



EFMP

Exceptional
Family Member
Program

MCAS Yuma EFMP...April 2024...Newsletter

...Exceptional News For Exceptional Families...

April is "AUTISM" Awareness Month

Be Aware-Be Understanding

- Ask questions
- Understand
- Tell a friend
- Include
- Show support
- Make a difference

People with ASD often have problems with social, emotional, and communication skills. They might repeat certain behaviors and might not want change in their daily activities. Many people with ASD also have different ways of learning, paying attention, or reacting to things. Signs of ASD begin during early childhood and typically last throughout a person's life.

[Resource Guide | Autism Speaks](#)

OFFICE HOURS

Monday thru Friday
8am-4:30pm
Building 1085-Martini Avenue
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

Tuesday April 2, 2024
10:30am-11:00am
Park 2223-Behind Liberty Housing
928.269.5233

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

This month's topic:
"Building Networks of Support for Children with Special Needs"



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MCAS Yuma EFMP...Lending Library
borrow~grow~return
Items of the Month: **Autism Resources**



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 Library today to view these and other great items available for "COMPLIMENTARY 2 week check-out"
Open to all MCCS Patrons.





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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.



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April Events

EFMP Family Play Day: Autism Awareness

Tuesday April 2, 2024...10am-11am

Park 2223 (behind Liberty Housing)...928.269.2949

Explore the Imagination Playground empowering children of all ages to be imaginative & creative.. Autism Resources and COMPLIMENTARY Root Beer Floats (while supplies last)
No RSVP Required!



Donuts & Deployment

Thursday April 18, 2024...7am-10am

EFMP Office-Building 1085 Park 2223...928.269.2949

Stop by for resources on deployment.

Enjoy complimentary donuts and coffee (while supplies last)

Enter for a chance to win a FREE "Dealing with Deployment Kit for Children"
Open to all MCCS Patrons.



Honor the Month of the Military Child
by attending the free Super Kids Fair!
Friday April 19, 2024...5pm-8pm
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)

New Parent Support Program-Stork Club

(Play-based group for families who have a child in the 0-18-month(s) age range).

Thursday April 4, 2024...10:30am-12:00pm

Registration required by calling 928.269.2308

Come and learn to play with your children, meet other parents, build your support group and receive education on parenting experiences..



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what's cooking

"Easy Chicken Enchilada Casserole (4 ingredients)"

Easy Chicken Enchilada Casserole {4 Ingredients!} - The Seasoned Mom

With just four basic ingredients you can have a healthy and easy chicken enchilada casserole ready to go in the oven-with only 10 minutes of prep time! Garnish with your favorite toppings and serve the flavorful casserole with corn salad, rice, ranch-style beans, shredded lettuce, tortilla chips and guacamole for a family-friendly weeknight meal!

Ingredients:

- 2 cups (about 12 ounces) diced or shredded cooked chicken
- 1 3/4 cups enchilada sauce, divided
- 1 cup shredded Mexican-blend cheese, divided
- 8 (6 inch) corn tortillas
- Optional garnish: sour cream, sliced green or red onion, diced tomatoes, fresh cilantro, lime wedges, sliced olives, diced avocado or guacamole.



Instructions:

- Preheat oven to 350 degrees. Grease 2-quart baking dish
- Spread 1/4 cup of the enchilada sauce in a thin layer in the bottom of the dish.
- In a large bowl, stir together the chicken, 3/4 cup of enchilada sauce and about 1/2 the cheese.
- Place 4 of the tortillas in the bottom of the prepared dish, tearing or overlapping them as necessary to cover the bottom.
- Top with half of the chicken mixture and drizzle with 1/4 cup of enchilada sauce. Repeat layers one more time.
- Cover with foil and bake for 30 minutes. Uncover, sprinkle with remaining 1/2 cup of cheese and bake for an additional 5-10 minutes (until cheese is melted and casserole is hot and bubbly).
- Garnish with optional toppings and serve.

Suggestions:

- Swap out chicken for pulled pork, ground beef or ground turkey
- Add a can of corn or blacked beans (drained), diced green chilies or diced onion to the mixture.
- Use different types of cheese. Try Monterey Jack, cheddar, Colby or Pepper Jack.
- For even more flavor, add spices like cumin, chili powder, garlic powder or minced fresh garlic to the mixture.
- Substitute green enchilada sauce or taco sauce.
- Substitute flour or low carb tortillas.

Enjoy!

(I would love to hear your comments, if you try this-please drop me a line at yumaefmp@usmc.mil).

