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

Hiring Event at Base Seattle: Hire GI for transitioning military, veterans and family members. Meet with Fortune 500 companies and receive on-site interviews. 06 November 2019 from 1000-1200 at Coast Guard Base Seattle 1519 Alaskan Way South, Seattle WA 98134 in the Bear Room (Bldg 5, Deck 2 – above the museum). For additional information contact the Transition and Relocation Manager, Heather Miles at (206)217-6674 or Heather.m.miles@uscg.mil

November is Adoption Awareness Month: Did you know you that you can get reimbursed for adopting a child? Click here for more information or contact the Family Resource Specialist Ms. May Chao at (206) 217-6786 May.Chao@uscg.mil Family Resource Specialist for more information at (206) 217-6786 <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/>

TRICARE West Region Updates: Open Enrollment Dates, Vision & Dental coverage (FEDVIP) is separate from TRICARE benefits, Portable CPAP eligibility requirements AND MUCH MORE! Click here for more information or contact your unit's supporting Health Services Administrator for more information <https://www.tricare-west.com/content/hnfs/home/tw/bene.html>

Donate Wisely and Avoid Scams: Charitable giving increases 42% this time of year. When you support a cause, you want your donation to count. Find tips to plan your donation and avoid scams at <https://www.consumer.ftc.gov/features/how-donate-wisely-and-avoid-charity-scams>. For additional information about avoiding scams and identity theft, contact the Personal Financial Manager, Angela LeMaster at (206) 217-6615 or angela.d.lemaster@uscg.mil.

Learn tips to cope with Seasonal Affective Disorder: with the days getting shorter and rainy season upon us you might be at risk for

SAD: <https://www.everydayhealth.com/depression/treatment/ways-to-ease-seasonal-depression/>. For more information, contact Family Advocacy Specialists Troy Olson at (206) 217-6612 troy.e.olson@uscg.mil or Kristen Hutcheson (206) 217-6608 kristen.s.hutcheson@uscg.mil.

Work-Life Office Space: The Work-Life team is back in our regular work space; Building 1, 3rd floor. Come by and see us!