

MCAS Yuma EFMP...September 2025...Newsletter

...Exceptional News For Exceptional Families...



SEPTEMBER IS

NATIONAL PREPAREDNESS MONTH



Make a Plan

In the event of a disaster could you make it on your own for several days? After a disaster you may not have access to a medical facility or even a drugstore. It's crucial to plan for your daily needs and know what you would do if they become limited or unavailable.

Consider the needs of all family members and add supplies to your kit

- Medical supplies (hearing aids with extra batteries, glasses, contact lenses, syringes, etc.)
- Baby supplies (bottles, formula, baby food, diapers)
- Games and activities for children
- Pet supplies (collar, leash, ID, food, carrier, bowl, veterinarian papers.
- Two-way radios
- Extra set of car keys and house keys
- Manual can opener
- Keep handheld electronic devices charged and loaded with videos and activities.
- Spare chargers for electronic devices and keep them charged.
- Sheets, twine or a small pop-up tent to decrease visual stimulation in a busy room or to provide instant privacy.
- Noise-canceling headphones to decrease auditory stimuli.
- Comfort snacks.



Office Hours

Monday thru Friday

8:00 am-4:30pm

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.





MCAS Yuma EFMP...Lending Library...Open to all MCCS Patrons

borrow~grow~return

Items of the Month: "Community Helpers Kids Vests"



- **CREATE A UNIQUE DIY ENSEMBLE:** General props and accessories offer endless possibilities for DIY costumes, allowing you to create one-of-a-kind characters, creatures, or outlandish personas that are entirely original.
- **COMPLETE THE OUTFIT:** Accessories provide the finishing touches to your Halloween costume, elevating your look from ordinary to extraordinary, and allowing you to fully embrace your chosen character or theme.
- **SPARK IMAGINATION & STORYTELLING:** Props and accessories inspire endless possibilities for imaginative play & storytelling, encouraging children and adults alike to create unique, captivating stories and adventures.
- **GET CRAFTY WITH PROPS:** Use versatile props to unleash your creativity, allowing you to customize and personalize your Halloween accessories, crafting a unique and unforgettable look.



STOP by and visit our Library today!
We have a wide variety of items available for
COMPLIMENTARY 2 week check-out.



Connection Support Club



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

This event is open to all MCCS Patrons-adults only.

Registration is required by calling 928.269.5233.

September 26, 2025...Brush It Art Studio...5:45 pm to 8:00 pm.



About 9,550 children in the United States will be diagnosed with cancer in 2025. 85% of children with cancer now survive 5 years or more. Overall, this is a huge improvement since the mid-1970s, when the 5-year survival rate was only about 58%. Still survival rates depend on the type of cancer and other factors. Most childhood cancers are caused by DNA changes (mutations) that happen early in the child's life, sometimes even before birth. Because of this, there are not many known risk factors or ways to prevent childhood cancers. A **risk factor** is anything that increases the chances of getting a disease such as cancer. Different cancers have different risk factors. Since most childhood cancers are thought to be caused by random acquired mutations, there are not many known risk factors that increase the chance of a child getting cancer. Factors

that are believed to increase the risk of childhood cancer include: Radiation exposure, Secondhand smoke and Certain inherited syndromes. Most of the common risk factors for adult cancers (like using tobacco, alcohol, having high body fat, eating unhealthy foods, and not being physically active) take many years to increase cancer risk. Because of this, scientists don't believe they are a cause of childhood cancers. Instead, childhood cancers are usually caused by random acquired mutations (gene changes). If your child does develop cancer, it's important to know that it's extremely unlikely there is anything you or your child could have done to prevent it.

What can parents do to lower their child's risk of cancer later in life?

Parents and caregivers have an important role in supporting their children's long-term health, including reducing their risk of cancer later in life. By modeling and supporting a healthy lifestyle, you can instill habits that promote overall health and wellbeing. Here are some key ways you can support them:

- Not smoking is the number one way you can lower everyone's risk of developing cancer. Smoking causes 1 in 5 cancers and 1 in 3 cancer deaths. It also increases the risk of many other cancers, not just lung cancer.
- Getting to and maintaining a healthy weight is the 2nd most important thing you can do to lower cancer risk. The best way to do this is to combine physical activity with a healthy eating pattern.
- Avoiding alcohol, which increases the risk of several cancers, is the 3rd most important way to lower cancer risk. Any amount of alcohol increases the risk of several cancers.
- Protecting them from direct sunlight, the main source of ultraviolet (UV) radiation, which causes almost all skin cancers.
- Minimizing exposure to carcinogens (things known or likely to cause cancer).
- Preventing certain infections that increase cancer risk, such as HPV, Epstein-Barr virus (EBV, which causes mono), hepatitis B and C and human immunodeficiency virus (HIV).

<https://www.cancer.org/cancer/childhood-cancer/causes-risk-factors-prevention.html>

SEPTEMBER is "National Childhood Obesity Awareness Month"

This is an opportunity to raise awareness about the childhood obesity epidemic and show people how they can take small actionable steps to practice behaviors that can help prevent obesity.

Make healthy changes together as a family:

- Engage in regular physical activity to prevent weight gain, maintain a healthy weight and stay healthy. Get active outside and indoors: Walk around the neighborhood, go on a bike ride, play basketball, etc.
- Limit screen time: Keep screen time (spent on the computer, watching TV or playing video games) to 2 hours or less a day. Ensure everyone is getting adequate sleep.
- Make healthy meals: Buy and serve more vegetables, fruits and whole-grain foods. Keep fresh fruit within reach, prepare and eat meals together as a family.
- Drink up "Serve water or low-fat dairy instead of sugary drinks".

<https://www.cdc.gov/obesity/child-obesity-strategies/evidence-based-guidelines.html>

EFMP Exceptional Family Member Program

September Events...



New Parent Support Program

DEVIL PUPS PLAY MORNING

Monday September 8, 2025

9:30 am to 10:30 am

Fitness Center-524 Quilter Street

Play-based group designed for families who have children in the 18-month to 5-year old age range. Enjoy developmental play with your child while meeting other parents and building your support group. Each week will cover a different parenting topic and give you a new chance to ask all your parenting questions.

No registration required.

For more details, call 928.269.2308

In the United States, Patriot Day occurs on September 11 of each year in memory of the people killed in the September 11 attacks of the year 2001.



Friday September 12, 2025

6:00 pm to 12:00 am...Child & Youth Programs

Child and Youth Programs offers Friday Night Care on the 1st or 2nd Friday of each month.

Children are provided a light snack.

Age: 6 weeks to 12 years

Pricing: \$8.00 per child, per hour.

For more information, or to make reservations, please call CYP Resource & Referral at 928.269.3251/3234. Children must have a current CYP Registration Packet and Immunization records on file to attend.

Reservations can be made up to 2 weeks in advance.



Fall begins with the Autumnal Equinox,
Monday, September 22, 2025.



what's cooking : Caramel-Mallow Treats

Nothing says fall quite like warm, gooey caramel. Try making this tasty cool weather recipe with your kids..

<https://www.ricekrispies.us/recipes/caramel-mallow-treats-recipe>

Ingredients

- ♦ 3 tablespoons butter or margarine
- ♦ 1 package (10 oz., about 40) or 5-1/2 cups miniature marshmallows
- ♦ 1/2 cup caramel ice cream topping
- ♦ 6 cups Rice Krispies cereal



Directions

1. In large saucepan melt butter over low heat. Add marshmallows and stir until completely melted. Remove from heat. Stir in caramel topping.
2. Add KELLOGG'S® RICE KRISPIES® cereal. Stir until well coated.
3. Using buttered spatula or wax paper evenly press mixture into 13 x 9 x 2-inch pan coated with cooking spray. Cool. Cut into 2-inch squares. Best if served the same day. **MICROWAVE DIRECTIONS:** In microwave-safe bowl heat butter and marshmallows on HIGH for 3 minutes, stirring after 2 minutes. Stir until smooth. Add caramel topping, stirring until combined. Follow steps 2 and 3 above. Microwave cooking times may vary. Note For best results, use fresh marshmallows. 1 jar (7 oz.) marshmallow crème can be substituted for marshmallows. Diet, reduced calorie or tub margarine is not recommended. Store no more than two days at room temperature in airtight container. To freeze, place in layers separated by wax paper in airtight container. Freeze for up to 6 weeks. Let stand at room temperature for 15 minutes before serving.