

## MCAS Yuma EFMP...February 2026...Newsletter

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



### Fun Facts About Valentines Day!

- Teachers are the number one recipients of valentines.
- The first Valentine's Day celebration occurred in Paris on February 14, 1400.
- 145 million greeting cards are exchanged every year for Valentine's Day. That's just in the U.S. alone, according to Hallmark.. Over one billion valentines are sent worldwide.
- About 20 percent of pet owners give Valentine's Day gifts to their pets.

14 Valentine's Day Fun Facts for Kids - We Are Teachers



Monday thru Friday  
8:00 am to 4:30 pm

Building 693-Hart Street  
Phone: 928.269.2949

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

For the latest on our upcoming events  
please like and visit our  
MCAS Yuma EFMP Facebook Group Page  
by scanning the QR Code.



### Fun Facts About President's Day!

- President's Day was established in 1885 to honor George Washington whose birthday was February 22nd.
- The holiday moved to the 3rd Monday in February as part of the 1971 Uniform Monday Holiday Act which was established to create more three-day weekends for workers.
- Three universities and the capital of the United States, Washington DC are named after George Washington, as is Washington State.

For more fun facts visit the following:

Fun Facts About President's Day! | Macaroni KID Monroe - West Monroe

## Connection Support Club

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

This month's topic

"Service vs Therapy Animals"

Thursday February 19, 2026

4:00 pm to 5:30 pm

Youth Center Gym-Building 1050

No Registration Required.

For more information contact

928.269.5233





MCAS Yuma EFMP...Lending Library...Open to all MCCS Patrons  
borrow~grow~return

"LEARNING is a treasure that will follow its owner everywhere"



**Therapy Ball Activities Fun Deck**

**Shoulder Stretch**

**Therapeutic Benefits**

- Stretches anterior shoulder and chest
- Improves posture

**Directions**

1. Kneel on the floor with a therapy ball behind you.
2. Sit back on your heels. Keep your back straight and reach back with your hands for the therapy ball. Keep your elbows straight.
3. You should feel a slight pull through your chest and the front of your shoulders.

© Super Duper®

**Tips**

1. Seatwork, computer time, and other sedentary activities often lead to poor posture with tightening of the chest muscles. This stretch opens the chest and shoulder muscles and can improve posture. Try it before, after, or during seatwork.
2. Children should only hold a stretch for 7-10 seconds.
3. Remind children to breathe evenly during this stretch. Children should move in and out of this stretch slowly (quick or bouncing movements can strain soft tissue). Children should stretch only to the point of tension, and should not find this stretch painful. Never force a movement.

#FD-115

60 illustrated therapy ball activity cards. 3" X 5".  
Students work on a wide range of therapeutic goals including upper body and core strengthening, motor planning, visual perceptual skills, fine motor skills, and sensory input. Content cards. Tin box. Grades Pre-K and up.

**STOP** by and visit our Library today!  
We have a wide variety of items available for  
**COMPLIMENTARY 2 week check-out.**  
Please note that all items must be returned  
cleaned and in good condition.  
**Open to all MCCS Patrons.**





## 5 Truths About How EFMP Supports Military Careers

### Episode By: MilitaryOneSource Series

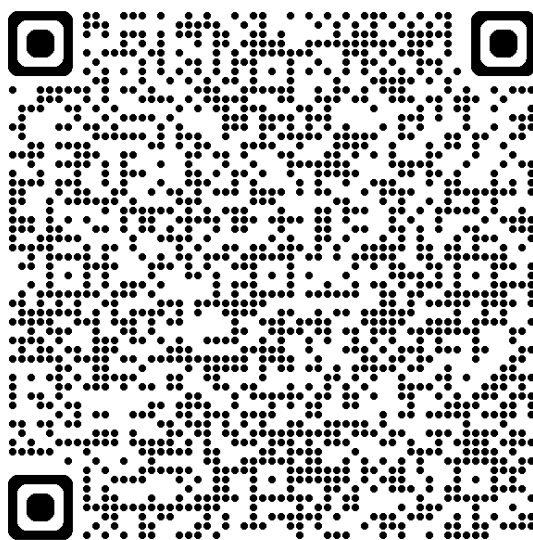
26 Minutes—June 6, 2025

There's a common myth that enrolling in the Exceptional Family Member Program can harm your military career, but that simply isn't true. It supports it. In this episode, host Bruce Moody talks with Col. R. Erik Herrmann, commanding officer of Marine Corps Air Station Miramar and father to a child with special needs, who shares how EFMP helped his family thrive without holding back his professional growth.

Tune in to learn five key takeaways about EFMP: why enrolling matters, how the program aligns with career progression, the push for policy standardization across branches, the support available after relocation, and how respite care helps military caregivers recharge.

To view the podcast, click on the link or scan the QR Code.

[https://www.militaryonesource.mil/resources/podcasts/military-onesource/how-efmp-supports-military-careers/?utm\\_campaign=ea-enews-winter-2026&utm\\_content=text&utm\\_medium=email&utm\\_source=govdelivery](https://www.militaryonesource.mil/resources/podcasts/military-onesource/how-efmp-supports-military-careers/?utm_campaign=ea-enews-winter-2026&utm_content=text&utm_medium=email&utm_source=govdelivery)



[mccsYuma.com](https://mccsYuma.com)





**Kindergarten Transition Workshop**  
**Two Sessions: Tuesday February 4, 2026**  
**9:00 am to 10:30 am and 3:30 to 5:00 pm**  
**School Liaison Program...2654 Hart Street...Building 693**

The School Liaison Program is here to help with that transition. Join one of our two sessions to gain valuable information such as schooling options, how to enroll our child in school for the first time, educational supports, bus transportation, school age care options and more!

Childcare for this workshop is not provided. Please leave children with a caregiver, if possible as space is limited in the training room. Families must register each person attending the workshop, including children for an accurate head count.

**Registration Required-928.269.5373**

**The Seven Principles of Making Marriage Work**  
**Friday February 6, 2026...0900-1500...Building 598**

This class is based on the internationally acclaimed research of Dr. John Gottman as presented in his book, The Seven Principles for Making Marriage Work. Couples that could benefit from attending; some individuals whose spouses are unwilling to do marriage counseling but would attend a relationship enhancement class.

If a couple's relationship is strong, this class will provide them with tools and insights to make their relationship even better. If a couple's relationship needs a tune up, this class can provide a road map for repair. In addition, clinicians, pastors, priests, rabbis and their spouses can attend the class as a means of personally experiencing the Gottman Method and find it to be personally enriching and a great professional resource.

**Registration required by calling 928.269.2561.**

**EFMP Date Night:**  
**Friday February 6, 2026...5:45 pm to 7:00 pm**  
**Escape Room Yuma**

Enjoy a live-action experience in a state-of-the-art escape room!  
 Learn about the Exceptional Family Member Program (EFMP) and the benefits of Respite Care.

This event is open to all MCCS Patrons, ages 18 and over.

**Due to limited space, registration is required. To register , please call (928) 269-2949.**

Open to all MCCS Patrons-Program Enrollment not required to attend events.

For more information contact 928.269.2949

**Date Night: Couple 4 Lenses**  
**Thursday February 12, 2026...6:00 to 8:00 pm**  
**Marine Corps Family Team Building -598 Narr Avenue**

Join MCFTB for a fun, insightful session that helps couples better understand each other and grow closer.

This event is open to couples only—Active Duty and their Spouse/Fiance(e)s/SO are welcome.

**Due to limited spacing, registration is required. Register online or call 928.269.6550.**

**Register today-<https://yuma.usmc-mccs.org/activity/2d8223e9-c3e3-4bf2-99c4-07a9b8ed0921>**

**For more information contact 928.269.6550.**

**Open to Active Duty Service Members and their spouses.**





Scan QR code  
for recipe

**EFMP** Exceptional  
Family Member  
Program

what's  
cooking

## "Gluten Free Strawberry Shortcake"

<https://www.food.com/recipe/gluten-free-strawberry-shortcake-174106>



### Ingredients

- 1/2 cup butter
- 1 cup icing sugar
- 4 eggs
- 1 teaspoon vanilla
- 1 cup cornstarch
- 1 1/4 teaspoons baking powder



### Directions

1. Preheat oven to 375 degrees. Grease a 12 muffin pan.
2. In a large bowl cream butter and sugar, using an electric mixer.
3. Add the eggs and vanilla. Beat until light and fluffy.
4. In a small bowl mix the cornstarch and baking powder together and add slowly to the creamed mixture.
5. Mix until well blended.
6. Fill the greased muffin tins half full.
7. Bake for 15 minutes. Test with a toothpick, after 15 minutes, even if the top looks shiny.
8. Remove from the pan while still warm. They will look like little cupcakes, but they taste like shortcakes.
9. Serve topped with strawberries and whipped cream. As an extra bonus add a little vanilla to the whipped cream.