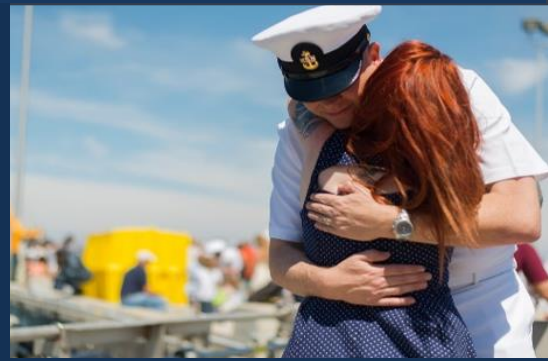


# Deployment and Readiness Newsletter



*June 2021*





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

With the June 20<sup>th</sup> summer solstice (aka the longest day of the year), the month of June marks the end of spring and the beginning of summer fun and (hopefully) relaxation! We encourage you to explore and appreciate the island of O'ahu during this beautiful season! As always, if you should have any concerns or questions 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](http://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



## RELOCATION ASSISTANCE PROGRAM (RAP)

PCS season is upon us! The MFSC Relocation Assistance Program helps to ease the stress of military moves. The program provides PCS guidance for inbound and outbound personnel and their families through various classes and one-on-one services. Inbound resources include an overview of local childcare options, child education, adult education, employment options, as well as sponsor training. Our new class “Welcome to JBPHH” familiarizes newcomers with base services and provides local island tips. Outbound service members and families are encouraged to attend the Smooth Move workshop to prepare for their upcoming PCS.

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

(Relocation, Emergency Case Management, Deployment)



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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/>

## JUNE 2021 MFSC VIRTUAL CLASSES

### Personal Development & Family Life

- Time Management | 1 Jun | 0900
- Parent Child Communication | 1 Jun | 1300
- Healthy Relationships | 3 Jun | 1300
- Work & Personal Life Balance | 4 Jun | 1000
- Building Self-Esteem in Children | 7 Jun | 1730
- Interpersonal Skills | 9 Jun | 1000
- Unplug Your Relationship | 9 Jun | 1300
- Stop Bullying | 15 Jun | 0900
- Tranquil Seas: Mindfulness & Self-Care | 15 Jun | 1300
- Infant Massage | 16 Jun | 1000
- Conflict Resolution | 16 Jun | 1000
- Bringing Home Baby | 17 Jun | 1000
- Strategizing with Stress | 18 Jun | 0900
- Positive Parenting | 18 Jun | 1300
- Dealing with Difficult Behaviors | 22 Jun | 1300
- Sleep Rocks! | 23 Jun | 1300

### Personal Financial Management

- Touchpoint Tuesday | 1 Jun | 0800
- Financial Boot Camp | 3 - 4 Jun | 0800
- Car Buying Strategies | 7 Jun | 1130
- Spending Plans That Work | 9 Jun | 1200
- Ditching the Dorms | 15 Jun | 0930
- Home Buying | 16 Jun | 1700

### Information & Referral

- EFMP Coffee Talk | 10 Jun | 0900
- Green Card/Immigration & Naturalization | 15 Jun | 0930

### Relocation & Deployment

- Sponsor Training | 1 Jun | 1300
- Smooth Move | 10 Jun | 0900
- Relocation and Children | 16 Jun | 0830
- PCSing with Pets | 16 Jun | 1015
- Family Care Plan Overview | 17 Jun | 1300
- A Hui Hou: Deployed Spouse Resiliency Group | 24 Jun | 1000
- Welcome to JBPHH | 30 Jun | 1300

### Transition & Employment

- Salary Negotiation | 1 Jun | 0900
  - Acing the Interview | 1 Jun | 1300
  - Linkedin | 2 Jun | 1600
  - TAP: Vocational Training Track | 3 - 4 Jun | 0800
  - Civilian Resume Writing | 10 Jun | 1600
  - TAP: Boots to Business | 10 - 11 Jun | 0900
  - Federal Employment 101: Navigating USAJobs | 15 Jun | 0900
  - Federal Employment 102: Federal Resume | 15 Jun | 1200
  - Volunteer Opportunities | 17 Jun | 1330
  - TAP: Dept of Labor Employment Workshop | 17 - 18 Jun | 0800
  - TAP: My Education | 24 - 25 Jun | 0800
  - Career Exploration: Finding Your Passion | 30 Jun | 0900
- (Visit GreatLifeHawaii for CAPSTONE, Pre-Sep, Separatee, & Retiree TAP dates & times)

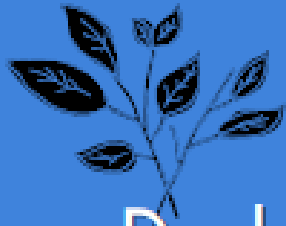
You can also register for CNIC live and self-paced webinars by creating a Learning Management System (LMS) Account:  
<https://ffsp.zeiders.refineddata.com/login/index.php>



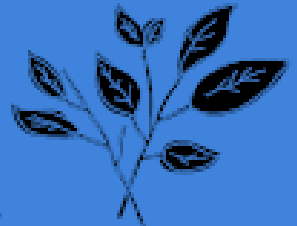
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# Deployment and Readiness Newsletter



## A Hui Hou



*"Until we meet again..."*

### Deployed Spouse Resiliency Group

## **DISASTER PREPAREDNESS**

May 27<sup>th</sup>, 10:00-11:30 am (Virtual)

Join us to learn about how the Military & Family Support Center (MFSC) can help you prepare for disasters while living in Hawai'i. We will go over local threats, disaster preparedness community resources, MFSC services, building your emergency kit, preparing your children and pets and more! Come learn about tools and apps that can help prepare you for times of uncertainty.

*\*Register at [www.greatlifehawaii.com](http://www.greatlifehawaii.com)*



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

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

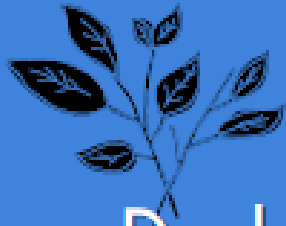
*\*Contact MFSC if you need their contact information*



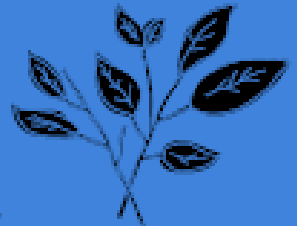
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# Deployment and Readiness Newsletter



## A Hui Hou



"Until we meet again..."

### Deployed Spouse Resiliency Group

## RIBBON LEI MAKING & YOGA BASICS

June 24<sup>th</sup>, 10:00-11:30 am (In-Person at MFSC)

Join us for a special session featuring a braided ribbon lei making tutorial and a yoga basics class with Sandy! Beginners welcome!

(Ribbon for the leis will be provided. Please bring your own yoga mat or towel/blanket)

*\*Register at [www.greatlifehawaii.com](http://www.greatlifehawaii.com)*



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

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

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# Deployment and Readiness Newsletter



- ✓ Ocean
- ✓ Land
- ✓ Sun
- ✓ Pets

**\*Always Mālama 'Aina (care for and protect the land)**

## OCEAN SAFETY

- ✓ Swim in designated areas with a lifeguard present
- ✓ Check water conditions and warning flags before entering the water
- ✓ Always swim with a buddy
- ✓ Stay within your fitness and swimming capabilities
- ✓ Young children and inexperienced swimmers should wear life jackets
- ✓ Wear bright clothing when boating
- ✓ Be on the lookout for aquatic life and leave them alone
- ✓ Do not go into the ocean under the influence of drugs or alcohol, which greatly increase your risk of drowning
- ✓ If you are caught in a rip current, remain calm and go with the flow - don't fight the current. Once the rip current releases you offshore, swim at an angle away from the current, towards the shore, and call or signal for help



## LAND SAFETY

### Hiking Tips:

- ✓ Inform others of your plans: Let someone know which trail (name and location) you plan to hike on, and when you expect to return. If something should go wrong, rescuers will have accurate information on where to start searching
- ✓ Hike with a partner
- ✓ Get information about the trail
- ✓ Compare your level of fitness, ability, and experience with the trail description. Be practical and realistic. There are a wide variety of trails in Hawai'i, so pick one that suits your level
- ✓ Wear proper clothing: Dress in layers so you can protect your skin from the intense tropical sun. A hat, sunglasses and sunscreen are recommended. Hiking boots offer traction and ankle support to prevent slipping and injuries on muddy trails and slick or sharp rocks. Light rain gear is good to carry because of the quickly changing weather conditions



## SUN SAFETY



- ✓ Enjoying Hawaii's tropical climate means being sun-smart and wearing proper sun protection at all times
- ✓ Even when the sun is hidden by clouds, protect yourself from ultraviolet rays that come through
- ✓ Before going out for the day, liberally apply sunscreen with an SPF (Sun Protection Factor) rating of 30 or higher, and reapply after swimming
- ✓ Use reef-safe sunscreen that doesn't contain hazardous chemicals used in many sunscreens
- ✓ Consider wearing a brimmed hat, sunglasses and long-sleeved shirt and pants for added protection from the sun's rays

## PET SAFETY

- ✓ Keep pets hydrated
- ✓ If hiking, read all signs to learn if dogs are allowed and if that area is designated for hunting
- ✓ Keep your dogs on a leash when hiking
- ✓ Do not let your dog drink from streams or standing bodies of water that may be contaminated with leptospirosis
- ✓ Take walks and/or hike during cooler hours
- ✓ Beware of hot pavement
- ✓ Never leave pets alone in a hot car



# Deployment and Readiness Newsletter

## Additional Resources



When a parent is called to serve, your family has to adjust to many new experiences, from the different stages of pre-deployment to deployment itself and potential redeployment. By knowing how to prepare for deployment—planning in advance, communicating openly, and creating new routines—you can help your family handle the stresses of separation:

<https://sesamestreetformilitaryfamilies.org/topic/deployments/?ytid=zIRZuVIZQcw>



### RED CROSS MILITARY DEPLOYMENT RESOURCES

The American Red Cross provides workshops, information, and support services to deployed service members and their families. Services include pre and post deployment resources as well as workshops for coping with the challenges of deployment:

<https://www.redcross.org/get-help/military-families/deployment-services.html>

## DID YOU KNOW?

Receiving mail and/or a care package from home can be a huge morale booster for deployed service members! Some basic items to send can include toiletries, personal care items, undergarments, and snacks that will not melt (e.g. chocolate). Other items can include your children's art projects, memory scrapbooks, local newspapers and other reading material, board games and puzzles, electronic media, batteries, writing materials and envelopes, and phone cards. Stay tuned for more care package ideas in the July newsletter!

## TIP OF THE Month

Prepare! Successful Navy and Air Force families prepare for deployments. They ensure ID cards do not expire, update their Record of Emergency Data, life insurance, wills, and powers of attorney. For more detailed information, attend MFSC's "Preparing to Deploy" class!



### Hanauma Bay Nature Preserve

"Hana" is the Hawaiian word for "Bay" and "uma" refers to the curves of the indigenous canoes. For many years Hawaiian Royalty used Hanauma Bay for fishing and recreation. Hanauma Bay is one of the premier destinations on O'ahu if you want to get acquainted with hundreds of tropical fish and marine life. It offers an overall great experience whether you are a beginner or an avid snorkeler and it's for people of all ages!



Suggestions for future newsletter topics? Submit to [MFSCHawaii@navy.mil](mailto:MFSCHawaii@navy.mil)

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