



MCAS Yuma EFMP...August 2025...Newsletter

...Exceptional News For Exceptional Families...

EFMP Mission

The mission of the Exceptional Family Member Program is to improve the quality of life of families that have a family member with a special need and ensure continuum of care.

EFMP will improve the quality of life of families that support a member with a disability. Quality of life is improved through family support via Marine Corps Community Services (MCCS) programs provided aboard Marine Corps installations, and through contractual partnerships with public and private organizations.

By following specific procedures and guidelines, EFMP will ensure that sponsors with Exceptional Family Members (EFM's) are assigned to duty stations where services exist to support the EFM with access and availability to medical and educational services.

Families and service providers must work together in a climate of mutual respect and trust to be successful. Enrollment in the EFMP shall not be prejudice advancement or promotion opportunities.

EFMP STAFF

Program Manager
928.269.2425

Family Case Worker
928.269.5233

Training & Outreach Specialist
928.269.2949

OFFICE HOURS

Monday thru Friday
8:00 am to 4:30 pm
Building 693-Hart Street

Back-to-School Tips

Bullying or cyberbullying can be physical, verbal or social. It can happen at school, on the playground or school bus, in the neighborhood, over the internet or through mobile devices like cell phones. When your child is bullied alert school officials to the problems and work with them on solutions:

- Teach your child to be comfortable with when and how to ask a trusted adult for help. Ask them to identify who they can ask for help.
- Recognize the serious nature of bullying and acknowledge your child's feelings about being bullied.

Help your child learn how to respond by teaching your child how to:

- Look the bully in the eye.
- Stand tall and stay calm in a difficult situation.
- Walk away.

Teach your child how to say in a firm voice:

- I don't like what you are doing.
- Please do not talk to me like that.

Encourage your child to make friends with other children. Support outside activities that interest your child. Make sure an adult who knows about the bullying can watch out for your child's well-being when you cannot be there.

Monitor your child's social media or texting interaction so you can identify problems before they get out of hand.

For more information visit the following:

[Back-to-School Tips - HealthyChildren.org](https://www.HealthyChildren.org)

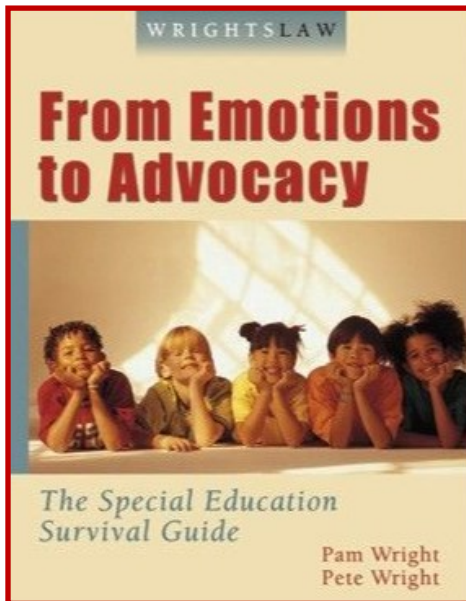


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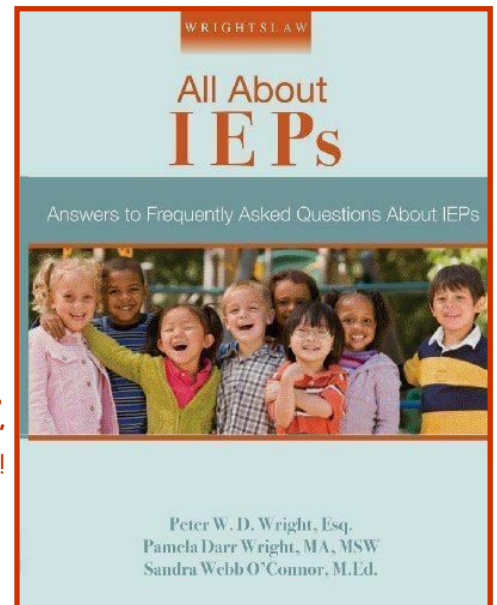




MCAS Yuma EFMP...Lending Library...Open to all MCCS Patrons
 borrow~grow~return
 Items of the Month:



STOP by and visit our Lending Library today!
 We have a variety of items available for
"COMPLIMENTARY 2 week check-out"
 Open to all who have Air Station Access!



Information About:
 Individuals with Disabilities Education Act of 2004
 The No Child Left Behind Act of 2001

Answers to Frequently Asked Questions About IEPs

🧩 Connection Support Club 🧩

This is an open forum discussion for patrons to come together to talk about related issues.

This month's topic:
 "Special Education & Early Intervention"

August 21, 2025
 Youth Center-Building 1050
 10:00 am to 11:00 am
 For more information
 contact 928.269.5233



Bring the kiddos and enjoy some cool fun inside with our
 "Imagination Playground"-Big Blue Blocks
 Collaborative play, endless imagination.

August Health Awareness



<https://resourcesforgrief.com/individuals.php?submenu=individual>

National Grief Awareness Day on August 30 is dedicated to raising awareness of the myriad ways in which individuals cope with loss. It offers resources to those going through personal losses and reminds us to support people we know who are grieving. This day hopes to encourage open communication on loss and bereavement and better inform the public on the facts of grief. Grief is one of the oldest and most enduring aspects of the human experience. If you haven't yet experienced grief, it's unfortunately likely to happen. The term 'grief' encompasses all of the emotions around a loss, and 'mourning' is defined as the external expression of the pain. 'Bereavement' is another commonly-used term for grief. Throughout human history, there have been many attempts to describe and heal grief, and they have changed significantly over the years.

August is "National Immunization Awareness Month (NIAM)" an annual observance in August to highlight the importance of vaccination for people of all ages. Together, we can help raise awareness about the importance of vaccination and encourage people to talk to a healthcare provider they trust about staying up to date on their vaccinations.

<https://www.cdc.gov/vaccines/php/national-immunization-awareness-month/index.html>

HOW IMPORTANT IS AN ANNUAL EYE EXAM ?

1 IN 4
CHILDREN HAS A VISION PROBLEM.¹

**EVERY CHILD.
EVERY YEAR.**

VISION CAN AFFECT SPORTS PERFORMANCE, TOO!

- HAND-EYE COORDINATION
- DEPTH PERCEPTION
- EYE TRACKING ABILITY

60% OF CHILDREN WITH LEARNING DIFFICULTIES HAVE AN UNDETECTED VISION PROBLEM.²

80% OF INFORMATION CHILDREN RECEIVE IN THE CLASSROOM IS PRESENTED VISUALLY.⁴

70% OF JUVENILE DELINQUENTS HAVE AN UNDETECTED AND UNTREATED VISION PROBLEM.³

JOIN LET'S GO SEE IN OUR COMMITMENT TO GIVE 10,000 EYE EXAMS AND GLASSES.

Image Credit: businesswire.com

EFMP Exceptional Family Member Program

August Events...



Scan QR Code to register.

Thursday, August 7, 2025

1:00 pm to 3:00 pm

This workshop contains information regarding actions that service members and families should take to be informed and prepared in the event of natural and man-made hazards. This workshop is designed for families to prepare themselves for all types of emergencies and to increase their personal sense of security and peace of mind.

Open to active duty service members and their spouses.

Register today!

<https://yuma.usmc-mccs.org/activity/550cd2d7-f575-4c9b-b4ae-14f4868803b6>

JOB & EDUCATION FAIR

Thursday, August 14, 2025...10:00 am to 1:00 pm...Sonoran Pueblo Event Center

Discover your next career adventure at the Job & Education Fair! Dive into a world of higher education and employment opportunities. Connect with potential employers, chat with school representatives, and explore SkillBridge programs. Business professional attire is highly encouraged.

This event is open to all servicemembers, military spouses, dependents, retirees, veterans with base access, and DoD-affiliated employees.



Saturday, August 23, 2025

9:00 am to 12:00 pm

Grab your overalls and power up for the Bouncy House Super Mario Party! Families are invited to an afternoon filled with giggle-power jumps, pipe-jumping dancing and secret level giveaways. Open to kids ages 1 and up can conquer one of several bouncy houses during their reserved session time. Light snacks provided.

LET'S-A-GO!

BASE ACCESS IS REQUIRED.

SESSIONS

Session I: 9am - 10am (all ages)

Session II: 10am - 11am (all ages)

Session III: 11am - Noon (all ages)

REGISTRATION REQUIRED!

Registration begins Monday, July 28 at 9am.

<https://www.eventbrite.com/e/bouncy-house-super-mario-party-tickets-1531234175639>



Scan QR Code to register.



mccsYuma.com



what's cooking: "Blueberry Banana Breakfast Cookies"

<https://sallysbakingaddiction.com/blueberry-banana-breakfast-cookies/>

These healthy and hearty blueberry banana breakfast cookies are packed with 9 wholesome ingredients to power you through the day. This simple 1 bowl recipe is easily adaptable and comes together in minutes.

Ingredients

- 3/4 cup mashed bananas (about 3 medium or 2 large ripe bananas).
- 2 and 1/2 cups old-fashioned whole rolled oats.
- 1 cup any nut butter
- 1/2 cup chopped pecans or walnuts.
- 1/3 cup honey
- 1 teaspoon pure vanilla extract
- 1/2 teaspoon ground cinnamon
- 1/4 teaspoon salt
- 1 cup fresh or frozen blueberries (do not thaw frozen)/
- Cook Mode Prevent your screen from going dark.



Scan QR Code
for recipe.

Directions

1. Preheat oven to 325 degrees . Line 2 large baking sheets with parchment paper or silicone mats. Set aside.
2. Add everything to a large bowl and mix together until combined or use a handheld or stand mixer.
3. Scoop mounds of dough, about 1/4 cup each, onto baking sheets. 6 cookies per baking sheet since they are so large. The cookies won't spread much in the oven, so gently press the mounds down to create a flatter shape.
4. Bake for 18-21 minutes until lightly browned on the sides.
5. Remove from the oven and let cool on baking sheet for 5 minutes before transferring to a wire rack to cool completely.
6. Cover and store cookies at room temperature for up to 4 days or in the refrigerator for up to 1 week.