September is upon us and what better way to greet the coming of Fall than with a three-day weekend. Labor Day has become synonymous with three-day weekends, end-of-summer barbecues and of course sales. The holiday that falls on the first Monday of September has a deep history. Labor Day is a way to remember the men and women that fought for the rights of workers in the labor movement of the late 19th century. Because of that work we get days off like this to celebrate.


The first day of fall in the Northern Hemisphere is Saturday, Sept. 23 this year. The fall equinox will specifically happen at 2:50 a.m. Eastern Daylight Time. From there, the Northern Hemisphere will get less direct light from the sun, and it will get chillier by the week-fingers crossed.

https://www.rd.com/article/first-day-fall/

Native American Day is celebrated on the fourth Friday of September every year, falling on September 22 this year. It is a way of honoring those who have been a part of the American tradition even before the nation of the U.S.A. came into being.

The observance of this day focuses on celebrating the irreplaceable heritage, contributions, and knowledge of the Native American populations. It is also a day to remember the enduring legacy of their fortitude, energy, and strength. Native American Day is about appreciating the long history of culture and traditions that Native Americans have preserved through the centuries.

NATIVE AMERICAN DAY - September 22, 2023 - National Today
This is an open forum discussion for members of the community to come together to talk about related issues. This month’s topic: “SSI and Medicaid Waiver”

Wednesday, September 20, 2023
11:30am-1:30pm
EFMP Office-Building 1085

MCAS Yuma EFMP...Lending Library
borrow-grow-return

“Lunch at the EFMP Lending Library”
(Introduction to EFMP and information on SSI/SSDI Medicaid)
WED, SEP 20
11:30AM-1:30PM
EFMP Office-Building 1085

Now is your time to see all of the great items our Lending Library has available for COMPLIMENTARY CHECKOUT!
Stop on by and view items such as books, games, puzzles, DVD’s, sensory items and more.
Complimentary lunch provided on a first served basis, limited quantities available.

Office Hours
Monday thru Friday-0800-1630
Building 1085-Martini Avenue
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 at: https://www.facebook.com/groups/efmpyuma

Connection Support Club
This is an open forum discussion for members of the community to come together to talk about related issues.
This month’s topic: “SSI and Medicaid Waiver”

The EFMP Office will be closed on Monday September 4, 2023 in observance of the Labor Day holiday. Wishing you and your families a safe and happy holiday weekend.
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.

What Do You Need In A Survival Kit?
At a minimum, you should have the basic supplies listed below:

- Create a network of people who can help you in a disaster. Keep a contact list in a watertight container in your emergency kit or your electronic devices.
- Inform your support network where you keep your emergency supplies. You may want to consider giving a trusted member a key to your house or apartment.
- Water: one gallon per person, per day (3-day supply for evacuation, 2-week supply for home)
- Food: non-perishable, easy-to-prepare items (3-day supply for evacuation, 2-week supply for home)
- Flashlight
- Battery-powered or hand-crank radio (NOAA Weather Radio, if possible)
- Extra batteries
- First Aid Kit
- Medications (7-day supply) and medical items
- Multi-purpose tool
- Sanitation and personal hygiene items
- Copies of personal documents (medication list and pertinent medical information, proof of address, deed/lease to home, passports, birth certificates, insurance policies)
- Cell phone with chargers
- Family and emergency contact information
- Extra cash
- Emergency blanket
- Map(s) of the area

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

Individuals with Intellectual or Developmental Disabilities:

- Keep handheld electronic devices charged and loaded with videos and activities.
- Spare charges 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.

Additional supplies to keep at home or in your survival kit:
Whistle, N95 or surgical masks, Matches, Rain gear, Towels, Work gloves, Tools/supplies for securing your home, Extra clothing, Hat and Sturdy Shoes, Plastic sheeting, Duct tape, Scissors, Household liquid bleach, Entertainment items, Blankets or Sleeping Bags

https://www.redcross.org/get-help/how-to-prepare-for-emergencies/survival-kit-supplies.html
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.

Job & Education Fair
Wednesday, September 7, 2023
10:00 am-1:00 pm
Sonoran Pueblo Event Center
Connect with employers and educators at the Job & Education Fair. Join us for a chance to network, gain valuable insights, and discover best practices that will support your achievements in both academics and your future career endeavors. For more information: Yuma.usmc-mccs.org/activity/b002fde2-5f26-4c3c-919c-27b16d86d367

Wednesday, September 7, 2023
1:00 pm-4:30 pm
Marine Corp Family Team Building Building 598
Get certified in the American Heart Association’s Heartsaver CPR/AED training through the MCAS Yuma Fire Dept.

This is a 3.5 hour class in which you will learn up-to-date techniques in CPR for adults, juveniles and infants, along with the proper use of an AED. It is intended for active duty spouses and children ages 12 and up. Class size is limited to 12 participants. Under age participants must be accompanied by a parent/guardian. Please call 928.269.6550 for more information and to register.
**Ingredients**

- 2 tablespoons honey
- 2 tablespoons Worcestershire sauce
- One 3.5 ounce packer ranch dressing mix
- 5 tablespoons olive oil
- 1 2/2 teaspoon freshly ground black pepper
- 4 boneless pork chops (1/2 inch thick)
- 1 pound baby Yukon gold potatoes, halved
- 8 ounces green beans (trimmed)
- 2 tablespoons fresh parsley leaves

**Directions**

1. Preheat oven to 475 degrees F.
2. In a small bowl, mix together the honey, Worcestershire, 2 tablespoons of the ranch dressing mix, 2 tablespoons olive oil and 1 teaspoon of the pepper until combined.
3. Brush the mixture over the chops on both sides and place in a row on one side of a sheet pan using tongs.
4. In a medium mixing bowl, add the potatoes, 2 tablespoons of olive oil, 1 tablespoon of the ranch dressing mix and 1.4 teaspoon of pepper and toss to coat. Place on the middle of the sheet pan next to the pork chop. Bake for 15 minutes.
5. Add the beans to a bowl along with the remaining olive oil, ranch mix and pepper and toss.
6. When the 15 minutes is up, remove the sheet pan from the oven and flip the pork chops. Toss the potatoes and add the green beans to the empty space at the side of the baking sheet. Bake until the vegetables are just beginning to brown, about 7 minutes more. Garnish with the parsley leaves and serve.