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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 Timothy McGough at [timothy.mcgough@navy.mil](mailto:timothy.mcgough@navy.mil).

Visit us online at:



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## Military Family Appreciation Month



Each year the President signs a proclamation declaring November Military Family Appreciation Month. This annual proclamation marks the beginning of a month-long celebration of the military family in which the Department of Defense and the nation honor the commitment and sacrifices made by the families of our nation's service members.

Community leaders, businesses and military bases and posts are teaming up to recognize military families through special events such as open houses, fun runs, family fun nights, community dinners, discounts at Morale, Welfare and Recreation (MWR) facilities, local business and sporting events and special recognitions during community activities throughout the month of November. Contact your local [MWR](#) or [Family and Family Support Center](#) to learn more about events scheduled in your area.

## Families OverComing Under Stress (FOCUS) On The Go! Mobile App

With frequent moves and long deployments, military families are often asked to cope with challenging situations. [Project FOCUS](#) recently released the new FOCUS On the Go! family resilience gaming and resource app for iPhone and iPad. FOCUS On the Go! is a first-of-its-kind, family-centered mobile app designed to engage children and families in learning and practicing key resilience skills. Children, adolescents and parents can play a suite of games alongside the app's cartoon character, Buddy Bear, to practice identifying and talking about feelings and to collect tools for calming down in challenging situations. With more than 40 skill levels, there is fun for all ages.

In addition, FOCUS On the Go! includes a parent's page with a video library and downloadable activities to further practice family resilience skills. Parents can also complete family resilience check-ins for personalized summaries of their family's strengths. [Download](#) FOCUS On the Go! For iPhone and iPad at no cost from the iTunes App Store. An Android app is expected in early 2014.

*"We owe each day of security and freedom that we enjoy to the members of our Armed Forces and their families. Behind our brave service men and women, there are family members and loved ones who share in their sacrifice and provide unending support."*

*President Barack Obama*





## CNO Updates DC Navy Spouses on Budget Impacts

Chief of Naval Operations (CNO) ADM Jonathan Greenert spoke to 150 military spouses at the Joint Base Anacostia-Bolling Club Oct. 7. ADM Greenert took the opportunity

to talk about budget impacts on readiness and family programs as well as take questions from the attendees. "In FY14, tuition assistance, compensation, pay, entitlements, retirement process stays as it is now," said ADM Greenert. He also stressed that the G.I. Bill is safe because it is a separate law that is not affected by Department of Defense (DoD) funding, or lack thereof.

When asked about manning and promotions, the CNO pointed out that the Navy mans equipment differently from how the other services equip their manning. "We have to keep personnel at a certain level," he said. "We've been struggling to get the manning at the proper levels in the right specialties, but now we are a balanced force." Additionally, the admiral stated that promotions will continue at pace and that no force shaping programs are planned.

Click [here](#) to read the entire article.

## Preparing for a Financial Crisis

The recent shutdown of the federal government caused financial hardships for many Navy families. CONUS commissaries were closed and there was uncertainty about payment of certain benefits. However, through it all, the doors of Fleet and Family Support Centers (FFSC) were kept open. The Navy values our families and recognizes the need to provide services, especially in times of financial crises.

FFSCs provide confidential personal financial counseling and education to Sailors and family members. Services include individual/family financial counseling as well as a variety of classes on budgeting, home buying, savings and investments, retirement planning and saving for college, just to name a few. For those families preparing for retirement, the FFSC offers the new Transition Goals, Plans, Success (GPS) course which includes a Financial Planning for Transition workshop. Spouses are encouraged to attend the workshop with their Sailors. To find the Center closest to you, go to <http://www.ffsp.navy.mil>.

There are also many electronic, no-cost resources to help families manage their resources:

[Military OneSource](#) is a Department of Defense-funded program providing comprehensive information on every aspect of military life at no cost to active duty, Guard and reserve service members and their families.

[Military Saves](#), a component of America Saves and a partner in the Department of Defense's Financial Readiness Campaign, is a research-based social marketing campaign to motivate, support and encourage military families to save money and build wealth. Military Saves provides excellent resources for savings, budgeting, and general financial fitness.

Prepare now, so that you are ready for the next financial emergency.



iPhone, iPad User...  
Download JSS  
at the App Store



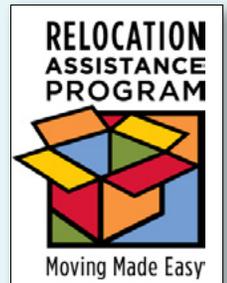
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(577-6691)



### Relocation Tip

Relocating can be a daunting task. In addition to having to deal with all of the logistical details and potentially stressful situations, you are facing the uncertainty of a new environment. To relieve your anxiety contact your local [Fleet and Family Support Center](#) (FFSC) and attend a Smooth Move Workshop. .



### New Spouse Orientation

(NSO) can be taken as an [on-demand course](#) designed to support new Navy spouses. It provides information on benefits, support services, military culture and resources to help new Navy Spouses adapt to the military lifestyle.



## FREE On-Demand Tutoring for Military Families

Homework and studying help is available from a professional tutor any time you need it. Services are free for students of Army, Navy, Air Force, Marines, National Guard and Reserve families. Expert tutors are online 24/7 and available to help in more than 16 subjects, including test prep, proofreading, math, science, English and social studies.

Eligible military adult students can also get back-to-school, college and career transition help, including GED prep and resume writing. For more information and to create an account visit [Tutor.com](http://Tutor.com).



## Navy Wounded Warrior – Safe Harbor Promotes “Success through Transition”

“My life is not easy, but Navy Wounded Warrior (NWW) – Safe Harbor Program has really helped make it easier. They really do a lot for me and go above and beyond.” Those words were spoken recently by Coast Guard LCDR Anthony Owens who struggles with amyotrophic lateral sclerosis (ALS), as local service members convened at his house to volunteer for various home improvement tasks. Owens, a NWW enrollee, continues to make an enormously positive impact within his family, his community and the military despite his health challenges. He is, in turn, incredibly grateful for the support he receives from NWW and his Shipmates.



November marks Warrior Care Month, a time to recognize wounded warriors like Owens, as well as those who care for them, for their service, sacrifices and achievements. This year’s theme, “Warrior Care - Building a Ready and Resilient Force,” emphasizes the Navy’s commitment to the welfare of seriously wounded, ill and injured service members at bedside, during rehabilitation and throughout their transition back to active duty or to civilian life.

At NWW, every month is Warrior Care Month; November is simply an opportunity to join with the entire Navy family, as well as other branches of service, in public celebration of these heroes. Events honoring wounded warriors and highlighting the issues they face will take place nationwide throughout the month. For more information about Warrior Care Month activities visit <http://safeharbor.navylive.dodlive.mil> or [www.facebook.com/navysafeharbor](http://www.facebook.com/navysafeharbor).

Everyone in the Navy family can make a difference in the lives of wounded warriors. They can refer a service member to the program who has experienced serious illness or injury by calling 855-NAVY WWP (628-9997). They also can help spread the word about NWW — online, in conversations with neighbors, at community meetings and around the dinner table.

## Ready and Resilient Navy Families Webinar Series

In continuation of the Ready and Resilient Navy Families webinar series, Fleet and Family Support will host “Overview of Fleet and Family Support Programs” on 21 November at 1300 EST.

Learn about the services and programs offered for you and your family at Fleet and Family Support Centers. To log into the webinar, Sailors and family members should follow the instructions below:

1. Click on the following link: <http://zeiders.adobeconnect.com/deploymentfamilies>
2. Type your name in the box next to the “Enter as a Guest” label.
3. Click the “Enter” button. The classroom will open in a new screen window. This is a pop-up window, so you may have to disable security settings .



## Resident Energy Conservation Program (RECP) Waiver Process



RESIDENT ENERGY CONSERVATION PROGRAM

RECP is a DoD and Navy driven program that transfers responsibility for utility usage to residents living in Navy Public Private Venture (PPV) housing. This program monitors residents' monthly energy usage, usually electricity, for individually metered homes and issues monthly usage reports to residents.

The RECP methodology combines homes in Like Type Groups (LTG) based on similar

characteristics, such as square footage, bedroom, and house style. Individual utility usage is measured in occupied homes to determine a monthly average for each LTG. A normal usage band is established by adding a 10% buffer above and below the monthly average for each LTG. Those below the normal usage band receive a rebate, those above pay for their extra usage, and those within the normal usage band have no action.

Some residents of PPV housing may require significant amounts of

utilities as a direct result of unique medical circumstances that require the use of a qualifying life-support device. RECP waivers are available to households if a resident relies upon a qualifying medical device or has a qualifying medical condition. Service members enrolled in the Navy's Wounded Warrior Safe Harbor Program or another Service's Wounded Warrior program are exempt from the RECP program upon resident request.

To learn more about the waiver process or to download the RECP waiver form, visit the [CNIC RECP](#) website.

## Employment and Transition Corner Career OneStop Website is Worth Checking Out!

Whether you are a family member looking for a new job or a transitioning service member, the Department of Labor's [Career OneStop](#) is a user-friendly site for your job search needs. It has features to help you explore career types, salaries, education/training, jobs and resumes. There is even a telephone helpline number that gets you to a real person, not just a recording!

While you are on the website, click on *Job Search* for links to real advice in helping you land that job you want. Have a look in the *Find Jobs* section. Get information on job banks, employment agencies, job fairs and what each one actually does to assist the job-seeker.

Then, go to *Resumes and Applications* for strategies on cover letters (yes, you need one), resume-writing and how

to highlight your experiences—again, to help you land the job you want. Make sure to click on *Resume Guide* and then *More Sample Resumes*. This portion of the website not only offers you a visual of how a professional resume looks, it offers plenty of work experience bullets you can borrow and revise to make them more personal, more you.

The site also provides a link to the [American Job Center](#) page which has another array of services for you. Go to [Career OneStop](#) today.



## NAVY U.S. Navy Individual Augmentees

Like us on Facebook.



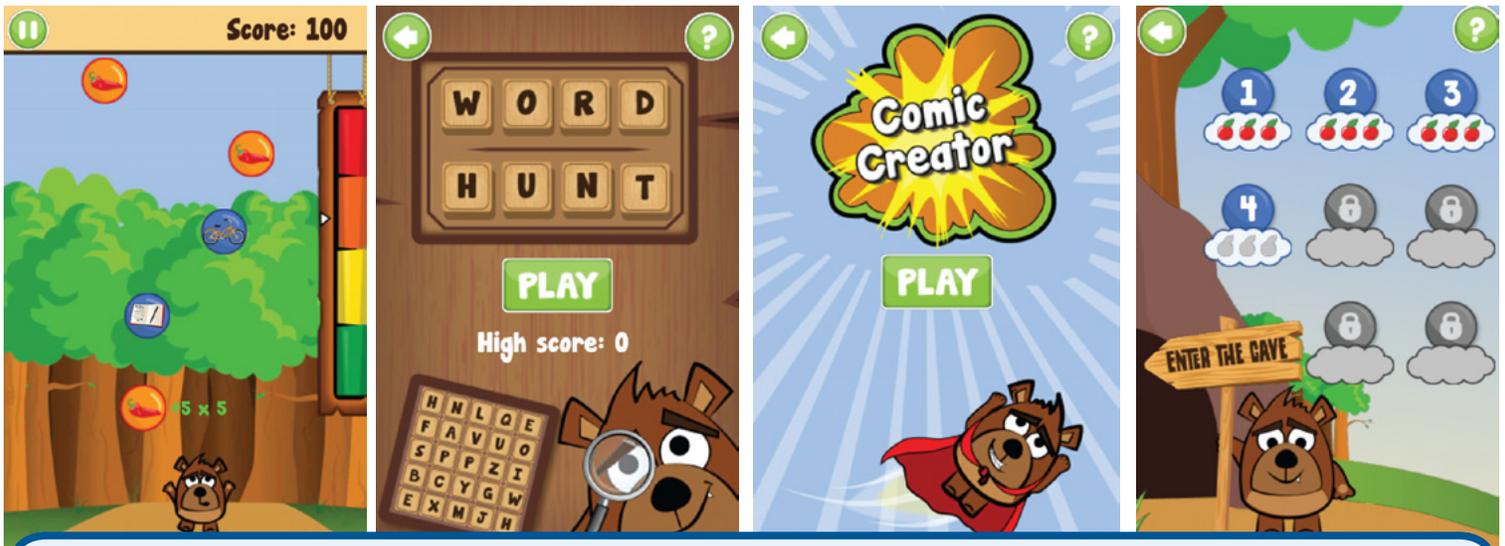
### Returning Warrior Workshops (RWW)

Returning Warrior Workshop Schedule and IA Family Events — [www.ia.navy.mil](http://www.ia.navy.mil). Click "Links and Resources."

### IA Discussion Group Schedule

View the Fleet-wide list of classes, support groups and events.

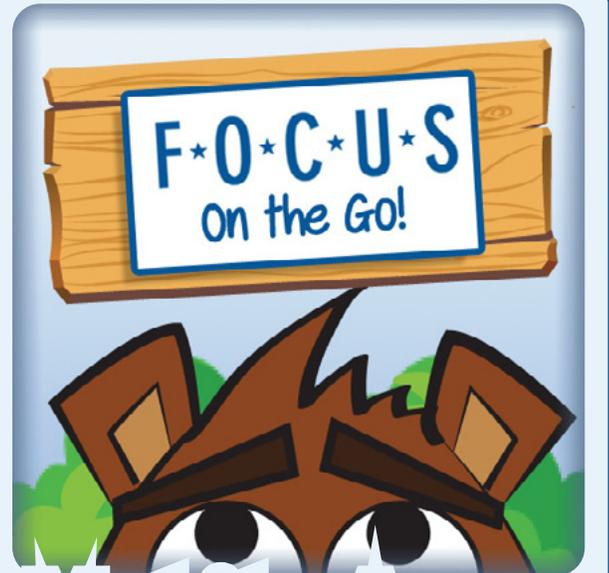




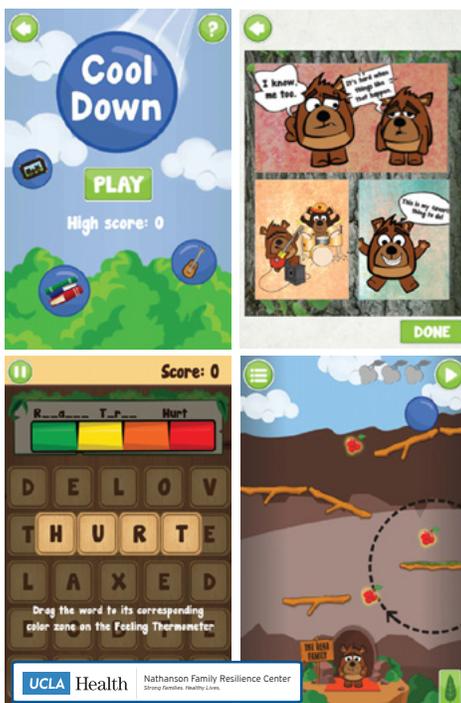
**FOCUS On the Go!** is an educational app that helps families become stronger in the face of challenges.

Family members play four games alongside Buddy Bear to practice identifying and talking about feelings and to collect tools for calming down in challenging situations.

The Parents section includes a Video Library and downloadable PDF worksheets to further strengthen family resilience skills. Parents can also complete the Family Resilience Check-In for a personalized summary of their family's strengths.



# FOCUS On the Go! Mobile App



**FOCUS On the Go!** brings FOCUS Family Resilience Training™ skill building games to families where they live, work and play:

- ★ Catch relaxation tools and get to know the Feeling Thermometer in **Bear Chill**
- ★ Search for feeling words and practice using the Feeling Thermometer in **Feeling Finder**
- ★ Create your story and share it with friends and family through email and Facebook with **Comic Creator**
- ★ Solve puzzles and collect relaxation tools to help fill up Buddy Bear's Cozy Cavern in **Bear Necessities**

To learn more about the UCLA Nathanson Family Resilience Center's innovative programs, visit <http://nfrc.ucla.edu>