

**Contents**

Ombudsman Appreciation Events – September 2012

Navy Introduces New Transition On-Demand Series

National Preparedness Month

Baby Safety Awareness Month

FREE Income Tax Course for Military Spouses and Wounded Warriors

Plan Ahead for the Holiday Season

Military Extension Internship Program

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

# Ombudsman Appreciation

September is a month to say goodbye to summer and hello to fall. It is also a time to celebrate your command ombudsman. Your ombudsman may have been that individual who provided you the school liaison officer's phone number or offered back-to-school resources, all while preparing their own family for the upcoming school year.

Since the Navy Family Ombudsman Program's inception on 14 September 1970, ombudsmen have selflessly served commands, Sailors and family members. They provide assistance in various areas such as job search resources, relocations, homecomings and through such difficult times as natural disasters or family crisis. Scheduled hours are typical, but it's not uncommon for ombudsmen to answer the call of duty on weekends, evenings or even in the middle of the night.

These dedicated volunteers have a passion for what they do and a true love of Navy life. Many

serve at multiple commands and most throughout their spouse's career. Since the beginning of 2012, ombudsmen Navy-wide have received over 1,450,997 family member contacts. This translates to 49,500 hours of volunteer service. Both numbers are impressive and one or more of those contacts may have helped you!

Whether by email, text, Facebook or in person, please take time this month to express your appreciation to your command ombudsman. If you don't know who your ombudsman is, contact your command or go to the [Ombudsman Registry](#), click the "Contact Your Ombudsman" feature to make the connection today. And, to all ombudsmen serving, past or present, a sincere thank you for all that you do!

Check with your local installation's Ombudsman Coordinator or RCC Warrior and Family Support Specialist to learn more about events near you.



## Ombudsman Appreciation Events – September 2012

Installation	Event	Date	FFSC Phone Number
NB Kitsap	Dinner	07-Sep	360-396-4115
CNRH	Dinner	07-Sep	808-474-1999
NAS JRBF Worth	Brunch	08-Sep	817-782-5355
NSY Portsmouth	Dinner	10-Sep	207-438-2600
NAVSTA Everett	Dinner	11-Sep	425-304-3708
NAVSTA Newport	Luncheon	13-Sep	401-841-2283
NAVSTA GTMO	Dinner	13 Sep	011-5399-4329
CFAS	Luncheon	14-Sep	252-3604/3109
NAF Atsugi	Banquet	14-Sep	011-81-467-63-4187
NSA Millington	Luncheon	14-Sep	901-874-7343
NAS Corpus Christi	Dinner	15-Sep	361-961-2372
NAS Kingsville	Dinner	15-Sep	361-516-6333

## Navy Introduces New Transition On-Demand Series

Are you transitioning, close to it or just curious about the process? The Navy has a brand new online tool to assist.

[Military Families in Transition \(MFIT\)](#) was designed to provide information to spouses, families, and service members who are preparing for civilian life. MFIT is comprised of four modules: Fleet and Family Support Center services, Pre-Separation Checklist (DD Form 2648), VA Benefits Brief, and the Department of Labor’s Transition Assistance Program (TAP). Choose any module to begin. Of course, it is most beneficial to view the entire series.

The MFIT web-based platform creates a compelling, interactive setting and is very user friendly. Introducing appropriate resources and finding answers does not get more convenient. Plus, it is available *on-demand*, which means you can learn wherever there is internet access and at your own pace! Click the link above to get started.



Scan QR code Supports devices with flash

**“Great opportunities to help others seldom come, but small ones surround us every day.”**

– Sally Koch

## 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.

## National Preparedness Month

Take time this month to learn about preparedness; assess your risks, make a plan, build a kit, and get involved. Preparing ahead of time can help save lives, protect property, and speed up the pace of recovery. With a few simple steps, you can be ready for potential disasters and emergencies. Free preparedness resources, such as a Family Emergency Plan template and an Emergency Supply Kit checklist, are available on [www.Ready.gov](http://www.Ready.gov).



## Baby Safety Awareness Month

Parents, guardians and childcare providers are encouraged to commit to learning new ways to ensure babies' and toddlers' safety during this month. In order for children to grow and thrive they must be in a safe, loving and nurturing environment. However, creating a safe environment can be very challenging.

Research indicates that there are specific protective conditions that must be present to ensure child safety. Three of those conditions require parents, guardians and childcare providers to be knowledgeable about early child development, prepare a safe living environment and maintain a consistent preventive health care regimen.

According to the two leading pediatric preventive health care organizations – the Centers for Disease Control and Prevention (CDC) and American Academy of Pediatrics (AAP) – there are several basic safety precautions that all parents, guardians and childcare providers should adopt as part of their childcare practice.

- Keep all scheduled well baby/well child visits.
- Get all recommended immunizations as scheduled.
- Create a safe sleep crib/bed environment by removing all potentially hazardous items from within a child's reach.
- Place babies and toddlers on their backs while sleeping.
- Child-proof your home.
- Learn about [Purple Crying](#).
- Practice self-awareness. Caring for babies and toddlers can be overwhelming and sometimes we need additional support. If you feel frustrated, depressed or overly anxious, contact someone you trust for help immediately or call 911.

To learn more about child safety and the [New Parent Support Home Visitation Program](#), contact your local [Fleet and Family Support Center](#).

## FREE Income Tax Course for Military Spouses and Wounded Warriors

As in previous years, H&R Block is offering a **FREE Income Tax Course for Military Spouses and Wounded Warriors**. The course normally cost between \$250 and \$300, but H&R Block pays full tuition for eligible students.

Who is eligible? That's easy: any ID-holding military spouse of an active, retired, or reserve military service member and Wounded Warriors (as defined by the DoD). Active Duty service members are not eligible, but may enroll at their own expense.

The course is approximately 10 weeks depending on location, and only about 10 hours of lessons each week. Students will learn the tax codes and regulations to include instruction to navigate the software, a key ingredient for tax specialists. Most graduates are placed in H&R Block positions for the tax season. Additionally, options exist for upward mobility to H&R Block elite status. You can work to become an "Enrolled Agent" (EA) for taxpayers.

You **MUST** identify yourself as a Military Spouse or Wounded Warrior when calling to register at 1-800-HRBLOCK (472-5625).

Ask to speak to the District Manager, who will provide you the coupon and flyers. Registration is also available online and at participating [H&R Block offices](#).

Move quickly, enrollment for 2013 tax season is underway! For additional assistance, contact Albert Niebla at [MilitaryFieldSupport@HRBlock.com](mailto:MilitaryFieldSupport@HRBlock.com).

*\*Offer not valid in MD and TN.*



## Plan Ahead for the Holiday Season

Back-to-school marks the beginning of the holiday season, starting with Labor Day running through New Year's. The bigger your family, the faster time flies. With a little patience, planning and organization, your holiday season can be manageable, relaxing and fun. Here are some helpful tips:

1. **Synchronize your calendar** with school/work vacations and holiday periods to be spent with family and friends. Choose alternate days for family gatherings, and make sure you remain flexible to accommodate last-minute invitations. Remember to schedule time for relaxation to reduce stress.
2. **Establish a realistic spending plan.** There are only 6-7 paydays remaining until the big day. Make and review gift lists and set limits for each person. Remember postage and decoration expenses. Plan ahead. Last minute purchases are often the most expensive!
3. **Establish a weekly or monthly "to do" list.** Shopping and preparing for guest takes time and effort. Schedule time to gift and grocery shop, mail cards and even gift wrapping. By the time the holidays roll around, you'll be ahead of the game.
4. **Set aside time for yourself.** Plan "down time" to enjoy special moments with a close friend or relative. Ensure you get plenty of sleep and regular exercise to maintain that semblance of normalcy.

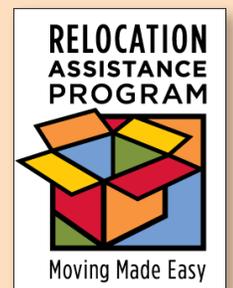


## Military Extension Internship Program

Considering a career in childcare or youth development? Intern with the Military Extension Internship Program! Spring 2013 applications are being accepted through September 28th. Questions? Contact Jessica Wandless at [jwandless@purdue.edu](mailto:jwandless@purdue.edu) or (765) 496-771. For more information, visit [www.ydae.purdue.edu/military](http://www.ydae.purdue.edu/military).

## Pets on the Move

It is important to ensure that your pet's food is not changed during or just after the move. Unfamiliar food may make your pet ill, which could make the trip quite challenging. For more information, visit <https://www.avma.org>.



**U.S. Navy Individual Augmentees**

[Like us on Facebook.](#)

### IA Discussion Group Schedule

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



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)