

THE ANCHOR

BY: FLEET AND FAMILY SUPPORT CENTER MAYPORT

Welcome to Our Newsletter

Welcome to our newsletter where we share insights into our programs and exciting projects. Keep an eye out for upcoming workshops and events. We hope you have a fantastic February and we look forward to seeing you for the next issue!

-A Word from our Director-

I don't know about you, but I felt that the month of January was like one year within one month! I am glad to moving forward and welcoming a new month, FEBRUARY! As always, the Fleet and Family Support Center newsletter and calendar is jam packed of information. Who doesn't want more money \$\$\$\$? Spend some time with our fantastic Personal Financial Managers, Doug (larry.l.mcbride.naf@us.navy.mil) and Laura (laura.a.reynolds.naf@us.navy.mil) who can help for a new success path for financial freedom. I know that we have some ships and families who are deployed or in the pre-deployment stage. Kelly (kelly.i.stull.ctr@us.navy.mil) is your expert. February is highlighting Teen Dating Violence. I am a Mom of a teenager daughter myself. It's so important that our teenagers understand what a healthy relationship is. Valentines Day is coming up as well, I am stealing a great quote from Mahatma Gandhi: "Where there is love there is life". Let's choose love. Our sailors and our families deserve the best. You can call me at 904-270-6600 ext. 1602 or e-mail me at amie.m.mckague.civ@us.navy.mil.



FFSC Mayport Super Bowl LIX Predictions



Will Patrick Mahomes and the Chiefs reign supreme and etch their names in history as the first-ever three-peat champions? Or will Jalen Hurts and the Eagles avenge their 2023 loss and claim the Lombardi Trophy?

KANSAS CITY CHIEFS

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PHILADELPHIA EAGLES

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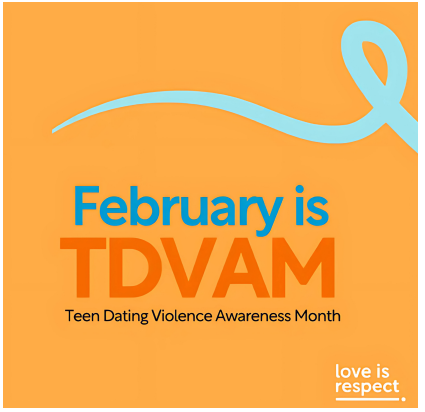
February Spotlight: Teen Dating Violence Written by: Melissa Harper

1 in 3 teens in the United States will experience some form of dating violence (physical, sexual or emotional abuse) from a person they are dating and almost half of female college students will experience abusive dating relationships! Each February, Teen Dating Violence Awareness Month focuses on education and prevention. Here are some important tips to help reduce Teen Dating Violence.

1. Adults must model and teach safe and healthy relationships for our teens. Adults in children’s lives are their first teachers and teens learn about relationships (the good and bad) through us.
2. Help teens understand and set boundaries and expectations in relationships.
3. Help teens understand what consent means and to provide/ask for it every single time.
4. Teach teens about technology and social media safety (for instance once something is online-it is out of the person’s control, be aware of privacy settings, and if someone is harassing a teen online-flag posts as inappropriate and report them.)
5. Let teens know of safe spaces and support if they are in a teen dating violence relationship.

Teen Dating violence can be prevented especially when we focus on reducing risk factors and enhancing protective factors. When our teens are supported through family, friends, and other people in life (i.e. coaches, employers, teachers, and youth group leaders) it will lead to healthy lives and establishing healthy relationships.

If you or your teen need help, please reach out to FFSC for resources and support!



EMPLOYEE SPOTLIGHT - Meet Matthew S.

Hobbies: "I stay active with some serious sports skills. Whether it's soccer, kickball, pickleball, or volleyball, you can bet I'm either kicking, serving, or spiking my way to victory. I'm basically a one-person Olympics, minus the gold medals and the fancy opening ceremony."

What's your favorite genre of music - Favorite artist in that genre?: "When it comes to music, there's only one genre: Taylor Swift. I'm convinced she is both a genre and a mood. If you hear me singing along to "All too Well" in the office, don't worry, it's just me working through my emotions with T-Swift as my therapist."

What would be your dream job?: "My dream job would be an Animal-Assisted Therapist. I love helping people through tough emotions while surrounded by a calming, fluffy army of animals that do all the hard work, like providing hugs and playing fetch—while I casually sip my tea and look important."

What's your favorite food?: "I live on a strict diet like a five-year-old child: Dino nuggets and mac and cheese. I like to think I'm just ahead of the curve, embracing simplicity and comfort. If you can't get behind the majestic combo of golden dino-shaped nuggets and cheesy goodness, we can't be friends."

What is the best concert you ever attended?: "Obviously, Taylor Swift's second night in Tampa. I may have lost my voice, but it was all worth it when she played my very emotional favorite surprise song: "Great War." It's the ultimate head-banging ballad – so much emotion packed into one song. If you haven't cried and moshed simultaneously, are you even living?"

How do you make a positive impact and difference in our military families lives?: "As a therapist, I get to work with military families to help them navigate the ups and downs that come with the lifestyle. Think of me as a guiding hand through the chaos, offering support when they need it most. Whether it's adjusting to a new posting or finding ways to communicate better, I'm here to ensure they don't just survive, but thrive."



February Spotlight - Deployment Support Written by: Kelly Stull

The Emotional Cycle of Deployment --- The First 3 Stages.

1. Anticipation of Departure. 4 to 6 weeks before the Deployment. Emotions might be taking over. Guilt, nervousness and mentally separating. Feelings of denial and the loss can be overwhelming.

2. Detachment and Withdrawal. Final days before up to a few weeks after. REALITY sets in. You want to protect yourself from the hurt of separation and communication may really begin to weaken.

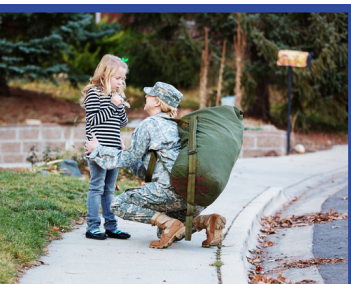
3. Emotional Disorganization. Can last a while into the deployment. Are you a routine person? Can you not get into a routine? Things like this is where the Sailor and/or the Family can get stuck and stay disorganized and unfocused.

The Sailor and family members can combat these things through communication and stick to these KEY FACTORS to foster a great relationship during the deployment:

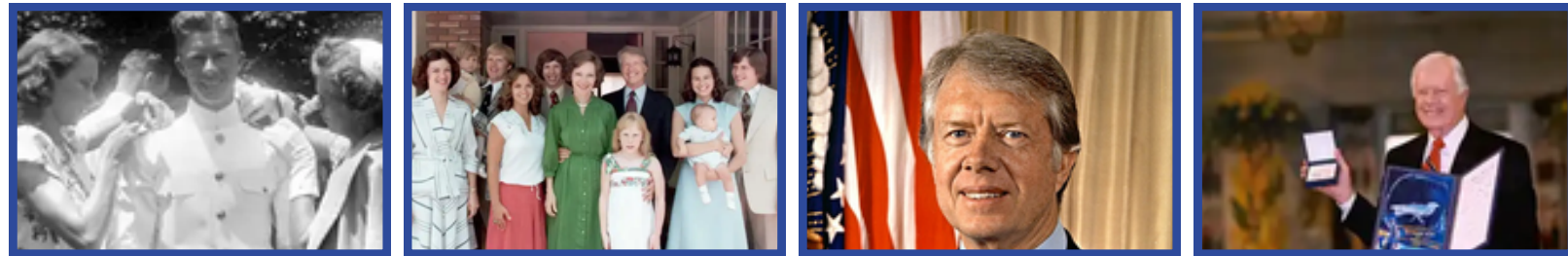
RESPECT
HONESTY
LOVE
OPENNESS
PROACTIVE ENGAGEMENT

We all know that Murphy's Law may get us. That is where "anything and everything will happen, when the Sailor is deployed!!"

But please always remember, FFSC is here to help no matter what!! Our counselors, program coordinators and our Deployment Support Group can help you through anything!!



HONORING THE LATE



PRESIDENT JAMES EARL CARTER JR. - JIMMY CARTER ON PRESIDENTS DAY

Written by: Philline Windsor

James Earl "Jimmy" Carter Jr. held the office of President of the United States from 1977 to 1981, serving as the nation's 39th chief executive. His presidency coincided with a period of significant domestic and international challenges. While Carter's leadership during this time has been subject to varying interpretations, his subsequent career focused on humanitarian endeavors. In 1982, he established The Carter Center, a non-profit organization dedicated to advancing peace and human rights, alongside his wife, Rosalynn. This impactful work earned him the Nobel Peace Prize in 2002. A prolific writer, Carter authored over 30 books, with his most recent publication being "Faith: A Journey for All." Remarkably, he lived to be the oldest president in American history, passing away at the age of 100 in December 29, 2024.

How well do you know the late President Jimmy Carter?

1. What was Jimmy Carter's favorite food?

- A. New York Strip - Medium Well
- B. Peanut Butter and Jelly
- C. Shepherd's Pie
- D. Hot Dogs

2. What state was Jimmy Carter born in?

- A. Georgia
- B. Wyoming
- C. Kentucky
- D. Alabama

3. Before becoming president, Jimmy Carter served as a U.S. Senator.

True or False

4. The Camp David Accords, a peace treaty between Israel and Egypt, were brokered during Jimmy Carter's presidency. **True or False**