

December 2018

Welcome to the DECEMBER edition of the Base Seattle Work-Life Monthly "News Bullets". See a topic and click on the link or contact the POC to learn more!

- **TRICARE OPEN SEASON IS NOW thru 10 December 2018.** Visit <https://tricare.mil/About/Changes/OpenSeason> to find out more and to determine which Health Insurance Plan is right for your family. Contact the Coast Guard Health Benefits Advisor at (800) 942-2422 for more information.
- **BRS OPT-IN ENDS 31 December 2018: Final opportunity!** The opt-in window for Blended Retirement System (BRS) is open to eligible members **until 31 December 2018**. Training and resources can be found at: https://www.dcms.uscg.mil/Our-Organization/Assistant-Commandant-for-Human-Resources-CG-1/Blended-Retirement-System/brs_lp/ Also, you can discuss BRS options with your unit CFS or with Ms. Angela LeMaster at (206) 217-6615.
- **The CG SUPRT Mobile App: available now!** Download for Apple or Android. Password is "uscg" - help spread the word. For more information, contact Ms. Karen Collins at (503) 861-6EAP (6327) or Ms. Kristin Cox at (206) 217-6607. Find app downloads at: <https://itunes.apple.com/us/app/cg-suprt/id1337819587?mt=8> or <https://play.google.com/store/apps/details?id=com.cgsuprt>
- **December is Holiday Substance Abuse Prevention month!** Check out some "mocktail" recipes just in time for the holiday season; non-drinkers deserve a great adult cocktail! <https://www.tasteofhome.com/collection/non-alcoholic-party-drinks/view-all/> For additional resources, contact Ms. Karen Collins at (503) 861-6EAP (6327) or Ms. Kristin Cox at (206) 217-6607.
- **Beat the Winter Blues:** How you and your family can get through a Pacific Northwest winter. <https://rootsrated.com/stories/beating-winter-blues-avoid-seasonal-depression-in-seattle> Get more information on healthy families from Mr. Troy Olson at (206) 217-6612.
- **Searching for childcare?** Start here! - Members in **Oregon** can access a list of local childcare centers and providers at <http://triwou.org/projects/fcco>. Members in **Washington** can find assistance at <http://wa.childcareaware.org/families/family-resources-1/your-child-care-search>. For additional information, contact CG Child Development Services Specialist Ms. Kelly Smitherman at kelly.m.smitherman@uscg.mil

V/r,
Your Work-Life Staff

Work-Life Web Site:
<http://cglink.uscg.mil/SeattleWorkLife>

Work-Life Web Site From Home:
<https://www.dcms.uscg.mil/Base-Seattle/Work-Life/>