

OneOp Monthly Newsletter

DECEMBER 2024

Upcoming Programming

 December 4, 2024

[Risk Factors and Reasons for Food Insecurity Among Service Members](#)

Define food insecurity and outline the risk factors for food insecurity for the U.S. military compared to the civilian population.

 December 10, 2024

[Supporting Military Youth with Disabilities in Transition to Adult Life](#)

Learn about essential tools and guidance designed to help youth with disabilities succeed in education, employment, and independent living after aging out of Individuals with Disabilities Education Act services.

 December 12, 2024

[Financial Abuse is Domestic Abuse: Equipping Service Providers to Support Victims](#)

Gain clarity on what resources from the Family Advocacy Program are available and how to connect a victim to these resources.

 December 18, 2024

[2024 Personal Finance Year in Review](#)

Identify legislation and events that have impacted military personal finances during 2024 and prepare for anticipated changes for 2025.

 December 19, 2024

[Tackling Ageism and Uncovering Hidden Biases in Serving Older Adults](#)

Explore the impact of ageism and provide strategies for recognizing and addressing age-related biases in our work.

 January 28, 2024

[Leveraging PowerPay: An Extension Tool for Debt Management](#)

Uncover how PowerPay can create a personalized plan tailored to your needs or those of your clients.

 January 29, 2024

[Feeding Minds, Fueling Futures through the Child and Adult Care Food Program](#)

Learn about Child and Adult Care Food Program's history and current meal patterns and hear from a Registered Dietitian administering the CACFP on a military installation.



[Thriving Together: Fostering Emotional Resilience in Children & Youth](#)

Children and youth undergo significant growth and change in how they process, experience, and demonstrate emotions, and how they form and interact with adults and peers from birth through adolescence. Knowing and understanding this developmental arc is vital for professionals who work with children and youth. Further, it is important to be aware of the ways in which disability can impact a child's social development and their capacity to express emotions. These three webinars will provide participants with knowledge to best support the military-connected and civilian children they serve with and without disabilities.

[Tiny Hearts, Big Emotions: Cultivating Emotional Learning and Development with Responsive Practices](#)

[Harmony of Expression: Exploring Social and Emotional Development in Middle Childhood Through Expressive Art Approaches](#)

[Embracing Identity: Fostering Positive Emotional Growth in Teens and Young Adults](#)

These next webinars will provide professionals working with military-connected and civilian children with and without disabilities in childcare, classroom, and recreational settings with knowledge and practical strategies that can be applied to their work. These four webinars will address three common areas of challenge for professionals: understanding children's behaviors that may pose challenges for adults, adapting to unexpected changes in the lives of children and youth, and addressing emotional distress and behavior.

[The Art of Connection: Empowering Professionals to Respond Positively to Challenging Behaviors – Part 1](#)

[The Art of Connection: Empowering Professionals to Respond Positively to Challenging Behavior – Part 2](#)

[Expressive Brushes: Using Art-based Mediums to Support Children & Youth During Change](#)

[Coping Compass: Working in the Wake of School and Community Violence and Disaster](#)

On-Demand Programming



Securing Tomorrow: Navigating Social Security Retirement and Survivor Benefits

Gain the knowledge and resources to make informed decisions about retirement and survivor benefits from the SSA, ensuring a prosperous future for the families they serve.



Afraid to Ask: Talking with Children About Suicide

Explore developmental considerations in how to ask children about suicidal thoughts, how to be prepared for a yes answer, and what role 988 can play.



Food Is Medicine: A National Strategy on Hunger, Nutrition, and Health

Learn more about the National Strategy and explore your professional role in expanding access to Food is Medicine programs.

Focused Programming: **Disease Management**



Nutrition plays a crucial role in supporting those suffering from a disease. Nutrition can aid in healing, help in maintaining a healthy weight, and reduce side effects from disease treatment. For chronic diseases, specifically curated diets can help improve every day life and health. Below, find research-based programming that highlights the benefits of diets with various disease management.

Benefits of Plants for Chronic Kidney Disease

This webinar provides health practitioners with a comprehensive understanding of the benefits of plant-based diets, research to support their use, and actionable advice for implementing plant-based eating for patients with non-dialysis-dependent CKD.

Importance of Nutrition in Breast Cancer Survivorship

Breast cancer is the most common cancer among women in the United States, excluding skin cancers, and represents approximately 30% of all new cancer cases in women each year. For breast cancer survivors, nutrition plays a key role in managing treatment side effects, promoting healing, and supporting long-term health.

Strategies for Management of NAFLD (Non-Alcoholic Fatty Liver Disease)

This presentation highlights evidenced based strategies for managing NAFLD that registered dietitians and other healthcare professionals can share with their patients for better disease management.



Strengthening Military Community Connections with Amy Rodick

“Think about what you can do in your local community to support and to strengthen your own Military Family Readiness System as small or as big as it can be.”

Amy Rodick, Director of the Office of Military Family Readiness and Policy for the Department of Defense, joins the podcast to discuss the importance of community connections and how service providers and families can contribute to a stronger Military Family Readiness System.

As an Army veteran and military spouse, Amy brings a unique perspective, sharing real-world strategies for service providers to successfully engage with the Military Family Readiness System at the local level.

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

SUBSCRIBE!



Listen to the Episode!

