

NAVY RESERVE FAMILY INFORMATION NEWSLETTER

For more information got to <http://navyreserve.navy.mil/Public/HQ/WelcomeAboard/CNRFCA+Families>
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Military OneSource- Face-to-Face Counseling Sessions

Military OneSource is provided by the Department of Defense at no cost to active duty, Guard and Reserve (regardless of activation status) and their families. Whether its help with child care, personal finances, emotional support during deployments, relocation information, or resources needed for special circumstances, Military OneSource is there for military personnel and their families... 24/7/365! Face-to-face counseling sessions focus on issues such as normal reactions to abnormal situations (e.g. combat), couples concerns, work/life balance, grief and loss, adjustment to deployment, stress management, and parenting. Persons seeking counseling will receive up to six counseling sessions per issue at no cost to them. To access a counselor in their local community, individuals may call a Military OneSource consultant directly. Service is available in CONUS as well as Hawaii, Alaska, U.S. Virgin Islands and Puerto Rico.

Visit www.militaryonesource.com or call Stateside: 800-342-9647 or Collect from overseas 1-877-888-0727

NACCRRRA, the National Association of Child Care Resource & Referral Agencies, is our nation's leading voice for child care. NACCRRRA works with more than 800 state and local Child Care Resource & Referral agencies to ensure that families in every local community have access to high-quality, affordable child care. To achieve their mission, NACCRRRA lead projects that increase the quality and availability of child care, offer comprehensive training to child care professionals, undertake groundbreaking research, and advocate child care policies that positively impact the lives of children and families. **NACCRRRA programs and services:**

1. Training and technical assistance to local and state child care resource and referral programs.
2. Quality Assurance Program, a national, voluntary certification system for CCR&Rs.
3. Child Care Aware ®, a national toll-free information line and Web site for families available in English and Spanish.
4. Child care policy analysis and advocacy, including an Annual Policy Symposium and Day on the Hill event in Washington, DC.

Contact NACCRRRA by either visiting their website at: www.naccrrra.org or by calling: 703-341-4100.



The Navy is making available to spouses and families a Navy Knowledge Online (NKO) Web portal similar to those used by Sailors for sharing information and resources. Through the new Family Community of Practice, family members will find information on everything from education to child care to housing. Families can start and follow discussion threads and even use an instant messenger program to chat directly with members of their community, deployed family members or anyone with a NKO account. For more information about the NKO Family Community of Practice visit the website: www.nko.navy.mil and register.

Sun Protection: Be Sun Wise



Being outside on a warm, sunny day is one of life's greatest pleasures, but getting too much sun can be **dangerous**. The following precautions can help ensure that you avoid UV-related health problems, both now and later in life.

- **Wear Sunglasses that block 99-100% of UV radiation.** Sunglasses that provide 99-100% UVA and UVB protection will greatly reduce sun exposure that can lead to cataracts and other eye damage. Check the label when buying sunglasses.
- **Protect other areas with clothing during prolonged periods in the sun.** Tightly-woven, loose-fitting clothes are best, but any clothing is better than none at all.
- **Always use sunscreen when outside on a sunny day.** A sunscreen with a Sun Protection Factor (SPF) of at least 15 blocks most harmful radiation. Apply sunscreen liberally and reapply every two hours when working, playing or exercising outdoors. Even waterproof sunscreens can come off when you towel off sweat or water.
- **Avoid the midday sun as much as possible.** The sun's UV rays are the strongest between 10 a.m. and 4 p.m. To the extent that you can, limit your exposure to the sun during these hours.
- **Avoid Sunlamps and Tanning Parlors.** Sun beds damage the skin and unprotected eyes and are best avoided entirely.
- **Watch for the UV Index.** The **UV Index** developed by the National Weather service and the Environmental Protection Agency, provides a forecast of the expected risk of overexposure to the sun and indicates the degree of caution you should take when working, playing, or exercising outdoors.



Affected Navy Family Assistance

NFAAS

Navy Family Accountability and Assessment Center

If you or your family have been affected by a declared emergency, go to:
<https://www.navyfamily.navy.mil> or call 1-877-414-5358 to report your needs.