



BUCKEYE FAMILIES

VOLUME 1, ISSUE 4

JULY—SEPTEMBER 2014



Relaxation through farm work - CPT Franz State Family Programs Director

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I live on a farm. A real farm with cows, horses, goats, chickens, pigs and don't forget about the dog and cat. Each morning and every evening there are chores to do. The normal chores like mowing grass and cleaning the garage take place just like at any home, but the farm chores are unique. Spraying weeds, trimming fence rows, shoveling and spreading manure, cutting firewood and feeding livestock to name a few.

Tonight's chore was trimming goat hooves. That chore makes my back hurt and I smell "goaty" when done but the goats are friendly and they have great personalities! You should try it sometime. So why am I talking about farm chores in a newsletter you might be asking? These chores are my daily release mechanism. They are a

method that I use to relieve stress after a day at the office. Some chores are physically exhausting, others are tedious and force me to concentrate on the task at hand. In doing so I am able to forget about work from the office, even if just for a short while. I enjoy this method of release and it really works for me.

What release method works for you? What makes you forget about the troubles of the day? Maybe you participate in a sport, do some painting, go jogging, yard work, dancing, restoring something old, scrapbooking or even talk to the cat? Maybe knitting, or playing musical instruments? What works for you? Have you ever told anyone else what your release mechanism is? Or have you never thought about what makes you relax and just do it

as part of a conditioned response? I know that I look forward to an hour or two of chores each day as it helps me stay normal. If you ask my co-workers, they might not think I am normal but at least I "feel" normal on the inside! So in the busy world we live in, take a few minutes each day for yourself and do whatever it is that helps you release. We need to release stress in order to stay healthy and taking time for yourself is a must. Tell a friend about what release mechanism helps to keep you normal and ask them to share theirs. You just might learn something interesting about your friends and family?

As always, get off the couch, get outside and enjoy the summer season. I hope to see you at one of our remaining events this year.

Utilizing Military Lodging Facilities for Leisure Travel

The coming months are when most families take last minute vacations before the school year starts and what better way to save than to utilize the temporary military lodging facilities and resorts around the United States and the world. Besides the temporary lodging facilities on bases there are also cottages on the beach,

world-class resorts or recreational facilities specifically for vacationing military families. Learning about these facilities can help you save money and provide a selection of safe and fun places to stay while you travel!

Examples of a few Available Military Lodging Facilities:

- Installation lodging
- Recreational facilities
- Resorts
- Nongovernment-owned hotels

Please check out MOS for more detailed information: http://www.militaryonesource.millmwr/using-military-lodging-and-facilities?content_id=266848



Senior Family Readiness Support Assistant (SFRSA) **WORDS OF WISDOM**—Janet Corbi

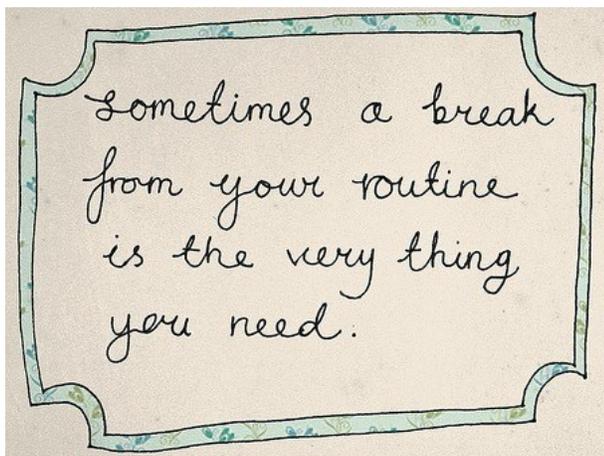
Why is being involved with the Family Readiness Group important?

The Ohio National Guard is a Family. You are not alone and there are many people to help you get involved with military Families as well as provide you with information for any questions that you may have. Please get involved in your Family Readiness Group (FRG). Just as the Commander talks with your Soldier about the logistics they will experience during their service, the FRG communicates with Families about what they can expect. During the summer months, each unit and FRG co-sponsors a Family Day. Please take this opportunity to attend and get to know your fellow military family members. Fellow military family members and your FRG leader are your best sources of support. They understand better than anybody else what it means to be a military Family. Seek your FRG leader out and make sure your phone number and email is in the group's family distribution contact list. Utilize FRG services and be sure to thank your FRG Leader for their help, as they are unpaid volunteers.

Take a well-deserved **TIME-OUT** this summer!

Taking an afternoon, entire day, or even longer just for you may help boost your energy and emotional health. Here are a few ideas for ways to recharge:

- Hit a flea market or garage sale in search of a one-of-a-kind treasure.
- Take to the outdoors. Go for a nature walk, eat lunch at the park, or take a typical indoor task—such as balancing your checkbook—outside.
- Head to the zoo to feed the ducks or watch the sea lions swim.
- Enroll in an enrichment class through your local parks and recreation department or community college.
- Connect with your inner child. Do what you loved to do when you were a little child, draw a picture, make a collage, build a fort.
- Volunteer at a local animal shelter or even adopt a new pet from a shelter.
- Try something new. Go rock climbing, try a foreign cuisine or simply read a book you wouldn't normally choose.



Training Opportunities for Service and Family Members

Wellbeing Workshops

The emphasis of the wellbeing workshops is to give Commanders and families another tool to improve connections, readiness and quality of life. Each workshop also qualifies as military training so please consider hosting a brief at Drill Weekend or attending one of the workshops offered this quarter!

Who: Any Service/Family member can attend these courses.

How to Register:

Service Members—contact your unit Commander and FRSA

Family Members—contact Janet Corbi, Senior FRSA for OH (614)-356-7918

Workshop Options:

- Positive Wellness Health Workshops—how to effectively deal/handle everyday stress
- Financial Workshops—work on creating effective budgets and developing money management skills
- Education & Employment Workshops—develop your resume and cover letters to get the right job for you.
- Operation Lets Roll Workshops—consists of submission grappling and Military Combative classes while improving your resilience.

Please consider having one of these workshops as a part of your next drill.

RESILIENCY Training Assistance (RTA) Course

The RTA Course, is a DA program based on the principals of positive psychology. Service members and Families will enhance resilience competencies of Self Awareness, Self Regulation, Optimism, Mental Agility, Strengths of Character, and Connection.

Resiliency Outcomes:

- Improved Soldier performance and readiness
- Improved Communication and Listening Skills
- Courage to stand up for one's beliefs
- Compassion to help others

- Stronger relationships
- Maximized Potential
- Confidence to lead

Who: Service/Family members can attend these courses

When & Where:

July 9-11th, Columbus
Aug. 22-24th, Columbus

How to Register:

Service Members—contact your unit

Family Members—contact Janet Corbi, Senior FRSA for OH (614)-356-7918



Applied Suicide INTERVENTION Skills (ASIST)

This training prepares caregivers to recognize individuals who are at risk and how to intervene to prevent the risk of suicidal thoughts/behaviors. ASIST focuses on suicide first aid, on helping a person at risk stay safe and seek help.

Who: Service/Family members

How to Register: Service Members—contact your unit.
Family Members—contact Janet Corbi, Senior FRSA for OH (614)-356-7918

When & Where:

- July 14-15th, Newton Falls
- July 21-22nd, Newton Falls
- August 2-3rd, Kettering
- August 23-24th, Columbus



This Summer **CELEBRATE THROUGH SERVICE**



UPDATES
800-342-9647



As you plan your 4th of July celebrations with good food and fun in the sun, consider celebrating through service. Volunteering and giving back to the community is a great way to make your summer feel meaningful and fulfilling. Whether you get involved locally or through a military program that's important to you, Military OneSource has information and ideas on the ways you can get involved.

Be proactive in searching for a place to volunteer, be sure it fits your interests, goals, and circumstances. Check out your local installation resources—family support centers; Search the internet for volunteer opportunities; Volunteer to teach a course at a library or facility that needs your special skills; Be a mentor by guiding someone else along their way. Volunteer with an organization that you have passion for and it may turn out to be a career.

http://www.militaryonesource.mil/monthly-focus?content_id=268310

Personal **FINANCIAL** Management Resources



Military OneSources has many resources available to families and service members to assist with personal financial management. We will discuss a few today.

Financial Specialty Consultation—

Specialty consultations are online or telephonic meetings provided by a trained professional in an area of expertise. Financial consultants can assist with financial planning; provide financial counseling; help one understand their retirement, 401K, TSP, and investment options; provide information on credit management, budget analysis, loans, home buying, and credit cards; and make referrals to state tax preparers on one's behalf. Besides online and telephonic financial specialty consultations, MOS provides face-to-face financial counseling.

**Call MOS today and ask for a financial counseling appointment,
these are unlimited just dial**

800-342-9647!

http://www.militaryonesource.mil/pfm?content_id=267031

Ohio's **TOP FRG VOLUNTEERS** so far for 2014—Great Work!



- 1) **Melanie Diaz, 314 volunteer hrs | 945th ENGR CO (16th EN BDE)**
- 2) **Robin Fraedrich, 268 volunteer hrs | 638th ASB Co B (73rd TC)**
- 3) **Anna Deiters, 240 volunteer hrs | 837th ENGR CO (16th EN BDE)**
- 4) **Jessica Frederick, 227 volunteer hrs | 1-145th AR RGT (174th ADA)**
- 5) **Cassie Haberman, 215 volunteer hrs | 73rd TC HHD (73rd TC)**

FRG Volunteers—**RISFAC MEETINGS**

Please consider attending the next Regional Inter-Service Family Assistance Committee Meeting 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 at <http://www.homefront.ohio.gov/>, under the RISFAC tap 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.

Region 1 RISFAC
July 24, 2014-Akron

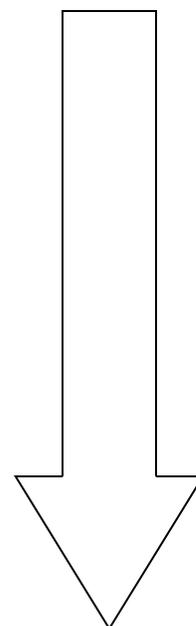
Region 2 RISFAC
July 16, 2014-Chillicothe

Region 3 RISFAC
July 29, 2014-Cincinnati

Region 4 RISFAC
July 22, 2014-Dayton

Region 5 RISFAC
July 15, 2014-Findlay

Region 6 RISFAC
July 9, 2014-Columbus



extension.org/military_families—**FREE WEBINARS**

Attention Volunteers, please take some time and log onto extension.org/military_families it is a great tool and an interactive learning environment delivering research-based information emerging from America's land-grant university system. This site has Military Family Specific Articles that focus on Child Care, Family Caregiving, Family Development, Network Literacy, and Personal Finance. They also have a section where you can "ask an Expert" and have trending questions in regards to military and saving on energy expenses (especially with Ohio's changing weather), military and credit card debt, Veterans and the Affordable Care Act, and military and identity theft. Please mark your calendar's for these upcoming Webinars:

July 23—Caregiver Identity Discrepancy & Implications for Practice

July 29—Small Steps to Health and Wealth

August 20—Caregiver Compassion Fatigue

September 17—Give Care. Take Care.



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—Sherise Thompson | 614-336-6589 | sherise.k.thompson.ctr@mail.mil
Candy Stephenson | 614-336-1557 | candice.l.stephenson.ctr@mail.mil
- 371st SUST BDE—Melissa Davis | 614-336-7681 | melissa.r.davis54.ctr@mail.mil
- Special Troops Command (STC) - Emily Cunningham | 614-336-7314 | emily.l.cunningham2.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 Services**
Phone: 877-852-0010 or 614-466-2100
Website: www.jfs.ohio.gov/
- **AMVETS**
Phone: 614-431-6990
Website: www.ohamvets.org/
- **ESGR**
Phone: 614-336-7444
- **Employment Support Services**
Phone: 614-336-7152
- **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/
- **Military Pay**
Phone: 614-336-7225
Website: <https://mypay.dfas.mil/mypay.aspx>
- **Personal Financial Counseling**
Phone: 614-336-4212
- **ONG Education Office**
614-336-4165
- **American Red Cross**
Phone: 877-272-7337

Medical

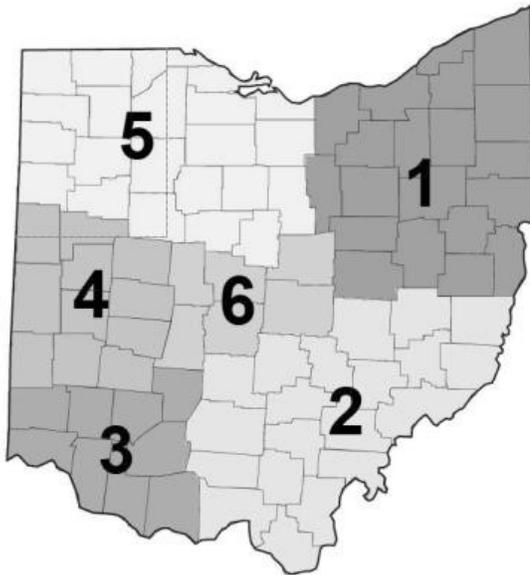
- **TRICARE Benefits Assistance**
614-336-6000 Phone: ext 1778
- **OHARNG Health Services**
Phone: 614-336-4194 or 614-336-7271
- **Drug/Alcohol Abuse Prevention Coordinator**
Phone: 614-336-6444
- **Military OneSource**
Phone: 800-342-9647
Website: www.militaryonesource.mil
- **Sexual Assault Response Coordinator**
Phone: 614-336-7159
- **JAG Office – Legal**
Phone: 614-336-7022
- **DEERS/ID Cards**
Phone: 614-336-7087
- **OHARNG Retention Office**
Phone: 877-687-7660
- **Sexual Assault Hotline**
Phone: 877-751-5628
- **Librarian – Military Records**
Phone: 614-336-7038

Behavior/Mental Health

- **Military Family Life Consultant**
Phone: 614-336-7479
- **OhioCares**
Phone: 800-761-0868
- **Chaplain Services**
Phone: 614-336-4117
- **Director of Psychological Health Army National Guard**
Phone: 614-336-7246
- **Director of Psychological Health 178th Air National Guard**
Phone: 1-800-851-4503 x 2583
- **Veteran Crisis Center**
Phone: 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
 Joe Hanood joseph.l.hanood.ctr@mail.mil 614-336-4311

Region 3 TFAC- South West Ohio- Cincinnati/Hamilton

Lauren Martinez lauren.a.martinez.ctr@mail.mil 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

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 your eligibility for any program that is available and help you apply for assistance when and if applicable. By working together, we can get assistance to the service member quickly and accurately. Accordingly, you 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 FRG's 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 following are just some of the programs that are offered throughout the year. All of our camps for this summer are full with a wait list, be sure to watch for new opportunities and information about registration using the ways to “Stay Connected” on the next page.

Troop & Family Camps—Welcome entire families from babies to grandparents and everyone in between! Families had a chance to get away from it all and enjoy the thrills of flying on a giant swing, sailing on Lake Erie, playing ga-ga ball, and making everlasting memories!

Hero Camps—Offer short-term experiences for 6-12yr olds, each with a specific focus, such as science or healthy living.

Strong Family Workshops—Concurrent with Hero Camps that share tips and tools for raising healthy resilient kids.

Teen Leadership Camps—Through hands-on activities teens explore what

it takes to be a strong leader no matter what the setting. Teens discover more about themselves and how change, influence, communication and problem solving skills can assist them in life.

Contact Information:

Andrew Seward

Lead Child & Youth Program Coordinator
614-336-7274

andrew.j.seward.ctr@mail.mil

Theresa M. Ferrari, Ph.D.

State 4-H Military Liaison
614-247-8164

ferrari.8@osu.edu

Education Outreach,

School is just around the corner so, be ready!

Does your school know about the resources available to military connected youth or some of the unique challenges and stresses they face?

Over the past two years the Youth Programs Team has met with more than 200 educators, counselors and school administrators across the state. During these meetings the school representative is made aware of the presence of military youth in their school (that's right many do not even know there are military families in the community) and the resources available to the student because they are from a Military Family at no extra cost to the school. A “Toolkit” is provided

containing information of how to access the resources so the educator always has a reference at hand. Schools can be hard to contact, so if you know someone at your school that we can connect with and make the introduction easier that will help us reach more educators.

We understand that not all families want to be directly identified to the school as a military family. Therefore, we will gladly establish a meeting with the school and maintain your preference of privacy.

There is also a “Toolkit” available to families to ensure that you are aware of the great opportunities and resources available to your youth and teens to support their academic success.

If you would like more information please contact:

Amy Lee

Child & Youth Program Coordinator

614-336-4214

Amy.l.lee47.ctr@mail.mil



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>

Sittercity great for Summer Date Nights

Summer Vacation is here!

Find the perfect summer sitter for your family. Military families your Sittercity membership is paid for by the Department of Defense.



Activate today at
sittercity.com/DoD



Veterans & Family Day at the Fair!

What's better than a day to spend together than FREE admission to the Ohio State Fair **Sunday, July 27th** (must have appropriate identification).

Check out Sunday's schedule of events at http://www.ohiostatefair.com/osf/downloadbooks/marketing/2014/daily_schedules.pdf Lots of fun things for adults, kids, and the whole family to enjoy!!

Just to give you a sampling of some of the entertainment that will be at the fair...

- Dino Walk
- General William T. Sherman—Civial War Encampment
- The Amazing Giants—stilt walkers
- Darril Edwards—steel drums
- Dave Malmberg—vintriloquist



Who doesn't love S'mores...try this version!

S'mores Truffle Pops (Makes about 16 pops)

- 2 cups semisweet chocolate chips
- 1/4 cup whipping cream
- 1 cup marshmallow crème or fluff
- 3/4 cup graham cracker crumbs, divided
- 16 small marshmallows
- Lollipop sticks



Directions—Place chocolate chips and cream in a medium-

sized bowl. Microwave for 30-second intervals until completely melted and smooth. Add marshmallow crème; stir until smooth. Gently fold in 1/2 cup graham cracker crumbs. Set aside in the refrigerator for 30 minuets to firm up. Once chocolate is firm enough to work with, plac3e a spoonful in one hand. Gently press a marshmallow into the middle and then roll into a ball to cover it. Place chocolate ball in remaining graham cracker crumbs and roll to cover. Insert a lollipop stick through the center and place on a baking sheet in the refrigerator until firm, about 15 to 30 minutes.