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Family connection

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Family Connection is a publication of the Fleet and Family Support Program.

The Navy's Fleet and Family Support Program promotes the self-reliance and resiliency of Sailors and their families. We provide information that can help you meet the unique challenges of the military lifestyle.

If you have questions or comments, contact Timothy McGough at timothy.mcgough@navy.mil.

Visit us online at:

The Fleet & Family Support Center

Scan QR Code to access via mobile device

"To believe in your own thought, to believe that what is true for you in your private heart is true for all men — that is genius."

— Ralph Waldo Emerson

MILITARY AMERICA Save$

START SMALL. THINK BIG.

Military Saves week will be held from 19-26 February 2012. The theme this year is "Set a goal, make a plan, save automatically." This week is a great time to check out the list of financially oriented classes your local Fleet and Family Support Center will be offering. You can also engage with the local Personal Financial Management professional to begin a plan to improve your finances. Our trained professional counselors can take a look at your financial situation and offer insight for change in areas that might seem inconsequential now but may make a huge difference in your future financial stability.

Military Saves is a Department of Defense-wide social marketing campaign; in the Navy, it is targeted at our Sailors and their families. Military Saves encourages all military service members and their families to save money every month and strives to convince leaders and organizations to be aggressive in promoting automatic savings, a practice that leads to long-term financial well-being.

A healthy financial situation leads to a healthy and productive family unit. See a counselor today to set some goals and then take the pledge to start saving on the Military Saves website.

COMMANDER NAVY INSTALLATIONS COMMAND

Heart Health at Any Age: American Heart Month

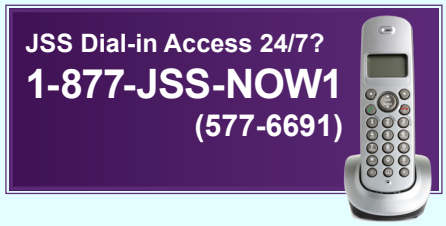
Heart disease can affect both women and men at any age. That's why it's so important to start heart-healthy habits right now. To learn about the "Better U Program" and get a FREE "Go Red Heart Health Kit," check out the American Heart Association website.

Looking for Ways to Manage Stress?

Stress is a fact of life. Becoming aware of how you respond and recognizing how it affects your mind and body are great first steps. Managing stress can be a process of adjusting your attitude and behavior. Left unmanaged over time, stress can affect the immune system and vital organs, such as the heart and lungs. Learning healthier ways to manage stress can result in feeling more relaxed and can improve your quality of life. All change takes time and practice; consider the following ways to get started:

- **Eat more moderately and nutritiously.** Good nutrition can provide mental health relief, promote sleep, and increase energy. Good food is the fuel that provides the body with the nutrients it needs to fight off disease and germs.
- **Get enough sleep.** Sleep is vital to our physical and emotional well-being. Sleep plays a critical role in immune function, metabolism, memory, learning, and other vital functions. Lack of sleep has been linked to everything from obesity to high blood pressure. Insufficient sleep can have a direct impact on concentration, mood and work performance.
- **Incorporate regular exercise.** Regular exercise can help protect you from heart disease and stroke, high blood pressure, obesity, back pain, and osteoporosis. It can even improve your mood.
- **Develop positive relationships.** Strong positive relationships are important to achieving personal and professional success. Healthy relationships are fun and make you feel good about yourself. The people you surround yourself with can provide support and help you grow.

Register for Stress Management 101 or any of the Life Skills Education trainings available at your local Fleet and Family Support Center.



Navy Family Accountability and Assessment System (NFAAS)

NFAAS

NFAAS allows Navy personnel to manage the recovery process for personnel affected by a widespread catastrophic event. It is also helpful in providing commands with information to support IA family members while their sponsors are deployed overseas. Watch the Video and log on to NFAAS.

Children and Deployment

Resources to Support Children During Deployment

Every Navy deployment is different. Parents know their children better than anyone, but when parents, educators and caregivers join forces, they can anticipate specific deployment-related needs and provide the appropriate support. Information sharing can make for a successful deployment cycle, and your children will reap the benefits.

It's normal for children to worry, but the single most important thing parents can do is be consistent. Set aside time to talk with your children, encourage them to ask questions and share their feelings. Brainstorm creative ways to stay in touch and celebrate important milestones. Showing love and creating a secure environment is a great first step to navigating the many adjustments before, during and after deployment. Parents who maintain positive support networks for themselves are able to focus on family and model good relationships. Family Readiness Groups (FRG) provide family support during deployments which often includes events and activities for children.

For resources to help your children prepare for deployment through reintegration, click here. To manage an overwhelming situation and gain perspective, Fleet and Family Support Centers offer free counseling for individuals, couples and children.

VFW National Home for Children

VFW National Home for Children offers a safety net for military families when a family care plan fails, when supportive services are needed for Veterans with children who are approved for VA Vocational Rehabilitation, when Veteran-related single-parent families need a chance to get a fresh start, and when Veteran-related children need a loving home. Call the National Home Helpline at **1-800-313-4200** if you need help with supportive services and resources in your own community or if you are seeking a referral to an on-campus program.

VFW NATIONAL HOME FOR CHILDREN
HELP HOPE HONOR

Operation Endure & Grow

Operation Endure & Grow offers National Guard and Reserve Component members, their families and partners web-based business training.

The eight-week online course focuses on the fundamentals of launching and/or growing a small business, not only for veteran business owners, but for those who will sustain the business should the service member be deployed, injured or killed. Initially, 550 individuals are expected to participate. The Small Business Administration has provided a grant to fund the program. For more information, visit the Syracuse University site

EFMP Liaisons NOW at Fleet and Family Support Centers

The Navy Exceptional Family Member Program (EFMP) ensures Sailors are assigned to geographical areas where specialized support is available to suit the medical, educational, community and personnel needs of the family. Special needs include any unique medical, dental, mental health, developmental or educational requirements, wheelchair accessibility, adaptive equipment, or assistive technology devices and services.

Fleet and Family Support Center EFMP liaisons assist families with the program enrollment process and help them obtain the resources needed to support their special-needs family member. EFMP liaisons also provide a wide range of supportive services designed to increase family member knowledge and access to educational workshops, counseling services and community resources. Click here for more information. Check out The Exceptional Advocate, a newsletter for military families with special needs.

Permanent Change of Station (PCS) is on the horizon — need helpful information to make it a "smooth move"? The answers you are seeking can be found at your local Fleet and Family Support Center. Register for the "Smooth Move Workshop" or speak with a relocation specialist.

U.S. Navy Individual Augmentees

Like us on Facebook.

Get Prepared for Tax Season

IRS: Tips to Ease Tax Time

Military personnel have some unique duties, expenses and transitions. Some special tax benefits may apply to service members who have moved to a new base, traveled to a duty station, returned from active duty and more. These tips may put military members a bit "at ease" when it comes to their taxes.

For additional tax questions and/or combat zone information, call 1-800-829-1040, go to IRS.gov or follow on Twitter.

Volunteer Income Tax Assistance (VITA) Program

Navy Volunteer Income Tax Assistance (VITA) centers around the world will be open for business soon. On-site services provided by IRS-trained volunteers are available to assist service members and their families with free tax advice, tax preparation and return filing. To find the nearest VITA center, visit Navy JAG Corps.

IA Discussion Group Schedule

View the Fleet-wide list of classes, support groups and events.

Returning Warrior Workshops (RWW)

Returning Warrior Workshop Schedule & IA Family Events — www.ia.navy.mil. Click "Links and Resources."