

THE 2016 BEACON MAY

NAS PATUXENT RIVER FLEET AND FAMILY SUPPORT CENTER NEWSLETTER • (301) 342-4911

Military Spouse *Appreciation Month*

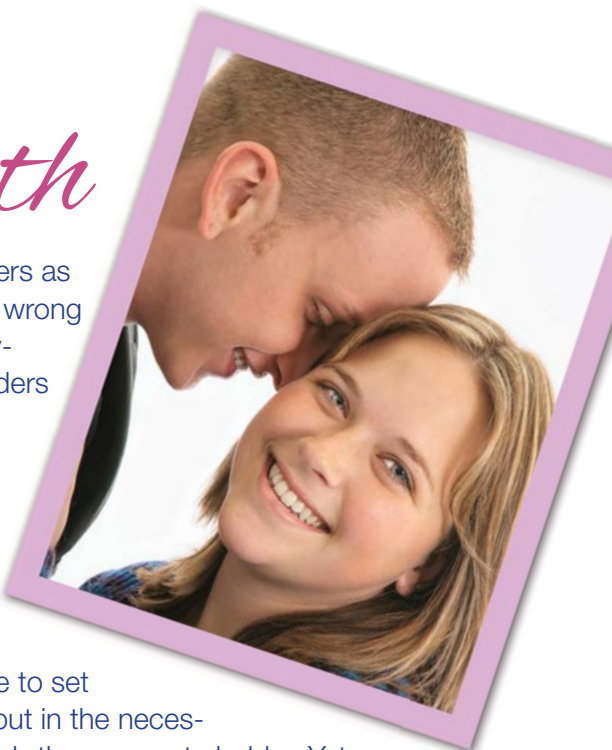
There are many reasons our military service members choose to serve. What could motivate someone to selflessly volunteer his or life for the greater good of our country? While some say it is the exceptional college benefits or the desired on-the-job technical training, many others simply want to better our nation or strive to be a decorated hero. Still, there are those who joined without any of these reasons in mind. There are no ceremonies, no medals, nor monetary gain that compels them to serve. They hardly receive the recognition they've earned; and although much is asked of them, they continually deliver more. Who are they and why do they sacrifice everything? They are military spouses and they do it all for one simple, yet complex reason: love.

This love enables the transformation of a single individual into a military spouse who will hold a multitude of roles. They are mothers and fathers, translators of military terminology into civilian terms, American ambassadors in foreign countries, gracious hosts for an unplanned gathering and counselors to their children and friends. They may not navigate ships or aircraft, but they can certainly guide their families through new schools, the DMV and establishing households in unknown areas. They are communication experts and technology pros, quickly learning how to operate any complex computer program that allows them to talk to their deployed service member. Military spouses are emer-

gency responders as things often go wrong during a deployment, cheerleaders for their spouses' careers and financial gurus when it comes to stretching budgets.

Also, they are nomads, unable to set down roots or put in the necessary time to climb the corporate ladder. Yet, they do it all in order to give their service members the reassurance that is desperately needed for them to fulfill their military mission.

President Ronald Regan enacted Military Spouse Appreciation Day in 1984 as a day to recognize and honor the many silent contributions and sacrifices of military spouses. On Tuesday, May 10, please take a moment to **thank our country's military spouses for their continuous support and sacrifice**. If you are a married service member, take this opportunity to acknowledge the love and dedication your spouse has shown you. Their unwavering resiliency allows this nation to have the greatest military force in the world.



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Calendar May 2016

SUN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT
1	2	3	4 Smooth Move: Home or Abroad 9-10 a.m. TSP Talk 11:30 a.m.- 12:30 p.m.	5 Playgroup at GFCC 10-11 a.m.	6	7
Transition GPS (TGPS/Retiree), Monday-Thursday, 8 a.m.-4:30 p.m. and Friday, 8 a.m.-4 p.m.						
8	9	10 EFMP: Networking Group, 6-7 p.m.	11 Welcome to Pax 9-11 a.m. Couples Communication, 11:30 am-Noon Infant Massage at GFCC, 12-2 p.m.	12 Ten Steps to a Federal Job 9 a.m.-12 p.m. Playgroup at GFCC 10-11 a.m.	13	14
Transition GPS (TGPS/Retiree), 8 a.m.-4:30 p.m.			TAP Technical Track, 8 a.m.-4 p.m.			
15	16	17 EFMP: Accessing Community Resources 9-10 a.m.	18 Infant Massage at GFCC, 12-2 p.m.	19 Playgroup at GFCC 10-11 a.m.	20 Johns Hopkins Health Plan 8-9 a.m.	21
Transition GPS (TGPS/Sepratee), Monday-Thursday, 8 a.m.-4:30 p.m. and Friday 8 a.m.-4 p.m.						
22	23 Stress Management 1-3 p.m.	24 Effective Communication 1-3 p.m.	25 EFMP: Caring for the Caregiver 9-11 a.m. Budgeting for Baby 10 -11:30 a.m.	26 Playgroup at GFCC 10-11 a.m.	27	28
29	30 CLOSED Memorial Day	31				

Hours of Operation: Monday-Thursday 7:30 a.m. - 4:30 p.m. and Friday 7:30 a.m. - 4 p.m.

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Programs for Education and Training

*Reservations for classes are Necessary 301-342-4911

The Fleet and Family Support Center always is looking for a few good volunteers. If you are interested, please give us a call.

CLOSED Monday, May 30

HOURS OF OPERATION: Monday-Thursday 7:30 a.m.-4:30 p.m., Friday 7:30 a.m.-4 p.m.

Workshops and seminars are open to active-duty and retired military personnel and their family members 18 and older unless otherwise specified. The facilitators are from the FFSC staff or members of professional organizations who are not permitted to solicit or promote their business.

All classes/seminars are held at the Fleet and Family Support Center unless otherwise noted.

Reservations for classes are necessary call (301) 342-4911.

Effective Communication, Thursday, May 24, 1-3 p.m.

This class provides information on different communication styles and ways to develop more effective speaking and listening skills. Participants will practice insightful, productive and rewarding ways to interact with people

Stress Management , Monday, May 23, 1-3 p.m.

Stress is a part of life. In this class you will understand how your beliefs and thought process have an impact on how you deal with stress. Participants will walk away with specific actions to manage stress that they can incorporate into their life immediately.

PARENTS AND CAREGIVERS

Playgroup at Glen Forrest Community Center

Thursdays, May 5, 12, 19 and 26, 10-11 a.m.

Moms, dads, and caregivers are invited to bring their children for playtime at the Glen Forrest Community Club House. Open to all military and family members. The playgroup is held at 21560 Green Tree Drive, Lexington Park, MD 20653.

Infant Massage at Glen Forrest Community Center

21560 Green Tree Dr. Lexington Park, MD 20653

Wednesdays, May 11 and 18, Noon-2 p.m.

Learn the benefits of touching and massaging your baby. Deepens the attachment with parents and siblings.

Exceptional Family Member Program (EFMP):

Networking Group, Tuesday, May 10, 6-7 p.m.

This event provides information to assist in building networks of support and making connections with the community, groups and friends. The event explores the different types of support and provides insight into creating your support system.

Exceptional Family Member Program (EFMP):

Accessing Community Resources, May 17, 9-10 a.m.

Community resources are the businesses, public service institutions and charitable organizations that provide assistance and services to local residents. Some organizations may support large groups while others target a smaller more specific group. Come and learn about accessing a wealth of resources available in the National Capital Region and how to find new resources when you PCS to a new location.

Exceptional Family Member Program (EFMP):

Caring for the Caregiver, Wednesday, May 25, 9-11 a.m.

Meet and discuss the importance of self-care when managing a caregiver role. Discuss barriers and strategies and learn more about the resources available.

Budgeting for Baby, Wednesday, May 25, 10 -11:30 a.m

The Navy Marine Corps Relief Society illustrates the hidden costs associated with a growing family. All Navy and Marine Corps service members who attend will receive a new layette worth more than \$100. This class is held at the Chapel Annex at 22187 Arnold Circle, Bldg. 401 on NAS Patuxent River.

CAREER DEVELOPMENT

Ten Steps to a Federal Job

Thursday, May 12, 9 a.m.-Noon

Learn how to navigate the federal job system. Determine if you are applying for a position within your series classification. Understand federal vacancy announcements. A 137-page training guide is provided.

FINANCIAL MANAGEMENT

Johns Hopkins Health Plan, Friday, May 20, 8-9 a.m.

Whether you are already a member of the Johns Hopkins Health Plan or you are considering joining the plan, join us for an overview of eligibility, cost and provider locations.

TSP Talk, Wednesday, May 4, 11:30 a.m.-12:30 p.m.

The Thrift Savings Plan (TSP) is a tax-deferred retirement savings and investment plan offering military and federal employees the same type of savings and tax benefits that many private corporations provide. The class also explores the Roth component of the plan and what must be satisfied in order to enjoy tax-free treatment of withdrawals.

LIFE SKILLS

Couple's Communication

May 11, 11:30 a.m.-Noon

The goal of this class is to provide couples with new ideas and tools to help them continue to build together the relationship they envisioned. Join us and practice Speaker Listener Technique to enhance communication even on the toughest issues.



RELOCATION

Smooth Move: Home or Abroad

Wednesday, May 4, 9-10 a.m.

This class is designed for those moving anywhere in the United States or overseas. Receive expert information about travel and pay, household goods shipments, stress management, budgeting for your move, housing concerns, moving with kids, cultural adaptation and specific overseas information.

Welcome to Pax, Wednesday, May 11, 9-11 a.m.

Take a windshield tour of the NAS Patuxent River complex, and attend a class jam-packed with information about the base and surrounding communities. Local information packet provided.

TRANSITION

Transition GPS (TGPS/Retiree)

Monday-Tuesday, May 2-10, Mondays-Thursday, 8 a.m.-4:30 p.m. and Friday 8 a.m.-4 p.m.

TGPS is a course for separating and retiring military members. It is a joint venture by the Fleet and Family Support Center and the Departments of Defense, Labor and Veterans Affairs. It is a must-attend workshop. Topics include skills assessment, resume writing, interview techniques, salary negotiations, financial considerations and an overview of veterans' benefits. Please see your Career Counselor to register for this class. Register now as seating is limited.

Transition GPS (TGPS/Separatee)

Monday-Friday, May 16-20, Monday-Thursday, 8 a.m.-4:30 p.m. and Friday 8 a.m.-4 p.m.

Transition GPS (TGPS) is for separating and retiring military members. It is a joint venture by the Fleet and Family Support Center and the Departments of Defense, Labor and Veterans Affairs. Topics include skill assessment, resume writing, job search methods, interview techniques and a review of veterans' benefits. Please see your Career Counselor to register for the class. Register now as seating is limited.

TAP Career Technical Training Track

Wednesday and Thursday, May 11 and 12, 8 a.m.-4 p.m.

The Career Technical Training Track is designed to assist you in defining technical career goals, identifying required credentials, finding career technical training opportunities, identifying local veteran resources and using your VA education benefits. For an optimal experience, VA recommends completion of the Core GPS program before attending this workshop. Where available, please bring your Individual Transition Plan (ITP), Military Service Transcripts, O*Net Self-Assessment / MOC Crosswalk results and your personal budget.

SERVICES

Clinical Counseling Services

Clinical Counseling services can directly improve the quality of life of service members and their family members by addressing the stressors facing today's military. Stress may be caused by family hardships, marital conflicts, parent/child issues, money concerns, frequent moves, health and environmental factors and other difficulties. To schedule an appointment, please call (202) 685-6019 or (301) 342-4911.

Exceptional Family Member Program

The Exceptional Family Member Program (EFMP) addresses the special needs of military families. If you have a family member with special needs (i.e., a medical condition or educational disability), it is important to enroll them in EFMP so the Navy can ensure appropriate assignments and provide helpful information and referral resources. For more information, please call (301) 757-1861.



Financial Counseling Services

With the help of the Personal Financial Educator, you and your family work towards managing your finances, resolve financial problems and reach long-term goals such as getting an education, buying a home and planning for retirement. The staff can provide counseling to help you can take control of your finances, reduce money-related stressors and overcome the financial challenges of military life. The service is available to active-duty and retired military members and their families. To schedule an appointment, please call (301) 342-5442.

General Military Training

The Fleet and Family Support Center staff will bring seminars and workshops to your Command. For more information, please call (301) 342-4911.

School Liaison Program

The School Liaison Officer helps prepare students, parents, schools and Navy leaders to respond to moves and deployment issues concerning school-age children. SLOs help Navy families be the best advocates for their child's education. Parents and community members with questions may call at (301) 757-1871.

Sexual Assault Prevention and Response

The Sexual Assault Prevention and Response Coordinator, (SARC) is available for General Military Training, Supervisor's Training and Commander's Tool-kit Training. SAPR Victim Advocate Mandatory Refresher Trainings are scheduled every month. Topics differ from month to month. Please contact the FFSC at 301-757-1867 for the next available SAPR 40-hour Victim Advocate training.

