

"I can imagine no more rewarding a career. And any man who may be asked in this century what he did to make his life worthwhile, I think can respond with a good deal of pride and satisfaction: 'I served in the United States Navy.'"

— John F. Kennedy

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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.

Visit us online at:



Fleet and Family Support Centers celebrate 36 years of service

For 36 years, Fleet and Family Support Centers have been serving the needs of Sailors and family members, providing a broad range of programs designed to support individual and family readiness through a full array of programs and resources which help Navy families to be resilient, well-informed and adaptable to the Navy environment.

"We are dedicated to ensuring that we help maintain fleet readiness through family support programs before, during and after deployments," said Matt Straughan, N91 program director. "We congratulate all the outstanding staff, volunteers and partners who collaborate daily to deliver these services. They truly understand that the well-being of military families is a major factor in the well-being of the overall force."

FFSC programs include:

- Deployment and ombudsman 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
- Relocation assistance
- Transition assistance
- Spouse employment
- Sexual assault prevention and response
- Exceptional family member support
- New parent support
- Podcasts and webinars

Since 2005, Navy Family Readiness program management, implementation, execution and programming have been aligned within Commander, Navy Installations Command (CNIC).

Happy anniversary Fleet and Family Support Centers!



Financial coaching after transition

Transitioning soon? The Consumer Financial Protection Bureau (CFPB) Financial Coaching Initiative has been developed to serve transitioning veterans by providing financial coaching services that equip veterans to take control of their finances proactively at crucial moments in their lives. The program was launched in May 2015 at 60 host sites across the country.

Financial coaches provide advice and encouragement in a process largely driven by the client. The approach is strengths-based and uses encouragement, accountability and practice to empower the consumer to change behavior. Coaching is not intended



to replace other interactions with consumers, such as financial counseling, but can be a good complement.

The program is free for veterans and provides an additional resource to assist with the challenges of transitioning into civilian life. All coaches are nationally accredited financial counselors familiar with the military lifestyle and the transitioning process.

For more information [read the full article and locate the coaching center near you.](#)

Transition Goals, Plans, Success (GPS)

The Navy provides career and transition assistance to Sailors preparing to separate or retire. Transition GPS is a five-day workshop which ensures that Sailors are better prepared to transition from military to civilian life. This workshop helps Sailors successfully transition to civilian employment, to college or technical trade school or to start their own businesses.

At least 90 days prior to their expected separation date, Sailors must meet with either their Command Career Counselor or Command Transition Officer for pre-separation counseling and Transition GPS registration. The Transition GPS workshop is conducted by the Fleet and Family Support

Center and the Departments of Labor and Veterans Affairs. They work directly with Sailors on transition resiliency, financial planning, resume and interview techniques and post-separation benefits for veterans.

At the end of the workshop, there is a Capstone event where Sailors demonstrate that they have met important Career Readiness Standards (CRS) in order to successfully transition. FFSC staff members refer Sailors in need of additional assistance to partner agencies located near or at the Sailor's home of record.

For more information on Transition GPS, check out the Navy's [Transition Assistance Program webpage.](#)



PFM Video Series

The Personal Financial Management program has created a [series of four videos](#) to provide a brief introduction to financial issues of importance to Sailors and their families. These three-minute videos will help Sailors and families navigate some of the financial issues they face: Credit Reports / Credit Scores; Marriage and Money; Vacation Planning; and Renting vs. Buying.

Relocation Tip

You are responsible for ensuring you stay within your authorized [weight allowance.](#)



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.



H&R Block offers military spouse/wounded warrior training scholarship

H&R Block (HRB) is partnering with the various military branches to offer scholarships for a free Income Tax Course (ITC) for military spouses and wounded warriors. While employment is not guaranteed, the Income Tax Course scholarship is provided to any military spouse or wounded warrior who meet the criteria.

Who is Eligible for the Scholarship?

Any I.D.-holding military spouse of an active, retired or reserve military service member, wounded warriors (as defined by the DoD), wounded warrior's spouse and widow/widower of military service member killed in combat is eligible. Active-duty service members are not eligible for this scholarship, but they can choose to attend classes if they wish to pay the required tuition.

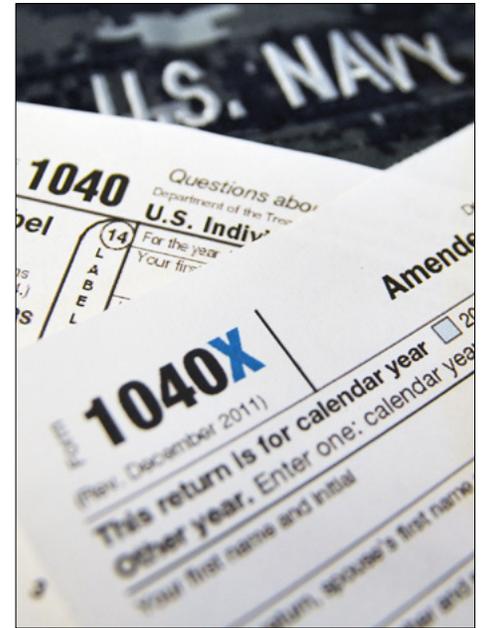
Offer/Benefit

H&R Block offers a scholarship that covers Income Tax Course registration and tuition. Although the company would like to hire a large percentage of eligible military spouses and wounded warriors, there may be situations that prevent candidates that have completed the course from being hired with a local H&R Block office. Each situation will be examined on an individual basis.

Prospective students can obtain a Military ITC Scholarship certificate from:

- Fleet and Family Support Centers
- Local military job fairs
- The local [H&R Block](#) District Office

For more information, contact H&R Block at 800-472-5625 or visit your local [Fleet and Family Support Center](#).



The OPSEC of the future

By U.S. Navy Chief of Information (CHINFO)

With continuous advances in technology and unlimited access to information, the Naval OPSEC Support Team (NOST) is working to bring operations security (OPSEC) standards into the 21st century U.S. Navy.

Following five critical steps will help ensure your next post, tweet or casual conversation does not give adversaries a critical piece of operational security information.

1. **Identify critical information.** Would the information you have assist an adversary in any way?
2. **Analyze the threat to that information.** Does an adversary have the capability to collect or use the information, and if so, how?

3. **Analyze the vulnerabilities.** How is the critical information relayed in the course of your daily duties and how is it protected?
4. **Assess the risk.** How likely is it that the information could be compromised?
5. **Develop countermeasures.** What can you do to protect the information from being disclosed?

NOST reminds everyone, including service members and family members, of their duty to protect commands, shipmates and families by always maintaining operations security. The next time you send your friends a comment or post a tweet, think about who else may be seeing it.

Team Navy shows heart at 2015 DoD Warrior Games

Thirty-nine seriously wounded, ill and injured Sailors and Coast Guardsmen, as well as their friends and families, traveled from all corners of the U.S. to attend the 2015 Department of Defense (DoD) Warrior Games, which took place June 19-28 at Marine Corps Base Quantico, Va.

The athletes competing on behalf of the Navy went head-to-head against more than 200 wounded warriors from the Air Force, Army, Marine Corps, Special Operations Command and the U.K. Armed Forces. The Team Navy roster was announced after the very competitive Wounded Warrior Pacific Trials in March, and the wounded warrior athletes spent the following three months training for the games.

"I'm so excited to be here. Being selected for Team Navy has been a real privilege and honor," said Navy Lt. Cmdr. Maria Gomez-Mannix. She competed in last year's Invictus Games in London, but this year marked her first DoD Warrior Games. She competed in field, shooting and sitting volleyball.

After a rousing opening ceremony - which was attended by a host of dignitaries, including U.S. Secretary of Defense Ashton

Carter, Chairman of the Joint Chiefs of Staff Admiral James Winnefeld and Senator Tim Kaine of Virginia - Team Navy clinched medals in every sport and enjoyed a spirited wheelchair rugby exhibition.

"You are the pinnacle of DoD adaptive sports programs... activities that have helped our men and women heal together in mind, body and soul," Carter said while addressing the athletes at the opening ceremony.

"I enjoyed seeing all the branches come together, including our U.K. brothers and sisters who are here, and seeing everyone prepared to represent their service and their country, and put forth their best effort," said retired Navy Lt. Steve Simmons, who also was new to the DoD Warrior Games. Simmons competed in archery, cycling, track and field, and wheelchair basketball.

Team Navy's participation in the DoD Warrior Games was facilitated by Navy Wounded Warrior (NWW) - Safe Harbor, the



Navy and Coast Guard's wounded warrior support program. NWW has provided non-medical care to more than 3,500 seriously wounded, ill and injured service members, allowing them to focus on getting well.

Adaptive sports - athletic activities that are modified to meet the abilities of injured or ill individuals - are essential to the recuperation of wounded warriors. All enrollees

in NWW are encouraged to make athletics a key component of their recovery and rehabilitation plans.

Adaptive sports are proven to have positive and lasting effects on the physical and emotional well-being of recovering service members. Benefits include higher self-esteem, lower stress levels and fewer secondary medical conditions.

For more information about NWW or the DoD Warrior Games, visit <http://safeharbor.navylive.dodlive.mil>; find "Navy Safe Harbor" on Facebook, Twitter, YouTube or Instagram; or call 855-NAVY WWP.



	Gold	Silver	Bronze
Army	69	52	41
Navy/ Coast Guard	12	12	19
Marine Corps	47	37	21
Air Force	23	39	25
SOCOM	13	17	15
British Armed Forces	42	20	23



Ensure your furry family members travel with ease

Whether it is by planes, trains or automobiles... summer travel and PCS season is upon us! It is important to remember that traveling with your pets can add extra time and challenges to your plans. Here are some useful tips to help prevent added stress on you and your pets:

- **Make sure your hotel accepts pets.** Contact the hotel directly to find out any restrictions and/or additional fees.
- **Locate emergency clinics.** Keep a list of local emergency veterinary clinics for each town or state you are traveling to.
- **Feed your pet wisely.** Occasionally, traveling can upset your pet's stomach. Take along ice cubes, which are easier on your pet than large amounts of water. It is recommended that you keep feeding to a minimum during travel. If you are traveling by car, a light meal for your pet two to

three hours before you leave is advised. If you are traveling by air, a light meal four to six hours before departure is recommended. Allow small amounts of water periodically in the hours before the trip.

- **Provide I.D. for your pets.** Whether your pet travels with you or by another means, it should wear a special identification tag in addition to its regular one. Write the pet's name, your name, your cell phone number, the person to contact at the destination, their phone number, a destination address or that of a friend or relative, in case you need to be reached.
- **Check the airline's requirements.** See if your pet can travel in a carrier that can be kept under a seat in the cabin or if the pet must travel by air freight.
- **Get there early.** Arrive 45 minutes in advance if the pet is accompanying you. If shipping the pet, get to the flight terminal two hours in advance of your flight.

Summer heat safety

Heat waves and excessive heat exposure are a very real threat to humans. According to the Centers for Disease Control, between 1999 and 2010 7,415 deaths associated with exposure to excessive heat occurred in the United States. During the hottest summer months it is important to know how to prepare and what actions to take to protect yourself and your family.

As with any potentially dangerous situation, the first step to prepare for extreme heat is to ensure you have an emergency supply kit assembled and a family communication plan in place. Next, check your home to make sure air-conditioning units are installed properly, weather stripping around doors and window sills is secure, and that window covers help reduce heat.

Stay alert to weather conditions. Know if a heat wave, defined by the National Weather Service as a period of abnormally and uncomfortably hot and unusually humid weather that lasts two or more days, is in the forecast. Keep a close eye on local weather conditions and make choices that are in the best interest of your family.

Protect yourself and family members from heat exhaustion, cramps or heat stroke by drinking plenty of water, wearing loose, light-colored clothing, avoiding strenuous activity and staying indoors. The more you can avoid the sun, the better. Limit your intake of alcoholic and sugary beverages and eat light, well-balanced meals.

If your home is not air-conditioned, you may want to consider spending the warmest part of the day in a public building or community facility. If nothing else, stay in the coolest area of your home and use a fan to circulate the air. Do the best you can to keep your body cool.

For more information on how to prepare for extreme heat and all other hazards visit www.Ready.Navy.mil or www.Ready.gov.



NAVY ia

U.S. Navy Individual Augmentees

[Like us on Facebook.](#)



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. Click "Resources" then "IA Services."

United States Department of Agriculture



Summer Meals for Kids & Teens

Being Served in Your Community

To find a location near you,
call **1-866-3-HUNGRY** or go to
www.fns.usda.gov/summerfoodrocks

OPEN to All Children, 18 and younger
NO Enrollment, NO Cost!