

MCAS Yuma EFMP...May 2024...Newsletter
...Exceptional News For Exceptional Families...



Happy Mother's Day
-EFMP Staff-

OFFICE HOURS

Monday thru Friday
8am-4:30pm
Building 1085-Martini Avenue
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.



Happy Memorial Day

Memorial Day is an American holiday, observed on the last Monday of May, honoring the men and women who died while serving in the U.S. military. Memorial Day 2024 will occur on Monday, May 27th. Originally known as Decoration Day, it originated in the years following the Civil War and became an official federal holiday in 1971. Many Americans observe Memorial Day by visiting cemeteries or memorials, holding family gatherings and participating in parades. Unofficially, it marks the beginning of the summer season.

[Memorial Day 2024: Facts, Meaning & Traditions | HISTORY](#)



Cinco de Mayo is a yearly celebration held on May 5 to celebrate Mexico's victory over the Second French Empire at the Battle of Puebla in 1862, led by General Ignacio Zaragoza.

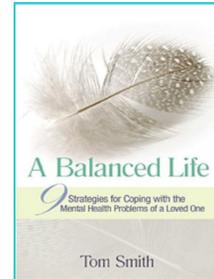


EFMP Exceptional Family Member Program

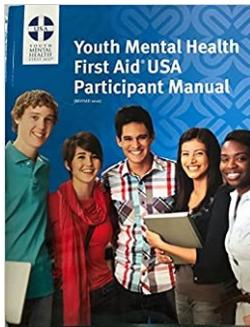
MCAS Yuma EFMP...Lending Library borrow~grow~return

Items of the Month: Mental Health Resources

THE ULTIMATE GOAL of those with a mental 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 the Lending Library today to view these and other great items available for "COMPLIMENTARY 2 week check-out" 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 or scan the QR Code for the Mental Health First Aid for Youth one-pager.](#)
[Youth - Mental Health First Aid](#)



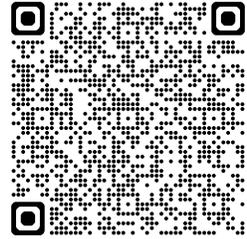
May Health Awareness



Expecting a Child? Here's How TRICARE Covers Maternity Services

By TRICARE Communications

SCAN QR Code to read the article.



Asthma symptoms can appear when you are exposed to a trigger.

A trigger is something you are sensitive to that makes your airways become inflamed. This causes swelling, mucus production, and narrowing in your airways.

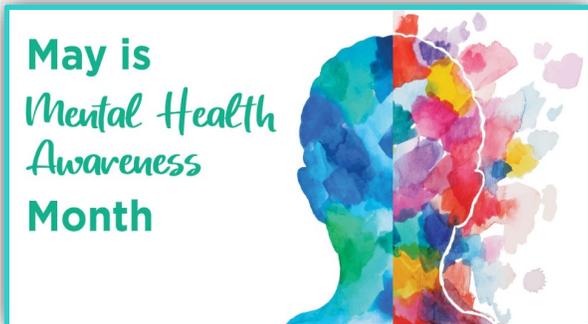
Common asthma triggers are pollen, air pollution, animal allergens, scents/fragrances, certain gases, extreme weather changes, smoke, dust mites, stress, and exercise.

The substances that cause allergic reactions are *allergens*.

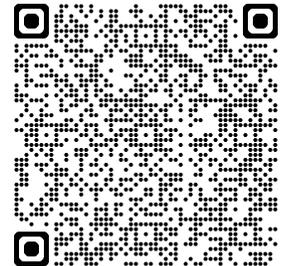
When someone has allergies, their immune system makes an antibody called immunoglobulin E (IgE). These antibodies respond to allergens. The symptoms that result are an *allergic reaction*.



SCAN QR Code for more information.



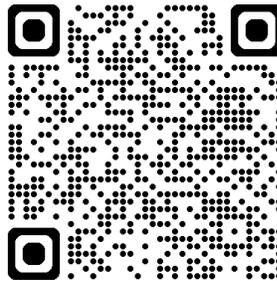
NAMI is the National Alliance on Mental Illness, the nation's largest grassroots mental health organization dedicated to building better lives for the millions of Americans affected by mental illness.



SCAN QR Code for more information.

EFMP Exceptional Family Member Program

May Events

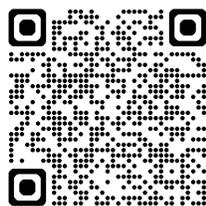


SCAN QR Code for more information.

Behavioral Health & Marine Corps Family Team Building Open House
Wednesday May 8, 2024...4pm-6pm...Building 598

Let us be a part of your path to wholeness!
Enter for chances to win door prizes!
For more information contact 928.269.3079

SCAN QR Code for more information.



SCAN QR Code for more information.



mccsYuma.com



what's cooking: Cream Cheese Squares

[Cream Cheese Squares Recipe](#)
([allrecipes.com](#)) or Scan QR Code.



These cream cheese bars are very easy and deliciously rich and gooey.

Ingredients:

- 2 (8 ounce) can refrigerated crescent roll dough
- 2 (8 ounce) packages cream cheese-softened
- 1 1/4 cup cups white sugar, divided
- 1 teaspoon vanilla extract
- 1/2 cup butter, melted
- 1 teaspoon ground cinnamon



Instructions:

- Preheat oven to 350 degrees. Grease a 9x13-inch baking pan.
- Unroll one can of crescent rolls and press dough into the bottom of the prepared pan. Set second can aside.
- Mix together cream cheese, 1 cup sugar and vanilla in a medium bowl until smooth and creamy. Spread over crescent dough layer. Unroll second can of crescent rolls and lay dough on top of cream cheese mixture: do not press down.
- Pour melted butter over the entire pan. Combine remaining 1/4 cup sugar and cinnamon in a small bowl; sprinkle on top.
- Bake in preheated oven until top is crisp and golden, 25 to 30 minutes. Once cool, cut into 24 squares.