

November 2018

Welcome to the NOVEMBER 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!

- **November is National Adoption Awareness Month** – Learn more about adoption services in your local area at <http://www.nationaladoptionday.org/>. Did you know you can get reimbursed for adopting? <https://www.dcms.uscg.mil/Our-Organization/Assistant-Commandant-for-Human-Resources-CG-1/Health-Safety-and-Work-Life-CG-11/Office-of-Work-Life-CG-111/Adoption-Reimbursement/>. Contact Ms. May Chao for more information (206) 217-6786.
- **BRS OPT-IN: Now is the time!** The opt-in window for Blended Retirement System (BRS) is open to eligible members **until 31 Dec 18**. 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/ You can discuss BRS options with your unit CFS or with Ms. Angela LeMaster at (206) 217-6615.
- **Great American Smoke OUT is 15 Nov!!** Use the Quit Now calculator to see how much richer your life can be. <https://www.quitnow.ca/quitting/calculate-my-savings>. For more information, contact Mr. Tim Merrell 202-475-5146 or timothy.m.merrell@uscg.mil.
- **SUPPORT FOR MALE SURVIVORS** – "1in6" is an organization which helps men who have had unwanted sexual experiences live healthier, happier lives. They also provide information and resources to family members, friends, and partners at <https://1in6.org/>. For more information, contact Ms. Jennifer Parrish at (206) 217-6675.
- **MINDFULNESS AND GRATITUDE** can be used by everyone! Check out the 7 Strategies to Turn Trauma into Strength <https://www.yesmagazine.org/issues/mental-health/7-strategies-to-turn-trauma-into-strength-20180903>. For more information, contact Ms. Karen Collins at (503) 861-6EAP (6327) or Ms. Kristin Cox at (206) 217-6607.
- **Free LIVE Tutoring for Students!!** Free personalized on demand tutors available 24/7 for Coast Guard members and their families. No appointment necessary! <https://lhh.tutor.com/?A=1> For more information, contact Ms. Kelly Smitherman at (503) 741-7848 or 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/>