



BUCKEYE FAMILIES

VOLUME 2, ISSUE 2

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Family Readiness and Warrior Support- CPT Franz State Family Programs Director



Change. In the military, change is constant. However, we often complain about change because it takes extra time learning or adjusting to a new process. I admit that I am not a fan of change. Even though I know the change will have positive results, I often feel there are better things I could be doing other than learning a new process or system.

There are many reasons we make changes; to improve processes, to increase capabilities, or perhaps improving communications. One big change is how we use technology and certain modes of it like Social Media.

Social Media has drastically changed the way we communicate and it continues to be the most rapidly developing means of communication in history. We can share information with as many people as we like and as often as we like. So in this aspect change is good, right? Well...maybe not always.

Social Media provides a unique opportunity to allow others to view a sampling of our daily lives. Social Media sites such as, Facebook and Twitter, have security functions that restrict access and protect information that we share. In spite of security settings, information stored online can present risks. With this in mind, Family Programs has collaborated with our internal security experts to make changes to the way we market events.

Starting this Spring, all events marketed on our Social Media or other websites will only provide dates and basic geographic locations, and not

the exact venue. For example, we might advertise a single day Hero Camp, to be held on 20 June in the Cincinnati area. Further information about the event (venue, start time, etc) will be emailed to participants after they register for the event. We realize this change may leave you with some questions, but due to recent world events and a continual effort to protect our force, we use these measures to restrict information to only those who need access to it. This creates a safer environment for everyone.

Take a few minutes to review the Social Media guides and information in this newsletter. They are designed to assist you in securing your own personal information by changing your security settings.

Social Media is constantly changing. If you want to use this form of communication, devote enough time to staying current with the security changes and updates to better protect yourself and those around you. As always, I hope to see you at an event in the future.

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Social Media Safety Message Board

As a result of recent world events and a continual effort to protect the force, we are recommending that all those associated with the Ohio National Guard review their social media accounts to make sure they are using the best security settings to protect their online profiles.

Social media platforms such as Facebook, Twitter and LinkedIn are powerful tools that can bring communities together. However, an individual's online profile can provide cyber criminals with an endless pool of personal information and potential targets to be exploited. As such, it is vital that individuals stay on the alert and be personally responsible for their online presence to protect themselves, their loved ones and the Army.

With that in mind, we are providing the following information to help the greater Army community protect themselves online and significantly reduce the chance of becoming a victim of cyber crime.



Social Networking Safety Tips:

THINGS TO KNOW

- **The internet does not forget.** Once something is posted on a social networking website it can spread quickly, and no amount of effort can delete it. Do not post anything you would be embarrassed to see on the evening news.
- **You are not anonymous.** Cyber criminals have the capability to gather and exploit both individuals and organizations if the information is out there.
- **More isn't always better.** Participating in multiple social networking sites significantly increases ones risk and affords cyber criminal alternate avenues to strike and gather information.

HOW TO PROTECT YOURSELF:

- **Know the terms on social networking websites.** Facebook, Twitter, LinkedIn and other social networking sites frequently change their privacy and user policies. Social Networking sites privacy settings default to everyone. This means anyone, can view your profile, not just the people you know. Securely configuring ones account will minimize who can see your information.
- **Safe social networking.** Never disclose private information when using social networking websites. Be very selective who you invite or accept invitations from as criminals often use false or spoofed profiles to gain access to personal and private information, such as birthdates, marital status, and photographs. Social media posts that contain personal identifying information (PII),

digital photos that contain metadata (i.e., information written into the digital photo file such as who owns it, contact information, location, and internet search terms) can be used against you and your family.

- **Click with caution.** Always use caution when clicking on links in social networking posts, even from someone you know. Reports of personal social networking accounts being hacked by criminals have increased in recent years. Clicking on a link that appears to be benign in nature may in fact contain embedded malware that can compromise your device. Once compromised, any data on your device can be exploited.
- **Hide your profile from search engines.** This can be accomplished by going to the social networking site account settings and un-checking the “Public Search Results” box. This will remove your public preview from Google, Bing, and Yahoo search returns.
- **Check-out and tag-out.** Do not use check-ins or post your specific location on social media. Also, prevent people from “tagging” you in photos and videos.
- **Login No No’s.** Do not use your social networking site to login to other sites or use the save password, remember me, and keep me logged in options from a public or shared device. Use strong, unique passwords and never use the same password for all online accounts.
- **Install/Update your anti-virus/firewall software.** Antivirus and firewall software is a must for anyone to safely navigate online. Always keep your security software up to date in order to provide the most complete protection from malicious programs as thousands of new viruses are detected every year. Also, ensure your antivirus software program updates automatically and scans your computer on a recurring schedule.





Social Networks - Do's and Don'ts

- Only establish and maintain connections with people you know and trust. Review your connections often.
- Assume that ANYONE can see any information about your activities, personal life, or professional life that you post and share.
- Ensure that your family takes similar precautions with their accounts; their privacy and sharing settings can expose your personal data.
- Avoid posting or tagging images of you or your family that clearly show your face. Select pictures taken at a distance, at an angle, or otherwise concealed. Never post Smartphone photos and don't use your face as a profile photo, instead, use cartoons or avatars.
- Use secure browser settings when possible and monitor your browsing history to ensure that you recognize all access points.

Minimizing your Facebook Profile



Facebook has hundreds of privacy and sharing options. To control how your personal information is shared, you should use the settings shown below (such as *Only Me, Friends Only*) for **(1) Privacy, (2) Connecting, (3) Tags, (4) Apps/Websites, (5) Info Access through Friends, and (6) Past Posts.**

Control Your Default Privacy **1**

This setting will apply to status updates and photos you post to your profile from a Facebook app that doesn't have the inline audience selector, like the Facebook App for iPhone.

Change to "Friends Only"

Public Friends Custom

How You Connect

Control how you connect with people you know. [Edit Settings](#)

How Tags Work

Control what happens when friends tag you or your content. [Edit Settings](#)

Apps and Websites

Control what gets shared with apps, games and websites. [Edit Settings](#)

Limit the Audience for Past Posts

Limit the audience for posts you shared with more than friends. [Manage Past Post Visibility](#)

Block Lists

Manage your lists of blocked people and apps. [Manage Block Lists](#)

How You Connect **2**

Who can look up your profile by name or contact info? **Friends**

Who can send you friend requests? **Friends of Friends**

Who can send you Facebook messages? **Friends**

Who can post on your Wall? **Friends**

Who can see Wall posts by others on your profile? **Only Me**

[Learn more](#) [Done](#)

How Tags Work **3**

Profile Review of posts friends tag you in before they go on your profile (note: tags may still appear elsewhere on Facebook) **On**

Tag Review of tags that friends want to add to your posts **On**

Profile Visibility of posts you're tagged in once they're on your profile **Friends**

Tag Suggestions when friends upload photos that look like you **Off**

Friends Can Check You Into Places using the mobile Places app **Off**

[Done](#)

Choose Your Privacy Settings > Apps, Games and Websites **4**

Apps you use You're using 1 app, game or website: **Yahoo!** [Edit Settings](#)

Remove unwanted or spammy apps. Turn off all platform apps.

How people bring your info to apps they use People who can see your info can bring it with them to apps. Use this setting to control the categories of info that can bring with them. [Edit Settings](#)

Instant personalization Lets you see relevant information about you arrive on select partner websites. [Edit Settings](#)

Public search Show a preview of your Facebook profile using a search engine. [Edit Settings](#)

Info accessible through your friends **5**

Use the settings below to control which of your information is available to applications, games and websites when your friends use them. The more info you share, the more social the experience.

<input type="checkbox"/> Bio	<input type="checkbox"/> My videos
<input type="checkbox"/> Birthday	<input type="checkbox"/> My links
<input type="checkbox"/> Family and relationships	<input type="checkbox"/> My notes
<input type="checkbox"/> Interested in	<input type="checkbox"/> Photos and videos I'm tagged in
<input type="checkbox"/> Religious and political views	<input type="checkbox"/> Hometown
<input type="checkbox"/> My website	<input type="checkbox"/> Current city
<input type="checkbox"/> If I'm online	<input type="checkbox"/> Education and work
<input type="checkbox"/> My status updates	<input type="checkbox"/> Activities, interests, things I like
<input type="checkbox"/> My photos	<input type="checkbox"/> Places I check in to

[Save Changes](#) [Cancel](#)

Limit The Audience for Old Posts on Your Profile **6**

If you use this tool, content on your profile you've shared with more than your friends (ex: Public posts) on your Wall will change to Friends. Remember: people who are tagged and their friends may see those posts as well.

You also have the option to individually change the audience of your posts. Just go to the post you want to change and choose a different audience.

[Learn about changing old posts](#) [Limit Old Posts to Friends Only](#) [Limit Old Posts](#) [Cancel](#)



Do not login to or link third-party sites (e.g. twitter, bing) using your Facebook account. "Facebook Connect" shares your information, and your friends' information, with third party sites that may aggregate and misuse personal information. Also, use as few apps as possible. Apps such as Farmville access and share your personal data.

Profile Settings

Apply and save the **Profile** settings shown below to ensure that your information is visible to only people of your choosing.

Profile Settings for Jason Smith:

- Work and Education:**
 - Employer: Change to **Only Me**
 - College/University: Change to **Only Me**
 - High School: Change to **Only Me**
- Arts and Entertainment:**
 - Music: Change to **Friends Only**
 - Books: Change to **Friends Only**
 - Movies: Change to **Friends Only**
 - Television: Change to **Friends Only**
 - Games: Change to **Friends Only**
- Activities and Interests:**
 - Activities: Change to **Friends Only**
 - Interests: Change to **Friends Only**
- Basic Information:**
 - Current City: Change to **Only Me**
 - Hometown: Change to **Only Me**
 - I Am: Male
 - Show my sex in my profile:
 - Birthday: May 25, 1978
 - Show my full birthday in my profile: Show Birthday
- Contact Information:**
 - Emails: Change to **Only Me**
 - IM Screen Names: Change to **Only Me**
 - Phones: Change to **Friends Only**
 - Address: Change to **Only Me**
 - City/Town: Change to **Only Me**
 - Zip: Change to **Only Me**
 - Neighborhood: Change to **Only Me**
 - Website: Change to **Friends Only**
- Other Settings:**
 - Interested In: Women Men
 - Languages: Change to **Friends Only**
 - About Me: Change to **Friends Only**

Navigation: Click on **Info** tab to start editing.

Deactivating / Deleting Your Facebook Account

Security Settings:

- Secure Browsing: Secure browsing is currently disabled.
- Login Notifications: Login notifications are disabled.
- Login Approvals: Approval is not required when logging in from an unrecognized device.
- Recognized Devices: No recognized devices.
- Active Sessions: Logged in from New York, NY, US and 2 other locations.

Deactivate your account.

To **deactivate your Facebook account**, go to **Account Settings** and select **Security**. To reactivate your account log in to Facebook with your email address and password.

To **delete your Facebook account**, go to **Help Center** from the account menu. Type **Delete** into the search box. Select **How do I permanently delete my account** then scroll down to submit your request here. Verify that you want to delete your account. Click **Submit**. FB will remove your data after 14 days post security check.

Useful Links

A Parent's Guide to Internet Safety
 Wired Kids
 Microsoft Safety & Security
 OnGuard Online

www.fbi.gov/stats-services/publications/parent-guide
www.wiredkids.org/
www.microsoft.com/security/online-privacy/social-networking.aspx
www.onguardonline.gov/topics/social-networking-sites.aspx

Social Networks -Do's and Don'ts

- Only establish and maintain connections with people you know and trust. Review your connections often.
- Assume that ANYONE can see any information about your activities, personal life, or professional life that you post and share.
- Ensure that your family takes similar precautions with their accounts; their privacy and sharing settings can expose your personal data.
- Use caution when posting images of you or your family. Be aware of your surroundings, to include identifiable locations, military affiliations, and any other personal security vulnerabilities. It's highly discouraged to use geo-location tags.
- Use secure browser settings when possible and monitor your browsing history to ensure that you recognize all access points.

Managing your Twitter Account

Twitter is a social networking and microblogging site whose users send and read text-based posts online. The site surged to worldwide popularity with +300 million active users as of 2011, generating 300 million tweets and 1.6 billion search queries daily.

Following are people you subscribe to
Followers subscribe to your tweets
Private tweets will only be visible to followers you approve

Tweets

"Tweets" are short text-based messages – up to 140 characters – that users post to Twitter. "Tweet" can refer to a post as well as to the act of posting to Twitter. Tweets are public, indexed, and searchable unless protected by the user. Many users never Tweet, choosing only to follow persons or topics of interest.

Hashtags (#topic) are used to mark a keyword or topic in a Tweet. Posts with hashtag are categorized by topics in the Twitter search engine. Hashtagged words that become popular become Trending Topics (ex. #jan25, #egypt, #sxsw).

Mentions (@username) are used to tag a user in a Twitter update. When a public user mentions a private Twitter account, the link to the private account profile becomes public.

Profile Settings

Apply the **Profile** settings shown below to ensure that your information is visible only to people of your choosing.

Twitter Best Practices

- Avoid using hashtags (#) in updates to avoid being indexed and associated with a topic by Twitter Search.
- Tweet responsibly.* Do not provide personal details regarding your whereabouts and activities in your post.
- Do NOT upload links to personal photos or websites on Twitter.
- Do NOT allow Twitter to use your location on mobile devices.
- Change your Twitter **username** periodically to limit account exposure.



Account Settings

Apply the **Account** settings shown below to ensure that your information is shared in a limited fashion.

JasonSmith7825's settings **DO NOT connect your phone**

Account Password Mobile Notifications Profile Design

Name: Jason Smith
You can change your name on your [profile settings](#).

Username: JasonSmith7825 **Change every ~6 months**
Your public profile: <http://twitter.com/JasonSmith7825>

Email: jason.smith7825@yahoo.com
Note: email will not be publicly displayed.
Uncheck Let others find me by my email address

Language: English
What language would you like to Twitter in?
Interested in helping translate Twitter? Check out the [Translation Center](#).

Time Zone: (GMT-06:00) Central Time (US & Canada)

Tweet Location: Add a location to your Tweets
Uncheck
Ever had something you wanted to share ("fireworks!", "party!", "ice cream truck!", or "quicksand...") that would be better with a location? By turning on this feature, you can include location information like neighborhood, town, or exact point when you tweet.
When you tweet with a location, you can include location information like neighborhood, town, or exact point when you tweet.
Click to delete all location data associated with your account
You may **delete all location information** from your past Tweets. This may take up to 30 minutes.

Tweet Media Display media that may contain sensitive content

Mark my media as containing sensitive content
If you tweet images or videos that may contain sensitive content, please check this box so that people can be warned before they see it. [Learn more](#)

Tweet Privacy Protect my Tweets
Check
Only let people whom I approve to view my Tweets see my Tweets. If this is checked, your future Tweets previously may still be publicly visible.
Protecting your tweets makes all your posts private. Only those who you approve can access your tweets

HTTPS Only Always use HTTPS
Use a secure connection where possible to encrypt your account information.

Save

Deactivate my account

Your pending follower requests

Jess M Chung @jessmchung
I spend a lot of time thinking about all the things I'd buy or eat. That and complaining.

Accept Decline

Deactivating / Delete Your Twitter Account

To deactivate your account, go to **Settings** and select **Account** page. At the bottom of the page, click **"Deactive my account."** After deactivation, the user can reactivate the account within **30 days**. After 30 days, the account is permanently **deleted**.

Notification & Application Settings

Maintain a small digital footprint by minimizing the number of notifications. Revoke access to unnecessary third party applications.

Account Password Mobile **Notifications** Profile Design Applications

Choose when and how often Twitter sends emails to its'helen@gmail.com (change).

Messages

Email me when I'm sent a direct message **Direct message (DM) is never visible to the public**
 I'm sent a reply or mentioned

Activity

Email me when I'm followed by someone new
 My Tweets are marked as favorites
 My Tweets are retweeted **Private tweets will become visible to the web when retweeted (RT) by a user with public account**

Updates

Email me with Occasional updates about new Twitter products, features, and tips
 Product or service updates related to my Twitter account

Save

Account Password Mobile Notifications Profile Design **Applications**

You've allowed the following applications to access your account

HootSuite by HootSuite
The social media dashboard which allows teams to broadcast, monitor and track results.
read, write, and direct messages access · Approved: Tue December 6, 2011 07:18:36 PM **Revoke Access**

Twitter for Android by Twitter, Inc.
Twitter for Android
read, write, and direct messages access · Approved: Sat February 26, 2011 07:16:46 PM **Revoke Access**

Samsung Mobile by Samsung
Samsung mobile own applications
read, write, and direct messages access · Approved: Thu February 10, 2011 12:15:07 AM **Revoke Access**

Block unknown or unwanted applications from accessing your account

Useful Links

A Parent's Guide to Internet Safety
Wired Kids
Microsoft Safety & Security
OnGuard Online

www.fbi.gov/stats-services/publications/parent-guide
www.wiredkids.org/
www.microsoft.com/security/online-privacy/social-networking.aspx
www.onguardonline.gov/topics/social-networking-sites.aspx

Make Financial Resolutions Stick



Make financial resolutions stick with a money buddy. If one of your New Year's resolutions involves your financial health, you may want to enlist someone's help.

According to the National Endowment for Financial Education, 85% of respondents to an online survey of 2,132 US adults said they believed having someone who understands their financial goals and who can assist with accountability would be helpful.

A financial buddy can be anyone:

- A Spouse
- A Trusted Friend
- A Family Member
- A Co-Worker

You don't necessarily need to share all of your financial information with that person. Think of him or her like a workout buddy, someone who can help you stay the course, reaching both your short—and long-term goals.

For assistance with setting goals and getting finances in order, visit SmartAboutMoney.org.

WINTER is here, are you prepared?

When it comes to risk, winter is in a category all its own. Extended holiday leaves and rapidly changing weather conditions will open the door for risk, and getting this information to OHNG Families now will help mitigate the hazards in whatever winter gives us the next few months. Do you have these items in your car?

Make an Emergency Kit for Your Car—In case you are stranded, keep a kit of emergency supplies in your car including:

- **Jumper cables:** might want to include flares or reflective triangle
- **Flashlights:** be sure to keep extra batteries
- **First Aid Kit:** remember any necessary medications, baby formula and diapers if you have a small child
- **Food:** non-perishable food such as canned food, and protein rich foods like nuts and energy bars
- **Manual can opener**
- **Water:** at least 1 gallon of water per person a day for at least 3 days
- **Basic toolkit:** pliers, wrench, screwdriver
- **Pet supplies** (if you travel with you pet): food and water
- **Radio:** Battery or Hand Cranked, pack extra batteries
- **Cat litter or Sand:** This helps with tire traction in case you get stuck
- **Shovel**
- **Ice Scraper**
- **Blankets/Sleeping Bags and extra Clothes** (warm clothes, gloves, hats, socks)
- **Charged Cell Phone:** and car charger



****Always start your journey with a full tank of gas and keep it half full!****

<https://safety.army.mil/MEDIA/SeasonalSafetyCampaigns/WINTER2014-15.aspx>

Attention Families of The Ohio National Guard

“Being Army Strong is about much more than being physically fit. It is mental and emotional strength,” BG Rhonda Cornum. Resilience has so many helpful aspects and values for not just your Service Members, but for your families. One example of how resilience can help your family is through the skill of Effective Praise & Active Constructive Responding. These tools help to build communication and connection, you can strengthen your relationships by responding actively and constructively to others’ positive experiences. When you recognize someone (i.e. a family member) and offer praise, name the specific strategy, effort, or skill that led to the positive outcome. For example: “That was an amazing basketball game today, Susan. I’ve noticed you putting in extra practice at the gym practicing your 3pt shots and your foot work.” Using this strategy does three things: demonstrates you were really listening, demonstrates authenticity, and enables winning streaks (aka positive behavior).

Resilience Tips



Physical - It is important to replenish calories lost during exercise with nutritious foods. Try to eat within an hour after exercise. This will assist in recovery as the body is still burning calories at an elevated rate.



Emotional - Take charge of the day by controlling your thoughts. A day is filled with events, so make it a choice to determine how those events will impact the rest of your day. Optimistic thinking allows us to remain realistic, maintain hope, and focus on solutions when change is possible.



Family - Healthy families solve problems with cooperation, creative brainstorming, and openness to others, and place emphasis on the role of social support and connectedness (versus isolation) within the family.



Social - Know how persuasion can help to build confidence in individuals and teams. Effective leaders build confidence in teams through verbal and nonverbal actions. Actions can speak louder than words but effective words can facilitate driving actions.



Spiritual - Connect with others by joining a service organization, a community of faith, or some other group of people with shared values and beliefs where you can become a part of something bigger than yourself.

If you would like more information in regards to Resilience and how you can teach these skills to your Family Readiness Group, please contact your unit specific Family Readiness Support Assistant, see pg 8.

Have you participated in your FRG?

What is the Family Readiness Group (FRG)? The FRG is not something you have to register/sign up for, you are already a part of it the moment your Service Member is attached/assigned to the unit. The FRG is a great resource tool to meet other National Guard Families just like yours that deals with the one weekend a month two weeks a year and worse case scenario no-notice missions. The FRG not only assists with all of that but they help inform you of the community resources and government programs that out there to assist you in any situation you or your family may find themselves. Contact your unit to get your FRG Leader’s contact information and find out when the next FRG event might be and to get on the mailing/email list!





UPDATES
800-342-9647

Tax Filing Made Simple - FREE TAX SERVICE

Question: What services does Military OneSource tax service provide?

Answer: Military OneSource provides access to an online tax filing service at no cost to you. 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 percent accurate or the online tax service provider will pay the penalties and interest.

Question: Who is Eligible for Military OneSource Tax?

Answer: 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 Defense Enrollment and Eligibility Reporting System
- A Family member who is taking care of the affairs of an eligible service member when the service member 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 their End of Tour of Service, retirement date or discharge date

Question: How can a Military OneSource Tax Consultant Help Me?

Answer: Military OneSource Tax Consultants can provide the following assistance:

- 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 Volunteer Income Tax Assistance clinics

Question: What documents or information do I need to prepare my taxes?

Answer: You will need the following:

- Social Security card and date of birth for you, your spouse and dependents
- Child care, education and adoption costs
- W-2 forms from all employers for you and your spouse
- Form 1099 for independent contractors
- Investment income forms
- Alimony information
- Social Security benefits
- Miscellaneous income
- Form 1098-E for student loan interest
- Charitable donations
- Uninsured medical and dental expenses
- Real estate taxes
- Receipts for any deductible expenses



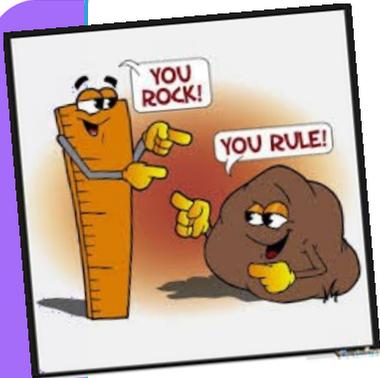
Question: When and where can I locate my W-2 forms?

Answer: Your W-2 forms are typically available from your military service beginning in January. You can download your military W-2 from myPay (<https://mypay.dfas.mil/mypay.aspx>). Tax forms are also available at your local post office and library. You can also download them from the IRS (<http://www.irs.gov/>) website.

Question: How can I learn more about Military OneSource tax services?

Answer: Call 800-342-9647 for additional information

Ohio's TOP FRG VOLUNTEERS in TY15—Great Work!



- 1) **Melanie Diaz, 316.75 volunteer hrs | 945th EN CO** (16th EN BDE)
- 2) **Jenna Fitch, 221 volunteer hrs | 16th HHC** (16th EN BDE)
- 3) **Tammy Scherer, 180 volunteer hrs | 811th EN CO** (16th EN BDE)
- 4) **Lindsey Peters, 137.75 volunteer hrs | 837th EN CO** (16th EN BDE)
- 5) **Jennifer Perez, 132 volunteer hrs | 838th MP** (73rd TRP CMD)

Hours collected from Oct. 1, 2014—Jan 1, 2015

FRG TEAMS—RISFAC SAVE THE DATE

Please consider attending the next Regional Inter-Service Family Assistance Committee Meeting (RISFAC) near you for great ideas, tips, or to find new community partners for assistance with your next FRG event!

Check out which region you live in at <http://www.homefront.ohio.gov/>, under the RISFAC tab at the top of the page are each of the Regions and under each region it will tell you all the counties that it services.

Attend with your Military Liaison or Commander!

Region 1 RISFAC

April 23—Garfield Hts

Region 2 RISFAC

April 15—McConnelsville

Region 3 RISFAC

April 21—Cincinnati

Region 4 RISFAC

April 28—Sidney

Region 5 RISFAC

April 14—Findlay

Region 6 RISFAC

April 8—Columbus



SAVE THE DATE—APRIL 18-19, 2015

Family Readiness Professional Development

It's that time of year again for Family Readiness Group Leadership Teams from all over Ohio to gather and further develop your leadership skills, share ideas, and meet new people.

Who: FRG Military Liaisons (Optional) and Statutory Volunteers

What: Professional Development Workshop

When: April 18-19th

Where: TBA, Columbus, OH

****Further Information to include the registration link will be sent out at a later time****

Family Readiness Support Assistants (FRSA)

The FRSA mission is to provide day-to-day support, guidance, and assistance to Commanders in their Family Readiness Programs. They provide administrative assistance to the Family Readiness Groups (FRGs) and their Leadership Teams. Please reach out to your Brigade (BDE) FRSA for assistance with your Family Readiness Program.

Contact Information for BDE FRSA:

- 16th EN BDE—Lisa Mann | 614-336-6352 | lisa.m.mann18.ctr@mail.mil
- 174th ADA BDE—Danny Dicaire | 614-336-6000 x2039 | danny.r.dicaire.ctr@mail.mil
- 37th IBCT—Billy Madden | 614-336-6855 | billy.g.madden.mil@mail.mil
- 73rd Troop Command—Candy Stephenson | 614-336-1557 | candice.l.stephenson.ctr@mail.mil
Emily Cunningham | 614-336-4915 | emily.l.cunningham2.ctr@mail.mil
- 371st SUST BDE—Pam Ashman | 614-336-7681 | pam.s.ashman.ctr@mail.mil
- Special Troops Command (STC) - Nancy Kary | 614-336-7314 | nancy.j.kary.ctr@mail.mil
- Senior FRSA—JFHQ—Janet Corbi | 614-356-7918 | janet.s.corbi.ctr@mail.mil

State & Local Resources

Finance/Employment/Transition

Jobs and Family Service

Phone: 877-852-0010 or 614-466-2100
Website: www.jfs.ohio.gov/

Military Pay

Phone: 614-336-7225
Website: <https://mypay.dfas.mil/mypay.aspx>

Employment Support Services

Phone: 614-336-7378

ONG Transition Assistance Advisors

Phone: 614-336-7349 or 614-336-4192

Ohio Department of Veterans Services

Phone: 614-644-0898
Website: www.dvs.ohio.gov/

Librarian—Military Records

Phone: 614-336-7038

AMVETS

Phone: 614-431-6990

ONG Education Office

Phone: 514-336-4165

American Red Cross

Phone: 877-272-7337

Medical

TRICARE Benefits Assistance

Website: www.tricare.mil/

OHARNG Health Services

Phone: 614-336-4194 or
614-336-7271

Military OneSource

Phone: 800-342-9647
Website: www.militaryonesource.mil

Drug/Alcohol Abuse Prevention

Phone: 614-336-6444

Sexual Assault Response

Phone: 614-336-7159

Sexual Assault Hotline

Phone: 877-751-5628

JAG Office—Legal

Phone: 614-336-7022

DEERS/ID Cards

Phone: 614-336-7087

OHARNG Retention Office

Phone: 877-685-7660

Behavior/Mental Health

Director of Psychological Health Army National Guard

Phone: 614-336-1413 or 614-623-2625

Chaplain Services

Phone: 614-336-7246

Director of Psychological Health 178th Air National Guard

Phone: 1-800-851-4503 ext. 2583

Veteran Crisis Center

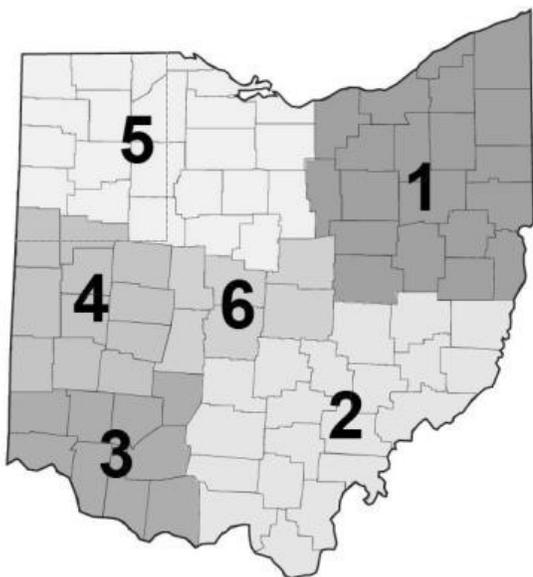
Phone: 1-800-273-8255 Press 1

Resiliency Programs

Phone: 614-336-7192



Troop and Family Assistance Centers (TFAC)



Region 1 TFAC- North East Ohio-Canton/Akron

Joyce Stingel | joyce.e.stingel.ctr@mail.mil | 614-336-6337

Rita Stahl | rita.a.stahl.ctr@mail.mil | 614-336-4310

Region 2 TFAC- South East Ohio– Chillicothe/Portsmouth

Jennifer Moore | jennifer.l.moore2.ctr@mail.mil | 614-336-6943

Caroline Johnson | caroline.m.johnson@us.army.mil | 614-336-4311

Region 3 TFAC- South West Ohio– Cincinnati/Hamilton

[614-336-6550](tel:614-336-6550)

Region 4 TFAC- Western Ohio– Dayton/Kettering

Phyllis Miller | phyllis.a.miller3.ctr@mail.mil | 614-336-6357

Ashton Houseman | ashten.o.houseman.ctr@mail.mil | 614-336-4483

Region 5 TFAC- North Western Ohio– Toledo/Bowling Green

Margret Szymanski | margret.r.szymanski2.ctr@mail.mil | 614-336-4312

Patricia Markowski | patricia.markowski.ctr@mail.mil | 614-336-6615

Region 6 TFAC- Columbus Ohio– Columbus

Syreeta Long | syreeta.d.long.ctr@mail.mil | 614-336-4232

Heather Smith | heather.d.smith3.ctr@mail.mil | 614-336-7358

Adam Kaufman | adam.j.kaufman.ctr@mail.mil | 614-356-7997

What is a TFAC?

The acronym TFAC, stands for Troop & Family Assistance Center. In Ohio there are 10 offices, staffed with TFAC specialists. We are a part of the Family Readiness & Warrior Support program of the Ohio National Guard. These centers provide direct support to all past/present service members, their families, serving all in any branch of the military. The main purpose of the TFAC office is to provide assistance and/or resources relating to crisis intervention, legal, financial, Tricare, ID Cards/DEERS, Community information to any service member, military family, or veteran. Assistance can be sought by a family/service member before, during, and after a deployment, or whenever there is a need.

The TFAC offices work with county agencies, organizations, or individuals who support the military in specific regions. For example, if a service/family

member is having an issue paying the rent/mortgage, we review their eligibility for any program that is available and help them apply for assistance when and if applicable. By working together, we can get assistance to the service member quickly and accurately. Accordingly, they would contact the TFAC that is closest to where you live, not necessarily where your service member drills.

Besides assisting the service member, our goal is to raise awareness of military and civilian support networks in our local community. By recognizing the issues our military and their families face today, we can work together to provide and recommend the appropriate services for each individual.

TFACs can assist FRGs with guest speakers for their meetings, or you can request a TFAC to attend your meeting and brief your families on potential resources available to them (steady state or in deployed status).

Youth & Family Programs



OHNG Youth Programs and Operation: Military Kids (OMK) in Ohio reaches out to youth with a deployed family member/s to create community support networks through a variety of educational, social, and recreational program:

The camps are designed to allow youth to build relationships with other military children while strengthening resiliency, communication, leadership, self expression and team building skills.

Strong Family Workshops engage the parents with hands on activities, resources and round table discussions on education and parenting tips.

New to the program this year is the introduction to the Ohio Teen Council

(OTC). This is a great opportunity to connect to other military connected teens throughout Ohio! OTC will offer more support on teen related topics, engage them in social interactions through activities and have discussions about their needs and desires for programming.

Don't forget about your educational needs of your youth! Our office has tool kits full of free resources available for youth ages 5-17. Schools will be testing soon so we thought we would share three websites that will aid you in your upcoming endeavors.

Free practice tests and online tutoring!

- www.tutor.com/military
- www.soreathome.org
- www.March2Success.com

Contact Information:

Andrew Seward

Lead Child & Youth Program Coordinator
614-336-7274

andrew.j.seward.ctr@mail.mil

Amy Lee

Child & Youth Program Coordinator
614-336-4214

amy.l.lee47.ctr@mail.mil

Theresa M. Ferrari, Ph.D.

State 4-H Military Liaison
614-247-8164

ferrari.8@osu.edu



Upcoming Events!



We are unveiling our 2015 events in February! Please visit the youth website or follow us on social media to keep up to date with all our events.

Our focus this year was to keep you in your own back yard by having events in all five regions. Here is a sneak peak at what we will be doing this year.

- Aquarium
- Farm Sites
- Museums
- New Family Camp Venues
- Zoos!

We have scheduled SIX Family Camp Weekends and SIX Hero Camps with Strong Family Workshops! New this year is our Family Day Events, we have scheduled two so far. These are events

that focus on bonding military families together within themselves and other military families across the state.

Don't forget about our youth camp, two teen camps, four Military camps and Camp Coral!

We are striving to serve you!

Hope to see you this year :)



Stay connected with Ohio Military Kids

We want to interact with Ohio’s military families to find out how we can serve you better!

Use the social media links below to access up-to-date events, resources, and photos.



ONG Family Readiness Program Youth Programs

Lists all youth opportunities available to ONG families.

http://www.ong.ohio.gov/frg/FRG_youthprograms.html



Ohio 4-H Youth Development

For all of your month of the military child resources, program information and volunteer opportunities.

<http://www.ohio4h.org/omk>



Facebook

For upcoming OMK event info

[Facebook.com/OhioOperationMilitaryKids](https://www.facebook.com/OhioOperationMilitaryKids)



Twitter

For immediate fun military kids activities to do and resources for your family.

[@OhioOMK](https://twitter.com/OhioOMK)



You Tube

For a glimpse into some of the crazy good times offered through OMK.

<http://www.youtube.com/user/OhioOMK>



Instagram

Instagram

For photos that inspire you about military family life.

[#omkohio](https://www.instagram.com/omkohio)



Operation Military Kids 4-H Fund , Fund Number: 311984

Supports Various Youth Development Projects being Coordinated through 4-H’s Partnership with the Military

<https://www.giveto.osu.edu/igive/onlinegiving>