

Your free guide to EFMP services, entertainment and educational opportunities on Joint Base Lewis-McChord



EFMP News

Exceptional Family Member Program

June 2011

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Army Community Service (ACS)
Director: George T. Mitchell



Exceptional Family Member Program (EFMP)

Bldg. 2140, Waller Hall, Rm. 400
JBLM-Lewis Main

EFMP Program Manager:

Mary Herrera
253-967-9704

EFMP Staff Members:

Nancy Dozier:253-967-9705
Carol Watrous:253-967-3451
Jackie Kelley:253-967-3520
Jaelyn Gilley:253-967-3553
Terry Giles: 253-966-5393
Cheryl Hoyson: 253-967-5795

The EFMP office has an open-door policy regarding assistance to our families. Please feel free to contact us if you have any questions about available services, concerns, or if you need resources or advocacy on Joint Base Lewis-McChord or in the civilian community.

EFMP News

Editor/Graphic Design:

Johanna Krause

Johanna.Krause@us.army.mil

JBLM life...



Pierce County Parks and Recreation Free!

Offering a FREE Summer Playground Program with wading pools, arts and crafts, and games. Mon - Fri, 11:30 a.m. - 6 p.m. and Sat, Sun, 12 - 4 p.m. Some sites offer a free lunch.

Children's Museum of Tacoma

June 2, FREE Market Play Day
June 3, First Friday FREE, 10 a.m. - 7 p.m.
June 9, FREE Market Play Day
June 16, FREE Market Play Day
June 23, FREE Market Play
June 30, FREE Market Play day

Monthly Swim Night Free!

June 3, 7 - 8:30 p.m., Clover Park High School, 11023 Gravelly Lake Drive, Lakewood.

Special Olympics

June 3 - 5, Joint Base Lewis-McChord

Bike Riding with Summer Team Free!

June 11, 2 - 4:30 p.m. Sponsored by Companionship, see page 7.

Music in the Park

June 12, Wright Park, 1 - 2:30 p.m.

Point Defiance

June 14, FREE day for people with disabilities.

Museum of Glass

June 16, FREE Art Walk, 5 - 8 p.m.

South Sound Parent to Parent Benefit Event

June 18, 9 p.m. Avenue Tavern, 210 East 4th Ave, Olympia. Grab your dancing shoes to experience one of the best soul and R&B performances from Func Pro Tunc! This concert is a benefit event for South Sound Parent to Parent which provides services and resources to families caring for people with special needs in Thurston and Mason counties. Please come to support their mission. Doors open at 8 p.m. Suggested donation \$20, or pay what you can (\$1 - \$100).

JBLM EFMP Working Focus Group Free!

June 9 & July 7, 3 - 4 p.m. ACS Classroom, Waller Hall. Mission: identify global issues impacting Exceptional Families within the JBLM and Army communities. We will

June Events

work collectively with senior leadership, medical personnel, community and DoD agencies to improve service delivery and quality of life. Call 253-967-9704/3520 for details. "You must be the change you wish to see in the world." Mahatma Gandhi

TreeHouse Point

6922 Preston-Fall City Road SE, Issaquah info@treehousepoint.com. Located 10 min. from Snoqualmie Falls, the TreeHouse Point is a dream come true for kids at heart. Imagine your own tree fort, secured in a 160 ft. Sitka spruce, 35 ft. above a rushing river. Each rentable tree fort comes with comfortable handmade quilts, leather reading chairs, built-in cedar beds, iPod docks and Mr. Bluebird chirping outside your window. Walking trails, hammocks hung 18-ft. high and a dance floor in the dirt are all part of the grounds.

Skyline Drive-In

182 SE Brewer Road, Shelton; \$7 per adult; \$1 for kids ages 6 - 11 yrs. and free for children ages 5 yrs. and under. Gates open at 7 p.m. Fri-Sun, from March to October, movies begin at dusk. Enjoy the summer-night experience of watching a big-screen film in the privacy of your own car. You listen to the movie on an FM radio. Outside food and drinks, alcohol and drugs are not permitted. Enjoy their snack bar. For more information call 360-426-4707 or visit [skylinedrive-in.com](http://www.skylinedrive-in.com).

Take the Train to Portland

Amtrak provides daily service between Tacoma, Olympia/Lacey and Portland. For schedule and additional details visit: www.Amtrakschedule.com

Volunteers Needed for Special Olympics

Special Olympics of Washington (SOWA) needs volunteers for the June 3 - 5 Summer Games held at Joint Base Lewis-MChord. Events for this culminating summer tournament have taken place every year since

1973. SOWA has fewer than 25 staff members for the entire state and relies heavily on help from volunteers. For more information contact steven.e.clark1@us.army.mil.

Camp Primetime 2011

Our 2011 weekend session at Camp Prime Time will be July 8 - 10. Registration is closed for this year and cabin assignments are being completed. If you have questions regarding this event call 253-967-9705.

Camp JBLM 2011

The Exceptional Family Member Program is hosting Camp Joint Base Lewis-McChord 2011. Families with a special needs Family member are welcome to join us Aug. 19 - 21 at the Northwest Adventure Center. Cabins for the overnight stay are already booked; however, all EFMP Families are welcome to participate in the Saturday Day-camp on Aug. 20. Campers will enjoy a variety of activities including fishing, swimming, a BBQ lunch, crafts and more. Registration for the Saturday Day-camp will run through July 15. Registration packets can be picked up from the ACS EFMP office in Waller Hall or downloaded from our website at <http://www.jblmmwr.com/pdf/acs/efmp/RegistrationEFMP-CampJBLM11Website.pdf>. Completed registration packets may be returned to the ACS EFMP Waller Hall office, e-mailed to JBLMIMCOMDFMWREFMP@conus.army.mil, or faxed to 253-967-1034. For additional details call 253-967-3520.

S.T.A.R.S. Camp

(Social Teaching and Readiness for Sports) DuPont Speech and Learning and All Sports have teamed up to provide a unique summer experience for children with social communication difficulties ages 7 - 12. Join others for sports and play with a focus on the social aspects of games. This camp is designed for children with social / communication impairments who struggle to recognize the unwritten and unspoken rules of interactions or emotional control while increasing coordination, strength, stamina and sports skill building.

For more information on S.T.A.R.S. Camp and registration details contact Angela Brinkhaus at DuPont Speech and Language at 253-273-2243 or abrinkha@hotmail.com Sign up now, space is limited!



EFMP News is an authorized unofficial community information source published for members of the Joint Base Lewis-McChord EFMP community. There is no U.S. government endorsement of any commercial sponsor. Editorial content is provided by Exceptional Family Member Program, Army Community Service, and Family & Morale Welfare and Recreation offices. Submissions are welcome, but will be edited for accuracy, brevity, clarity and journalistic style. Submissions are due on the first day of the month, one month prior to publication date. **EFMP News** is published monthly. Printed circulation is 300, electronic is 1000. Send submissions to: Johanna.Krause@us.army.mil

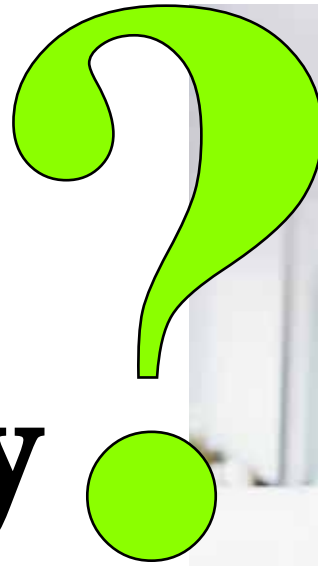
Policy

We encourage letters to the editor, but they must be signed. We will consider withholding the name of the author upon request. Letters regarding an issue should contribute to informational interest.

We reserve the right to edit all material for style, to fit available space, to resolve libel, force protection and grammar.

Although the information in the issue is current at time of publication, activities and events are subject to change. Please contact the activity for confirmation.

Pregnant or planning a pregnancy



What is CMV?

CMV stands for *cytomegalovirus*. CMV is a common virus that approximately 50 to 80 percent of adults in America have by the time they are 40 years of age. It is often asymptomatic, meaning showing no symptoms. Most people contract the virus as children. When CMV is contracted as a child or an adult, it is essentially harmless. A person will subsequently build immunity to the virus once they have contracted it. However, there are circumstances when CMV infection can have disabling, even fatal, consequences, such as when the virus infects an unborn baby.

Congenital CMV

Congenital CMV is the most common congenital (meaning present at birth) infection in America. Congenital CMV is the term used when a newborn infant tests positive for the CMV virus at the time of birth, indicating that the virus was contracted when the baby was still in the womb. The virus enters the unborn baby's system, where it can have devastating, even fatal, effects on the developing child. The brain of the unborn baby is particularly targeted by the virus, and infection results in a wide range of disabilities due to that brain damage. Other developmental disabilities, such as autism, may be due to CMV infection.

**JUNE is
CMV Awareness Month**

Facts About Congenital CMV

Congenital CMV is the most common cause of birth defects and childhood disabilities in the U.S. It is the most common infection present at birth.

EVERY HOUR a child becomes permanently disabled because of congenital CMV.

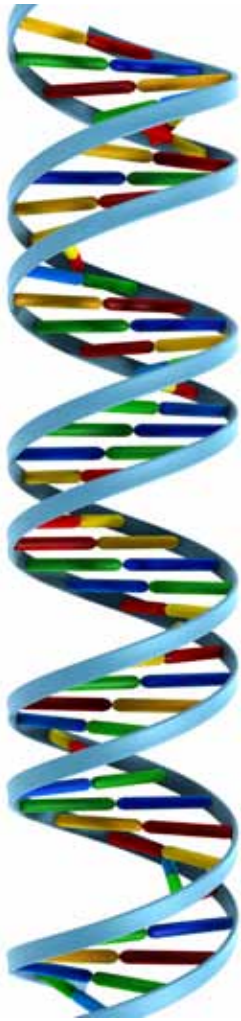
EACH YEAR in America 40,000 children are born with congenital CMV infection; 8,000 children are permanently disabled; and approximately 400 children die.

CMV CAN CAUSE:

- Death
 - Deafness
 - Mental Retardation
 - Seizures
 - Brain Damage
 - Cerebral Palsy
 - Blindness
 - Growth Problems
-
- One in every 150 children is born with congenital CMV
 - One in 750 children is born with or will develop permanent disabilities caused by congenital CMV
 - More children are disabled each year from CMV than from Down syndrome, fetal alcohol syndrome or neural tube defects/spina bifida

CMV is the second leading cause of mental retardation, the leading cause of cerebral palsy in children and the leading cause of non-hereditary deafness. In the U.S. about half of all expectant mothers have never been infected with CMV, which puts their unborn babies at risk.

Why You Need To *Learn About CMV...*



How is CMV Contracted?

CMV is spread through contact with human bodily fluids, such as urine and saliva. As with many other viruses, it only takes brief casual contact with a contaminated surface, object or person to acquire the infection. CMV can be spread by sharing a glass or eating utensil with a CMV-positive individual, or kissing a young child who is actively contagious with CMV. In fact, it is not uncommon for women to contract the virus for the first time from their pre-school aged children, who in turn have acquired the infection from other children at pre-school or in group daycare. The consequences of a primary (first time) infection in a woman can be tragic if she is pregnant at the time of acquiring the virus. Thus, women who have not been exposed to CMV and have young children (or work with young children) are at higher risk if they are considering future pregnancies, particularly if their young children attend group daycare.

How Can I Protect My Unborn Baby or Future Pregnancies?

Find out your CMV status prior to getting pregnant. If your blood test indicates that you have never had CMV, discuss the risks with your doctor. Every woman should take steps to prevent CMV infection during pregnancy, but women who are CMV-negative are at highest risk. Remember, this includes care in handling bodily fluids of your own children, as in kissing your children on the face, changing diapers or sharing utensils or cups with them. Refer to the following Web sites for detailed recommendations on how to take extra hygienic precautions while pregnant:

www.cmvfoundation.org and www.cdc.gov/cmV.



Are you a fan yet?

*Connect with other EFMP News readers on
Facebook and get regular updates on our program.*

[facebook.com/
efmpjblm](https://www.facebook.com/efmpjblm)



Autism Web sites :



Autism Support Group

The Lewis-McChord Autism Support Group holds monthly meetings on Friday throughout the school year at the Family Resource Center, located on the corner of 9th Division and Idaho on JBLM Main from 7 to 9 p.m. Join the JBLM Autism Support Group as they share information about summer activities throughout the Puget Sound area. Hope to see you there! Please call Cheryl Beene at 253-589-2572 or 253-961-6069 or e-mail beenetworks@aol.com with any questions or to RSVP.



Autism Society of WA
Autismsocietyofwa.org

Autism Speaks
Autismspeaks.org

**Special Families of
Pierce County**
<http://specialfamiliesofpiercecounty.blogspot.com>

**TACA of
Western Washington**
Talkaboutcuringautism.org
Tacanow.org

**Families for Effective
Autism Treatment**
Featwa.org

UW Tacoma Autism Center
<http://depts.washington.edu/uwautism/>

FEAT of Washington

The Experience Learning Project is a new program for teens with high functioning Autism or Asperger's Syndrome living in the South Puget Sound region. Clinically, this project works with teens to improve their self-management and social problem solving skills within a service learning context.

This is an ongoing group that teens may join at any time. Teens meet on Friday evenings from 5:30 to 7:30 p.m. in University Place. Saturday service learning experience takes place at various locations in the Pierce County area.

The program is \$250 per month or approximately \$15.80 an hour for 16 hrs. of therapy. For more information or to register visit www.featwa.org. DDD funds accepted along with some insurance coverage.



Special Families of Pierce County

Special Families of Pierce County meets monthly at the Pierce County Library Processing & Administration Center located at 3005 112th Street East in Tacoma. It is on the corner of 112th Street East and Waller Road, just off the Portland Avenue Exit from Hwy 512. You can join their monthly e-mail list. Look for their group page at <https://www.facebook.com/#!/group.php?gid=51806371728&v=wall>. Contact Angela Fish at 253-830-4368 or specialfamiliespc@gmail.com for further information.

Their monthly meeting will be held on June 6, 6:30 - 8:30 p.m. Topic: Gluten Free and Raw Foods Cooking Demo. Speaker: Renee LaCoste, Raw Foods Chef and Gluten Free specialist. There will be selected lending resources available for check out, and new attendees receive a valuable binder of information for free, while supplies last. Professionals and other interested parties are welcome to attend. Childcare is not available.



JBLM EFMP Support Group

The JBLM EFMP Support Group (JBLMEFMPMSG) is a non-profit, private organization that offers meetings and guest speakers. JBLMEFMPMSG holds monthly meetings, alternating between JBLM-McChord Field, JBLM-Lewis Main and JBLM-Lewis North. JBLM EFMPMSG sends a fond farewell to departing Board Members David & Michele Gross, who are PCSing, and to Christine Uhl, who is retiring from active-duty service. Many thanks for their volunteer service to the JBLMSG and EFMs over the past several years. Join their facebook page, www.facebook.com/JBLMEFMPMSG, to keep up to date on monthly meetings and events, post questions, and visit with other EFMP families. For more information about JBLM EFMPMSG call Christine Uhl at 253-241-3183 or 253-982-3997 or email EFMPMSG@gmail.com.

The JBLM EFMP Support Group Wants YOU!

We are looking for volunteers to fill several local Board Member positions. In particular, Active-duty Army and Air Force personnel are needed. Active-duty service members, working towards the volunteer service ribbon, can log volunteer hours via ACS. The JBLM EFMPMSG is a non-profit local organization supporting EFMs by coordinating community activities, providing advocacy and networking, resource connections, educational opportunities, and the overall where and how-to of EFMP. Innovative and creative ideas, a genuine desire to make a difference to military families and the community and a can-do attitude are a must, EFMP experience is preferred, but not mandatory. Interested persons should inquire by e-mailing contractservice@yahoo.com or efmpsg@gmail.com by June 30.

Companionship

ACS-EFMP partners with the Companionship Program to provide recreation and leisure opportunities for individuals with special needs and their friends and families. The goal is to assist the participants in finding and maintaining strong friendships by providing different activities throughout the community. For more information call 253-798-2997 or e-mail pccparkscompanionship@yahoo.com. The monthly newsletter is available on their website.



EFMP Enrollment Process

If your family member has a health condition that necessitates a specialist or specialty clinic, he or she **MUST** be enrolled in EFMP under medical, **DD Form 2792**. If your child has an IEP (Individualized Education Program) or 504 plan, they are required to be enrolled in EFMP under education, **DD Form 2792-1**. Enrollment forms for EFMP are renewed every three years or sooner, if there are significant changes. Disenrollment is not automatic upon expiration; it is required for a change in marital status or a significant improvement that no longer warrants enrollment.

Army – Submit your completed enrollment forms to the EFMP office at the Madigan Developmental Clinic on the first floor of the Medical Mall. For questions call 253-968-1370. For overseas screening call 253-968-0254.

Air Force - Submit your completed enrollment forms to the SNIAC office on the second floor at 62nd Medical Clinic. For a PCS screening or for questions call SGT Anderson at 253-982-3350.

For Air Force Respite Care, contact Anthony Buggage at Airman & Family Readiness Center at 253-982-2695.

EFMP Family Support Services

Bldg 2140, Waller Hall, Room 400, JBLM-Lewis Main
Installation & local resources & services, Housing & school issues, IEP/504 plans, Respite Care, Systems Navigation, Advocacy, Support groups, Monthly newsletter, Disability services, and Special Needs Accommodation Process are available for all Army and Air Force EFMP Families.

EFMP Manager

Mary Herrera: 253-967-9704

EFMP staff members

Nancy Dozier: 253-967-9705
Carol Watrous: 253-967-3451
Jackie Kelly: 253-967-3520
Jaelyn Gilley: 253-967-3553
Terry Giles: 253-966-5393
Cheryl Hoyson: 253-967-5795



CHILD REACH

Growth is important at each stage of development. Infants and toddlers are busy learners. ChildReach is a FREE, mobile screening program offered at various sites for children birth to 3 yrs. residing in the Tacoma/Pierce County area. Child Reach provides children with screening for language, motor, learning, hearing, vision, growth and behavior. Children identified with potential developmental concerns are referred for follow-up services. Contact ChildReach at 253-798-3698/3822 to schedule a screening appointment at the following locations:

June 2 – Peninsula Library, Gig Harbor

June 6 – Parkland Family Support Center, Parkland

June 9 – People's Community Center, Tacoma

June 14 – Tillicum Community Center, Lakewood

June 16 – Prairie Ridge Community Center, Bonney Lake

June 22 & 23 - Grandview Early Learning Center/ Puyallup Tribe, Tacoma



ArmyOne Source
Myarmyonesource.com

Attention Deficit Disorder
Addresources.org

CP Network
thecpnetwork.org

COMPANIONSHIP
piercecountywa.org/companionship

Family Support for our Troops
operationhomefront.net/Washington

Find the Genius in ADD
theadhddoctor.com

Gluten Intolerance Group
gluten.net

Hands On Children's Museum
hocm.org

Hearing, Speech & Deafness Center
hsdc.org

Joint Base Lewis – McChord
jblmmwr.mil

Military Homefront
militaryhomefront.dod.mil

MilitaryOneSource
militaryonesource.com

Military Family Assistance Center
usacares.us

National Association of Child Care Resource & Referral Agencies
naccrra.org

National Military Family Association
nmfa.org

Official TriWest websites
triwest.com

Pierce County Food Banks
efoodnet.org

Puget Sound Educational Services
psesd.org

South Sound Parent to Parent
ssp2p.org

Specialized Training Of Military Parents
stompproject.org

Traumatic Brain Injury Washington
tbiwashington.org

FACEBOOK Addresses:

ACS-EFMP
www.facebook.com/efmpjblm

JBLM EFMP Support Group
www.facebook.com/Lewis-McChordEFMP

Lewis-McChord Family and MWR
www.facebook.com/Lewis-McChordFamilyandMWR