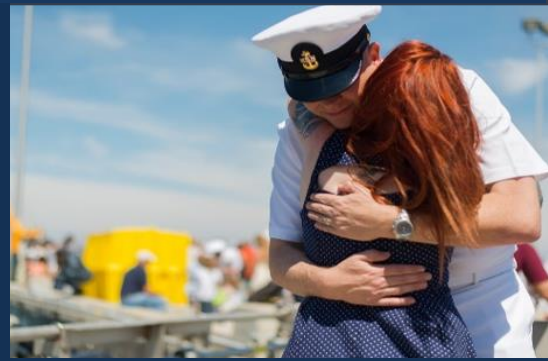


Deployment and Readiness Newsletter



May 2021





Aloha from the Military and Family Support Center (MFSC)!

May is Mental Health Awareness Month! Mental and physical health are equally important components of overall health. Now more than ever, it is important to find ways to stay connected with our community. No one should feel alone without the information, support and help they need. As always, if you should have any concerns prior to, during and/or after your deployment term, don't hesitate to contact us.

We are here to assist you!



Military and Family Support Center | 4827 Bougainville Drive | Honolulu, HI 96818

808-474-1999  MFSC*Hawaii*@navy.mil  JBPHH.MFSC  JBPHH_MFSC  www.greatlifehawaii.com

Deployment and Readiness Newsletter

WHAT IS THE MILITARY & FAMILY SUPPORT CENTER?



The Fleet & Family Support Center



Airman & Family Readiness Center



Military & Family Support Center (MFSC)

MFSC Programs and Services Include:

- Information and Referral
- Counseling Services and Crisis Response
- New Parent Support Program
- Sexual Assault Prevention and Response (*Navy only*)
- Family Employment Readiness and Volunteer Program
- Relocation Assistance Program
- Emergency Case Management/Disaster Preparedness
- Deployment Readiness Program
- Personal Financial Management Program
- Exceptional Family Member Program
- Personal and Family Life Education
- Ombudsman/Key Spouse Liaison
- Transition Assistance Program (TAP)
- Computer Resource Lab (currently closed due to COVID)
- Retired Activities Office



PERSONAL AND FAMILY LIFE EDUCATION

The MFSC Personal and Family Life Education team offers a variety of programs, classes and workshops to enhance skills including how to build and maintain healthy relationships, develop personal growth, learn positive parenting techniques, and gain a better quality of life. Some of their classes include: Strategizing with Stress, Anger Management, Tranquil Seas: Mindfulness & Self-Care, Time Management, High-Tech Parenting, Parent Child Communication, Building Self-Esteem in Children, Work and Personal Life Balance, and more!

The MFSC “RED” Team is here to support you!

(Relocation, Emergency Case Management, Deployment)



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Deployment and Readiness Newsletter

DISASTER PREPAREDNESS



**Prepare
NOW**

**Survive
During**

**Be Safe
After**

- Sign up for alerts
- Check your insurance coverage
- Locate a shelter near you that meets your needs
- Build your kit
- Follow MFSC on Facebook

- If told to evacuate, do so
- If you notice flooding, go to the highest level you can
- Listen for current emergency information on FM 92.3 or 96.3.

- Listen for the "All Clear"
- Do not touch electrical equipment if it is wet or if you are standing in water. If you have questions, contact <https://www.hawaiianelectric.com/>
- Utilize the MFSC for counseling and other free services as needed

Deployment and Readiness Newsletter

DISASTER PREPAREDNESS



Register for
MFSC's
Disaster
Preparedness
Webinar!

12 May, 1000-1100

*Register at
www.greatlifehawaii.com

IF YOU STAY READY
YOU DON'T HAVE TO GET READY



PLAN AND PREPARE NOW FOR THE NEXT DISASTER

Make Your 14-Day Disaster Supply Kit (minimum of 14 days for each person)

- Water** One gallon of water per person per day for drinking and sanitation.
- Food** Non-perishable food that does not require cooking. Survival foods such as peanut butter, protein shakes, dried fruits, & nuts. Infant Formula & food for special needs.
- Utensils** Plates, utensils and a manual can opener.
- Radio** Battery-powered or hand crank radio with NOAA Weather alert.
- Flashlight** with extra batteries.
- Cell phone** and solar charger.
- Whistle** Important for signaling for help. A whistle carries much farther than the human voice and uses less energy than yelling.
- Dust mask** Helps to filter contaminated air.



LEARN

Educate yourself on disasters that can affect you and your family.

PLAN

Create and practice a family disaster plan. Designate a secondary meeting place and an off-island contact.

Individual, Family and Business Disaster Planning

Disaster planning is everyone's responsibility. Carefully review this information and take the time today to discuss & plan preparedness strategies with family, friends, neighbors and co-workers.



Department of
Emergency Management
City and County of Honolulu
650 South King Street
Honolulu, HI 96813
(808) 723-8960
www.honolulu.gov/dem
dem@honolulu.gov

- Sanitation** Moist towelettes, heavy-duty garbage bags with ties, hand sanitizer, toilet paper, baking soda/kitty litter to absorb odors, and gloves for personal sanitation.
- Tools** Wrench or pliers to turn off utilities, basic tool kit, duct tape.
- Important documents and cash** Carry vital papers in a waterproof container.
- Maps** Local area maps.
- Medical** Prescription medications, glasses/contact lenses, medical devices, and a first aid kit.
- Pets** Pet food and extra water.
- Hygiene** Feminine products, personal hygiene items, diapers, incontinence supplies.
- Pictures** Carry a photograph of you, your family & friends to help locate each other if you are separated.
- HNL Info** Use HNL info to stay informed about emergencies, weather advisories, traffic bulletins, and much more via SMS or Email

Deployment and Readiness Newsletter

Stay CONNECTED



Previous Topics:

- Mindfulness and Self-Care
- Homesickness & Making Friends
- Gratitude
- Embracing Fears
- Understanding Deployment Life
- Parenting During Deployment
- Communication During Deployment

Have ideas for future topics? Let us know!



A Hui Hou
"Until we meet again..."
 Deployed Spouse Resiliency Group

4th Thursday of each month
10:00 - 11:30 am



Upcoming Sessions!

Date: April 22nd, 10:00-11:30 am
Topic: Spouse Professional Development
Date: May 27th, 10:00-11:30 am
Topic: Disaster Preparedness

**Register at www.greatlifehawaii.com*



Be sure to connect with your command
 Ombudsman (Navy)
 or Key Spouse (Air Force)

**Contact MFSC if you need their contact information*



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Deployment and Readiness Newsletter

upcoming EVENTS

To register or view additional MFSC classes, visit the MFSC class schedule at <https://jbphh.greatlifehawaii.com/support/>

MAY 2021 MFSC VIRTUAL CLASSES

Personal Development & Family Life

- Positive Parenting | 4 May | 1730
- Strategizing with Stress | 11 May | 1000
- Healthy Relationships | 12 May | 1300
- Work & Personal Life Balance | 17 May | 1300
- Parent Child Communication | 18 May | 1200
- Daddy Basic Training | 18 May | 1600
- Dealing with Difficult Behaviors | 19 May | 1000
- Stop Bullying | 19 May | 1300
- Time Management | 20 May | 1000
- Bringing Home Baby | 20 May | 1000
- Building Self-Esteem in Children | 20 May | 1300
- Tranquil Seas: Mindfulness & Self-Care | 21 May | 1400
- Anger Management | 25 May | 0930
- Healthy Relationships for Teens | 26 May | 1000
- Interpersonal Skills | 26 May | 1300

Personal Financial Management

- Thrift Savings Plan | 12 May | 1400
- Demolish Your Debt | 13 May | 1000
- Ditching the Dorms | 20 May | 1030
- Financial Planning - Retirement & Survivor Benefit Plan | 26 May | 1200
- Marriage and Money | 26 May | 1700

Information & Referral

- EFMP Coffee Talk | 13 May | 0900

Relocation & Deployment

- Sponsor Training | 4 May | 1300
- Relocation & Children | 5 May | 0830
- Relocation & Pets | 5 May | 1015
- Disaster Preparedness | 12 May | 1000
- Smooth Move | 13 May | 0900
- Sponsor Training | 19 May | 0900
- Preparing to Deploy | 19 May | 1300
- Family Care Plan Overview | 20 May | 1300
- Welcome to JBPHH | 26 May | 1300
- A Hui Hou: Deployed Spouse Resiliency Group | 27 May | 1000

Transition & Employment

- Acing the Interview | 4 May | 1400
 - Salary Negotiation | 6 May | 1600
 - TAP: Dept of Labor Employment Workshop | 6 - 7 May | 0800
 - LinkedIn | 11 May | 0900
 - Civilian Resume Writing | 13 May | 0800
 - TAP: My Education | 13 May | 0800
 - Volunteer Opportunities | 20 May | 1330
 - TAP: Boots to Business | 20 - 21 May | 0900
 - Spouse Transition Seminar | 21 May | 0800
 - Federal Employment 101: Navigating USAJobs | 25 May | 1200
 - Federal Employment 102: Federal Resume | 25 May | 1430
 - Career Exploration: Finding Your Passion | 27 May | 1600
- (Visit GreatLifeHawaii for CAPSTONE, Pre-Sep, Separatee, & Retiree TAP dates & times)

You can also register for CNIC live and self-paced webinars by creating a Learning Management System (LMS) Account:
<https://ffsp.zeiders.refineddata.com/login/index.php>



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NOMINATE YOUR HERO TODAY!

HOMEFRONT HEROES 2021

Celebrate those on the homefront
throughout the month of April!

It's time to celebrate our Homefront Heroes!

*Shine the spotlight on someone who has done something
exceptional or made a positive impact over the past year!*

*Heroes can be children, family or community members or
even pets! Send us a picture and short story about why this
individual is a Homefront Hero.*

(Period of accomplishment is April 2020-2021.)

Submit nominations to:

Emails: mfschawaii@navy.mil

Subject: HOMEFRONT HERO

Deadline: April 30, 2021

**There's
Still Time!**

*In addition to your photos and stories being posted on our
social media, all nominees will receive a certificate of
accomplishment and a medal!*

Let the world hear about your hero!



Deployment and Readiness Newsletter

Additional Resources



OPERATION KID COMFORT

Operation Kid Comfort provides quilts and pillows to military children of deployed active duty service men and women. Volunteers lovingly create hand-crafted, custom photo-transfer quilts and pillows to help children cope with the stress and sadness that comes with being separated from a parent during deployment: <https://www.asymca.org/operation-kid-comfort>

MILITARY CHILD EDUCATION COALITION

MCEC supports all military-connected children by educating, advocating, and collaborating to resolve education challenges associated with the military lifestyle. The enduring strategic goals that the Military Child Education Coalition seeks are:

- Military-connected children's academic, social and emotional needs are recognized, supported and appropriate responses provided.
- Parents, and other supporting adults, are empowered with the knowledge to ensure military-connected children are college, workforce and life-ready.
- A strong community of partners is committed to support an environment where military-connected children thrive: <https://www.militarychild.org/>



DID YOU KNOW?

Deployed family members have access to exclusive benefits including the following: Child Care Program "Give Parents a Break" (AF only), Car Care Because We Care program (AF only), first priority for exclusive free tickets to local events like Ballet Hawaii, and voluntary morale check-ins. Contact MFSC to learn more!

TIP OF THE Month

Manage stress! Stress is unavoidable. Successful service members and their families manage stress. They generally eat a balanced diet, exercise, avoid excessive alcohol and drugs and have some type of spirituality or belief system. Easier said than done? Attend MFSC's virtual "Strategizing with Stress" class on May 11th from 1000-1200.



Laniakea Beach (aka Turtle Beach)

Located on the North Shore of O'ahu, Laniakea is a popular beach to visit and learn about the Honu (Hawaiian Green Sea Turtles). Honu can be observed basking on the sand to get warm, digest their food, and to get some rest! Want to learn more about the Honu? Dedicated volunteers from the non-profit organization "Malama na Honu" man this beach 7 days a week to raise awareness, record data for NOAA, and to educate the public about these awesome animals!



Suggestions for future newsletter topics? Submit to MFSCHawaii@navy.mil

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