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

Visit us online at:



October is National Domestic Violence Awareness Month Speak Up Against Domestic Violence

October, Domestic Violence Awareness Month, highlights domestic violence prevention in our community. It is also a time to think about friends and family members who have been victims of domestic violence. Unfortunately, domestic violence is common. What can you do to make a change?

The Navy asks everyone in our community to SPEAK UP AGAINST DOMESTIC VIOLENCE. The goal is to give all military and family members the tools they need to help others address domestic violence and be supportive of those seeking professional help from victim advocates and counselors.

We play a vital role in helping our communities eliminate domestic violence. Here are some things that everyone can do:

- If domestic violence is currently taking place, call the police to intervene.
- Learn what domestic violence is. Take the training provided in the Navy Domestic Violence Prevention App at iTunes or Google Play or visit www.thehotline.org.
- If you suspect a friend is being abused, let them know that abuse is not okay, that you care, and give them information on how to get help. Provide them the FFSC Family Advocacy Program victim advocate contact information or contact www.thehotline.org.
- Understand the reporting options: Restricted and unrestricted. The victim has some control over whether an investigation is started. Talk to your local FAP victim advocate for more information on how to make a restricted report and what it means to make one.
- Encourage people who are extremely controlling to seek counseling through their local FFSC Family Advocacy Program. Prevention is key.
- Seek support and safety planning from a victim advocate at the local Family Advocacy Program.

Warning: Leaving an abusive relationship is dangerous. Please visit www.ffsp.navy.mil for more information on family advocacy services regarding domestic violence, reporting options and safety planning.



#InclusionWorks

October is National Disability Employment Awareness Month

Observed annually in October, National Disability Employment Awareness Month (NDEAM) is a nationwide campaign celebrating the skills and talents workers with disabilities bring to the workplace. NDEAM is promoted by the U.S. Department of Labor's Office of Disability Employment Policy, but its true spirit lies in the many observances held at the grassroots level across the nation every year.

People with disabilities in the U.S. represent all races, classes and cultures. Many of us are unaware of the rich history of the disability movement and the significance of a diverse

workforce that is inclusive of their skills and talents.

Join the FFSP'S Exceptional Family Member Program in recognizing the important role disability plays in workforce diversity and celebrate the contributions of workers with disabilities. The theme for this year's campaign is #InclusionWorks. We all play an important part in fostering a more inclusive workforce, one where every person is recognized for his or her abilities—every day of every month. Learn more about how you can get involved by visiting www.dol.gov/ndeam/.



Get Prepared for the Blended Retirement System

Are you ready for the new Blended Retirement System? The DoD has initiated an 18-month multi-stage financial education training curriculum to prepare active- and Reserve-component members and their families. The Blended Retirement System Opt-in Course (BRS-OC) and the Blended Retirement System New Accession Course (BRS-NAC) are two of the courses designed to help you understand your options and make informed decisions about the way ahead.

Active-component members with fewer than 12 years of service or Reserve-component members with fewer than 4,320 retirement points as of December 31, 2017, will be grandfathered under the current retirement system, but will be eligible to opt into the new BRS. The required Blended Retirement System Opt-in Course (BRS-OC) is designed to aid eligible service members, both active and reserve, in understanding and comparing the legacy and the new retirement systems. Service members will use the knowledge gained from this course, combined with their personal assessments of career goals and financial situations, to decide which retirement system is best for them. The computer-based course is expected to be available in January 2017.

Members who begin their service on or after January 1, 2018 will be covered under the new Blended Retirement System. All new service members will be required to

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NAVY ia

U.S. Navy Individual Augmentees



IA Discussion Group Schedule

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

Returning Warrior Workshops (RWW)

Returning Warrior Workshop Schedule and IA Family Events — www.ia.navy.mil. Click "Resources" then "IA Services."

Get Prepared for the Blended Retirement System
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complete BRS-NAC within their first year of service. This computer-based course will provide a comprehensive look at the components of BRS and is expected to be available January 2018.

The new Blended Retirement System creates choices and provides opportunities for separating service members and their families. Stay engaged, informed and educated so

that you can make the choices that are best suited for your individual circumstances.

No service member needs to make a decision until January 1, 2018. However, all service members should take advantage of training and informational resources as they become available. To learn more or to see upcoming events and trainings visit <http://militarypay.defense.gov/BlendedRetirement/>.

Did you move?

Complete the Customer Satisfaction Survey: Your Opinion Counts

You now have a say in which moving companies the Department of Defense will use in the future. After completing your move, you will receive a [customer satisfaction survey](#) (CSS), which is a crucial component of the Defense Personal Property System (DPS).

The CSS lets you rate the service you received during your personal property move. Your assessment of the skill your mover demonstrated in packing, pick-up, transportation and delivery of your household goods will help determine future business

partnerships with the DoD. Based on your feedback, DPS can improve the likelihood that other military families can have a positive experience with a quality transportation service provider (TSP).

Through CSS, you have the opportunity to rate the origin transportation office, destination transportation office, TSP and the quality of life you and your family experienced through your use of DPS.

If your moving experience was less than pleasant, you can help prevent problems for other military members and their families by providing your feedback on what went wrong. This information can substantiate suspending or disqualifying poorly performing TSPs.



You are encouraged to complete your survey within seven days of your delivery. If your survey has not been completed within seven days, you will receive e-mail reminders at seven, 14 and 21 days after delivery. Remember, your opinion counts!



New Spouse Orientation

New Spouse Orientation is offered as an [on-demand course](#) designed to support new Navy spouses. It provides information on benefits, support services, military culture and resources to help spouses adapt to the military lifestyle.

Relocation Tip

Claims: Damage Happens!

If any damage to your domicile is inflicted by the moving company (e.g., scratched walls or floors), you are required to handle the claim directly with that moving company. For more helpful claim tips and how-to guides, please visit [completing your claim](#).



Contact Your Ombudsman

Ombudsmen play a vital role in establishing and maintaining current and accurate communication between the command and families. Use our ["Contact Your Ombudsman"](#) feature to connect with your Ombudsman, a great source of information and resources.

Ombudsman at Large Meets with NAVSUP GLS Household Goods Team

The Chief of Naval Operations Ombudsman at Large (OAL), Martha Faller, visited with the Household Goods (HHG) team at Naval Supply Systems Command Global Logistics (GLS) in San Diego

Faller learned about the HHG program, met with HHG staff and discussed challenges and issues with which she can provide assistance. NAVSUP GLS, the OAL, and Commander, Navy Installations Command Fleet and Family Support Centers are all working together in an effort to improve the HHG process. A briefing was provided to give an overview of the Navy's 43 HHG offices worldwide. These offices facilitate approximately 160,000 moves per year at a cost of over \$650 million.

"I was very impressed with the scope and scale of the Navy's HHG program, and especially how much is done for our Sailors and their families," said Faller. "The fact that we



have an entire Navy organization dedicated to this effort is tremendous."

Sailors in need of HHG assistance may submit questions via email to household-goods@navy.mil or call 1-855-HHG-MOVE

(1-855-444-6683).

View the full article here: <http://on-enavsup.navylive.dodlive.mil/2016/08/18/ombudsman-at-large-meets-with-navsup-gls-household-goods-team/>.

News You Can Use from the Family Employment Readiness Program

Spouse Education and Employment Webinar

Tuesday, October 4, beginning at noon ET.

The DoD Spouse Education and Career Opportunities (SECO) Program and the Fleet and Family Support Center at Naval Air Station Oceana invite you to learn more about military spouse education and employment resources.

Register at <https://myseco.militaryonesource.mil/Portal/Content/View/2790>. This free 30-minute webinar will be followed by a 15-minute question and answer session.

OPM Launches Revised USAJobs Website

Check out the new and improved USAJOBS website! Jobseekers will enjoy the new look and improved, user-friendly features, including an updated help center, separate navigation tabs for unique hiring paths, policy information and more. Visit <https://www.usajobs.gov> to explore the revised site and begin your federal job search.



SECO
SPOUSE EDUCATION &
CAREER OPPORTUNITIES

Fight the Flu with Prevention

What is influenza (aka “flu?”)

The flu is a contagious respiratory illness caused by influenza viruses that infect the nose, throat and lungs. It can cause mild to severe illness and sometimes lead to death.

How to stay healthy this winter

Maintaining a healthy immune system is a big key to your overall health this winter. There are simple strategies you can follow to ensure that your health does not suffer.

- **Drink water.** It is more important than ever during flu season to consume the right amount of water for your health.
- **Keep stress to a minimum.** Studies have shown that high stress levels make a person more vulnerable to colds and flu.
- **Eat a healthy diet.** Maintaining a good, healthy diet including fresh fruits and vegetables is a great way to keep your body healthy.
- **Exercise regularly.** Get out, take a short walk and enjoy the cooler weather.



- **Get the right amount of sleep every night.** The average person needs 6-8 hours of sleep per night.
- **Wash your hands regularly.** Flu viruses may be transferred by touching the eyes or mouth after contact with an infectious person or surface.

What should I do to protect myself from flu this season?

The CDC recommends a yearly flu vaccine for everyone 6 months of age and older as the first and most important step in protecting against this serious disease.

In addition the flu vaccine, you can take everyday preventive actions like staying away from sick people and washing your hands to

reduce the spread of germs. If you are sick with flu, stay home from work or school to prevent spreading flu to others.

Know the signs and symptoms of flu

- Fever*
- Cough
- Sore throat
- Runny or stuffy nose
- Muscle or body aches
- Headaches
- Fatigue (very tired)
- Vomiting and diarrhea, though this is more common in children than adults.

*Not everyone with flu will experience a fever.

Be informed. Take the time to learn about influenza. For more information visit:

- Flu.gov: www.flu.gov.
- Ready Navy: www.ready.navy.mil.
- Center for Disease Control and Prevention (CDC): <http://www.cdc.gov/flu>.



Test Your Cancer Knowledge

Did you know that one in three women will be diagnosed with cancer in her lifetime? For men, the likelihood is even greater: one in two. October is National Breast Cancer Awareness Month. Make a plan to detect cancer in the early stages and encourage others to do the same. Learn more at www.cancer.gov.