

## MCAS Yuma EFMP...September 2024...Newsletter

*...Exceptional News For Exceptional Families...*



SEPTEMBER IS

### NATIONAL PREPAREDNESS MONTH



#### Make a Plan

In the event of a disaster could you make it on your own for several days? After a disaster you may not have access to a medical facility or even a drugstore. It's crucial to plan for your daily needs and know what you would do if they become limited or unavailable.

#### Consider the needs of all family members and add supplies to your kit

- Medical supplies (hearing aids with extra batteries, glasses, contact lenses, syringes, etc.)
- Baby supplies (bottles, formula, baby food, diapers)
- Games and activities for children
- Pet supplies (collar, leash, ID, food, carrier, bowl, veterinarian papers.
- Two-way radios
- Extra set of car keys and house keys
- Manual can opener
- Keep handheld electronic devices charged and loaded with videos and activities.
- Spare chargers for electronic devices and keep them charged.
- Sheets, twine or a small pop-up tent to decrease visual stimulation in a busy room or to provide instant privacy.
- Noise-canceling headphones to decrease auditory stimuli.
- Comfort snacks.



Monday thru Friday  
8am-4:30pm

Building 1085-Martini Avenue  
Phone: 928.269.2949

Email: [yumaefmp@usmc.mil](mailto: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.





MCAS Yuma EFMP...Lending Library...Open to all MCCS Patrons

borrow~grow~return

Items of the Month: "Community Helpers Kids Vests"



- **CREATE A UNIQUE DIY ENSEMBLE:** General props and accessories offer endless possibilities for DIY costumes, allowing you to create one-of-a-kind characters, creatures, or outlandish personas that are entirely original.
- **COMPLETE THE OUTFIT:** Accessories provide the finishing touches to your Halloween costume, elevating your look from ordinary to extraordinary, and allowing you to fully embrace your chosen character or theme.
- **SPARK IMAGINATION & STORYTELLING:** Props and accessories inspire endless possibilities for imaginative play & storytelling, encouraging children and adults alike to create unique, captivating stories and adventures.
- **GET CRAFTY WITH PROPS:** Use versatile props to unleash your creativity, allowing you to customize and personalize your Halloween accessories, crafting a unique and unforgettable look.



**STOP** by and visit our Library today!  
We have a wide variety of items available for  
**COMPLIMENTARY 2 week check-out.**



**Connection Support Club**

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

September 18, 2024: 1:00pm to 1:30 pm

EFMP Office-Building 1085

For more information call 928.269.5233

## September is "SEPSIS" Awareness Month

Sepsis is the body's overwhelming and life-threatening response to infection that can lead to tissue damage, organ failure, and death. In other words, it's your body's overactive and toxic response to an infection. Like strokes or heart attacks, sepsis is a medical emergency that requires rapid diagnosis and treatment. Sepsis can lead to severe sepsis and septic shock.

Your immune system usually works to fight any germs (bacteria, viruses, fungi, or parasites) to prevent infection. If an infection does occur, your immune system will try to fight it, although you may need help with medication such as antibiotics, antivirals, antifungals, and antiparasitics. However, for reasons researchers don't understand, sometimes the immune system stops fighting the "invaders," and begins to turn on itself. This is the start of sepsis. Some people are at higher risk of developing sepsis because they are at higher risk of contracting an infection. These include the very young (infants), the very old, those with chronic illnesses, and those with a weakened or impaired immune system. People who are [malnourished can also contract infections](#) more easily.

Patients are diagnosed with sepsis when they develop a set of [signs and symptoms](#) related to sepsis. Sepsis is not diagnosed based on an infection itself. If you have more than one of the symptoms of sepsis, especially if there are signs of an infection or you fall into one of the higher risk groups, your doctor will likely suspect sepsis.

Sepsis progresses to [severe sepsis](#) when in addition to signs of sepsis, there are signs of organ dysfunction, such as difficulty breathing (problems with the lungs), low or no urine output (kidneys), abnormal liver tests (liver), and changes in mental status (brain). Nearly all patients with severe sepsis require treatment in an intensive care unit (ICU). [Septic shock](#) is the most severe level and is diagnosed when your blood pressure drops to dangerous levels.

Sepsis doesn't only affect adults - it can have devastating consequences for children too. Each year, approximately 75,000 children develop sepsis in the United States alone. More children die of sepsis, than of pediatric cancers-take the time to know the signs:

**Any Child Who:** Feels abnormally cold to the touch...Looks mottled, bluish, or has very pale skin...Has a rash that does not fade when pressed...Is breathing very fast...Has a convulsion (seizure)...Is very lethargic or difficult to wake up.

**A Child Under 5 Who:** Is not eating...Is vomiting repeatedly...Has not urinated in 12 hours.

For every hour treatment is delayed, the risk of death increases as much as 8%.

If you suspect SEPSIS, seek urgent medical care.

For more information visit:

<https://www.sepsis.org/get-involved/sepsis-awareness-month/>

# EFMP Exceptional Family Member Program

## September Events...



### Get Educated

This is your opportunity to ask questions and receive free academic advisement. Meet directly with college & university representatives. Bring your college transcripts or Joint Services transcript.

Thursday September 5, 2024  
10:00am-1:00pm

Sonoran Pueblo Event Center

If you are looking for a job, this event is for you. Meet employers with openings in retail, admin, healthcare, recreation, hospitality, law enforcement, security and more! Professional attire is highly recommended. Bring your resume. Laptops will be available to apply for positions. Meet with top employer representatives. For more details, call 928.269.2680.

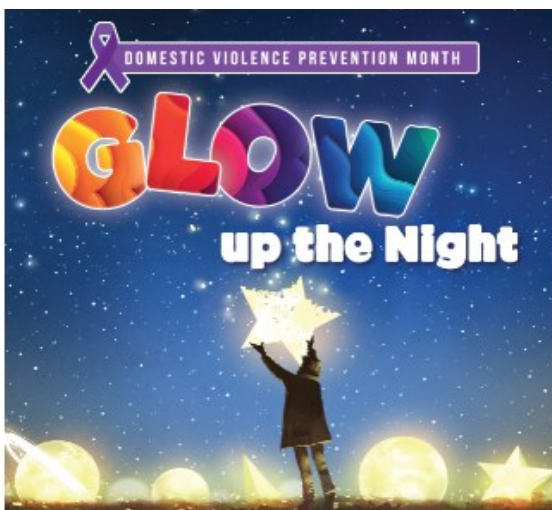
In the United States, Patriot Day occurs on September 11 of each year in memory of the people killed in the September 11 attacks of the year 2001.



Friday September 27, 2024

6:00pm-8:00pm...Memorial Complex

Bring the entire family and join us under the stars as we illuminate the path to a brighter, safer tomorrow for all. For more information, please call 928.269.2561.



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# what's cooking: Pickle Cheeseburger Bites

The pickles are the buns!

[Easy Dill Pickle Cheeseburger Bites - Dill Pickle Cheeseburger Bites Recipe \(thepioneerwoman.com\)](http://thepioneerwoman.com)

## Ingredients

- 1 lb. ground beef
- 1/2 tsp. salt
- 2 Tbsp. ketchup
- 2 Tbsp. mayonnaise
- 1 Tbsp. olive oil
- 4 slices American Cheese
- 28 dill pickle chips
- 14 slices plum tomatoes
- 14 small lettuce leaves
- Skewers



## Directions

**1:** Shape the ground beef into 1 1/2 inch patties (about 14) and sprinkle with salt.

**2:** In a small bowl, combine the ketchup and mayonnaise.

**3:** Heat the olive oil in a large cast-iron skillet over medium heat. Working in batches, cook the patties 2 minutes per side, topping each with a small slice of American cheese after flipping.

**4:** Thread the patties onto skewers with the dill pickle chips, sliced plum tomato and lettuce. Serve with the ketchup mayonnaise mixture.