

# Warrior & Family Support Newsletter

## Family Assistance Centers



Please stop by the May  
Information Stand in your  
area National Guard armory for  
valuable information,  
calendar events, and more!



**Family Assistance Centers can help:**

All branches and components Family Members and Veterans  
Tricare Questions Community Resources Legal Resources  
Continental Resources ID Cards and DEERS Financial Resources

**MILITARY FAMILY ASSISTANCE CENTERS**

Call Toll Free at  
**1-800-432-6778, Option 2**

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

May 2016



**2LT CHRISTINA LEMBURG  
WARRIOR & FAMILY SUPPORT  
OFFICE  
1-800-432-6778**

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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16th Annual

# Spring Spa for Spouses

Thursday, May 12

Dinner at 5:30 p.m.  
(tickets required)

Spa Open to All from 6:30 - 9:30 p.m.

Enjoy an Evening of

## FREE Pampering!

All spouses invited:  
dependent, active duty  
(reserve & guard),  
and military retirees  
are welcome!

Dinner and Spa activities to be held at the Bellevue Lied Activity Center

Tickets for Dinner available at the Airman & Family Readiness Center starting April 18th

NO CHILDREN PLEASE.

FREE childcare will be provided  
in support of this event through  
the Child Development Center.  
Please call 294-2203 by May 6 to  
make your reservations.



OMAHA SCHOOL OF  
MASSAGE AND HEALTHCARE  
OF HERZING UNIVERSITY

Capitol



## Free Informational Trainings For Army National Guard Families



### Army National Guard 101:

Learn the history and mission of the Army National Guard along with acronyms, terms and military life.

### Family Readiness Group Overview:

This training will help individuals gain a good understanding about the role of the FRG (Family Readiness Group) within a unit.

Contact: Kim Ostermeyer

Family Readiness Support Services Trainer

[kimberly.ostermeyer@goldbelt.com](mailto:kimberly.ostermeyer@goldbelt.com)

402-309-7328

# Female veterans have high rate in committing suicide – because they use guns

By Emily Wax-Thibodeaux  
The Washington Post

WASHINGTON — Female veterans who try to take their own lives are often do so at a far higher rate than their female non-veteran counterparts because of one reason: They use guns.

Female veterans die by suicide at nearly six times the rate of female civilians, such an alarming number that mental health experts at the Department of Veterans Affairs say the agency is reaching out to former service women to talk about gun safety.

Their suicide rate is also surprising because men generally are far more likely than women to die by suicide.

"One reason is that female veterans are more comfortable with firearms - it's part of the culture," said Caitlin Thompson, VA's deputy director for suicide prevention.

VA hospitals and clinics are offering free gun locks and education at every VA to ensure firearm safety, Thompson said. VA experts are also studying the many reasons why female veterans have such a higher risk for suicide attempts. One of those triggers, Thompson said, is sexual assault during military service, along with past traumatic experiences.

The suicide risk is highest in veterans age 18 to 29. In that age group, female veterans were nearly 12 times more likely than other women to take their lives, Thompson said.

"This is where we are doing the real outreach and everyone can make a difference," she said. She asked the public to reach out to all veterans, and women specifically, as part of the VA's awareness campaign The Power of 1. "One small act can change the life of a veteran," she said.

Veterans and their family members and friends can connect with VA responders 24 hours a day, seven days a week, by calling the toll-free hotline (800) 273-8255, and then pressing 1. There's also a women Veterans Call Center: 1-855-VA-WOMEN (1-855-829-6636). They can also text the number 838255. Or chat online at [veteranscrisisline](https://www.veteranscrisisline.net).

## Are YOU Interested?

Have you ever felt interested in knowing more about your Soldier's commitment to the National Guard? Are you interested in being more involved with his or her unit? Would it be fun to meet new people and become more involved?

If you answered yes, then volunteering may be the perfect fit for you!



**WE WANT YOU!**

There are current opportunities with most of our National Guard units for volunteers based on your interests. It doesn't matter if you are a friend, boyfriend, girlfriend, mom, dad, spouse, aunt, uncle, sibling or recent military retiree. Everyone is welcome!

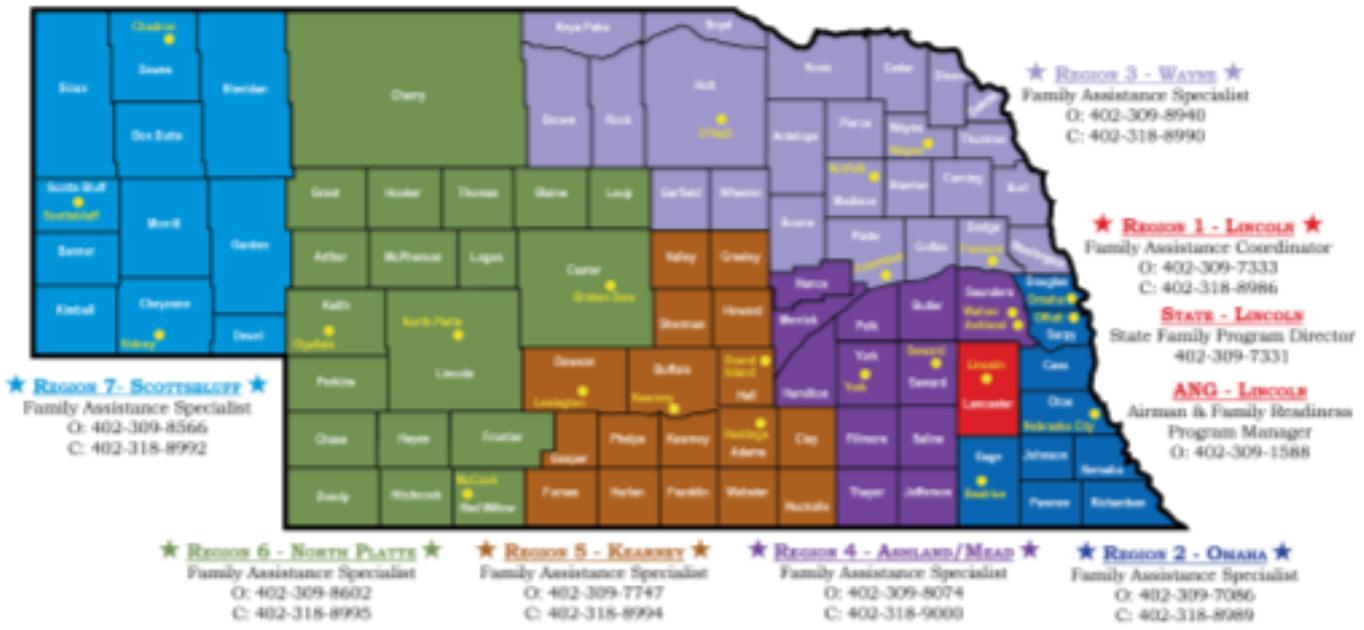
We would love to have your help! If you are interested, please call the Warrior & Family Support office today at 1-800-423-6778.

# Family Assistance Centers can help:

All branches and components  
 Family Members and Veterans  
 Tricare Questions  
 Community Resources  
 Legal Resources  
 Counseling Resources  
 ID Cards and DEERS  
 Financial Resources



## Military Family Assistance Centers



Call Toll-Free at :

**1-800-432-6778, Option 2**

# 4-H Camps at no cost to Army National Guard Youth

## Gretna 4-H Summer Camps

**Ages 8-11— June 5-9, 2016**

**Ages 11-15— July 17-21, 2016**

## Halsey 4-H Summer Camps

**Ages 8-11—June 12-15, 2016**

**Ages 11-15—June 12-15, 2016**

**spaces are available for  
Army National Guard Youth**

**Deadline to registers  
May 31, 2016**



**For more information and to receive registration  
information please contact  
Jennifer Schall, (Contractor)  
Child and Youth Program Coordinator**

**402-309-7338 or [jennifer.m.schall.ctr@mail.mil](mailto:jennifer.m.schall.ctr@mail.mil)**

# Child and Youth 2016 Tentative Fiscal Year Schedule



## MAY

**May 14: Wilderness Ridge Golf Lessons**

**May 21: State Youth Symposium  
(Please see page 6)**

## JUNE

**June 4: Youth Development Activity**

**June 5-9 Gretna 4-H Summer Camp  
ARNG 8-11**

**June 12-15: Halsey 4-H Summer Camp  
ARNG 8-15**

**June 27-30:  
Regional Youth Symposium**

## AUGUST

**August 4: Teen Council Service  
Learning Project**

## SEPTEMBER:

**TBD 4-H Evening Activity**

**For more information regarding these events please contact:**

**Lead Child & Youth Program  
Coordinator**

**Contractor, Kristyn Frei**

**BUS: 402-309-7330**

**CELL: 402-760-3615**

**[Kristyn.e.frei.ctr@mail.mil](mailto:Kristyn.e.frei.ctr@mail.mil)**

**Child & Youth Program  
Coordinator**

**Contractor, Jennifer Schall**

**BUS: 402-309-7338**

**CELL: 402-760-3616**

**[Jennifer.m.schall.ctr@mail.mil](mailto:Jennifer.m.schall.ctr@mail.mil)**

**Watch for Summer Camp opportunities!  
Sign-up for the Child & Youth email list  
so you don't miss out on great events!**



# 2016 State Youth Symposium

**WHO:** All NE ARNG & ANG youth ages 9 to 17!

**WHAT:** Nebraska State Youth Symposium

**WHERE:** East Campus Readiness Center

2000 N. 33rd St, Lincoln NE

**WHEN:** May 21, 2016

9:00am-4:00pm \*Please bring a sack lunch\* Sign in at 8:45am

**WHY:** This great & free event brings youth and teens together for learning opportunities AND a fun day! For example, the youth will learn about different engineering activities, make smoothies while riding a bike with 4-H, learn about the Teen Council and much more!

**RSVP to:** Jennifer Schall (Contractor) Child and Youth Program Coordinator  
402-309-7338 or Jennifer.m.schall.Ctr@mail.mil



**\*\*RSVP IS DUE  
NO LATER THAN  
MAY 18, 2016\*\***

## Day Camp Opportunities!

**WHAT?** The Child and Youth Program is working together with the 4-H to provide ARNG youth ages 6 to 18 the opportunity to attend an event hosted by the 4-H and the Child and Youth Program!

**WHERE?** In your communities! This event could be held over drill weekend, at a family day or on any given weekend that is most convenient.

**REQUIREMENTS?** The event would require a minimum of 8 youth for an event to be held in your area. You must suggest two possible dates that would work for an event.

For more information regarding these possible events or to apply to have one near you. Please contact the Child and Youth Program at 402-309-7330 or at 402-309-7338!

# 101 CRITICAL DAYS OF SUMMER

Think Before You Drink



## Sun Safety

### BE SUN SAVVY!

The most common cancer in the United States is skin cancer. However, it can be prevented if you follow some simple guidelines!

Apply sunscreen (SPF 30 or higher) 20 minutes before sun/outdoor exposure and reapply every 2-3 hours. Wear protective headgear, clothing and sunglasses with UV absorption up to 400nm. Seek shade to cool off. Alcohol consumption increases the likelihood of sunburn.

(NDSU Extension)



## FOLLOW THESE LOW-RISK GUIDELINES:

One Standard Drink = 1.5 oz. of 80-proof spirits; 5 oz. of wine with 7-12% alcohol content or 12 oz. beer with 4-6% alcohol content.



- if you are underage, pregnant, at risk for alcoholism or operating a vehicle
- 1 is the maximum number of standard drinks in one hour
- 2 is the maximum number of standard drinks in one day for daily drinkers
- 3 is the maximum number of standard drinks in one day for occasional drinkers

## Hydration

### STAY HYDRATED!

Hot weather and physical activity require increased fluid intake to replace lost body water. Be sure to stay hydrated and replenish your electrolytes.

Before exercise drink 2 cups cold water 1-2 hrs. before your activity. Cold fluids at 40-50 degrees work best. During exercise drink 1/2 cup cold water every 15 minutes. After exercise drink 2 cups cold water for every pound of weight lost.

Carbonated beverages, high-sugar drinks, caffeinated beverages, energy drinks and alcoholic beverages will dehydrate the body. Energy drinks and alcohol will dehydrate the body even more!

(Nebraska Extension)

## Boating

### NEVER DRINK AND BOAT!

Have personal floatation devices available for everyone in the boat.

Drinking/drugs and boating don't mix. The boat's motion, vibration & engine noise as well as sun, wind & spray make the effects of alcohol & drugs more intense in a boat.

Alcohol is the leading contributing factor in fatal boating accidents. BUI penalties are very similar to DUI penalties.

(NDDOT)



For more information, call Amanda Kushen (ADCO) at 402-613-9023 or Mark Darby (PC) at 402-309-7773 - Accenture Federal Services

# How to Forgive, and Why You Should

By Angela Haupt

If you're bent on holding grudges, you may become so wrapped up in past wrongs that you can't enjoy the present. You may feel helpless, or like life is meaningless. You could jeopardize future relationships. "If you don't get past some of the wounds of the past, you tend to bring them into everything else you pursue," says psychotherapist Frank Luskin, director of the Stanford University Forgiveness Project and author of *Forgive for Good*. He's spent more than 20 years studying forgiveness. "If you've been dumped or treated badly, and you don't really heal, you're going to be less trusting, more defensive, and more quarrelsome with the next guy—or even the next five—because you still carry visceral pain. When we can't move past that, we stay a prisoner of our worst experiences." And feeling that way, constantly on edge, resentful, and maybe even frightened, certainly isn't healthy.

Still, no one ever said forgiveness was easy. It's a difficult process, Enright says, one that "takes serious hard work over months" or even a year. The first step is understanding what forgiveness is: a decision to let go of resentment and thoughts of revenge, and perhaps even reaching a place of understanding, empathy, and compassion. It's not reconciling. And it's not forgetting—in fact, "it's important to remember what hurt you so you can avoid it in the future," Howes says. Forgiveness also doesn't justify or excuse what the other person did. Rather, it helps achieve a sense of peace.

There's no single manual for forgiveness, though several experts tout their own methods. Howes suggests focusing on four elements:

- **Express the emotion.** Let yourself feel hurt and angry. Verbalize the way you feel. Ideally, express it to the person who made you feel that way. Otherwise, talk to a stand-in friend or even an empty chair. Write a letter; you don't need to send it. Shout your emotions at the top of your lungs while you're in the car, alone, with the windows down.
- **Understand why.** We want explanations—even if we don't agree with them. "Was it a misunderstanding? Were you mad at me? Some sort of cognitive framework is necessary, even if you don't like the reason (she was just a selfish jerk)," Howes says.
- **Rebuild safety.** Before you forgive, you need to feel reasonably sure that the act won't reoccur. That might mean an apology, reassurance from the person in question, distance, or stronger boundaries.
- **Let go.** Perhaps it's the hardest part: making a conscious decision not to hold a grudge. If you're in a relationship, this means not bringing up past transgressions. By letting go, you give up your role as the victim and become equals again. It's a promise to yourself to stop ruminating and to fully move on.

When you feel upset, try a stress-management technique, like deep breaths or a yoga session, adds Luskin.

No matter how you go about it, choosing to forgive will likely prove a worthwhile endeavor.



# Family Programs Contact Information

## State Family Program Director

CPT Melissa Kramer

2000 N. 33rd St, Lincoln

(402) 309-7331

## Airman & Family Readiness

Karen Jordan

155th Air Refueling Wing

(402) 309-1588



## Alcohol & Drug Coordinators

Amanda Kushen (Lincoln)

(402) 309-7325 and (402) 613-9023

Mark Darby (Kearney)

(402) 309-7773 and (308) 627-8233

## Resilience & Suicide Prevention Office

MSG Kelli Hatzenbuehler

2000 N. 33rd Street, Lincoln

(402) 309-7343

## Family Readiness Support Asst. (FRSA)

(402) 309-7435 or (402) 309-7327

## FRSA Trainer

Kim Ostermeyer (402) 309-7328

## Region 1 Family Assistance—Lincoln

Brandi Gettert

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

## Region 2 Family Assistance—Omaha

Bob Reichwein

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

## Region 3 Family Assistance - Wayne

Layne Beza

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

## Region 4 Family Assistance—Ashland/Mead

Mary Mathiessen

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

## Region 5 Family Assistance—Kearney

Carey Wilson

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

## Region 6 Family Assistance—North Platte

Scott Halsted

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

## Region 7 Family Assistance –Scottsbluff

Amy Reinpold

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

## Military OneSource

[www.militaryonesource.mil](http://www.militaryonesource.mil)

1-800-342-9647

## American Red Cross

1-877-272-7337

## Psychological Health Coordinator

Jodi Kohler

2000 North 33rd St, Lincoln

Cell: (402) 309-7434

## Behavioral Health Officer

MAJ Elizabeth Davis

2411 W. Butler Ave, Lincoln

402-309-1866

## Tricare Manager

SSG Sara Bowie

(402) 309-8167

## Chaplain

LTC Houser (402) 326-4254

## Child & Youth Office

Kristyn Frei & Jennifer Schall

(402) 309-7330 & (402) 309-7338

## Employer Support of Guard (ESGR)

Bill Nelson and Peggy Brown

(402) 309-7303 and (402) 309-7305

## Hero2Hired (H2H)

Richard Burch

(402) 309-7441