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!
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!

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

The MFSC “RED” Team is here to support you!
(Relocation, Emergency Case Management, Deployment)

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Prepare NOW

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

Survive During

- 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.

Be Safe After

- 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
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

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 further 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.

- **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.
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

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!

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

*Contact MFSC if you need their contact information*
Upcoming Events

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
- EEMP 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 | 1500
- 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

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
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

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!
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!

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