MCAS Yuma EFMP...November 2026...Newsletter

...Exceptional News For Exceptional Families...

Happy Veteran's Day





Wishing you and your families
a safe and happy holiday
-EFMP Staff-

OFFICE HOURS

Monday thru Friday
8:00 am-4:30pm
2654 E Hart Street-Building 693
Phone: 928.269.2949
Email: yumaefmp@usmc.mil

The office will be closed
Wed, Nov 11 and Thu, Nov 26
in observance of the holidays.

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 month's topics:
Introduction to EFMP,
Establishing Permanent Dependency and SSI & Medicare Waiver
Respite Care is designed to provide

Wednesday November 13, 2026
MCX Parking Lot
5:00 pm to 8:00 pm
For more information contact
928.269.5233

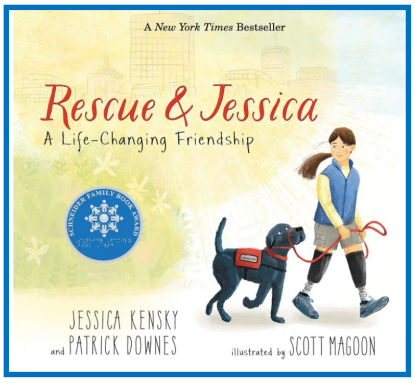


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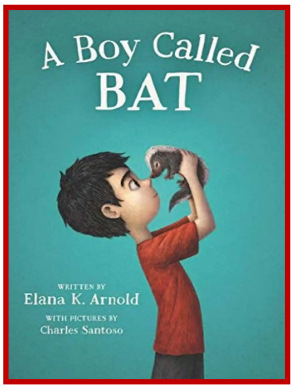
EFMP Exceptional Family Member Program

MCAS Yuma EFMP...Resource Locker

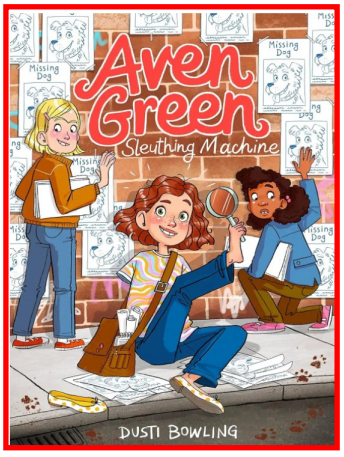
borrow~grow~return



Based on a real-life partnership, the heartening story of the love and teamwork between a girl and her service dog will illuminate and inspire.



The first book in a funny, heartfelt, and irresistible young middle grade series starring an unforgettable young boy on the autism spectrum.



Third-grader Aven Green has been solving mysteries for a really long time—a whole month! She's solved many important cases like The Mystery of the Cranky Mom, The Mystery of the Missing Ice Cream, and The Mystery of the Smelly Feet. Her record is nearly 100% (only Aven asks all the right questions, wields her detective kit carefully, and follows up on every clue. Then her teacher's lunch bag (with her lunch still in it) is taken and Aven's great-grandma's beloved dog goes missing! Can this perceptive detective crack two cases at the same time? Luckily, Aven has a super-powered brain full of lots of extra brain cells to take on both cases. See, she was born without arms, so all of the cells that were supposed to make her arms went into making her brain instead. At least that's her working theory for The Mystery of Why I Have So Many Extra Brain Cells.

STOP by and visit the EFMP Resource Locker today to view these and other great items available for
"COMPLIMENTARY 2 week check-out"
Open to all MCCS Yuma Base Patrons.
For more information contact 928.269.2949



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EFMP Exceptional Family Member Program

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Family Caregivers:

- Help Out Around the House: The advantage of this kind of gift is that you don't necessarily have to get permission-show up with your own tools and get to work.
- Bring Food: Consider foods that don't need to be refrigerated and don't involve a lot of prep work. Fresh fruit and bakery goods can be welcome alternatives. (find out about food allergies).
- Bring Paper Products: Disposable goods like paper plates, cups, towels, napkins, etc. reduces that need to do dishes or take extra runs to the store.
- Be There for Them: One of the kindest things you can do is be a constant in their lives. Knowing they have someone they can always count on will make them feel loved and take some of the burden off their shoulders.

For more tips visit the following:
https://www.caringbridge.org/resources/how-to-help-during-health-crisis/

With Thanksgiving day fast approaching did you know there is an actual hotline you can call with questions? Call 1-800-BUTTERBALL
or text 844-877-3456 to chat with the turkey experts. One of the most common questions is, how do I wash the turkey before I cook it?

Diabetes Resources

- Regular physical activity is an important part of diabetes management-time to get moving.
- Weight can increase your risks for diabetes-related complications like heart disease, kidney disease and stroke. Find the right balance between healthy eating and exercise-avoid emotional eating.

Fore more information visit the following:
https://diabetes.org/health-wellness

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EFMP Exceptional Family Member Program

BRUSH IT
ART STUDIO

Get ready for an unforgettable evening with EFMP!

Join us at Brush It Art Studio for a vibrant night filled with creativity, connection, and valuable insights. Don't miss this unique opportunity to explore the Exceptional Family Member Program—discover all its ins and outs and get the latest information on Respite Care.

Wed, Nov 18 • 5:45pm-8pm

EFMP Exceptional Family Member Program



This event is FREE and open to adults only -- all Active Duty service members, spouses, and DoW employees 18 years or older. Registration is required

To register, please call
(928) 269-5233
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EFMP Exceptional Family Member Program

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what's cooking

"Leftover Stuffing Waffles"



Ingredients

- 4 cups leftover stuffing
- 2 large eggs
- Chicken broth or turkey stock (as needed)
- Leftover cranberry sauce (for serving)
- Leftover gravy (for serving)



Directions

1. Preheat the waffle maker and grease it with cooking spray.
2. In a large bowl, stir together the stuffing and eggs. Add 1/4 cup of chicken broth and mix well until combined. Continue adding chicken broth as needed until the mixture is well -moistened.
3. Scoop half of the mixture into the prepared waffle baker, spreading it evenly (the stuffing will not spread or expand like regular waffle batter as it bakes, so it's important to arrange it in an even, thin layer).
4. Transfer the waffle to a serving plate then repeat the filling and baking process with the remaining mixture. Serve the waffles with leftover cranberry sauce and gravy. You can even try topping with a "fried egg".

Don't repeatedly open the waffle baker while the waffle is baking or it will lose its shape. "Stuffing Waffles" take longer to cook than regular waffles, as the egg must be completely cooked throughout. Don't be afraid to let the waffle bake until it is golden brown and crispy.

https://www.justataste.com/thanksgiving-leftover-stuffing-waffles-recipe/

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