

Welcome to the OCTOBER 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!

- **October is Domestic Violence Awareness Month** - Know the Signs of Healthy Relationships and How to Strengthen Yours. Just one text a day can improve a relationship. Sign-up for Love Every Day; couples receive daily questions designed to strengthen their relationship. <https://love.resilienceboost.com/register/> Contact Mr. Troy Olson at (206) 217-6612 or Ms. Laura Tuck at (206) 217-6608 for additional resources.
- **TRICARE OPEN SEASON** is 12 Nov-10 Dec 18. Visit <https://tricare.mil/About/Changes/OpenSeason> to find out more and which Health Insurance Plan is right for your family. Contact the Coast Guard Health Benefits Advisor at (800) 942-2422 for more information.
- **Meet our new Family Advocacy Specialist (FAS)** in Seattle! Please welcome Ms. Laura Tuck who joined the Work-Life staff and will be working with Mr. Troy Olson to manage all family advocacy cases. Together they ensure proper involvement, referrals, services and follow-ups to assist commands and families. Contact Ms. Tuck directly at Laura.L.Tuck@uscg.mil or (206) 217-6608.
- **Meet our new Personal Financial Manager (PFM)** in Seattle! Please welcome Ms. Angela LeMaster who has transferred from the TRM position. Ms. LeMaster will provide collaborative and comprehensive education and counseling with an emphasis on proactive career lifecycle <https://cg.portal.uscg.mil/units/dol/dol-3/BS/H/SitePages/PFM.aspx>. Contact her directly at Angela.D.LeMaster@uscg.mil or (206) 217-6615
- **Access WORK-LIFE website from home!** Read all about Work-Life programs and connect with valuable resources from your phone or home computer. Share this link with your FAMILY! ***New short link!*** <https://www.dcms.uscg.mil/Base-Seattle/Work-Life/> Contact Ms. Shirley Blanchett at (206) 217-6640 for Work-Life information.

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/>

Base Seattle Web Site:
<http://cglink.uscg.mil/BaseSeattle>