


# OneOp Monthly Newsletter

APRIL 2024

## Upcoming Programming

 April 2, 2024


### **Tiny Hearts, Big Emotions: Cultivating Emotional Learning & Development with Responsive Practices**

Learn the components of emotional intelligence and practices that support development in this area which impacts later relationships, learning, and more.

 April 4, 2024


### **Public Health Approaches to Suicide Prevention: Working with Military Spouses and Families**

Discover how service providers can best support military spouses and family members through a trauma-informed lens of suicide prevention.

 April 17, 2024


### **Improving Health and Wellness by Getting Outside**

Gain some practical programs and initiatives that help connect individuals, children, and communities to nature.

 April 18, 2024

### **Harmony of Expression: Exploring Social and Emotional Development in Middle Childhood Through Expressive Art Approaches**

Weave together foundations of social emotional development during middle childhood and the role of expressive art in nurturing their overall development, particularly within the context of transitions, grief, and loss.

 April 23, 2024

### **Federal Student Aid: Repayment 101**

Covers the basics of repaying federal student loans including types of repayment plans, forgiveness and cancellation programs, benefits of consolidating, and more.

 April 25, 2024

### **Food Allergies: An Overview and Update**

Learn state-of-the-art, evidence-based practical approaches to common pediatric food allergies.



### **PowerUp: Armed Force Wellness Centers: A Holistic and Integrated Approach to Force Fitness**

*"I think that's the biggest win here," she says. "We curate a space where people can focus on themselves, in a community that doesn't often take a lot of time to do that."*

The Armed Forces Wellness Centers (AFWC) are intentionally designed to foster healthy behavior change through science-based education, coaching, and technology. In addition to individual client care, the AFWC staff teaches a variety of classes to keep soldiers and their families resilient. They offer classes on healthy sleep habits, fueling for health, meals in minutes, stress management, increasing metabolism, and performance optimization to work on the Army Combat Fitness Test. Hear directly from, Nicole Leth, Director of the Fort Belvoir AFWC, about the work that they are doing to reduce the risk of musculoskeletal injury, improve overall performance and enhance the self-efficacy of individuals to maintain lifelong healthy behaviors for the military population in the latest issue of *PowerUp*.

Catch our other articles covering Extension's role in disaster recovery and steps to community resilience. The articles in this issue of *PowerUp* can help you find new ways of doing work to support military families.

[Read the Magazine](#)

# On-Demand Programming



## **2023 Personal Finance Year in Review**

Uncover the results of personal finance research studies that were published in 2023, financial events with military-specific implications, and preview announced changes for 2024.



## **Suicide Prevention and Intimate Partner Violence**

Discover an overview of the intersection of suicide and IPV risk factors and gain prevention strategies for advocates and clinicians serving the military community.



## **The Importance of Nutrition in Cancer Care**

Explore nutrition care for people on active cancer treatment, information on common side effects, and strategies to assist caregivers in their role of providing nutrition during cancer treatment.

## Focused Programming: **Taxes, Scam, and Fraud**



Monitoring finances can be complex, especially for military families. Between deployment, permanent change of station, and other military-related and non-military-related transitions, military families rely on service providers to fill in the gap. Discover how service providers can assist military families navigate financial threats such as scams and fraud as well as how to tackle daily finances and taxes.

### **2024 Tax Updates: What Service Providers Need to Know**

Tax laws can change in response to economic and societal factors. Given this, service providers play a crucial role as primary sources of guidance for service members. Learn the latest on Child Tax Credits, Dependent Care Flexible Spending Accounts, student loan interest deductions, IRA contribution limits, and more.

### **Cryptocurrency: How it Works, Current Research, and Avoiding Scams**

Bringing together research from Ledger and up-to-date information from the Commodity Futures Trading Commission, this webinar provides participants with a foundational understanding of cryptocurrency. Dr. Chris Wilmer will train on what cryptocurrency is, how it works, and current research trends, while Mr. Dan Rutherford introduces cryptocurrency-related scams and how to spot them.

### **Scam Prevention Information for Military Families**

Military families are frequent targets for scams. Reasons include service members' steady incomes, military camaraderie that attracts affinity fraud, frequent deployments where monitoring finances can be complex, and the fact that many service members are young and living on their own and earning a paycheck for the first time. Personal Financial Managers can educate clients about scams and help clients who become fraud victims. Below are some key things to know about spotting and avoiding fraud.



## **SEASON 5 | EPISODE 10**

### Share the Work (and Love)

Collaboration is key to community recovery and resilience. In this episode, co-hosts Jessica Beckendorf and Bob Bertsch talk about sharing the work and love – one of the eight ways of cultivating community resilience identified in the “Connecting Communities in Asset-based Community Recovery” project. “Connecting Communities in Asset-based Community Recovery” is a collection of resources developed during the COVID-19 pandemic. The stories participants shared during the workshops helped point us toward what communities did really well in their recovery and what they could do a little better. Learn how by sharing the work the ultimate outcome is tied to the many contributions made by individuals.

**We invite you to join the OneOp mailing list to stay updated!**

**SUBSCRIBE!**

  
**Readiness. Knowledge. Network.**



 **Practicing Connection**