

October 2008

NEWSLETTER



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Domestic Violence...What is It?

By Sarah Jackson, LCSW

Domestic Violence (DV) constitutes a range of abusive acts against a partner, former partner - married or unmarried, someone with whom the abuser shares a child in common, and/or other intimate partner the abuser shares or has shared a home with.

DV spans all social, economic, cultural and ethnic boundaries. A man or a woman can be a victim. In some cases both partners may abuse one another. **DV is the use or attempted use of force or violence against a victim.** This includes but is not limited to:

- Threatening and/or attempting to kill and/or use of physical force such as kicking, slapping, punching, shoving or sexually assaulting the victim.

DV also includes **nonphysical** acts like emotional, psychological or economic abuse. The key motivation for the abuser is "control." In all cases be aware that DV is a pattern that emerges where the abuser is attempting to maintain physical and emotional control over the victim. Some examples include:

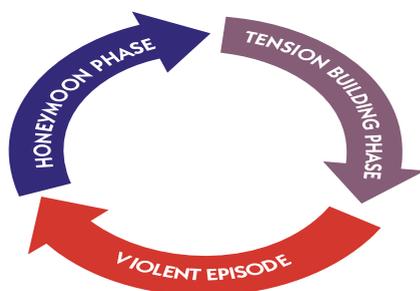
Isolating a victim by discouraging them from building a support system of friends, family and health providers as well as seeking employment.

- A pattern of making **derogatory statements** aimed at diminishing a victim's self-esteem
- A common example is repeatedly telling the victim "you are crazy!" or "you are stupid."
- **Blaming** them for the abuse i.e. "You provoked me!"
- **Threatening** to harm or take the children.
- Taking **complete control** of finances with no mutual discussion or agreement.

Why do victims stay? Many reasons contribute but a few include:

- Fear of retaliation and/or harm or removal of children
- Financial hardship
- Cultural or religious factors
- Physical or mental disabilities or other health issues
- Hope that the relationship will improve
- Self-blame

In many cases victims may have been abused in childhood and/or previous relationships and they **cannot perceive of life and relationships being different from what they have known.** The latter can also be true for the abuser.



If you haven't heard of the "Cycle of Abuse" but want to learn more, call for more information.

Break the Cycle.

Reach out for help for yourself or someone you know.
If a threat of harm is imminent or underway call 911 immediately.

For more information on domestic violence counseling, support services, reporting & confidentiality guidelines for both abusers and victims please call Sarah Jackson, LCSW, Clinical Counselor, NSA PC Fleet and Family Support Center at 636-6105 or call the Salvation Army Domestic Violence Program toll free 24 hour hotline at 1-800-252-2597.



The
Fleet & Family Support
Center

Savings Deposit Program Builds Wealth for Deployed Sailors

Sailors are reminded that they have the opportunity to earn a guaranteed 10 percent interest on their savings annually while deployed to or in support of a combat zone.

Uniformed service members can participate in the Savings Deposit Program, which is administered by the Defense Finance and Accounting Service (DFAS), after 30 consecutive days of being deployed outside the United States as long as they are receiving hostile fire and imminent danger pay.



“The Savings Deposit Program is an excellent way for Sailors and other service members to set aside some money and earn a great guaranteed interest rate while serving in a combat zone,” said David DuBois, deputy director, Fleet and Family Support Programs, Commander Navy Installations Command (CNIC), Washington, D.C. “It’s a great alternative to a low-interest savings or checking account!”

To make a deposit into the fund, Sailors need to contact their military finance office. According to DuBois, the last day to make a deposit into the fund is the date of departure from the assignment. However, interest will accrue up to 90 days after return from deployment.

“Don’t confuse this program with the Thrift Savings Plan (TSP),” added DuBois. “TSP is available to everyone in the military. The Savings Deposit Program is available only to those serving in designated combat zones.”

Sailors can contribute more than \$10,000, but interest will not accrue after that amount, he said. Also, withdrawing the money before leaving the combat zone is not authorized, unless there is an emergency.

“The savings program originally provided Vietnam veterans a way to earn extra money while on their Southeast Asia tours,” said DuBois. The Department of Defense reopened the program to Desert Storm troops in 1991, and extended it to troops in Bosnia in 1996. The program was further expanded in 1997, 2001 and 2003.

For more information about the Savings Deposit Program, visit <http://www.dfas.mil/militarypay/woundedwarriorpay/savingsdepositprogramsdp.html>.
 For more information about financial fitness, visit www.nffsp.org or www.MilitaryOneSource.com.

Did You Know?

The Relocation Assistance Program maintains a Loan Locker that has televisions, futons, folding table with chairs, iron, ironing boards, brooms/dustpans, vacuums, microwaves, pots, pans, plates, bowls, silverware, coffee maker, toaster, alarm clocks, etc.

All items are available for check-out for a two-week period.





Families come in all shapes and sizes, but often have similar questions about the Navy lifestyle.

At one time or another almost everyone has a question about benefits, jobs, moving, deployment, parenting, schools, etc...

Get your questions answered.

What Can the FFSC Do for You?

The FFSC has something for everyone.

Offerings range from information & referral to financial planning and deployment support.

All are encouraged to take advantage of The Center's many programs designed to enhance personal growth.

FFSC services are a free benefit earned through your commitment to the military.

Take a Peek at Our Programs:

- Deployment Support
- Disaster Preparedness
- Family Advocacy Program
- Family Employment Assistance
- Information & Referral
- Ombudsman Program



- Personal Financial Management
- Professional Counseling
- Relocation Assistance
- Resource Library
- Sexual Assault Victim Intervention (SAVI)
- Sponsor Program
- Transition Assistance

Muppets Make Sure Kids, Parents Prepare for Emergencies

It's a fact of life that not every day is a sunny day. Recent events have exposed families to a range of disasters; the aftermath of the September 11 attacks in 2001 and Hurricane Katrina in 2005 have particularly emphasized the need to ensure children's physical and psychological protection. Despite this need, there are limited resources for families looking to instruct young children in how to proceed if an emergency situation occurs.



The numbers are daunting. According to a recent national survey commissioned by the Children's Health Fund, approximately 65 percent of families in the United States do not have an emergency plan that all family members are aware of. And there's another problem: Spanish-language resources aimed at helping families with emergency preparedness are sorely lacking.

With these facts in mind, Sesame Workshop created "Let's Get Ready! Planning Together for Emergencies" in collaboration with the Department of Homeland Security's Ready Kids initiative and the Ad Council's ongoing emergency preparedness effort. Ready Kids is geared toward older children, while the Sesame Workshop component is primarily targeted at 3- to 5-year-olds.

The multiple media resource is available in English and Spanish, and seeks to help the entire family prepare for unexpected events. "Let's Get Ready" explains in an age-appropriate way how each member of a family -- including the youngest -- can contribute to an emergency readiness plan.

The resources include a *Sesame Street* DVD, a magazine for parents and caregivers, and a children's activity book. In the DVD, Sesame Street Muppets Grover and Rosita playfully discover simple tasks they can complete with their families to be prepared. The DVD and all the other "Let's Get Ready" materials are based on research and recommendations from experts in emergency and trauma preparedness, pediatrics, mental health, and child development. In addition, the Workshop collaborated with Weill Cornell Medical College's pediatrics department to ensure that the materials are age appropriate and effective.

"Let's Get Ready" encourages children and the adults in their lives to learn about the people in their neighborhood, and to understand the important roles they play in responding to an emergency. The materials also provide parents and caregivers with the tools to discuss emergencies with their young children. Jeanette Betancourt, Sesame Workshop's vice president for outreach and educational practices, says that adults can introduce children to the preparedness topic by recognizing the ways families already prepare for unexpected events in their daily routines.

"The best way we know to look at emergency preparedness is really from the scope of making it non-threatening, taking advantage of everyday moments to incorporate it, and doing it in a way that includes young children," Betancourt explains. "The best way to do that is to pick up on daily routines."

It's important for parents and caregivers to know, too, that this preparation doesn't need to take a lot of time from a busy family's routine. "Let's Get Ready" explains, for example, that adults can point out emergency locations like hospitals and police stations while walking their children home from school.

For more information go to: <http://www.sesameworkshop.org/initiatives/emotion/ready>



As part of your preparedness plan establish in advance where you will go and know the evacuation routes for your area.

Did you know? - Your Fleet and Family Support Center can provide you with a wealth of disaster preparation, information, maps and more! Stop by today and get prepared!!!



October Calendar of FFSC Events

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2 Anger Mgmt 1400-1600	3	4
5	6	7	8	9 Anger Mgmt 1400-1600	10	11
12	13	14	15 TAP2 Transition Assistance F/U Brief 0830-1100	16 Anger Mgmt 1400-1600 Family Connection Discussion Group 1800 - 1930	17	18
19	20	21 Sponsor Training 0930-1100	22	23 Anger Mgmt 1400-1600	24	25
	← SAVI Victim Advocate Training 0800-1400 →					
26	27	28	29	30	31	

Registration is required for all events. Events will be cancelled if no participation.

2,9,16 & 23 October **Anger: The Good, The Bad, The Ugly:** We can find effective ways of coping with anger & we can learn better ways to respond to friends, family and others who may work for, or with us when their anger becomes an issue. Open to all Military Service Personnel, their Family Members and NSA PC Civilian & Contract Personnel. Registration deadline is 26 September. Call Sarah Jackson at 636-6105 to register.

15 October **TAP2 Transition Assistance Follow Up Brief after TAP Class:** You have already attended TAP, now let us tie it all together. Targeted to retiring or separating military. Open to all commands. Call Cynthia Ramsey at 235-5587 to register.

16 October **Family Connection Discussion Group:** Tap into resources & support to manage the challenges that can occur with military family life and the reality of, or possibility of deployment. Open to any spouses, adult children, parents, siblings, and significant partners of Active Duty, Reserve, and Coast Guard. Call Sarah Jackson at 636-6105 for more information and to register.

20-23 October **SAVI Victim Advocate Training:** Interested in helping others? Attend this training to become qualified as a SAVI Victim Advocate. Prescreening is required. Contact Amy Ficke at 235-5459 for more information.

2 and 16 October (1st & 3rd Thursdays of each month): A military spouse employment representative from the Workforce Center will be at FFSC to meet with spouses. **Appointment required.** Call Cynthia Ramsey at 235-5587.



November 2008

- 5 Nov -- Command SAVI POC/DCC Training – Open to All Commands
- 5-8 Nov -- Basic Ombudsman Training – Open to All Commands
- 12 Nov -- TAP2 Transition Assistance Follow Up Brief after TAP Class – Open to All Commands
- 19 Nov -- Military Family Appreciation Month Awareness Event – Open to all Military and Families
- 20 Nov -- Lunch and Learn – (Welcome To Panama City – An Overview of the Beach and Community) – Open to All Commands and Families
- 20 Nov -- Family Connection Discussion Group

For more
information
on upcoming
events,
call 235-5800

Program Note:

Currently the FFSC Personal Financial Manager position is vacant. - Until the position is filled, military members seeking assistance should contact their Command Financial Specialist (CFS) or Navy Marine Corp Relief (234-4106 leave a message). Military One Source is also an excellent resource (800-342-9647 - 24/7) If a Command needs assistance that cannot be handled by a CFS, then the Command should contact Sue Brookhart, 235-5510, sue.brookhart@navy.mil, for assistance or referral. Military Spouses who need assistance can contact Military One Source 24 hours a day, 7 days a week.

Community Corner:

Happenings In and Around Panama City

Sesame Street Live “Elmo Makes Music” is playing at the Marina Civic Center 17 - 19 October. All Military/DOD Personnel receive \$5.00 off each ticket (no limit) if they present their Military/Base ID at the Marina Civic Center Box Office. (Excludes Gold Circle Seating and Opening Night) *opening night all seats \$12.00

Buddy Walk of Bay County Saturday October 18th

Over the last twelve years, the Buddy Walk has become the premier advocacy event for Down Syndrome and has become a major platform for inclusion in communities across the country. Acton Up With Downs will host the 3rd annual Buddy Walk at Frank Brown Park Saturday October 18th. Registration begins at 9 am. The walk will begin at 10:00 am. Free food, games, and entertainment will follow the walk. http://www.actonupwithdowns.org/AUWDI/Buddy_Walk.html

Southeastern Barbecue Fest Cookoff October 24, 25, & 26 at Frank Brown Park

Savor the mouth watering smells and sights of smoking meats of all kinds and many different unique flavors of barbecue. There will be all types of barbecue from pork, ribs, and chicken you name it we'll have it.

Halloween is coming to downtown Panama City Saturday October 25th

Held alongside Panama City's Festival of Nations, the Panama City Toys for Tots will hold its 1st annual Pumpkin Lighting Contest in McKenzie Park starting at 5:30pm. Entrance and registration are free; volunteers will light the pumpkins. Prizes will be awarded for the scariest, funniest, largest, and smallest carved pumpkins. For more info e-mail: toysfortots@mycarpetone.com and log on to <http://myspace.com/pctoysfortots>.

The mission of Toys for Tots is to collect new, unwrapped toys during October, November and December each year, and distribute those toys as Christmas gifts to needy children in the community in which the campaign is conducted. For those who wish to donate a new, unwrapped toy, a toy box will be at registration. Additional information about the Marine Corps Toys for Tots can be found at www.toysfortots.org