

MCAS Yuma EFMP...April 2026...Newsletter

...Exceptional News For Exceptional Families...



- ♦ Military children may change schools up to nine times between the start of kindergarten and high school graduation.
- ♦ The dandelion is the official flower of military children because its seeds are scattered by the wind, but like military kids, the seeds always bloom where they are planted..
- ♦ Purple is the official color of Month of the Military Child. Not only does purple conveniently represent bravery and courage, which military children are filled with, but is a combination of all the military branch colors . Air Force, Navy and Coast Guard, blues, Army green, and Marine Corps red.

"I am RESILIENT...I am RESOLUTE...I am RELENTLESS...I am a MILITARY CHILD"

OFFICE HOURS

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

MCCS Yuma EFMP Facebook Group Page
by scanning the QR Code.





EFMP Exceptional Family Member Program

MCAS Yuma EFMP...Lending Locker
borrow~grow~return



We have a wide variety of items to squeeze, stretch and explore. These help develop fine and gross motor skills, hand-eye coordination, size discrimination, color awareness, visual perception & tracking, concentration along with encouraging success and helps to de-stress as a fidget item.



Scooter Boards provide full-body sensory input and support gross motor skills as kids roll along! A great tool for promoting core strengthening, vestibular input and sensory integration for kids.



"Sometimes the things that make us different are the things that make us strong." Unknown

STOP by and visit the Lending Locker today to view these and other great items available for "COMPLIMENTARY 2 week check-out" Open to all MCCS Patrons. Enrollment in the EFMP is not required to utilize the Lending Locker and/or attend events.



April Health Awareness

APRIL
STRESS
AWARENESS
MONTH

Short-term, manageable stress levels can help us grow our resilience to future challenges and motivate and energize us to act. And yet, chronic, ongoing stress can harm us physically and mentally, impacting our relationships with ourselves and those around us. Learning what causes or triggers your stress and what coping techniques work for you can help reduce your anxiety and improve your daily life. It may take trial and error to discover what works best for you. Here are some activities you can try when you start to feel overwhelmed:

- Keep a journal
- Exercise and make sure you are eating healthy meals.
- Stick to a sleep routine.
- Avoid drinking excess caffeine such as sports drinks and/or coffee.
- Meditate for 10 minutes.
- Shut off your electronics for an hour.

For more information visit: [I'm So Stressed Out! Fact Sheet - National Institute of Mental Health \(NIMH\) \(nih.gov\)](#)



IBS AWARENESS
MONTH
— APRIL IS —

Did you know that Irritable Bowel Syndrome is a digestive disorder? Common symptoms include chronic, recurrent bowel problems & abdominal pain. IBS affects 10-15% of adults but many more are thought to have it. Research shows that IBS can greatly impact mental health. Many sufferers experience depression.

[Irritable bowel syndrome - Symptoms and causes - Mayo Clinic](#)

Lifestyle changes that can help improve IBS:

- ◆ Relaxation is vital for reducing stress and improving emotional well-being.
- ◆ Exercise ensures optimum physical health and releases endorphins.
- ◆ Diets consisting of natural, whole foods at regular times is key. The body needs foods that are easy to digest and will not cause discomfort. Avoid processed foods that can affect mood.
- ◆ A Nutritionist can advise on lifestyle & eating habits to help ease IBS symptoms.

EFMP Exceptional Family Member Program

April Events



Wednesday, April 1, 2026.

10:00 am to 11:30 am

Park 2223 (behind Liberty Housing)

Enjoy an Easter Egg Hunt and have an opportunity to discuss any challenges and concerns within the community.

This is a FREE event-No registration required.

Open to all authorized MCCS Yuma Patrons.

Enrollment in the EFMP is not required to attend

For more information contact 928.269.2949

Friday, April 3, 2026...5:00 pm to 7:00 pm
Building 598

Calling all crafters! Make connections within your community and meet fellow crafters

while working on your own PHD's (projects half done).

All crafts & crafting abilities are welcome!

To register call 928.269.6550 or email mcftb@usmc-mccs.org.



Connection Support Club: Women Building Networks of Support
Thursday, April 16, 2026...5:30 pm to 7:00 pm
Tranquility Wellness Studio

Come for the information, stay for the relaxation. This event is designed to be a comfortable and interactive experience for everyone.

This is a FREE event open to all MCCS Patrons.

Registration required by calling 928.269.2949.



Honor the Month of the Military Child by attending the free Super Kids Fair!
Friday, April 24, 2026...5:00 pm to 8:00 pm
MCAS Yuma Parade Deck

Guests can expect complimentary carnival rides, games, prizes and MCCS information activity booths.

Complimentary masks and capes will be given to all attendees while supplies lasts (first come, first served)



mccsYuma.com



APRIL 2026

Join us in lifting up and recognizing our amazing military connected children all month long!

Arizona's day to wear purple is **Friday, April 24th**

Month of the
MILITARY CHILD



mccsYuma.com



what's
cooking
"Frito Corn Salad"

<https://www.spendwithpennies.com/frito-corn-salad/>

This is a perfect potluck dish,. This easy salad combines lots of fresh summer corn off the cob, crisp bell pepper, jalapenos and of course crunchy Fritos all in a quick creamy dressing.

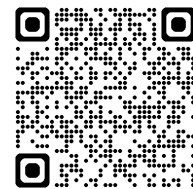
Ingredients

- 3 cups corn kernels fresh off the cob (yeah right lol) or two 12-14 ounce cans of corn, drained.
- 1/2 red bell pepper diced 1/4 inch
- 1/2 green bell pepper diced 1/4 inch
- 1/2 red onion diced 1/4 inch
- 4 ounces diced jalapenos drained or 4 oz mild green chiles drained.
- 2/3 cup mayonnaise
- 2 teaspoons chili powder
- 1 1/2 cups shredded cheddar cheese
- 5 ounces Fritos chips



Instructions

- Combine all ingredients except Fritos in a large bowl and mix well.
- Just before serving, stir in Fritos
- Season with salt & pepper to taste.



Scan for recipe

Suggestions:

- Skip the mayonnaise and replace with ranch dressing.
- For a zestier option, try Catalina dressing
- Add a tablespoon of taco seasoning and a spoonful of sour cream to the dressing.
- Swap out plain Fritos for Chili Cheese Fritos (skip the chili powder).
- Trade cheddar for Mexican cheese blend, pepper jack or Monterey jack.
- Add in other veggies, black olives, black beans or leftover shredded chicken.