



January 2023

EURAFCENT FAMILY GRAM

Information and resources to build fleet and family resiliency

**Wishing you the
best in 2023!**



January is...

Blood Donor Month

Did you know the military has its own blood program? The Armed Services Blood Program provides quality blood products for the military community worldwide. Your blood donation can save a service member injured in action, a child with cancer or a military family member needing surgery.

For more information, go to
www.facebook.com/militaryblood.

New Year's Day, Jan. 1

Almost the entire world recognizes New Year's Day on Jan. 1. Celebrations begin in the Pacific Ocean with Samoa. The latest stroke of midnight occurs on Baker Island, which is halfway between Hawaii and Australia in the Pacific Ocean.

For additional information, go to
<https://nationaldaycalendar.com/new-years-day-january-1/>.

Martin Luther King Jr. Day, Jan. 16

We remember the life and achievements of Dr. King and reflect on the work that still needs to be done for racial equality. This year, make the holiday more than just a day off. Take time to take action on civil rights issues across the globe.

For more information, visit
<https://nationaltoday.com/martin-luther-king-jr-day/>.



Chief of Staff Corner

Region Team,
I hope everyone had a wonderful holiday season and enjoyed some time off to recharge. The New Year is a perfect opportunity to fix our position, determine any set or drift that is occurring, and set a new course. It is a time to get real and get better, not only as an organization, but as individuals. We should view Get Real, Get Better as an ethos shift within the Navy, beginning with ourselves.

One of the keys to goal achievement is to set clear, realistic goals and announce them to your department, to your family and your friends.

Last year, we returned to a more normal operating state following COVID,

and saw a significant increase in operations within the EUCOM. These changes have provided an opportunity to test and push ourselves, refining our processes and operations at the command. It is from this strong start that we set the stage for a New Year.

I am sure this year will bring a fresh wave of challenges. But if we focus on the core of our mission, supporting the mission and the warfighter, we will continue to thrive.

I am proud to be a part of this team and I am looking forward to the next 12 months ahead!

CAPT Michael Davis

MANAGE YOUR MONEY



From budgeting to tax services, discover support to tackle your finances and plan for the future. Access free financial tools or connect with a consultant to get started.

For more information, go to
<https://www.militaryonesource.mil/financial-legal/personal-finance/financial-tools-and-services>.

Family First



New to the Military?

Welcome to the service! For information, tools and resources you will need to transition smoothly and quickly to military life, go to <https://www.militaryonesource.mil/military-life-cycle/new-to-the-military>.

Ready to Retire?

So you have made the decision to leave the military. Now it is time to make the most of it. Returning to civilian life can be a big change but, like most things, a little planning can go a long way.

Start planning at <https://www.militaryonesource.mil/transition-retirement>.

Family Employment Readiness Program

The Navy recognizes that moving every few years creates career challenges for military spouses, especially when stationed overseas or in remote areas. The Family Employment Readiness Program offers family members no-cost consultations, programs and services to tackle those challenges.

For more information, visit <https://www.navfor.usff.navy.mil/Organization/Operational-Support/CWG-6/Organization/Fleet-and-Family-Support-Center/Family-Employment-Readiness-Program-FERP>.

Family Advocacy Program

The Family Advocacy Program (FAP) provides clinical assessment, treatment and services for service members, their partners and family members involved in allegations of domestic abuse and child abuse.

For additional information, go to <https://ffr.cnmc.navy.mil/Family-Readiness/Fleet-and-Family-Support-Program/Counseling-Advocacy-and-Prevention/Family-Advocacy-Program>.

Military Discounts on Vacations and Travel

American Forces Travel is a convenient, online leisure travel booking website created exclusively for U.S. military members and their families, eligible veterans and DoD civilians. The site includes discounts on flights, rental cars, hotels, cruises and vacation packages.

For more information, visit <https://www.americanforcetravel.com>.



MilTax Software

Get professional tax assistance and file your 2022 taxes with MilTax. Log in to Military OneSource to make sure your account is active and troubleshoot any access issues now, so you are ready to prepare and file your taxes.

For more information, go to <https://www.militaryonesource.mil/financial-legal/taxes/miltax-military-tax-services>.



Relationships

You are part of a military family that numbers in the millions. You share common experiences, values and feelings of being in this community. Lean on your military community for support and answers from those who have “been there, done that.”

For tips on how to connect, go to <https://www.militaryonesource.mil/relationships>.



Read, Watch or Listen

Battling boredom this winter? The DoD MWR Library's digital collection gives you and your family access to e-books, audiobooks, movies, learning resources and online content for all ages and interests.

To visit these resources, go to <https://www.dodmwrlibraries.org>.

Ombudsman Corner

2023

EURAFCENT Families,

Happy New Year! During January, we celebrate a fresh start to a new year of positive thoughts for good health and happiness. Also, the third Monday in January is Martin Luther King Jr. Day. A day to honor and remember Dr. King, a great leader and activist in the civil rights movement.

Now that the holidays are coming to an end, and families are back from travel, school will be back in session. Our children and teachers will be focused on the second half of the school year. For any families who may PCS during this time, remember to reach out to your School Liaison Officer for help or advice. They can be found through <https://www.navycyp.org/programs-services/child-and-youth-education-services>. Some of the things they can help with are enrollment, tutoring services, homeschooling and counseling.

I hope you all enjoy a great start to a new year.

Your Ombudsman is always available to help you navigate this military life. We will guide you by providing you with the resources you need. Find your Ombudsman in the Ombudsman Registry at <https://ombudsmanregistry.cnic.navy.mil>.

A few great resources:

- <https://planmymove.militaryonesource.mil> where you can contact a relocation specialist to help with PCS.
- <https://installations.militaryonesource.mil> where you can research your next duty station.
- As always, your local Fleet and Family Support Center, USO, MWR and CYP are great resources for jobs and volunteer opportunities.
- <https://www.ready.navy.mil> provides information to prepare for an emergency and cope with a disaster.

Sincerely,
Josefina Melendez
Navy Region EURAFCENT Ombudsman



Virtual Trainings

Prepare for the variety of challenges that we face every day by participating in these online webinars. From writing a resume to getting ready for a move, January's array of classes will help you get ready for the future.

For a list of the Webinars and how to register, go to <https://ffsp.zeiders.refineddata.com>.



Five Tips for a Healthier 2023

Health is always a priority, but amid a winter in which we are experiencing rising cases of COVID-19, flu and RSV, maintaining a healthy lifestyle is more important than ever. With wellness front of mind, here are five tips from doctors, nurses and dietitians to help you create healthier habits in 2023.

1. **Exercise Regularly.** The American Heart Association recommends at least 150 minutes of moderate-intensity exercise each week, plus at least two days of muscle-strengthening activities.
2. **Eat Right.** In addition to getting enough fruits, vegetables and whole grains throughout the day, focus on protein in the morning. Packing your breakfast with protein will keep blood sugar and some "hunger hormones" more stable throughout the day, helping to control your appetite.
3. **Protect Yourself from COVID-19, the Flu and RSV.** Getting vaccinated and boosted is the best way protect yourself from the flu and COVID-19. In addition, avoid large crowds and gatherings, wear a mask, social distance, wash your hands frequently and stay at home when you feel sick.
4. **Get Enough Sleep.** It is critical to keep a regular sleep schedule and get about eight hours of sleep a night. Establish a regular bedtime and wake-up time, avoid caffeine later in the day, turn off electronics before bedtime and pay attention to the possible signs of sleep apnea.
5. **Stick to Your Plan.** Ways to keep yourself accountable are to write out your goals and action plan in weekly parts, create incentives and share your goals with someone else.

For more information, go to <https://healthmatters.nyp.org/habits-for-a-healthy-new-year>.

Ombudsman Contacts

Navy Region EURAFCENT

Josefina Melendez
cnreombudsman@gmail.com
+39 349-794-3048

NSA Bahrain

Erica Haller
nsabahrainombudsman@gmail.mil
+973-3965-9806

NSA Naples

Cassie Chilko and Ashlie Perez
nsa.naples.omb@gmail.com
+39-331-647-1634

NAVSTA Rota

Elvia Rodriguez and Jamie Meehan
navalstationrota.ombudsman@gmail.com
+34 620-142-231

NAS Sigonella (CTF-67 Ombudsman)

Alessia Contino
ombudsmanctf@gmail.com
+39 335-841-7163

NSA Souda Bay

John Whitehouse
john.whitehouse@pae.com
+30 697-899-9455