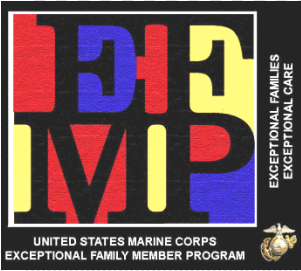


Exceptional Families, Exceptional Service



Exceptional News

Volume 3, Issue 3
March, April,
May 2012



SPRING FORWARD!

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Caregiver Burnout: What is it and how can you prevent it?

Spring is a time of newness and cleaning out of old things. The winter has come and gone, the ground is fertile, and the sun is out. It's a great time to take a look at what needs cleaning out and what needs replenishing. As a special needs family, chances are you are spending many of your resources on keeping your family healthy and strong. Sometimes we spend so much of our time taking care of others that we forget to take care of ourselves. If we fail to take proper care of ourselves, eventually we have less to give to those we love and we may feel symptoms of burnout. Some signs to look out for are: depression (feeling helpless, hopeless, and overwhelmed), exhaustion, short temper or irritation with the one you care for, lowered immune system/frequent sickness, neglecting your own needs, difficulty relaxing, and difficulty asking for help.

EFMP makes respite available to our families to help avoid burnout. Everyone needs a chance to rest and to replenish themselves so that they can continue to be healthy and successful in their endeavors. Still, sometimes rest is not enough and we need a little extra care for tough times. When that happens, consider your resources. Are there family or friends who can help you out or talk to for emotional support? Can you take a walk or do some exercise? Is there a program on base that you might benefit from?

Please don't hesitate to contact the EFMP office for assistance in finding resources to help you through times of stress, challenge, or when you need just a little extra support. We are here to help your family keep going strong, and one of the most critical pieces to that is you, the Caregiver. EFMP is here for you!

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EFMP is hosting a family fun day on the green outside Building 2525 for the kids on Friday, April 27th from 12:00-3:00pm. There will be jumpers, crafts, and face painting for the kids, as well as popcorn, activities, and a sensory toy room. Bring the kids for a day that celebrates who they are and how much they mean to us!

Fri. 9th 10-3:00pm
 Bldg. 2525, Conference Rm
 Mon. 26th 4-5:00pm
 Miramar CYC
 Thu. 5th 8-3:30pm
 Bldg. 2525, Conference Rm
 Thu. 12th 9-11:00am
 Bldg. 2525, Conference Rm

 Thu. 12th 9-11:00am
 Bldg. 2525, Conference Rm

Message from the Program Manager: This year the Exceptional Family Member Program is excited to bring to you a wealth of training opportunities, fun filled family activities, and resources. We are happy to announce that the EFMP Marriage Series training will be offered again in April and thereafter we will host our very first EFMP Health Fair on 6/4 at the Miramar Ballroom. These events are tailored to supporting the needs of our families and will be a **revenue prevention education awareness knowledge (SPEAK) Program**. Please don't miss out on these opportunities!!!!

Special Needs Forum (Guest Speaker from CARES) – A quarterly discussion group that convenes to discuss trends, issues, and updates regarding the Special Needs Community. QMC has granted service members access to review and monitor the Special Needs Forum. **CPR Training – The Heartsaver First Aid Course.** First aid, adult, child and infant CPR and AED. **Special Marriage Series – Practical tips and techniques for creating and maintaining a healthy marriage, focusing on the Five Love Languages and tailored to those with special needs family members.** The CMS website can be accessed by EFMP service members only, and they must log in with their **Understanding Assessments with Karen Taylor – Learn how to read your child's assessment results, understand them, and use them to best advocate for your child's educational needs.** Should you have any problems with accessing this website please feel free to contact your EFM Office.

Save the date! EFMP Miramar

Will be hosting our first ever annual Resource Fair on May 18th From 9:00am-3:00pm

Tue. 17th 10-11:00am
 Bldg. 2525, Conference Rm
 Fri. 27th 12-3pm
 Bldg 2525, Lawn Area

EFMP Family Fun Day – Join us on the lawn of building 2525 for a fun afternoon full of games, face-painting, Zumba, and other fun activities just for the kids!



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We're on the Web and Facebook!

See us at:
http://www.mccsmiramar.com/exceptional_family_member.html

or on Facebook at:

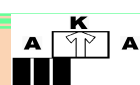
EFMP-Miramar



About Our Organization..
"Serving those who Serve"

EFMP assists Marine Families in managing the dual demands of a Marine Corps career and the special need (any medical, emotional or educational need) of a family member. We offer Case Management, Outreach, Training, Respite Care and much more. The responsibility of the Case Manager is to provide hands on service to families that are enrolled in the EFMP. Case Managers are able to attend IEP meetings, liaison with Tri-Care/ECHO, assist with housing issues, provide resources and support & assist families navigating the various systems. The Outreach/Trainer provides information to the community at large and develops programs, trainings and events for families with "Special Needs."

MCCS Miramar EFMP



RESOURCE OF THE QUARTER

AKA Head Start accepts applications year round from families with children ages 3-5 years old, including those with Special Needs for the 2012-2013 school year. There are several locations throughout San Diego with ****Public Transportation Information Available Upon Request****

For additional information please call

AKA Head Start (619) 444-0503 or view their website at:
www.akaheadstart.org

SPRINGTIME

G R A S S S L E P G Y R V S L
 S I D B D M N D U M L W A V F
 I F L R V I H G D N F E Y I N
 K N I V H G G H D F R B I E N
 D B N S T H F P L C E V J F I
 D N N E S N G O E W T D R W F
 W U U L Z K W D S F T Q C H H
 S Y X O A E D E K H U Q W W Q
 Y C Y G R D E L T U B P E U G
 Q K L R Q G Y R Q F D C S C T
 O A C Q C D Y B B R H E W I N
 M J F E W P V A U W S T O N F
 S M O O L B C L L G F F E C Y
 C R I C K E T S M P I V P I Y
 R K A E R B G N I R P S J P E

Word Bank:

- | | | |
|---------------|-------------------|------------------|
| BIRDS | PLAYGROUND | BUTTERFLY |
| GRASS | BLOOMS | CRICKETS |
| BREEZE | LADYBUG | FLOWER |
| PICNIC | | |



The difference between school and life? In school, you're taught a lesson and then given a test. In life you're given a test that teaches you a lesson.

Tom Bodett

