

MCAS Yuma EFMP...February 2025...Newsletter

...Exceptional News For Exceptional Families...

Fun Valentine's Day Facts

The tradition of giving flowers dates back to the 17th century. The color of flower given on Valentine's Day holds meaning. While a red rose has traditionally symbolized love, other colors like deep pink, purple or white-which symbolize happiness, royalty and sympathy

Candy is the most popular gift to give. Conversation hearts got their start as medical lozenges. The result was America's first candy-making machine because the pharmacist soon started shifting his focus from lozenges to candy instead. It wasn't until 1866 that we first got sweet printed messages on conversation hearts. More than 8 billion conversation hearts are manufactured each year. If you still have a box from last year, they have a shelf life of five years.



<https://www.goodhousekeeping.com/holidays/valentines-day-ideas/a26863/valentines-day-facts/>

Interesting President's Day Facts

- James Madison was the shortest president at 5 feet 4 inches tall.
- Abraham Lincoln and Lyndon B Johnson were the tallest presidents at 6 feet 4 inches tall.
- Abraham Lincoln often stored things like letters and documents in his stove-piped hat.
- On the day Lincoln was shot he told his bodyguard that he had dreamt he would be assassinated.
- Franklin D. Roosevelt met President Grover Cleveland when he was five years old. Cleveland said "I am making a wish for you. It is that you may never become president of the United States". Grover Cleveland served as our 22nd and 24th President of the United States.
- There are only two President's that have had two non-consecutive terms: Grover Cleveland and Donald J Trump.
- At 42 years old, Teddy Roosevelt was the youngest man to hold the office of president. Joe Biden and Donald J Trump are the oldest at 78 years.

https://mail.ducksters.com/biography/uspresidents/president_fun_facts.php



Office Hours

Monday thru Friday
8:00 am to 4:30 pm
Building 693-Hart Street
Phone: 928.269.2949
Email: yumaeftp@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
"Service vs Therapy Animals"

Thursday February 20, 2025
4:00 pm to 5:30 pm

Park 2223-Behind Liberty Housing
No Registration Required.

For more information contact
928.269.5233



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



Therapy Ball Activities #FD-115

Shoulder Stretch

Therapeutic Benefits

- Stretches anterior shoulder and chest
- Improves posture

Directions

1. Kneel on the floor with a therapy ball behind you.
2. Sit back on your heels. Keep your back straight and reach back with your hands for the therapy ball. Keep your elbows straight.
3. You should feel a slight pull through your chest and the front of your shoulders.

Tips

1. Seatwork, computer time, and other sedentary activities often lead to poor posture with tightening of the chest muscles. This stretch opens the chest and shoulder muscles and can improve posture. Try it before, after, or during seatwork.
2. Children should only hold a stretch for 7-10 seconds.
3. Remind children to breathe evenly during this stretch. Children should move in and out of this stretch slowly (quick or bouncing movements can strain soft tissue). Children should stretch only to the point of tension, and should not find this stretch painful. Never force a movement.

© Super Duper® #FD-115

60 illustrated therapy ball activity cards. 3" X 5".
 Students work on a wide range of therapeutic goals including upper body and core strengthening, motor planning, visual perceptual skills, fine motor skills, and sensory input. Content cards. Tin box. Grades Pre-K and up.

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.



EFMP Exceptional Family Member Program

VERSION 1
LAST MODIFIED: 12.4.24

EFMP ENROLLMENT REIMBURSEMENT PROCESS

WHO WE ARE

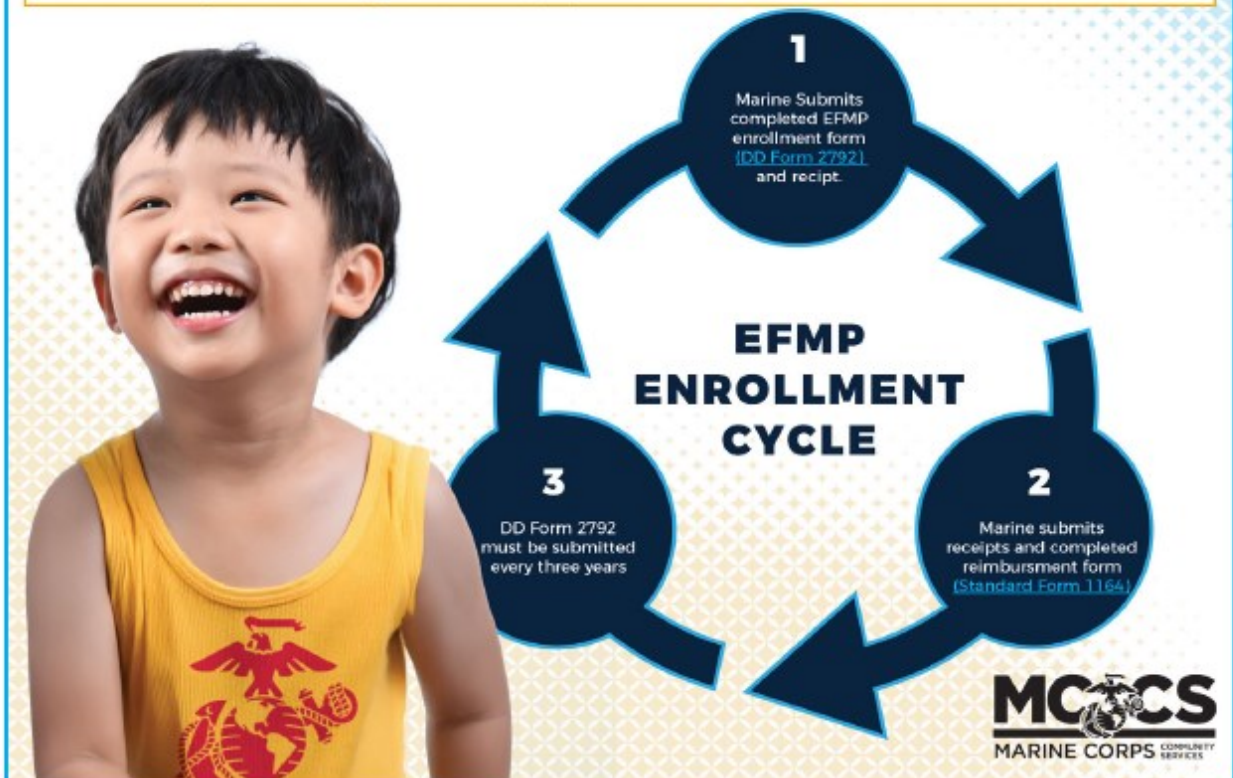
The Exceptional Family Member Program (EFMP) is a mandatory enrollment program, designed to coordinate permanent change of station assignments for active duty sponsors who have a family member with special needs.

EFMP ENROLLMENT REIMBURSEMENT

EFMP enrollment requires completion of the DD Form 2792, outlining the medical requirements of family members with special needs. This form must be updated every three years, or sooner, if requirements for care change. Some TRICARE authorized providers charge a fee for completion of this form. Marine Corps EFMP will reimburse a family for this cost. Learn more!

REIMBURSEMENT AMOUNT

- Pages 4-8: \$75 or cost charged to family, whichever is less.
 - Total maximum reimbursement is actual cost up to a maximum of \$200 per "package".
- *Some families may choose to submit pages 4-8 from multiple specialists





**Kindergarten Transition Workshop
Two Sessions: Tuesday February 4, 2025
9:00 am to 10:30 am and 3:30 to 5:00 pm
Child Development Center-Building 1085**

Parents, do you have a child entering kindergarten in Fall 2025? Congratulations! The School Liaison Program is here to help with the transition. Gain valuable information such as schooling options, how to enroll your child in school for the first time, educational support, bus transportation, school care options and more! Childcare for this workshop is not provided. Please leave children with a caregiver, if possible as space is limited in the training room. Families must register each person attending the workshop, including children for an accurate head count.

Registration Required-928.269.5373

<https://yuma.usmc-mccs.org/marine-family-support/child-and-youth/school-liaison-program-k-12>

READY.SET.PREPARE!

**Tuesday February 4, 2025...3:00 to 4:00 pm
Marine Corps Family Team Building -598 Narr Avenue**

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 disasters. 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.

Register today-<https://yuma.usmc-mccs.org/activity/2d8223e9-c3e3-4bf2-99c4-07a9b8ed0921>

For more information contact 928.269.6550.

Open to Active Duty Service Members and their spouses.

**EFMP: Love on a Leash
Thursday February 20, 2025...3:30pm to 4:30pm
Park 2223-Behind Liberty Housing**

Join us at the park for an engaging session with Love on a Leash-Yuma Chapter as we explore the wonderful world of Therapy and Service Animals. Learn what all the bark is about.

No registration is required.

Open to all MCCS Patrons-Program Enrollment not required to attend events.

For more information contact 928.269.2949

EFMP supports and facilitates inclusive recreation opportunities to ensure individuals of all abilities are able to participate in recreation opportunities for MCCS patrons.

The real art of conversation is not only to say the right thing at the right place but to leave unsaid the wrong thing at the tempting moment.
-Dorothy Nevill-



Scan QR code
for recipe

what's cooking

"Valentine Sugar Wafer Cookies"

You'll fall in love with how easy Valentine Sugar Wafer Cookies are to make. With just 3-ingredients, you can make these tasty Valentine treat in minutes.

<https://www.simplisticallyliving.com/valentine-sugar-wafer-cookies/>



Ingredients

- Vanilla Sugar Wafers
- Strawberry Sugar Wafers
- Colored candy melts (white, pink, red)
- Sprinkles of your choice
- Parchment paper

Directions

1. Line a baking sheet with parchment paper and set aside.
2. Melt the candy melts in the microwave in 30 seconds intervals, stirring between each interval until smooth and completely melted.
3. Dip a sugar wafer about 1/3 to 1/2 of the way into the melted candy and set on the parchment paper.
4. Sprinkle with your favorite Valentine's Day themed sprinkles.
5. Set in the refrigerator for 5 minutes to chill.
6. Serve and Enjoy!

Make sure to work quickly when dipping and adding the sprinkles. If you wait too long to add the sprinkles, the candy melts will have hardened and the sprinkles will not adhere well.