

OneOp Monthly Newsletter

JANUARY 2025

Upcoming Programming

 January 28, 2025

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

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

 January 29, 2025

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

Learn about the 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.

 February 11, 2025

[2025 Tax Updates: What Service Providers Need to Know](#)

Gain an understanding of the tax laws for service providers and financial counselors who provide resources and information to better serve the unique needs of the military community.

 February 20, 2025

[Ethics of Care in Case Management: Communication, Boundaries, & Best Practices for Providers](#)

Identify communication techniques to enhance interactions with clients with disabilities and their caregivers and supports, strategies for boundary-setting, and ethical frameworks for decision-making.

 February 26, 2025

[The Role of the Charitable Food System in Addressing Nutrition and Food Security](#)

Uncover how the charitable food system can fill gaps in food needs for households facing food insecurity.



Among our nation's active-duty service members and their families, an estimated 24 percent are food insecure. Nutrition and food security is a multifaceted issue that requires a collaborative response. Join OneOp as we focus on strengthening food security among military families and mobilizing family service professionals to work together at federal, state, and local levels.

Upcoming Webinars:

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

The Child and Adult Care Food Program (CACFP) combats hunger and brings healthy foods to tables across the country for children in childcare and afterschool programs as well as adults in day care. Attend this webinar to reflect on how Child and Youth Services operates the Child and Adult Care Food Program through the Defense Department on Army Garrisons.

[The Role of the Charitable Food System in Addressing Nutrition and Food Security](#)

Recent efforts have sought to redesign food pantries to create a less stigmatizing experience for clients where they can access healthy food. Attend this webinar to learn about innovative organizational practices that are aimed at meeting the diverse health and social needs of those relying on food pantries.

On-Demand Webinars:

[Diet Quality, the Gut Microbiome, and Health Disparities](#)

Does dietary intake shift microbial ecology and function toward the formation of harmful microbial metabolites that contribute to cancer risk? Learn how we can translate research into actionable interventions and future directions to make these interventions accessible to the patients we serve.

[WIC at 50 Years: Honoring the Past, Nourishing the Future](#)

For over 50 years, the [Special Supplemental Nutrition Program for Women, Infants, and Children \(WIC\)](#) has supported income-eligible women, infants, and children, including military families. Learn about WIC's rich history as a premiere public health program, including its role in improving maternal and child health outcomes, and hear about improvements in the WIC food packages and other innovations in the program.

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

Substantial research has been done since 2018 to determine the risk factors and reasons for food insecurity as well as the subsequent consequences of food insecurity in the military. This presentation will review the published research on food insecurity in the military and discuss strategies to minimize food insecurity in the Armed Forces.

On-Demand Programming



Risk Factors and Reasons for Food Insecurity Among U.S. Military Service Members

Review the published research on food insecurity in the military and discuss strategies to minimize food insecurity in the Armed Forces.



Supporting Military Youth with Disabilities in Transition to Adult Life

Gain valuable resources to support youth with disabilities and their families as they navigate the transition from Individuals with Disabilities Education Act services to post-secondary life.



Financial Abuse is Domestic Abuse: Equipping Service Providers to Support Victims

Discover the demographics of the military community with a focus on recent Defense Department data on domestic abuse and child abuse and neglect.

Focused Programming: **Military Couples**



Military couples face unique challenges that can impact their relationships, from frequent relocations and deployments to the complexities of balancing service commitments with family life. These couples must navigate career decisions, financial management, and maintaining strong communication despite physical separation. Understanding these distinctive pressures is crucial for service providers who support military families. The resources below offer valuable insights and strategies for working with military couples, helping them build resilience and strengthen their relationships while managing the demands of military life.

Balancing Military Spouse Employment with Family Economic Well-Being

Military family members are an integral part of a service member's support system, but the challenges faced by military spouses in maintaining employment are often overlooked. This webinar addresses the ways in which the Defense Department endeavors to positively influence the career trajectories of military spouses, contributing to their families' economic stability and overall well-being.

The Relationship Changes of Military Couples During Reintegration

Following their return home from deployment, military couples experience a wide variety of changes in their relationship. This webinar describes the trajectories of positive, negative, and neutral relationship changes military couples experience over time during the post-deployment period.

Approaching Money Conversations with Military Couples

Discussing money is often seen as taboo. When we think about personal finance, we can often fall into the trap of thinking that means keeping it personal instead of sharing or communicating, especially with our significant others. Keep reading to learn how to start the conversation with military couples about money management and communication.



The Power of Labyrinths for Reflective Practice

Delve into the transformative potential of labyrinths as tools for reflection and mindfulness in professional practice. Drawing from ancient traditions and modern applications, labyrinths offer service providers a unique way to process complex emotions, find clarity in decision-making, and enhance their self-care routines. This contemplative practice can be especially valuable for military service providers who need moments of peaceful reflection in their demanding roles. Here are some practical ways to "walk" a labyrinth, even, without taking a physical step.

Drawing or Coloring Labyrinths:

Engage in drawing or coloring labyrinths as a form of art therapy.

Creating a Finger Labyrinth: A finger labyrinth is a small, portable labyrinth that you can trace with your finger.

Finding a Labyrinth App: If you're not feeling crafty, you can engage in this reflective practice by dragging your finger through a labyrinth on your screen.

Walking a Labyrinth: Find a local labyrinth or create one in your backyard.

[Continue reading this blog post](#) to learn more about the history and benefits of labyrinths.

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

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