



WARRIOR & FAMILY SUPPORT NEWSLETTER

Promoting Readiness & Quality of Life for Service Members & Families

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SUMMER 2022



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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

Warrior & Family Support has a web page where we post info for our military members & their families.

Come check us out at... <http://ne.ng.mil/FPO>

LETTER FROM THE EDITOR



Greetings,

I would like to welcome and thank Elizabeth Davis for joining our team at WFS, she took on the role of Lead Child & Youth Coordinator. She has hit the ground running and is attempting to get out into the communities as much as possible to get some programs/services available to the Military Youths. Our other CYS Coordinator position will be filled by Laura Chastain, she is set to start in July. We are excited for the CYS team to be complete and look forward to the great work that they are going to do. On our Facebook page (<https://www.facebook.com/NebraskaWarriorFamilySupport>) and the CYS page (<https://www.facebook.com/NENGCYP>) you can follow and find when/where these events will be.

This quarter we are closing out the fiscal year, with that is usually some budgetary restraints/hardships. Just know that here at WFS we are willing to do whatever we can to assist. Also, in this quarter we are going to be promoting and having activities throughout the month of September for Suicide Awareness. Please be on the lookout for those events that are coming up.

If there is anything that the WFS Office can assist you with, reach out to us to see if we are able to help. Please enjoy this newsletter and I hope to see you at some of our upcoming events.

- CPT Joshua Hruby
Editor



CHILD & YOUTH

UPCOMING EVENTS

SUMMER DAY CAMPS

- **Wacky & Crafty** (Ages 8-14)
July 5-8, 2022

OMAHA HENRY DOORLY ZOO DAY CAMPS

- **Protecting Pollinators** (Ages 9-11)
July 11-12, 2022
- **Beastly Builders** (Ages 6-8)
July 21-22, 2022

ZOO TRIP

- **Omaha Henry Doorly Zoo & Aquarium**
Plus+: Private Behind the Scenes Aquarium Tour
Saturday, July 23, 2022 at 10:00am
Private Aquarium Tour at 1:00pm
(Ages 8-17 **MUST** be accompanied by an Adult)

Be looking for our Back to School and Fall Events.

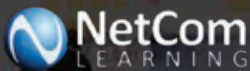
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WARRIOR & FAMILY SUPPORT

EDUCATION SERVICES



Project Management Training at NetCom Learning

Project management is essentially the practice of turning ideas into reality. Learn how to manage projects with your remote workforce, synchronize executions and accomplish

Learn How To Synchronize Projects & Remote Workers During The Pandemic – For FREE

The corona virus (COVID-19) outbreak has officially been categorized by the World Health Organization (WHO) as a pandemic, and organizations are mandating that staff adopt a work-from-home policy. NetCom Learning wants to support you and make sure your organization stay productive – and safe!

Complimentary 2-Hrs Project Management Professional (PMP) Training

PMP is the global approach for all businesses to accomplish strategic goals and generate revenue. Our complimentary 2-Hrs session will demonstrate the role of a Project Manager, Project Management approaches, and why documentation is necessary for Project Management.

What Your Team Can Learn

Your teams will be exposed to Project Management knowledge areas and tools to leverage the optimized. Training outline can also be tailored to meet your business needs, and may focus on:

- The Role of a Project Manager
- Project Management Approaches
- Why documentation is necessary in Project Management
- Project Management Knowledge Areas
- How to manage projects with your Remote Workforce
- Tools to leverage for optimized Project Outputs

Partner with us!

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FREE PROJECT MANAGEMENT PROFESSIONAL LUNCH & LEARN COURSE

Friday, July 8th, 2022 from 11am-1:30pm

We will hold a complimentary Project Management Professional (PMP) session on MS Teams. PMP is the global approach for all businesses to accomplish strategic goals and generate revenue. The complimentary 2-Hrs session will demonstrate the role of a Project Manager, Project Management approaches, and why documentation is necessary for Project Management. You will be exposed to Project Management knowledge areas and tools to leverage the optimized. At the end of the session, we will review how to sign up for the full PMP course and how you can get the certification!

The session will help PMP Certified Soldiers to earn **2 Professional Development Units (PDU's)**.

[Click HERE to get signed up!](#)

STATE TUITION ASSISTANCE UPDATE

Effective Wednesday, July 20th, 2022

The rule stating you must have less than 10 years of service in the NENG to use the benefit will be removed. There will no longer be restrictions or eligibility requirements based on years of service for State Tuition Assistance.

BSEP PILOT COURSES AT PEC

Monday, Sept. 12th-16th, 2022 & Monday, Sept. 19th-23rd, 2022

Two Basic Skills Education Program (BSEP) pilot courses using the new standardized BSEP curriculum developed by ACCESS AU will be conducted at the Professional Education Center (PEC). These 40 hour courses are available to all ARNG Soldiers on a first come, first served basis. The GT Predictor test (MAP) via OASC will be administered on day one of the course and the AFCT will be administered on Friday. The goal of the courses is to raise Soldiers GT scores to at least 110 or higher. PEC will provide a LOA for travel, but Soldiers must be placed on orders by the state.

POST-9/11 GI BILL UPDATES

IMPORTANT! The COVID-19 provisions that have been in effect for approx. the last two years will end on [June 1st, 2022](#). In addition, qualifying time for those serving in support of the COVID-19 mission will end on [July 1st, 2022](#). And finally, effective [August 1st, 2022](#) RC SMs receiving Post-9/11 GI Bill benefits who are ordered to active duty for 30 days or less will not have their MHA reduced.



YELLOW RIBBON



YELLOW RIBBON EVENT

Another successful Yellow Ribbon event was held at The Cornhusker Marriott in downtown Lincoln on Saturday, June 11th where over 300 Soldiers, family members, children, and exhibitors came together to share and learn about the resources available to the 67th MEB that just returned from Djibouti, Africa in March.

Soldiers and their guests got to hear from the state Chaplain on the topic of “Speed of Trust,” the regional Tricare benefits representative, ESGR, various components of the VA, and more. “The goal of the first post-deployment Yellow Ribbon is to catch the Soldiers and families in that honeymoon period, where we can help them transition a little easier into the reality of civilian life after the high of being reunited wears off and the tough parts of reintegration begin,” says 1LT McKenna, the Yellow Ribbon Reintegration Program Coordinator, who is the wife of CPT McKenna, a Soldier that was also on this deployment. “If we can make getting information about their health insurance coverage or civilian reemployment rights, or even provide some resilience strategies to think about when those hard moments arise, then they can focus on rebuilding the relationships they had to step away from to do their job overseas.”

The unit has another post-deployment event in December in conjunction with their holiday MWR

event, where topics of education benefits, Military One Source, and finance will be covered as part of the ongoing reintegration process. 1LT McKenna goes on to say, “After doing several of these events, you can tell how proud leadership and families are of the Soldiers for a job well done. As a spouse and a service member myself, I also couldn’t be more proud of those who kept the show on the road when the unit was away—they should all be really proud of themselves, too.”

UPCOMING YELLOW RIBBON EVENTS

FY22 DATES:

- 25 JUN 22:** 734th CSSB/1057th MP Team 1, “During”
- 09 JUL 22:** 1-376th AVN, “During”
- 10 JUL 22:** 111th PAD, Pre-mobilization
- 14 AUG 22:** 128th EN BN HHC, “During”

FY23 DATES:

- 09 OCT 22:** Det. 1 A Co. 2-641st AVN, Pre-mobilization
- 05 NOV 22:** 1057th MP Team 1, Post 1
- 03 DEC 22:** C TRP 1-134th CAV, Pre-mobilization
- 04 DEC 22:** 67th MEB, Post 2
- 10 DEC 22:** HHT 1-134th CAV, Pre-mobilization
- 21 JAN 23:** 1-376th AVN, Post 1
- 25 FEB 23:** 1-367th, Post 2
- 128th EN BN HHC:** TBD Post 1/Post 2

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RESILIENCE, RISK REDUCTION & SUICIDE PREVENTION



AUSTIN SAYS DoD MUST INCREASE EFFORTS TO DESTIGMATIZE MENTAL HEALTH CARE

By C. Todd Lopez, U.S. Department of Defense News, May 29, 2022.

Both the White House and the Defense Department, said Secretary of Defense Lloyd J. Austin III, have made taking care of military families a priority. Included in that "sacred obligation," he said, is an increased commitment to providing support to families who have lost a service member and destigmatizing mental health care.

"This is a national commitment, and it's on all of us," he said. "That means working alongside our friends at the VA [Department of Veterans Affairs]. That means working with lawmakers here in Washington and in state and local governments. And that means being good partners with community organizations big and small."

Austin spoke May 28 during the National Military Survivor Seminar and Good Grief Camp's banquet in Arlington, Virginia. The 28th annual event was sponsored by the Tragedy Assistance Program for Survivors.

The secretary explained some of the challenges faced by military families and their loved ones who serve — all challenges DOD can help with; one challenge involves mental health care.

"It ... means redoubling our efforts to reduce the stigmas on getting help and to lower the barriers and increase the access to mental health care,"

Austin said. "We continue our critically important work to prevent suicide within our military community and our veteran family. You have heard me say this before, and I intend to keep on saying it: mental health is health, period."

The secretary also said DOD must do more to support families who have lost a service member.

"We've got to make sure that we're doing everything we can to support those who have lost loved ones," he said. "We've got to do more to help our newly bereaved families on every level, [from] finding comfort to figuring out benefits. We know how heavy that load can be. We also have to find more ways to stand together and do whatever we can to make the load even a bit lighter."

The Tragedy Assistance Program for Survivors provides care and assistance to families who are grieving the loss of a family member who served in the military.

TAPS is one of the organizations, Austin said, that is helping DOD meet its obligation to take care of military families.

"Last year this organization connected with more than 9,000 newly bereaved family members ... and to help on some of the worst days that anyone can go through," Austin said. "You've taken families to ball games so that they can meet one another. You've helped thousands with your training programs on grief, trauma and suicide prevention. You've provided space to support children and teenagers going through unbearable loss, and you've given people new hope and a strong community that they can rely on."

The TAPS organization, Austin said, makes a difference every day within the military community.

"It's moving, it's important, and it is inspiring," he said. "Thank you for all of your hard work."

Austin also noted this is the first Memorial Day to follow the U.S. withdrawal from Afghanistan.

"This year, I am especially mindful that we're observing the first Memorial Day since the end of America's longest war, and we remember the 2,461 American service members and personnel who fell in Afghanistan serving their country," he said. "For surviving family members, we know that grief is with you every day and not just on Memorial Day. We know that, after losing a loved one, it can feel like time grinds to a halt."

Source: <https://www.defense.gov/News/News-Stories/Article/Article/3046883/austin-says-dod-must-increase-efforts-to-destigmatize-mental-health-care/#:~:text=Austin%20III%2C%20have%20made%20taking,of%20us%2C%22%20he%20said.>

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FINANCIAL READINESS



DON'T LET UNEXPECTED FOOD DELIVERY COSTS EAT INTO YOUR FINANCES

I'll be the first to admit it — when it comes to meal prep and cooking, I'm a terrible planner. Factor in the COVID-19 pandemic and social distancing, and the idea of having food delivered to my door became especially appealing. Soon, I found myself ordering in through online apps on a regular basis — at least until I calculated exactly how much that convenience cost me.

When you order through online delivery services, you often end up paying more than you would in other circumstances. Between service charges, tips and other markups, delivery apps charge a premium for takeout that would be significantly cheaper if you picked it up yourself or even sat down for a meal in the restaurant. Many apps combine service and tax costs into a single

line on the bill, making the higher costs more difficult to identify.

HIDDEN FEES

Let's take a look at some of the not-so-obvious costs you may encounter. On top of the price of your food, delivery services often charge:

- Higher menu prices for delivery app purchases
- A delivery fee
- A service fee
- Increased sales tax
- Small order fees
- Gratuity (an optional tip for the delivery driver)

When you total up everything, the cost of delivery can quickly eat into your spending plan. If you have your apps linked to a [credit card](#), it can be especially easy to spend it and forget it. Remember: If you pay with credit, you could end up owing interest on your balance if you don't pay it off in full each month.

ORDERING IN VERSUS DINING OUT

While making food at home is often a more cost-effective option, after a long day, it can be nice to let someone else do the cooking. However, it's important to keep in mind that different options may come at significantly different price points.

Here's what a burger and fries could cost you in three different scenarios: curbside pickup, dining out and online delivery. In many cases, delivery apps or the restaurants themselves charge more for menu items when ordered through an app, inflating the cost further.

| CURBSIDE PICKUP: | DINING OUT: | ONLINE DELIVERY: |
|-----------------------|-----------------------|--------------------------------|
| Meal: \$12.99 | Meal: \$12.99 | Meal: \$12.99 |
| Tax: \$0.81 | Tax: \$0.81 | Restaurant food markup: \$1.50 |
| Total: \$13.80 | Tip (20%): \$2.60 | Delivery fee: \$3.49 |
| | Total: \$16.40 | Service fee: \$1.50 |
| | | Tax: \$0.91 |
| | | Tip (20%): \$4.08 |
| | | Total: \$24.47 |

The difference is significant, with online delivery costing \$10.67 more — or 77% higher — than curbside pickup in this case. Some

companies also charge an additional fee for small orders. If you do decide to use a delivery app service, shop around as costs vary greatly among companies.

GROCERY PICKUP AND DELIVERY

When you're pressed for time, grocery pickup or delivery can be a helpful option. Some supermarkets offer these services, or you may choose to use a third-party app to have someone else do the shopping for a fee, which varies by platform. To save cash, consider limiting third-party grocery delivery to every once in a while and keep these [savvy buying tips for military families](#) in mind when you shop in person. It's also worth looking at pickup and delivery options offered by your local grocery stores, which may come at a lower cost.

THE BOTTOM LINE

While online delivery apps may be convenient, the costs can add up quickly. Consider limiting your use to special occasions — your wallet will thank you.

Use this [worksheet](#) to keep track of your monthly spending plan. Have questions? Make an appointment with your nearest [personal financial manager](#) or [counselor](#).

As you reach new milestones and complete your [service's financial readiness training](#), look to the [Office of Financial Readiness](#) and your service for additional resources. You can also follow @DoDFINRED on Facebook, Twitter, Instagram and YouTube — and download our mobile app, Sen\$e, for financial tips on the go! Find it in the Google Play and iOS app stores.

Aviva is a freelance writer and editor based out of Massachusetts.

DISCLAIMER: The inclusion of academic research, or other resources, in this blog does not reflect the official view of the Department of Defense and is not intended as an endorsement.

Source: The Office of Financial Readiness. (May 6, 2022). Retrieved June 14, 2022, from <https://finred.usalearning.gov/Trending/Blog/FoodDelivery>

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COPING AFTER VIOLENT EVENTS

Log in to the **Military OneSource Member Connect** website for resources to help cope after violence and trauma. Here are a few to check out.

ARTICLES

- [After a Violent Event: How to Help Yourself](#)
- [Caring for Our Communities](#)
- [Coping After a Traumatic Event](#)
- [Help for Survivors in the Aftermath of Disasters and Mass Violence](#)
- [Look to Your Culture to Cope With Trauma](#)
- [Media Coverage of Traumatic Events: Stay Informed, but Limit Exposure](#)
- [Nurturing Hope](#)
- [Reacting to Traumatic Events](#)
- [Recognizing and Responding to a Hate Crime](#)

FOR PARENTS

- [Helping Your Child Cope With Ongoing Fears](#)
- [Helping Youth Cope With Violence and Trauma](#)
- [Talking to Your Child About School Violence](#)
- [Talking With Children About Violence](#)
- [Tips for Parents on Media Coverage of Violent Events](#)

VIDEOS

- [Talking With Kids About Tragedy](#)

HANDBOOK

- [Coping After a Violent Event](#)

EXTERNAL RESOURCES

- [Coping Tips for Traumatic Events and Disasters](#)
- [Helping Your Children Manage Distress in the Aftermath of a Shooting](#)
- [Tips for Survivors: Coping With Grief After Community Violence](#)

MORE ARTICLES

- [Community Violence](#)
- [How to Stay Safe During Civil Unrest: A Few Tips](#)
- [Social Media and Disasters](#)

Need more support?

Consider talking to a Military OneSource Non-Medical Counselor or Health & Wellness Coach.

Call us any time at **800-342-9647**, or contact us via [Live Chat](#).

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