

## U.S. Air Force Academy

# EFMP-FS NEWSLETTER!

**JULY-SEPTEMBER 2026**



### Greetings!



I hope everyone is having a very fun summer! As we are in the thick of PCS season, please remember that if your family is planning to move, I'm here to support you every step of the way. Completing the family needs assessment ensures we can provide a warm handover to your gaining installation and help your family transition smoothly. Please reach out to complete this requirement as soon as you have been cleared by EFMP medical. This is also a great time to take advantage of the benefits available to EFMP families before the school year begins. Please don't hesitate to reach out with any needs, questions or concerns. I am always happy to help!

### In this Issue:

Pg. 2: Upcoming EFMP Events  
Pg. 3: Upcoming M&FRC Events  
Pg. 4: Upcoming Base Events  
Pg. 5: Benefits for EFMP Families  
Pg. 6: Benefits for EFMP Families  
Pg. 7: Community Resources  
Pg. 8: Events & Fun in COS  
Pg. 9: Resources, Trainings, and Extra Support



### Important Contacts

EFMP Medical: Lara Leigh Shaffell

- (719) 333-5991

School Liaison Officer: Megan Garland

- (719) 337-6790

Military and Family Readiness Center

- (719) 333-3444

Family Childcare Coordinator

- (719) 337-7957

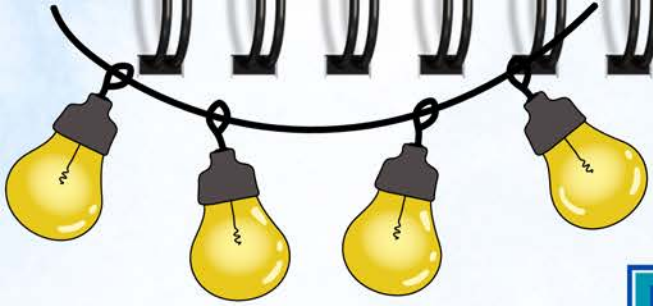
### CONTACT INFORMATION:

Sydney Gwyn, LSW

(719) 333-3444

10fss.fsh.efmp@us.af.mil

6248 W. Pine Loop  
USAF Academy, CO 80840



# UPCOMING EFMP EVENTS



## Summer EFMP COOKING CAMP

July 20 - July 24  
1000-1400

*Food Brings Us Together*

*Cooking Together. Building Community.*

**CAMP AGENDA**

- Commissary Experience
- Cooking Safely
- Healthy Recipe Choices
- Getting to Know You Community
- And More!

Call to register at your M&FRC  
Peterson (719) 556-6141, Schriever (719) 567-3920, or USAFA (719) 333-3444

### Exceptional Family Member Program

## TRUSTS WITH A UNIVERSAL GUARDIAN WORKSHOP

Are you the parent, guardian or caregiver of a person with a disability?  
Planning for the long-term security of a loved one with special needs can feel overwhelming. This complimentary workshop will provide you with the information and tools you need to create a financial plan that ensures their care and protects their eligibility for government benefits.

**WORKSHOP DATES:**

- 29 JULY FROM 1000-1200
- 3 SEPTEMBER FROM 1600-1800
- 13 OCTOBER FROM 1600-1800
- 19 NOVEMBER FROM 1000-1200
- 16 DECEMBER FROM 1600-1800

REGISTER VIA QR CODE

HELD AT PETERSON SFB M&FRC  
135 DOVER ST. BLDG 350 SUITE 1203





9 September 2026  
EFMP and Deployed Family  
Dinner Pickup!

# UPCOMING M&FRC EVENTS



FREE EVENT!

**K.U.D.O.S.**  
KIDS UNDERSTANDING DEPLOYMENT OPERATIONS

**SAT, AUG 22 | 8AM – 4PM**

FOR CHILDREN OF MILITARY FAMILIES | AGES  
ACROSS COLORADO'S FRONT RANGE | 5-16

Who is deploying? Your kids are! K.U.D.O.S. is a fun and educational day that helps military children gain a deeper understanding of the military deployment process and experience. Children will complete the pre-deployment process, deploy to an expeditionary location and return home for reintegration.



SCAN TO SIGN UP  
Registration  
Required by  
FRI, AUG 7.



CALL OR EMAIL M&FRC FOR MORE INFORMATION

USAF Academy M&FRC - 719-333-3444 - 10FSS.FSH.AFRC@us.af.mil  
Peterson/SBD1 - 719-556-9265 - 21FSS.FSH.distro@us.af.mil

USAFASUPPORT.COM



\*Important\*

Elevate is an 8-hour curriculum. To be eligible for the grant, couples must attend ALL dates and times of their chosen session.

Please contact  
719-333-3444 or  
10fss.fsh.afrc@us.af.mil  
with questions

\*Follow installation  
guidance on snow  
procedures.

**ELEVATE YOUR  
RELATIONSHIP IN 2026**

**PLUS RECEIVE \$160**

Elevate is a cutting-edge relationship education program designed to equip couples with the skills and understanding to cultivate thriving, resilient partnerships.

Choose A Session

**SESSION 1** When: September 4,  
September 18  
Time: 12:00PM- 4:30PM  
Where: 135 Dover Street, Bldg  
350, #1203, Peterson SFB, CO  
80914

**SESSION 2** When: 13 November  
Time: 8:00AM- 5:30PM  
Where: 6248 W. Pine Loop,  
USAF Academy, CO 80840



Register Today via QRC!



## FEDERAL RESUME WRITING CLASS

Participants will review the two-page federal resume format, practice identifying and writing skills, accomplishments, competencies, and work experience, learn to match keywords from vacancy announcements, and receive guidance on submitting resumes and documents through USAJOBS.

10:00am-12:00pm  
2 SEPTEMBER, 2026

Location: Military & Family Readiness Center  
6248 W. PINE LOOP  
USAF ACADEMY, CO 80840

REGISTER NOW

\*Must have installation access



**BUNDLES FOR BABIES**

**SEP 22**

Registration required.  
Scan QR code to sign up.  
Open to all dependent and new parents of all ranks.  
Fathers are encouraged to attend.



MILITARY & FAMILY READINESS CENTER  
719-333-3444 | EMAIL: 10FSS.FSH.AFRC@US.AF.MIL



YOUR CONTRIBUTION TO THE ECONOMIC ACTION PLAN  
AND YOUR FAMILY'S FUTURE IS A GIFT.  
\$150 Cash Gift

USAFASUPPORT.COM

# UPCOMING BASE EVENTS

THE BASE LIBRARY  
**ADULT**  
**BOOKCLUB**



XXX

AIR FORCE LIBRARIES 719.333.4665

**FURRY FUN RUN** 2026




Scan to register online

**JULY 11 | 8-10AM**  
FITNESS CENTER PAR COURSE

WATER STATIONS, DOG TREATS AND HUMAN TREATS PROVIDED

Pets must be leashed with current vaccinations. No pets who are a threat to others. Event officials reserve the right to turn away aggressive animals.

OPEN TO ALL DOW ID CARD HOLDERS

FITNESS CENTER | 719.333.4522 | USAFASUPPORT.COM

**Children's Craft Class**

Come to the Arts and Crafts Center to create a craft or art!

**July 18**  
1 - 2:30pm

Project from clay to paper to natural materials!

**ARTS & CRAFTS CENTER**  
719-333-4579

Ages 5 to 12  
\$15/child

USAFASUPPORT.COM




2<sup>ND</sup> ANNUAL  
**FARISH MOUNTAIN BIKE RACE**  
SATURDAY, AUG 15  
FARISH RECREATION AREA  
12005 Rampart Range Road | Woodland Park, CO 80863

CATEGORIES  
BEGINNER 10AM START | INTERMEDIATE 9:30AM START | ADVANCED 9AM START

PRIZES FOR TOP 3 MALE/FEMALE IN EACH CATEGORY

SCAN THE QR CODE FOR MORE INFORMATION & REGISTRATION  
— THIS EVENT IS ONLINE SIGN UP ONLY —

USAFASUPPORT.COM

FREE SWAG GIFTS!  
AID STATION SNACKS

AIR FORCE OUTDOOR REC 719-333-4475

**HOME SCHOOL MEETUP**

Join us for a Homeschool meetup! Meet other homeschoolers, make new friends and swap resources.

Let us know how the Base Library can help support your curriculum.

USAFASUPPORT.COM

Free Online Resources

Humblebees Academy | ScienceFlix | Teachables | GALE IN CONTEXT | explora

FOURTH TUESDAY OF THE MONTH  
2:30-4 PM

AIR FORCE LIBRARIES  
BASE LIBRARY  
719-333-4665

# AFAS SPECIAL NEEDS GRANT

- Provides up to \$3,000 within a three-year period per Q-coded dependent to pay for specialized camps, therapeutic equipment, assistive devices, and more!
- Families like to use this grant for glasses and other items not covered by Tricare.
- Visit the AFAS website



# AIR FORCE RESPITE CARE PROGRAM

- Receive up to 32 hours of respite care each month through the Air Force's respite care program. This program is designed to help find suitable, qualified childcare for children with special needs.
- Applications are submitted through the EFMP-FS Coordinator



# TRICARE ECHO

- Covered services may include respite care, assistive services, durable medical equipment, in-home support, rehabilitation services, Autism Care Demonstration, and specialized training programs.
- To qualify, sponsors must be enrolled in EFMP and reach out to EFMP medical to register at 719-333-5991
- Does require an out of pocket cost



# AFAS GIVE PARENTS A BREAK

- Provides \$40 per dependent child per month for up to 3 months
- Funds can be used for any provider
- Approved funds are directly deposited via Zelle or ACH
- Voucher is required; contact [10fss.fsh.efmp@us.af.mil](mailto:10fss.fsh.efmp@us.af.mil) for a voucher & apply at [AFAS.org](http://AFAS.org)



# EXCEPTIONAL FAMILIES MATTER GRANT

- Provides up to \$500 per enrolled EFM per fiscal year
- Helps cover costs not paid for by TRICARE
- For all military branches and available to retiree and veteran families as long as they are within 1 year of separation
- 90 day grant processing time



# EXCEPTIONAL FOOD MEDICAL PARKING GRANT FROM EFM

- Provides \$10 for parking, \$10 for adult meal, \$10 for child meal for families on the day of medical appointments or for inpatient caretakers
- For all military branches
- Application must be submitted 7 days prior to appointment



# Community Resources

## Maxim Healthcare Services

<https://www.maximhealthcare.com>

## Peak Parent Center

<https://www.peakparent.org>

## The Arc of Pikes Peak Region

<https://www.thearcppr.org>

## The Resource Exchange

<https://www.tre.org>

## Pikes Peak Respite Services

<https://pikespeakrespiteservices.com>

## Katie's Way Plus

<https://katieswayplus.com>

## Woven Care

<https://wovencare.com>

**For resources more tailored to your family's needs, please contact**  
**10fss.fsh.efmp@us.af.mil**

## Hearty Kids



Heartykids.org is an online resource and community website built by Benjamin Momber- a 17-year-old with a congenital heart defect- dedicated to supporting families and children navigating chronic health conditions. The platform provides a space for sharing personal stories of resilience, facilitating meaningful one-on-one connections, and guiding families toward vital community support agencies.

## DAF Family Vector



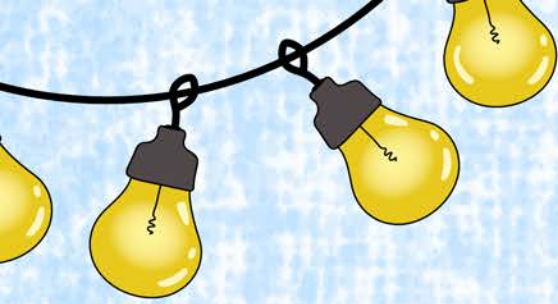
- Medical Trends dashboard helps you find out what your assignment probability may be based on current trends
- Tricare Updates
- Enrollment, assignment, family support, special ed, legal information and more!

## EFMP & ME



- Navigate services
- Advocate for yourself
- Connect with resources
- Create checklists
- Part of Military One Source





# Events & Fun in Colorado Springs!



## **GiGi's Playhouse**

Grand Opening 26 September  
Provides free customized, therapeutic-grade educational and physical programs for individuals with Down Syndrome and their families.



## **We Rock the Spectrum**

Provides a safe, nurturing, and fun environment to foster learning, exploration, and safe sensory experiences for children across the spectrum

## **Lessons in Wellness**

July 1 @ 6pm at the UCCS Heller Center

## **Front Range Freedom Fest**

July 3 @ 4pm at Iron Horse Park

## **Palmer Lake Library- DIY Fidget Toys**

8 July @3pm at the Palmer Lake Library

## **Pikes Peak or Bust Rodeo**

14-18 July

## **Colorado Springs Pet Fest**

July 25-26 at the Colorado Springs Event Center

## **2026 Packz4Kidz Colorado Springs presented by Air Academy Credit Union**

July 25 @9am at the YMCA at First & Main

## **Christmas in July with Festival of Lights at the Switchbacks**

July 25 @ 6pm



# CHECK IT OUT!

## LET US KNOW HOW WE'RE DOING!

We love supporting our special families, and your feedback helps our team better serve you and your family. Your comments also help with new initiatives and leadership engagement to support families. Feel free to leave your comments anonymously on the ICE website on the QRC.



## One-Op Webinars

**9 July:** Launching Teens for Life After High School

**28 July:** Transitions, Connection, and Young Adult Well Being

**5 August:** Partnerships that Strengthen Military Families

**19 August:** Navigating Child Care Barriers and Their Effect on Military Spouse Employment

**10 September:** Support for Deaf and Hard of Hearing Survivors of Domestic Violence



## Extra Support

**Headspace:** Mindfulness & Sleep App- Free with a Blue Stars Family Account

**Tutor.com:** Connect with a live tutor (grades K-12) at any time for 1-on-1 help with homework, studying, test prep, and proofreading at no cost for military families

## CHECK OUT THE ZEN ZONE!



Overwhelmed? Stressed? Come check out the Zen Zone! Equipped with a massage chair, adult coloring books, meditation books, stress balls, and a diffuser, this room is sure to offer a much needed break during a busy day.

