

MCAS Yuma EFMP...May 2026...Newsletter
...Exceptional News For Exceptional Families...



Wishing you a very
Happy Mother's Day
-EFMP Staff-



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



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.



Connection Support Club

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

This months topic
"Respite Care Overview"

Thursday, May 14, 2026

9:00 am to 10:00 am

Building 693, room 106

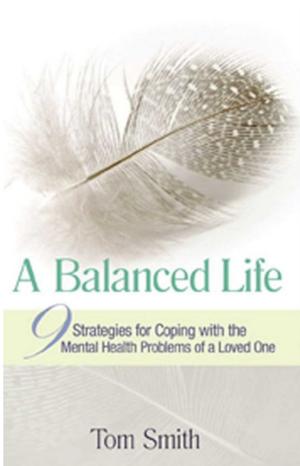
No Registration Required.

For more information contact
928.269.5233



EFMP Exceptional Family Member Program

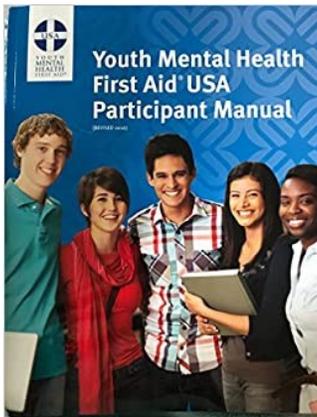
MCAS Yuma EFMP...Lending Library...Open to all MCCS Patrons
borrow~grow~return



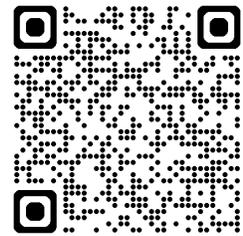
THE ULTIMATE GOAL of those with a mental health disorder and the people who love them is balance: emotional, mental, spiritual and behavioral. A Balanced Life offers nine clear-cut, effective strategies for building a supportive relationship with someone who has a mental illness-while also taking care of yourself.



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.



Youth Mental Health First Aid is designed to teach people how to help an adolescent (age 12-18) who is experiencing a mental health or addictions challenge or is in crisis. Youth Mental Health First Aid is primarily designed for adults who regularly interact with young people. The course introduces common mental health challenges for youth, reviews typical adolescent development, and teaches a 5-step action plan for how to help young people in both crisis and non-crisis situations. Topics covered include anxiety, depression, substance use, disorders in which psychosis may occur, disruptive behavior disorders (including AD/HD), and eating disorders. To learn more, [download the Mental Health First Aid for Youth one-pager](#).
[Youth - Mental Health First Aid](#)



Scan QR Code to download



**National
ASTHMA & ALLERGY
Awareness Month**

<https://www.healthline.com/health/allergic-asthma/seasonal-asthma>

Seasonal asthma is also known as allergic asthma, and can be caused by allergens that increase during certain times of the year. Summer weather may be hot and dry or hot and humid. Both types of heat can bring on seasonal asthma. Breathing in hot, dry air can cause your airways to narrow, causing asthmatic symptoms. Humid air may also cause your airways to narrow and tighten. People with asthma often find it harder to breathe in humid conditions. Heat of all kinds can increase pollution by trapping ozone and particulate Matter. Stagnant, hazy air can also trigger asthmatic symptoms.

What do you wish people knew about your life with celiac disease?

"Just the **shear amount of work it is to plan anything in your life outside of your own kitchen."**

"It's **hereditary. I have four girls, all with celiac disease, and they each have different symptoms."**

"That offering a salad as a meal alternative just **makes us feel worse."**

"It **'invades' every aspect of my life. It is always in the forefront of my mind. It is all-consuming at times!"**

"That you can't eat food **even when it's gluten-free if it's cooked in a pan, toaster or pot that's cooked gluten."**

"It is a real disease that **changes your lifestyle and eating habits for the rest of your life."**

"That it **robs you of spontaneity and the joys of traveling freely."**

Celiac disease is a chronic digestive and immune disorder that damages the small intestine. It is triggered by eating foods containing gluten, a protein found in wheat, rye and barley. The disease can cause long-lasting digestive problems and keep your body from getting all the nutrients it needs. Celiac disease is a genetic, autoimmune disease. Over time it can damage the finger-like projections in the intestine that absorb nutrients called villi. It is estimated to affect 1 in 100 people worldwide, but only about 30% are properly diagnosed. For more information visit the following:

<https://celiac.org/about-celiac-disease/what-is-celiac-disease/>

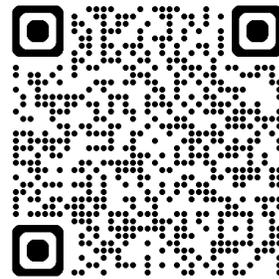
EFMP Exceptional Family Member Program

May Events



Friday, May 8, 2026
5:00 pm to 7:00 pm

Connect with other spouses and enjoy an evening filled with giveaways and refreshments! Registration is required.



Click on link or scan QR code to register.
<https://yuma.usmc-mccs.org/activity/106a951a-6249-4ada-8ecf-529752b9b723>

Military Spouse Virtual Career Exploration
Wednesday, May 13, 2026
10:00 am to 12:00 pm

Discover Employers Who Understand Military Life. Connect with military spouse-friendly employers in an intimate virtual setting. Enjoy brief company presentations followed by rotating breakout sessions for personalized conversations and real career opportunities. This event is FREE and open to all authorized MCCS Patrons. Participants must register to receive an invitation to the Teams meeting. For more information contact 928.269.2680

Marine and Family Baby Shower
Saturday, May 30, 2026...11:00 am to 2:00 pm
Sonoran Pueblo Event Center

New and expectant parents are invited to join the Marine and Family Baby Shower, sponsored by the What to Expect Project, New Parent Support Program and Child and Youth Program for this FREE event featuring Heidi Murkoff, renowned author of "What to Expect When You're Expecting." The event, which is open to military families (expecting or with a child up to 6 months old), will include gifts, prizes, lunch, resources and more! Registration is required. Limit, one registry per family (up to 2 attendees plus baby).



Scan QR Code to register.



mccsYuma.com





Scan QR code

"Baked Scotch Eggs"

Scotch eggs are hard-boiled eggs wrapped in hamburger and/or sausage with breadcrumbs and baked for a unique and delicious savory treat. These are perfect for family occasions or picnics, they can be eaten hot or cold.. Serve by themselves or on a bed of lettuce with sliced tomatoes and mustard for garnish.

<https://www.allrecipes.com/recipe/265300/baked-scotch-eggs/>



Ingredients

- 1 (8 ounce) package sausage or hamburger-seasoned to taste. I add a package of Lipton onion soup mix to 8 ounces of hamburger.
- 4 large hard-boiled eggs, peeled.
- 1 large egg
- 1/2 cup Italian bread crumbs (you could use Panko crumbs as well).

Directions

1. Preheat the oven to 450 degrees. Line a baking pan with aluminum foil. Place a wire rack over the foil.
2. Cut and form seasoned meat mixture into 2-ounce patties. Place a hard-boiled egg in the center of each patty and press meat mixture around the egg.
3. Beat raw egg in a small bowl. Place bread crumbs in another bowl. Dip each patty into the egg; roll in the bread crumbs to coat. Place coated patties on the wire rack.
4. Bake in the preheated oven until golden brown, 20 to 22 minutes.