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Make Moves that Matter

The days of summer have officially begun. Staying cool, having fun and getting fit are among the top items on this summer's "to-do" list.

Some ideas to get you started!

Visit a National Park. Experience your America in nearly 400 parks and every hometown. Discover a park, explore nature and learn of the history in your own backyard. Most sites and activities are free.

Eat for the season. Summer is a great time to enjoy fresh fruits and vegetables whether you are grilling out, eating on the go, or looking for a quick snack. For tips to add more fruits and vegetables to your day, go to [DECA](#).

Read and listen to audio books. The Navy's General Library Program offers your favorite authors through [Navy Knowledge Online \(NKO\)](#). Download to most audio and digital devices at no cost; and children's titles are also available. Once logged in, click on Reference tab - E-Library - Audio & EBooks - Overdrive - Audiobooks, Ebooks & More.

Bike or walk to nearby destinations where you might normally drive. It is a great exercise and it is green! Check your local area for bike share programs.



With a little imagination and commitment, this summer has the potential for wonderful adventures. Search for free and inexpensive things to do in your area. Check with your [Fleet and Family Support Center](#) for opportunities specific to your region. Many organizations and businesses offer military discounts to honor those who serve; so don't forget to ask! Take your children along and include them when planning activities. Build new family traditions and create experiences that will be remembered for a lifetime.

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 John Levinson at john.levinson.ctr@navy.mil. Visit us online at:



Scan QR Code, access via mobile device.



Finding your Way Ahead! Career Support

Taking the next step when changing careers or transitioning back into the civilian workforce can be daunting; not to mention relocations, frequent deployments and today's economy. Job searches takes time, energy and preparation. Let the leadership and resilience skill sets you already possess, guide your way. There are a variety of programs, resources and tools available to assist as well.

Teletech@Home

[Teletech@Home Careers](#) has immediate hiring needs for parttime Spanish@Home agents and a need for up to 200 Spanish-speaking agents over the next several months. There are new classes starting throughout the summer for up to 300 additional parttime English speaking @Home agents.

Family Employment Readiness Program

The Family Employment Readiness Program addresses career challenges through workshops and one-on-one counseling. Topics include launching a job search, career planning, resume writing, interviewing techniques, conducting self-assessments, goal setting, federal employment information and vocational programs. Learn to market yourself using social networking options like Facebook, Twitter and LinkedIn. Learn to capitalize on the benefits of online assistance and get the 4-1-1 on local employers and job fairs. Whether you are new to the area, changing careers, or beginning a new one, your [Fleet and Family Support Center](#) is a great place to start.

Wounded Warrior Program - U.S. House of Representatives

[The Wounded Warrior Program](#) has a two-year fellowship that provides employment opportunities within the House of Representatives. Positions are available in Congressional district offices nationwide and applicants must have served on active duty since September 11, 2001, have a 30 percent or greater service-connected disability rating and less than 20 years of service.

GPS: Transition Assistance Program

Goals, Plan, Succeed. Live trainers facilitate sessions on topics to help you navigate and become prepared for transition into the civilian workforce. Attend a session from the comfort of your home or anywhere broadband Internet and phone are available. Register today for July sessions at <http://www.turbotap.org/>.

July Sessions

- **Building Better Resumes**
July 7, 2011, 8:00 pm EDT
- **Decoding Military Skills for Civilian Employers**
July 12, 2011, 8:00 pm EDT
- **Landing a Federal Job**
July 14, 2011, 6:30 pm EDT
- **Common Job Hunting Mistakes**
July 18, 2011, 6:30 pm EDT
- **Acing the Interview**
July 26, 2011, 6:30 pm EDT
- **Social Networking and the Job Search**
July 28, 2011, 7:00 pm EDT



“We hold these truths to be self-evident, that all men are created equal, that they are endowed by their Creator with certain unalienable Rights, that among these are Life, Liberty and the pursuit of Happiness.”

– *The Declaration of Independence*
July 4, 1776



The President's Challenge Program

The President's Challenge is for all ages and ability levels. Fitting regular exercise into a daily schedule may seem difficult at first, but it's easier than you think. Learn the benefits of getting fit, setting goals and staying motivated.

Take advantage of the tracking tools, featured activities and fitness guides. Keep it simple; consider the stairs instead of the elevator or walking on the golf course instead of using a cart.

Exercising can be fun with a workout buddy and it helps with accountability. Choose a challenge today and get started!

Fleet and Family Support Centers - 32 Years of Service!

From a phone call or workshop at sea to a webinar or community outreach, Fleet and Family Support Programs (FFSP) support individual and family readiness to meet the unique challenges of the military lifestyle. Programs and services are customer-focused, consistent and efficient to support Navy readiness and include:

- Deployment support for Sailors and their families
- Personal and family wellness education and counseling
- Emergency preparedness and response
- Crisis intervention and response
- Military and personal career development
- Financial education and counseling
- Family employment programs

Congratulations to the outstanding staff, volunteers and partners that collaborate daily. They truly understand that the well-being of military families is a major factor in the well-being of the overall force. The Fleet and Family Support Program (FFSP) celebrates 32 years of service on July 9th. Happy Anniversary Fleet and Family Support Centers!

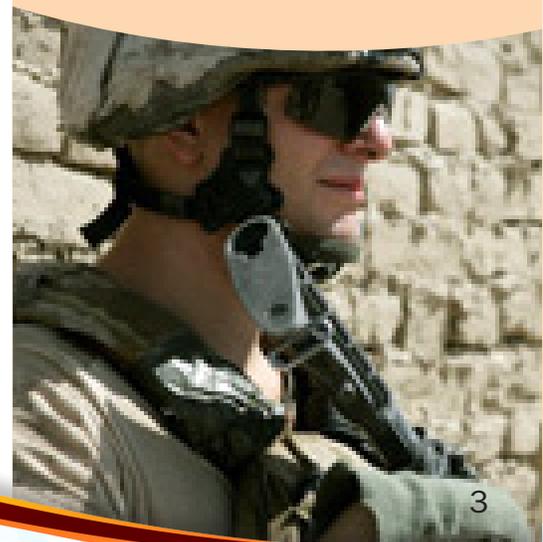


IA Discussion Group Schedule

[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/





It's a Heat Wave!

With record-reaching temperatures this season, take precautions. When Mother Nature provides too much heat or not enough precipitation, it may result in a heat wave or drought. According to the Centers for Disease Control, approximately 400 deaths in the United States are attributed to excessive natural heat each year.

Heat waves and droughts can be very dangerous, which is why it is important to be prepared. Protect yourself and your family from heat exhaustion, heat cramps, or heat strokes during intense heat waves. Discuss with your family ways to be safe and consider implementing responsible water conservation in your home.

Extreme Heat

- Stay alert of weather conditions.
- Stay hydrated.
- Wear loose, light-colored clothing.
- Avoid strenuous activity and stay indoors.
- If your home is not air-conditioned, stay on the lowest floor or use a fan to circulate the air.

Water Conservation

- Check for water leaks around your home.
- Take shorter showers.
- Turn off water while brushing teeth.
- Install low-flow toilets.
- Be aware of water restrictions.

For more information on how to prepare for extreme heat or water droughts, visit the [Commander Navy Installations Command, Operation Prepare webpage](#).



American Red Cross

The American Red Cross has moved to using a single telephone number for its military emergency services, regardless of where you are located. Call: **877-272-7337** for assistance.

eKnowledge Test Prep Software to Military Families

This standard SAT and ACT PowerPrep™ software comes in a single DVD and includes 10+ hours of virtual classroom instruction, interactive diagnostic tools, sample questions, practice tests and graphic teaching illustrations indexed for easy use.



The free SAT and ACT sponsorship covers 100 percent of the total retail cost of the \$200 program; there is a small fee of \$13.84 (per standard program) for the cost of materials, worldwide distribution and customer service. eKnowledge does not profit from this venture. Order online at www.eknowledge.com/cnic. For assistance, contact customer support at support@eknowledge.com or 951-256-4076.



Deployment "Tweet of the Week"

Receive deployment-related information, resources and tips via twitter to ease the challenges of deployment. Sign up today at http://twitter.com/Fleet_Family.



There & Back

There & Back presented by afterdeployment.org is a podcast series intended to assist service members and their loved ones in managing the challenges that are often faced following a deployment.



You can download any of the podcasts from iTunes or click on <http://www.afterdeployment.org/adpodcast/pdf/ThereAndBack.pdf> to listen to the podcast directly from your computer.

Podcasts topics:

- Learn About Depression
- Learn About Post-Traumatic Stress
- Managing Aggression and Anger
- The Consequences of Self-Medicating: Alcohol Abuse following Deployment
- Suicide in the Military



Navy Safe Harbor

Navy Safe Harbor is the Navy's lead organization for coordinating the non-medical care of seriously wounded, ill and injured Sailors, Coast Guardsmen and their families. Safe Harbor provides a lifetime of individually tailored assistance designed to optimize the success of the service member's recovery, rehabilitation and reintegration activities.

Enrollment is open to seriously wounded, ill and injured Sailors and Coast Guardsmen to include OIF/OEF casualties, shipboard accidents, liberty accidents, and serious medical and psychological conditions (e.g., cancer, severe PTSD). To learn more, visit www.safeharbor.navy.mil, email to safeharbor@navy.mil, or call 877-746-8563.



RAP Tip:

If you plan to clean your house or apartment after moving out, put together a kit of basic cleaning supplies and rags ahead of time. Clean as much as possible prior to the movers' arrival (inside of kitchen cupboards, oven, windows, etc.) and, if possible, vacuum each room as movers empty it. Once the movers are gone, complete your cleaning and dispose of rags and cleaning products in an environmentally friendly manner.



Navy Family Accountability and Assessment System (NFAAS)

NFAAS allows Navy personnel to manage the recovery process for personnel affected by a wide-spread catastrophic event. It is also helpful in providing commands with information to support IA family members while their sponsors are deployed overseas. Log on to NFAAS at <https://www.navyfamily.navy.mil>.



**Like Us on Facebook!
Navy Housing**

Navy Housing is now on Facebook! Navy Housing is your government advocate for helping you with home finding and housing related needs, whether buying or renting, on-base or off, moving or staying. Please visit the [Navy Housing Facebook Page](#) for regular information and news about Navy Housing!



TRICARE® TV

TRICARE HEALTH's channel is the latest addition to TRICARE's social media program. The videos are short and easy to follow, ranging in length from two-to-four minutes. The first episode called "What Is TRICARE?" gives beneficiaries an overview of TRICARE health care plans and some of the special programs offered.

TRICARE is already active on social media sites such as YouTube, Facebook and Twitter, and TRICARE TV joins another electronic option – the weekly award-winning Beneficiary Bulletin podcast. Together, they all provide beneficiaries timely updates on TRICARE benefits in a variety of convenient formats. Tune into [TRICARE TV](#).

Navy Gateway Inns & Suites

Navy Gateway Inns & Suites (NGIS) is considered Priority One lodging for all TDY travelers (military and civilian). A professionally managed business-based lodging program, NGIS contributes and supports mission readiness by providing quality lodging and services for a mobile military community, while keeping official travel costs to a minimum.

With over 27,000 guest rooms at 74 locations worldwide, NGIS offers lodging services for individual/group TDY travelers, DoD civilians and Space Available (Leisure) travelers (retirees) and Reservists. In-room amenities include internet access, cable TV w/premium channels, microwave, refrigerator, coffee, newspapers, housekeeping service and a guest laundry.

Reservations are made on a first-come first-served basis without regard to rate or rank. Reservations may be made up to 30 days in advance for up to a seven-night stay by calling 877-NAVY-BED (enter the first three letters of the base); or by making reservations at <http://dodlodging.net>.



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>.

