



JANUARY 2011

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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.

For more information about  
the Fleet and Family Support  
Program, or to join the  
conversation about deploy-  
ments and military life, visit:

[www.ffsp.navy.mil](http://www.ffsp.navy.mil)

[www.facebook.com/Navyffsc](http://www.facebook.com/Navyffsc)

[twitter.com/Fleet\\_Family](http://twitter.com/Fleet_Family)

If you have questions or  
comments about the content  
of *Family Connection*, please  
contact John Levinson at  
[john.levinson.ctr@navy.mil](mailto:john.levinson.ctr@navy.mil).



## Family Readiness: Work-Life Balance

Finding work-life balance is a com-  
mitment and as a military family it  
may require a bit of creativity. "Keep-  
ing it simple" is the first step toward  
successfully balancing work and  
family needs. Let's begin 2011 with a  
purpose!

Take a personal inventory of what  
matters in your life and write it down.  
Talk with your family and discover  
what makes them feel valued. Review  
your activities and consider cutting  
back on the ones that don't match  
what matters to you.

Personal time is a valuable com-  
modity and should be safeguarded.  
Set boundaries for work and family.

Protecting your private time often leads to greater productivity. Make a commitment. Pull out the calendar and schedule weekly/monthly activities and be consistent. Have fun and relax. Creating a well-balanced life takes practice; but the ultimate goal is making lasting memories.

Navy leadership believes in work-life balance with a focus on building a network of programs and resources to assist in the success of Sailors and family members. All programs are available to active, Reserve and geographically remote Sailors and family members.

**continued on page 2**



**Monthly Quote**

*"I've learned that you can't have everything and do everything at the same time."*

- Oprah Winfrey



**Family Readiness: Work-Life Balance**

*continued from page 1*

Information and referral, tailored consultation and educational workshops in the following program areas include:

**Deployment Readiness**

- Deployment Support
- Mobilization/Repatriation
- Ombudsman Coordination/Support
- Relocation Assistance
- Life Skills Education

**Crisis Response**

- Emergency Preparedness/Response
- Critical Incident Intervention
- Clinical Counseling
- Family Advocacy Case Management and Intervention
- Domestic Abuse Victim Advocacy
- Sexual Assault Prevention & Response
- Exceptional Family Member Support
- New Parent Support Home Visitation

**Career Support/Retention**

- Transition Assistance
- Family Employment Readiness
- Personal Financial Management

For more program information, contact your local [Fleet and Family Support Center](#).

**Scholarships for Military Children**

The Scholarships for Military Children Program was created in recognition of the contributions of military families to the readiness of the fighting force, and to celebrate the role of the commissary in the military family community. The Scholarships for Military Children Program is primarily funded through the generosity of manufacturers and suppliers whose products are sold at military commissaries worldwide.

Since 2001, Fisher House Foundation has administered the Scholarships for Military Children Program, which in the last 10 years has awarded \$8.3 million in scholarship grants to 5,400 military children. The Fisher House Foundation is honored to be chosen as the recipient of the author's proceeds from President Obama's book, "Of Thee I Sing: A Letter to My Daughters." These new funds will help expand the program to focus resources on scholarships for the children of fallen and disabled service members.

A minimum of one \$1500 scholarship will be awarded at every commissary location where qualified applications are received. The scholarship provides for payment of tuition, books, lab fees and other related expenses.

[The 2011 program is NOW open.](#)



**IA Discussion Group Schedule**

[View the Fleet-wide list of classes, support groups and events](#) specifically for individual augmentees (IAs) and their families.





## Saving Money is now as “Easy as Pie”

Now, taxpayers have an easy way to keep some of the pie for themselves: finally, savings made simple! Using [Form 8888, Direct Deposit of Refund to More Than One Account](#), taxpayers can direct-deposit tax refunds into up to three accounts, making it easy to save a portion of their refunds. Allocate some for expenses, invest some in a long-term goal and save some for emergency funds.



## HOMEFRONT Connections

HOMEFRONTConnections is a social networking environment for service members, their families and the working professionals who support them. It provides a secure place where members of the military community can meet and interact online to share experiences, post pictures and videos, write blogs and create discussion boards.

Within this password protected environment, family readiness groups can create online communities, allowing family members to share information and resources. [Join an existing group or create your own!](#)



## Accepting Nominations for 2011 Military Child Award

Operation Homefront announces the opening of the nomination period for the 2011 Military Child of the Year Award. For the first time, the award will be given to an outstanding military child from each Service – Army, Navy, Air Force, Marine Corps, and Coast Guard. The winners, who each will receive \$5,000, will be flown with a parent or guardian to Washington, D.C., for a special ceremony on April 7, 2011. Nominations are being accepted until January 31. [To nominate a military child, click here.](#)



## Military Youth on the Move

This fun and informative website created specifically for military youth provides information on a wide range of topics including fitting in at a new school, opening a savings account and dealing with a parent’s deployment. Parents can find advice designed to help them support their children through difficult relocations and deployments, as well as information about child care and bullying.

Given the amount of time teens spend on the Internet, the site has been recently updated with information about staying safe online. It is important to know about cyber bullying and safety on social networking sites; [Military Youth on the Move](#) has added advice, links, and detailed information to address these concerns.



## Joint Services Support (JSS)

JSS provides valuable information on benefits, entitlements, events, trainings and more. Making it easy to stay connected, anytime, anywhere with online access, mobile device applications and interactive voice response. Services are available to all military branches; featuring a community resource locator by state. Go to <http://www.jointservicesupport.org>.





## EFMP Parent Toolkit

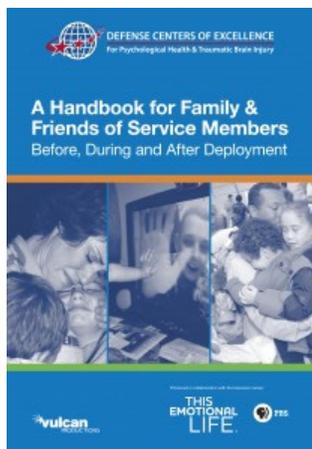
The DoD Special Needs Parent Toolkit has comprehensive information and tools that are geared towards helping military families with special needs children navigate the maze of medical and special education services, community support, and benefits and entitlements. The toolkit is comprised of six colorful modules that can be easily downloaded and printed. Important facts, records, tools and sample letters are included.

Whether you need to learn about early intervention services or want to learn how to be a more effective advocate for your child, [you will find the information you are searching for here.](#)



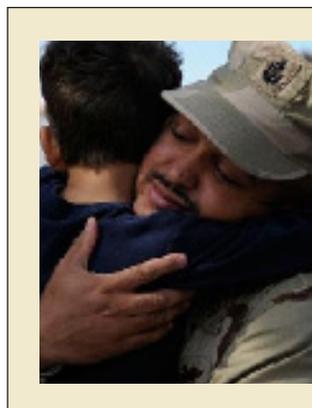
## Navy Safe Harbor

Learn more about how Navy Safe Harbor is supporting wounded, ill and injured service members and their families by following Navy Safe Harbor on Facebook or Twitter. Navy Safe Harbor is the Navy's lead organization for coordinating the non-medical care of seriously wounded, ill and injured Sailors, Coast Guardsmen, and their families. Safe Harbor provides a lifetime of individually tailored assistance designed to optimize the success of the service member's recovery, rehabilitation and reintegration activities. Enrollment is open to seriously wounded, ill and injured Sailors and Coast Guardsmen to include OIF/OEF casualties, shipboard accidents, liberty accidents, and serious medical and psychological conditions (e.g., cancer, severe PTSD). To learn more, visit [www.safeharbor.navy.mil](http://www.safeharbor.navy.mil), e-mail [safeharbor@navy.mil](mailto:safeharbor@navy.mil), or call 877-746-8563.



## Handbook for Military Families

Defense Centers of Excellence (DCoE) recently collaborated with PBS to produce a handbook for military families. Created as a companion to the PBS series "This Emotional Life," ["A Handbook for Family & Friends of Service Members"](#) explores the stressors and feelings individuals may encounter throughout the different phases of deployment. The handbook aims to provide solutions for service members and identifies outside tools and resources that may be useful to friends and family members before, during and after deployment. Topics include what to expect during deployment and how to strengthen or repair relationships.



## Returning Warrior Workshops (RWW)

This weekend workshop focuses on making a successful transition from the war zone to the homefront. The workshops are expense-paid weekend events, set at four-star hotels, for service members and their spouses or significant other.

For the 2011 schedule, visit the Navy Individual Augmentee website at [www.ia.navy.mil/](http://www.ia.navy.mil/).





## Military Spouse Internship Program Extended to 2011

The Military Spouse Internship program is a Department of Defense initiative designed to acquaint federal agencies with the skills and talents military spouses possess by providing first-year salary, benefits and training costs for eligible military spouses hired into permanent Federal positions with career advancement. The intent of the internship is to allow military spouses the flexibility to transfer geographically with their military members; options may include telework.

The easiest way to start looking for a permanent federal internship opening is at <http://www.usajobs.gov/>. Search using the keywords "internship" or "military spouse" and you will find positions that are currently being recruited. When using USAJOBS to apply for vacancies, you will be asked to identify your type of eligibility. This type of eligibility may be military spouse, reinstatement eligible, transfer eligible or other type of noncompetitive appointment eligibility. Remember to clearly state on your resume and/or cover letter that you are a military spouse.

For eligibility and more information, visit [Civilian Personnel Management Service](#) or contact your local [Fleet and Family Support Center](#).



## Deployment "Tweet of the Week"

Families will receive deployment-related information, resources and tips to ease the challenges of deployment via twitter. Join today by going to [www.twitter.com/Fleet\\_Family](http://www.twitter.com/Fleet_Family) and click sign up.

## Common Stress Symptoms for Families

READY	REACTING	INJURED	ILL
<ul style="list-style-type: none"> <li>• Confident and competent</li> <li>• Getting the job done</li> <li>• In control of emotions</li> <li>• Sense of humor</li> <li>• Sleeping enough</li> <li>• Eating well</li> <li>• Working out, staying fit</li> <li>• Playing well</li> <li>• Active socially</li> <li>• Coping well</li> <li>• Functioning well in school, at work and home</li> <li>• Relating well with Marine</li> </ul>	<ul style="list-style-type: none"> <li>• Anxious, irritable, short tempered</li> <li>• Fighting, tantrums, opposition</li> <li>• Unusual sadness or crying</li> <li>• Trouble sleeping</li> <li>• Aches and pains</li> <li>• Eating too much or too little</li> <li>• Loss of interest</li> <li>• Keeping to self, not socializing</li> <li>• Negative, pessimistic</li> <li>• Loss of confidence</li> <li>• Developmental regression</li> <li>• Problems with school or work performance</li> <li>• Communication breakdown</li> </ul>	<ul style="list-style-type: none"> <li>• Persistent sadness or irritability</li> <li>• Can't fall or stay asleep</li> <li>• Persistent loss of appetite</li> <li>• Social avoidance or isolation</li> <li>• Inability to enjoy activities</li> <li>• Severe misbehavior</li> <li>• Persistent aches and pains</li> <li>• Severe deterioration of school or work performance</li> <li>• Misuse of alcohol or drugs or other addictive behavior</li> <li>• Other significant symptoms of depression, anxiety, or misconduct</li> </ul>	<ul style="list-style-type: none"> <li>• Stress injury symptoms that persist</li> <li>• Symptoms that get <u>worse</u> over time instead of better</li> <li>• Symptoms that get better for awhile but then come back worse</li> <li>• Suicidal or homicidal behavior</li> </ul>

Responds to Self Help
Needs Professional Help

