

MCAS Yuma EFMP...June 2026...Newsletter

...Exceptional News For Exceptional Families...

Happy Flag Day, June 14, 2026

Flag Day is a celebration of the American flag that occurs each year on the anniversary of the flag's official adoption, June 14. What we know fondly as the "Stars and Stripes" was adopted by the Continental Congress as the official American flag on **June 14, 1777**, in the midst of the Revolutionary War. Colonial troops fought under many different flags with various symbols—rattlesnakes, pine trees, and eagles—and slogans—"Don't Tread on Me," "Liberty or Death," and "Conquer or Die," to name a few.



6/19/2026—A Federal Holiday that commemorates an effective end of slavery in the United States. Juneteenth, short for "June Nineteenth," marks the day when Federal Troops arrived in Galveston, Texas in 1865 to take control of the state and ensure that all enslaved people be freed. The troops' arrival came a full two and a half years after the signing of the Emancipation Proclamation.

<https://www.history.com/articles/what-is-juneteenth>

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...Resource Locker
borrow~grow~return



Your new baby book has an all-in-one, month-by-month guide that explains everything you need to know about that first amazing year with baby. Packed with reassuring answers, practical tips and realistic advice on all things baby.

STOP by and visit our Lending Library today! We have a variety of items available for **"COMPLIMENTARY 2 week check-out"** Open to all-MCCS Patrons!





Take charge of your skin health: How TRICARE supports skin cancer screening and treatment

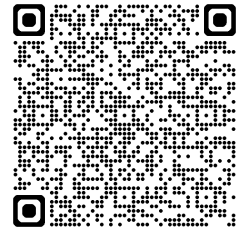
FALLS CHURCH, Va. – As summer approaches and outdoor activities increase, it’s essential to protect your skin from harmful ultraviolet rays. TRICARE is committed to supporting your skin health by covering skin cancer exams and providing resources for prevention and treatment.

“Skin cancer is the most common type of cancer in the U.S.,” said Jeannine Pickrell, MS, RN, Director of Population Health at the TRICARE Health Plan. “It’s also often preventable, and treatable if caught early.”

Cancer screening, including skin cancer, is covered as part of TRICARE’s [Health Promotion and Disease Prevention Examinations](#). In general, there are no copayments for HP&DP exams. TRICARE covers one HP&DP exam annually. Your provider will decide if you have the risk factors for a skin cancer screening.

TRICARE covers skin cancer exams for individuals:

- With a family or personal history of skin cancer,
 - Increased occupational or recreational exposure to sunlight, or
- Clinical evidence of precursor lesions (unusual spots noticed by your provider)



Scan QR Code for more information.

What to know about skin cancer

A few facts

The sun’s ultraviolet light can damage skin cells and is the [main cause](#) of skin cancer. In the short term, this damage can cause sunburn. Over time, UV damage adds up, leading to changes in skin texture, premature skin aging, and sometimes skin cancer. [UV rays](#) can reach you on cloudy and cool days, and they reflect off surfaces like water, cement, sand, and snow.

Prevention is key

The [UV Index](#) forecasts the strength of UV rays each day. If the UV index is 3 or higher in your area, protect your skin from too much exposure to the sun. The [Centers for Disease Control and Prevention](#) recommends several ways to protect your skin when the UV index is 3 or higher:

- Stay in the shade.
- Wear clothing that covers your arms and legs.
- Wear a hat with a wide brim to shade your face, head, ears, and neck.
- Wear sunglasses that wrap around and block both UVA and UVB rays.



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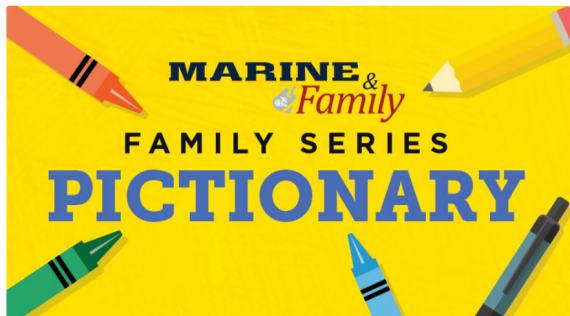
June Events...



Thursday June 11, 2026...7:00 pm to 9:30 pm
Thursday June 25, 2026...7:00 pm to 9:30 pm
Oasis Pool-MCAS Yuma

Stay cool by joining EFMP for our FREE, fun and relaxing glow parties at the Oasis Pool.

Open to all MCCS Patrons. Parents must accompany children.



Thursday June 11, 2026...5:30 pm to 7:30 pm
Come together with the whole family to play a few rounds of Pictionary! Flaunt your drawing skills or just try your best in a cool environment.
To register call 928.269.6550
or stop by Building 598.
This is a FREE event open to all MCCS Patrons.

Marine & Family- Family Series
Dad Minute to Win-It Stress Management
Tuesday, June 23, 2026...5:30 pm to 7:30 pm
Have fun while teams participate in Minute to Win-It Challenges.
Have some fun in a cool environment.
To register call 928.269.6550
or stop by Building 598.

This is a FREE event open to all Active Duty Dad's.



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Baked Blueberry Cottage Breakfast Bowls

<https://allrecipesmade.com/baked-blueberry-cottage-cheese-breakfast-bowls/>

Ingredients

- 1 cup cottage cheese
- 2 large eggs
- 1/2 cup almond flour or rolled oats for a heartier texture.
- 1-2 tbsp maple syrup or honey (optional for sweetness)
- 1 tsp vanilla extract
- 1/2 tsp baking powder
- Pinch of salt
- 1/2-1 cup fresh or frozen blueberries

Directions

1. Preheat oven to 350 degrees and lightly grease 2 small ramekins or baking dishes.
2. In a mixing bowl, whisk together the cottage cheese, eggs, maple syrup and/or honey (if using) and vanilla extract until smooth.
3. Stir in almond flour or rolled oat, baking powder and a pinch of salt until combined.
4. Gently fold in blueberries.
5. Divide the mixture into the ramekins or baking dish.
6. Bake for 25-30 minutes or until the tops are golden and the centers are set.
7. Cool slightly

Variations

- Add a sprinkle of cinnamon or nutmeg.
- Add sliced almonds or chopped walnuts for more crunch before baking.
- Swap blueberries for raspberries, strawberries or a mix of berries.
- For a dessert-like version, drizzle melted dark chocolate on top.
- Make a larger batch by double or tripling the recipe and using a larger dish and adjust cooking time until the center is fully set.



Storage/reheating

- You can store in the fridge for up to 3 days in an airtight container.
- Reheat in the microwave for 30-60 seconds, or place in oven at 300 degrees until heated through. They also taste great chilled straight from the fridge.