

MCAS Yuma EFMP...October 2025...Newsletter

...Exceptional News For Exceptional Families...



With Halloween upon us, please keep in mind a lot of little people may be visiting your home so please remember the following:

- The child who is grabbing more than one piece of candy may have poor fine motor skills.
- The child who takes forever to pick out a piece of candy may have poor motor planning skills.
- The child who does not say "trick-or-treat" or "thank you" may be non-verbal.
- The child who looks disappointed when he/she sees your bowl may have an allergy or diabetes.
- The child who isn't wearing a costume may have sensory issues or Autism Spectrum Disorder (ASD).

Be NICE...Be PATIENT...It is EVERYONE's Halloween!



Monday thru Friday
8:00 am-4:30pm
Building 693—Hart Street
Phone: 928.269.2949
Email: yumaefmp@usmc.mil
For the latest on our upcoming events
please like and visit our
MCCS Yuma EFMP Facebook Group Page
by scanning the QR Code.



Connection Support Club

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

This months topic

"Halloween Safety Tips"

Friday October 24, 2025

5:00 pm to 8:30 pm

MCAS Yuma Parade Deck

For more information call
928.269.5233



MCAS Yuma EFMP...Lending Library...Open to all MCCS Patrons
borrow~grow~return

Items of the Month: "Adaptive Halloween Costumes"



Disney Princess
Size M (7-8)



Buzz Lightyear
Size S/P (4-6)



Pikachu
Size L/G (10-12)

STOP by and visit our Library today!
We have a wide variety of items available for
COMPLIMENTARY 2 week check-out.
Open to all who have Air Station Access.
Items must be returned clean.



Halloween, time to get dressed up as something fun or scary and of course for children it's all about trick or treating. But if someone came to your door with a blue pumpkin, would you know what it means?

People spread awareness of Autism Spectrum Disorder (ASD) by turning their pumpkins blue, or having blue plastic pumpkin containers.

The idea is it signifies a person trick-or-treating might have some specific needs. There are also teal pumpkins which indicate food allergies, so instead of sweets or food, children are given glow sticks or other fun novelty items.



<https://www.cdc.gov/breast-cancer/prevention/index.html>

October is dedicated to raising awareness about breast cancer, encouraging early detection through screenings and supporting those affected by the disease. Organizations promote educational resources and events to highlight the importance of mammograms and self-examinations. Many factors over the course of a lifetime can influence your breast cancer risk. You can't change some factors, such as getting older or your family history, but you can help lower your risk of breast cancer by taking care of your health in the following ways:

- Keep a healthy weight
- Exercise Regularly
- Don't drink alcohol, or limit alcoholic drinks

Early Detection Saves Lives!

[What Can I Do to Reduce My Risk of Breast Cancer? | CDC](#)

October is dedicated to raising awareness of domestic violence and its impact on individuals and families. Domestic violence (also called intimate partner violence, domestic abuse, or relationship abuse) is a pattern of behaviors used by one partner to maintain power and control over another partner in an intimate relationship. It can happen to anyone at any point in a relationship. Domestic violence includes behaviors that physically harm, cause fear, prevent a partner from doing what they wish, or force them to behave in ways they do not want.

<https://www.thehotline.org/>



Domestic Abuse Prevention Resources:

24/7 Helpline: (928) 941-3650

<https://yuma.usmc-mccs.org/marine-family-support/prevention-and-counseling/domestic-abuse>



Call

1.800.799.SAFE (7233)



Text

Text "START" to 88788

Visit our page for Privacy Policy.

Msg&DataRatesMayApply.

Text STOP to opt out.



SCAN QR Code

EFMP Exceptional Family Member Program

"September Events"



Friday October 3, 2025

6:00 pm to 12:00 am... Child & Youth Programs

Child and Youth Programs offers Friday Night Care on the 1st or 2nd Friday of each month.

Children are provided a light snack.

Age: 6 weeks to 12 years

Pricing: \$8.00 per child, per hour.

For more information, or to make reservations, please call CYP Resource & Referral at 928.269.3251/3234.

Children must have a current CYP Registration Packet and Immunization records on file to attend.

Reservations can be made up to 2 weeks in advance.

Thursday October 9, 2025

8:00 am to 4:00 pm

Marine Corps Family Team Building... Building 598

You don't have to feel like you're running up that hill while at MCAS Yuma. Join us at L.I.N.K.S. to find your missing resources so this military lifestyle doesn't seem upside down. We will cover topics like events and etiquette, deployments, PCS, and more!

Registration required... 928.269.6550

<https://yuma.usmc-mccs.org/activity/b3bec89c-be88-4263-875e-64f3fbd63deb#registration>



L.I.N.K.S.

Stranger Things Have Happened

Registration Required



Friday October 10, 2025

6:00 pm to 8:00 pm

Memorial Sports Complex... 1237 Loesch Street

Bring the entire family and join us under the stars as we illuminate the path to a brighter, safer tomorrow for all.

This event aims to bring awareness to the issue of domestic violence. Glow up the night will feature interactive activities for the entire family. Attendees will have the opportunity to learn about resources available in the community and how they can help make a difference. Glow up the Night promises an evening of

education, connection, and hope.

For more information, please call (928) 269-2561.

Friday October 24, 2025

5:00 pm to 8:00 pm

MCAS Yuma Parade Deck

Featuring special musical guest: YACHTZILLA!

Join us for an evening of safe and delightful trick-or-treating fun. You'll receive free candy as you trick-or-treat your way through the creatively decorated trunks and booths, play some fun carnival games, and wear your spookiest costume to get your groove on with some monster mash dance moves.



TRUNK OR TREAT

Featuring Special Musical Guest

YACHTZILLA! Monsters of Soft Rock

Pumpkins provided by

LIBERTY MILITARY HOUSING

No Department of Defense, U.S. Marine Corps, or Marine Corps Community Services Endorsement Implied.



mccsYuma.com



what's cooking: "Mac-O-Lantern and Cheese Bowls"

<https://www.foodnetwork.com/recipes/food-network-kitchen/mac-o-lantern-and-cheese-bowls-3813492>

Ingredients

- ♦ Kosher Salt
- ♦ 6 medium orange bell peppers
- ♦ 8 ounces elbow macaroni
- ♦ 1 1/4 cups half and half
- ♦ 8 ounces cream cheese, at room temperature
- ♦ 4 ounces mild cheddar cheese shredded (about 1 1/2 cups).



Directions

1. Bring a large pot of generously salted water to a boil. Fill a large bowl with ice water.
2. Cut the tops off the peppers and reserve. Remove the seeds and membranes. Put the peppers and the tops in the boiling water and cook until just tender, 2 to 3 minutes. Plunge the peppers into the ice bath. Once cool, remove them and use a sharp knife to carve a jack-o-lantern face into one side of each pepper.
3. Return the water to a boil, add the macaroni and cook until al dente, about 6 minutes. Reserve 1 cup of the pasta water and drain (don't rinse the pasta).
4. Heat the half-and-half in a large saucepan over medium heat until it just comes to a simmer. Continue simmering until reduced to about 3/4 cup, about 20 minutes. Add the cream cheese and stir until melted. Whisk in the cheddar until all the cheese is melted and the sauce is smooth.
5. Turn off the heat, add the macaroni to the saucepan and stir to combine. Stir in some of the reserved pasta water to thin the sauce if needed. Season with salt if needed. Let sit for 10 minutes, then divide the mac and cheese among the peppers and cap each with a pepper top.