

# Warrior & Family Support Newsletter

## Family Assistance Centers

Promoting Readiness & Quality of Life  
for Service Members & Families



**OCT 2016**

**2lt Christina Lemburg**

**Warrior & Family  
Support Office**

**1-800-432-6778**

This newsletter contains official and unofficial information. The inclusion of unofficial information has not increased the cost to the Government, in accordance with DOD 4525.8M

Did you know...

The WFS Office has a  
**COMMUNITY EVENTS and OFFERS**  
page where we post discount offers,  
community events and fliers with info of  
interest to our military members & families.

**[neguard.com](http://neguard.com)**

Check it out and sign up for email alerts!

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MSG Buettner  
State Resilience Coordinator

## Resilience Corner

### This Months Resilience Skill

The VIA Character Survey is tool that you can use to identify your character strengths. When you identify your strengths and those in others, you can increase your communication effectiveness and strengthen your relationships. After the survey gives you a list of your strengths, reflect on how you use them in your personal and professional lives. Take it with your family members or coworkers. Have a discussion about how their strengths affect the way they communicate as well.



# IDENTIFY CHARACTER STRENGTHS IN SELF AND OTHERS

*Build on the best of yourself and the best of others*

Appreciation of beauty and excellence, Bravery, Capacity to love, Caution, prudence, Citizenship, teamwork, Creativity, Curiosity, Fairness, Forgiveness, Gratitude, honesty, Hope, Humor, Industry, perseverance, Judgement, critical thinking, Kindness, Leadership and more . . .

**Master Resilience Training Skills**

Go ahead and try it, it's free!!

<http://www.viacharacter.org>

#### For More

Information Contact the Resilience Office

[William.t.buettner.mil@mail.mil](mailto:William.t.buettner.mil@mail.mil) or 402-309-7349

[Kelli.j.hatzenbuehler.mil@mail.mil](mailto:Kelli.j.hatzenbuehler.mil@mail.mil) or 402-309-7343

Please visit our Facebook Page at <https://www.facebook.com/NebraskaArmyNationalGuardResiliencyProgram/>



## **New Staff Member Introduction**

### **Suicide Prevention Programs Manager: Bridget Pettaway**



Bridget Pettaway is the new Suicide Prevention Program Manager for Accenture Federal Services. The National Guard Bureau provided Accenture funding to help improve combat readiness and the overall health of ARNG Soldiers. The Program provides resources and education to all Soldiers, family members and civilian employees to combat high risk behaviors.

As the SPPM, Bridget will assist with the distribution of materials and specialized training programs. She is excited to help promote a healthy organization that is resilient, knowledgeable regarding high risk behaviors and educated on stress reduction measures.

Bridget is also the battalion chaplain for the 126th Chem in Omaha, NE. She enjoys spending time with her husband and son.

[bridget.d.pettaway@accenturefederal.com](mailto:bridget.d.pettaway@accenturefederal.com)

402-309-7326 Office

402-658-2010 Cell



# Fun Without Fear: Taking the Horror Out of Halloween for Young Children

**REVIEWED AUG 16, 2016**

How would you feel if you opened your front door and found yourself standing face-to-face with an actual dragon? Not someone dressed up as a dragon or a mechanical dragon like those used in the movies, but an honest-to-goodness, scale-covered, fire-breathing dragon.

It is hard to know how you would feel, because adult fears are founded in reality. We worry about our children being harmed, or about our health failing us. But for young children, the line between what is real and what is imaginary is not as clear-cut. Children younger than age 5 have little ability to differentiate between the two, according to The American Academy of Pediatrics. Most children do not even begin to distinguish reality from fantasy until the age of 4. This is why normal childhood fears, such as a fear of monsters or the dark, subside as a child nears school age.

## **Celebrating Halloween with your child**

For children younger than age 5, spending a night with witches, goblins, and ghosts can be traumatic. And with the Halloween season lasting longer and Halloween decorations becoming more elaborate each year, the weeks leading up to October 31 can be trying times for toddlers. Unless you spend the autumn months in seclusion, there is no escaping Halloween. Here are some ideas to help your young child enjoy this ghastly and ghostly holiday:

**Read Halloween books together.** Bookstores and libraries carry Halloween books for preschoolers, many featuring popular children's characters. Choose books that go heavy on the fun and light on the frightful.

**Visit a costume store.** Let your child see costumes hanging on store racks, and explain that people dress up on Halloween just as he dresses up as a cowboy or firefighter at home.

**Focus on nonthreatening aspects of Halloween.** Spend time painting silly faces on pumpkins, jumping in leaves, or decorating homemade treat bags. Choose costumes and activities that provoke more fantasy than fear for the very young.

**Do not ignore fears.** No matter how much you try to skirt the scary this Halloween, your child may still see or hear something that frightens him. Remember: A child's fears are very real to him. If your child becomes afraid, remove him from the scary situation and acknowledge his fear, then try to distract him with a different activity.

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### **Disclaimer**

Contact a Consultant Now: 1-800-342-9647

TTY/TDD: 1-866-607-6794

En español llame al: 1-800-342-9647

<https://www.militaryonesourceeap.org/achievesolutions/en/militaryonesource/>



## Halloween Safety Information for Parents

REVIEWED JUN 26, 2015

Halloween is an exciting time for children, but it can also be a dangerous time. Children are more likely to be in fatal pedestrian accidents on Halloween than on any other night of the year. There are seven basic reasons why children are more likely to be hurt in pedestrian accidents.

They often choose to take the shortest route, which may mean darting out between parked cars rather than taking the safer route of crossing at corners.

They're poor at evaluating potential traffic threats.

They're more likely to disregard their peripheral vision and are less attentive to their street surroundings.

They have a tendency to believe they're indestructible and are more likely to take risks.

They need to be told that some people driving cars will not slow down for them.

They can't cross streets as rapidly as adults.

They may be distracted by other children's costumes, behaviors, and home decorations.

Here are some important **Halloween safety tips** that every parent should know.

Purchase or make Halloween costumes from flame-resistant materials.

Pick brightly colored costumes or add your own reflective tape so motorists can see them.

Attach your child's name, address, and phone number somewhere inside the costume.

An adult should always accompany children under age 12.

To avoid tripping, make sure your child's costume is not too long and that shoes are the proper size.

Use washable face paint instead of masks so your child's vision isn't compromised.

Plan the route your children are going to take, especially if they're going out unsupervised.

They should go in a group.

Teach your children never to respond to a driver or pedestrian who calls out to them.

Provide your children with a healthy meal ahead of time so they don't get hungry before returning home.

Make sure your children don't eat any candy or food without checking with you first.

Keep your walkway free of debris so that children coming to your house won't trip or fall.

Keep your pets away from the front door so they won't scare trick-or-treaters.

Tell your children not to go to homes with barking, jumping dogs and not to approach any stray animals.

Make sure your children have flashlights, especially if they're staying out after dark.

Establish an appropriate curfew for children to return home.

Don't let young children carve pumpkins. Get them involved by drawing the outlines before you cut them out as well as helping with other decorations.

Don't hand out candy that could be a possible choking hazard to younger children.

Teach your children to stay on the sidewalks and cross only at corners.

Teach your children to look, listen, and be aware of cars not stopping at corners.

Teach your children to only go to houses with porch lights on and to never enter anyone's house.

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<https://www.militaryonesourceeap.org/achievesolutions/en/militaryonesource/>

# Supporting the Red Ribbon Campaign: Soldier's Guide

## What is the Red Ribbon Campaign?

Following the murder of DEA Agent Enrique Camarena by drug traffickers in Mexico City, angered parents and youth in communities across the country began wearing Red Ribbons as a symbol of their commitment to raise awareness of the destruction caused by drug use. The National Federation of Parents (NFP) organized the first Nationwide Red Ribbon Campaign and in 1988, NFP sponsored the first National Red Ribbon Celebration.

The Red Ribbon mobilizes communities to educate youth and encourage participation in drug prevention activities. It is the oldest and largest drug prevention program in the nation, reaching millions during Red Ribbon Week (October 23<sup>rd</sup>-October 31<sup>st</sup>) each year. This year's theme, "YOLO. Be Drug Free" was submitted by 6<sup>th</sup> grade students from Pennsylvania. The Department of Defense has supported the Red Ribbon Campaign since 1990.

## How can I help?

### Have a conversation with your children, nieces and nephews, or younger brothers and sisters about substance abuse prevention

Talk about the importance of living healthy and drug-free. Share stories about living drug-free as a Soldier and encourage alcohol and drug-free activities on the weekends and after school.

Express your disapproval of abusing alcohol or misusing prescription drugs. Talk about the dangers of binge drinking and prescription drug abuse.

Read and sign the "Drug-Free" pledge with your child. Learn more at <http://redribbon.org/pledge/>.

### Support the Red Ribbon Campaign in the school your child, niece/nephew, or younger sibling attends

Visit the classroom to talk about living drug-free as a Soldier in the US Army.

Help organize a "Wear Red T-Shirts" Day for the classroom.

Help your child/niece/nephew/sibling make a sign or poster about Red Ribbon week and being drug-free to hang in the classroom.

### Share the Red Ribbon Campaign with the rest of your community

Organize a "Wear Red T-Shirts" Day at your civilian workplace

Support nationwide campaign activities. Learn more by downloading the [Red Ribbon Planning Guide](#).

Follow @redribbonweek on Twitter, visit <http://redribbon.org/> or contact your NE ARNG Substance Abuse Program for more ideas!

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Alcohol & Drug Control Officer  
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da.j.kushen@accenturefederal.com

Mark Darby  
Prevention Coordinator  
Tel: 402-309-7773  
mark.d.darby@accenturefederal  
.com

# Fall 2016 Program Guide

The Child and Youth Program is excited to announce that our Program Guide for 1st-quarter 2016 (Oct-Dec) is now available.

The guide can be viewed or downloaded [here](#). The guide includes monthly calendars, program descriptions, and registration information.

Please note that event information, including dates, times, and locations are subject to change.

Registration for events that require registration is available online at Eventbrite.

Registering through Eventbrite ensures that you will receive updated information about the event as soon as it's available, as well as, confirmation and reminder e-mails about the event.

The Child and Youth program has [profile](#) that shows all of our upcoming events for registration.

If you have any questions about the program guide or any of our upcoming programs, please contact us.

Thank you!

Luther Mardock, LCYPC (Contractor)

Niki McKinstry, CYPC (Contractor)



# OUTDOOR EDUCATION DAY CAMP

**Date: October 17, 2016**  
**7:30am-3:30pm**  
**NGP Outdoor Education**  
**Center**  
**Lincoln, NE**

Spend this day off of school (LPS) learning about insects and wildlife and practicing your archery and marksmanship.

**This event is open to ARNG, ANG and other military dependents ages 8-14**

Register online!

**Eventbrite**



Contact: Luther Mardock (contractor)  
 Niki McKinstry (contractor)  
 O: 402-309-7330 M: 402-760-3615  
 luther.mardock@gmail.com

Find us on



**TRICK  
OR  
TREAT**

**2016**

**HAUNTED ARMORY**

**OCTOBER 21 – LINCOLN, PENTERMAN, 5–7 PM**

**OCTOBER 22 – OMAHA, SORC, 4–6 PM**

**OCTOBER 28 – KEARNEY, ARNG ARMORY, 5–7 PM**



**Contact: Luther Mardock (Contractor) or Niki McKinstry (Contractor)**  
**402-309-7330 or 402-309-7338**  
**neyouthprograms@gmail.com**

**Find out about all our upcoming events!**

**Find us on**  **NENGCYP**



**TEEN  
COUNCIL**

**Question and Answer**

**WHAT IS TEEN COUNCIL?**

Teen Council is a group of Air National Guard and Army Guard teens that meet monthly to serve as a voice for military youth. Teen council is an opportunity to help plan and volunteer for child and youth events.

**WHO CAN JOIN TEEN COUNCIL?**

Ages 13- 18 of National Guard, Air Guard, and Retired Military youth.

**WHAT WILL PARTICIPANTS LEARN?**

Teens will learn skills of leadership, teamwork, and selflessness. Along with experience in event planning and organization.

**HOW OFTEN WILL THEY MEET?**

Teen Council will have a monthly meeting that can be attended in person or through conference call.

**WHAT ACTIVITIES DO THEY HELP WITH?**

Teen Council helps with The Haunted Armories, Day Camps, Operation Hidden Egg, and the Military Kids Ball.

**WHO SHOULD JOIN TEEN COUNCIL?**

Teens who want to meet and build connections with other teens similar to themselves. Also teens who are looking for some volunteer experience.

**HOW DO I SIGN UP FOR TEEN COUNCIL?**

Contact Niki or Luther at the Child and Youth office and they will give you the date of the next meeting and the paperwork!

**CONTACT US**

Luther Mardock 402- 309—7330  
luther.mardock@gmail.com  
Niki McKinstry 402—309—7338  
nikimckinstry@gmail.com



2016 TEEN COUNCIL  
RECRUITMENT INCENTIVES

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BRING YOURSELF

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Bring 1

Friend

Bring 2

**Friends**

**Bring 3**

Friends!



Find us on 



Contact: Luther Mardock (Contractor)  
Niki McKinstry (Contractor)

402-309-7330 or [teencouncil@nengcyp.com](mailto:teencouncil@nengcyp.com)



# Adventure Club

Adventure Club is a program for National Guard children ages 8 - 12. Adventure Club will be hosted by the Nebraska National Guard Child and Youth Program. Each time we meet kids will take part in interactive outdoor education curriculum.

For this Adventure Club we will be meeting at the Nebraska Game and Parks Outdoor Education Center. The kids will have an opportunity to participate in archery, outdoor cooking, wildlife identification, and several other outdoor activities.

Adventure Club will be hosted at the Nebraska Outdoor Education Center every first and third Tuesday of the month. We will meet from 4:00pm - 6:00pm.

Dates for Adventure Club:

September 6th & 20th

October 4th & 18th

November 1st & 15th

December 6th & 20th

Sign up on Eventbrite to register



Call or Email the Child and Youth office with any questions

Luther Mardock 402- 309—7330

[luther.mardock@gmail.com](mailto:luther.mardock@gmail.com)

Niki McKinstry 402—309—7338

[nikimckinstry@gmail.com](mailto:nikimckinstry@gmail.com)



# DAY FAMILY

PLATTE RIVER  
STATE PARK  
12 PM TO 4PM  
OCTOBER 8TH 2016

Come and enjoy an afternoon at the Outdoor Heritage Education Center at Platte River State Park near Louisville, NE. The Child and Youth program will host this family day and provide a voucher for military dependent child or youth ages 6-18 to participate in selected Platte River Activities.

HIKING  
ARCHERY  
FIREARM RANGE  
TOMAHAWK & SLINGSHOT

To register or find more information click  
on our links



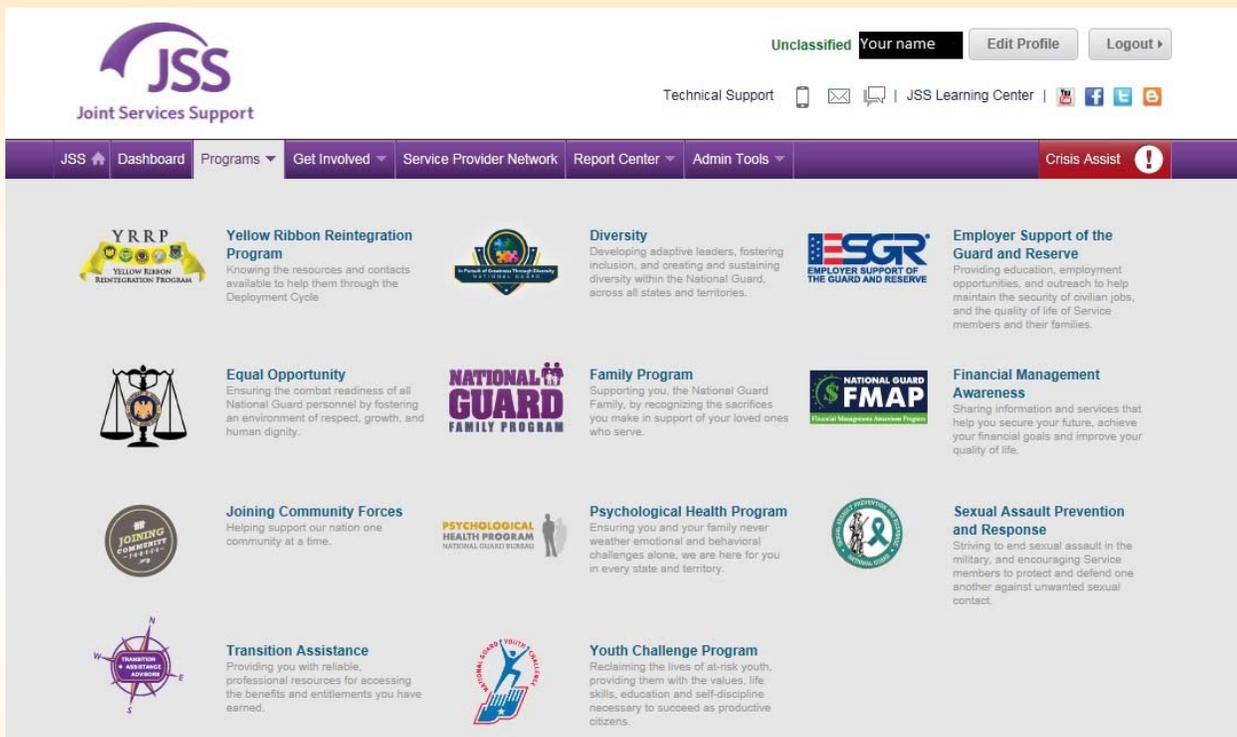
Find us on  
**Facebook**

# We need your help!

We are trying to track and log your volunteer time, but we need your help. The program we use to track your time is: [www.jointservicessupport.org](http://www.jointservicessupport.org)

Once we know your hours of service, then we can start recognizing outstanding volunteers (we have some really nice stuff to give away). We know you do a lot, and some of you go “above and beyond” in your volunteer service; let us recognize you!

Help us by joining JSS (Joint Services Support). Some nice benefits of joining JSS are access to a variety of programs and services:



## To log Volunteer Hours:

Log onto the JSS website >Click on admin tools > Under Tools > click on Volunteer Activity Tracker >Then click the add button >Fill in the appropriate boxes and hit submit.

If you have any questions, please let your FRSA know and we will be glad to assist you!

FRSS Trainer:

**Kim Ostermeyer**

kimberly.l.ostermeyer.ctr@mail.mil

FRSA:

**Dan Paxton**

**67 MEB, RTI**

Daniel.a.paxton.ctr@mail.mil

FRSA:

**Stephanie Whisler**

**92 TC, JFHQ, SRRO**

stephanie.m.whisler2.ctr@mail.mil

# Did you know?

## Is TRICARE Reserve Select Right for You?

You can decide to use TRICARE Reserve Select if you're:

- a member of the Selected Reserves,
- not on active duty orders or covered by the Transitional Assistance Management Program, and
- not eligible for or enrolled in the FEHB.

The plan provides comprehensive health care coverage when you're not activated and covered by active duty TRICARE benefits. And, because you can see any provider, you don't have to change providers if you already have one.

## TRICARE Reserve Select

TRICARE Reserve Select is a premium-based health plan for Selected Reserve members (and their families) who qualify.

- Purchasing TRICARE Reserve Select is a two-step process that you must complete online.
- Individual Ready Reserve (IRR) members including Navy Reserve Voluntary Training Units (VTU) don't qualify.

### Step 1: Qualify

1. Log on to the [DMDC Reserve Component Purchased TRICARE Application](#)
2. Select "Purchase Coverage" and follow the instructions.
3. Print and sign the completed Reserve Component Health Coverage Request Form (DD Form 2896-1).

You must have a [Common Access Card \(CAC\)](#), [DFAS \(MyPay\) Account](#), or a [DoD Self-Service Logon \(DS Logon\) Premium \(Level 2\)](#) account to log in.

If you don't qualify, you won't be able to complete or print the form.

### Step 2: Purchase

You may purchase the plan at any time throughout the year. Mail or fax your completed Reserve Component Health Coverage Request Form (DD Form 2896-1) along with the [initial premium payment](#) to your regional contractor within the specified deadline.

## TRICARE Reserve Select Costs

### Monthly Premiums

The current monthly premiums through December 31, 2016 are:

- Member Only: \$47.90 per month
- Member + Family: \$210.83 per month

### Paying Monthly Premiums

- When you enroll, you'll pay a two-month premium payment by check, money order/cashier's check or a debit/credit card.
- After that, premiums are paid by an electronic funds transfer (EFT) or recurring debit/credit card charge.

## How to Enroll—Online Only

- Log in to the [DMDC Reserve Component Purchased TRICARE Application](#)
- Follow the instructions to enroll

To log in, you must have one of the following:

- [Common Access Card \(CAC\)](#)
- [DFAS \(MyPay\) Account](#)
- [DoD Self-Service Logon \(DS Logon\) Premium \(Level 2\)](#) account.

Once you have enrolled you can download a TRICARE [wallet card](#) to take to your appointments but you must also show your military ID as proof of coverage.

If you don't qualify, you won't be able to complete or print the form. Contact your National Guard or Reserve personnel office for assistance. If you experience a technical problem, call 1-800-477-8227 for assistance.

## Annual Outpatient Deductible

Cost sharing begins after you meet the annual outpatient deductible each [fiscal year](#).

- Sponsor Rank E4 and below: \$50 per individual, but no more than \$100 per family
- Sponsor Rank E5 and above: \$150 per individual, but no more than \$300 per family

# PUMPKIN DOG TREATS

2 ½ cups whole wheat flour  
2 eggs  
½ cup pureed pumpkin  
2 Tbsp peanut butter  
½ tsp salt  
½ tsp ground cinnamon

1. Preheat oven to 350 degrees.
2. Whisk together the flour, eggs, pumpkin, peanut butter, salt and cinnamon in a bowl.
3. Add water as needed to help make the dough workable, but the dough should be dry and stiff.
4. Roll the dough until it is ¼ inch thick. Cut into ½ inch pieces.
5. Bake in a preheated oven until hard, about 40 minutes. Store in airtight container.



PooBuddy

# Family Programs Contact Information

## State Family Program Director

CPT Melissa Kramer  
2000 N. 33rd St, Lincoln  
(402) 309-7331

## Region 1 Family Assistance—Lincoln

Brandi Gettert  
(402) 309-7333 and (402) 318-8986

## American Red Cross

1-877-272-7337

## Airman & Family Readiness

Karen Jordan  
155th Air Refueling Wing  
(402) 309-1588

## Region 2 Family Assistance—Omaha

Bob Reichwein  
(402) 309-7086 and (402) 318-8989

## Psychological Health Coordinator

Jodi Kohler  
2000 North 33rd St, Lincoln  
Cell: (402) 309-7434

## Alcohol & Drug Coordinators

Amanda Kushen (Lincoln)  
(402) 309-7325 and (402) 613-9023  
Mark Darby (Kearney)  
(402) 309-7773 and (308) 627-8233

## Region 3 Family Assistance - Wayne

Layne Beza  
(402) 309-8940 and (402) 318-8990

## Tricare Resource NCOs

Nebraska Guard HRO Office  
(402) 309-8167 or (402) 309-8181

## Region 4 Family Assistance—Ashland/ Mead

Mary Mathiessen  
(402) 309-8074 and (402) 318--9000

## Chaplain

LTC Houser (402) 326-4254

## Resilience & Suicide Prevention Office

MSG Kelli Hatzenbuehler  
(402) 309-7343

## Region 5 Family Assistance—Kearney

Carey Wilson  
(402) 309-7747 and (402) 318-8994

## Military OneSource

www.militaryonesource.mil  
1-800-342-9647

## Suicide Prevention Program Manager

Bridget Pettaway  
402-309-7326

## Region 6 Family Assistance—North Platte

Scott Halsted  
(402)309-8602 and (402) 318-8995

## Child & Youth Office

Luther Mardock & Niki McKinstry  
(402) 309-7330 & (402) 309-7338

## Family Readiness Support Asst. (FRSA)

(402) 309-7435 or (402) 309-7326

## Region 7 Family Assistance —Scottsbluff

Amy Reinpold  
(402)309-8566 and (402) 318-8992

## Employer Support of Guard (ESGR)

Bill Nelson and Peggy Brown  
(402) 309-7303 and (402) 309-7305

## FRSA Trainer

Kim Ostermeyer (402) 309-7328

## Hero2Hired (H2H)

Richard Burch  
(402) 309-7441