**REGCOM’s Corner**

Team Region,

October 13 marks the Navy’s 247 Birthday. This year’s theme is “On-watch 24/7 for 247 years”, and no one understands that more than all of you. You ensure we are ready, versatile and capable of winning any fight. The work you do daily is felt across the AOR.

Since the Navy’s inception, it has operated forward, projecting power across the maritime. You carry on that legacy, fortifying our defenses and strengthening our relationships. I encourage you to attend your local Navy Ball to help celebrate our heritage and honor all of your hard work.

For many of us, October also marks the changing of the seasons. As everything becomes pumpkin spiced, we pull out the blankets and hooded sweatshirts, and transition our air-conditioning to heat. This is also a great time to review our energy consumption habits, especially as energy costs continue to creep higher.

Here are some tips:
1. Please consider turning the heat down a couple degrees and do not heat or cool unused spaces and keep those spaces closed.
2. Ensure windows and doors close tight.
3. Unplug devices not in use.

You may feel that your contribution to energy conservation may be insignificant, but when we all work together, we can create a tangible impact. We have had some great environmental success stories throughout the Region as bases like NAS Sigonella supplement their power demand with solar panels. Thank you for every step you take toward ensuring our energy resilience and commitment to the environment.

**RDML Collins**

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**Domestic Violence Awareness Month**
Get to know the signs of abuse, learn how you can help keep military families stay safe and find sharable information and resources at [https://www.militaryonesource.mil/family-relationships/relationships/domestic-abuse-help](https://www.militaryonesource.mil/family-relationships/relationships/domestic-abuse-help).

**Exceptional Family Member Program Awareness Month**

**Italian-American Heritage Month**
The month honors the achievements and contributions of Italian immigrants and their descendants living in the United States, particularly in the areas of arts, science and culture.

**Oct. 13, U.S. Navy Birthday**
The Continental Navy was founded on Oct. 13, 1775. It consisted of a small fleet of ships patrolling to intercept ships sent to resupply British Army troops at or near the colonies during the American Revolution. For 247 years, the Navy has stood the watch and remains fully ready to effectively deter and, when necessary, respond to emergent threats.

**Oct. 25, Day of the Deployed**
The Day honors deployed military members and their families.

**Oct. 27, Navy Day**
This day recognizes the brave men and women who serve in the U.S. Navy.
EFMP and Me
This customized checklist builder makes it easy to stay organized and ensures you always have access to the latest information and resources about the Exceptional Family Member Program.

To access the checklist builder, go to https://efmpandme.militaryonesource.mil.

Financial Checkup for Military Families
The new Financial Well-Being Assessment can help military families at any stage of their military life assess their financial plan and goals, find resources for strengthening financial skills and more.

For more information, go to https://finred.usalearning.gov/FWBA.

Adoption and Foster Care Resources
Thinking about growing your family through adoption or foster care? Specialty consultations provide guidance you need to make the process go more smoothly and information for ongoing support of your new family.


Deployment Support for Every Stage
For military families getting ready for a deployment currently, these resources support service members and families.

Learn more at https://www.militaryonesource.mil/military-deployment-support.

Address that Stress
Military life can be stressful. Service members and families can get support for many potential stressors including relationships, PCS and finances, through confidential counseling at your installation’s booklet and Family Support Center or online at https://www.militaryonesource.mil/confidential-help/non-medical-counseling/military-onesource/military-counseling-for-stress.

DoD Information via App
A new mobile app allows you to quickly find Defense Department resources. From non-medical counseling to financial support, access trusted information anytime and anywhere.

For more information about the app, go to https://www.militaryonesource.mil/leaders-service-providers/military-and-family-life-counseling-program/milprovider-app.

Suicide Prevention: Connect to Protect
Learn about risk factors, essential resources and actions you can take to help prevent suicide within your military community. Be a source of hope.

Dear EURAFCENT Families,

October is here! With fall comes sweater weather, s'mores, pumpkin spice and fun Halloween celebrations. There are important themes that the Fleet and Family Readiness programs highlight during the month of October. Personal Financial Management (PFM) and Exceptional Family Member program (EFMP) are two programs that help educate and support military members to live more fulfilling lives.

Personal Financial Management (PFM) emphasizes a proactive, career lifecycle approach to service members' personal financial responsibilities. Through education, counseling, information and referral-trained civilians or Command Financial Specialist help Sailors and their families prepare a budget, make a plan to get out of debt, fix their credit and save for retirement.

Exceptional Family Member Program (EFMP) is a mandatory enrollment program for sponsors of family members with special needs. Special needs include medical, dental, mental health, developmental and/or educational requirements. Once assessed by a doctor, the family member is assigned a category and a representative from Fleet and Family Services to help them navigate the program and receive the best care and assistance available.

For access to more information, please contact representatives from the PFM and EFM programs at your local Fleet and Family Support Center.

Have a happy fall season!

Sincerely,

Josefina Melendez
Navy Region EURAFCENT Ombudsman

Monthly Resilience Challenge

Compassion emerges when you are generous with yourself. I challenge you to avoid cycling negative self-talk and find ways to be good to yourself and others. Self-compassion helps you manage difficulties, which builds your confidence. Follow Project 1 Small ACT on Facebook for tips on building resiliency at https://www.facebook.com/project1smallact/