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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 resilience of Sailors and their families. We provide information that can help you meet the unique challenges of the military lifestyle.

The appearance of external links in this newsletter does not constitute official endorsement on behalf of the U.S. Navy or Department of Defense.

If you have questions or comments, contact the Fleet and Family Support Program, [ffsp.fct@navy.mil](mailto:ffsp.fct@navy.mil).

Visit us online at:



## Community Recreation: New Year, New You

*From Navy Community Recreation*

The New Year has arrived and you are sitting down thinking about how you are going to make this year the best. You can do this by activating your lifestyle and making your health your number one priority. Step into the outdoors with [Navy Community Recreation](#). No more excuses, no more putting yourself on the back burner. This is your year! Winter may be the longest season and you may feel that you have to wait until spring to kick off your exercise program, but why put it off?

Navy Community Recreation wants you to go enjoy crisp, pure mountain air and recharge your batteries on the slopes. There are more health benefits to skiing than meet the eye. Did you know that skiing is a tremendous calorie-burner? It is a great physical activity, burning up to 700 calories an hour. The average runner burns only 100 calories for every mile they run. Not only are you burning calories, but skiing works your core muscle group, helps improve your balance and posture and increases your body strength. So leave the dreary gym behind and accelerate your active lifestyle gliding over fresh powder snow. Call your local Community Recreation Ticket and Travel office to purchase your ski getaway this winter season.

Snow day and school is out? Take advantage of the day off and the snow, and burn calories without even stepping foot into the gym. Head down to your local Navy Community Recreation Green Space which includes on-base parks, playgrounds, ball fields, trails and beaches and burn 200 to 400 calories building a snowman, depending on the height of your snowman. Burn even more calories with your family, friends, and your whole community by organizing a flash-mob snowball fight.



An effortless one-hour snowball fight burns 300-500 calories while you are simply having fun. What you do not realize is that you are sprinting through several inches of snow with heavy boots on and heavy clothes, squatting down, leaping, throwing, and swinging. Just like that, you have done a body workout and your cardio is finished for the day!

Have fun this year with your revolutionary changes! Activating your lifestyle does not have to be tiresome. Be optimistic and do not let winter stop you from achieving your goals! Visualize yourself being on-track and focused this year with Navy Community Recreation.

**HAPPY  
NEW YEAR**



## New Website Helps Identify Victims of OPM Breach

*From Navy Office of Information*

The United States Office of Personnel Management (OPM) has steadily sent out notifications to individuals affected by the data breach that took place earlier this year.

In an effort to reach everyone affected, OPM has also launched a website designed to help people check to see if their personal information has been compromised.

OPM's Cybersecurity Resource Center (<http://www.opm.gov/cybersecurity>) requires individuals to submit their information, but will not instantly be able to tell the user if his or her information has been compromised. Instead, the government will review submissions and respond in two to four weeks with a letter.

For those notified, OPM has offered up to three years of intensive credit monitoring with a company that specializes in identity

theft protection and fraud resolution. The company also provides a million dollars in identity theft insurance. So far, just 1.2 million people have signed up for that protection, according to a blog post by acting OPM chief Beth Cobert.

"Part of OPM's job, other than verifying for individuals if they were or were not affected, is providing another method to confirm their current contact information," said OPM press secretary Sam Schumach.

As an alternative to using the website, individuals can also call 866-408-4555 to get the investigation process started.

If you would like to read more about what the letter contains and what you can do to protect your information read the *All Hands* magazine story: [You've Been Exposed, More than 21 million people affected by data breach.](#)



## Planning Ahead for Your Next PCS Move

Soon you will be receiving your orders to your next duty station. Executing a permanent change of station can be very stressful. One of the biggest stress relievers can be the simple act of planning ahead. Take advantage of the many resources available to help you with your move: [Fleet and Family Support Center](#), [Household Goods and Personal Property](#), [Navy Housing](#), [Navy CYP](#) and [Military OneSource](#).

Sponsors can also help reduce stress by finding answers ahead of time to any questions you have about your new location. If you have not been assigned a sponsor, you should speak to the Command Sponsor Coordinator at your current or gaining command.

While it is easy to let the stress get the best of you, try to look forward to the new experiences you and your family will have.

## Looking for a Job?

The Family Employment Readiness Program (FERP) at Fleet and Family Support Centers (FFSC) assists military spouses in obtaining and maintaining employment. In addition to individual counseling, FERP offers workshops and seminars where family members can learn valuable skills such as resume writing, interview techniques and dressing for success.

Educational opportunities also include self-directed job searches, federal employment strategies, career planning and financing a career change. FERP is not a job-placement service, but FFSC staff can help you polish your resume, prepare for interviews and learn about job opportunities in your current location or the location to which you are moving. The best part of the service is that it is free!

[Contact your local FFSC](#) for more information.

## Stalking and Sexual Assault

January is **Stalking Awareness Month**. Like sexual assault itself, the crime of stalking is about power and control over victims. The National Center for Victims of Crime (NCVC) reports that 7.5 million individuals are stalked annually, the greatest number between ages 18-24. As in sexual assault, victims of stalking typically know their stalker.

The Rape, Abuse, and Incest National Network (RAINN) define stalking as:

- repeated nonconsensual communication via calls or text messages/ emails.
- repeated physical or visual closeness, such as waiting for or following someone.
- repeated threats against the victim.

Perpetrators utilize digital platforms such as computers and spyware, tablets, cell phones, personalized online posts, engage in video-voyeurism and use GPS to track their victims. These stalking actions can escalate to unwanted sexual behaviors and comments where the recipient can feel uncomfortable and ultimately violated and



“...cause a reasonable person to feel fear.”

Stalking offenders are mostly former or current intimate partners (60 percent for female and nearly 45 percent for men). Additionally, perpetrators regularly engage in surveillance behaviors, such as following and voyeurism, prior to sexual assault and sometimes maintain social contact afterwards.

Stalking laws vary in each state; more information can be found on the [Stalking Resource Center website](http://www.stalkingresourcecenter.org). If you or someone you know is concerned about stalking, contact DoD Safe Helpline at 877-995-5247. When in doubt of your immediate safety, always call 911 or base security first.

### References:

Florida Council Against Sexual Violence (2015). [Stalking & Sexual Assault](#).

National Center for Victims of Crime (NCVC) (2015). [Welcome: About Stalking](#).

Rape, Abuse, and Incest National Network (RAINN) (2015). [Stalking](#).

[Stalking Resource Center \(SRC\)](#) of the National Center for Victims of Crime (NCVC) (2015).

## New Connections for Transitioning Service Members

Access your free one-year LinkedIn Premium account today! As a part of their commitment to help veterans build professional skills, [LinkedIn](#) is now



offering service members and veterans one year of free access to a premium account, including access to Lynda.com's comprehensive collection of on-demand courses in business, creative and technical skills. Learn how you can access advanced job search tools, make the right connections or master new skills to generate more opportunities!

To expedite your request for free access, add your military experience to your profile and make sure you have a confirmed email address associated with your LinkedIn account.

## Introduction to SECO Webinars

The Department of Defense Spouse Education and Career Opportunities (SECO) program has started offering "Introduction to SECO" webinars on the first Tuesday of the month at noon EST. The webinar features information on education and employment resources offered through the Department of Defense and also includes a featured military installation each month. Interested military spouses can [learn more and register](#).



**NAVY** ia

**U.S. Navy Individual Augmentees**



### IA Discussion Group Schedule

View the [Fleet-wide list of classes, support groups and events](#).

### Returning Warrior Workshops (RWW)

Returning Warrior Workshop Schedule and IA Family Events — [www.ia.navy.mil](http://www.ia.navy.mil). Click "Resources" then "IA Services."

# Disposing of Your Mobile Device

From OnGuard Online

Thinking of upgrading to a new mobile phone or device? Maybe returning one that did not work out for you? It is important to delete any personal information you stored on the device.

## How to Remove Personal Information

Your mobile device probably holds sensitive information like addresses and phone numbers, passwords, account numbers, email, voicemail and text message logs. When getting rid of your old device, it is important to take steps to help ensure this information does not fall into the wrong hands.

First, try to use the factory reset. Many devices allow you to “wipe” your device and clear nearly all the information in its memory. Sometimes, this is called a “hard reset,” or “factory reset.” You may be able to save or transfer the information to your new device before you delete it from your old one. For detailed instructions on how to “wipe” your device, read your owner’s manual or check the website of your mobile provider or the device manufacturer.

Second, remove or erase SIM and SD cards. Many mobile devices store information on a SIM card or an external SD card as well as in the device’s internal memory. If you are keeping your phone number, ask your mobile provider about transferring your SIM card to your new device. SD cards often contain photos and other sensitive information. Even when you “wipe” your device, your SIM card or SD cards may retain information about you. Remove them from your device or delete the data that is stored on them.



## Checking Twice

After you have deleted your personal information, it is good to double-check to make sure it is gone. Check your:

- phone book
- logs for both dialed and received calls
- voicemails
- sent and received emails and text messages
- downloads and other folders
- search histories
- personal photos

If you stored apps on your device, remove them and the data associated with them.

## Discarding with Care

Once you have a “clean” phone, it is up to you to decide what to do next.

Recycling it is one option. Many mobile device manufacturers, wireless service providers and other groups have programs to refurbish mobile devices or recycle their components, including accessories like chargers. For more information, check the websites of:

- [The Environmental Protection Agency \(EPA\)](#)
- [CTIA - The Wireless Association](#)
- your carrier

Another option is to donate your device. Many organizations collect used mobile devices for charitable purposes. You also might decide to trade in your device for a credit toward a new one, resell it to a person or an organization or just dispose of it altogether. If that is your choice, keep the environment in mind. The EPA recommends that you check with your local health and sanitation agencies for their preferred way to dispose of electronics.



## New Spouse Orientation

New Spouse Orientation is offered as an [on-demand course](#) designed to support new Navy spouses. It provides information on benefits, support services, military culture and resources to help spouses adapt to the military lifestyle.

## Relocation Tip

Moving is always stressful, but don't let stress get the best of you or your family. Take advantage of these [programs](#) to get information, tools and support.



## Ready and Resilient Videos

The “[Building Ready and Resilient Sailors and Families](#)” videos help Navy families adjust to the challenges of deployment. They encourage Sailors and family members to seek out services and resources to promote family resilience.



## Military Caregiver Peer-to-Peer Forums Update

*From Navy Wounded Warrior-Safe Harbor*

Navy Wounded Warrior (NWW)-Safe Harbor coordinates the non-medical care of seriously wounded, ill and injured Sailors and Coast Guardsman, and provides resources and support to their families. Through proactive leadership, NWW offers individually tailored assistance to ensure enrollees' successful recovery, rehabilitation and reintegration.

Additionally, NWW provides caregivers a variety of support services, which help make their jobs more manageable and alleviate the stress that accompanies a major life change. Caregivers are critically important and without their selfless dedication, NWW enrollees would not likely be so successful in their recovery.

As part of the Joining Forces Initiative, First Lady Michelle Obama and Dr. Jill Biden urged Americans to support the nationwide work of military caregivers. They recognized that more can be done to support the estimated 5.5 million military caregivers in our country, including 1.1 million caregivers who support our newest generation of post-9/11 veterans.

To fulfill this need for caregiver support, the Department of Defense rolled out a new caregiver peer-to-peer support initiative. In June 2014, the first military caregiver peer-to-peer forums were launched. The program is now a little over a year old and available at 62 locations.

In June, Warrior Care Policy hosted a meeting for all the military branches to review the feedback from military caregivers, recovery care coordinators, non-medical care managers, peer support coordinators and military family life counselor leadership. A refinement strategy was established and is now in the process of being executed. Recommendations included respite care, childcare, transportation issues; caregivers are recognizing themselves as caregivers and creating joint synergy with services at joint bases. Goals have been identified through the refinement process to improve overall support of military caregivers.

To learn more about NWW, visit <http://safeharbor.navylive.dodlive.mil>. Follow NWW on Twitter, Facebook and Instagram for

the latest news. To identify locations, dates and times of military caregiver forums, visit <http://warriorcare.dodlive.mil/caregiver-resources/>.



Rodney Outlaw, caregiver to his wife Aviation Electronics Technician Elaine Outlaw, proudly stands by her side at Naval Medical Center San Diego.

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