

July/August 2015

Family Programs Newsletter



108th Training Command (IET)
Family Programs Office
1330 Westover St., Charlotte, NC 28205
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Special points of interest:

- * A Word from our Director
- * Family Programs Staff Information
- * Upcoming Training Events

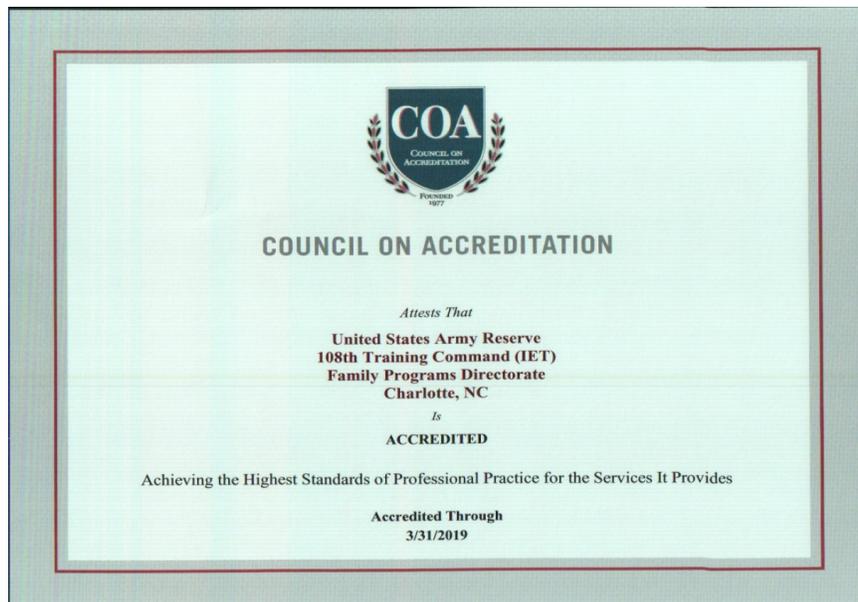
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A Word from Our Director

The 108th Family Programs Directorate is pleased to announce that our program has achieved accreditation through the Council on Accreditation — also known as COA, under its Military Family Readiness Program Accreditation which was developed in collaboration with the U.S. Department of Defense for military family readiness services offered to Soldiers Families Civilian employees and Retirees.

COA is an independent non-profit organization, separate from the government, that ensures these military and family readiness programs and services are being delivered at the highest quality. Achieving accreditation was not easy; it took us over a year to complete this challenging process. During that time, COA reviewed all aspects of our program's services. We now join over 2,000 organizations and programs in COA's community of excellence. COA accreditation provides you with the confidence that our services are among the best in the nation. Please let us know if you have any questions or comments. We are truly excited about this milestone and hope you are, too.



Travel Safety Tips

By [Matthew Keegan](#) - Article Source: http://EzineArticles.com/?expert=Matthew_Keegan

Traveling to unfamiliar destinations can bring to you the sort of troubles you do not want to experience while on the road namely: robbery, rape, or murder. Tourists often fall prey to perpetrators because they do not prepare properly before embarking on a trip. Let's examine some things you should do to prevent your travels from becoming a tragedy:

1. Never list your home address on the luggage tag. If on business, put the company's address on the tag; if visiting friends you can list their address. Use covered luggage tags as well.
2. Carry important papers with you: NEVER check anything that you simply cannot afford to lose. Photocopy your passport, driver's license and credit cards.
3. Bring a small flashlight. You never know when you'll suddenly be "in the dark" and find yourself in unfamiliar surroundings. At night, keep your flashlight by your bed.
4. Make sure that your prescription medicines are filled *properly* and labeled *accurately*. In some countries certain prescription medicines are forbidden.
5. Never wear anything that projects affluence. No gold chains, expensive watches and rings, luggage, or other paraphernalia should be in easy view. **Better yet:** leave your jewelry at home.
6. Women particularly should never accept a drink from a stranger. Keep an eye on your drink at all times.
7. Vary your schedule; try not to come and go at the same time every day.
8. Only stay in a hotel that uses cards to open room doors and make sure your room has a peephole and a deadbolt lock, secure the chain and secure the door by pushing a rubber stop under it.
9. Stay in a room near a stairwell. Never take the elevator if a fire or smoke is detected. Always stay in a hotel where the doors enter the hallway and not directly from the outside.
10. Do not use unmarked taxi cabs. Sit behind the driver so you can see him, but he cannot see you. Pay the driver upon arriving at your destination and while you are still sitting in the vehicle.
11. If you must rent a car, rent only from a reputable company. Any operating problems that occur could signal sabotage.
12. Be aware of 'staged' car accidents meant to catch you off guard.
13. Park only in well-lit and well-traveled areas.
14. If your cell phone does not work outside of the country, consider renting one that does for the duration of your trip.
15. If detained for whatever reason by an official, ask for identification. If in doubt, tell them that you want to see his superior. Keep your emotions in check.
16. If traveling with children, bring along an updated photograph of each child in the event that you become separated from them. Write your child's name and your hotel number on each card; include a close friend's or relative's contact information

**“Do not follow
where the path
may lead. Go
instead where
there is no path
and leave a trail”**

- [Ralph Waldo](#)

[Emerson](#)

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Military One Source Counseling Services

In addition to face-to-face, telephonic, and secure online chat, Military One Source (MOS) now offers new confidential non-medical counseling option, which became available on February 1, 2015. The video non-medical counseling allows eligible service members and their families to receive up to 12 sessions, per person, per issue over the internet in real time. The Military One Source counselor will simply e-mail a link which will connect the participant to a counseling

session at the agreed upon time. While participants cannot access the video platform on a Department of Defense computer, they can securely transfer information online using their video-enabled computer or mobile device. The audio portion can be connected via telephone if needed. The video non-medical counseling may be provided on an individual or family/group basis. Because this service is accessed over



800-342-9647

www.militaryonesource.mil

the internet it is ideal for people who might be geographically separated.

2015 Park and Recreation Month

This July we're celebrating 30 years of Park and Recreation Month and the enduring importance of parks and recreation for the world. From the start, parks were created to serve the people—to give them a place to appreciate nature, exercise, socialize and have fun. This mission lives on and will continue to intensify into the future. This July, let's celebrate the past, present and future of parks and recreation!

Your challenge is to get gnarly and rock Park and Recreation Month 80s-style. Maybe you'll host a totally tubular aerobics dance party (leg warmers and headbands are a must!) or an 80s movie night series — have fun with it! Need added inspiration? Visit our blog to get suggestions! We can be found here:

<http://www.nrpa.org/blog/recreating-like-it-s-1985/>.

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- on the card. Give a card to each child which they will carry with them as long as you are away. Destroy once home.
- 17. Discuss with your family what they would do in event of an emergency while away from home, e.g. whom to call, how to contact emergency personnel, etc.
- 18. Do not discuss travel plans, your room number or any other personal information in public within earshot of strangers.
- 19. Bring along a basic first aid kit with bandages, iodine, mosquito repellent, sunscreen, alcohol packets, ibuprophen or other pain reliever, Dramamine, Pepto Bismol, diarrhea medicine, etc.
- 20. Familiarize yourself with train and bus schedules before traveling. Have an alternate plan in place in the event your transportation plans change.
- 21. Do not flash your passport in public. Discreetly show important documents to officials only.
- 22. Consider purchasing portable alarms that emit a loud sound.
- 23. Watch for scams on the street. Children working with adults are notorious as pickpockets.
- 24. Never flash your money in public. Exchange funds with reputable and recognized exchangers only. If you have your military ID with you at the airport currency exchange booth, you will not have to pay the exchange fee.
- 25. Have tips ready in advance for service personnel. If traveling outside the US, familiarize yourself with tipping protocols.
- 26. Consider renting an escort [security] service if traveling in areas where crime is high.



Family Programs Staff

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TELL US HOW WE'RE DOING!

ICE



Family Programs Training Events

Soldier Lifecycle Training:

Description: This will be a training designed to educate Family Readiness Liaisons on the needs of and responsibilities to Families during all phases of the Soldier's Life Cycle - New to the Army Reserve - New to the Unit - Assuming a Leadership Role - Mobilization, Sustainment and Reunion - Transition: ETS, PCS, Retirement or Wounded Warrior. Resources to support Families during each phase will be highlighted.

Audience: Family Readiness Liaisons

Chain of Command Training:

Description: This training will provide participants with information relevant to Command Teams on the administration of a unit Family Readiness Program designed to address needs throughout the Soldiers Life Cycle. Participants will be able to distinguish between the various roles and responsibilities of Command Team Members and identify Family Programs and staff positions to assist with the implementation of a healthy, holistic Family Readiness Program. This training facilitates the development of a unit Family Readiness Plan.

Audience: Commander, Executive Officer, Sergeant Major, First Sergeant, Family Readiness Liaison (FRL), Unit Administrator (UA), Supervisory Staff Administrator (SSA), Active and Experienced FRG Leaders may attend at the Commanders discretion.

FRG New Era Training:

Description: This training is designed to provide FRG Volunteers with the knowledge, tools and skills required to build and maintain an effective FRG. Participants will explore the definition and mission of the FRG. FRG operations, exploration of regulatory guidance and supporting Soldiers and Families during their entire life cycle are major focuses of the training. Finally, participants will be able to distinguish between the various roles and responsibilities of Command Team members and Volunteers.

Audience: Statutory FRG Volunteers, Family Readiness Liaisons and Commanders.

Volunteer Orientation Teleconference

Dates:

14 JULY 2015

29 AUGUST 2015

24 SEPTEMBER 2015

Description: This briefing provides new volunteers and/or potential volunteers with an orientation of opportunities, expectations and requirements of volunteering with the Army Reserve Family Programs.

Audience: New Statutory Volunteers, Potential Statutory Volunteers



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**The Strength of our
Soldiers comes from the
Strength of their Families.**

VISIT ARMY RESERVE
FAMILY PROGRAMS @
WWW.ARFPP.ORG

TRICARE Safety Series: Be Safe in the Sun

Summer is here and temperatures are rising. As you and your loved ones spend more time in the sun, be sure to practice sun safety and protect yourself from harmful ultraviolet (UV) radiation.

UV rays are an invisible form of radiation that can pass through your skin and damage your skin cells. Although they can cause skin damage during any season or at any temperature, you are at higher risk in the summer when temperatures are warmer and you show more skin. Suntans and sunburns are both signs of skin damage. They appear after the sun has already killed some skin cells and damaged others.

The National Institutes of Health reports that long term skin damage can cause eye problems, wrinkles, skin spots and skin cancer. You can protect yourself from sun damage by:

- ◇ Avoiding the sun when it's strongest (between 10am-2pm)
- ◇ Using sunscreen with a sun protection factor (SPF) of 15 or higher
- ◇ Wearing protective clothing
- ◇ Avoiding sunlamps and tanning beds
- ◇ Wearing wraparound sunglasses that provide 100 percent UV ray protection

If you've been in the sun, be sure to check your skin for changes in the size, shape, color or feel of birthmarks, moles and spots. Be sure to discuss your concerns with your health care provider. TRICARE covers skin cancer exams for individuals with a family history of skin cancer; with an increased exposure to sunlight or clinical evidence of precursor lesions, the red, scaly areas on skin as a result of sun damage.

For more information, visit the U.S. National Library of Medicine's web page on sun exposure.

Fort Family Outreach and Support Center

Fort Family is providing a single gateway to responsive Family Crisis Assistance, available 24/7, 365 days a year. It provides a unit and community based solution to connect people to people. By pinpointing Families-in-need and local community resources, the AR can quickly connect the Soldier or Family member to local resources thus providing installation-commensurate services in the geographic location of the crisis. Fort Family has established a community based capacity by engaging our Nation's "Sea of Goodwill" to support Soldiers and Families closest to where they live. Receive information and referral from Fort Family Outreach and Support for needs such as:

- ◇ Temporary Housing
- ◇ Emergency Funds
- ◇ Disaster Relief
- ◇ Debt Management
- ◇ Emergency Home Repair
- ◇ Assistance with locating nearest installation
- ◇ Separation or Coping issues
- ◇ Need information on how to find a CAC office

You may contact Fort Family at 866-345-8248 or help@fortfamily.org

