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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 Communications Program Specialist Timothy McGough at timothy.mcgough@navy.mil.

Visit us online at:



Safety tips for exercising in hot weather

Submitted by Chief of Naval Personnel Public Affairs

Exercising outside during the height of summer heat can be hot and sticky, not to mention potentially dangerous. If you have been consistently exercising outside throughout the year, then the transition should be easier when hot weather arrives.

However, if you have not been spending time outdoors, make sure you build up your tolerance to the heat. Start with a 10-minute workout and add five to 10 minutes each week. Try to avoid direct sunlight and work out in the shade. It is also best to work out early in the morning before the day heats up or after the sun has gone down and it is cooler.

Another good tip is to work out with a partner so that you can monitor each other for heat-related injuries, such as heat stroke. It is also recommended to work out a few days indoors or in a pool to provide your body a break from exercising in the heat.

Increase your water intake during the summer and while exercising in the heat.

Recommendations for water intake:

- Two hours prior to a workout, drink 16-24 fluid ounces.
- For every 30 minutes or as needed, drink 9-16 fluid ounces.
- If you are exercising outside for more than an hour, a sports drink with 30-60g carbohydrates is helpful.
- After a workout, drink 16-24 fluid ounces for each pound lost during exercise.



If you get dizzy or lightheaded, stop working out immediately, move into the shade or into an air-conditioned room and drink plenty of water. Take care of yourself when exercising in the heat!

Take precautions in extreme heat

*Submitted by Amber Kerr
 CNIC Family Emergency Response Program Analyst*

For many, the month of August represents the end of summer and the beginning of a new school year. Families are making their last visits to the beach and people are reveling in the long daylight hours.



August, however, is also a month that can have notoriously high temperatures. If you live in an area that is affected by extreme heat, it is important for you to take the appropriate steps to protect yourself and your family from potential heat-related dangers. [\(Story continued on page 2.\)](#)

"The love of family and the admiration of friends is much more important than wealth and privilege." — Charles Kuralt

(Continued from page 1.)

Here are a few things that you can do to prepare:

- Be informed and know heat terminology.
- Stay updated on local weather so you can plan outside activities accordingly.
- Stay in air-conditioned buildings as much as possible. If you do not have air-conditioning at home, make sure you have something to circulate air to help prevent stagnant conditions.
- Avoid direct sunlight.
- Wear loose-fitting, lightweight and light-colored clothing.
- Drink more water than usual. Do not wait until you are thirsty to drink more fluids.
- Avoid alcohol and foods/liquids that contain high amounts of sugar or salt.
- Learn the symptoms of heat-related illness.

Take the proper steps to ensure you are ready for extreme heat. Be prepared.

Healthy parenting for child safety

Submitted by Towanda Jackson, CNIC N9 New Parent Support Analyst



This year's Child Abuse Prevention Month campaign theme is "It Only Takes a Minute." It serves as a reminder that children can sustain -- and have sustained -- serious and fatal injuries in the blink of an eye. According to the Centers for Disease Control and Prevention (CDC), the leading causes of child injuries at home are drowning, falls, fires and poisoning. Injuries are preventable. Parents and child caregivers

must exercise caution and take steps to prevent a child's exposure to environmental hazards. We should also take heed to the wisdom of VADM William French: "The same mix of ingredients that can lead to great memories can often lead to significant injury. Recognizing and managing risk is paramount." Among the most insidious (but certainly not the only risk) is heat."

Below are few steps parents and child caregivers should take to prevent child injuries:

- Always supervise children when they are eating, sleeping and playing.
- Learn how to perform CPR.
- Buckle children in age- and size-appropriate car seats, booster seats and seat belts.
- Keep cords and strings, including those attached to window blinds, out of your child's reach.
- Move all cribs, beds, furniture and toys away from windows and window cords.
- Keep small objects such as buttons, beads, jewelry, pins, nails, marbles, coins, stones and tacks out of reach and sight.
- Purchase age-appropriate toys for your child.
- Do not tie strings or ribbons to a pacifier or toy.
- Remove bibs before bedtime or nap time.
- Put a sleeping baby on his or her back.
- Use fitted sheets that cover the mattress snugly.
- Place your sleeping baby on firm bedding.
- Keep soft toys out of the sleeping area.
- Keep your sleeping baby close, but do not co-sleep.
- Dress your baby in light clothing to keep him or her from overheating.
- Do not allow your baby to sleep with a pacifier or bottle.

Learn more on how to keep your children safe by contacting the New Parent Support Home Visitation Program representative at your installation's Fleet and Family Support Center (FFSC). To find the closest FFSC in your community, go to www.ffsp.navy.mil.

Family On-Demand Courses Get a New Home

Military Families in Transition now lives at www.militaryfamiliesintransition.com

New Spouse Orientation is now www.newspouseorientation.com

Be sure to update your favorites.



Relocation Tip

Check out the Relocation Assistance Program Pinterest board, pins for our service members and families to use! Pinterest website for RAP: <http://www.pinterest.com/military1source/relocation-assistance-program>.



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.

Preparing for Back-To-School without Stress

Submitted by Navy Operational Stress Control Program



Transitioning from fun in the summer sun to a new, school-focused schedule can be very stressful. It can also be an opportunity to make positive changes to routines and perhaps avoid last year's pitfalls.

Here are some tips to help you and your family navigate the stress of back to school season:

- **Shop smart.** Take advantage of tax free shopping on your local base or in your community, and stick to the school-supplied lists as best you can to avoid overspending. You can also search online for used textbooks and free shipping offers or visit a local dollar store for smaller items such as pens and pencils.
- **Visit the school.** If your child's school hosts an open house, take advantage of the opportunity not only to see the classrooms and meet the teachers for yourself, but to familiarize your child with where they will spend their days.
- **Create a family calendar.** Keeping school activities, extracurricular activities and appointments organized can strain even the best memory, so consider a family calendar in a common area, such as the kitchen. Knowing who needs to be where and when will build confidence, reduce stress and create a greater sense of control and trust within your family. Make sure you include family time, whether it is a family movie night or a visit to a local park.

Above all, encourage your children. Your love and support will help ease any stress they may be experiencing about the new school year.

For more comprehensive tips to navigating back-to-school stress, read parts [one](#) and [two](#) of the Strategies for Tackling the Stress of Back-to-School on the Navy's Operational Stress Control blog.

Perpetrators of sexual assault: myths vs. facts



*Submitted by Nick Dunson
CNIC Sexual Assault Prevention and Response Program Analyst*

There are many myths regarding sexual assault. One common misperception regarding perpetrators of sexual assault is that most are strangers that look and dress a certain way (i.e., a masked stranger jumping out of the bushes). Understanding the facts and dispelling the myths surrounding sexual assault is critical to ensuring safety and awareness. The truth is that most perpetrators are NOT lurking in bushes, wearing masks and dark clothing. The fact is that most sexual assaults are committed by someone the victim knows.

According to Rape Abuse and Incest National Network (RAINN), 73 percent of sexual assaults are perpetrated by a non-stranger. Specifically, 38 percent of rapists are a friend or acquaintance of the victim, while 28 percent are an intimate partner and seven percent are a relative. Sexual assaults can occur in places where a victim may feel comfortable, such as their home or in the home of a friend, acquaintance or neighbor. Although not all sexual assaults are committed by someone a person knows or in locations listed above, it is important to know the facts and statistics. Most people do not perpetrate sexual assault at all. There is a much higher percentage of individuals who can collectively take a stand against potential acts of sexual assault by being active bystanders and appropriately intervening.

For more information regarding sexual assault facts and bystander intervention, please visit the RAINN website <https://rainn.org/get-information>. The Sexual Assault Prevention and Response (SAPR) Program also provides information and resources on a range of support services to victims of sexual assault. If you have experienced sexual assault, the SAPR Program provides services to active duty and adult dependent victims. For 24/7 confidential support, visit the DOD Safe Helpline <https://www.safehelpline.org> or call 877-995-5247.

New coalition forms to serve transitioning vets' financial needs

Submitted by Fred Davis, CNIC N9 Personal Financial Management Program Analyst

A diverse group of organizations announced the formation of a new coalition to serve the needs and unique financial challenges military veterans face when returning to civilian life. The Veterans Financial Coalition announced its formation with the Association for Financial Counseling and Planning Education® (AFCPE®), Consumer Action, Consumer Federation of America (CFA) and Visa Inc. The coalition has a shared mission of improving the financial security and well-being

of the nation's growing population of veterans. Service members have many consumer protections and financial support systems available to them while they're in the military, but once they separate from service, many no longer have access to critical resources and protections tailored to service members.



(Story continued on page 4.)

(Continued from page 3.)

To meet the needs of veterans reentering civilian life, the Veterans Financial Coalition has set three key goals:

- Educate veterans and the community organizations that serve them.
- Research and advocate for consumer protections for veterans.
- Raise awareness for veterans' financial needs.

The coalition is also launching www.VeteransFinancialCoalition.com to serve as a clearinghouse of important personal finance resources provided for veterans. The website will serve as a hub of free resources, ranging from educational games (see <http://navyfederal.practicalmoneyskills.com/games/>) and guides, consumer protection brochures, training program information and research.

See the full article: http://www.veteransfinancialcoalition.com/newsroom/press_061614.html.

Working together improves family strength

*Submitted by Tricia A. Morzenti, MS, LPC, NCC
N91 Family Advocacy Program Analyst*

Collaboration is the key to supporting family members within the family unit. It is important for every family member to help others reach their goals and potential. Families with strong helping bonds tend to resolve their issues collectively. Each family member is a resource and presents more options, which increases hope that individual or collective issues which arise are manageable. As a team, a family can foster solution development by identifying the underlying problems, educating on the available resources, encouraging creative ideas and joining together in devising a realistic plan of action. But that is not the end of teamwork. As player/coaches, parents/partners must follow-up and find out if the plan was successful and help tweak the solution, as appropriate, for an even better fit. Many times, as plans unfold, other challenges arise and family collaboration is needed once again. Families that solve issues together as a team become closer and stronger.

References

Walsh, F. (2006). *Strengthening family resilience* (2nd ed.). New York: Guilford.

Syracuse University to host workshop for active-duty military August 15-16

Retrieved from <http://news.syr.edu> (Syracuse University News, 2014).

The [Military Visual Journalism](#) program in the [S.I. Newhouse School of Public Communications](#) will present a two-day workshop, "Managing Your Digital Arsenal," on Friday, Aug. 15, and Saturday, Aug. 16. The workshop on the Syracuse University campus. The workshop is open to all active duty military personnel. Follow on Twitter at #MVJ50.

August 15

The workshop will begin with a welcome from Newhouse Dean Lorraine Branham, followed by opening remarks from [Ray Shepherd](#), director of Defense Media Activity; and a keynote by [Steve Rubel](#), executive vice president for global strategy and insights at Edelman New York.

Sessions include:

- "From Still to Multimedia: Making the Transition," led by [Bruce Strong](#), chair of multimedia photography and design (MPD) at Newhouse.
- "Sound Decisions: Making the Most of Your Audio," led by [Doug Quin](#), associate professor of MPD at Newhouse.
- "Finish First: Mobile Video Reporting Skills," led by [Simon Perez](#), assistant professor of broadcast and digital journalism at Newhouse.
- "The Language of Light: Seeing It, Creating It and Using It," led by [Gregory Heisler](#), distinguished professor of photography at Newhouse.

August 16

The second day will include remarks from internationally acclaimed photographer [Joe McNally](#) and multimedia adventure storyteller [Corey Rich](#).

A screening of *The Hornet's Nest* will be followed by a discussion with ABC News correspondent [Mike Boettcher](#).

The day will conclude with a panel discussion featuring uniformed members of the military who work in communications.

All events will be held in the Joyce Hergenhan Auditorium in Newhouse 3. There is a registration fee.

In addition, a dinner celebrating the Military Visual Journalism program's 50th anniversary will be held Aug. 16 at 6:30 p.m. in the Hildegard and J. Myer Schine Student Center's Goldstein Auditorium.

There is a nominal fee.

For more information or to register, see <http://newhousemilitary.syr.edu/managing-your-digital-arsenal> or contact Nancy Austin at njaustin@syr.edu or 315-443-4082.





NIAM draws attention to immunization in August

Retrieved from www.cdc.gov (Centers for Disease Control and Prevention, 2014).

National Immunization Awareness Month (NIAM), observed in August each year, provides an opportunity to highlight the value of immunization across the lifespan. Activities focus on encouraging all people to protect their health by being immunized against infectious diseases. In 2014, the National Public Health Information Coalition is coordinating NIAM activities.

New Stars and Stripes Transition Guides available

Stars and Stripes has teamed up with the Office of Secretary of Defense (OSD) Transition to Veterans Program Office (TVPO) to publish two Transition Guides this year. Commander, Navy Installations Command Headquarters (CNIC HQ) encourages all Fleet and Family Support Center (FFSC) staff to share these guides with your Service members and their families. Both Transition Guides provide important information about the Transition Goals, Plans, Success (Transition GPS) curriculum, and post-transition preparation and resources.

The Spring 2014 edition is now available at military installations and online at <http://www.stripes.com/special-pubs/transition-guide-1.181425>. OSD plans to ship the second (and larger) Transition Guide to CONUS and OCONUS Navy installations this summer.



Employment and Transition Corner

What is Capstone?

Capstone is the mandatory, final part of Transition GPS and is completed not later than 90 days prior to the Service member's expected date of separation AND after they have completed pre-separation counseling, attended the five-day TGPS workshop, and any (or all) of the career track workshops. During Capstone, a Sailor's commanding officer (or designee) will check the member's Individual Transition Plan (ITP) and DD Form 2958 (Individual Transition Plan Checklist) to verify they have met Career Readiness Standards (CRS) and have a workable transition plan.

If the commanding officer (or designee) believe that the Service member has not met CRS and/or requires additional assistance to successfully transition to the civilian sector, they will arrange for a 'warm handover' connecting the Service member with an appropriate DOD partner agency that can provide benefits, services and support.

The Service member should bring the following documentation to Capstone:

- DD Form 2648 or DD Form 2648-1.
- Individual Transition Plan.
- Completed 12-month post-separation spending plan.
- Department of Labor American Job Centers Gold Card.
- Completed gap analysis activity.
- Completed job application package or job offer letter.
- Career interest assessment form, such as the (O*NET Interest Profiler or Kuder Journey).
- Proof of VA eBenefits registration.

To find out more information, including when Capstone is next offered, contact the local [Fleet and Family Support Center](#).



Returning Warrior Workshops (RWW)

Returning Warrior Workshop Schedule and IA Family Events — www.ia.navy.mil. Click "Resources" then "IA Services."

IA Discussion Group Schedule

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

New Spouse Orientation

NSO

NSO is a free, on-demand training available to all Navy spouses. It is beneficial to those who are new to or are soon to be introduced to, the military lifestyle.

This self-paced course will help new Navy spouses familiarize themselves with the administrative details, customs, language, and resources that are a part of the military culture.

For additional information, visit your local Fleet and Family Support Center.

www.newspouseorientation.com

