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**National Safety Month**

**Preparation for Emergencies**

In the event of an emergency, are you prepared? What is your emergency family plan? Do you have enough food, water, supplies and medication until the storm passes or help arrives? It can be overwhelming to think about all of the possible scenarios that can happen: hurricanes, earthquakes, floods, disease outbreak, and even terrorist actions.

June marks the beginning of the Atlantic Hurricane season. Hurricanes are among the most destructive natural forces on the planet and can include high winds, flash flooding, storm surges, and tornadoes. While some advance warning usually occurs, hurricanes often change their paths and levels of severity.

In an emergency, there is not always time to do much more than react. It’s essential to create an emergency family plan and an emergency supply kit before an event. Ensure that everyone in your family knows the plan and the location of the kit. Remember to create and practice a family communication plan in case of separation. Keep in mind that phone lines and cell phone towers may be inoperable.

Be informed, have a plan and prepare a kit! For detailed regional information and other resources, visit [Operation Prepare](#). An instructional guide to compliment the information on the Operation Prepare website is coming in July 2011!

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**“Being happy doesn’t mean that everything is perfect. It means that you have decided to look beyond the imperfections.”**

– Author Unknown

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 John Levinson at [john.levinson.ctr@navy.mil](mailto:john.levinson.ctr@navy.mil). Visit us online at:



Scan QR Code, access via mobile device.



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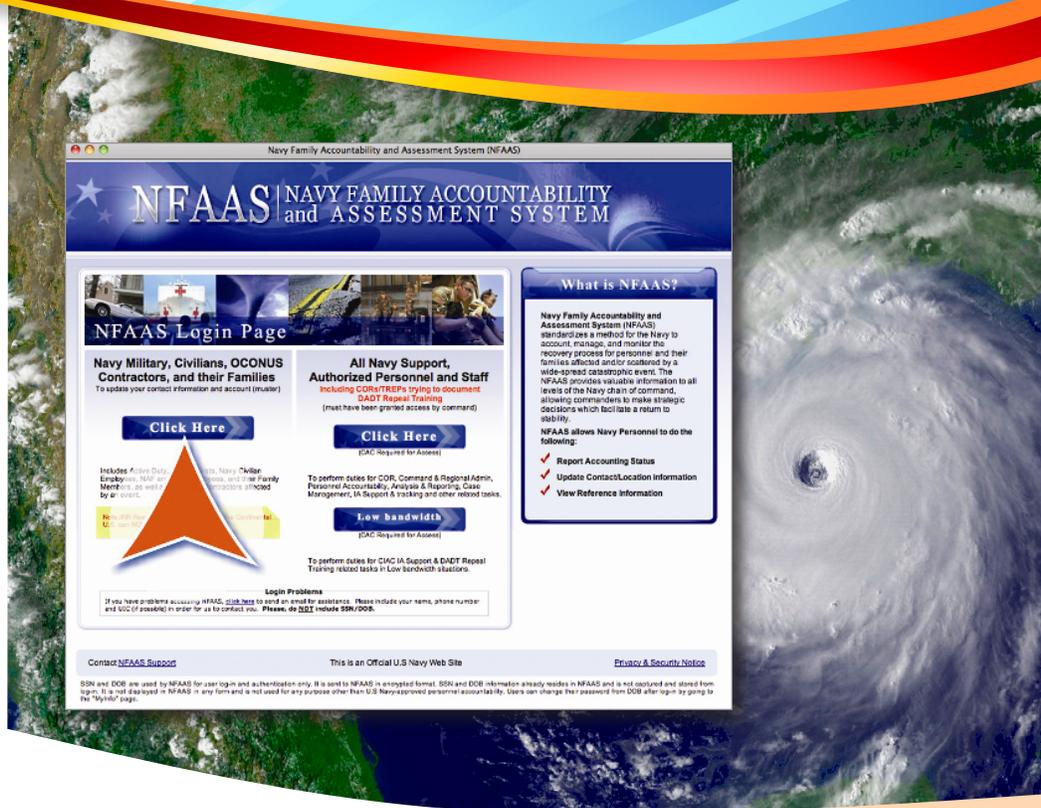
## Be Counted: Muster and Recover

After a major disaster, such as a hurricane, flood, wildfire, volcano, tsunami, or terrorist event, the Navy must account for the location of all personnel and their families, and assist those in need. Be sure to muster with your command or through the [Navy Family Accountability and Assistance System \(NFAAS\)](#). NFAAS is a web-based tool used to account for, assess, manage, and monitor the recovery process of personnel and their families affected by a wide-spread catastrophic event.

To update your information in NFAAS before disaster strikes, log into NFAAS using the **“Click Here”** button. There are three login methods: Common Access Card (CAC), Username and Password, and Personal Information.

After a declared disaster, log into NFAAS to muster and report your needs. Follow the four steps under the **“Update Info”** tab. Indicate your new location if you have evacuated, and complete the 19 questions on the Needs Assessment Survey if you have medical, permanent housing, financial assistance, family employment, child care, school, legal services, religious, counseling, or other needs.

Based on the type and severity of the needs, a Fleet and Family Support Center representative will be in contact with the affected Navy personnel and their families to determine the appropriate response or assistance needed



for recovery. If an Internet-ready computer is not accessible, call the Navy Personnel Command Emergency Coordination Center at 1-877-414-5358 or 1-866-297-1971 (TDD).

NFAAS also provides references for planning and recovery that you can use anytime. Under the **“Reference”** tab, you can access information and tools such as local and military support phone numbers, emergency-related fact sheets, resource guides, and Web links. Use this information to plan ahead for emergencies or after a disaster to link to resources to aid your recovery. For more information on how to prepare for all types of hazards, visit the Commander, Navy Installations Command, [Operation Prepare page](#).

## Preparedness Fast Facts

The [American Red Cross](#) developed emergency-specific checklists using the latest research, science, best practices and expert opinions. Get the facts you need – before, during, and after a disaster or emergency situation. Download and print the topics most appropriate in your area.



<http://www.ready.gov/>



## Social Media – Tips for Protecting Privacy

“Loose tweets sink fleets” is a modern-day take on a classic saying that loose communication can affect OPSEC.

When posting information online, everyone should be cognizant that their audience is likely larger than just those to whom you are directing your message.

- **PROTECT YOUR FAMILIES** by limiting the amount and type of information that you post (names, addresses, even hometowns or schools).
- **UNDERSTAND PROFILE SECURITY SETTINGS** so you can make informed choices about who sees what in your profile.
- **KEEP SENSITIVE INFORMATION SAFE** by not discussing sensitive information such as ship/unit movements, personnel rosters/deployment schedules that may compromise personal and family privacy, or the command’s mission.

The way we get and share information has changed. Social media will always be a tradeoff between safeguarding your privacy and enjoying the benefits of socializing online. It is everyone’s responsibility to be safe and protect privacy.



## Caveat Emptor: Let the Buyer Beware

As we continue to experience challenges with our ever-changing economy, it becomes more important for Sailors and family members to be aware of their financial environment. With every challenge, every disaster, and every newsworthy event comes the opportunity for someone to separate you from your money. The media is filled with stories about those who have been taken advantage of; most recently relating to the housing and foreclosure crisis.

If you experience a problem with a creditor or business, the [Federal Trade Commission \(FTC\)](#), the nation’s consumer protection agency, collects complaints from the military community and makes them available only to law enforcement - civil, criminal, and military. Whether your complaint concerns identity theft, deceptive lending or mortgage practices, debt collection, phone fraud, or some other scam, your complaints help the FTC and the Department of Defense

identify and target problems that affect you in the marketplace.

To ensure that you and your loved ones don’t become the next news clip, consider these 5 simple tips:

1. If it sounds too good to be true, it probably is.
2. Always think about a large expenditure for 24 hours before making the purchase, especially if it involves payments over time. Have Navy Legal review your contract.
3. Determine if the purchase is a “want” or a “need.” The only real needs we have are food, clothing, shelter, transportation, and medical. Everything else is a “want.”
4. Make sure all your financial information including PINs, passwords, etc., are carefully protected and only people you trust have access to them.
5. Establish a plan for a minimum of 10 percent of your gross pay to go into a savings account in case of an emergency.

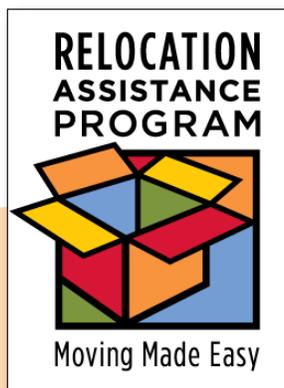
So you can concentrate on your job instead of your financial situation, make an appointment with your local [FFSC financial counselor](#) to create a spending plan that gives you the ability to meet your obligations while allowing for some recreational spending money (especially before deploying). If you are married, make sure your spouse is part of the counseling session.



## Navy Getaways: Stay! Play! Relax!

Navy Getaways Recreational Lodging offers quality Getaways at 46 sites including over 2,631 recreational vehicle spots, cottages, cabins, townhomes, hotels and more than 332 tent sites. If you've got the time, we've got the Getaway location for you!

Most sites offer laundry, bathhouses, BBQ and kid's play areas; some even have a pool. For a complete listing by location, visit [MWR Cabins and RV Parks](#).



### Moving with a pet?

Take steps to ensure you don't lose track of your pet. Have a micro-chip implanted, be sure its ID tags are up to date, and consider adding a collar tag that shows your mobile number.



## Virtual Ombudsman Basic Training (OBT)

Commander, Navy Installation Command is pleased to announce the Virtual OBT Pilot Course, June 20 – 24, 2011 from 1100 – 1400 EDT. This training will explore the feasibility of offering OBT via webinars as an alternative to the traditional classroom setting. Attendees must complete all five of the three-hour webinars to receive their OBT certificate and meet the training requirements identified in OPNAVINST 1750.1F.

This training is not limited to any specific command or location, but is a training option for those ombudsmen who are unable to participate in a traditional classroom setting. Whenever possible, ombudsmen are encouraged

to attend OBT at their local FFSC. If you are interested in taking part in this Virtual OBT course, let your commanding officer/POC know.

Guidance on webinar registration and setting up your Learning Management System (LMS) account can be found at [www.ffsp.navy.mil](http://www.ffsp.navy.mil) >> Ombudsman Program>>Ombudsman Training Schedules. This is a separate account from your Ombudsman Registry account. Or go directly to <http://learning.zeiders.com> to create your webinar account. Please note: AOL accounts are not compatible with the Learning Management System. Contact CNIC Ombudsman Training Coordinator, Doreen Scott, at [doreen.scott.ctr@navy.mil](mailto:doreen.scott.ctr@navy.mil) if you have any questions.





## “Let’s Move!” Supports Military Families

Beginning June 1, service members and their families will be able to sign up for free sports club memberships and personal training. Depending on the organization, services could range from a club membership to joining a small-group workout at a park to meeting with a certified fitness professional at a gym. Families will be able to locate services using their city and state or zip code. This collaboration is an important step forward in making sure that military families have the support they need to stay active and healthy. Go to [Let’s Move!](#) for further information.

[The International Health, Racquet & Sportsclub Association \(IHRSA\)](#), an organization whose membership

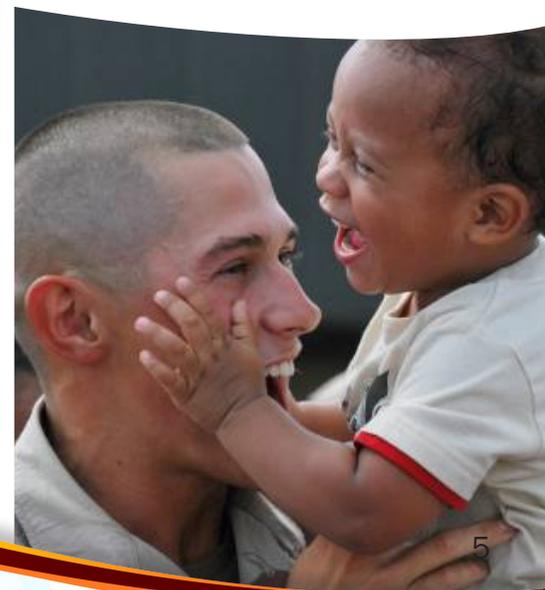
consists of sports clubs throughout the nation, will work with its clubs to offer free memberships to immediate family members (ages 13 and older) of actively deployed Reservists and National Guard members. Other club benefits may include child care, children’s programming, group classes as well as discounts for veterans and active-duty families. A free digital subscription, *Get Active!* Magazine, is also available through the website.

[The American Council on Exercise® \(ACE®\)](#), an organization that works to certify and support fitness professionals, is committing to a goal of providing at least 1 million hours of personal training and fitness instruction to family members of actively deployed reservists and National Guard members.

## DCoE Children of Military Service Members Resource Guide

Deployment not only affects our military service members individually, but also has a significant effect on their families, especially the children. From toddlers to teenagers, children may face difficult separations, strong emotions, and experience parental changes once the deployed family member returns.

The Defense Center of Excellence (DCoE) [Children of Military Service Members Resource Guide](#) provides resources to assist family members and health-care providers address the mental and emotional health needs of military children. The online guide is organized for quick reference by age-appropriateness and resource type: activity, book, film, group, kit and website. Topics include deployment, homecoming, loss of a parent, emotional well-being and moving.



## StopBullying.gov

What does bullying look like and what are some things you can do to stop it? Bullying is a major problem among America's young people. [StopBullying.gov](http://StopBullying.gov) is a new website devoted to bullying prevention and education. The user-friendly site provides information on how kids, teens, young adults, parents, educators and others in the community can prevent or stop bullying.

Learn about cyberbullying, recognizing the warning signs of bullying, how to deal with it and take a stand against it. Other topics include state policies and laws; violence prevention program directories; online resources; and research.



### IA Discussion Group Schedule

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

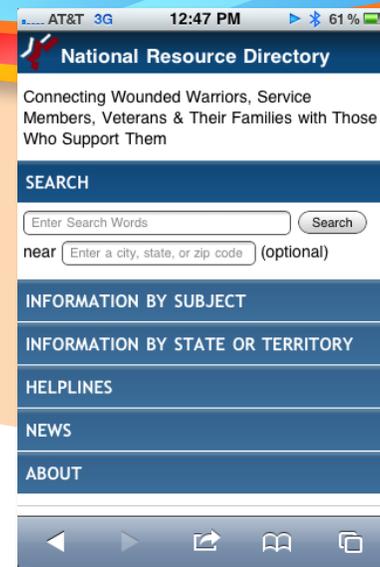
### Returning Warrior Workshops (RWW)

Returning Warrior Workshop Schedule & IA Family Events - [www.ia.navy.mil/](http://www.ia.navy.mil/)

## GPS: Transition Assistance Program

Jump start your transition into the civilian workforce! Live trainers facilitate sessions on topics to help you navigate and become prepared. Register today at <http://www.turbotap.org/> for June sessions. Access from the comfort of your home or wherever broadband Internet and phone are available. Seats are limited.

- **Building Better Resumes**  
 June 2, 2011  
 8:00 pm EDT
- **Acing the Interview**  
 June 7, 2011  
 6:30 pm EDT
- **Life After the Military**  
 June 9, 2011  
 6:30 pm EDT
- **Decoding Military Skills for Civilian Employers**  
 June 14, 2011  
 8:00 pm EDT
- **TAP Talk**  
 June 20, 2011  
 8:00 pm EDT
- **Financial Planning for Transition**  
 June 23, 2011  
 6:30 pm EDT
- **Landing a Federal Job**  
 June 28, 2011  
 6:30 pm EDT



## Resources for Recovery, Rehabilitation and Reintegration GO Mobile

The mobile version of the *National Resource Directory* makes it easy for wounded warriors, veterans, their families and caregivers, those in transition and all who support them to find the right resources from among the more than 13,000 listed in the *Directory*. Key features of the *National Resource Directory* mobile version also include the ability to search the *Directory* by subject, state or territory; immediate access to news and helplines; and the capability to interact with the *Directory* through social media.

The mobile version is not a separate application. Go to the *Directory* website at <http://www.nationalresourcedirectory.gov> from your mobile device. Once the site loads, scroll to the bottom of the page and click the link "NRD mobile" for the mobile version.



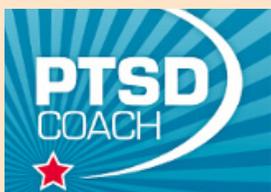
## There is an App for That!



**Navy Life** provides information about important quality of life resources for Navy personnel, retirees and their families.



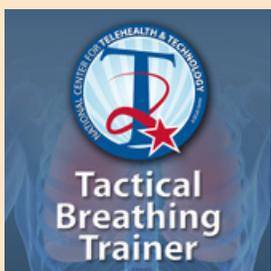
**Navy Individual Augmentee** provides the information IAs need before, during and after their deployment. Also available in the Android Market by searching "Navy IA."



**PTSD Coach** lets users track their symptoms, links them with local sources of support; provides accurate information and helpful individualized strategies for managing symptoms.



**Breath2Relax** is a stress management tool and hands-on diaphragmatic breathing exercise.



**Tactical Breathing Trainer** can be used to gain control over physiological and psychological responses to stress.



**T2 Mood Tracker** allows users to self-monitor, track and reference their emotional experience over a period of days, weeks and months using a visual analogue rating scale.

### 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>.



## Free Admission for Military Families

Blue Star Museums is back for a second year. The National Endowment for the Arts and more than 1,000 museums in all 50 states will offer free admission to active-duty military personnel and their families from Memorial Day, May 30, 2011, through Labor Day, September 5, 2011.

The Anheuser Busch "Here's to the Heroes" program will provide members of the military and as many as three direct dependents with a free single-day complimentary admission to SeaWorld Orlando, San Diego or San Antonio; Busch Gardens Tampa Bay or Williamsburg; Sesame Place, Water Country USA, or Adventure Island. [Click here to register.](#)

