



FORT LIBERTY EFMP NEWSLETTER

Registration is required for all events.

AUGUST 1

10-11 a.m.
Virtual through
MS Teams

SECONDARY DEPENDENCY

Enhance your understanding of secondary dependence by exploring the eligibility criteria, benefits, and process to ensure continued coverage.

AUGUST 5

9 a.m.
Millstone Movie
Theatre

SENSORY FRIENDLY MOVIE

Experience the sensory-friendly version of **Teenage Mutant Ninja Turtles: Mutant Mayhem** (Rated PG), where the heroes in a half-shell come to life in a comfortable and inclusive environment. With reduced sensory stimuli, including lights on and lowered volume, this screening is perfect for individuals with autism or sensory processing disorders. Tickets will not be available for purchase at the theater

AUGUST 11

9-10:30 a.m.
Soldier and Family
Readiness Group
Center

PLAY MORNING

Activities and crafts led by EFMP staff. Connect with other Families in a casual environment who understand the challenges and joys of raising a child with special needs.

AUGUST 15

3-5 p.m.
Throckmorton
Library

EXPLORE YOUR FEELINGS WITH THE COLOR MONSTER

Read "The Color Monster" by Anna Llenas together and learn the names of emotions and how they make us feel. Stay after the reading to participate in a story-connected craft! Participants will also receive a copy of "The Color Monster" to read at home (while supplies last).

AUGUST 17

3-4:30 p.m.
Virtual via MS
Teams

WHEN BEHAVIOR GETS IN THE WAY

Log in to learn skills that help parents and teachers identify and understand challenging behaviors while creating an atmosphere for positive change and support.

AUGUST 24

1-2 p.m.
Linden Oaks
Multipurpose
Room

COFFEE & CONVERSATIONS 1 & 2

Now offered at two convenient locations!

AUGUST 31

1:30-2:30 p.m.
Starbucks
Exchange Mini
Mall

Join us in a more relaxed atmosphere for our Autism Spectrum Disorder support group. This is a great opportunity to connect and learn from others who care for someone on the spectrum.

SEPTEMBER 5

1-4 p.m.
Main Entrance
Lobby of Soldier
Support Center

HELP ME EFMP!

Stop by for on the spot consultations offering assistance for your Family's educational and medical concerns.

SEPTEMBER 9

10-12:30 p.m.
Soldier and Family
Readiness Group
Center

SATURDAY SOCIAL

Games, arts and crafts, and play equipment will be available for children while parents speak with the EFMP staff about questions and concerns. Bring your own white t-shirt to participate in our tie-dye activity!

**For more information and to register,
visit FortLibertyACSEFMP.TimeTap.com**



Partnership with any agency to bring events to our customers does not constitute endorsement by the Federal Government (or ACS) of the agency, information, products or services contained therein.



FORT LIBERTY ACS
SOLDIER SUPPORT CENTER, 3RD FLOOR
910-643-9642



@FORTLIBERTYACSEFMP



@FORTLIBERTYACSEFMP



LIBERTY.ARMYMWR.COM/PROGRAMS/EFMP

National Immunization Awareness Month

Growing Up with Vaccines: What Should Parents Know?

Pregnancy

By staying up to date with vaccines before and during pregnancy, you can pass along immunity that will help protect your baby from some diseases during the first few months after birth.

Vaccines given before pregnancy may also help protect you from serious disease while you are pregnant, including rubella, which can cause miscarriages and birth defects.



Recommended Vaccines

- ☐ **Measles, mumps, rubella (MMR) vaccine:** at least a month before becoming pregnant.
- ☐ **Tetanus, diphtheria, and pertussis (Tdap) vaccine:** during the third trimester of every pregnancy.
- ☐ **Yearly seasonal flu vaccine:** by the end of October, if possible.

Infant and Toddler Years: Birth to Age 2

Vaccination helps give infants and toddlers a healthy start.

More than one dose is necessary for many vaccines, to build and boost immunity.

Because influenza viruses are constantly changing and the body's immune response declines over time, everyone over the age of 6 months needs a flu shot every year.

Recommended Vaccines

- ☐ **Chickenpox (varicella) vaccine:** at 12 through 15 months.
- ☐ **Diphtheria, tetanus, and pertussis (DTaP) vaccine:** at 2 months, 4 months, 6 months, and 15 through 18 months.
- ☐ **Flu vaccine:** every year by the end of October, if possible, starting at 6 months.
- ☐ **Haemophilus influenzae type b (Hib) vaccine:** at 2 months, 4 months, 6 months (if needed; depends on brand), and 12 through 15 months.
- ☐ **Hepatitis A vaccine:** at 12 through 23 months and a second dose 6 months following first dose.

- ☐ **Hepatitis B vaccine:** shortly after birth, at 1 through 2 months, and at 6 through 18 months.
- ☐ **Measles, mumps, rubella (MMR) vaccine:** at 12 through 15 months; however, infants 6 through 11 months old should have one dose of MMR vaccine before traveling abroad.
- ☐ **Pneumococcal (PCV13) vaccine:** at 2 months, 4 months, 6 months, and 12 through 15 months.
- ☐ **Polio (IPV) vaccine:** at 2 months, 4 months, and 6 through 18 months.
- ☐ **Rotavirus (RV) vaccine:** at 2 months and 4 months (for Rotarix brand); or 2 months, 4 months, and 6 months (for RotaTeq brand).



National Immunization Awareness Month

Preteen and Teen Years: Ages 11 through 18

As protection from childhood vaccines wears off, adolescents need additional vaccines to extend protection.

Adolescents need protection from additional infections as well, before the risk of exposure increases.

As your child heads to college, make sure all vaccinations are up to date and he or she has a copy of all immunization records.

If your child travels outside of the United States, check if he or she needs any additional vaccines.



Recommended Vaccines

- ☐ **Flu vaccine:** every year by the end of October, if possible.
- ☐ **Human papillomavirus (HPV) vaccine:** at 11 through 12 years and a second dose 6–12 months following the first dose.
- ☐ **Meningococcal conjugate vaccine:** at 11 through 12 years and at 16 years.
- ☐ **Serogroup B meningococcal vaccine:** may be given at 16 through 23 years; if interested, talk to your child's doctor.
- ☐ **Tetanus, diphtheria, and pertussis (Tdap) vaccine:** at 11 through 12 years.

Into Adulthood

- ☐ Everyone should get a **flu vaccine** every year before the end of October, if possible.
- ☐ Adults need a **Td vaccine** every ten years.
- ☐ Healthy adults 50 years and older should get **shingles vaccine**.
- ☐ Adults 65 years or older need one dose of **pneumococcal conjugate vaccine** followed by one dose of **pneumococcal polysaccharide vaccine**.



Adults younger than 65 years who have certain health conditions like heart disease, diabetes, cancer, or HIV should also get one or both of these vaccines.

Adults may need other vaccines based on health conditions, job, lifestyle, or travel habits.