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EFMP & Me is an OSD initiative that was designed to help effectively navigate through the Department of Defense’s vast network of services and support for families with special needs. Get started by answering a few questions that will allow EFMP & Me to provide you with informative checklists, tailored to your family’s needs. Find information and links to additional resources to meet your specific needs, as opposed to sorting through lots of information that may not be relevant for you at this time. EFMP does the sorting for you!

The initial roll out of EFMP & Me includes only information for families. Future roll outs will include material for the sponsor, EFMP service providers and senior leaders. Tailored information can be found on a variety of topics, such as:

- EFMP enrollment
- Childcare
- Education
- Medical
- Deployment
- Accessibility and Housing
- PCS
- Transition to Adulthood
- Separation/retirement
- Long-Term Financial Planning
- ...and more!

Give EFMP & Me a try today by visiting https://efmpandme.militaryonesource.mil/
We are fortunate to live in Hawaii where we have nearly year round sunshine. However, as we enter into the peak summer months it is important to be reminded of the dangers of sun exposure and the harm associated with ultra violet (UV) rays. Hawaii is the southern most state in the United States lying closer to the equator than Key West, Florida. This proximity to the equator exposes us to longer days during the summer months.

July is UV Awareness Month, so, we want to remind you of the dangers associated with exposure to UV rays, as well as, give you some preventative measures you can take to avoid these dangers. Unprotected sun exposure could lead to premature aging of your skin, vision problems and/or damage to your eyes, a suppressed immune system and possibly skin cancer.

Here are 4 easy steps you can take to protect yourself and your family from the dangers of sun exposure.

1. **Be aware of the Marine Corps Base Hawaii colored flag system.** Heed the warnings posted on base to ensure activities are minimized during yellow and red flag conditions as advised by the base.  

2. **Cover up!** Wear clothing that is protective and light to allow for air flow and moisture wicking materials (particularly while exercising). Consider wearing a wide brim hat to keep your head, eyes, and face covered.  

3. **Stay in the shade during the hottest parts of the day (11am-3pm).** Seeking the shade will keep you cooler and block much of the sun’s harmful rays.  

4. **Wear sunscreen!** Choose a sunscreen that offers a good amount of protection and ensure that you follow the directions for reapplication. Typically, you should be reapplying every 2 hours, however, you may need to do so more frequently when swimming or sweating.

Living in Hawaii, the beautiful beaches and sunshine are a big part of our lifestyle. So we encourage you to enjoy your time while here! Get outside and have fun at the beach, in the park or on a hike. While you are enjoying all the island has to offer, just keep in mind our 4 simple steps to help keep you and your family safe and healthy while being exposed to the sun!

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*The present moment is filled with joy and happiness. If you are attentive, you will see it.”* - Thich Nhat Hanh

Overwhelmed? Unfortunately, it is all too common. Our lives often seem filled with too many demands and too many choices. Before we are fully aware of it, the overwhelm has taken its toll. There is a value of cultivating mindfulness, or the skill of fully inhabiting the present moment. It means making a conscious choice about where we place our attention, rather than passively letting the world or our inner thoughts usurp our attention. There is a power in presence that can bring quiet and peace to a noisy mind. It is a potent antidote to the stressors that have us living in fear of our future or regret about our past. There are benefits of trading the countless anxious and annoying thoughts for the peace of a present moment. Would it be hard to deal with just one thing at a time without having an accompanying judgment or worry? What would the moment look and feel like if we stayed in the present, rather than having our head in one time zone and our body in another? What if we really took the time to notice how the light filters through the trees in our back yard or the brilliance of a star-filled night sky? When we fully focused on the present, we are bringing a powerful and joyous quality to our life and the lives of others. Make a deliberate choice to let go of the unnecessary and focus on what really matters—the present. Rediscover the transformative power of the moment...the early morning birdsong. Take the time to relish a life lived mindfully. It is one of the best gifts we can give to ourselves, our family and our world.

Chasing the Light with Dr. Ellen Carringer
One of our main goals here at EFMP is to empower the families that we serve. The most powerful tool we can provide to reach this goal is knowledge. We have decided to dedicate a section in our monthly newsletter to learning resources that you can access at home.

TACA webinars are free and provide education and information for parents in a convenient, easy way. They also provide Autism Learning Seminars, Coffee Talks & family events throughout the year. Many of the webinars will include a surrey at the end so that attendees can receive the slides via email.

visit: https://tacanow.org

THE DYSLEXIC ADVANTAGE
By Brock Eide, M.A & Fernette Eide, M.D.

Did you know that many successful architects, lawyers, engineers—even best selling novelists—had difficulties learning to read and write as children?

In this groundbreaking book, Brock and Fernette Eide explain how 20 percent of people—individuals with dyslexia—share a unique learning style that can create advantages in a classroom, at a job, or at home. Using their combined expertise in neurology and education, the authors show how these individuals not only perceive the written word differently, but may also excel at spatial reasoning, see insightful connections that others simply miss, understand the world in stories, and display amazing creativity.
RESOURCES

Story Time with the MCBH Library— Visit the MCBH Library’s Facebook page to view virtual story time! Call 254-7624 for more information, or email them at mcbhawaii.baselibrary@usmc-mccs.org.

FOCUS Hawaii Team—The virtual TeleFOCUS program allows families and couples to meet with a provider through video teleconference. Call 808 257-7774 or email hawaii@focusproject.org

FEMA— https://www.fema.gov/media-library/assets/documents/897 offers a plethora of Information on preparing for disaster for people with disabilities & other special needs.

Military OneSource—https://apps.militaryoneSource.mil offers comprehensive information, referral, and assistance on every aspect of military life 24 hours a day, 7 days a week though both a call center and a website.

EFMP VIRTUAL TRAINING

We offer trainings on a variety of topics throughout the year. In an effort to maintain social distancing, we are offering training virtually! Just RSVP to mcbh.efmp@usmc.mil, or to 808-257-0290, and we’ll send you the meeting and access codes.

**These times/dates don’t work? No problem! We can connect with you virtually at a time that’s convenient. Email us for full list of training topics.**

July 16, 10AM—EFMP 101— Learn the EFMP basics, such as: What is EFMP?, Who should enroll?, What forms are needed?, What are the benefits of the program and where do I go for support?

July 17, 10AM—Coffee Hour— Come together virtually to talk about anything & everything pertaining to your EFM and the new & different experience you are having during this time. You will be able to connecting with other Families & EFMP Staff from the comfort of your home.

July 24, 10AM—Building Networks of Support— Learn about the different types of networks of support - Formal vs Informal and, identify ways to build your networks.

July 28, 10AM — Accessing Community Resources— Learn about opportunities to access supports in your local community such as, Marine & Family Programs, as well as other military, state, federal, and local resources.

July 31, 10AM — EFMP Respite Care Program— Learn about program eligibility and how to participate.

***No federal endorsements intended***

BLDG 219, MCBH (Library/theater Complex)
808-257-0290
Hours of Operation M-F 0730—1630
http://mccshawaii.com/efmp