



March 2024



community. It is likely that you have encountered a



Poison is not a topic that people often talk about, but you should. The best way to prevent poisoning is to learn and talk about your risks before an emergency.



social worker at your installation's Fleet and Family Support Center (FFSC) in some capacity whether you were aware or not!





Financial well-being is more than just meeting basic needs. It means feeling secure about your financial future and having the freedom to make choices that enable you and your loved ones to live life



The first women to serve in the U.S. Navy were nurses, beginning with the "Sacred Twenty" appointed after Congress established the Navy Nurse Corps on May 13, 1908.





See the full list of webinars available on www.MyNavyFamily.com this month. Topics include Deployment, Employment, Finance, Life Skills, Parenting, Relocation and Transition.



In a fast-paced world where productivity often takes precedence, we frequently underestimate the significance of a good night's sleep. National Sleep Awareness

Week is a crucial reminder to prioritize

Fleet and Family Support Program. The Navy's 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.

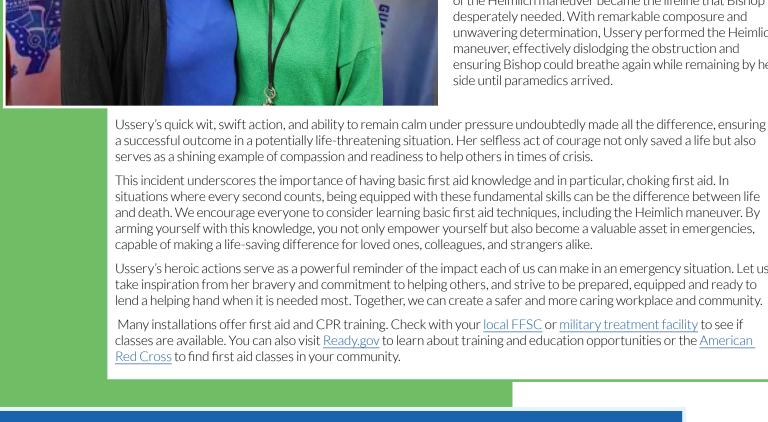




A Hero Among Us: A Quick Response Saves A Life

In the hustle and bustle of our daily lives, moments of unexpected heroism often emerge, reminding us of the incredible strength and compassion within our community. During a recent incident at our workplace, Lauren Ussery, a valued member of our Fleet and Family Support (FFSC) team, demonstrated extraordinary courage and quick thinking, ultimately saving her

During an ordinary workday on November 21, 2023, a sudden emergency unfolded when Bishop experienced a



choking incident, struggling with an obstructed airway. In this critical moment, Ussery's swift action and knowledge of the Heimlich maneuver became the lifeline that Bishop desperately needed. With remarkable composure and unwavering determination, Ussery performed the Heimlich maneuver, effectively dislodging the obstruction and ensuring Bishop could breathe again while remaining by her side until paramedics arrived.

coworker, Christine Bishop's life.

arming yourself with this knowledge, you not only empower yourself but also become a valuable asset in emergencies, Ussery's heroic actions serve as a powerful reminder of the impact each of us can make in an emergency situation. Let us take inspiration from her bravery and commitment to helping others, and strive to be prepared, equipped and ready to lend a helping hand when it is needed most. Together, we can create a safer and more caring workplace and community. Many installations offer first aid and CPR training. Check with your local FFSC or military treatment facility to see if classes are available. You can also visit Ready.gov to learn about training and education opportunities or the American

■ March 17-23 - National Poison Prevention Week ■ Social Work Month ■ March 19 - First day of Spring ■ Women's History Month

■ National Nutrition Month

■ March 25 – Medal of Honor Day

■ Brain Injury Awareness Month

## INTERNATIONAL

March Holidays and Observances:

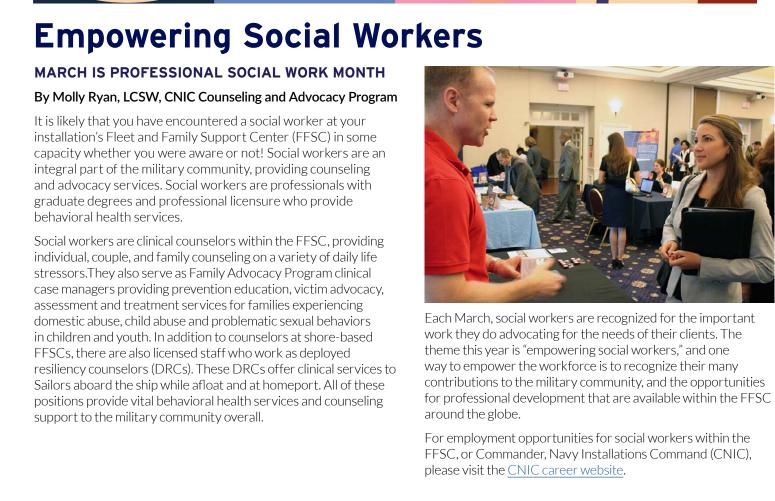
■ March 3 – U.S. Navy Reserve Birthday

■ March 10 - Daylight saving time begins

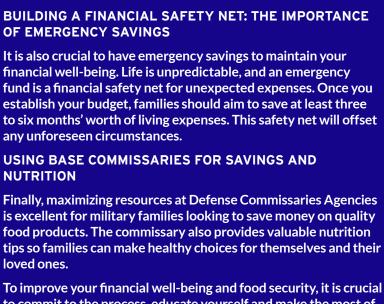
■ March 10-16 - National Sleep Awareness Week

- HAPPY





Achieving Financial Well-Being, Food Security for Military Families



For more information on WIC, visit the program's website.

## and navigating the financial challenges of military life. All PFM services are free and confidential, providing military families with the assurance of a secure financial future. help you achieve financial stability. Scan the QR Code to locate a PFM at your installation. **NAVIGATING FINANCIAL ASSISTANCE PROGRAMS: BNA** start your journey. **AND SNAP**

need to contact your state's SNAP office or visit the SNAP State **Directory of Resources.** SPECIAL PROGRAMS FOR WOMEN AND CHILDREN

state agency.

identified federal income thresholds.

BY FRAN JACKSON MBA, AFC ®

Financial well-being is more than just meeting basic needs. It means feeling secure about your financial future and having the

freedom to make choices that enable you and your loved ones

to live life to the fullest. Unfortunately, many military families

financial well-being. That is why it is essential to have a plan in

struggle with food insecurity, which hinders them from achieving

place to deal with these issues. This article provides resources to

improve your overall financial well-being and food concerns for

The first step to improving your financial well-being requires

developing a realistic budget. A well-defined and achievable

(PFMs) at their local Fleet and Family Support Center (FFSC)

to create a budget that works for them. PFMs are experienced,

financial certified professionals who can assist in setting goals

To attain financial stability, great resources military families can use include financial assistance programs. For instance, the Basic Needs Allowance (BNA), as of the date of this article, provides a monthly allowance for new service members who have dependents and whose gross household income falls below

Moreover, the Supplemental Nutrition Assistance Program (SNAP) is designed to help low-income families and individuals

in the United States who are struggling with food insecurity. This program provides financial assistance through an electronic benefit transfer (EBT) card that allows eligible recipients to purchase healthy food items at authorized food stores.

To apply for benefits or obtain information about SNAP, you

The Special Supplemental Nutrition Program for Women, Infants, and Children (WIC) provides healthy food choices and nutrition education for pregnant and postpartum women and young children up to age five. Eligible mothers can apply through their

families can seek help from personal financial managers

budget provides the foundation for financial security. Military

**CNIC PFM PROGRAM ANALYST** 

**CRAFTING A REALISTIC BUDGET** 

you and your family.

SCRA Provides Financial, Legal Protections For Service Members, National Guard, Reserve, & Military Families FROM MILITARY ONESOURCE The Servicemembers Civil Relief Act (SCRA) provides financial and legal protections for active-duty service members, including National Guard and reserve members and their families. Because the details of the SCRA are complicated, service members and their families are encouraged to contact the nearest legal assistance office if they need help meeting their financial obligations. Learn more about the important SCRA benefits to take full advantage of the law's protections for you and your family members.

**OVERVIEW OF SCRA PROTECTIONS** 

situations.

March 5 | 2:30 pm ET

March 18 | 11:00 am ET

March 26 | 10:00 am ET

What's the Best Deal for Car Buying?

Military Pay

**EMBRACING REST** 

enhance our sleep habits.

of a healthy lifestyle.

internal clock.

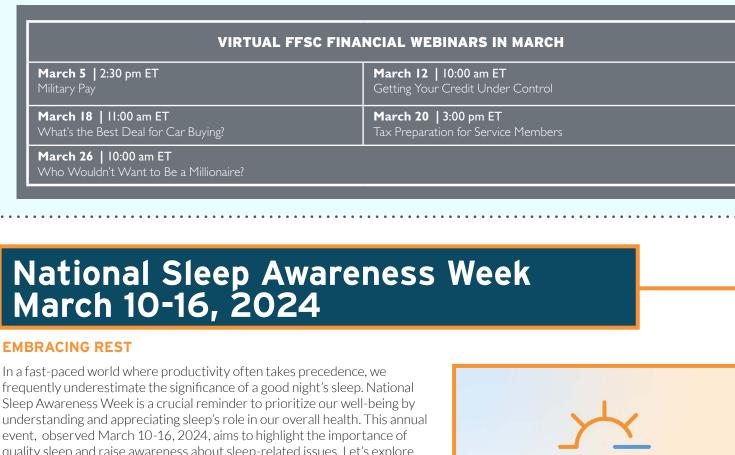
The SCRA offers protection for service members and their families in many

For more information, read the full article on Military OneSource.

In a fast-paced world where productivity often takes precedence, we

mindfulness meditation, to signal to your body that it is time to wind down.

MANUFACTURER COL



## March 10-16, 2024 Quality sleep is vital for various aspects of our health, including cognitive performance, immune function, and emotional well-being. During National Sleep Awareness Week, experts and healthcare professionals share valuable information about the benefits of sufficient and uninterrupted sleep. Good sleep habits enhance concentration and memory and play a critical role in regulating hormones, supporting immune function, and promoting cardiovascular health. The week-long awareness campaign also aims to educate the public about common sleep disorders such as insomnia, sleep apnea, and restless legs syndrome. Recognizing the signs and symptoms of these disorders is essential for seeking timely medical intervention. Here are some practical tips to adopt healthier sleep habits that can contribute to a more restful night: Establish a consistent sleep schedule: Go to bed and wake up at the same time every day, even on weekends, to regulate your body's

Create a relaxing bedtime routine: Engage in calming activities before bedtime, such as reading, gentle stretching, or practicing

Optimize your sleep environment: Ensure your bedroom is conducive to sleep by keeping it cool, dark, and quiet. Invest in a comfortable

Limit screen time before bed: The blue light from electronic devices can interfere with producing the sleep hormone melatonin. Aim to

Watch your diet: Avoid eating or drinking stimulants like caffeine and nicotine close to bedtime. Additionally, consider having a light

different areas, ranging from mortgages to life insurance. It's important to get professional advice on how the SCRA applies to individual circumstances. For example, the SCRA frequently makes certain rights available conditional upon whether your ability to meet certain obligations is "materially affected" by military service. Whether you are "materially affected" can mean different things in different

National Sleep Awareness Week is a valuable opportunity to reflect on your sleep habits and prioritize the rest your body needs. Understanding the importance of quality sleep, recognizing potential sleep disorders and starting healthy sleep practices can significantly improve your overall well-being. Embracing a culture that values and prioritizes sleep, benefits individuals and contributes to a healthier and more productive society.

about your risks before an emergency.

**WHAT TO SAY** 

CONFUSE CHILDREN.

information.

evening meal to prevent discomfort.

mattress and pillows for maximum comfort.

reduce screen time at least an hour before bedtime.

Poison is not a topic that people often talk about, but you

People use many products that they may not think of as poisons. Remind people that certain everyday products can be poisonous such as household cleaners, bug spray or cosmetics.

NEVER CALL MEDICINE "CANDY," AS IT CAN

seen or smelled — but they are still dangerous.

to connect with your local poison control center.

should. The best way to prevent poisoning is to learn and talk

Explain that some poisons, such as carbon monoxide, cannot be

Make sure everyone knows what to do if a poisoning happens:

Call the toll-free Poison Help line (1-800-222-1222) right away

WHEN TO TALK ABOUT POISON PREVENTION before eating them. Additionally, during the winter season, You can bring up the topic of poison prevention at any time talk to your friends about keeping mistletoe out of reach of · when you are eating dinner with your family, driving your young children and pets. children to soccer practice, speaking to older adults about their **NATIONAL POISON PREVENTION WEEK** medicines, at parent-teacher meetings and other community events. Here are some examples of times to talk about poisons: During National Poison Prevention Week (the third full week of March each year), partner with your local poison At work. Remind colleagues who work outside to wear control center to help educate your community about protective clothing when using spray products. Talk to your poisoning risks and what to do about them. Consider human resources department about distributing information sharing information on social media to educate others. about poisons and how to protect yourself at work. Visit the Heath Resources & Services Administration website for more visit the Health Resources and Services Administration Poison Help website. With health care providers. If you are a health care provider, use every patient's visit as an opportunity to educate about poison prevention. Remind patients that they should contact

**How to register:** Step #1: Make a free account at MyNavyFamily.com (NMCI use 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.

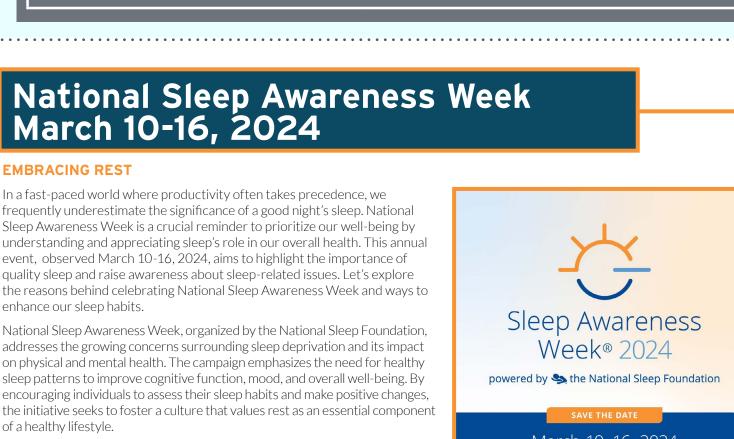
encouraged to attend all of these trainings.

Be sure to pass this flyer on.

Relationship issues related to military Parent-child interactions and family life To schedule an appointment, call 1-855-205-6749. If calling outside of regular business hours, leave a message. Your call will be returned within one business day. More about FFSC Clinical

> **Transition** 3:00 PM ET Life Skills Tuesday, March 5th 1:00 PM ET

to commit to the process, educate yourself and make the most of the resources available to you. You do not have to navigate this journey alone. The FFSC has a team of dedicated staff who are always ready to provide you with knowledge and resources to Visit the FFSC Directory to find and contact your nearest FFSC to



## Check out the Naval Postgraduate School's Crew Endurance program to see what the Navy is doing to support better sleep for our Sailors. For more information about Sleep Awareness Week 2024, visit the National Sleep Foundation. **How to Talk About Poisons** FROM HEALTH RESOURCES & SERVICES **ADMINISTRATION**

the Poison Help line right away at 1-800-222-1222, to connect to a local poison control center if they think someone may have been poisoned — even if they are not sure. Ask patients at every visit about how they store their medications and whether they have a problem differentiating medicines. **Women's History Month** 

March 2024

FFSC Virtual Clinical Counseling **CONNECT to GET CARE** 

Relocation

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 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 library. Step #4: Click on "Register Now" to register for the course. You will get reminder emails with your personalized link.

NATIONAL •

When cleaning. During spring cleaning, encourage your family to turn on fans and open windows when using

chemicals. Tell people in your home to keep all products in

their original containers. Do not use food containers, such as cups or bottles, to store household cleaners and other

During the holidays. After trick-or-treating, remind children why it is important for an adult to check all Halloween treats

chemicals or products.

SINCE 1908, WOMEN HAVE BEEN SERVING AMERICA IN THE U.S. NAVY FROM NAVAL HISTORY AND HERITAGE COMMAND The first women to serve in the U.S. Navy were nurses, beginning with the "Sacred Twenty" appointed after Congress established the Navy Nurse Corps on May 13, 1908. The first large-scale enlistment of women into the Navy met clerical shortages during World War I, and the second came months before the United States entered World War II. President Franklin D. Roosevelt signed Public Law 689 creating the Navy's Women Reserve Program on July 30, 1942, which paved the way for officer and enlisted women to enter the Navy. On February 22, 1974, the Navy designated the first woman as an aviator. On March 7, 1994, the Navy issued the first orders for women to be assigned aboard a combatant ship, USS Dwight D. Eisenhower (CVN-69). Today, women serve in every rank from seaman to admiral and in every job from naval aviator to deep-sea diver. For more information, visit Women's History Month and Women in the U.S. Navy.

YOURFFSC

WEBINAR SCHEDULE

The Fleet and Family Support Center (FFSC) now provides in-person and virtual clinical counseling! Sailors and families can access virtual clinical counseling from the privacy of their own homes. Virtual clinical counseling is a nonmedical, clinical, short-term solution-focused service. It is available to individual, couples and families. Virtual clinical counseling helps with:

Grief

Counseling.

Separation

Deployment

**Clinical** Thursday, March 21st 2:00 PM ET **Deployment** Wednesday, March 6th Planning for a Successful Deployment **Exceptional Family Member Program** 

Thursday, March 14th 11:30 AM ET The Nuts and Bolts of the Exceptional Family Member Program **Employment** Friday, March 1st 9:00 AM ET USAJobs 2024 Tuesday, March 12th

3:00 PM ET Resume Writing and Cover Letters Simplified Wednesday, March 13th 12:00 PM ET Acing the Interview 2:00 PM ET Innovative Interviewing Wednesday, March 20th 11:00 AM ET Spring Job Fair 1:00 PM ET The Road to Remote Job Success Monday, March 25th Wednesday, March 27th 12:00 PM ET Improve Your Professional Presence:

Tax Preparation for Service Members

10:00 AM ET Who Wouldn't Want to Be a Millionaire?

2:00 PM ET

Relocation

Tuesday, March 26th

Wednesday, March 13th

Wednesday, March 27th 2:00 PM ET A Relo Move

3:00 PM ET Sponsorship Training

Reporting and Responding to FAP Incidents

Mind Body Mental Fitness Module 3: Living Core Values Violence

VTAP Pre-Separation Youth Suicide Prevention Preventing and Responding to Intimate Partner

Other challenges

March 2024 Thursday, March 14th

Strangulation in Domestic/Interpersonal Violence Wednesday, March 6th 2:30 PM ET Monday, March 11th 12:00 PM ET How to Stress the Right Way 2:00 PM ET Tuesday, March 12th 1:00 PM ET Mind Body Mental Fitness Module 4: Flexibility

2:00 PM ET Time Management: Goal Setting Thursday, March 14th 2:00 PM ET Tuesday, March 19th 1:00 PM ET Mind Body Mental Fitness Module 5: Problem Solving Tuesday, March 26th 11:00 AM ET Anger Management 1:00 PM ET Mind Body Mental Fitness Module 6:

Connection Job Search Strategies Wednesday, March 27th 1:00 PM ET Stress Management

**Finances** Tuesday, March 5th **Parenting** 2:30 PM ET Military Pay Thursday, March 7th Tuesday, March 12th 2:00 PM ET 10:00 AM ET Getting Your Credit Under Control

Families Monday, March 18th Monday, March 18th

Coparenting: Working with Domestic Violence 10:00 AM ET What's the Best Deal for Car Buying? 1:00 PM ET Tear Free Dinner Wednesday, March 20th Tuesday, March 26th 2:00 PM ET Build a Better Budget 1:00 PM ET Making Bath Time Wonderful

Wednesday, March 27th

Thursday, March 28th

Friday, March 29th

2:00 PM ET Parenting Skills

1:00 PM ET Keeping Our Children Safe

11:00 AM ET Teen Dating and Violence Prevention