



109TH AIRLIFT WING  
HEALTH & WELLNESS CENTER  
*first force and family*

# Summer Catalog

2014



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# Message from the Vice Commander

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Summer in Upstate NY is a time many of us look forward to spending time with our family and friends, participating in outdoor activities, and tackling chores around the house. Summers are great in the Northeast, but unfortunately...they are short. Before we know it, the pools and beaches will be closing, families will be getting ready to send their children back to school, and the Wing will start preparations for the next Operation DEEP FREEZE season.

The summer edition of our catalog focuses on summer fun and fitness, military life, and education. Learn to develop some personal goals, set deadlines and structuring your time to pursue your personal development. Attend a summer camp, or finally “kick the habit” of smoking with our smoking cessation group, or learn about your educational benefits. There are many opportunities to learn, get in shape, and get out and spend time with family and friends.

The Health and Wellness Center (HAWC) is here for you; providing support, information, classes, and activities that directly benefit our Airmen and families. We cannot change our operations tempo, we cannot change our physical fitness requirements, or stop the fast-changing world we live in, but we can offer services to help you and your family learn new skills, meet challenges, enrich yourselves, and build resilience in our daily lives.

In closing, I would to say, “Thank You” to the HAWC staff. Their collaborative efforts and dedication in developing a thriving and effective program have not gone unnoticed. The recent ANG inspection validated this by highlighting the HAWC in the “Leading People” inspection category, by noting the co-locating of the “offices of the Chaplain, Physical Health Director, Director of Psychological Health, and Airman and Family Readiness Program Manager increased participation and the anonymity of those seeking assistance.” In addition, the HAWC catalog was recognized for its “very comprehensive” and diverse offering of classes and event opportunities. Thank you.

Enjoy the nice weather!

First Force and Family

Sincerely,  
Col John Russo  
Vice Wing Commander  
109<sup>th</sup> Airlift Wing

# Health & Wellness Highlights

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## Resilience Courses Offered on Base

Resilience classes are offered every Tuesday and Thursday from 1130 to 1230 in the B Dining Hall. Each month a new theme will be introduced. Instructors' present new knowledge and attendees participate in discussions, activities, and reflection; all while building a tool box of resources and techniques that will be convenient when life becomes stressful.

### What is Resiliency?

“Resiliency is the ability to be flexible and to never take no for an answer. When you get knocked down you always get back up, usually better than before. Resilience is the ability to persevere through whatever is thrown at you.”

*-TSgt Nicholas Dziamba, Safety Office*

### Why is Resiliency Important?

“During a time when we have increasing demands with decreasing resources our mental and physical fortitude is tested. These classes do an outstanding job of making us aware of how we perceive and react to various events. As a facilitator, I thoroughly enjoy hearing other members' experiences and collectively discuss how we can change our thoughts and/or actions to live a healthier life. We all face a multitude of stressors whether from finances, family, health or work related so seek help when needed and remember you are not alone.”

*-1st Lt Jared Semerad, Logistics Readiness Squadron*

“I found the resilience training to be beneficial to service members transitioning back to civilian life from a military deployment or training. Family members, relationships, and one's career can be mentally, physically, and emotionally impacted. This training teaches who, what, and where you can go for resources and assistance in dealing with this transition.”

*-SrA Sarah Ledger, Force Support Squadron*

### What Did You Take Away From the Resilience Classes?

“Leaving the resilience class, I felt like it brought more positive thinking into my life. It gave me a chance to rethink different scenarios and see other viewpoints. The resilience class also reminded me to count my blessings each day.”

*-SSgt Brittany Rinaldi, Force Support Squadron*

“As a consumer of the course work and a professional, I strongly encourage and applaud anyone who steps out of their comfort zone to learn, laugh, and share.”

*-Kelly Young, Wellness Center*

# Wellness Center Staff

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## Wing Chaplain (HC)

Chaplain Maj. Jake Marvel, BCC

[Jacob.Marvel@ang.af.mil](mailto:Jacob.Marvel@ang.af.mil)

518-344-2355

- Spiritual-based counseling for airmen & family
- Christian worship services & Bible study classes
- Strong Bonds retreats for couples and families
- Spirituality 101 & Healthy Change workshops
- Any-faith guided “Mindfulness Meditation”



## Physical Health

### Director (PHD)

1st Lt. Lynsey Cross

[Lynsey.Cross@ang.af.mil](mailto:Lynsey.Cross@ang.af.mil)

518-344-2352

- Nutrition counseling & menu planning
- Fitness & nutrition presentations
- Tobacco cessation support & resources
- Workout plans & classes
- Physical fitness & healthy lifestyle education



## Director of Psychological Health (DPH)

Kelly Young

[Kelly.Young\\_ctr@ang.af.mil](mailto:Kelly.Young_ctr@ang.af.mil)

518-344-2364

- Individual, family consultation & referral services
- Military lifestyle support for airmen & families
- Psycho-educational presentations & workshops
- Deployment cycle education & support
- Leadership classes & workshops



## Airman & Family Readiness Program Manager (AFRPM)

Ray Williamson

[Ray.Williamson@ang.af.mil](mailto:Ray.Williamson@ang.af.mil)

518-344-2357

- Military lifestyle education & skill building
- Crisis assistance services for airmen & families
- Wing family activity & volunteer management
- Deployment cycle support for airmen & families
- Community outreach & engagement

# June 2014 - Summer Fun & Fitness

Course Name/Description	Date/Location/Time
<p><b>Capitalizing on Your Strengths: #6 of 12 in the Resilience Coursework</b>            The goal of Capitalizing on Your Strengths is to identify your own strengths, recognize strengths in others, and find opportunities to capitalize on those strengths. Simply labeling our strengths could lead to under performance, but this class will provide the tools necessary to find new ways to use our strengths, while introducing methods to develop and grow our strengths on a regular basis and when facing challenges.</p>	3 June / B Dining Hall / 1130-1230 5 June / B Dining Hall / 1130-1230 10 June / B Dining Hall / 1130-1230 12 June / B Dining Hall / 1130-1230 17 June / B Dining Hall / 1130-1230 19 June / B Dining Hall / 1130-1230 24 June / B Dining Hall / 1130-1230 26 June / B Dining Hall / 1130-1230
<p><b>Military Benefits/Education</b>            Come learn about the education benefits you have earned through your service during an interactive lunch hour. Though many people agree education can put you on a path to success, we will be discussing in greater detail the advantage you and your family will receive by obtaining an education. In addition, we will explore the educational opportunities available to you (at a traditional or online campus) while compiling a list of good questions to help you differentiate the school that is the best fit for you. One part informative, one part self-reflection -- we hope to make this an enjoyable lunch hour.</p>	11 June B Dining Hall 1130-1230  <b>Presenter:</b> Celine Miernicki, University Development Representative, Military Division
<p><b>Sippin' Smoothies</b>            Fruits and vegetables are essential for a well-balanced diet and overall health though they are often overshadowed by processed, intensely advertised, manufactured food products. Smoothies are a fun and yummy way to get more than one serving of fruits and vegetables. Whether you are looking for a meal replacement, healthy snack, or just a refreshing drink, this class will provide recommendations on what to use in your smoothies, the nutritional benefits, and you will walk away feeling confident to try your own recipes! Yes, samples will be provided!</p>	13 June B Dining Hall 1130-1230
<p><b>Knowing When to Say WHEN: Understanding the Effects of Alcohol, Prescription Drugs and How to Talk with Your Teen.</b>            For many, the summer wouldn't be complete without a beer in one hand and a hamburger in the other. Barbecues, graduations and 4th of July parties; everywhere you turn, there is an opportunity to have a drink. Attend this class and learn ways to talk with your kids about responsible ways to deal with peer pressure, learn recipes for "mocktails" and learn the psychological, physical and medical effects of not knowing When to Say When!</p>	18 June B Dining Hall 1130-1230
<p><b>Sleep: How to Get More Of It</b>            Recent studies suggest that more people are sleeping less than 6 hours a night and sleep difficulties affect approximately 75% of us on an average of two nights a week. A short-lived bout of sleep loss is generally nothing to worry about, but chronic sleep loss can contribute to weight gain, high blood pressure and a diminished immune system. Attend this class and learn some healthy tips on relaxation and peaceful slumber.</p>	25 June B Dining Hall 1130-1230

# June 2014 - Summer Fun & Fitness

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6 UTA	7 UTA
		0730-0750 <b>Mindfulness Meditation</b>  1130-1230 <b>Capitalizing on your Strengths</b>	1130-1230 <b>Faith in Uniform</b>	1130-1230 <b>Capitalizing on your Strengths</b>		
8 UTA	9 AWS	10	11	12	13	14
0745-0830 <b>Worship Services</b>  1130-1230 <b>Capitalizing on your Strengths</b>		0730-0750 <b>Mindfulness Meditation</b>  1130-1230 <b>Capitalizing on your Strengths</b>	1130-1230 <b>Faith in Uniform</b>  1130-1230 <b>Military Benefits/ Education</b>	1130-1230 <b>Capitalizing on your Strengths</b>	<i>Strong Bonds Family Retreat</i>  1130-1230 <b>Sippin' Smoothies</b>	<i>Strong Bonds Family Retreat</i>  <b>Guilderland's Tawasentha Mud Mania 4!</b>
15	16	17	18	19	20	21
<i>Strong Bonds Family Retreat</i>  <b>Father's Day</b>		0730-0750 <b>Mindfulness Meditation</b>  1130-1230 <b>Capitalizing on your Strengths</b>	1130-1230 <b>Faith in Uniform</b>  1130-1230 <b>Knowing When to Say <i>WHEN</i></b>	1130-1230 <b>Capitalizing on your Strengths</b>		
22	23 AWS	24	25	26	27	28
		0730-0750 <b>Mindfulness Meditation</b>  1130-1230 <b>Capitalizing on your Strengths</b>	1130-1230 <b>Faith in Uniform</b>  1130-1230 <b>Sleep: How to Get More Of It</b>	0900-1100 <b>TRICARE Information Session</b>  1130-1230 <b>Capitalizing on your Strengths</b>		
29	30	<p><u>Class Location Key:</u> B Dining Hall Wellness Center Wing Conference Room Dining Hall (Main &amp; B) Maintenance Small Training Room</p> <p>Stratton Activities Club event. See Pg 12 for more information.</p>				

# July 2014 - Military Life

Course Name/Description	Date/Time/Location
<p><b>Accomplishing Goals: #7 of 12 in the Resilience Coursework</b>            The goal of the Accomplishing Goals is to gain a sense of purpose and a feeling of control. Pursuing goals, setting deadlines, and structuring our time helps sharpen the skill of prioritization. This class outlines the importance of setting goals based on our individual values, choosing goals you can “own”. This skill is imperative to be a successful member of the Air National Guard; when we are constantly juggling our personal, professional, and military lives.</p>	<p>1 July / B Dining Hall / 1130-1230            3 July / B Dining Hall / 1130-1230            8 July / B Dining Hall / 1130-1230            10 July / B Dining Hall / 1130-1230            15 July / B Dining Hall / 1130-1230            17 July / B Dining Hall / 1130-1230            22 July / B Dining Hall / 1130-1230            24 July / B Dining Hall / 1130-1230            29 July / B Dining Hall / 1130-1230            31 July / B Dining Hall / 1130-1230</p>
<p><b>Health Myths Busted!</b>            Navigating the world of nutrition can be tricky. The media is often the information source for many though the information that is passed on is largely based on fad diets and the latest celebrity obsessions. This class offers a description and explanation of commonly used buzz words in the health and nutrition arena. Is gluten bad for you? What is a GMO? Does High Fructose Corn Syrup really digest just like sugar? These questions and more will be answered in this half hour class.</p>	<p>9 July / B Dining Hall / 1130-1200</p>
<p><b>Resume Writing Help</b>            Don't worry you're not alone, writing a resume is intimidating for everyone. What makes it difficult is understanding, what to include, what not to, what to highlight, what to de-emphasize, etc. Human resources professionals and hiring managers receive hundreds of resumes for any given position, and on average, they will spend about 10-30 seconds on your resume. Organizing information incorrectly could cost you a shot at an interview, and is a very common mistake made by job seekers. Translating military terminology to civilian is another issue that binds people up. Find out a few small secrets that make a HUGE difference.</p>	<p>9 July / B Dining Hall / 1200-1300</p>
<p><b>Intimacy &amp; Trust During the Cycle of Deployment</b>            Emerging studies have revealed that there is a direct correlation between how our relationships are doing and how healthy we are. Attend this class and learn about how the cycle of deployment affects our intimate and family relationships. Learn tips and techniques that you and your love ones can use to keep trust and intimacy in your high tempo lives.</p>	<p>16 July / B Dining Hall / 1130-1230            30 July / B Dining Hall / 1130-1230</p>



# July 2014 - Military Life

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Class Location Key:</b> B Dining Hall Wellness Center Maintenance Small Training Room Stratton Activities Club event. See Pg 12 for more information.		1	2	3	4 HOLIDAY	5
		0730-0750 <b>Mindfulness                      Meditation</b>  1130-1230 <b>Accomplishing                      Goals</b>	1130-1230 <b>Faith in                      Uniform</b>	1130-1230 <b>Accomplishing                      Goals</b>	<b>Independence                      Day</b>	
6	7 AWS	8	9	10	11	12
		0730-0750 <b>Mindfulness                      Meditation</b>  1130-1230 <b>Accomplishing                      Goals</b>	1130-1230 <b>Faith in                      Uniform</b>  1130-1200 <b>Health Myths                      Busted!</b>  1200-1300 <b>Resume                      Writing Help</b>	1130-1230 <b>Accomplishing                      Goals</b>		
13	14	15	16	17	18	19
		0730-0750 <b>Mindfulness                      Meditation</b>  1130-1230 <b>Accomplishing                      Goals</b>	1130-1230 <b>Faith in                      Uniform</b>  1130-1230 <b>Intimacy                      &amp; Trust</b>	1130-1230 <b>Accomplishing                      Goals</b>		
20	21 AWS	22	23	24	25	26
		0730-0750 <b>Mindfulness                      Meditation</b>  1130-1230 <b>Accomplishing                      Goals</b>	1130-1230 <b>Faith in                      Uniform</b>	1130-1230 <b>Accomplishing                      Goals</b>		Warrior Dash
27	28	29	30	31		
		0730-0750 <b>Mindfulness                      Meditation</b>  1130-1230 <b>Accomplishing                      Goals</b>	1130-1230 <b>Faith in                      Uniform</b>  1130-1230 <b>Intimacy                      &amp; Trust</b>	0900-1100 <b>TRICARE                      Information                      Session</b> 1130-1230 <b>Accomplishing                      Goals</b>		

# August 2014 - Education

Course Name/Description	Date/Time/Location
<p><b>Mindfulness &amp; Meaning-Making: #8 of 12 in the Resilience Coursework</b>            The goal of Mindfulness is to acknowledge and cope with negative aspects of events out of our control, while disengaging from negative thoughts that interfere with our performance. Meaning-Making is an approach that will help shed light on difficult situations, while finding ways to grow and benefit from adversity. When facing challenges, Mindfulness and Meaning-Making help us stay present and recognize the opportunities that may come from them.</p>	5 Aug / B Dining Hall / 1130-1230 7 Aug / B Dining Hall / 1130-1230 12 Aug / B Dining Hall / 1130-1230 14 Aug / B Dining Hall / 1130-1230 19 Aug / B Dining Hall / 1130-1230 21 Aug / B Dining Hall / 1130-1230 26 Aug / B Dining Hall / 1130-1230 28 Aug / B Dining Hall / 1130-1230
<p><b>Smoking Cessation</b>            Join your Director of Psychological Health and Health Promotions Manager in learning techniques and strategies on “Kicking the Habit.” Enlist in a Quit Buddy or join the Wellness center Kick the Habit Discussion Club.</p>	6 Aug / B Dining Hall / 1130-1230 20 Aug / B Dining Hall / 1130-1230 27 Aug / B Dining Hall / 1130-1230
<p><b>Sippin’ Smoothies</b>            Fruits and vegetables are essential for a well-balanced diet and overall health though they are often overshadowed by processed, intensely advertised, manufactured food products. Smoothies are a fun and yummy way to get more than one serving of fruits and vegetables. Whether you are looking for a meal replacement, healthy snack, or just a refreshing drink, this class will provide recommendations on what to use in your smoothies, the nutritional benefits, and you will walk away feeling confident to try your own recipes! Yes, samples will be provided!</p>	13 Aug / B Dining Hall / 1130-1230
<p><b>Galaxy Camp</b>            As always, the 109th is pleased to offer this summer enrichment program to children of 109th members and we will have an outstanding time! We offer a stimulating educational program for 8 - 12 year old participants emphasizing hands-on science, developing goal setting skills, and teambuilding experiences.</p> <p>Cost of the camp is \$20 per child with checks being made out to the “109 TAG Association Inc.” Registration forms can be emailed to <a href="mailto:ray.williamson@ang.af.mil">ray.williamson@ang.af.mil</a> or delivered to the Airman and Family Office located in the Wellness Center, Bldg 1. Feel free to contact this office at 344-2357 with any questions.</p>	18 Aug / 0830-1500 19 Aug / 0830-1500 20 Aug / 0830-1500 21 Aug / 0830-1500 22 Aug / 0830-1300

# August 2014 - Education

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Class Location Key:</b> B Dining Hall      Maintenance Small <span style="color: green;">Wellness Center</span> Training Room <span style="color: blue;">Stratton Activities Club event. See Pg 12 for more information.</span> <span style="color: red;">Dining Hall (Main &amp; B) TBD</span>					1	2
3	4 AWS	5	6	7	8	9 UTA
		0730-0750 <b>Mindfulness Meditation</b>  1130-1230 <b>Mindfulness &amp; Meaning Making</b>	1130-1230 <b>Faith in Uniform</b>  1130-1230 <b>Smoking Cessation</b>	1130-1230 <b>Mindfulness &amp; Meaning Making</b>		Urban Raid
10 UTA	11	12	13	14	15	16
0745-0830 <b>Worship Services</b>  1130-1230 <b>Mindfulness &amp; Meaning Making</b>		0730-0750 <b>Mindfulness Meditation</b>  1130-1230 <b>Mindfulness &amp; Meaning Making</b>	1130-1230 <b>Faith in Uniform</b>  1130-1230 <b>Sippin' Smoothies</b>	1130-1230 <b>Mindfulness &amp; Meaning Making</b>		
17	18 AWS	19	20	21	22	23
		0730-0750 <b>Mindfulness Meditation</b>  1130-1230 <b>Mindfulness &amp; Meaning Making</b>	1130-1230 <b>Faith in Uniform</b>  1130-1230 <b>Smoking Cessation</b>	1130-1230 <b>Mindfulness &amp; Meaning Making</b>		
	Galaxy Camp 0830-1500	Galaxy Camp 0830-1500	Galaxy Camp 0830-1500	Galaxy Camp 0830-1500	Galaxy Camp 0830-1300	
24	25	26	27	28	29	30
		0730-0750 <b>Mindfulness Meditation</b>  1130-1230 <b>Mindfulness &amp; Meaning Making</b>	1130-1230 <b>Faith in Uniform</b>  1130-1230 <b>Smoking Cessation</b>	0900-1100 <b>TRICARE Information Session</b>  1130-1230 <b>Mindfulness &amp; Meaning Making</b>		
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# Regularly Scheduled Programs

All scheduled items can be found on the base calendar on the SharePoint site, and will include POC information and any changes/updates to the class schedule and offerings. These classes will be offered throughout the summer, but be sure to check the schedule. There are times when the instructors are away on personal vacation, deployments, or TDY's.

Course Name/Description	Days / Time / Location
<p><b>Fitness Boot Camp</b>            Designed to help you lose weight by burning lots of energy in a short period of time, this class can be great for both beginners and the physically fit. Composed of a variety of cardiovascular and body weight exercises, the classes are designed to keep your heart rate elevated throughout the program, but structured to allow each individual to work at their own pace and level. Bring a towel, water and a great attitude!</p>	<p>T &amp; TH/1430-1530/Main Dining Hall  <u>Instructor:</u>            Master Sgt. Amanda Blodgett</p>
<p><b>Spinning Class</b>            Would you like to pedal your way to a healthier life? If so, then a cycling class might be right for you. Combine energizing music with unique workout classes and you get a great fitness workout with powerful results. Cycling exercise classes can strengthen the heart and lungs, burn calories, lower total cholesterol, decrease stress, reduce the risk of some diseases and improve quality of life. In essence, cycling classes provide you with all the benefits of aerobic activity in a fun and supportive group setting. Go ahead, and get your heart pumping with a few good workouts.</p>	<p>W / 0630-0730 / Main Dining Hall            F / 1130-1215 / Main Dining Hall  <u>Instructor:</u>            Master Sgt. Amanda Blodgett            ** For this class, you must sign up for a slot in advance @ <a href="mailto:amanda.blodgett@ang.af.mil">amanda.blodgett@ang.af.mil</a>**</p>
<p><b>TRICARE Information Session</b>            Come see Von E. Ahouse, MSgt, USAF (RET), USFHP Benefits Consultant at Martin's Point Health Care, to discuss any TRICARE-related questions you might have. "Effective 1 April 2014, all TRICARE Service Centers are being eliminated," explains Ahouse. This leaves TRICARE beneficiaries with either a website or toll free number to contact to get their questions answered. But with Von's visits to the 109th, you can still get your questions answered face-to-face.</p>	<p>Last Thursday of each month            0900-1100            Wellness Center</p>
<p><b>Mindfulness Meditation</b>            Based on Buddhist and Christian meditation practices, a brief (usually 10 to 15 minute) guided time of meditation. Mindfulness meditation reduces stress and anxiety through intentional awareness of your surroundings and stressors.</p>	<p>T / 0730-0750 / B Dining Hall</p>
<p><b>Faith in Uniform</b>            What place do our beliefs have when we are in uniform? Does the Bible offer guidance for military life? Does the cross matter to us in cubicles, flight decks or sub-zero temps? Or do we need to set aside our beliefs to get the mission done? Join a discussion based on Jesus' life and teachings as we explore how to serve, how to follow, and how to life faithfully in uniform.</p>	<p>W / 1130-1230 / Maintenance Small Training Room</p>

# Regularly Scheduled Programs

All scheduled items can be found on the base calendar on the SharePoint site, and will include POC information and any changes/updates to the class schedule and offerings. These classes will be offered throughout the summer, but be sure to check the schedule. There are times when the instructors are away on personal vacation, deployments, or TDY's.

Course Name/Description	Days / Time / Location
<p><b>Protestant Worship</b> Join us for singing, study and fellowship with other Christians.</p>	<p>UTA Sunday/0745-0830/ Main Dining Hall</p>
<p><b>Roman Catholic Mass</b> Join with other Catholics to celebrate the Mass and join in a service of the World.</p>	<p>UTA Sunday/0745-0830/ B Dining Hall</p>
<p><b>Strong Bonds Family</b> A Chaplain-led program, usually a weekend get-away, in which the whole family learns skills and techniques to improve communication. Based on Stephen Covey's "7 Habits of Highly Effective Families."</p>	<p>13-15 June 1,000 Acres Ranch Resort</p>
<p><b>Strong Bonds Singles</b> A Chaplain-led program, usually a weekend get-away, in which unmarried Airmen learn techniques to improve their dating relationships. Based on John Van Epp's "How to Avoid Falling in Love with a Jerk." Email <a href="mailto:jacob.marvel@ang.af.mil">jacob.marvel@ang.af.mil</a> to receive registration information when it becomes available.</p>	<p>Tentative 19-21 September TBD</p>
<p><b>Strong Bonds Couples</b> A Chaplain-led program, usually a weekend get-away, that teaches skills to make a good marriage stronger. This is not therapy. We offer two complementary workshops: "Fighting for Your Marriage" and "Laugh Your Way to a Better Marriage."</p>	<p>Workshop not scheduled for this quarter. However, this course can be tailored to your workplace, including shorter summary sessions, by contacting the Chaplain's Office.</p>
<p><b>Spirituality 101</b> A chaplain workshop in which participants explore their own spiritual beliefs and how those beliefs can increase resilience, meaning, and happiness in life.</p>	<p>Workshop not scheduled for this quarter. However, this course can be tailored to your workplace, including shorter summary sessions, by contacting the Chaplain's Office.</p>
<p><b>Healthy Change</b> A six-session workshop based on "The Grief Recovery Handbook" which guides participants through a step-by-step process to help them emotionally and spiritually integrate change. Helpful for divorce, death, parenting, children's grief, retirement, moving and significant life changes.</p>	<p>Workshop not scheduled for this quarter. However, this course can be tailored to your workplace, including shorter summary sessions, by contacting the Chaplain's Office.</p>

# Stratton Activities Club - Summer Events

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Here are some events that 109th members are participating in as a group in the coming months. Participation by members of the unit does not represent endorsement of the events by the 109th Airlift Wing or the DoD.

## **Guilderland's Tawasentha Mud Mania 4!**

This will be the second year members of the 109th have participated in this fun and dirty 5K. Light obstacles, lots of mud and tons of fun best describe the event.

**Where:** Tawasenta Park, Guilderland, N.Y. (Parking & shuttle from Guilderland High School)

**When:** 14 Jun / 1230

**More Information:** [www.guilderlandrec.com/info/activities/program\\_details.aspx?ProgramID=22079](http://www.guilderlandrec.com/info/activities/program_details.aspx?ProgramID=22079)



## **Warrior Dash**

Join the world's largest obstacle course race event! This fun and challenging course is designed to push you to the limit and will certainly make for a memorable event.

**Where:** 378 Stryker Rd., Gilboa, N.Y.

**When:** 26 July

**More Information:** [www.warriordash.com](http://www.warriordash.com)

## **RAID**

The Urban Raid pits your fitness skills against the challenges of a city environment

**Where:** Times Union Center, Albany, N.Y.

**When:** 9 August

**More Information:** [www.raidevents.com/urban/urban-raid-albany/](http://www.raidevents.com/urban/urban-raid-albany/)

## **Air Force Marathon**

**Where:** Wright Patterson AFB, Dayton, Ohio

**When:** 20 Sept

**More Information:** [www.usafmarathon.com](http://www.usafmarathon.com)

## **Color Me Rad 5K**

Prepare to get some color added to your life!

**Where:** Saratoga Spa State Park, 19 Roosevelt Dr., Saratoga Springs, N.Y.

**When:** 5 Oct

**More Information:** [www.colormerad.com/race/albany-saratoga](http://www.colormerad.com/race/albany-saratoga)

Visit us on Facebook at 109th Stratton Activities Club to see additional events, photos, and list other events we don't know about yet. For questions or if you would like events listed on our Facebook page, please contact Tech. Sgt. Randolph Welch at 344-2417 or by email at [randolph.welch@ang.af.mil](mailto:randolph.welch@ang.af.mil).

# Veterans Employment Center



## For Employers

### Find Veterans to Meet Your Hiring Needs

Search the bank of exclusively Veteran (and military spouse) resumes to find candidates. New Veterans enter the bank daily.

### Make a Veteran Hiring Commitment

Publicly list your commitment to hire Veterans and indicate the types of positions you are looking to fill, encouraging Veteran job seekers to look to you first.

### Save a Shortlist

Save relevant resumes for easy reference and review later.

### Connect with Resources

Connect to programs and services across the government designed to help them get jobs.

## For Service Members & Families

### Find Jobs

The Veterans Job Bank has over 1.5 million job openings, with listings updated daily.

### Translate Your Skills

Enter your MOC to see a list of relevant skills and civilian careers that best match your military experience. This can help you in practicing for interviews, creating your resume, and focusing your job search.

### Post a Public Resume

Creating a public profile helps employers committed to hiring Veterans find you.

### View Employer Commitments

See which employers have made a commitment to hire Veterans and the types of positions they are looking to fill. Find opportunities where your military experience provides an even greater competitive edge.

### Connect with Resources

Learn more about incentives for hiring Veterans and discover best practices.

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Visit online to learn more: [www.ebenefits.va.gov/ebenefits/jobs](http://www.ebenefits.va.gov/ebenefits/jobs)



# Web & Social Media



Stay Connected

## 109th Public Website

[www.109aw.af.mil](http://www.109aw.af.mil)

The 109th's public website is updated frequently to include articles about our mission, achievements of our airmen, and resources from ID card scheduling to base job postings.

## 109th Public Facebook Page

[www.facebook.com/pages/109th-Airlift-Wing/](http://www.facebook.com/pages/109th-Airlift-Wing/)

Here we post the most recent news, videos, photos and blog posts from our Airmen throughout the world. This is a page open to the general public, so typically includes items of news worthiness.

## 109th AW NOTAMS Facebook Group

[www.facebook.com/groups/109AWNOTAMS/](http://www.facebook.com/groups/109AWNOTAMS/)

This is closed group on Facebook. When you type in the address you can see who is in the group, but cannot see posts until you are accepted into the group. Spouses, active members and alumni are authorized membership to this group. This is a great way to stay connected to the base between drills or on the go.

## 109th Stratton Activities Club Facebook Group

[www.facebook.com/groups/109thSAC/](http://www.facebook.com/groups/109thSAC/)

We invite all family members and friends of 109th AW members to become members of the Stratton Activities Club Page. This an open group, which means anyone can see the posts but if you want to comment you'll have to join the group. Joining also ensures that you'll get notifications when new information is posted to the group. The group is setup to connect members together in physical activity off-base, advance at whatever pace they wish, and achieve their individual training or racing goals. The group also demonstrates to the community that the Air National Guard is a healthy and active force.

## 109th Family Matters Group Facebook Page

[www.facebook.com/pages/109th-Airlift-Family-Matters-Group/](http://www.facebook.com/pages/109th-Airlift-Family-Matters-Group/)

The Family Matters Group is a volunteer group for the families of 109th unit members. The mission of the group is to support the wing, airmen & families. The FMG is a key group involved in organizing the annual Children's Christmas Party, the Fall Fest and connecting spouses and children to support, resources and all the benefits offered to military families.

## 109th AW Health & Wellness Center Facebook Page

[www.facebook.com/pages/109th-AW-Wellness-Center](http://www.facebook.com/pages/109th-AW-Wellness-Center/)

The "Four Pillar Approach to Wellness" incorporates social, physical, emotional and spiritual concepts of wellness. This Facebook page is your resource for details of wellness center activities, contact details for members of the wellness center, and inspirational and helpful information that can get you on the path to better overall health.

## 109th Flickr Page

<http://www.flickr.com/photos/109aw>

On this site, the 109th Public Affairs Office posts all photos taken of mission activities, exercises, deployments, and special events such as awards ceremonies. All pictures are available for download and free use with attribution. If you have photos of the 109th mission or our members engaged in the community that you'd like to have shared with the world, please send them to 109aw.pa@ang.af.mil or bring a CD to the PA office. With your permission we can make the photo an official 109th photo, with attribution to you as the photographer, and distribute it across the world.

## 109th Twitter Page

Twitter handle = @109thAW

Twitter is a way to get behind the scenes information from the unit. We often post to twitter more quickly than any other media channel. Hash tagging is a way to relate what we post to things that other people may post. We often #airmen, so that our posts are connected to all other twitter posts that refer to airmen. We also use #Skibirds and #LC-130 for tweets about the aircraft.

## 109th YouTube Channel

<https://www.youtube.com/user/109thAW>

Our YouTube channel contains videos created at the 109th and released to the public. It also contains playlists of videos uploaded by other YouTube users, such as ANG TEC TV, NYNational Guard and some Antarctic researchers that are related to 109th activities.

## Spouse Email List

[ray.williamson@ang.af.mil](mailto:ray.williamson@ang.af.mil)

Stay connected to information related to the needs of a military family, benefits, and other updates. Email Ray Williamson, Airman and Family Readiness Program Manager to be added to the list.

## Alumni Email List

[peter.latniak@ang.af.mil](mailto:peter.latniak@ang.af.mil)

Stay connected to the unit even after retirement. Send your email address to SMSgt Pete Latniak to be added.

## Social Media Guide

[www.af.mil/Portals/1/documents/SocialMediaGuide2013.pdf](http://www.af.mil/Portals/1/documents/SocialMediaGuide2013.pdf)

The 2013 Social Media Guide is available for download to help Air Force leaders, Airmen and families share information effectively while following Air Force instructions and protecting operations security. These simple, easy-to-follow tips will help you use social media in your professional and personal life. This guide is for informational purposes only and does not replace official Air Force policy.



# Where to Seek Help

**NOTE: Some email addresses provided are mailboxes that several individuals may monitor. If confidentiality is required, be sure to keep your message general or email one specific individual from the office.**

## Your Commander/Supervisor

## Your Physician

**109th Wing Chaplain**  
[109aw.hc@ang.af.mil](mailto:109aw.hc@ang.af.mil)  
(518)344-2355

**Wing Director of Psychological Health**  
Office (518)344-2364  
Cell (518) 275-3618

**Sexual Assault Prevention & Response**  
[109aw.saprteam@ang.af.mil](mailto:109aw.saprteam@ang.af.mil)  
24 Hr Sexual Assault Response Coordinator:  
518-925-6108

DoD Safe Helpline  
(877) 995-5247  
[www.SafeHelpline.org](http://www.SafeHelpline.org)  
Text \* 55-247 (inside the US)  
(202) 470-5546 (outside the US)

**109th Legal Office**  
[109aw/ja@ang.af.mil](mailto:109aw/ja@ang.af.mil)  
Located on the second floor of building 1, the legal office is only open on drill weekends. The legal office can provide members with wills, power of attorney, and advance medical directives. All other legal issues must be brought to a private law firm or other service.

**Company Grade Officers Council**  
[james.roth.1@ang.af.mil](mailto:james.roth.1@ang.af.mil)  
The CGOC a non-profit organization led by officers, O-1 to O-3. The group aims to be a medium to build on the leadership skills of new officers while improving the wing and supporting the local community. This past year the CGOC coordinated a charity golf tournament and raised \$2500 for the local Fisher House. Contact Jim Roth at 344-2682 for more information.

**First Six Council**  
[carl.williams@ang.af.mil](mailto:carl.williams@ang.af.mil)  
Are you and E-1 to E-6? The First Six Council is a way to have your voice heard, your ideas brought to a collective forum and for you to begin using your leadership skills on special projects that enhance the entire wing. Contact SrA Carl Williams for more information on the First Six Council and to become involved in the organization.

**Military Equal Opportunity Office**  
[ashley.fitzgibbon@ang.af.mil](mailto:ashley.fitzgibbon@ang.af.mil)  
Have you experienced sexual harassment or discrimination? Please report any cases to Capt. Ashley Fitzgibbon, 344-2500.

**MILITARYONESOURCE**  
[www.MilitaryOneSource.com](http://www.MilitaryOneSource.com)  
(800) 342-9647 (24/7)

N.Y. State Rep: Alicia Russo  
[Alicia.russo@militaryonesource.com](mailto:Alicia.russo@militaryonesource.com)  
518-265-2901

Military OneSource is a free service, provided by the DOD for active duty, Guard, and Reserve service members and their families. The service is private and confidential, with few exceptions. Among other things, services include obtaining contact with military installation family advocacy programs, military benefits, and local resources for military families.

**109th AW Inspector General's Office**  
[109aw/inspectorgeneral@ang.af.mil](mailto:109aw/inspectorgeneral@ang.af.mil)  
Individuals should attempt to resolve Fraud Waste and Abuse issues and personal complaints at the lowest possible level, using command channels before elevating them to the next higher level. If, however, your issue has not been resolved, you may report it to the IG. Bear in mind, however, the fact that you may disagree with your supervisor(s) over management styles or have what you believe is a "personality conflict" does not constitute an injustice or mismanagement.

**Public Affairs Office**  
[109aw.pa@ang.af.mil](mailto:109aw.pa@ang.af.mil)  
The Public Affairs Office of the 109th Airlift Wing works to provide effective communication internally and externally. The PA office handles and coordinates media events as well as reporting news to our members through social media, our public website and the base publication, the Skibird, ensuring a timely and free flow of information within the organization and with the public. If you have communication needs such as newsletters, flyers, CCTV ads, or posting to base internet channels, contact 344-2423.

**Community Manager**  
[109aw.communitymanager@ang.af.mil](mailto:109aw.communitymanager@ang.af.mil)  
The 109th Community Manager works to provide effective communication between our members and the community. The Community Manager handles and coordinates request for speakers, base tours, aerial events, incentive flights, and volunteer events.

## Stratton Activities Club

[www.facebook.com/groups/109thSAC/](http://www.facebook.com/groups/109thSAC/)

The activities club currently advertises events from road cycling, trail riding, snow shoeing, skiing, running events like 5K, 10K, half-marathons, marathons, mud-runs (Tough Mudder, Spartan Races, Warrior Dash), biathlons, hiking, on-base basketball, the 109th Softball teams and much more. Is there an activity you enjoy that's not listed? Become a leader to introduce it to other members.

## Local Fitness Event Calendars

### Active.com

[www.active.com](http://www.active.com)

### Hudson Mohawk Road Runners Club

[www.hmrrc.com](http://www.hmrrc.com)

### ARE Event Productions

<http://www.areep.com/redesign2013>

## Naval Support Activity (MWR)

3569 Galway Rd/ Ballston Spa, N.Y.

Did you know that the Naval Support Activity is a resource open to Air National Guard members? You can rent skis, snowshoes, canoes, pop-up campers and many other recreational items for a fun-filled active weekend adventure. The site also has two baseball fields that are used each year for the softball season.

## Saratoga County YMCA membership discount

The YMCA discount is only available in Saratoga County through the Naval MWR. You must sign up each fiscal year by going to the Naval Support Activity 3569 Galway Road in Ballston Spa, NY. You will receive a form that you can bring to any Saratoga County YMCA. This program decreases a single membership to \$10 per month and a family membership to \$35 per month.

## Team RWB (Red, White and Blue)

[www.teamrwb.org](http://www.teamrwb.org)

Team RWB's mission is to enrich the lives of America's veterans by connecting them to their community through physical and social activity. Local chapters host weekly fitness activities, monthly social events, and participate in local races and events together. They have a Facebook group page to stay connected to events and other members. If you join the team, they will send you a survey. After filling out the survey you will be sent a FREE New Balance athletic wicking tee with the RWB eagle logo.

## Operation Live Well

[www.health.mil/News\\_And\\_Multimedia/Special\\_Features/operationlivewell.aspx](http://www.health.mil/News_And_Multimedia/Special_Features/operationlivewell.aspx)

The Military Health System has a great selection of links for details on how to stay healthy. From sleep, fitness, nutrition, mental health, tobacco use, etc.

## Air Force Fit Family

[www.usaffitfamily.com](http://www.usaffitfamily.com)

It is never too early—or late—to teach children to make healthy lifestyle choices. With childhood obesity on the rise, it's more important than ever for parents to make exercise and good nutrition part of everyday family life. This site has great resources, ideas, and activities for family focused physical health.

## Human Performance Research Center

[www.hprc-online.org](http://www.hprc-online.org)

The Human Performance Resource Center is an online, one-stop clearinghouse for evidence-based information and key resources to help Warfighters and their families in all aspects of performance to achieve Total Fitness and, ultimately, human performance optimization.

Optimal performance doesn't just mean being physically active and eating well; it's the whole package: psychological, social/familial, behavioral, spiritual, nutritional, physical, and environmental fitness—or Total Force Fitness. That's where the Human Performance Resource Center comes in.

## YMCA Military Family Outreach Initiative

[www.ymca.net/military-outreach/](http://www.ymca.net/military-outreach/)

Eligible members and families can receive a no-cost YMCA membership while the member is on Active Duty (Title 10) Orders. Membership is for a maximum of 18 months (3 months pre- and post-deployment, and up to 2 six-month cycles while the member is deployed). The membership must be used at least 8 times a month.

Eligibility: Family members of deployed National Guard and Reservists: The member's Title 10 Orders must be for at least 6 months duration.

## Academy of Nutrition and Dietetics

[www.eatright.org](http://www.eatright.org)

You realize the importance of making informed food choices and developing sound eating and fitness habits. The Academy of Nutrition and Dietetics and registered dietitian nutritionists, have a great site that will give you the latest, most accurate, evidence-based nutrition information.

## Harvard School of Public Health

<http://www.hsph.harvard.edu/nutritionsource/>

The Nutrition Source aims to provide timely, evidence-based information on diet and nutrition. The Nutrition Source accepts no advertising or sponsorship, nor does it endorse any particular products. Expert faculty from the Department of Nutrition and other invited experts review all content before it is posted on the site, and all content is re-reviewed regularly.

**The Wingman Project**[www.wingmanproject.org](http://www.wingmanproject.org)

The Wingman Project was created in August 2007 by the Deputy Director of Safety of the Air National Guard as a collaborative solution, including chaplains, family support, medical community, and safety, for all Airmen and their families to address suicide intervention. Since then, the project has been endorsed by the US Air Force and the Department of Defense, receiving an HQ Air Force “Best Practice” in July 2009.

**University of Pennsylvania**<http://www.authenticchappiness.sas.upenn.edu>

The University of Pennsylvania, Department of Positive Psychology has put together a resource site for members of the public interested in learning more about how to be more resilient. The USAF and US Army resilience programs are based on research and programming developed by UPenn.

Dr. Martin Seligman, a native of Albany N.Y., is the Director of the Positive Psychology Center at the University of Pennsylvania and founder of positive psychology, a branch of psychology which focuses on the empirical study of such things as positive emotions, strengths-based character, and healthy institutions.

**Real Warriors Campaign**[www.realwarriors.net](http://www.realwarriors.net)

Real Warriors is a multimedia public awareness campaign that encourages help-seeking behavior among service members, veterans, and military families coping with invisible wounds. Launched by DCoE, the campaign is an integral part of the DOD’s overall effort to reduce the stigma associated with psychological health concerns.

**Military Pathways**[www.militarymentalhealth.org](http://www.militarymentalhealth.org)

Military Pathways provides anonymous mental health self-assessments for family members and military personnel in all branches including National Guard and Reserves.

**Deployment Health Clinical Center, DHCC**[www.pdhealth.mil](http://www.pdhealth.mil)

PDHealth.mil, the website of the DHCC, is designed to assist clinicians in the delivery of post-deployment health care by fostering a trusting partnership between military men and women, veterans, their families, and their health care providers to ensure the highest quality care for those who make sacrifices in the world’s most hazardous workplace.

**Veterans Affairs National Center for PTSD**[www.ptsd.va.gov/public](http://www.ptsd.va.gov/public)

This website provides information on trauma and PTSD for veterans, family members, and the general public.

**After Deployment**[www.afterdeployment.org](http://www.afterdeployment.org)

AfterDeployment.org offers modularized content for service members and their families on common post-deployment issues such as substance abuse, posttraumatic stress disorder (PTSD), living with physical injuries, employment issues, and reconnecting with family and friends. Users can take assessments, view video-based testimonials, and immerse in narrator-guided workshops.

**InTransition**[www.health.mil/inTransition](http://www.health.mil/inTransition)

InTransition provides transition services to service members and veterans receiving mental health treatment who are moving between health care systems or providers (e.g., moving from active duty to veteran status).

**Turbo TAP**[www.turbotap.org](http://www.turbotap.org)

Turbo TAP is the DOD’s official website, providing information and resources for service members about transitioning from military service through the Transition Goals Plans Success (GPS), or Transition GPS program (formerly known as TAP).

**USA4 Military Families**[www.usa4militaryfamilies.dod.mil](http://www.usa4militaryfamilies.dod.mil)

USA4 Military Families is the DOD website for official Military Community and Family Policy (MC&FP) and seeks to engage and educate state policy makers, not-for-profit associations, concerned business interests, and other state leaders about the needs of military members and their families.

**Resilience Training**[www.resilience.army.mil](http://www.resilience.army.mil)

Resilience Training is a strength-based training program designed to strengthen warrior behavioral health. The website features training materials and information for soldiers, leaders, spouses, families, and behavioral health providers.

**Deployment Health and Family Readiness Library**[deploymenthealthlibrary.fhp.osd.mil](http://deploymenthealthlibrary.fhp.osd.mil)

The Deployment Health and Family Readiness Library provides access to deployment health and family readiness topics such as survivor benefits, financial readiness, and legal readiness.

**NYNG Family Readiness Council, Inc**[www.nyfrc-inc.org](http://www.nyfrc-inc.org)

Formed in 2007, the council works to aid New York National Guard Soldiers and Airmen and their families in times of need. The council has helped families with financial grants who suffered from Hurricanes Sandy and Irene and Tropical Storm Lee, house fires, medical conditions, cancer treatments, unexpected expenses, underemployment and unemployment caused from numerous deployments. If you or someone you know is in financial need check out this website.

**NYNG Family Resources**<http://dmna.ny.gov/family>

This site will link you to all family resources across the New York National Guard. Everything from Family benefits, family programs information and youth programs.

**Employer Support of the Guard and Reserve (ESGR)**[www.esgr.org](http://www.esgr.org)

ESGR develops and promotes employer support for Guard and Reserve service by advocating relevant initiatives, recognizing outstanding support, increasing awareness of applicable laws, and resolving conflict between employers and service members.

**Contacts at JFHQ in Latham:****ESGR Program Support/ESGR Awards Program**

Mr. Bill Tracy

518-786-4911

[william.j.tracy.ctr@mail.mil](mailto:william.j.tracy.ctr@mail.mil)**Office of the Assistant Secretary of Defense: Reserve Affairs**  
[ra.defense.gov](http://ra.defense.gov)

The mission of the Office of the Assistant Secretary of Defense: Reserve Affairs is to serve as adviser to the Secretary of Defense on all matters that involve the Reserve components in all branches. This official website provides information on resources targeted towards the Reserve components like the Yellow Ribbon Program, Wounded Warrior Care, Employer Support of the Guard and Reserve (ESGR), and TRICARE Reserve Select. Download the Benefits Guide for a complete list of resources.

<http://ra.defense.gov/documents/family/Benefits%20Guide%202012.pdf>**National Guard Joint Service Support**<https://www.jointservicessupport.org/>

Your benefits. Your community. Your safety net. The JSS site contains information about National Guard Programs, such as the Yellow Ribbon Reintegration Program, ESGR, National Guard Family Programs, Behavioral Health, Sexual Assault Prevention, Transition Support, and Financial Management Awareness Program (FMAP).

**Strategic Outreach to Families of All Reservists**[www.sofarusa.org](http://www.sofarusa.org)

SOFAR is a pro-bono mental health project that provides free psychological support, psychotherapy, psychoeducation, and prevention services to extended family of Reserve and National Guard deployed during the Global War on Terrorism, from time of alert through the period of reunion and reintegration.

**Yellow Ribbon Reintegration Program**[www.jointservicessupport.org/yrrp/YourYellowRibbon.aspx](http://www.jointservicessupport.org/yrrp/YourYellowRibbon.aspx)

The National Guard Yellow Ribbon Reintegration Program is a legislatively mandated program designed to provide information, services, referrals and proactive outreach programs to service members and families of the National Guard and Reserves throughout all phases of the deployment cycle.

**Guard Your Health**<http://www.guardyourhealth.com/>

Guard Your Health provides a central place for Army National Guard Soldiers and family members to find information and resources on health and medical readiness. The site supports the Army National Guard Chief Surgeon's efforts to build and sustain a resilient, adaptable and medically ready Citizen-Soldier force. The site is very consumer friendly and is certainly applicable to the Air National Guard as well.

## **Legal Resources**

### **Armed Forces Legal Assistance**

[legalassistance.law.af.mil/content/locator.php](http://legalassistance.law.af.mil/content/locator.php)

Armed Forces Legal Assistance helps to find a military legal assistance office based on geography.

### **American Bar Association Military Pro Bono**

<http://www.militaryprobono.org/>

The ABA Military Pro Bono Project accepts case referrals from military attorneys on behalf of junior-enlisted, active-duty military personnel and their families with civil legal problems, and it places these cases with pro bono attorneys where the legal assistance is needed.

## **Financial Resources**

### **Defense Finance and Accounting Service (DFAS)**

<https://mypay.dfas.mil/mypay.aspx>

The MyPay website, sponsored by DFAS, gives each soldier and his or her family access to information about the service member's pay and Leave and Earning Statements (LES) 24 hours a day from anywhere in the world.

### **Thrift Savings Plan**

[www.tsp.gov](http://www.tsp.gov)

The Thrift Savings Plan (TSP) is a retirement savings and investment plan for Federal employees and members of the uniformed services, including the Ready Reserve. It was established by Congress in the Federal Employees' Retirement System Act of 1986 and offers the same types of savings and tax benefits that many private corporations offer their employees under 401(k) plans. The TSP now has both regular and Roth account options.

### **Educational Benefits**

As a member of the National Guard, you may be eligible for the Tuition Assistance Program and the Montgomery GI Bill or the Post-9/11 GI Bill. See the Retention Office for details on your specific benefits.

### **Scholarships For Military Youth & Spouses**

[www.militaryscholar.org](http://www.militaryscholar.org)

A minimum of one \$2,000 scholarship will be awarded at every commissary location where qualified applications are received. More than one scholarship per commissary may be available based on response and funding. The scholarship provides for payment of tuition, books, lab fees and other related expenses.

### **Other known scholarships**

#### **EANGUS Scholarship**

**NCOA/University of Phoenix Scholarship**

**NGAUS/Univeristy of Pheonix Scholarship**

**MilitaryOneSource Scholarship**

### **Annualcreditreport.com**

Federal law allows you to get a free copy of your credit report every 12 months from each credit reporting company. This site is totally FREE. It does not provide you with a credit score, but you can use it to ensure that the information on all of your credit reports is correct and up to date. Order one report every four months and you can see your report three times each year.

## **Emergency loans and financial counseling**

### **The Pentagon Federal Credit Union's ARK program**

[www.pentagonfoundation.org](http://www.pentagonfoundation.org)

ARK provides a no-interest alternative to predatory lending. Fees for predatory payday loans can be an astronomical \$19 for each \$100 borrowed until payday. Through ARK, one can to borrow up to \$500 at a fee of only \$1 for every \$100 borrowed, with no interest, until the next payday. Contrast that with predatory lending fees of up to \$95 for a \$500 advance for two weeks.

### **NYNG Family Readiness Council Financial Grant**

[www.nyfrc-inc.org](http://www.nyfrc-inc.org)

### **Operation Homefront Financial Grant**

[www.operatonhomefront.org](http://www.operatonhomefront.org)

### **Armed Forces Foundation**

[www.armedforcesfoundation.org](http://www.armedforcesfoundation.org)

The Armed Forces Foundation helps families cover such expenses as: Utility bills, Rent or mortgage payments (for civilian housing), Car payments, Childcare during illness, surgery or recovery, Car insurance or registration payments.

Eligibility: mobilized National Guard members.

### **Unmet Needs (Veterans of Foreign Wars)**

[www.vfw.org/Assistance/National-Military-Services/](http://www.vfw.org/Assistance/National-Military-Services/)

The Unmet Needs Program was created to provide emergency financial support to families of military personnel. Funds from donations are available to the five branches of service (Army, Navy, Air Force, Marines and Coast Guard), as well as members of the Reserves and National Guard. Funds awarded by the program are offered in the form of grants, not loans, so recipients don't need to repay them.

### **USA Cares**

[www.usacares.org](http://www.usacares.org)

USA Cares exists to help bear the burdens of service by providing post-9/11 military families with financial and advocacy support in their time of need. Assistance is provided to all branches of service, all components, and all ranks – while protecting the privacy and dignity of those military families and veterans who request our help.

## Child Care Aware of America (Formally NACCRRA)

-Military Family Child Care Fee Assistance-

[www.childcareaware.org](http://www.childcareaware.org)

Childcare Aware has partnered with the DoD to provide eligible military families, with children aged birth to 12 years old, assistance to offset the cost of paying for child care in their community. Child Care Aware of America is the nation's leading voice for child care, working with more than 700 state and local Child Care Resources and Referral Agencies nationwide to help ensure that families in 99 percent of all populated ZIP codes in the United States have access to high-quality, affordable child care.

Eligibility: General eligibility for the Air National Guard is the member must be on AGR Title 32 Orders or be mobilized/deployed on Title 10 Orders. The spouse must be working or enrolled in school. Temporary assistance is available for spouses seeking employment. Child care providers must be state licensed and, depending on the subsidy program, may be required to hold a national certification. Requirements vary slightly by service branch, Title Status, and program type.

## Sittercity.com

[www.sittercity.com/military](http://www.sittercity.com/military)

Sittercity connects families with quality local in-home caregivers. With over 2 million caregiver profiles nationwide, members can quickly find child care options, in-home care, pet sitters, and more. Members have online access to local caregivers with profiles that include pictures, parent reviews, references, background checks, and more.

Eligibility: Active Duty, Guard and Reserve members and spouses. Eligibility is confirmed through the Sittercity website with DEERS when registering and every 6 months, thereafter. The no-cost memberships are only available when accessing Sittercity through the military website portal.

## YMCA Respite Childcare

[www.ymca.net/military-outreach/](http://www.ymca.net/military-outreach/)

Participating YMCAs will provide up to 16 hours per month per child for eligible military families. Parents can drop their child off and leave to catch up on errands or stay and use the YMCA facilities.

Eligibility: Children Birth-12 (or the youngest/oldest allowed at the participating YMCA) of: Deployed National Guard and Reservists; Active Duty Independent Personnel; Relocated spouse/dependent children of deployed Active Duty Personnel; Families of deployed Active Duty personnel living 30 miles from a military installation.

## Military Youth on the Move

[apps.militaryonesource.mil](http://apps.militaryonesource.mil)

Military Youth on the Move covers topics specifically for military children and teens, including military moves, social life, and school.

## Early Moments Matter

[www.earlymomentsmatter.org](http://www.earlymomentsmatter.org)

Early Moments Matter is designed to raise awareness about early childhood attachment, and to provide parents and caregivers with the information they need to help their infants develop secure attachments.

## Operation Military Kids

[www.operationmilitarykids.org](http://www.operationmilitarykids.org)

The U.S. Army's collaborative effort with America's communities – called Operation Military Kids – supports children and youth impacted by deployment. OMK offers camps, in partnership with the 4-H, which are open to children of Air National Guard members. In this area they typically at least one camp at the 4-H center in Ballston Spa.

## Our Military Kids

[www.ourmilitarykids.org](http://www.ourmilitarykids.org)

Our Military Kids provides tangible support to children of deployed National Guard and Reserve personnel as well as to children of severely injured service members through grants for enrichment activities and tutoring. Such activities help these children cope with the stress of having a parent in a war zone or recovering from injury at home.

They offer grants for Summer Camps, Sports and Other Activities. Grants, up to \$500, are provided to eligible children, aged 5 years-12th grade, of National Guard and Reserve members deployed overseas, and children of Wounded Warriors from all service branches, to participate in sports, camps, fine arts, and tutoring programs.

Eligibility: Children of Airman deployed overseas for at least 120 days OR on one of two missions overseas totaling 180 days in a one year period. The Airman must have at least 30 days remaining on their orders and the child must start activity before the Airman returns home. Soldiers, Sailors, Marines and Coast Guard Reservists must be deployed overseas for at least 180 days, have at least 60 days remaining on orders, and the child will start the activity before the service member returns home.

## Tutor.com

[www.tutor.com/MILITARY](http://www.tutor.com/MILITARY)

24/7 On-line tutoring and homework help for students K-12 in math, science, social studies and science, including AP classes. Students can connect with a live tutor anytime of the day to get one-on-one help with homework, studying, test prep, proof reading, and more.

Eligibility: Students in families of: Active duty/deployed and part-time/inactive U.S. Military Reserves and National Guard; Active duty U.S. Army, Navy, Air Force, Marine Corps; Deployed DoD Civilians; and Wounded Warriors and Survivors. Service members are also eligible for college and career transition assistance.

### **American Association of School Administrators' Toolkit: Supporting the Military Child**

[www.aasa.org/MilitaryChild.aspx](http://www.aasa.org/MilitaryChild.aspx)

This toolkit provides guidance for school leaders on meeting the unique educational needs of children whose parents are deployed or in transition.

### **Tool Kits for Kids**

[www.toolkitsforkids.com](http://www.toolkitsforkids.com)

Tool Kits for Kids is designed to teach young people emotional life skills, with a focus on reducing anxiety in children and teens, building self-esteem, improving confidence, and strengthening coping skills.

### **MilitaryParenting.org**

<http://militaryparenting.org>

This free online course features key tools to support your parenting. They include: parenting information and strategies for Service Member and Veteran parents, guidance to help you reconnect with your children after a deployment and beyond, and videos of real families' stories, helpful exercises and practical parenting tip sheets.

### **Military Child Education Coalition (MCEC)**

[www.militarychild.org](http://www.militarychild.org)

The Military Child Education Coalition (MCEC) is a nonprofit, worldwide organization focused on ensuring quality educational opportunities for all military-connected children affected by mobility, family separation, and transition.

### **Military Kids Connect (MKC)**

[www.militarykidsconnect.org](http://www.militarykidsconnect.org)

MKC, an initiative of the DOD's National Center for Telehealth and Technology (T2) agency, is an online community for military children ages 6 to 17, providing access to age-appropriate resources to support children from pre-deployment, through a parent's or caregiver's return. This site also has great teacher and parent support resources.

### **Sesame Street for Military Families**

Visit iTunes and search "Sesame Street for Military Families".

The "Sesame Street for Military Families" mobile application puts all of Sesame's resources for military families right in your pocket! Use your mobile device to access engaging videos, articles, storybooks, and parent guides to help you support your preschool and school-aged children as they encounter transitions common to military families. This is a FREE app.

### **Specialized Training of Military Parents (STOMP)**

[www.stompproject.org](http://www.stompproject.org)

STOMP is the only national parent training and information center for military families, providing medical support and advice to military parents regardless of the condition.

### **Deployment: Strategies for Working with Kids in Military Families**

Karen Petty PhD (Author)

Children with parents in the military face unfamiliar and complicated emotions. This comprehensive handbook is for civilians and military personnel who work with or care for children who experience separation through deployment, death, or divorce.

### **Talk, Listen, Connect**

[www.sesameworkshop.org/initiatives/emotion](http://www.sesameworkshop.org/initiatives/emotion)

Sesame Workshop created the Talk, Listen, Connect initiative to help small children learn about and understand the changes brought on by a deploying parent. Talk, Listen, Connect is a multiphase, bilingual, multimedia initiative that guides families through multiple challenges, such as deployments, homecomings, and changes that occur when a parent comes home – as well as coping with grief. This is FREE through MilitaryOneSource.

### **United Through Reading**

[www.unitedthroughreading.org](http://www.unitedthroughreading.org)

The United Through Reading military program helps ease the stress of separation for military families by allowing deployed parents to read children's books aloud, and make a DVD recording for their child to watch at home. This program is available to all deploying military units and at select USO locations. It offers parents the chance to make powerful and lasting connections with their children and to parent from afar. Look for this at your deployed location. Effort are being made to bring this program to our area. Spouse support would be needed to make this successful. Ask the FMG for more details.

### **Military Families Near and Far**

[www.familiesnearandfar.org](http://www.familiesnearandfar.org)

Part of Sesame Workshop's Military Families Initiative, in cooperation with the DOD, Military Families Near and Far is a bilingual website where military families can create, communicate, and stay connected. The site offers suggestions and tools to empower pre-school and school-aged children to express themselves and communicate within their own family networks.

### **Flat Daddies/Flat Mommies**

[www.flatdaddies.com](http://www.flatdaddies.com)

Flat Daddies and Flat Mommies are life-sized printed posters of parents who are actively serving overseas in the military, creating a way to help families stay connected to loved ones who are deployed. No longer a free service, but you can get one printed through a Staples, Office Max, or other printing service in your area.



**Find local childcare, senior care & more!**

- Memberships paid for by the Department of Defense for military families.
- Access to local childcare, senior care, pet care, and special needs care providers.
- Military families are using Sittercity after a PCS, during a deployment, and while living off-installation.

To activate your  
membership visit:  
[www.sittercity.com/DoD](http://www.sittercity.com/DoD)

The Department of Defense funds Sittercity memberships for Army, Marine, Navy, and Air Force families, including active duty, Reserve, Guard and surviving spouses.

**Stay Connected!**  

Facebook.com/Sittercity.DoD • Twitter.com/Sittercity\_DoD

For more information about the Sittercity Military Program,  
email [Lauren@sittercity.com](mailto:Lauren@sittercity.com).



# FINANCIAL COUNSELING



## Need help making a budget? Thinking about buying or leasing a new car? Worried about paying off your credit card debt?

Military OneSource can help! Military OneSource financial counselors can provide confidential help and support to active-duty, National Guard and reserve members and their families on a wide range of financial issues by telephone, online or face to face at no cost.

### Highlights

- ✓ **Confidential help and information** from trained counselors on topics such as financial benefits for military members, managing a budget, planning for major purchases such as a car or home, and saving and investing.
- ✓ **Coaching** on how to address difficult issues such as foreclosure, late mortgage payments and debt consolidation, including helping individuals contact their creditors and negotiate late fees, interpreting interest rates and building affordable payment plans.
- ✓ **Twelve counseling sessions** per issue, per calendar year to help individuals identify financial issues and work to find realistic solutions.
- ✓ **In person or telephonic counseling** options available.
- ✓ **Additional information and resources** on Military OneSource's Money Management page, including articles, tools and links to helpful websites.
- ✓ **Information for all stages** of financial planning including article titles such as "Financing a College Education," "Home Buying" and "Financial Planning in Your Twenties and Thirties."
- ✓ **Helpful tools and resources** including calculators to figure out how much to save for retirement or spend on a new car, podcasts on topics such as repairing credit and managing deployment pay, as well as links to useful websites such as the Better Business Bureau and the Thrift Savings Plan.



**Call.** 800-342-9647

**Click.** [MilitaryOneSource.mil](http://MilitaryOneSource.mil)

**Connect.** 24/7



Learn more about confidential financial counseling and additional Military OneSource resources by calling 800-342-9647 or visiting [www.militaryonesource.mil/pfm](http://www.militaryonesource.mil/pfm).

- ✓ **Access to each service's Personal Financial Management Program**, which provides classes and seminars, counseling and information on financial issues at installations, as well as access to each service's financial relief organization for help with emergency expenses.

The following book recommendations are available at most book retailers. The Wellness Center also has a selection of childrens books available for loan.

### **Deployment Journal for Kids**

Rachel Robertson (Author)

Deployment Journal for Kids is a special journal created for children to record feelings and events during a loved one's military deployment.

### **H Is for Honor: A Military Family Alphabet**

Devin Scillian (Author), Victor Juhasz (Illustrator)

Written by the son of a career officer, this book explores the branches of the Armed Services and speaks from the heart about the honor, privileges and sacrifices of military families everywhere. Children will discover why drill sergeants have to be so tough, what it means to be patriotic, and why we need Special Forces such as the Navy SEALs, the Green Berets, and the Army Rangers.

### **I Wish Daddy Was Here**

Katherine DeMille (Author)

See how one little girl and her mother find strength through the seasons as they await the return of their loved one.

### **We Serve Too! Books and Resources for Military**

#### **A Yellow Ribbon for Daddy**

Anissa Mersiowsky (Author)

A book for military children going through a deployment, this book asks, from a child's perspective, why Daddy has gone to fight and protect other children and families.

#### **My Dad's Deployment: A Deployment and Reunion Activity Book for Young Children**

Julie LaBelle (Author)

This 112-page activity book features deployment- and reunion-related mazes, connect-the-dots, counting, matching, coloring, crafts, telling time, and other activities familiar to preschool and early elementary children.

#### **Heroes! Activities for Kids Dealing with Deployment**

Susan B Weaver (Author)

Heroes! is an activity book offering a loving, creative and healthy way for kids ages 4 to 14 to deal with a parent's deployment. The author gently walks children and "tweens" through carefully structured activities like drawing, gathering photos, and finding new ways to relax, express anger, and keep in touch.

#### **Night Catch**

Brenda Ehrmantraut (Author)

When a soldier's work takes him half-way around the world, he enlists the help of the North Star for a nightly game of catch with his son. Night Catch is a timeless story that connects families while they are apart and offers comforting hope for their reunion.

### **Kids and their Families!**

[www.weservetoo.com](http://www.weservetoo.com)

We Serve Too! provides books and resources that discuss common experiences of military children. On this website you can purchase the books and download curriculum, coloring pages, stickers, discussion guides, and even specially designed dog tags for children.

### **A Paper Hug**

Stephanie Skolmoski (Author)

Have you ever said good-bye to someone very dear? Here's a story about a little boy who figured out the best gift to give his dad who was leaving to serve his country...a paper hug.

### **Love, Lizzie: Letters to a Military Mom**

Lisa Tucker McElroy (Author)

Lizzie's mom is serving in the military overseas, and Lizzie really misses her. While they are apart, Lizzie and her mom write letters to each other to help make the separation easier.

### **Love Spots**

Karen Panier (Author), Teresa Blomquist (Illustrator)

Do you know the real reason camouflage uniforms have all those spots? It's a story every military dad and mom should share with their children.

### **Henry Hero Bear**

[www.henryherobear.com](http://www.henryherobear.com)

Henry Hero Bear is an 11-inch cuddly teddy bear accompanied by a story book designed to help young children cope with the absence of a military parent or loved one during a long deployment.

### **My Mommy Wears Combat Boots**

Sharon McBride (Author)

My Mommy Wears Combat Boots is based the personal experience of a soldier and a mother who was seeking a way to explain why she needed to leave her child again and go to war. The book is for mothers in uniform everywhere that are seeking a way to explain to their children the emotions associated with deployment and a way to positively channel those emotions when they are away.

### **Kids Journals**

[www.hnfs.com/content/hnfs/home/tn/bene/res/symbolic\\_links/kids\\_journals.html](http://www.hnfs.com/content/hnfs/home/tn/bene/res/symbolic_links/kids_journals.html)

Health Net Federal Services' children's initiative provides additional resources to help children successfully navigate the unique challenges military families face. Users can review, download and print journals related to deployment, military moves, and the death of a loved one at no cost. Get a FREE copy through the Wellness Center.

### **A full list of other military themed childrens books**

<http://www.operationwearehere.com/childrenbooks.html>

**Family and Medical Leave Act (FMLA)**

[www.dol.gov/whd/fmla](http://www.dol.gov/whd/fmla)

The FMLA entitles eligible employees (for example, caregivers) of covered employers to take unpaid, job-protected leave for specified family and medical reasons with continuation of group health insurance coverage under the same terms and conditions as if the employee had not taken leave.

**National Center for Posttraumatic Stress Disorder (PTSD)**

[www.ptsd.va.gov](http://www.ptsd.va.gov)

The mission of the National Center for PTSD is to advance the clinical care and social welfare of America's veterans through research, education and training in the science, diagnosis, and treatment of PTSD and stress-related disorders.

**Substance Abuse and Mental Health Services Administration (SAMHSA)**

[www.samhsa.gov](http://www.samhsa.gov)

SAMHSA's mission is to reduce the impact of substance abuse and mental illness on America's communities. Since its founding in 1992, SAMHSA has demonstrated that prevention works, treatment is effective, and people recover from mental and substance use disorders.

**Social Security Administration**

[www.socialsecurity.gov/woundedwarriors](http://www.socialsecurity.gov/woundedwarriors)

Military service members can receive expedited processing of disability claims from the Social Security Administration. Benefits available through Social Security are different than those from the VA.

**Civil Air Patrol**

<http://www.gocivilairpatrol.com/>

The Civil Air Patrol is an auxiliary of the United States Air Force. It has three primary missions: Aerospace Education, Cadet Programs, and Emergency Services. Perhaps best known for its search-and-rescue efforts, CAP flies more than 85 percent of all federal inland search-and-rescue missions directed by the Air Force Rescue Coordination Center at Tyndall Air Force Base, Fl. While there are many youth oriented programs in America today, CAP's cadet program is unique in that it uses aviation as a cornerstone. Thousands of young people from 12 years through age 21 are introduced to aviation through CAP's cadet program. The program allows young people to progress at their own pace through a 16-step program including aerospace education, leadership training, physical fitness and moral leadership. Cadets compete for academic scholarships to further their studies in fields such as engineering, science, aircraft mechanics, aerospace medicine, meteorology, as well as many others. Those cadets who earn cadet officer status may enter the Air Force as an E3 (airman first class) rather than an E1 (airman basic).

**Department of Defense Dictionary of Military Terms**

[www.dtic.mil/doctrine/dod\\_dictionary](http://www.dtic.mil/doctrine/dod_dictionary)

Browse the DOD's Dictionary of Military and Associated Terms to search acronyms, terms, and their definitions.

**Military Veterans Resources****Veterans Affairs**

[www.va.gov](http://www.va.gov)

The official homepage of the U.S. Department of Veterans Affairs

**eBenefits**

[www.ebenefits.va.gov](http://www.ebenefits.va.gov)

eBenefits is a web-based portal, provided by the VA, for veterans and service members to research, find, access, and manage their benefits.

**Veterans Crisis Line**

[www.veteranscrisisline.net](http://www.veteranscrisisline.net)

Phone: 1-800-273-8255, Press 1

The Veterans Crisis Line personnel are trained and experienced in helping veterans of all ages and circumstances. Many of the responders are veterans themselves and understand what veterans and their families and friends have been through, including challenges faced by veterans of all ages and service eras.

**Disabled American Veterans (DAV)**

[www.dav.org](http://www.dav.org)

Disabled American Veterans is dedicated to building better lives for all of our nation's disabled veterans and their families.

**Make the Connection**

[www.maketheconnection.net](http://www.maketheconnection.net)

Make the Connection connects veterans and their friends and family members with information, resources, and solutions to issues affecting their lives.

**Albany Vet Center**

<http://www.vetcenter.va.gov/>

If you have served in ANY combat zone, Vet Centers are in your community to help you and your family with readjustment counseling and outreach services.  
17 Computer Drive West  
Albany, NY 12205  
Phone: 518-626-5130 Or 877-927-8387

**Military Association of New York (MANY)**

[www.m-a-n-y.org](http://www.m-a-n-y.org)

<https://www.facebook.com/MANY1853>

MANY is the oldest organized Military State Association in the country, formed in 1853. MANY, in conjunction with the National Guard Association of the United States (NGAUS), represents the interests of its members in the New York Army and Air National Guard, New York Naval Militia and New York Guard in the State Legislature, Congress and Executive Branch. MANY supports its members by promoting the military policies of the United States and State of New York. MANY assists the development of National and State defense through a professional, well trained and readily available organized State Militia. Membership in MANY is open to all Officers and Warrant Officers in the four components of the New York Military Forces (New York Army National Guard, New York Air National Guard, New York Naval Militia and the New York Guard).

**Enlisted Association of the New York National Guard**

<http://www.eanyng.org/>

The Enlisted Association of the New York National Guard (EANYNG) represents all the enlisted men and women of the New York National Guard; this includes enlisted members of the Army and Air National Guard. EANYNG is a registered, non-profit organization, dedicated to promoting the status, welfare, and professionalism of all members of the State’s organized militia. We are the New York affiliate of the Enlisted Association of the National Guard of the United States (EANGUS). Membership is open to all enlisted grades, E1 to E9, both active and retired former members of the National Guard.

**National Guard Association of the United States**

<http://www.ngaus.org/>

The National Guard Association of the United States was formed by militia officers in 1878 to obtain better equipment and training by petitioning Congress for more resources. NGAUS lobbys solely for the benefit of the National Guard of the United States and educating the public about the Guard’s role and history in the Armed Forces of the United States. To maintain the highest state of readiness, the National Guard needs a strong voice in Washington, D.C., to ensure the Guard has sufficient resources and budget to carry out its mission. NGAUS is that voice, seeking modern equipment, training, missions and personnel benefits in support of over 470,000 men and women currently serving in the Army and Air National Guard, as well as their families, employers and all Guard retirees. NGAUS achieves its mission through its lobbying and legislative activities. They also educate the public about our service to the nation through various outreach programs, publications, and support of a museum and research library dedicated to the preservation of the Guard’s history.

**Enlisted Association of the National Guard of the United States**

<http://www.eangus.org/>

The Enlisted Association of the National Guard of the United States (EANGUS) was formally organized in 1972 with the goal of increasing the voice of enlisted persons in the National Guard. As such, EANGUS is a non-profit organization dedicated to the principles of providing an adequate national defense and promoting the status, welfare, and professionalism of the men and women of the Army and Air National Guard by supporting legislation that provides adequate staffing, pay, benefits, entitlements, equipment, and installations for the National Guard.

**The American Legion**

[www.legion.org](http://www.legion.org)

The Legion was chartered and incorporated by Congress in 1919 as a patriotic veterans organization devoted to mutual helpfulness. It is the nation’s largest wartime veterans service organization, committed to advocating patriotism and honor, promoting strong national security, and continued devotion to service members and veterans.

**Operation Adopt a Solider**

<http://www.operationadoptasoldier.org/>

Operation Adopt a Solider is a local organization out of Wilton NY started in February 2003. They have sent over 1,300 cases of supplies overseas to service members. Their mission is to service as many American Soldiers (men and women) as possible. In addition to the soldiers, it is also our goal to service as many families of soldiers serving as possible. The need is there and will always be there, as long as there are servicemen and women fighting for our freedom. If members of your community wish to donate items to service members, this is a great organization to point them to.

**American Academy of Pediatrics: Support for Military Children and Adolescents**

[www2.aap.org/sections/uniformedservices/deployment/resources](http://www2.aap.org/sections/uniformedservices/deployment/resources)

This website was developed by military pediatricians and youth-serving professionals working to attain optimal physical, mental, and social health and well-being for all military dependent infants, children, adolescents, and young adults. Among other resources, the site contains information about talking to children about deployment and helping children understand war injuries.

**American Gold Star Mothers, Inc.**

[www.goldstarmoms.com](http://www.goldstarmoms.com)

American Gold Star Mothers, Inc. is an organization of mothers who have lost a son or daughter in the service of our country and provides community and support for these families.

### American Psychological Association

[www.apa.org/topics/military](http://www.apa.org/topics/military)

The American Psychological Association website's military section provides links to useful resources, tips for finding a psychologist, and information on helping children cope with war, deployments, and other stressors.

### American Red Cross: Coping with Deployments Course

[www.redcross.org/find-help/military-families/deployment-services/coping-deployment-course](http://www.redcross.org/find-help/military-families/deployment-services/coping-deployment-course)

"Coping with Deployments: Psychological First Aid for Military Families" was developed out of the continuing commitment of the Red Cross to serve military families. This course was designed specifically for the spouses, parents, siblings, and partners of service members.

### Blue Star Families (BSF)

[www.bluestarfam.org](http://www.bluestarfam.org)

Blue Star Families is a nonprofit organization created by military families. The organization is committed to helping military families support one another through the unique challenges of military service and asking the larger civilian population to help as well. BSF connects military families regardless of rank, branch of service, or physical location, and empowers military family members to create the best personal and family life possible for themselves.

### Brain Injury Association of America (BIAA)

[www.biausa.org](http://www.biausa.org)

An organization that exists to advance brain injury prevention, research and treatment, BIAA is dedicated to increasing access to quality health care and raising awareness and understanding of brain injury.

### Families OverComing Under Stress™ (FOCUS)

[www.focusproject.org](http://www.focusproject.org)

FOCUS is a psychological health resiliency-building program designed for military families facing the psychological challenges of combat operational stress during wartime. FOCUS' staff assists families in understanding the effects of combat operational stress on the family unit, how to manage stress, and how to strengthen their family units.

### Fisher House™ Foundation

[www.fisherhouse.org](http://www.fisherhouse.org)

Fisher House™ Foundation provides a "home away from home" for military families to be close to a loved one during hospitalization of their service member for illness, disease, or injury.

### Tragedy Assistance Program for Survivors (TAPS)

[www.taps.org](http://www.taps.org)

TAPS is the 24/7 tragedy-assistance resource organization for anyone who has suffered the loss of a military loved one, regardless of the relationship to the deceased or the circumstance of the death.

### ReMIND.org

[www.remind.org](http://www.remind.org)

ReMIND is a public education movement of the Bob Woodruff Foundation that educates the public about the needs of injured service members, veterans, and their families as they reintegrate into their communities.

### Military Families Learning Network

[blogs.extension.org/militaryfamilies](http://blogs.extension.org/militaryfamilies)

The Military Families Learning Network serves military family service professionals through engaged online communities that identify and make use of the highest quality best practices, research- and evidence-based information, educational and curriculum materials, and programming activities and efforts.

### National Military Family Association (NMFA)

[www.militaryfamily.org](http://www.militaryfamily.org)

The NMFA speaks up on behalf of military families and empowers spouses/partners and children to understand and access their benefits.

### Operation We Are Here

[www.operationwearehere.com](http://www.operationwearehere.com)

Operation We Are Here creates an awareness of the challenges of families/loved ones of deployed military personnel to offer practical suggestions to churches, communities, and individuals on how to support and encourage the families who remain at home and provides a comprehensive list of resources for families/loved ones of deployed military personnel.

### This Emotional Life

[www.pbs.org/thisemotionallife](http://www.pbs.org/thisemotionallife)

This Emotional Life is a multi-media campaign to foster awareness, connections, and solutions regarding mental health and emotional wellbeing. Anchored by a successful PBS documentary series that premiered in January 2010, this ambitious campaign includes a special initiative to promote the critical importance of early childhood attachment as well as a grassroots effort to help service men and women and their families. The project's campaign for military families is a unique endeavor to build national awareness for the needs of service members and their families while also delivering resources directly to those families.

### Wounded Warrior Project

[www.woundedwarriorproject.org](http://www.woundedwarriorproject.org)

The mission of the Wounded Warrior Project is to honor and empower wounded warriors. The organization is dedicated to: raising awareness and enlisting the public's aid for the needs of severely injured service men and women; helping severely injured service members aid and assist each other; and providing unique, direct programs and services to meet the needs of severely injured service members.

**United Service Organizations (USO)**[www.uso.org](http://www.uso.org)

The USO's mission is to provide morale, welfare, and recreation-type services to our men and women in uniform. Services include free Internet and email access, libraries and reading rooms, housing assistance, family crisis counseling, support groups, game rooms, and nursery facilities.

**Operation Homefront**[www.operationhomefront.net](http://www.operationhomefront.net)

Operation Homefront provides EMERGENCY financial and other assistance to the families of service members and wounded warriors. The majority of their clients are the lowest-paid service members, the E-1 through E-6 enlisted ranks.

Eligibility: A National Guard member or Reservist on Title 10 orders (not Title 32) who either: Will deploy to an overseas Hostile Fire Pay theater in the next 90 days, or has returned from an overseas Hostile Fire Pay theater within the past 180 days.

**Operation Homefront Toy Drive**<http://www.operationhomefront.net/holidaytoys>

Operation Homefront also has several programs that our members take advantage of each year. The Holiday Toy Drive provides gifts for our service members families, and are distributed through the Airman and Family Readiness Office of the Wellness Center. You may also remember the program from the "Back to School" shopping provided through the Wellness Center in August each year.

**"I Served" Sticker Program**<http://www.iservedsticker.org>

Operation Homefront also sponsors the "I Served" sticker program as part of their mission to support military families and wounded warriors. Created in 2009 to recognize those who served in Iraq, Afghanistan and Vietnam, the program has expanded to include World War II, Korea, and Desert Storm. To date, over 100,000 stickers are sent monthly to service men and women and veterans around the world.

**Health Resources****TRICARE**[www.tricare.mil](http://www.tricare.mil)

TRICARE is the health care program serving service members, retirees, and their families worldwide. In 2005, Tricare started offering Tricare Reserve Select, a low cost plan that covers traditional guardsmen.

**Centers for Disease Control**[www.cdc.gov](http://www.cdc.gov)

The CDC website contains a wealth of information from allergies to injuries, healthy living, diseases and environmental health. Before searching the internet for information on a health topic, check out the CDC's evidenced-based findings on the subject.

**Apps****American Red Cross Mobile Apps**[www.redcross.org/prepare/mobile-apps](http://www.redcross.org/prepare/mobile-apps)

The Red Cross provides a variety of mobile applications related to disaster preparedness and response including mobile apps for first aid, shelter finder, hurricanes, earthquakes, and wildfires.

**Karoo**

Visit iTunes and search "Karoo".

The application, created by Care.com, is designed to connect parents with their child's caregivers as well as record memories.

**Life Armor Mobile App**[www.t2health.org/apps/lifearmor](http://www.t2health.org/apps/lifearmor)

Through the "Life Armor" application, browse information on 17 topics, including sleep, depression, relationship issues, and posttraumatic stress. Brief self-assessments help measure and track symptoms, and tools assist with managing specific problems.

**Military and Money**[www.militaryandmoney.com](http://www.militaryandmoney.com)

"Military and Money" features educational resources and tools to help users make informed decisions about money.

**Military Traveler**[www.miltraveler.com](http://www.miltraveler.com)

"Military Traveler" is a universal base directory application that contains information like phone numbers, hours of operations, and websites for military installations.

**Mood Tracker**[www.t2health.org/apps/t2-mood-tracker](http://www.t2health.org/apps/t2-mood-tracker)

"T2 Mood Tracker" is a mobile application that allows users to self-monitor, track, and reference emotional experiences over a period of days, weeks, and months using a visual analogue rating scale.

**MyMilitaryLife**[www.militaryfamily.org/mymilitarylife.html](http://www.militaryfamily.org/mymilitarylife.html)

"MyMilitaryLife," created by the National Military Family Association, helps military spouses navigate the many adventures of military life.

**National Center for Telehealth and Technology(T2)**[www.t2health.org/mobile-apps](http://www.t2health.org/mobile-apps)

T2 has developed a host of mobile applications relevant to the military community including those related to PTSD and stress management.

**Tactical Breather**[www.t2health.org/apps/tactical-breather](http://www.t2health.org/apps/tactical-breather)

The "Tactical Breather" application can be used to gain control over physiological and psychological responses to stress.

**Brainline military**

[www.brainlinemilitary.org](http://www.brainlinemilitary.org)

Brainlinemilitary provides military-specific information and resources on traumatic brain injury (TBI) to veterans, service members, and their families.

**Traumatic Brain Injury: The Journey Home**

[www.traumaticbraininjuryatoz.org](http://www.traumaticbraininjuryatoz.org)

A project of the Center for Excellence in Medical Multimedia, and sponsored by the Air Force Surgeon General’s Office, this website provides an informative, sensitive exploration of TBI, and includes information for patients, family members, and caregivers.

**Defense and Veterans Brain Injury Center**

[www.dvbic.org](http://www.dvbic.org)

DVBIC serves active duty military and veterans with TBI, and their family members, through state-of-the-art medical care, innovative clinical research initiatives, and educational programs.

**Family Caregiver Curriculum**

[www.dvbic.org/family-caregiver-curriculum](http://www.dvbic.org/family-caregiver-curriculum)

DVBIC’s Family Caregiver Curriculum is for caregivers of service members and veterans with moderate to severe TBI. There are four modules in the curriculum, ranging from specific information about TBI and becoming a caregiver to how to access services and benefits. There are print versions of the guides as well as webcasts that can be viewed online.

**Defense Centers of Excellence for Psychological Health and Traumatic Brain Injury (DCoE)**

[www.dcoe.health.mil](http://www.dcoe.health.mil)

DCoE advances excellence in psychological health (PH) and traumatic brain injury (TBI) prevention and care to improve the lives of our nation’s service members and families. DCoE is comprised of three operational centers: Defense and Veterans Brain Injury Center (DVBIC), Deployment Health Clinical Center (DHCC), and National Center for Telehealth and Technology (T2).

**The National Intrepid Center of Excellence**

[www.nicoe.capmed.mil](http://www.nicoe.capmed.mil)

The NICoE is a DOD institute dedicated to providing cutting-edge health evaluation, treatment planning, and education for service members and their families dealing with the complex interactions of mild traumatic brain injury and psychological health conditions.

**The American Legion Claims Coach**

[www.legion.org/mobileapps](http://www.legion.org/mobileapps)

The “American Legion Claims Coach” is a handy, secure organizational tool to help veterans and their service officers through the VA benefits claim filing process.

**National Resource Directory (NRD)**

[www.nrd.gov](http://www.nrd.gov)

The National Resource Directory is a website for wounded, ill, and injured service members, veterans, their families and those who support them. It provides access to services and resources at the national, state, and local levels to support recovery, rehabilitation, and community reintegration.

**Air Force Wounded Warrior**

[www.woundedwarrior.af.mil](http://www.woundedwarrior.af.mil)

The official homepage of the Air Force Wounded Warrior program. The AFW2 program works to ensure airmen receive professional support and care from the point of injury, through separation or retirement, for life.

**Air Compassion Veterans®**

[www.aircompassionforveterans.org](http://www.aircompassionforveterans.org)

The mission of Air Compassion for Veterans® is to ensure that no financially-stressed wounded warrior, veteran, or his/her adversely-affected family member(s) is denied the ability to access any of the following: distant, specialized medical evaluation; diagnosis and treatment; counseling; rehabilitation; service dog acquisition; or any program that promotes healing and restoration for reintegration into a productive life.

**Concurrent Retirement And Disability Pay (CRDP) and Combat-Related Special Compensation (CRSC)**

**United States Air Force Disability Division (CRSC)**

[www.afpc.af.mil/library/combat.asp](http://www.afpc.af.mil/library/combat.asp)

550 C Street West Suite 6  
Randolph AFB, TX 78150-4708  
1-800-525-0102 (select option 5,1)

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# Social

- Family Resources & support
- Seeking Connection
- Good communication skills
- Develop healthy relationships
- Respecting others
- Being a good role model

# Emotional

- Resilience
- Self-Awareness
- Acceptance of emotion
- Reacting appropriately
- Thinking positive
- Seeking Help
- Making positive choices
- Remaining optimistic
- Positive relationships
- Solid support network

# Physical

- Healthy Weight
- Eating Well
- Exercise
- Flexibility
- Agility
- Strength
- Cardiovascular Health
- Regular Check-ups
- Know your limits
- Safety
- Avoiding substance abuse

# Spiritual

- Sense of Belonging
- Love
- Compassion
- Peace
- Contemplating your purpose
- Mindfulness
- Harmony
- Balance
- Caring
- Tolerance
- Selflessness
- Balancing personal needs

