

Family Connection



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Visit us online at:



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 Fleet and Family Support Program, cnic.ffsp.fct@navy.mil.

Hurricane Prep Be Ready For Whatever Weather Comes Your Way

NATIONAL HURRICANE PREPAREDNESS WEEK – MAY 1 TO MAY 7

Get ready for hurricane season. Today you can prepare by determining your personal hurricane risk, finding out if you live in a hurricane evacuation zone and reviewing or updating insurance policies. You can also make a list of items to add to hurricane emergency supplies and start thinking about how you will prepare your home for the coming hurricane season. If you live in hurricane-prone areas, you are encouraged to complete these simple preparations before hurricane season begins on June 1. If you do not live in a hurricane-prone area, you can still use these tips to prepare for other natural disasters and emergencies. Be prepared by:

Check In with and Help Neighbors

Many people rely on their neighbors before and after a disaster, and there are many ways you can help them. Discuss preparation and evacuation plans, and check in after the storm passes.

Develop an Evacuation Plan

Find out if you live in an evacuation zone. If you live in a flood prone area, now is the time to begin planning where you would go and how you would get there. Plan for your pets, too.

Have Supplies

Pack a supply bag that contains water, non-perishable food, flashlights, a first aid kit, battery-powered or hand crank radio, whistle, dust mask, manual can opener, local maps, cell phone chargers, extra batteries, wrench or pliers, personal sanitation items (e.g., moist towelettes, garbage bags and plastic ties) and shelter in place items (e.g., plastic sheeting and duct tape). Have medication, prescriptions and cash on hand and keep your gas tank full. For more information on building an emergency kit, visit <https://www.ready.gov/kit>.

Secure Important Paperwork

Have a contact list in case of emergencies with names and phone numbers. Have at least one contact outside of the impact area. Keep important documents together for quick access. Share your plan with family and friends.

Strengthen Your Home

Secure loose outdoor items that could become projectiles, cover windows and secure all doors, trim trees near your home and move your vehicle to a safe location. Make sure your insurance policy coverage is enough to cover the costs of potential damage.

To find a printable family emergency communication plan for kids, adults and fillable cards to post on your refrigerator, visit <https://www.ready.gov/kids/make-a-plan>. For more information on hurricane safety from the National Oceanic and Atmospheric Administration, visit <https://www.noaa.gov/education/explainers/hurricane-safety-explained>.

ATTENTION READERS: Make *Family Connections* Interactive! Share your questions, comments, good news stories, useful resources and articles you have written or found helpful. As space allows, we will include them in future newsletters OR release on social media. Submit to cnic.ffsp.fct@navy.mil

May is Gold Star Awareness Month, Honor, Recognize the Fallen

**BY STEPHANIE HUNTER,
CNIC GOLD STAR PROGRAM**

Each year thousands of military personnel make sacrifices to defend our country and its freedoms. Military families understand the importance and commitment that it takes to serve, as they stand with their service member.

Our country supports and thanks the men and women who serve, and our support should not end there. Each year hundreds of service members die by suicide, combat, training accidents, accidental occurrences, illness or even homicide. In 2021, the Navy lost 202 active-duty Sailors, leaving behind loved ones, who we call Gold Star families.

We have a duty to take care of our Gold Star families and honor the legacies of their fallen service members. The month of May is dedicated by the Navy Gold Star Program as Gold Star Awareness Month. Throughout May, Navy Gold Star Program staff educate military and civilian communities on what it means to be a Gold Star survivor. Staff provide opportunities to Gold Star survivors to participate in tribute events for the fallen and to connect with other survivors.

While the debt of gratitude can never be repaid, we can recognize our lost heroes' service and sacrifice by helping their families carry on in their memories. Regardless of military service, cause, location or circumstances of the loss – surviving family members deserve our acknowledgement and deepest respect. Please remember that when you see someone wearing the Gold Star Lapel Pin or Next of Kin Lapel Pin, he or she has lost a loved one who served our nation. Take a moment to acknowledge their loved one's sacrifice and thank them for their continued service because behind every Gold Star Lapel Pin there are stories of fallen service members and strong survivors.

For more information on the Navy Gold Star Program, visit www.facebook.com/navygoldstar, www.navygoldstar.com or call 1-888-509-8759.

May Holidays & Observations

- Gold Star Awareness Month
- Relocation Assistance Month
- May 6 – Military Spouse Appreciation Day
- May 8 – Mother's Day
- May 21 – Armed Forces Day
- May 30 – Memorial Day
- May 1 to May 7 – National Hurricane Preparedness Week

Memorial Day, A Solemn Day Of Remembrance

MONDAY, MAY 30, 2022

Memorial Day is observed annually as a day to mourn and honor the men and women who have died while serving in the U.S. Armed Forces. This Memorial Day pay tribute to our fallen heroes in any way that you can, so that their families know that they are never forgotten.

"May we never forget our fallen comrades. Freedom isn't free." – By retired Marine Corps Sgt. Maj. Bill Paxton

May is

Gold Star Awareness Month

**Paying tribute to the fallen,
honoring their loved ones
and sharing their stories**

www.NavyGoldStar.com
www.facebook.com/NavyGoldStar • 1-888-509-8759

Ombudsman Moment May 2022

MILITARY SPOUSE APPRECIATION

People often say, "The spouse serves, too." They may not wear the uniform or draw the paycheck, but they support the mission for which their spouse serves. They keep things running on the home front and to be there for their Sailor, whether in person or in thought.

We are thankful for spouses and their sacrifices that are part of the hectic military lifestyle. Without home support, many service members would not be willing to follow a military career path and our force would suffer from the loss of good men and women.

May 6, the Friday before Mother's Day, is set aside to honor military spouses, but let us take the entire month to thank a military spouse in your life. Let them know you recognize and appreciate them. Do not forget to mention the sacrifices their children make, as well. It is a team effort that leads to happiness and success.

Military spouses, if you would like to become more involved with your Sailor's command or if you need assistance in managing daily stressors, reach out to your command ombudsman. To locate your ombudsman, contact your Fleet and Family Support Center (FFSC) Ombudsman Coordinator, your command ombudsman or Reserve Component Command Warrior and Family Support Specialist. Use the Contact Your Ombudsman feature on the Ombudsman Registry home page, at <https://ombudsmanregistry.cnic.navy.mil>. For additional questions, contact your FFSC.



NGS Coordinators 'Took Flight' at NAS JRB New Orleans Air Show, Supporting Survivors

Do you know the Navy Gold Star Program provides long term support to the immediate family members of our Navy's deceased active-duty Sailors?

Typically, Navy Gold Star Program support is through telephone calls and emails to ensure the understanding of benefits and resources meet survivor's needs. Additionally, Navy Gold Star Program staff organize special events to allow survivors to connect with each other and to increase awareness of the program.

On March 19, 2022, Navy Gold Star coordinator, Emily Kolenda, staffed a Navy Gold Star Program table at the New Orleans Air Show hosted onboard Naval Air Station Joint Reserve Base (NAS JRB) New Orleans.

Kolenda, along with her Army Survivor Outreach Services Coordinator counterpart, provided awareness of their respective programs to community patrons in attendance. The show brought a large crowd of patrons eager to see the Navy's Blue Angels. The coordinators shared insight to patrons on how the military honors our nation's fallen service members and their families, answered questions about the program and met with survivors in attendance.

"It is not often that coordinators have such a large stage of community citizens to educate," said Kolenda. "This was a great opportunity to spread the word about the programs, recognize survivors and their beloved service member."

The Navy Gold Star Program is planning more special events in various areas across the country. The goal of these events is to raise awareness of the program and acknowledge and thank Gold Star families for their sacrifice. The Navy recognizes the month of May as Gold Star Awareness Month and September 25 as Gold Star Mother's and Family Day.

For additional information about the Navy Gold Star Program and upcoming events near you, visit www.NavyGoldStar.com, www.Facebook.com/NavyGoldStar or call 1-888-509-8759 to connect with a coordinator for your area.



Photo: NAS JRB New Orleans Facebook page photo, March 19, 2022.

King's Bay Hosts 11th Annual 'Walk, Stroll & Roll'

In honor of Child Abuse Prevention Month, Naval Submarine Base, Kings Bay, Ga.'s Fleet and Family Support Center staff partnered with the installation's Morale, Welfare, & Recreation, Navy Marine Corps Relief Society, commissary, health clinic and the fire department to host the 11th Annual "Walk, Stroll and Roll" event on April 2. More than 100 people participated, along with the infant and preschool aged children from the King's Bay Child Development Center. Participants enjoyed music, snacks, dancing and a bounce house.



Heart Link is a Must for Military Spouses

Heart Link is a spouse orientation program geared toward strengthening spouses of all branches and enhancing mission readiness. Recently, eight spouses from Joint Base Charleston, S.C. got to see what the program was all about.

Heart Link's objective is to increase spouse awareness of the military mission, customs, traditions, protocol and community support resources. Heart Link also helps culturally familiarize spouses to their new homes in the South Carolina Lowcountry region and helps them better understand their part in the military mission.

Sarah Stults, one of the spouses in attendance said, "this orientation is a must – it was awesome." She added, "the day went so fast with a jammed packed program of presenters and activities. My favorite part is that leadership made this a priority and were genuinely interested in the wellbeing, perspective and experience of military spouses."

During the program, spouses received information from installation resources and agencies. In addition, they enjoyed lunch and a welcome and squadron tour from base leadership.

"It really provided an inside look and a hands-on feel to the various missions our units are tasked with, and it's a great way to learn and see what the men and women at Joint Base Charleston do," said Jessica Volkman, an installation community readiness consultant and event coordinator.

She described the program as a holistic way for spouses to feel connected and empowered with information and resources.

The program was developed in 1999 by a working group at Air Combat Command, and the first Heart Link took place at Langley Air Force Base in 2000. Air Force Gen. John P. Jumper, former United States Air Force (USAF) Chief of Staff, requested USAF-wide participation in 2002. The program has been instituted ever since at most Air Force installations.

Volkman summarized Heart Link as a great way for spouses, at whatever stage of military life they are in, to gain information on the installation, the mission, available resources and make friendships with other spouses.

"I have had spouses who have attended later in their time as a military spouse share that the information they received was beneficial," said Volkman. "Also, that they'd wished they had attended sooner."

If you or someone you know may be coming to Joint Base Charleston or you have been here for a while and want to learn more about the services at your duty location, consider registering for the next Heart Link event on May 13. Register at <https://tockify.com/jbcmfr/detail/425/1652445000000>.

For more information on any of our programs or to learn more about how Joint Base Charleston Military and Family Readiness can help you, visit <https://jbcmfr.com/> or call 843-963-8883.



JBCMF, TTC Team Up for Spouse CNA Program

Joint Base Charleston, S.C., Military and Family Readiness Center (JBCMFR), Air Force Aid Society and Navy-Marine Corps Relief Society (NMCRS) are partnering with Trident Technical College (TTC) to offer a unique training opportunity which will enhance the immediate employment prospects and create a portable career opportunity for a set number of military spouses. Active-duty military spouses from all branches are eligible to participate.

The cooperative program with the local community college will accept 24 active-duty military spouses to attend the Certified Nurse Aide (CNA) program. Dorian O'Murray, the primary nurse instructor at TTC, knows how important the CNA program is to a potential candidate.

"It is a great first step, really the foundation for patient care, particularly if you want to move on to different designations like LPN [Licensed Practical Nurse] or RN [Registered Nurse]," said O'Murray.

TTC provides the information and training for an exciting, successful CNA career with growth potential in the medical field. Students complete a six-week course that includes 80 hours of classroom instruction and 50 hours of skills-based learning.

O'Murray stated that the CNA designation has a benefit to military spouses. "There is an extra advantage to military spouses, because if you have to transition to a new location, your employability will transition with you," she said.

Students complete instruction at the TTC Thornley Campus, which is less than two miles from Joint Base Charleston. Class schedules are pending and awaiting the updated Memorandum of Understanding with TTC. Upon successful completion of the CNA program, students receive local job placement with medical facilities that partner with the college.

Normally, there is a standard cost of the CNA program per student that covers course fees, materials, supplies and equipment. Due to joint basing, they are partnering with NMCRS to offer this opportunity to both Navy and Air Force spouses. NMCRS will be utilizing the education grant program to accomplish this opportunity.

To access the application and other information, visit <https://jbcmfrc.com/our-programs/employment-readiness/>. Contact Christina Harper at JBCMFR for class schedules at christina.harper.2@us.af.mil or call (843) 963 4406.



Three B's for Better Mental Health

The past few years have been uncertain times due to the COVID-19 pandemic. We are bombarded by information on how to stay physically healthy. If there was a nickel for every time, we have heard the words "cover your cough," "don't touch your face" or "wash your hands for at least 20 seconds" then it would be enough to buy a cheeseburger meal.

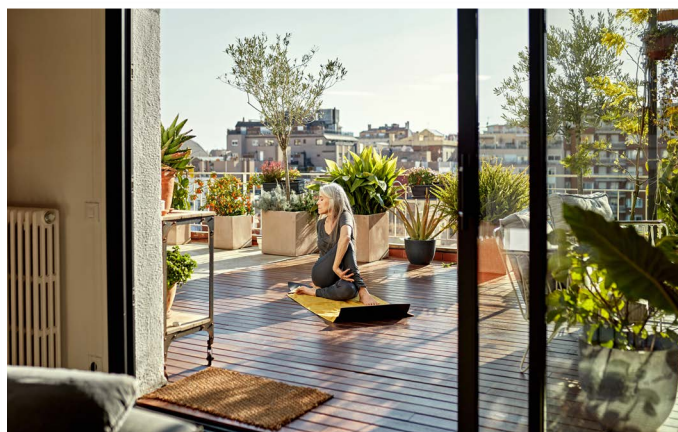
Maintaining our social distance may be good for our physical wellness but what about keeping your mind strong and healthy?

Conflict is all around us, from solutions to the pandemic or the problem of cost inflation, relationship strife and many other situations. When it seems like there is chaos around you, how do you maintain peace within yourself?

The month of May is Mental Health Awareness Month. Millions of Americans face the challenge of living with a mental illness, however, it is not just about overcoming or coping with depression or anxiety. Stress affects your mental health as well. It is important to take care of your mind, especially through times of change and uncertainty. Your sole focus may be staying physically well with scheduled exercise and eating well. However, if your thoughts are full of worry and your body is flooded with feelings of anxiety, you may fall into unhealthy choices and discouragement no matter how physically fit you are.

Along with your physical workout, engage in mental workouts for better *peace of mind*. Add the three following mental workouts for better well-being.

- 1. Be Grateful.** Gratitude leads to happiness. Think about the last time that you felt happy. Did you experience gratitude as well? Did you feel gratitude for your friendships or close relationships? Gratitude does not come with happiness, it creates happiness. Take time today to write three good things that recently happened to you. Another way to feel gratitude is to think of a person, who did something nice for you and you did not get to thank them. Take five to 10 minutes today and write them a letter, text message or Facebook message thanking them. Afterwards, notice how you feel. You may be pleasantly surprised.
- 2. Be Mindful.** Mindfulness sometimes gets confused with meditation. Mindfulness is not meditation. Meditation is one way that can lead us to mindfulness, but it is only one way. Mindfulness is being fully aware of what is happening in your life right now. Mindfulness leads to awareness of how you are feeling, how others are feeling and helps you to act respectfully to yourself and others. When you are focused on your senses, your mind does not think about the past or worry about the future. Being fully aware of the present moment is the key to feeling peace. Take three minutes to write or think about what you currently see (such as shapes, colors), what you hear (such as people talking, wind, birds) and what you feel (such as feet on ground, shirt on shoulders, chest moving up and down). Just observe, don't judge them. As you focus on your five senses at this moment, your mind will start to become quiet.
- 3. Be Intentional.** Do you ever feel like life is passing you by? Does time escape you? This happens to everyone. It can be discouraging if you think, "I just wasted my time by... lying in bed, binge watching television" or any other number of behaviors. Successful people plan and do things intentionally. We break unwanted habits by intentionally planning to do something different the next time. We feel accomplished by completing small tasks towards a bigger goal. Take time to plan a few things you will do differently tonight or tomorrow. For example, intentionally plan to get up in the morning at the same time, take a shower and eat a healthy breakfast. Your body and mind will thank you for making a plan that makes you feel good about your morning. Positive change actions happen when you intentionally plan them.



Take care of your body and mind. Take this time to be grateful for what you have, be mindful of the things around you and set the intention to make positive changes in your life.

Coping with stress, anxiety or mental illness is not something you have to do alone. Support is available by reaching out to a family member, friend, chaplain or your local Fleet and Family Support Center (FFSC). You can find your local FFSC at <https://go.usa.gov/xu447>. There are people available to support you. Online resources are also available at <https://www.militaryonesource.mil/> or <https://www.nami.org>.



YOUR *Virtual* FFSC WEBINAR SCHEDULE



We are all more organized in different areas of our life, but luckily FFSC has Subject Matter Experts that can provide you more tips and tricks to help tackle the areas that need improving.

Spouses are encouraged to attend all of these trainings. Be sure to pass this flyer on.

How to register:

Step #1: Make a free account at MyNavyFamily.com (NMCI use <https://learning.zeiders.refineddata.com>) at least one day before the webinar. Follow the on-screen instructions to create a new account. Be sure to enter your time zone!!

Step #2: Click on “Live Webinars” at the top of the page to view the full list of offerings.

Step #3: Click on the title of a session to view the information and description.

Step #4: Click on “register now” to register for the course.

You will get reminder emails with your personalized link.

If you have any trouble, please write to learning@zeiders.com

The CNIC LMS
has comprehensive resources for Navy spouses and family members such as New Spouse Orientation, the Navy Family eHandbook, and the Navy Spouse eLibrary.



MAY 2022

Deployment**Tuesday, May 3rd**

1:00 PM EST Couples and Deployment

Tuesday, May 10th

1:00 PM EST Children and Deployment

Tuesday, May 17th

1:00 PM EST Deployment Disasters: The Game Show

Tuesday, May 24th

1:00 PM EST Navigating Your New Normal During Deployment

Tuesday, May 31st

1:00 PM EST Deployment Daze: Pre-Deployment

1:00 PM EST Reintegration with Partners

Employment**Tuesday, May 3rd**

1:00 PM EST Effective Resume Writing

Wednesday, May 4th11:00 AM EST LUNCH & LEARN Linked In 4-Part Series:
1. Introduction & Getting Started**Tuesday, May 10th**

1:00 PM EST Effective Resume Writing

Wednesday, May 11th11:00 AM EST LUNCH & LEARN Linked In 4-Part Series:
2. About Me

1:00 PM EST Winning Interview Techniques

Thursday, May 12th

9:30 AM EST Your Professional Image

Wednesday, May 18th11:00 AM EST LUNCH & LEARN Linked In 4-Part Series:
3. Endorsements and Recommendations

11:00 AM EST Resume Writing Workshop

Thursday, May 19th

4:00 PM EST Job Search Strategies

Wednesday, May 25th11:00 AM EST LUNCH & LEARN Linked In 4-Part Series:
4. The 3 Degrees of Networking**Thursday, May 26th**

9:00 AM EST Your Professional Image

9:00 AM EST Job Search Strategies

Finances**Tuesday, May 17th**

12:00 PM EST Navy Retirement...is it Enough?

Thursday, May 19th

12:00 PM EST Credit...What's the Big Deal?

Life Skills**Monday, May 2nd**

10:00 AM EST Family Advocacy Program Training

Tuesday, May 3rd11:00 AM EST Mind Body Mental Fitness
Part 4: Flexibility**Wednesday, May 4th**

10:00 AM EST Youth Suicide Prevention

Thursday, May 5th

10:00 AM EST Back to Basics: Essential Communication Skills

Tuesday, May 10th

11:00 AM EST Mind Body Mental Fitness Part 5: Problem Solving

2:00 PM EST Mind Body Mental Fitness Part 5: Problem Solving

4:30 PM EST Counseling Foundational Skills

Wednesday, May 11th

11:00 AM EST Stress Management

2:00 PM EST Family Advocacy Program Training

Tuesday, May 17th

11:00 AM EST Mind Body Mental Fitness Part 6: Connection

Wednesday, May 18th

1:00 PM EST How to Stress the Right Way

4:00 PM EST Listen to be Understood:
Empathic Communication Skills**Thursday, May 19th**

11:00 AM EST Sponsor Training

1:00 PM EST Family Advocacy Program Training

Tuesday, May 24th

11:00 AM EST Family Advocacy Program Training

5:00 PM EST Mind Body Mental Fitness
Part 1: Stress Resilience**Tuesday, May 31st**5:00 PM EST Mind Body Mental Fitness
Part 2: Mindfulness and Meditation**Parenting****Wednesday, May 11th**12:00 PM EST The Nuts and Bolts of the
Exceptional Family Member Program**Wednesday, May 18th**

2:00 PM EST The Period of PURPLE Crying

Monday, May 23rd

2:00 PM EST Parenting During Life's Ups and Downs

Thursday, May 26th

2:00 PM EST Baby Boot Camp

Relocation**Wednesday, May 25th**

11:00 AM EST Smooth Move Workshop

Transition**Tuesday, May 17th**

1:00 PM EST Life After the Uniform

Thursday, May 19th

1:00 PM EST So You've Signed Up for TAP; Now What?