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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](mailto:timothy.mcgough@navy.mil).

Visit us online at:



Scan QR Code to access via mobile device

## Bringing Peace to Relationships

October is Domestic Violence Awareness Month; an optimal time to reinforce the Navy's commitment to eliminating domestic violence in our military communities and families. Research consistently shows that domestic violence cuts across all age groups, genders, and ranks. In other words, victims of domestic violence are Sailors as well as spouses. It happens to men as well as to women and children. Families need to prepare themselves with tools to cope with the stressors of marriage and family life. Nine characteristics that support a strong, healthy relationship are:

- Love and Appreciation
- Commitment
- Faith
- Time Together
- Communication
- Connections
- Encouragement
- Adaptability
- Clear Responsibilities

These characteristics strengthen and serve as tools that couples and families can use to build the kind of relationships they want and deserve. Make the commitment to participate in at least three activities this month. [Click](#) to download a calendar with suggestions on how to strengthen and bring peace to your relationship.

Domestic Violence Awareness Month 2012  
**Home is Not a War Zone: Bringing Peace to Relationships**

Make the commitment to participate in at least three DVAM activities at your installation this month.

**October 2012**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Call your in-laws (or future in-laws) and thank them for your partner	2 Contact the Chaplain's Office and sign up for this (or next) year's Credo Marriage retreat	3 Put the kids to bed (early) and share dinner by candlelight, at your kitchen table	4 Write a post-it note to tell your partner why you are glad he/she chose you	5 Invite another healthy couple over (or not) for dinner together	6 Make a "list" together and hang it on the refrigerator
7 Hold a "State-of-the-Union" meeting with your partner	8 Sign-up to take a MWR class or trip together	9 Do something with your partner that he/she may enjoy, but you may not. (Watch football, etc.)	10 Text your partner a love message	11 Repeat your wedding vows to your spouse	12 Go to the movies and have a movie night	13 Ride bikes (or take a walk) in the park with your entire family
14 Work on a "Do It Yourself" home project together	15 Write poems to one another and read them aloud	16 Get up early and do Yoga together	17 Turn on some of your favorite songs and dance together in the middle of the living room	18 Make dinner together (get the kids to help)	19 Write a love letter to your spouse or partner	20 Volunteer your time in a community organization together
21 Cut off all electronic devices and make a commitment to talk today	22 Write down 2 personal and 2 relationship goals and share them with your partner	23 Kiss in the rain. Not raining? Kiss in the shower	24 Create a "love box" for your partner with a few of his/her favorite things	25 Write "I Love You" in a different language - Tell them to figure out what it says	26 Declare your love to your partner (in a public setting)	27 Pack a sunset picnic
28 Give each other pedicures	29 Pick out clothes that you want your partner to wear to bed tonight	30 Play two rounds of hide and seek (create a "prize" when the partner is found)	31 Pull out some old pictures and create a collage of your family together	Family Advocacy Program		

**This may not be EASY but will be worth the effort.**

"Be the change you wish to see in the world."

~ Mahatma Gandhi



## Playing Makes Kids SMART!

Interact with your kids, play with them, and make them feel loved. Scientists have observed that babies who were not cuddled, played with and loved have stunted brain growth. They also observed that babies who were not held and did not receive attention failed to grow, became depressed and did not thrive. On the other hand, many studies have shown that loving, hugging, interacting and playing with your child has a strong positive effect on developing his or her intelligence. The loving connection formed between you and your kid and your one-on-one interaction provides the foundation for higher thinking skills.



Have fun together ... without electronics, at least five days a week for 20 minutes at a time. This builds your child's brain power! To read more, [click here](#).



## EFMP Providing Support to Navy Families Around the World

Exceptional Family Member Program (EFMP) Liaisons are onboard at your local Fleet and Family Support Center (FFSC) to provide EFMP information and assist families currently enrolled, as well as those needing to enroll. All FFSCs have EFMP Information and Referral services, and locations with high concentrations of enrolled families have full-time EFMP Liaisons who provide expanded services. All enrolled EFMP families are eligible for non-medical case management and the development of Individualized Services Plans. Families desiring these services will be assisted by the nearest full-time EFMP Liaison.

Liaisons provide resources and host or sponsor activities such as support groups, "Rest Stop" tents, bowling outings and movies on installations exclusively for EFMP families. Family Connections meetings, Resource Fairs, Open Houses and Lunch & Learns are among other sponsored events.

Contact your [Regional EFMP Liaison](#) to subscribe to the EFMP newsletter and get more information for your area. Remember, enrollment in the Exceptional Family Member Program is mandatory if you have a family member with special needs. You can begin the enrollment process by logging on to the [Navy Accountability and Assessment System \(NFAAS\)](#) and clicking on the EFM tab.



Scan QR Code to access EFMP information via mobile device.

## Navy Family Accountability and Assessment System (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](#).



Scan QR code to access NFAAS mobile website 24/7.

Add JSS to your Mobile Network  
[jssmobile.org](http://jssmobile.org)

iPhone, iPad User...  
 Download JSS at the App Store ▶

JSS Dial-in Access 24/7?  
**1-877-JSS-NOW1**  
 (577-6691)



Take advantage of the [National Dissemination Center for Children with Disabilities'](#) State Resource Sheets as you plan ahead for your move. These sheets

list important resources in each state and are divided into sections: state agencies, disability-specific organizations, organizations especially for parents, and other.



## Financial Aid: How Much Students Really Owe

A new “financial aid shopping sheet” will show college applicants exactly how much money they might expect to pay for their education and help them compare financial aid offers from different schools they’re considering. The White House, Department of Education and the Consumer Financial Protection Bureau recently unveiled the final version of their Financial Aid Shopping Sheet. U.S. colleges are being encouraged to adopt the new form.

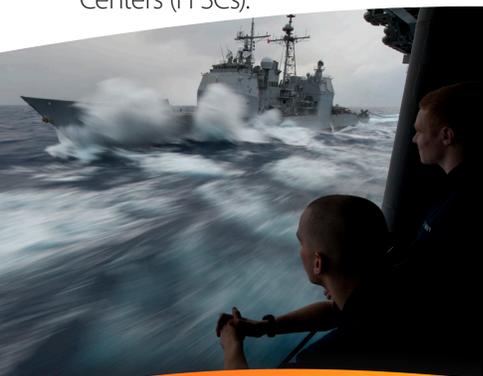
The form will include personalized information about how much one year of school will cost, the loan options available to applicants, the differences between grants and scholarships and the net cost of college when grants and scholarships are taken into consideration. It will also give applicants an idea of how



hard it will be to repay that amount upon graduation, provide default rates for that particular school and estimate monthly payments a student will be required to make once they graduate. It is hoped that having this transparent information will allow the student and their family to make a better decision on enrolling and paying for school. Schools that accept Tuition Assistance and G.I. Bill funding are required to provide the sheet to military financial aid recipients in the 2013-2014 school year. [Read entire article here.](#)

## Get and Stay Financially Fit During Deployment — Webinar for Families

It all starts with a good spending plan. This webinar, designed for Sailors and their families, will cover understanding entitlements, establishing a savings routine, implementing strategies to reduce financial stress, planning for homecoming expenses and more. The goal is to educate families on the valuable resources available at the Fleet and Family Support Centers (FFSCs).



**24 October 2012 10:00 – 11:00 AM EDT**

**24 October 2012 19:00 – 20:00 PM EDT**

To register, Sailors and family members will need to create a webinar account by logging on to the Learning Management System (LMS) and completing the form for first time users. Go to <http://learning.zeiders.com> and scroll down the page until you see “Is this your first time here?” **Note: The LMS is not compatible with AOL accounts.**

## Transition and Employment Corner Spouses Who PCS May Have Preference

If your active-duty service member is relocating with permanent change of station (PCS) orders, you may have preference for federal employment. This little-known provision that authorizes the hiring of eligible spouses is called the Preferred Placement Program for spouses, also known as PPP-S or Program-S. You don’t have to be a current or previous federal employee to take advantage of this opportunity!

To be eligible, you *must* register for Program-S at your local Human Resources Office (HRO). Additionally, you must:

- Have been married to your service member before the PCS.
- Accompany your spouse to the new assignment.
- Be within the commuting area of the position for which you are applying.
- Be among the “best qualified.”

What does it mean to be “best qualified” for a federal job? First, a very general explanation of the job announcement process might be helpful. When a job vacancy is going to be announced, a recruiting office sets *referral* criteria using a numerical point system. The most qualified applicants score the highest points, and they earn a “referral.” You need a referral to get on the list to be interviewed. So, if your work experience falls within the set

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Ready Navy (formerly Operation Prepare) continues to provide Sailors and their families with tools and resources for emergency planning and preparation. Key elements for emergency preparedness:

- Be informed.
- Make an evacuation plan.
- Make a family communications plan.
- Practice your plans.
- Make emergency kits.

## FREE Emergency Apps



### Flashlight

Android and iPhone

Flashlight uses the LED light and fills your screen with bright white light to illuminate your world when you find yourself in a dark spot.



### Hands-Only CPR

Android and iPhone

This app walks you through the two-step checklist: call 911 and start chest compressions; there's also a brief video.



### ARC: Shelter View

iPhone

Be prepared. When disaster strikes know when and where shelters have been opened to provide assistance. Androids, follow the Red Cross on Twitter.



### 5-0 Radio Police Scanner Lite

iPhone

During a disaster, be the first to know about important news and precautions to take. Androids, try the free Scanner Radio app.

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numerical range, you could be regarded as best qualified, and referred. If you are a best qualified spouse, you may be selected.

For more information about Noncompetitive Appointment of Certain Military Spouses, get the facts from your local [Human Resources Office \(HRO\)](#) or review frequently asked questions at [U.S. Office of Personnel Management \(OPM\)](#).

## E-Resources Supporting Military Families

[Military Pathways®](#) is part of ongoing support to military members and their families. The program is accessible online and provides free, anonymous mental health and alcohol self-assessments for all branches including the National Guard and Reserve.

[Home Base Program](#) offers clinical and counseling services in individual or group settings to veterans and their spouses, parents, children, siblings, grandparents, significant others and other loved ones in their lives throughout the deployment cycle.

[LifeArmor](#) was designed by the National Center for Telehealth and Technology, is portable and provides information and assistance at the touch of a button. Touch-screen technology allows the user to browse information on 17 topics, including sleep, depression, relationship issues, and post-traumatic stress.

Free download available on [iTunes](#), [Google Play](#) or the Amazon Marketplace.



## U.S. Navy Individual Augmentees

[Like us on Facebook.](#)

### IA Discussion Group Schedule

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

