

MCAS Yuma EFMP...May 2025...Newsletter
...Exceptional News For Exceptional Families...



Wishing you a very
Happy Mother's Day
-EFMP Staff-



★ ★ ★ ★ ★ ★
MEMORIAL DAY
HONORING ALL WHO SERVED

Wishing you and your families a
happy and safe holiday.
-EFMP Staff-



Monday thru Friday
8:00 am to 4:30 pm
Building 693-Hart Street
Phone: 928.269.2949
Email: yumaefmp@usmc.mil
For the latest on our upcoming events
please like and visit our
MCAS 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.

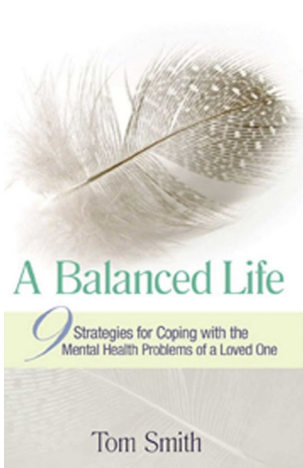
This months topic
"Pastries with Parents"
PCS & Deployment Resources
"DONUT" miss out on all the fun!

Thursday May 8, 2025
7:00 am to 10:00 am
Building 693, room 106
No Registration Required.
For more information contact
928.269.5233



EFMP Exceptional Family Member Program

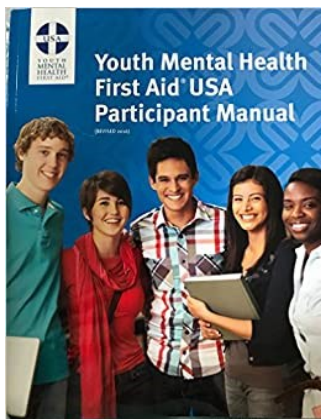
MCAS Yuma EFMP...Lending Library...Open to all MCCS Patrons
borrow~grow~return



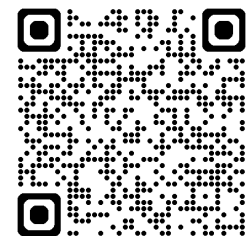
THE ULTIMATE GOAL of those with a mental health disorder and the people who love them is balance: emotional, mental, spiritual and behavioral. A Balanced Life offers nine clear-cut, effective strategies for building a supportive relationship with someone who has a mental illness-while also taking care of yourself.



STOP by and visit our Library today!
We have a wide variety of items available for **COMPLIMENTARY 2 week check-out**.
Please note that all items must be returned cleaned and in good condition.
Open to all MCCS Patrons.



Youth Mental Health First Aid is designed to teach people how to help an adolescent (age 12-18) who is experiencing a mental health or addictions challenge or is in crisis. Youth Mental Health First Aid is primarily designed for adults who regularly interact with young people. The course introduces common mental health challenges for youth, reviews typical adolescent development, and teaches a 5-step action plan for how to help young people in both crisis and non-crisis situations. Topics covered include anxiety, depression, substance use, disorders in which psychosis may occur, disruptive behavior disorders (including AD/HD), and eating disorders. To learn more, [download the Mental Health First Aid for Youth one-pager](#).
[Youth - Mental Health First Aid](#)



Scan QR Code
to download



<https://www.healthline.com/health/allergic-asthma/seasonal-asthma>

Seasonal asthma is also known as allergic asthma, and can be caused by allergens that increase during certain times of the year. Summer weather may be hot and dry or hot and humid. Both types of heat can bring on seasonal asthma. Breathing in hot, dry air can cause your airways to narrow, causing asthmatic symptoms. Humid air may also cause your airways to narrow and tighten. People with asthma often find it harder to breathe in humid conditions. Heat of all kinds can increase pollution by trapping ozone and particulate Matter. Stagnant, hazy air can also trigger asthmatic symptoms.

What do you wish people knew about your life with celiac disease?

Calendar icon: "Just the **shear amount of work** it is to plan anything in your life outside of your own kitchen."

Family icon: "It's **hereditary**. I have four girls, all with celiac disease, and they each have different symptoms."

Salad leaf icon: "That offering a salad as a meal alternative just **makes us feel worse**."

Person in a chair icon: "It '**invades**' every aspect of my life. It is always in the forefront of my mind. It is all-consuming at times!"

Person with a magnifying glass icon: "It is a real disease that **changes your lifestyle** and eating habits for the rest of your life."

Person with a clock icon: "That you can't eat food **even when it's gluten-free** if it's cooked in a pan, toaster or pot that's cooked gluten."

Infinitely symbol icon: "That it **robs you of spontaneity** and the joys of traveling freely."

Celiac disease is a chronic digestive and immune disorder that damages the small intestine. It is triggered by eating foods containing gluten, a protein found in wheat, rye and barley. The disease can cause long-lasting digestive problems and keep your body from getting all the nutrients it needs. Celiac disease is a genetic, autoimmune disease. Over time it can damage the finger-like projections in the intestine that absorb nutrients called villi. It is estimated to affect 1 in 100 people worldwide, but only about 30% are properly diagnosed. For more information visit the following:

<https://celiac.org/about-celiac-disease/what-is-celiac-disease/>

May Events

Marine and Family Baby Shower
Saturday, May 3...11:00 am to 2:00 pm
Sonoran Pueblo Event Center



Scan QR Code
to register.

New and expectant parents are invited to join the What to Expect Project, New Parent Support Program, and Child and Youth Program .

This is a FREE event featuring Heidi Murkoff , renowned author of "What to Expect When You're Expecting."

The event is open to military families (expecting or with a child up to 6 months old), will include gifts, prizes, lunch, resources and more!

Registration is required!

Limit, one registry per family (up to 2 attendees plus baby).

L.I.N.K.S.-Spouse Appreciation Bunco
Friday, May 16, 2025...6:00 pm to 8:00 pm
Sonoran Pueblo

Join the Marine Corps Family Team Building for a night of networking and Bunco as we celebrate our spouses for Military Spouse Appreciation Month. Open to spouses of Active Duty Service Members.

Registration required. ..For more information call 928.269.6550.



Scan QR Code
to register.



Scan QR Code
to register.

Spouse Appreciation
Friday, May 9, 2025...5:00 pm to 8:00 pm
Sonoran Pueblo Event Center

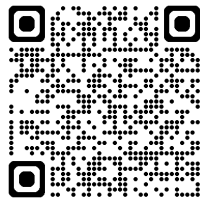
Connect with other spouses and enjoy an evening filled with giveaways and refreshments!

This is a FREE Event, open to MCAS Yuma active duty spouses.
Registration is required...928.269.3102.

If you can imagine it, you can achieve it.

If you can dream it, you can become it.

~William Arthur Ward~



Scan QR code
for recipe

EFMP Exceptional
Family Member
Program

what's
cooking

"Creamy Chicken Enchilada Casserole"

This recipe comes together quickly, freezes beautifully and makes for a delicious and hearty main dish. Make a double batch so you can repeat the experience next week.

<https://goodcheapeats.com/creamy-chicken-enchilada-casserole/>

Ingredients

- 9x13 inch baking dish
- 2 cans of cream of chicken soup
- 1 cup sour cream
- 1/2 cup milk
- 2 cups chicken (cooked and cubed)
- 2 cups shredded cheddar cheese or Jack cheese
- 1/2 onion chopped
- 1 4-ounce can chopped green chiles
- 1 4-ounce can chopped jalapenos
- 12 corn tortillas cut or torn into bite size pieces



Directions

1. Prepare your ingredients. Cook and chop the chicken. Shred the cheese. Tear or cut the tortillas.
2. Whisk together the soup, sour cream, and milk in a large mixing bowl. Then add the chicken, 1 cup cheese, onion, chiles, jalapenos and tortillas. Stir well to combine.
3. Transfer the mixture to a greased 9x13 inch baking dish. Top with remaining 1 cup of shredded cheese..
4. Bake 1 hour at 350 degrees until hot and bubbly.

Note: To freeze, wrap, label and freeze the casserole prior to baking. To serve, thaw overnight in the refrigerator and proceed with baking instructions.