

MCAS Yuma EFMP...November 2025...Newsletter

... Exceptional News For Exceptional Families...





The EFMP Office will be closed Tuesday November 11, 2025 in observance of the holiday.



Wishing you and your families a safe and Happy Thanksgiving.
The EFMP Office will be closed Thursday November 27, 2025 in observance of the holiday.



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.







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

This months topic
"Establishing Permanent Dependency" and
SSI and Medicare

Friday November 14, 2025 5:00 pm to 8:00 pm MCX Parking Lot For more information call 928.269.5233







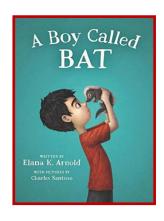




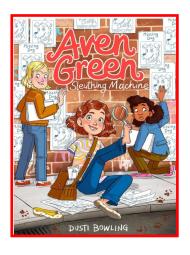
MCAS Yuma EFMP...Lending Library...Open to all MCCS Patrons borrow-grow-return



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 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.









November Health Awareness

Understanding Diabetes



November is Diabetes Awareness Month, which aims at raising awareness about diabetes, its impact and the importance of prevention and management. Learn to recognize the warning signs and symptoms of diabetes complications so you can take action to improve your health. The following symptoms of diabetes are typical. However, some people with diabetes have symptoms so mild that they go unnoticed.

https://diabetes.org/about-diabetes/diagnosis

Common symptoms of diabetes:

- Urinating often
- Feeling very thirsty
- Feeling very hungry—even though you are eating
- Extreme fatique
- Blurry vision
- Cuts/bruises that are slow to heal
- Weight loss—even though you are eating more (type 1)
- Tingling, pain, or numbness in the hands/feet (type 2) Early detection and treatment of diabetes can decrease the risk of developing the complications of diabetes.



SCAN QR Code

November 20, 2025 is "The Great American SMOKEOUT."

A nationwide campaign aimed at raising awareness about the dangers of smoking and inspiring smokers to quit. It emphasizes the benefits of quitting, such as improved health, increased life expectancy, and a reduced risk of cancer and other diseases.

https://www.cancer.org/cancer/risk-prevention/ tobacco/great-american-smokeout.html





SCAN QR Code









Marine Corps Family Birthday Ball Thursday November 6, 2025...6:00 pm to 9:00 pm

Active duty service members and their families are invited to come celebrate the Marine Corp's 250th birthday together as a family. Share in the grand tradition and the wonderful experience of celebrating the Marine Corps Birthday.

All ages are welcome...Tickets required.

Please visit ITT Tickets & Travel (BLDG 693) during regular business hours to purchase tickets. Tickets will be available from September 29 – October 31.



Happy 250th Birthday United States Marine Corps.

"Some people wonder all their lives if they've made a difference.



don't have that problem."

Ronald Reagan



Tree Lighting Celebration.
Friday November 14, 2025...5:00 pm to 8:00 pm...MCX Parking Lot
An evening of free family fun: Santa, holiday music, chance to win and much more!

Child & Youth Programs-Friday Night Care Friday November 14, 2025...6:00 pm to 12:00 am

Children must have a current CYP Registration Packet and Immunization records on file to attend. Care is open to all Active Duty families and DoD employees. Reservations can be made up to 2 weeks in advance.

AGE: 6 weeks to 12 years...Pricing: \$8 per child, per hour.

For more information, or to make reservations, please call CYP Resource & Referral at 928.269.3251/3234.









what's cooking: "Thanksgiving Sliders"

A festive twist on leftovers - https://tasteofrecipe.net/thanksgiving-sliders/

Ingredients

- 1 package of Hawaiian Dinner Rolls (12 count)
- 1 cup roasted turkey or deli turkey (thinly sliced)
- 2 cups prepared stuffing
- 1 cup cranberry sauce
- 6 tablespoons salted butter (melted)
- 1 tablespoon Worcestershire sauce
- 3 teaspoons Dijon mustard (divided)
- 2 teaspoons poppy seeds, sesame seeds or everything bagel seasoning.
- 2 teaspoons dried minced onion or onion powder in a pinch.





Scan QR code for recipe

Kitchen note: If you've got a little leftover gravy, go ahead and swirl a spoonful into the stuffing before layering it on. And if you're feeling adventurous, swap in thinly-sliced ham for the turkey, or add a layer of cheese (Gruyère or sharp cheddar makes these truly irresistible).

Melted cheese is always the answer.

Directions

- 1. Preheat your oven to 350 degrees. Lightly grease 9x13 baking dish.
- 2. Using a serrated knife, slice all the rolls horizontally (try to keep the tops and bottoms in one connected sheet. Nestle the bottom halves into the bottom of your baking dish.
- 3. Layer on your stuffing first, just scoop and gently spread (no need to pack it down).
- 4. Add the slices of turkey right on top of the stuffing layer. This is the hero moment for all those post-holiday odds and ends.
- 5. In a small bowl, stir together the cranberry sauce with 1 1/2 teaspoons of the Dijon mustard. Spoon that zingy, tart mixture over the turkey and spread it around with the back of a spoon.
- 6. Place the tops of the rolls over everything. In another bowl whisk the melted butter, remaining Dijon, Worcestershire sauce, poppy seeds and dried onion. Brush or pour this glorious buttery mixture right over the tops-let it drip down the sides; the messier the better.
- 7. Cover the pan tightly with foil (shiny side up) and bake for 15 minutes. Carefully remove the foil (watch for the steam), then let the sliders bake for another 2-3 minutes until the tops are deep golden and your house smells like cozy happiness.
- 8. Let them rest five minutes (so you don't burn your mouth). Use a sharp knife to cut along the seams and serve. Bonus points if you have extra cranberry sauce and/or gravy on the side for dipping.



