

Annapolis

Fleet and Family Support Center

NEWSLETTER

168 BENNION ROAD, ANNAPOLIS, MD 21402

MAY 2024

Military Spouse Appreciation Day

It is a day that is set aside each year to recognize and honor the contributions and sacrifices of military spouses. In 1984, then President Ronald Reagan proclaimed the Friday before Mother's Day to be designated as Military Spouse Appreciation Day. Since then, each President and senior military leaders have echoed the sentiments expressed by President Reagan. In addition to the public support and recognition of these leaders, events are commonly sponsored at installations across the nation and around the world to recognize the importance of our unsung heroes.

Military spouses, past and present, are an extraordinary group of individuals. While their husbands or wives took an oath and signed on a dotted line when they joined the military, spouses were enlisted through the back door with the vows they took on their wedding day. In choosing their mates, they inadvertently chose their way of life. While others have the luxury of decorating their homes knowing they will be there for the duration, military spouses decorate their homes hoping they will be there for three years. While others slowly gather a network of hairdressers, churches, dentists and doctors; military spouses hit the ground running. They know they have a limited time to set down roots before it's time to pack up again.

For many people, the constant moving would discourage them from connecting with the local community; however, for the military spouse, the opposite is true. Adversity just makes them stronger. What some people view as obstacles, they take on as challenges to be overcome. With only eighteen months to three years at most duty stations, they view it as a limited time to make friends and leave a mark on the community. They jump in wholeheartedly into the PTA, church and community. They realize that they are the only constant for their children while mom or dad is deployed or remote, and they remain steadfast in their conviction that they are doing the right thing.

They come from diverse backgrounds, hailing from places such as: Texas, Florida, Germany or Japan, but the one thing they have in common is their unfailing support of their military husband or wife and the mission of the United States military. The husbands and wives of all our men and women in uniform worldwide deserve our thanks. We salute your strength, patriotism and support. You make the mission possible.

JOIN THE FFSC FOR "SPOTLIGHT ON SPOUSES"

SPOUSE APPRECIATION DAY - FRIDAY, 10 MAY 11:30 AM - 1:30 PM

Join the Fleet & Family Support Center Staff for our annual "Spotlight on Spouses" event. We are celebrating and honoring you, our military spouses, with a special Free lunch, certificates of appreciation, and with helpful information from FFSC and community representatives. Please call 410-293-2641 to sign up if you are able to join us.

May is National Mental Health Awareness Month

Mental Health Month raises awareness of trauma and the impact it can have on the physical, emotional, and mental well-being of children, families, and communities. Mental Health Month was established in 1949 to increase awareness of the importance of mental health and wellness in Americans' lives, and to celebrate recovery from mental illness. Mental health is essential for a person's overall health. Prevention works, treatment is effective, and people can recover from mental disorders and live full and productive lives.

Mental health conditions are more common than you might realize — they affect about 21% of people living in the U.S.

If you're struggling with your mental health, effective treatments are available and FFSC Annapolis, Military One Source and USNA Chaplains can provide information, support and Counseling.

FFSC Annapolis - 410-293-2641 | **Military OneSource** - 800-342-9647 | **USNA Chaplin** - 410-293-1100

WELLNESS WALK FOR MENTAL HEALTH AWARENESS MONTH

MAY 17, 2024 11:00 AM - 1:00 PM

This walk is designed to encourage our team members to prioritize their health and engage in physical activity while enjoying the camaraderie of their fellow shipmates/colleagues. Research consistently demonstrates the positive impact of regular exercise on both physical fitness and mental resilience, attributes that are essential for maintaining peak performance in our demanding roles.

CONTACT FFSC ANNAPOLIS

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FEATURES

PAGE 1: Military Spouse Appreciation Day
PAGE 2: May 2024 Calendar
PAGE 3: Programs for Education and Training



The
Fleet & Family Support
Center

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May 2024

PROGRAMS FOR EDUCATION AND TRAINING | SOME CLASSES WILL BE VIRTUAL
(After registration you will be sent a link to join the workshop)

Monday	Tuesday	Wednesday	Thursday	Friday
		1 Medical Record Claim Review (Wednesday's, By Appointment Only) Kids PCS Too 1700 - 1900 MBMF Workshop: Mindfulness I 1200 - 1300 Pre-Separation Brief 1300 - 1500	2 Smooth Move PCS (In-Person) 0830 - 1130 Linked In - 3 Degrees of Networking Webinar (Virtual) 1100 - 1200	3
6	7	8 Medical Record Claim Review (Wednesday's, By Appointment Only) Sponsorship Training (In-Person) 1300 - 1400 Ombudsman Assembly (Virtual) I 1630 CFS Quarterly Forum 0900 - 0930	9 Car Buying (In-Person) 0900 - 1030	10 Spouse Appreciation Day: Spotlight on Spouses 1130 - 1330
Transition Assistance Program (In-Person): 0800 - 1600				
13	14	15 Medical Record Claim Review (Wednesday's, By Appointment Only) Transitioning From High School to College 1300 - 1400 MBMF Workshop: Stress 1200 - 1300	16 My Transition Benefits for Retirees (Virtual) 0800 - 1300 Command Indoctrination/ Newcomers' Orientation 0800 - 1500	17 Wellness Walk for Mental Health Awareness Month 1100 - 1300
20	21 TAP Talk Tuesday 1400 - 1500	22 Medical Record Claim Review (Wednesday's, By Appointment Only) Mental Health Outreach 1100 - 1300	23	24
27 Memorial Day Holiday Closed	28 Raising Financially Fit Kids 0900 - 1030	29 Medical Record Claim Review (Wednesday's, By Appointment Only) New Spouse Orientation (In-Person and Virtual) 1100 - 1300	30 Basics of EFMP (Virtual) 1000 - 1100 Love Languages for Couples (In-Person) 1600 - 1800	31
My Education Track (In-Person): 0800 - 1600				

PROGRAMS FOR EDUCATION AND TRAINING

Workshops and seminars are open to active duty and retired military personnel, their family members and, if space is available, Department of Defense employees, their spouses and contract employees.

Transition Assistance

Transition Assistance Program – In-Person

Monday – Friday, May 6-10 | 0800 – 1600

The Transition Assistance Program (TAP) is a congressionally mandated program for all members who've served 180 days or more and plan to separate or retire. The program offers information, tools and training to guide service members and their spouses to successfully move from the military to civilian life. From start to finish, TAP provides members with information and resources on veteran benefits, educational options, employment support (resume writing, interviewing) and more. The first three days will offer the mandatory core curriculum. The following two days will feature the career path that offers the My Employment Track. Register now if you plan to retire or separate! Classes fill up quickly! **IMPORTANT!!!** You must contact your Command Career Counselor and complete a Self-Assessment 365 days prior to your separation date. During this session, you will be assigned a tier level, which is a prerequisite to attending TAP.

Pre-Separation Brief

Wednesday, May 1 | 1300 – 1500

The second step after completing an Initial Self-Assessment counseling with a Command Career Counselor or Unit Transition Coordinator, transitioning Service members separating or retiring from military service to civilian life must complete the congressionally mandated Pre-Separation Brief. During this brief, members will receive explanations of the Individual Transition Plan (ITP), education, training, employment and career goals, financial management, health and well-being, and relocation and housing. This PreSeparation Brief must occur 365 days prior to official separation from military service.

Medical Record Claim Review (By Appointment Only)

**Contact Miranda Drummond, Msgt (Ret), Air Force,
National Pre-Discharge Claims, VFW Washington DC Office
Cell: (202) 961-4662, Email: Mdrummond@vfw.org**

Linked In – 3 Degrees of Networking Webinar – Virtual

Thursday, May 2 | 1100 – 1200

This webinar will prepare you for the world of virtual networking using one of the most powerful professional social networking sites available today. Join us to learn how to get the most out of your Linked In 2nd and 3rd degree connections. Open to All.

My Transition Benefits for Retirees – Virtual

Thursday, May 16 | 0800 – 1300

As you prepare to depart from the service, now is the time to check up on your benefits, entitlements and post military available services. Join us and learn more about your separation/retirement benefits to include: TRICARE, Dental, Personal Property/Household Goods, Survivor Benefit Program/ VA Medical Claim, VET Center and more. The first part of workshop will focus on benefits for both separates and retirees, while the second part will target retirement benefits. Spouses are welcome!

TAP Talk Tuesday – Virtual

Tuesday, May 21 | 1400 – 1500

ARE YOU A TRANSITIONING SERVICE MEMBER? OR ARE YOU THINKING YOU MIGHT WANT TO BE? From initial counseling to capstones, self-evaluations to individual transition plans, from choosing education to going back to work in the private sector, relocating to a new place or staying in the area, all of this can be stressful, not to mention confusing. Regardless of where you are in your transition journey, you don't have to go at it alone! Stop by our virtual Team's office every 3rd Tuesday each month between 2pm and 3 and let's chat about all things transition.

My Education Track – In-Person

Thursday – Friday, May 30-31 | 0800 – 1600

A two-day class to better prepare transitioning service members pursuing a college education. The Higher Education Track guides service members through the process of selecting a degree program, comparing accredited colleges, examining a range of funding to include the GI Bill, as well as the Free application for Federal Student Aid (FAFSA) and completing a college application package. Successful completion of this course assists service members in meeting the Career Readiness Standards for Education. Spouses are welcome!

Deployment/Relocation

Smooth Moves – In-Person

Wednesday, May 1 | 0830 – 1130

Are you getting ready for a PCS move? Wondering what to do to prepare? This workshop is for everyone, experienced mover or not, who is on Permanent Change of Station (PCS) orders. You'll receive information on: packing and protecting your belongings, weight allowances and dealing with the moving company, do-it-yourself or Personally Procured Moves, travel and car allowances, budgeting for your move, house hunting hints, information on your upcoming duty station and community, and much more!

Sponsorship Training – In-Person

Wednesday, May 8 | 1300 – 1400

Sponsorship: A vital link to a new duty station! Are you about to become a sponsor? Are you a Sponsor Coordinator? If so, this program is designed for you! You will receive information on available resources, pre-departure, post-arrival, and support services that will make your job and the incoming service member's move much more satisfying.

Command Indoctrination/Newcomers' Orientation

Thursday, May 16 | 0800 – 1500

Command Indoctrination Programs are designed to facilitate the adaptation of Sailors and their families into their new working and living environments. This will afford Sailors and their families the greatest opportunity for a successful and productive tour of duty. The Indoc/Orientation is for all active duty service members reporting to the U.S. Naval Academy, Naval Support Activity Annapolis, Navy Band, and Naval Health Clinic! Don't miss our information-packed day designed to make your move to a new community a "smooth" one. *Spouses are encouraged to attend.*

Kids PCS Too – In-Person

Wednesday, May 1 | 1700 – 1900 | Kids 5-10 y/o

Military families often have to move, and learning how to make this transition can sometimes be difficult. The experience for kids moving, in particular, may lead to feelings of sadness and anger. There might also be anxiety around how to make friends in a new school. Join us for this fun and interactive workshop for kids 5-10 y/o to learn coping skills needed to navigate their big move.

*There will also be a concurrent Question and Answer session for parents to meet with the NSA Annapolis School Liaison and EFMP Coordinator.

* A Pizza Dinner will be served*

Financial Management

Car Buying – In-Person

Thursday, May 9 | 0900 – 1030

Are you considering buying a vehicle? Purchasing a vehicle is a large investment that can have a significant impact on an individual's short-term and long-term financial circumstances. Because purchasing a car can be a complex process, it is important to understand the steps in making a wise purchase. Civilian attire can be worn.

Raising Financially Fit Kids – In-Person

Tuesday, May 28 | 0900 – 1030

Raising Financially Fit Kids is a 60-minute course designed to help parents learn how to teach their children sound financial management skills. During the course, parents will examine their own financial skills and behaviors so that they can determine how to best implement age-appropriate practices for children.

PROGRAMS FOR EDUCATION AND TRAINING

Exceptional Family Member Program (EFMP)

Transitioning From High School to College

Wednesday, May 15 | 1300 – 1400

Congratulations to your new graduate and/or soon to be college student!! The college planning process can seem daunting. Working with key people such as the school Guidance Counselor, Liaison and Teachers is a great place to start. The TRICARE benefits can also change for your college student. If they are attending college away from the current place they call home or in a different area, the benefits may be different and actions may need to be taken. This seminar will share steps to take and resources to help make this a manageable transition.

Basics of EFMP – Virtual

Thursday, May 30 | 1000 – 1100

Are you wondering what the Exceptional Family Member Program (EFMP) is all about? Have questions? Then this workshop is for you! NSA Bethesda's EFMP Case Liaisons will provide you with the basics of EFMP, answer your questions and leave you with a better understanding of the program.

Life Skills Education

Mind Body Mental Fitness Workshops

Are you looking to enhance your mental fitness, boost your resilience, and achieve a greater sense of well-being? Look no further! We are excited to announce our upcoming Mind-Body Mental Fitness Workshops, designed to empower individuals with practical tools and strategies for cultivating mental strength and emotional balance.

MBMF Mindfulness – May 1, 1200-1300

MBMF Stress – May 15, 1200-1300

During the workshop, you'll have the opportunity to:

- Learn mindfulness and meditation techniques to calm the mind and reduce stress
- Explore the connection between physical activity and mental well-being
- Discover relaxation exercises to promote restful sleep and alleviate tension
- Gain insights into cultivating a positive mindset and resilience in the face of challenges
- Engage in interactive exercises and discussions to deepen your understanding and practice

Invest in yourself and take the first step towards a healthier, happier you.

New Spouse Orientation – In-Person and Virtual

Wednesday, May 29 | 1100 – 1300

Are you newly married or getting married soon? We know this happy transition can be daunting with having to learn the Navy language, traditions and customs. In this workshop you will learn everything you will need to help you feel confident and prepared in your role as a military spouse. You will also have an opportunity to meet other spouses and gather information on military resources available to you.

Love Languages for Couples – In-Person

Thursday, May 30 | 1600 – 1800

Do you & your spouse or significant other feel loved? Do you communicate your needs well? Have you ever thought – I know my spouse/significant other loves me, but I don't feel loved? This will explore different ways people show love to each other. It will talk about the different emotional needs people have. It will give you a chance to explore what your love language is and what your emotional needs are. It will then explore how to communicate these needs in a positive way.

Other Programs

Ombudsman Assembly – Virtual

Wednesday, May 8 | 1630

The Bi-monthly assembly meeting is an opportunity for command-appointed Ombudsman to share ideas, obtain updated information, and receive training from area program and resource specialists. Commanding Officers, Executive Officers, Chaplains, Command Master Chiefs, and their spouses, are also encouraged to attend.

Outreach Events

Spouse Appreciation Day Celebration at FFSC Annapolis

Friday, May 10 | 1130 – 1330

Join the Fleet & Family Support Center Staff for our annual spouse appreciation celebration event. We are celebrating and honoring you, our military spouses, with live music, giveaways, complimentary lunch and so much more! Please call 410-293-2641 to sign up to join us.

Wellness Walk for Mental Health Awareness Month

May 17 | 1100 – 1300

This walk is designed to encourage our team members to prioritize their health and engage in physical activity while enjoying the camaraderie of their fellow shipmates/colleagues. Research consistently demonstrates the positive impact of regular exercise on both physical fitness and mental resilience, attributes that are essential for maintaining peak performance in our demanding roles.

All classes are held at the FFSC unless otherwise noted.

Workshops and seminars are open to active duty and retired military personnel and their family members. Call the FFSC at 410-293-2641 to register or for more information.



ADDITIONAL INFORMATION

Workshops and seminars are open to active-duty and retired military personnel and their family members. Call the FFSC at (410) 293-2641 to register or for more information.

New to NSA Annapolis? Make the Fleet and Family Support Center one of your first stops! You can attend a workshop, meet other Navy spouses and gather informational materials.



JOB SEARCH RESOURCE ROOM

The Resource Room has everything that military family members (16 years old and older) and transitioning service members need to conduct successful job searches and relocations resources -- computers with internet access, laser printer, fax machine, copier access, reference books, informational self-help pamphlets and resource hand-outs. The room is located at the FFSC.

The FFSC is located at 168 Bennion Road, Annapolis, MD.