



Exceptional News



Brought to you by your ACS Exceptional Family Member Program

EFMP TEAM:

Beth Ellis
 EFMP Manager
 Phone:
 DSN 467-4555
 COM 09841-83-4555
 Email: beth.a.ellis5.civ@mail.mil

Ken Weber
 Systems Navigator
 Phone:
 DSN 467-3632
 COM 09802-83-3632
 Email: kenneth.m.weber8.ctr@mail.mil

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NOVEMBER IS AMERICAN DIABETES MONTH

What is diabetes?

Diabetes mellitus refers to a group of diseases that affect how your body uses blood glucose, commonly called blood sugar. Glucose is vital to your health as an important source of energy for cells. But high levels of blood glucose resulting from defects in insulin production, insulin action, or both can lead to serious complications.

Type 1 diabetes develops when the body's immune system destroys pancreatic beta cells, the only cells in the body that make the hormone insulin that regulates blood glucose. To survive, people with type 1 diabetes must have insulin delivered by injection or a pump. This form of diabetes usually strikes children and young adults, although disease onset can occur at any age. Risk factors for type 1 diabetes may be autoimmune, genetic, or environmental.

Type 2 diabetes was previously called adult-onset diabetes. In adults, type 2 diabetes accounts for about 90% to 95%

of all diagnosed cases of diabetes. It usually begins as insulin resistance, a disorder in which the cells do not use insulin properly. As the need for insulin rises, the pancreas gradually loses its ability to produce it. Type 2 diabetes is associated with older age, obesity, and family history of diabetes.

Gestational diabetes is a form of glucose intolerance diagnosed during pregnancy. Gestational diabetes is more common among obese women and women with a family history of diabetes. During pregnancy, gestational diabetes requires treatment to optimize maternal blood glucose levels to lessen the risk of complications in the infant.

Treating diabetes Diet, insulin, and oral medication to lower blood glucose levels are the foundation of diabetes treatment and management. Patient education and self-care practices are also important aspects of disease management that help people with diabetes lead normal lives.

Article information from: <http://www.mayoclinic.org/> and <http://www.cdc.gov/diabetes>

FAST FACTS ON DIABETES

Diabetes affects 25.8 million people
 8.3% of the U.S. population

DIAGNOSED
 18.8 million people

UNDIAGNOSED
 7.0 million people

All ages, 2010

WOMEN, INFANTS, & CHILDREN (WIC) OVERSEAS

What is WIC?

The Women, Infants, and Children (WIC) Overseas Program is a Department of Defense nutrition education and supplemental food program offered to active duty military, Department of Defense civilian and contract employees, DeCA employees, DoDDS members and their Families.

Eligibility

WIC Overseas is available to eligible pregnant women, breastfeeding moms until the baby's first birthday, mothers up to six months postpartum, and children through age five. Income and Family size are considered in determining eligibility. If you qualify for the WIC Overseas Program, you will receive benefits, such as nutrition education

and healthy foods to enhance the quality of health and wellness for you and your family. WIC participants eat more nutritious food and have reduced rates of iron deficiency anemia. Research shows that better eating habits help children become better students.

Questions???

Call and schedule an appointment!
 CIV: 09841-83-4601
 DSN: 467-4601



Visit us on Facebook!

<http://www.facebook.com/pages/Ansbach-Army-Community-Service/206120792843696?ref=ts&fref=ts#!/ExceptionalFamilyMemberProgram>

CYS Services Flu Vaccine Requirements & Fee Policy:

Based on United States European Command (USEUCOM) 2013/2014 influenza guidelines, United States Army Europe Regional Medical Command (ERMC) Unified Pediatric Immunization Schedule, April 2013 and Army in Europe Regulation 608-10-1, June 25 2012, all CDC and SAC children are required to be immunized with the influenza vaccine.

The only allowable exceptions to this requirement are for physician-documented medical reasons or for legitimate religious objections documented by the clergy (including military chaplains). Immunization require-

ments will not be waived based on parental preference.

Beginning **1 November 2013**, CYS Services will introduce the new school year 2013-2014 fees. Changes in the School Year 2013-14 Army Child and Youth Fee Policy include:

- Revised payment procedures
- Increase in late monthly payment fees
- Revised parent participation Procedures
- Revised termination of services procedures



Compared to last year, some Families may see a slight increase in fees and others will see a slight decrease, overall the increase may be \$1-\$18 per month.

Educational & Developmental Intervention Services at USAG Ansbach



CDC Child Find

For children Birth to 3 Years Old

Friday, 6 December 2013

Katterbach CDC

0830 -1200 hrs



Did you Know...

The purpose of Respite Care is to benefit the whole Family by providing a temporary rest for the primary caregiver, while making sure your child is cared for by a trained caregiver

American Diabetes Resources

Centers for Disease Control and Prevention

<http://www.cdc.gov/diabetes>

American Diabetes Association

<http://www.diabetes.org>

Mayo Clinic

<http://www.mayoclinic.org/diabetes/>

National Diabetes Education Program

<http://www.yourdiabetesinfo.org>



To learn more about what's going on in the USAG Ansbach community, check out the FMWR website!

<http://kaiserslautern.armymwr.com/index.php?cID=772>

November Events

Katterbach & Storck

In Case You Missed it....

Nov 1: EFMP & SFAC partner with the FMWR Recreation Center for Free Friday **Movie Matinees!**

Storck Community Activity Center
Movie shown at 1130am & 3pm

Nov 6: EFMP Learning Lunch!
Katterbach & Storck ACS Centers

Nov 14: EFMP & SFAC Bowling Night!
Katterbach & Storck Bowling Centers



ACS ARMY COMMUNITY SERVICE **ACS** EXCEPTIONAL FAMILY MEMBER PROGRAM
Real-Life Solutions for Successful Army Lives

EFMP Learning Lunches

Learn how to advocate for your special needs child.
Discover the many available resources and support services.
Bring your lunch and join the discussion!

Oct 9, Nov 6 • 12-1 p.m.
Katterbach and Storck ACS

Registration required. Subject to cancellation if minimum sign up not met.
Sign up with ACS: 09802.83.2883, 467.2883



December Events

Katterbach

Dec 7: EFMP Support Group
Katterbach ACS Classroom
10am to 11am

Storck

Dec 9: Autism Book Club
Illesheim Elementary School
2:45pm to 4:45pm

Dec 11: EFMP & SFAC Free Wednesday **Movie Nights (New Release)**
Storck Community Activity Center
Movie starts at 6pm
Sign up in advance with ACS!



ACS ARMY COMMUNITY SERVICE **ACS** EXCEPTIONAL FAMILY MEMBER PROGRAM
Real-Life Solutions for Successful Army Lives

EFMP & SFAC MOVIES!

No cost NEW release movies for EFMP-enrolled Families, Warriors in Transition, IDES Soldiers and their Family Members.

Screening Room
3rd Floor, Storck CAC

Wednesdays, 6 p.m.
Dec 11, Jan 8, Feb 12, Mar 12, Apr 9, May 14, Jun 11
Fridays, 11:30 a.m. & 3 p.m.
Nov 1, Jan 24, Feb 14, Mar 14, Apr 4, May 23, Jun 13

Registration required. Subject to cancellation if minimum sign up not met.
Sign up with ACS: 09802.83.2883, 467.2883



"Even if you are on the right track, you'll get run over if you just sit there!"

- Will Rogers

January Events

Katterbach

Jan 16: EFMP & SFAC Bowling Night
Katterbach Bowling Center
5pm to 7pm

Storck

Jan 8: EFMP & SFAC Free Wednesday Movie Nights
Storck Community Activity Center
Movie starts at 6pm
Sign up in advance with ACS!

Jan 24: EFMP & SFAC Free Friday Movie Matinees
Storck Community Activity Center
Movie plays at 1130am & 3pm
Sign up in advance with ACS!



ACS ARMY COMMUNITY SERVICE **ACS** EXCEPTIONAL FAMILY MEMBER PROGRAM
Real-Life Solutions for Successful Army Lives

EFMP and SFAC Bowling Night

No cost bowling for EFMP-enrolled Families, Warriors in Transition, IDES Soldiers and their Family Members.

5-7 p.m.
Jan 16, Feb 20, Mar 20, Apr 24, May 22, June 19
Katterbach Bowling Center

Registration required. Subject to cancellation if minimum sign up not met.
Sign up with ACS: 09802.83.2883, 467.2883





Join us as we learn more about Autism Spectrum Disorders by reading 4 books during the school year and meeting together to discuss them.

The book club is open to any teachers, staff, parents and community members that would like to attend. Graduate credit is available for DODEA employees.

We will read the following books and discuss them in the month listed. All titles can be found at www.amazon.com. Several of the books can also be found at the base library, as e-books or for Kindle.

October: Freaks, Geeks and Asperger Syndrome: A User Guide to Adolescence by Luke Jackson

December: Autism Spectrum Disorders in the Mainstream Classroom: How to Reach and Teach Students with ASDs by Barbara Boroson

February: A Wild Ride Up the Cupboards: A Novel by Ann Bauer

April: Group Choice



Book Club Dates

October _17th Thursday_

December _9th Monday_

February _24th Monday_

April/May _28th Monday_

Time: __ 2 hours __

Location: __ TBD __

POC: __ Lynn Hagihara __



Leah, EFM

Exceptional Families

EXCEPTIONAL SERVICE

RESPIRE CARE

Exceptional Family Member Program (EFMP) respite care is a program that provides a temporary rest period for Family members responsible for regular care of persons with disabilities. Eligibility is based on EFMP enrollment and EFM's severe chronic condition or significant medical needs.

Contact your local Army Community Service EFMP to apply or for more information on eligibility.



Respite Care is an Army Family Covenant Commitment: Keeping the Promise

ARMYOneSource.com

THINGS EVERY PARENT SHOULD KNOW

PLAYING makes kids SMART!

Interact with your kid, play with him (her), and make him feel loved – Scientists observed that babies who were not cuddled, played with and loved have stunted brain growth. They also observed that babies who were not held and did not receive attention failed to grow, became depressed, and eventually died. On the other hand, many studies have shown that loving, hugging, interacting and playing with your child all have a strong effect on developing his intelligence. The loving connection formed between you and your kid and your one-on-one interaction with him provide the foundation for his higher thinking skills.

Play with your child---meaning both of you are HAVING FUN! Together---without SCREENS, at least 5 days a week for 20 minutes at a time. THIS BUILDS your child's BRAIN power!

For 0-6 months: **Dance with your baby; Baby Massage; Give your 3 to 6 month old baby objects to explore by touch: safe household objects such as nonfuzzy clothes, plastic cups, keys**
6 months -1 year **let your baby bang away with objects that make a banging noise: pots and pans, blocks; play with pop-up toys**
Toddlers, **Memory Games; Blowing Bubbles, Make Leggo Creations**
School Age; **Board Games, one on one time with a parent, walks, hikes or bike rides.**

HEALTHY FAMILY BECOMING "SMART" HABITS

Comprised by Dr. Krystal White, pediatric psychologist, Landstuhl Regional Medical Center

Genetics plays a large role in creating for your child's learning potential. What parents do raising a child can help maximize potential. This is a GUIDELINE for Helping your Family LOVE learning and ACHIEVE their goals

Your baby's brain is being shaped as she is growing up – starting from her first days of life. Her brain consists of a hundred billion brain cells called neurons. These neurons interconnect with one another, like roads and bridges.

The formation of these connections are triggered when your baby is exposed to an environment that is rich with colors, sounds, smells, movement, as well as your touch. The simple act of talking to your baby, rocking her to sleep, wiggling her fingers, and wrapping her in fresh-smelling clothes actually builds your baby's brain. Introducing your baby to a rich environment that builds her brain is called infant stimulation.

STIMULATION can continue throughout life. Parents can help their child be STIMULATED by interacting with them, by exposing them to activities where they inherently learn and practice new skills (e.g. trips, social groups, exercise), and by helping them learn from mistakes and bad decisions.

A main goal of parenting is not just to be "smart" and get good grades, but raise a child who is SEEKING growth and LEARNING from his or her decisions.

Your model MATTERS!

School age children spend 70% of their waking hours (including weekends and holidays) outside of school.

The most consistent predictors of children's academic achievement and social adjustment BESIDES PARENT ACHIEVEMENT are parent expectations of the child's academic attainment and satisfaction with their child's education at school.

Parents of high-achieving students set higher standards for their children's educational activities than parents of low-achieving students.

We DO imitate GOOD behavior. For kids to love learning, they need to see their parents learning, liking to read, enjoying hobbies, going to school, or valuing PERSISTENCE through challenging goals (e.g. losing weight, training for a marathon, volunteering, giving blood). Children do better in school when they know that their parents care what they are learning and doing.

What parents can do to maximize learning:

Families whose children are doing well in school exhibit the following characteristics:

Establish a daily family routine. Examples: Providing a SPECIFIC time and SUPERVISED place to study (e.g. kitchen table), assigning responsibility for household chores, being firm about bedtime and having dinner together.

Encourage your kid to exercise - Physical exercise does not only make your kid strong, but it also makes your kid smart! Exercise increases the flow of blood to the brain and builds new brain cells. Exercise is good for adults' mental sharpness, but it has a more long-lasting effect on your kid's still developing brain.

Limit your kid's TV viewing – Your child should not be watching TV before age 2, and only 30 minutes until he or she starts school, and one hour after that. TV viewing is related to a number of negative behaviors (inattention, sleep disruption, aggression and obesity). MOST IMPORTANTLY: Letting your kid watch too much TV takes him away from doing activities that are more important to his developing brain, like playing, being creative, socializing and reading books. Limit use of new technology. When your child devotes too much time in addictive video games, social networking, and watching TV or video, he is not engaged in learning or exercising his brains through complex thinking.

Encourage reading, writing, and discussions among family members. For example, writing postcards to family members, having a family reunion on a yearly basis, sending care packages.

Having a family “reading hour” once a week where the goal is to have the whole house announce what each member is reading, and then talking about it over dinner that night. Members can read fiction, magazines, articles, how to manuals, etc.

Clearly make GOALS for your child. Work on one goal at a time. For example: 1) to toilet train, 2) to learn to ride a bike 3) to perform at a music recital 4) raise money for a charity 5) walk 5 volksmarches or run a mile or 5K. It is less about WHAT you make as a goal, but HOW. Make a sign that says what your goal is, and when you hope to make it. Note and celebrate progress. Encourage children's development/ progress in school. Examples: Showing interest in children's progress at school, showing interest in school activities, discussing the value of a good education and possible career options, staying in touch with teachers and school staff. Decades of research show that when parents are involved in their child's education, they have improved grades, test scores, and graduation rates.