible where you lived before.

Get Connected: 2-1-1

2-1-1 is an easy to remember telephone number connecting people with free information on available community services. When you dial 2-1-1 from any state in the Mid-Atlantic Region, a trained professional listens to your situation and suggest sources of help.

2-1-1 provides access to services in your community and statewide. All referrals are confidential and secure.

- 2-1-1 is an easy to remember telephone number that connects callers to information about critical health and human services available in their community.
- 2-1-1 reaches approximately 260 million people (86.6% of the total U.S. population) covering all 50 states (including 37 states with 90%+ coverage), the District of Columbia and Puerto Rico. Yet, millions of Americans still need to be connected.
- America needs 2-1-1 to be accessible nationwide. As the number of organizations providing specialized services is on the rise, people find it frustrating and confusing to access community services. 2-1-1 provides a one-stop service for vital information.
- While services that are offered through 2-1-1 vary from community to community, 2-1-1 provides callers with information about and referrals to human services for every day needs and in times of crisis. For example, 2-1-1 can offer access to the following types of services:

- Basic Human Needs Resource: food banks, clothing, shelters, rent assistance, utility assistance.
- Physical and Mental Health Resources: medical information lines, crisis intervention services, support groups, counseling, drug and alcohol intervention, rehabilitation, health insurance programs, Medicaid and Medicare, maternal health, children's health insurance programs.
- Employment Support: unemployment benefits, financial assistance, job training, transportation assistance, education programs.
- Support for Older Americans and Persons with Disabilities: home health care, adult day care, congregate meals, Meals on Wheels, respite care, transportation, and homemaker services.
- Support for Children, Youth and Families: Quality childcare, Success by 6, after school programs, Head Start, family resource centers, summer camps and recreation programs, mentoring, tutoring, protective services.
- Volunteer opportunities and donations.

Accessible Pools Means of Entry and Exit

People with disabilities were, for too long, excluded from participating in many recreational activities, including swimming. The revised 2010 Standards change that. For the first time, the 2010 Standards set minimum requirements for making swimming pools, wading pools, and spas (pools) accessible. Newly constructed and altered pools must meet these requirements. Public entities and public accommodations also have obligations with respect to existing pools. State and local governments must make recreational programs and services, including swimming pool programs, accessible to people with disabilities. Public accommodations must bring existing pools into compliance with the 2010 Standards to the extent that it is readily achievable to do so. The requirements for newly constructed and



existing pools will ensure that, going forward, people with disabilities can enjoy the same activities—a community swim meet; private swim lessons; a hotel pool—at



the same locations and with the same independence, ease, and convenience as everyone else.

The 2010 Standards establish two categories of pools: large pools with more than 300 linear feet of pool wall and smaller pools with less than 300 linear feet of wall. Large pools must have two accessible means of entry, with at

least one being a pool lift or sloped entry; smaller pools are only required to have one accessible means of entry, provided that it is either a pool lift or a sloped entry.

There are a limited number of exceptions to the requirements. One applies to multiple spas provided in a cluster. A second applies to wave pools, lazy rivers, sand bottom pools, and other pools that have only one point of entry.

www.ada.gov

SAVE THE DATE

07 Advocating for your Special Needs Child's Educational Needs

When: Friday, September 7 10 to 11 a.m.
Where: Langley Airman & Family Readiness
66 Nealy Avenue, Bldg
246 Langley Air Force Base
Hampton, VA 23665

Helping your child have a successful school experience can be challenging. This workshop will provide information that will be useful to, and supportive of your effort to advocate for your child.

29 Walk Now for Autism Speaks

When: Saturday, September 29, 8:30 a.m. to noon
Where: Richmond International Raceway,
600 E Laburnum Ave, Richmond, VA 23222

Walk Now for Autism Speaks is a fun-filled, family friendly event and is our single most powerful force to fund vital research that will lead us to the answers we need. We walk to raise public awareness and to raise money to fund autism research. Scheduled in over 80 cities across North America in 2012, Walk Now for Autism Speaks appeal extends beyond the autism community. Participants include families and friends united in their support of those affected by autism; business and civic leaders; medical professionals; educators; and local and national celebrities. Attendees come from a wealth of backgrounds and ethnicities sharing a commitment to finding the missing piece of the puzzle. **To see a current list of walk sites, please visit www.walknowforautismspeaks.org or contact us at virginia@autismspeaks.org or (202) 955-3111.**

Ticket Sales

www.ada.gov

Over the past 20 years, some public and private venues, ticket sellers, and distributors have not provided the same opportunity to purchase tickets for wheelchair-accessible seats and non-accessible seats. The general public has been able to directly and immediately purchase tickets for non-accessible seats, whether through a venue's Internet site or its box office, or through a third-party Internet based vendor.

However, these direct purchase options have simply been unavailable to many individuals with disabilities because transactions frequently could not be completed. Instead the purchaser was directed to send an e-mail or to call a separate telephone number to request tickets and wait for a response. These burdensome policies still exist, making it difficult or impossible for those who require accessible seats to purchase tickets, especially for popular events that sell out in minutes. As of March 15, 2011, venues that sell tickets for assigned seats must implement policies to comply with the new ticketing requirements.

FFSC Mid-Atlantic EFMP Liaisons



**FLEET &
FAMILY
SUPPORT
CENTERS**
MID ATLANTIC

Fleet and Family Support Centers Mid-Atlantic EFMP Liaisons

Hampton Roads

Norfolk	(757) 444-2102
NMC Portsmouth	(757) 953-7805
JEB Little Creek/ Fort Story	(757) 462-7563
Oceana	(757) 433-2912
Yorktown/NNSY	(757) 887-4606

West Virginia

Sugar Grove	(304) 887-4606
-------------	----------------

Connecticut

New London	(860) 694-3383
------------	----------------

New Hampshire

Portsmouth, NH	(207) 438-1835
----------------	----------------

New York

Saratoga Springs	(518) 866-0200, x148
------------------	----------------------

Rhode Island

Newport	(401) 841-2283
---------	----------------

www.cnic.navy.mil/navylifema



USO EFM Day at King's Dominion

The USO of Hampton Roads and Paramount's Kings Dominion hosted the annual "USO-Kings Dominion Day" for special needs children last month. Each year, families from the Air Force, Army, Coast Guard, Navy, and Marines with children who are terminally ill, chronically ill, or wheelchair bound, are provided free park admission, a group picnic, and special medical services at the park.

The program is designed to provide a respite for the families who, due to cost, time, and mostly medical reasons, are unable to visit recreation and theme parks. USOHR, Kings Dominion, and the Joint Services EFMP Committee make it possible for them to enjoy a family day together. This year the Navy had the largest show with 127 family members participating.