



MCB Hawaii EFMP
The Exceptional `Ohana
November 2024

*Happy 249th Birthday,
Marines!
November 10th
1775~ 2024*

*"Giving thanks & taking
time to reflect on
gratitude, is good for the
soul."*

Anonymous

*Happy
Thanksgiving!*

Contact Us:

Main: 808-496-0290

Fax: 808-257-1650

Email: mcbh.efmp@usmc.mil

Facebook & Instagram: @EFMP Hawaii

Holiday Cookie Swap
and
Cookie decorating

November 20th

2:00pm—3:00pm

Building 219, Classroom 2
(Library/theater complex)

Come share your favorite cookies and recipes. Sample others and walk away with new recipes you can try this holiday season.

The EFMP office will have prebaked sugar cookie to decorate.

Email your recipe to:
rosemarie.demello@usmc.mil

by **November 15th** to be printed and shared at the event.



EFMP Exceptional
Family Member
Program

Gratitude & the Gift of Giving

Gratitude is a thankful appreciation for what an individual receives, whether tangible or intangible. With gratitude, we acknowledge the goodness in our lives. In the process, we usually recognize that the source of that goodness lies at least partially outside ourselves. Gratitude helps us to see how much we need each other as a community, and how we can be of help to others. Sometimes it's just the warmth of the holidays and the gratitude stirs in us and prompts us to give back to our community.

Giving is something that can enrich not just others' lives but also our own lives every single day. Studies have long shown that giving makes us feel good. Helping others raises our endorphin levels, reduces our stress, and promotes longevity.

Re-think what giving looks like- You don't have to take out our checkbook to give gifts that make an impact. Donating goods or items or volunteering your time are all helpful.

Reflect with gratitude — Reflecting with appreciation on all the good in your life will impact your generosity. Grateful people have been shown to be more helpful, kind, supportive and altruistic. Start and end your day by jotting down just three things you are grateful for in a notebook and your sense of wellbeing and altruism will soar!

<https://www.grandfoundation.com/News/>

De-Stress and Relax with Chill Drills

by Military OneSource

Sometimes the best way to move forward is to pause for a moment to refresh and recharge. Chill Drills allows you to do that by lowering your stress level wherever you are, whenever you need.

It is a collection of simple audio mindfulness exercises to relax the body and mind. While each drill was designed to help calm your mind and relax your body, some target common challenges, including back pain, negative thoughts and sleeplessness. Practice your favorite drills regularly to lower your baseline stress level and be better prepared to deal with pressure in the future.

Download this free app at <https://www.militaryonesource.mil/health-wellness/healthy-living/managing-stress/>

Volunteer Opportunities

The ASYMCA here on base is looking for volunteers to help with their **Operation Holiday Joy!** Help Junior Enlisted families and those having a hard time making ends meet to have a traditional holiday meal. Holiday food baskets are given in November and December.

ASYMCA will be collecting food items that will be made into holiday meal baskets and distributed to families across MCBH.

(Families can be nominated to receive a basket or self-register with the MCBH ASYMCA. Contact them at 808-254-4719.

You can donate food items such as:

Canned/Dry Gravy mixes, Canned Cranberry Sauce, Canned Green Beans, Canned Yams, Cream of Mushroom Canned Soup, Evaporated Milk Boxes, boxed Stuffing/Dressing Mix, Boxed Mashed Potatoes, Onion Strings, Fruit/Pumpkin Pie Filling, Packaged Pie Crust, Mimi Marshmallows, Cake/Cookie Mixes, Commissary Gift Cards (\$25)

Deadline to donate food items is November 8.

If you are interested in volunteering for Operation Holiday Joy, please contact our office at 808-496-0290 by November 6, 2024.



Training & Events

For event registration, call us at 808-496-0290.

You can also email us at mcbh.efmp@usmc.mil or contact your case worker.

Please register at least 1 day prior to the event.

DATE	TIME	TOPIC	LOCATION
November 4	1:00PM	Respite Care— Come join EFMP and learn more about who is eligible, and what the requirements are.	Virtual on Teams RSVP by calling our office no later than the day before.
November 14	10:30AM	Managing Deployments—join in on discussing steps to prepare for deployment - child care options, creating a routine, and adjusting to emotions. Come share your ideas, and experience to help others.	Virtual on Teams Please RSVP one day before 808 496-0290
November 20	2:00PM AM	Holiday Cookie Swap and Cookie Decorating . Join EFMP for some fun in decorating cookies, and bring your favorite cookie along with the recipe to share. EFMP will make copies of your recipe to share with others.	Classroom 2 next to the EFMP office (building 219) in person
EVERY TUESDAY	8:30- 11:30 AM	EFMP Family support services available at a second location	Branch Health Clinic Kaneohe Bay

Mahalo

Live in thankfulness

Mahalo is used to express regards, respect, and gratitude. It means “thank you”, as a way of living. Live in thankfulness for the richness that makes life so precious. Mahalo nui loa means thank you very much.