

# What's New with MC&FP

MAY 2013



## >> JUNE

### OUTREACH THEME



Summer Fun  
and Fitness



### ONLINE LEARNING SCHEDULE

- ★ MC&FP Overview
- ★ Content Wish List Training
- ★ Air Force Special Victim's Counsel



### SOCIAL MEDIA CAMPAIGN/CONTESTS



PINTEREST CONTEST:  
First Day Box

## >> MAY

### PODCASTS & VIDEOS

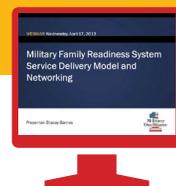


Take a Tour of the Military  
OneSource Website

<http://youtu.be/1h8aDRq7Lcw>

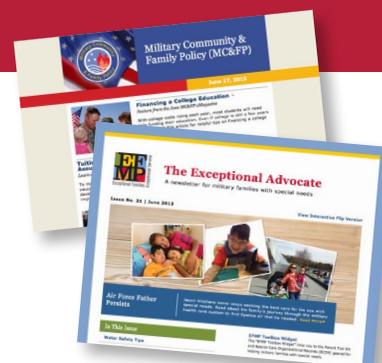
### ARCHIVED WEBINARS

JFSAP - Military Family Readiness System Delivery Model and Networking  
[www.militaryonesource.mil/12038/MOS/Videos/FRS\\_Delivery\\_ModelAndNetworking\\_Final.wmv](http://www.militaryonesource.mil/12038/MOS/Videos/FRS_Delivery_ModelAndNetworking_Final.wmv)



### ePUBLICATIONS

MC&FP Weekly  
<http://apps.militaryonesource.mil/mcfp/weekly>  
Relocation eNewsletter  
[www.militaryonesource.mil/relocation/enewsletter](http://www.militaryonesource.mil/relocation/enewsletter)  
Military OneSource eNewsletter  
[www.militaryonesource.mil/enewsletter](http://www.militaryonesource.mil/enewsletter)  
The Exceptional Advocate  
<http://apps.militaryonesource.mil/efmp/news>



### NEW ARTICLES

Transitioning to the Reserve When You Leave Active Duty  
[www.militaryonesource.mil/search?content\\_id=271683](http://www.militaryonesource.mil/search?content_id=271683)

Job Search Considerations: Retirement Benefits, Job Satisfaction and Job Longevity  
[www.militaryonesource.mil/search?content\\_id=271682](http://www.militaryonesource.mil/search?content_id=271682)

Staying Fit, Healthy and Injury-Free  
[www.militaryonesource.mil/mwr?content\\_id=271648](http://www.militaryonesource.mil/mwr?content_id=271648)

Equipment Rentals from Morale, Welfare and Recreation  
[www.militaryonesource.mil/mwr?content\\_id=271647](http://www.militaryonesource.mil/mwr?content_id=271647)

Teens and Exercise  
[www.militaryonesource.mil/cyt?content\\_id=271637](http://www.militaryonesource.mil/cyt?content_id=271637)

Make Time for Exercise  
[www.militaryonesource.mil/search?content\\_id=271636](http://www.militaryonesource.mil/search?content_id=271636)

Living Well with Stress  
[www.militaryonesource.mil/search?content\\_id=271634](http://www.militaryonesource.mil/search?content_id=271634)

TRICARE  
[www.militaryonesource.mil/efmp/service-providers?content\\_id=271632](http://www.militaryonesource.mil/efmp/service-providers?content_id=271632)



Fitness



Stress



>> **MAY**

## NEW ARTICLES *(continued)*

### **Eat Well While in Transition**

[www.militaryonesource.mil/search?content\\_id=271626](http://www.militaryonesource.mil/search?content_id=271626)

### **Achieving Resilience through Morale, Welfare and Recreation Programs**

[www.militaryonesource.mil/mwr?content\\_id=271534](http://www.militaryonesource.mil/mwr?content_id=271534)

### **Support and Resources through the Commissary and Exchange**

[www.militaryonesource.mil/shopping?content\\_id=271526](http://www.militaryonesource.mil/shopping?content_id=271526)

### **Blended Families – Resources for Strong Military Families**

[www.militaryonesource.mil/health-wellness/keeping-your-family-strong?content\\_id=271522](http://www.militaryonesource.mil/health-wellness/keeping-your-family-strong?content_id=271522)

### **Adapting to Your New Home and Routine After an Injury-Related Move**

[www.militaryonesource.mil/wounded-warrior/independent-living-skills?content\\_id=271515](http://www.militaryonesource.mil/wounded-warrior/independent-living-skills?content_id=271515)

### **Remembering Your Loved One on Mother's Day**

[www.militaryonesource.mil/search?content\\_id=271513](http://www.militaryonesource.mil/search?content_id=271513)

### **DoD Directory on Early Intervention, Special Education and Related Services in OCONUS Communities**

[www.militaryonesource.mil/efmp?content\\_id=271469](http://www.militaryonesource.mil/efmp?content_id=271469)

### **An Overview of Adults with Special Needs**

[www.militaryonesource.mil/efmp/adults-with-special-needs?content\\_id=271467](http://www.militaryonesource.mil/efmp/adults-with-special-needs?content_id=271467)

### **Important Documents for Your Disaster Preparedness Kit**

[www.militaryonesource.mil/disaster-resources?content\\_id=271442](http://www.militaryonesource.mil/disaster-resources?content_id=271442)

### **The Defense Personal Property System: Making Your Move Easier**

[www.militaryonesource.mil/moving?content\\_id=271542](http://www.militaryonesource.mil/moving?content_id=271542)

### **Quick Tips for a Smooth Move**

[www.militaryonesource.mil/moving?content\\_id=271543](http://www.militaryonesource.mil/moving?content_id=271543)

### **Quick Tips for Filing a Property Loss Claim After a Move**

[www.militaryonesource.mil/moving?content\\_id=271544](http://www.militaryonesource.mil/moving?content_id=271544)

### **A Fresh Look at Portable Careers**

[www.militaryonesource.mil/seco?content\\_id=271516](http://www.militaryonesource.mil/seco?content_id=271516)

### **Is Telecommuting for You?**

[www.militaryonesource.mil/seco?content\\_id=271517](http://www.militaryonesource.mil/seco?content_id=271517)

### **Federal Resume Resources and Information**

[www.militaryonesource.mil/seco?content\\_id=271518](http://www.militaryonesource.mil/seco?content_id=271518)

### **Finding an eMentor**

[www.militaryonesource.mil/seco?content\\_id=271519](http://www.militaryonesource.mil/seco?content_id=271519)

### **Hiring Our Heroes – Job Fairs, Spouse Programs and More!**

[www.militaryonesource.mil/seco?content\\_id=271520](http://www.militaryonesource.mil/seco?content_id=271520)

### **Invest in Your Education**

[www.militaryonesource.mil/seco?content\\_id=271521](http://www.militaryonesource.mil/seco?content_id=271521)

### **State Licensing and Career Credentials Initiative**

[www.militaryonesource.mil/seco?content\\_id=271758](http://www.militaryonesource.mil/seco?content_id=271758)



**Spouse Employment**

