



MARCH 2011

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## Happy Birthday Navy Reserve Force

March 3, 2011 celebrates the 96th anniversary of heritage and history! Whether working in the U.S. or abroad, ashore, at sea, or in the air, our Navy Reserve is an integral part of our amazing, capable Total Force. Fully integrated into global operations and upholding the core values of honor, courage and commitment, Reservists continue to prove that it's one Navy, one mission. Our Sailor's Creed begins with "I am a United States Sailor" – Navy active-duty and Reserve Sailors from all walks of life working side by side as one team, one family and one Navy.

## Supporting Military Families

March is Red Cross Month. The American Red Cross is part of the world's largest humanitarian network – 97 million volunteers helping in 186 countries. In the United States, the Red Cross helps change lives seven days a week, 24 hours a day.



## American Red Cross

- 200 times a day, American Red Cross volunteers help a family who has lost everything in a house fire or other disaster.
- 475 times a day, the American Red Cross connects deployed service members with their families.
- 21,000 times a day, a patient receives blood through the American Red Cross blood program.
- 43,000 times a day, someone receives life-saving American Red Cross health, safety and preparedness training.

Long separations caused by military service create special needs for military families. The Red Cross provides support to active-duty, National Guard and Reserve, veterans and their families. They provide emergency communication services, support for the sick and wounded at military and veterans hospitals, and assistance in obtaining emergency financial support. The American Red Cross is where people mobilize to help their neighbors – across the street, across the country and across the world.

Visit [www.redcross.org](http://www.redcross.org) or call (877) 272-7337 (toll-free).

*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.

For more information about the Fleet and Family Support Program, or to join the conversation about deployments and military life, visit:

[www.ffsp.navy.mil](http://www.ffsp.navy.mil)

[www.facebook.com/Navyffsc](http://www.facebook.com/Navyffsc)

[twitter.com/Fleet\\_Family](https://twitter.com/Fleet_Family)

If you have questions or comments about the content of *Family Connection*, please contact John Levinson at [john.levinson.ctr@navy.mil](mailto:john.levinson.ctr@navy.mil).





## Tax Season is Here!

Service members around the world will be filing their annual tax return. The deadline this year is April 18, 2011. The change from the normal deadline of April 15, 2011 is due to the observance of the Emancipation Day holiday in the District of Columbia. Sailors and their families worldwide can receive free tax advice, tax preparation and related assistance on-site, online or by telephone.

### Military OneSource Tax Filing Services

H&R Block At Home Basic®, through the Military OneSource website and telephonic tax consultations, provides free access to a customized version of the basic H&R Block at Home® electronic tax-filing product. This customized product allows for free federal filing and state filing (up to three states). Provided by the Department of Defense, H&R Block At Home Basic® is available to active-duty, National Guard, and Reserve service members and their families. Tax consultants are available seven days a week from 7:00 a.m. -11:00 p.m. Eastern Standard Time (EST). Contact Military OneSource Tax Hotline at 1-800-730-3802 or go to [Military One Source Tax Filing Services](#).

### Volunteer Income Tax Assistance (VITA) Program

More than 100 Navy Volunteer Income Tax Assistance (VITA) Centers around the world are now open for business. On-site services are available to assist service members and their family members with free tax advice, tax preparation and return filing by IRS-trained volunteers. VITA services will remain available through April 18, 2011. Some overseas sites, as well as selected sites to assist those returning from a recent deployment, will remain open longer. To find the nearest VITA center, visit [Navy Jag Corps](#).

### Internal Revenue Service (IRS)

For additional tax questions and/or combat zone information call 1-800-829-1040 or go to [IRS.gov](#) for tax information for military members.

## Putting Baby Safely to Sleep

Sleep is often one of the most significant challenges for new parents.

One of the most important decisions new parents make is where and how they place a baby to sleep. Ensuring your baby is in a safe sleep environment involves closely monitoring your own personal level of alertness while caring for your infant.

The “Putting Baby Safely to Sleep” campaign is supported by the Department of Defense and anchored by a blog for new and expectant parents. “Sleep Like a Baby: The Keys to Infant Slumber!” is just one of the featured blogs hosted by a variety of subject-matter experts that educate through story and example. Go to [Putting Baby Safely to Sleep](#) to learn more about creating a safe sleep environment for infants through this library of professionally-vetted tools, and resources that further enhance the quality of life of service members and their families.

In addition to Military OneSource resources, military families expecting a child, or with children up to three years of age, who need help managing the demands of a new baby can enroll in the New Parent Support Home Visitation Program (NPSHVP). The NPSHVP is a team of professionals providing supportive and caring services to military families with new babies. Contact your [local Fleet and Family Support Center](#) and ask for the New Parent Support Home Visitation Program home visitor.



**Monthly Quote**

*"For my part I know nothing with any certainty, but the sight of the stars makes me dream."*

- Vincent van Gogh

**Relocation Assistance Program (RAP) Tip**

So your move is just a few months away... now is a good time to start sorting through your household goods. Don't move with items that you don't need and never plan to use. Donate the items to the Navy-Marine Corps Relief Society Thrift Shop or any other charity. Or, make some extra money by having a yard sale. Remember, leave room at your new place for new things. This time-and money-saving tip will put you on the path to a smooth move!

For additional assistance, visit or contact your [local Fleet and Family Support Center](#).

**Relocation Webinars for March****Moving 101**

Monday, March 21, 2011 - 12:00 p.m. EST

Thursday, March 31, 2011 - 2:00 p.m. EST

Your moving experience begins when you receive your permanent change of station (PCS) orders. The information reviewed in this session will give you a head start on what to expect and who to contact when you receive your first set of PCS orders.

**What Can Military OneSource Do for You? – Moving and Relocation**

Thursday, March 24, 2011 - 11:00 a.m. EST

Tuesday, March 29, 2011 - 1:00 p.m. EST

When you receive permanent change of station (PCS) orders, you are bound to have mixed feelings. You are likely to be excited about the upcoming change and the chance to meet new people and see new places. But you are also likely to feel stressed about the logistics of the move and about helping family members with the transition.

**Moving Traps and Scams**

Wednesday, March 30, 2011 - 11:00 a.m. EST

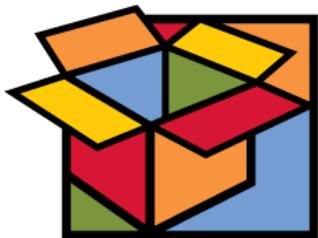
Moving? Whether you are a PCS rookie or a pro, make sure you know how to avoid scams that target movers. Learn the latest in the Moving Traps and Scams webinar, presented by the Federal Trade Commission (FTC).

All events are listed in U.S. Eastern Standard Time. For more information or to join a session, go to [Military OneSource webinars](#).

**Operation Purple® Family Retreats 2011**

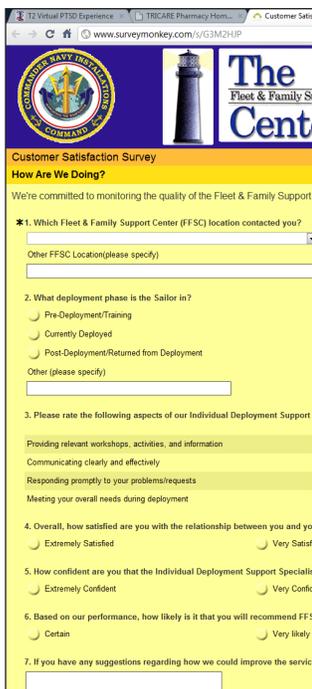
Operation Purple® Family Retreats are designed to allow families to reconnect after experiencing the stresses surrounding a deployment. The four days spent in the beautiful National Parks, led by experienced educators, are a great opportunity to try new things, make friends, and enjoy quality time together as a family.

Structured activities, developed by the FOCUS Program (Families Over Coming Under Stress), highlight areas of strength and resilience in the family and promote family growth. Families are supported in working together to enhance their relationships through communication activities aimed at building connections and family closeness. For information about upcoming Retreats, go to [Operation Purple® Family Retreats](#).

**RELOCATION ASSISTANCE PROGRAM**

Moving Made Easy





## Individual Deployment Support Satisfaction Survey

Individual augmentees and their families are provided an opportunity to complete customer satisfaction surveys as an initiative to improve the quality of IA Family Support services. These results are reviewed continuously to ensure we meet the needs of families and integrate best practices. The feedback thus far reports:

- 86 percent were receiving needed services from IDSS.
- 83 percent were confident and satisfied with IDSS relationship.
- 81 percent would recommend FFSC services to others.

We are committed to improvement and your opinions and comments matter. As always, we appreciate the time you take out of your busy schedules to provide us your feedback on our performance.

(All submissions are anonymous.) Please click on [IA Customer Satisfaction Survey](#) to ensure your voice is heard.

To assure that we provide you quality service, your Navy Family Accountability and Assessment System (NFAAS) contact information must be up-to-date with current mailing address, e-mail and phone number(s). The IDSS uses this information to contact you. We also use this information during times of crisis/disaster to assist you. You can log on to NFAAS and update your contact information at: <https://www.navyfamily.navy.mil>.



## Intern in Child Development

The Military Extension Internship Program offers an opportunity for college students to gain real-world experience working with children and youth, implementing programs and learning about the management of child and youth centers. Interns work on military installations around the world from 10 weeks up to six months. Students will serve military children and families as well as impact civilian children and families in neighboring communities. Applications for fall 2011 internships are due March 31, 2011. [Click here](#) for further information or to apply.



### Joint Services Support (JSS)

JSS provides valuable information on benefits, entitlements, events, trainings and more. Making it easy to stay connected, anytime, anywhere with online access, mobile device applications and interactive voice response. Services are available to all military branches; featuring a community resource locator by state. Go to <http://www.jointservicesupport.org>.



### 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/](http://www.ia.navy.mil/)





## Become a Tillman Military Scholar

The Pat Tillman Foundation invests in veterans and military families through education and community. The Tillman Military Scholars program supports our nation's active and veteran service members and their families by removing financial barriers to completing a degree program of choice. The scholarships cover direct study-related expenses such as tuition and fees including housing and child care.

The online application will open on March 7, 2011 at [www.patillmanfoundation.org](http://www.patillmanfoundation.org). A limited number of applications will be accepted. Prepare your application now and be ready to apply early. For more information, please contact [scholarships@patillmanfoundation.org](mailto:scholarships@patillmanfoundation.org).



## Avatar Simulation Helps with PTSD

The T2 Virtual PTSD Experience, based in Second Life, is an immersive, interactive learning experience designed to educate visitors about combat-related post-traumatic stress disorder (PTSD). This simulation demonstrates how PTSD may be acquired during a combat-related traumatic event, provides explanations of the connections between danger cues and triggers, the role of avoidance in the development of PTSD, and how PTSD is a normal human response to traumatic events. The environment includes simulations of PTSD symptoms, helping the visitor learn through interactive activities how PTSD symptoms may show up in a person's life. It also provides information to help visitors determine whether they or a loved one is in need of care, and how to access that care whether a DoD or VA beneficiary.

The National Center for Telehealth and Technology (T2) developed the "Virtual PTSD Experience" to help combat veterans and their families and friends to anonymously enter a virtual world and learn about PTSD causes, symptoms and resources. Become part of the T2 Virtual PTSD Experience at <http://www.t2health.org/vwproj/>.



## Caring for a Veteran?

The Department of Veterans Affairs (VA) offers assistance to caregivers. Caregivers provide a valuable service for veterans and are "partners" with VA in providing excellent health care. Caregivers allow veterans to remain in their own home and also play an important role in supporting veterans who are hospitalized or living outside their home. [Click here](#) for further information and resources.



## TRICARE Pharmacy Home Delivery

The [TRICARE Pharmacy Home Delivery](#) is your least expensive option when not using the military pharmacy and it has several other advantages. It is safe, convenient and easy to use even when you are traveling on a temporary assignment or moving to a new duty station.

Prescriptions may be mailed to any address in the United States and its territories, including temporary and APO/FPO addresses. If you are assigned to an embassy and do not have an APO/FPO address, you must use the embassy address. Prescriptions cannot be mailed to private foreign addresses, and refrigerated medications cannot be shipped to APO/FPO addresses.

To sign up for pharmacy home delivery or to learn more about the program, go to [www.tricare.mil/homedelivery](http://www.tricare.mil/homedelivery) or call the Member Choice Center toll free at 1-877-363-1343.

