



Seasons Greetings

EFMP STAFF

The holiday season is right around the corner and EFMP hopes families and friends will come and celebrate with us in upcoming events. EFMP has new and exciting events planned and invite all families to participate.

Respite care is still being offered to qualified Exceptional Family Members (EFM's). However, any new respite care applicant that is approved will be placed on a waiting list until further notice. Existing EFM's using respite care may continue to use their respite care hours.

EFMP updates, enrollments, and dis-enrollments can be done at the EFMP MEDDAC office located at MACH on the 10th floor. Screening days and times are Tuesday starting at 0900 and Thursday at 1300. Existing EFM's status should be updated every three years or as medical and/or educational condition changes.

EFMP is constantly updating its distro list. If you have PCS, would like to add an email address, or remove one please call the EFMP office or email an EFMP Specialist with your request.

EFMP thanks all families for their continuing support and positive feedback. If you have any questions, concerns, or comments please let us know.

EFMP Staff

~Cheryl Jackson, Brandi Palmer, Marisa Willis~



EFMP will be hosting its annual Harvest Dinner on November 19 at 1700. Location is 2335 Anderson Street at Anderson Chapel in the activity room. Please bring your favorite dish to share with others. This is a great way to meet and connect with other families while having a wonderful time!



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Special points of interest:

- EFMP is planning a movie night on Friday, December 3 at Village of Sandhill. Time TBA.
- EFMP invites all families to our annual Holiday Party on Friday, December 10 at the Solomon Center. Event starts at 1700.
- EFMP yoga classes have been postponed until further notice.



Welcome to Holland



I am often asked to describe the experience of raising a child with a disability to try to help people understand it, to imagine how it would feel. Its like this:

When you are going to have a baby, its like planning a fabulous vacation trip to Italy. You buy a bunch of guidebooks and make wonderful plans. The Coliseum. The Michelangelo David. The gondolas in Venice. You may learn some handy phrases in Italian. Its all very exciting.

After months of eager anticipation, the day finally arrives. You pack your bags and off you go. Several hours later, the plane lands. The stewardess comes in and says, Welcome to Holland.

HOLLAND?! you say. What do you mean, Holland? I signed up for Italy! I'm supposed to be in Italy. All my life I've dreamed of going to Italy.

But there's been a change in the flight plan. They've land in Holland and there you must stay.

The important thing is that they haven't taken you to a horrible, disgusting, filthy place, full of pestilence, famine and disease. It's just a different place.

So you must go out and buy new guidebooks. And you must learn a whole new language. And you will meet a whole new group of people you would have never met.

Its just a different place. Its slower-paced than Italy, less flashy than Italy. But, after you've been there for a while you catch your breath, you look around, and you begin to notice that Holland has windmills. Holland has tulips. Holland even has Rembrandts.

But everyone you know is busy coming and going from Italy, and they're all bragging about what a wonderful time they had there. And for the rest of your life, you will say, Yes, that's where I was supposed to go. That's what I had planned.

And the pain of that will never, ever, ever go away, because the loss of that dream is a very significant loss.

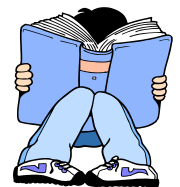
But if you spend your life mourning the fact that you didn't get to go to Italy, you may never be free to enjoy the very special, the very lovely things about Holland.

CDR Library

from <http://uscm.med.sc.edu/CDR/index.asp>

The CDR Library offers individuals information on a variety of disability topics. The library consists of books, audiotapes, brochures, and videos. The Center for Disability Resources Library is located on Garners Ferry Road in the University of South Carolina School of Medicine Library. Hours of operation are: Mon-Fri 8am-10pm; Sat 8am-8pm; and Sun 1pm-10pm. Materials are offered nationwide.

- Reference librarians are available from 8:00 am to 5:00 pm, Monday - Friday.
- Requests are accepted by mail, by email to steve.wilson@uscmed.sc.edu, by telephone to (803) 733-1501, or on a walk-in basis.
- Books may be borrowed for a month. Videos may be borrowed for two weeks.
- Materials can be mailed to your home or office.
- Postage-paid return mailers are available for materials sent to South Carolina families. And all South Carolina residents may continue borrowing multiple items at one time.
- A courier is available to bring items to the Center for Disability Resources Monday-Friday.
- Residents of states other than South Carolina may check out one item at a time, and are responsible for return postage.





Military Discounts In Columbia!

from www.columbiacvb.com/demo/coupons/



Military Discount

SC Confederate Relic Room & Military Museum

Redeem: 06/28/10 - 06/28/11

Special admission of \$4 to those with a military ID.

Military Discount

Riverbanks Zoo & Garden

Redeem: 06/28/10 - 06/28/11

\$1 OFF admission with valid military ID.

\$1 Sundays at South Carolina State Museum

South Carolina State Museum

Redeem: 10/03/10 - 10/31/12

General admission to the State Museum is only \$1.00 the first Sunday of each month.

Free Admission for Military

McKissick Museum

Redeem: 06/28/10 - 06/28/11

Free admission any day for military.

Military Discount

EdVenture Children's Museum

Redeem: 06/28/10 - 06/28/11

Members of the military and their families receive \$1 off of General Admission tickets with ID.

\$2 Off Passes for Military

Columbia Museum of Art

Redeem: 06/20/10 - 06/21/11

\$8 general admission for military - \$2 off adult general admission.

BOGO Wednesdays!

Columbia Museum of Art

Redeem: 07/01/10 - 06/30/11

Every Wednesday buy one adult admission and get one FREE! Yes, you heard it right...that's a \$10 value for our favorite visitors...you! *Please note: This offer cannot be combined with any other...

Free Sundays

Columbia Museum of Art

Redeem: 10/01/10 - 12/31/10

General admission is FREE every Sunday courtesy of BlueCross BlueShield of South Carolina.

Military Discount

300 Senate

Redeem: 06/28/10 - 06/28/11

10% discount off individual lunch purchase; does not apply to alcoholic beverages; uniform or military ID required.

20% off for Military

Doc's Barbeque and Southern Buffet

Redeem: 06/28/10 - 06/28/11

Military Discount-20% off all you can eat buffet

Military Discount

Riverbanks Zoo & Garden

Redeem: 06/28/10 - 06/28/11

\$1 OFF admission with valid military ID.

Military Discount

Historic Columbia Foundation

Redeem: 06/28/10 - 06/28/11

Single House Tour \$5.00 (\$1 off regular admission) Combination House Tour \$12.00 (\$3 off regular admission to three houses)

Print coupons from:
<http://www.columbiacvb.com/demo/coupons/>



What Is Your Island? Visit It Often

By Shelly Huhtanen
from www.eparent.com



Being part of a military family and having a special needs child can be exhausting. Multiple moves are in your future, hoping for quality services for your child at the next installation, and praying that your health benefits will only improve and not get worse. This is only a short list of what can worry our families. I find that our military families with special needs children are busy thinking about the next step for their family, preparing for a deployment, or hoping they are doing everything they can for their child. After awhile, this can take a toll on a mother and father and in turn, affect their marriage.

Since my son, Broden, has been diagnosed with autism, I have experienced so many emotions. I have felt denial, anger, sadness, pity, jealousy, to even trying to focus on who I could blame for his diagnosis. While going through these cycles, I became exhausted. I stopped taking care of myself and I started to break down. I was tired all of the time and I cried when I heard a certain song or if I saw a child my son's age at the playground do age appropriate tasks.

There came a point when I needed to talk to someone who was objective and who could help me sort out my feelings. Once I was able to meet with someone once a week, I found that it helped me come to terms with my son's diagnosis and that

I had a family who needed me. My husband wanted me back as his wife and I was not just a taxi driving our son back and forth to his clinic.

One thing I came to realize was that I needed to care for myself and then in turn, that would affect my relationship with my husband. A few weeks ago this concept came back to me and with it came a great question. "What is my island?" Where do I like to go so I can reenergize? I noticed that if I visited that place a few times a week, I was a happier person and that meant I was a better mom and wife. When I say island, I do not mean I fly to Hawaii every few days and lay on the beach. Believe me, I wish I could, but it can be simpler than that. Here are a few ideas that may help in finding your island and allowing yourself to visit often.

Is there something or some place that relaxes you and allows you to escape from day to day stresses? This may be an easy question for some, but may be more difficult for others to answer. I found that I really needed to learn about myself and realize which situations caused me to be more stressed than usual. I made a list of those things, than thought about when I seemed to be more relaxed. Was it sitting outside in the evening after our children went to bed or taking a nap in the afternoon? Whatever it was, I was going to make a

conscious effort to do this several times a week.

Add it to your calendar. I have found that if I make a point to take one to two hours a day at least once a week for myself I can feel a difference in my stress level, but in order to do this I had to make a date with myself. At times, I go as far as writing it in my day planner to ensure I am the priority for a short period in the day. In the morning it is common for me to think, "No, I've got to do this task. It's more important," but then I think, "Wait a minute. Is it more important than me?" The answer is no. Once I take the time for myself I'm always glad I chose myself over the errand. The laundry and the dishes will still be waiting for me.

Ensure you choose something that is realistic and that can be done a few times a week. Your island or quiet time can be something as simple as having a cup of tea while you sit in your swing on the front porch. I have a friend who likes to go to Barnes and Noble so she can look at books while she has her drink of choice. Something as simple as going to your room and reading a book for an hour without answering the phone can make a world of difference. What is similar with all of these ideas is that they can be done in the home or at a location nearby.

Military families with special needs children deal with so

many stressors and it is important to acknowledge that we are human. We all deserve a break at some point and if we do not come to terms that we need time for ourselves then we will eventually breakdown and not be able to handle daily stresses. Make the effort to take care of yourself because you are worth it and your family will love you more for it.

DENTAL CARE FOR SPECIAL NEEDS

By Shari Lopatin, TriWest Healthcare Alliance
from www.eparent.com



Your little one is having some trouble eating because of a dental condition stemming from their disability. And you heard that dental coverage under TRICARE is extra money.

Well, not always.

If you're covered under TRICARE Prime, you might be able to receive "adjunctive dental care." This means that TRICARE may cover medically-necessary dental work to help treat a covered condition. That includes dental trauma from preparation for, or treatment of, an injury or disease caused by the treatment of a medically covered condition.

In Layman's terms? Whether it's autism, cerebral palsy or muscular dystrophy, sometimes your family member needs dental work because of a medical condition. And for that, TRICARE may cover you—without the need to purchase additional coverage.

Here are some examples of the adjunctive dental care TRICARE Prime may cover:

- Removal of teeth and tooth fragments to treat and repair facial trauma resulting from an injury;
- Treatment of a condition called "full ankyloglossia"—or com-

plete tongue-tie—to ease feeding, swallowing or speaking difficulties;

- Dental or orthodontic care to correct a condition related directly to a severe birth defect;
- Dental care to prepare for, or as a result of, in-line radiation therapy for oral or facial cancer.

Before you can receive any adjunctive dental work through TRICARE, your medical care provider needs to receive prior authorization from your regional contractor. Your regional contractor is the company responsible for administering your TRICARE health benefits. To find your contractor, visit www.tricare.mil/contactus.

This authorization requirement is waived only when the dental work involves an emergency, such as facial injuries from a car accident.

Routine Dental Care

When trying to determine if your family member may qualify for this benefit, you should know this:

The regular TRICARE medical benefit does not cover routine, preventive, restorative, emergency nonadjunctive dental, prosthodontic or periodontic dental care that's not related to a

medical condition. Here are some examples of dental work that's not covered under the regular TRICARE benefit:

- Routine dental care and cleanings
- Treatment of gum disease
- Removal of teeth, including wisdom teeth
- Accidental dental damage such as a fractured tooth
- Pain after root canal
- Implants, crowns, dentures and bridges
- Treatment for poor dental health resulting from certain diseases, such as rickets or congenital syphilis

Need Additional Coverage?

If you want to make sure your teeth and mouth are covered, you can enroll in one of two TRICARE dental plans. For active duty family members, the TRICARE Dental Program is available, administered by United Concordia. For retirees, the TRICARE Retiree Dental Program is administered by Delta Dental. Visit www.tricare.mil/mybenefit/home/Dental/DentalProgram for more information on these plans.



UPCOMING EVENTS

EFMP Family Night Out

When: 1st Tuesday of the month

Where: Chick-fil-A,
2600 Decker Blvd.

Time: 5:00 pm

Come out and connect with other EFMP Families!

EFMP Bowling

When: November 16

Where: Century Lanes Bowling Center ,
4464 Gregg Street

Time: 3:30-5:00 pm

Please RSVP your spot!

Harvest Dinner

When: November 19

Where: Anderson Chapel,
2335 Anderson Street

Time: 5:00 pm

Bring your favorite potluck dish!

EFMP Bouncerific Outing

When: December 2

Where: 921 Longtown Road

Time: 4:30-6:30 pm

Come out and have a bouncerific time!

Holiday Party

When: December 10

Where: Solomon Center

Time: 5:00 pm

Bring your favorite potluck dish!

Trip to EdVenture Museum

When: December 14

Where: EdVenture,
211 Gervais Street

Time: 5:00 pm

Cost: \$1.00 per person

EFMP enrollment is required for FREE admission to events. However, if sponsor is not enrolled in EFMP families may still participate, but fee may apply.



ARMY COMMUNITY
SERVICE

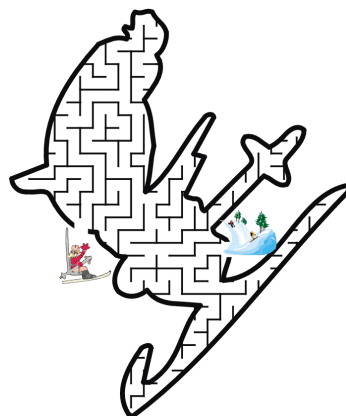
Exceptional Family
Member Program
Strom Thurmond Blvd.
Bldg. 5450, Room #120
Phone: 803-751-5256
DSN: 734-5256
Fax: 803-751-5528



KID'S CORNER



FIND YOUR WAY THROUGH THE MAZE



5	6		2		3
1		3		4	
	3		1		2
6		2		5	
	4		5		1
3		1		2	

We're on the web!

<http://fortjacksonmwr.com/acs/>

www.PrintActivities.com