



MCB Hawaii EFMP

The Exceptional 'Ohana

October 2025

Happy Halloween!

EFMP will be hosting our annual Sensory-Friendly Trick-or-Treat event on **October 29, 2025 From 1:30-3:30pm**. We encourage all families to come out, in costume (optional), & Trick-or-Treat around buildings 219, 244, & 220. We will have candy & non-candy items for all the kids to enjoy!



Contact Us:

Main: 808-496-0290

Fax: 808-496-1650






Email: mcbh.efmp@usmc.mil

Facebook & Instagram: @EFMP Hawaii

EFMP Exceptional
Family Member
Program



With Halloween upon us, a lot of children will be visiting your home. Please keep the following in mind.

-  The child grabbing more than one piece of candy may have poor fine motor skills
-  The child who takes a while to pick out one piece of candy may have motor planning difficulties
-  The child who does not say trick-or-treat or thank you may be non-verbal
-  The child who looks disappointed when they see your bowl may have an allergy or may be diabetic
-  The child not wearing a costume may have a sensory sensitivity or Autism

Be kind. Be Patient.

It's everyone's Halloween!



Understanding Down Syndrome

Down syndrome occurs when an individual has an extra full or partial copy of the 21st chromosome. While most people have two copies, individuals with Down syndrome have three. This genetic difference can influence development, but it does not define the person.

Types of Down Syndrome

There are three forms

Trisomy 21 (nondisjunction): Accounts for 95% of cases

Translocation: About 4% of cases

Mosaicism: About 1% of cases

Health and Development

People with Down syndrome may have a higher risk for certain medical conditions, such as congenital heart differences, hearing or vision challenges, thyroid conditions, or childhood leukemia. Thanks to advances in medicine, many of these conditions are treatable, and individuals are living healthier, longer lives.

Community and Belonging

People with Down syndrome are valued members of their families, schools, workplaces, and communities. They form meaningful relationships, pursue education, make choices about their own lives and engage in activities that reflect their unique talents and interests. Each individual contributes in their own way.

Supporting Success

Quality education, inclusive opportunities, supportive families, and strong communities help individuals with Down syndrome build fulfilling, productive lives. By focusing on their abilities rather than limitations, we can all play a part in ensuring that every person is respected, included, and celebrated.

For more information, visit www.ndss.org



Training & Events

For event registration, call us at 808-496-0290.

You can also email us at mcbh.efmp@usmc.mil or contact your case worker.

Please register at least 1 day prior to the event.

DATE	TIME	TOPIC	LOCATION
October 1	10:30 AM	INTRODUCTION TO EFMP— Learn about all that EFMP has to offer!	Virtual on Teams RSVP to get the Link
October 15	10:00AM	Sensory-friendly Storytime with the Base Library— this Storytime incorporates songs and movement for the active child.	Building 219, Classroom 106. Next to the EFMP office.
October 29	1330-1530	Sensory Friendly Trick or Treat—Start at EFMP office, continue around building 219, and the Ed Center. In combination with Accessing community Resources.	Around building 219 , 244 and 220
EVERY TUESDAY	8:30- 11:30 AM	EFMP Family support services available at a second location	Branch Health Clinic here on MCB Hawaii

Kuleana
Sense of responsibility

Kuleana is the Hawaiian value of one's personal sense of responsibility. The person possessing Kuleana, believes in the strength of this value, and will be quick to say, "I accept my responsibilities, and I will be held accountable." Kuleana speaks the language of self-motivation, ownership, empowerment, and the personal transformation which can result. Effective delegation becomes about the sharing of Kuleana with others. Kuleana can give us amazing clarity about what begins and ends with us as individuals.