



# BUCKEYE FAMILIES

EDUCATE, COMMUNICATE AND MARKET FAMILY READINESS

1st QUARTER ISSUE: January 2013

Ready Families... Anytime, Anywhere

## A NOTE FROM THE STATE FAMILY PROGRAMS DIRECTOR: CPT DOUG FRANZ

Every April for more than ten years the Family Readiness & Warrior Support program has hosted the Annual Family Readiness Professional Development Workshop. Due to budget restraints and changes to policy regarding military conferences, the Professional Development Workshop will only be held every other year, with the next Workshop being conducted in April of 2014.

To maintain the appropriate level of training and education among statutory volunteers, each Brigade will conduct their own Family Readiness Group (FRG) training during the off year from the Workshop. This training will consist of a variety of topics and is designed to improve the functionality of the FRG. The training will be facilitated by the Brigade Family Readiness Support Assistant. I encourage each member of the FRG Leadership Team to attend these trainings as they allow the opportunity to expand the program and build lasting relationships with volunteers and military staff.

Thank you for everything that you do!

CPT Douglas Franz  
State Family Program Director  
Family Readiness & Warrior Support

## EMPLOYMENT SUPPORT RESOURCES

### Career Centers:

Ohio Dept. of Job and Family Services-888-296-7541

AMVETS Career Center-614-431-6990

### Career Exploration:

<http://ohiolmi.com/jobs/careers.htm>

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

<http://www.mynextmove.org/vets/>

### Job Searching:

#### Federal Job Search:

[www.usajobs.opm.gov/](http://www.usajobs.opm.gov/)

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

<http://www.onq.ohio.gov/jobs/Jobs.asp>

### Military Friendly

<http://my.ohiomeansjobs.monster.com/vetcenter/home.aspx>

<http://www.ohiovetscan.com>

<http://www.h2h.jobs/>

### Resume Writing:

<http://www.dol.gov/vets/programs/tap/main.htm>

<http://www.turbotap.org/register.tpp>

### Interviewing Tips and Techniques

<http://www.dol.gov/vets/programs/tap/main.htm>

<http://www.turbotap.org/register.tpp>

### MOS Skills Translation:

<https://www.online.onetcenter.org>

<http://www.dmdc.osd.mil/vmet>

### Networking

<http://www.dol.gov/vets/programs/tap/main.htm>



## Taking advantage of Military OneSource Tax Services

Military OneSource provides free access to the H&R Block At Home® Basic online tax filing service. The service allows you to complete and electronically file your federal and up to three state tax returns or filings. Your calculations are guaranteed to be 100% accurate or H&R Block pays the penalties and interest. The H&R Block At Home® Basic tax filing service protects the security and confidentiality of your personal information by using industry-recognized security safeguards. You do not have to complete the return all at one time. When you begin, you create a secure user ID and password, which enables you to log on, save, close and return to the program as needed. In addition, Military OneSource provides year round access to tax consultants who can help you and your family find answers to your tax questions and maximize your refund. Military OneSource tax consultants

- share information about the unique tax requirements and issues related to military personnel and their families
- identify applicable IRS and state tax regulations, definitions and forms
- provide electronic copies of tax forms and help you understand how to complete them
- review options for using a refund, including options for using it to pay down debt
- explain additional tax services available to the military community such as VITA clinics

To learn more about Military OneSource Tax Services, call 1-800-342-9647 or go [online](#).

### Determining your eligibility

The following individuals are eligible for the Military OneSource Tax Services:

- all active duty service members
- National Guard and members of the Reserve (regardless of activation status)
- members of the Coast Guard Reserve activated as part of the Department of the Navy under Title 10 authority
- spouses and dependent children who are authorized in DEERS
- a family member who is taking care of the affairs of

- of an eligible Service Member who is deployed.
- a severely injured service member of one of the services noted above, or a designated family member of a severely injured member who is incapable of handling his or her own affairs; medically retired individuals are eligible until 180 days past retirement.

## REGIONAL FOUNDATION COURSE TY13 DATES

This year Family Readiness & Warrior Support (FR&WS) will offer six Family Readiness Group Regional Foundation Course (RFC) workshops at various statewide locations. The RFC is “basic training” for FRG Leadership Teams, Commander and Military Liaisons.

Both military and civilian attendees must register through the Joint Services Support website. To register for the website go to [www.jointservicesupport.org](http://www.jointservicesupport.org).

### Dates and Region Areas are as follows:

- 23 March 2013: Toledo or Bowling Green Area
  - Registration closes 16 March 2013
- 22 June 2013: Dayton or Cincinnati Area
  - Registration closes 15 June 2013
- 17 August 2013: Columbus Area
  - Registration closes 10 August 2013

## Coming Soon! 2013 Program of Events and Resource Guide



*The 2013 Program of Events and Resource Guide provided by the Family Readiness & Warrior Support Program will be hitting your mailboxes in late January. There is something offered for everyone!*

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## Volunteer Opportunities ~ Why Volunteer with Operation: Military Kids?

Your time is valuable and when you choose to volunteer, you want to feel like you're making a difference, and having a little fun in the process! We want to work WITH you to utilize your unique skill set and interests to further our programs.

Haven't been involved with our programs before, but are interested in getting plugged in? A variety of opportunities are available, some of the following include

- **Yellow Ribbon Events:** Are you energetic, creative, and ready to lead hands on activities? We are looking to utilize your skills in leading activities, crafts, and learning modules at our 30 and 60 back events/ solider and family mobilization briefings.
- **Hero Camps/Day Camps:** Is the thought of spending a day exploring at the natural history museum, participating in a sports camp, or exploring the zoo sound appealing to you? If so, join us to assist in leading youth in one of our hero camps!
- **Corporate Groups/Group Volunteering:** Are you part of an organization that is interested in volunteering together for a day of service? We welcome large groups to volunteer for our events!

These are just a sample of what we have to offer!

For more information contact: [Amanda.m.fogle.ctr@mail.mil](mailto:Amanda.m.fogle.ctr@mail.mil) and make sure to "Like" *Ohio Operation: Military Kids* on facebook and follow us on Twitter @OhioOMK for opportunities and updates on all our programs

February	March	April
Feb 1-2 Teen Weekend Camp Fayette	Mar 16-17 8 Habits to a Healthy Marriage Cambridge	Apr 13-14 PREP 1 Sandusky
Feb 16-17 LINKS Columbus	Mar 23 Regional Foundation Course Toledo	
Feb 23-24 Laugh Your Way Dayton/Cincinnati	Mar 23-24 Hero Camp & Strong Family Camp Cincinnati	
Feb 23 Regional Foundation Course Columbus		

## RESOURCE CONTACT LIST

Troop & Family Assistance Center –  
(800) 589-9914

- Region 1: Prompt 1
- Region 2: Prompt 2
- Region 3: Prompt 3
- Region 4: Prompt 4
- Region 5: Prompt 5
- Region 6: Prompt 6

24 Hour Joint Operations Center – 888-637-9053

ONG Transition Assistance Advisors – 614-336-7349 or 614-336-4192

TRICARE Benefits Assistance – 614-336-6000 x1778

Employment Support Services – 614-336-7152

Military Family Life Consultant – 614-336-7479

OhioCares – 800-761-0868

Personal Financial Consultant – 614-336-4212

Military OneSource Consultant – 614-336-7319

Director of Psychological Health – 614-336-7246

Drug & Alcohol Intervention – 614-336-6444

Sexual Assault Response Coordinator – 877-751-5628

American Red Cross- 1-800-696-3873

Employer Support of the Guard and Reserve (ESGR) – 614-336-7444

Veterans Benefits Administration – 800-827-1000

## FAMILY READINESS SUPPORT ASSISTANTS

The FRSA mission is to provide day-to-day support, guidance, and assistance to Commanders in their Family Readiness Program. They provide administrative assistance to the FRG. Please reach out to your Brigade FRSA for assistance with your Family Readiness program.

**16<sup>th</sup> EN BDE** – Adam Kaufman/Melanie Clark  
614-356-7997 and 614-336-6352

**174<sup>th</sup> ADA BDE** – Lindsey Lauber  
614-336-6000 ext 2039

**37<sup>th</sup> IBCT** – Lezlie Garcia/Billy Madden  
614-356-7912 and 614-336-6855

**371<sup>st</sup> SUST BDE** – Rita Kreitzer  
614-336-8820

**73<sup>rd</sup> Troop Command** – Shallon Mathews  
614-336-6589

**Special Troops Command** – Emily Cunningham  
614-336-7314

**Senior FRSA – JFHQ** – Janet Corbi  
614-356-7918

## Military OneSource Health and Wellness Coaching Program

Do you need help making changes that will improve your health or well-being? Consider partnering with a Military OneSource Health and Wellness coach. The Health and Wellness Coaching Program is a **FREE** resource for military members and their families.

A coach can help you:

- Identify your beliefs, values and vision
- Create an action plan to achieve your goals
- Eliminate roadblocks or barriers that stand in the way
- Celebrate your success

The coaches provide you with information, support, encouragement and accountability, so that you can attain your goals and achieve your maximum potential, at no cost to you! Through Military OneSource, you can access interactive Health and Wellness Coaching Programs to help you make lasting lifestyle changes.

To sign-up for a health and wellness coach call **1-800-342-9647** and a Military OneSource consultant will register you and schedule your first session right away.

If you prefer to work autonomously, Military OneSource also offers the [\*Living series\*](#) - free, online self-directed health and wellness coaching programs - to help you make lasting lifestyle changes. The Living series offers four free online health and wellness courses:

***LivingLean: Weight Management Program*** Do your food cravings sabotage your weight management efforts? Do you turn to food when you are sad, lonely, bored or angry? This eight-week course uses multimedia, an interactive workbook, and emails to help you live healthy, lean and free.

***LivingEasy: Resilience & Stress Management*** Build a strong foundation of resilience so you can bounce back from situations you can't control, and have courage and confidence in the ones you can. This series of four online courses uses audio, visuals, animation, quizzes and a printable manual.

***LivingFit: 90-day Walking Program*** Most of what we do each day is driven by habits. Once a habit is established it is easy to do- becomes automatic and is hard to break. With the help of this 12-week program, you will develop and enjoy the habit of exercise!

***LivingFree: Smoking Cessation Program*** Make today the day you quit smoking! No matter how long you have smoked or how many times you have tried to quit, this four-week training can work for you by treating the root emotional and physical causes of smoking.



