



EFMP Family Support March 2023

From your EFMP-FS Coordinators...

We hope that your 2023 is going well so far! Please remember that Daylight Saving Time is Sunday, 12 March, at 2am (you will have to move your clocks up an hour). Wishing everyone a Happy St. Patrick's Day on Sunday, 17 March! Be looking out for future emails from us on upcoming free trainings and events. After the last few weeks of cold weather with all the wind, definitely looking forward to Spring on 20 March. If you or your family should ever need any EFMP information or resources, please be sure to contact us for assistance.



Nellis Military & Family Readiness Center Hours

The M&FRC is open Monday, Tuesday, Wednesday, and Friday 0730-1630; Thursday 0730-1430. Closed Saturday and Sunday.



Inside this issue:	
Events and Activities Celebrated in March	2
Free Training/Events	3
EFMP Spill the Tea/ Parent Training and Pictures from Recent Diversity Children Arts & Crafts Event	4
Meaning of St. Patrick's Day	5
Important EFMP Contact Info	6

Events and Activities Celebrated in March



Developmental Disabilities Awareness Month

March has been recognized as Developmental Disabilities Awareness Month since 1987 when President Ronald Reagan issued a public proclamation urging Americans to provide individuals with developmental disabilities “the encouragement and opportunities they need to lead productive lives and to achieve their full potential.

Cerebral Palsy Awareness Month

National Cerebral Palsy Awareness Month is celebrated every year in March as an awareness campaign to express support for the ones suffering from Cerebral Palsy.

Kidney Month

National Kidney Month, observed every March, brings awareness to kidney health and encourages people to support kidney disease research and take steps to keep their own kidneys safe and healthy.

Multiple Sclerosis Awareness Month

Every March is Multiple Sclerosis Awareness month, a time for sufferers, family members, and supporters to share information, sympathy, and camaraderie, drawing attention to this disease of the central nervous system.

Brain Injury Awareness Month

Every March is Multiple Sclerosis Awareness month, a time for sufferers, family members, and supporters to share information, sympathy, and camaraderie, drawing attention to this disease of the central nervous system.



Upcoming Free EFMP Trainings/Events

Nellis Nutrition Office Training

This training will cover healthy eating habits for proper nutrition and disease prevention for our EFMP families.

Scheduled for Thursday, 16 March, starting @ 10am at the Nellis M&FRC and virtually via Zoom.

Meeting ID: 784 801 2828

Kid's Town (indoor playground)

To attend this event, at least one parent must attend the above mandatory nutrition training. Once training is attended, each parent can then schedule their child's play time directly with the agency. An email with further instructions will be sent out after the training to all attendees.

Parents who are eligible to sign their children up for this event will coordinate with "Kid's Town" on their children up to the age of 12 (more info to follow).

NOTE: To register for above EFMP training and event below, all families must email: regina.mullins@us.af.mil AND mark.valerio.4@us.af.mil. For the event, email **Sponsor's name, Base (Nellis or Creech), Name and Age of Children attending event,**

The following EFMP events directly below have been planned and will be publicized soon for open registration:

- ⇒ Leather Works for Teens/Adults (Mid May)
- ⇒ EFMP Resource Fair (June)
- ⇒ Pool Time for Adults (June/July)
- ⇒ Family Swim Lessons (Mid to end of June)
- ⇒ Family Bowling (July)
- ⇒ All About Money for Teens (Mid August)
- ⇒ Adult Kayaking (August)

Children Horseback Riding #1 & #2
at Horses4Heroes at 1pm
on Saturday, 18 March and
29 April. Still taking
registrations for this event.

EFMP-FS Spill the Tea/Parent Training



(Nellis/Creech Legal Office)

Join in to hear how the Legal Team can support you!

Scheduled for Tuesday, 28 March, starting @ 10am at the Nellis M&FRC and virtually via Zoom.

Meeting ID: 784 801 2828

NOTE: To register for the above EFMP training, all families must email: regina.mullins@us.af.mil AND mark.valerio.4@us.af.mil.

Some photos from our recent Diversity Children Arts & Crafts event on 11 February at the Centennial YMCA and the Nellis M&FRC. Everyone had so much fun!



The Meaning of St. Patrick's Day

St. Patrick's Day celebrates the Roman Catholic feast day of the patron saint of Ireland. St. Patrick died on March 17, 461. But did you know that he wasn't even Irish?

History:

Patrick's birthname was Maewyn Succat. He was born in Roman Britain. He was kidnapped into slavery and brought to Ireland.

He escaped to a monastery in Gaul (France) and converted to Christianity. He went back to Ireland in 432 as a missionary. While Christianity had already taken hold in the country, tradition has it that Patrick confronted the Druids at Tara and abolished their pagan rites, making Christianity more widespread.

Patrick became a bishop and after his death was named Ireland's patron saint. Celebrations in Ireland were understated though. When the Irish emigrated to the U.S., they created the bigger celebrations and parades known today.

Eighteenth century Irish soldiers who fought in the Revolutionary War held the first St. Patrick Day parades. The celebrations became a way for the Irish to connect with their roots after they moved to America.

Fun Facts:

The shamrock: According to legend St. Patrick used the three leaf clover (or shamrock) to explain the Trinity.

Dyeing the river green: The practice of dyeing the river green started in Chicago in 1962, when city officials decided to dye a portion of the Chicago River green.

Corn beef and cabbage: This is an Irish American dish. Irish Americans were so poor they could not afford certain meals. On St. Patrick's Day, the best meal they could afford was beef and cabbage. It became a staple for the holiday.



EFMP Contact Information

EFMP-Family Support (FS)

Regina Mullins, EFMP-Family Support, 702-652-3399, regina.mullins@us.af.mil

Mark Valerio, EFMP-Family Support, 702-652-9260, mark.valerio.4@us.af.mil

Nellis Military & Family Readiness Center, 702-652-3327

4311 N. Washington Blvd, Bldg 312

Creech Military & Family Readiness Center, 702-404-0864

EFMP-Medical (ID and Enrollment)

Gena Fox, Special Needs Coordinator, 702-653-3367

gena.m.fox2.ctr@health.mil

Benjamin Reynoso, Special Needs Technician, 702-653-2198

benjamin.n.reynoso.civ@health.mil

Email Org Box: usaf.nellis.99-mdg.mbx.99-mdg-efmpm@health.mil

EFMP-Assignments

Nellis - 99FSS.FSPD.Assignments@us.af.mil

Creech - 432SPTS.FSPD.CareerDevelopment@us.af.mil

School Liaison Program

Kristina Aubert, 702-652-2894 or cell 702-218-0860

99FSS.School.Liaison@us.af.mil

FACEBOOK: [@NellisMilitaryandFamily](https://www.facebook.com/NellisMilitaryandFamily)

Standing by to Support You!

Military Family Life Counseling (MFLC):

Ivana - 702-984-1025 (in-person); Elizabeth - 702-661-3122 (in-person)

Enros - 702-250-0787 (virtual)

Personal Financial Counselor: Debbie - 702-721-1711

988 Suicide & Crises Lifeline or **988lifeline.org** to chat

Community Child Care Coordinator: 702-652-4400, Bldg 602

Chaplain: 702-652-2950, Bldg 616 **Military One Source:** 800-342-9647

911 211 Base Operator: 702-652-1110

Community Commons: 702-652-0967, Bldg 312

Crime Stop: 702-652-5100

Medical Appointments: 702-653-2273 (CARE), Bldg 1300

Immunizations: 702-653-2410, Bldg 1300

Law Enforcement Desk: 702-652-2311, Bldg 2

Legal Office: 702-652-5407, Bldg 554