



# BUCKEYE FAMILIES

VOLUME 2, ISSUE 2

JANUARY—MARCH 2015

## Family Readiness and Warrior Support- CPT Franz State Family Programs Director



Change. In the military, change is constant. However, we often complain about change because it takes extra time learning or adjusting to a new process. I admit that I am not a fan of change. Even though I know the change will have positive results, I often feel there are better things I could be doing other than learning a new process or system.

There are many reasons we make changes; to improve processes, to increase capabilities, or perhaps improving communications. One big change is how we use technology and certain modes of it like Social Media.

Social Media has drastically changed the way we communicate and it continues to be the most rapidly developing means of communication in history. We can share information with as many people as we like and as often as we like. So in this aspect change is good, right? Well...maybe not always.

Social Media provides a unique opportunity to allow others to view a sampling of our daily lives. Social Media sites such as, Facebook and Twitter, have security functions that restrict access and protect information that we share. In spite of security settings, information stored online can present risks. With this in mind, Family Programs has collaborated with our internal security experts to make changes to the way we market events.

Starting this Spring, all events marketed on our Social Media or other websites will only provide dates and basic geographic locations, and not

the exact venue. For example, we might advertise a single day Hero Camp, to be held on 20 June in the Cincinnati area. Further information about the event (venue, start time, etc) will be emailed to participants after they register for the event. We realize this change may leave you with some questions, but due to recent world events and a continual effort to protect our force, we use these measures to restrict information to only those who need access to it. This creates a safer environment for everyone.

Take a few minutes to review the Social Media guides and information in this newsletter. They are designed to assist you in securing your own personal information by changing your security settings.

Social Media is constantly changing. If you want to use this form of communication, devote enough time to staying current with the security changes and updates to better protect yourself and those around you. As always, I hope to see you at an event in the future.

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# Social Media Safety Message Board

As a result of recent world events and a continual effort to protect the force, we are recommending that all those associated with the Ohio National Guard review their social media accounts to make sure they are using the best security settings to protect their online profiles.

Social media platforms such as Facebook, Twitter and LinkedIn are powerful tools that can bring communities together. However, an individual's online profile can provide cyber criminals with an endless pool of personal information and potential targets to be exploited. As such, it is vital that individuals stay on the alert and be personally responsible for their online presence to protect themselves, their loved ones and the Army.

With that in mind, we are providing the following information to help the greater Army community protect themselves online and significantly reduce the chance of becoming a victim of cyber crime.



## Social Networking Safety Tips:

### THINGS TO KNOW

- **The internet does not forget.** Once something is posted on a social networking website it can spread quickly, and no amount of effort can delete it. Do not post anything you would be embarrassed to see on the evening news.
- **You are not anonymous.** Cyber criminals have the capability to gather and exploit both individuals and organizations if the information is out there.
- **More isn't always better.** Participating in multiple social networking sites significantly increases ones risk and affords cyber criminal alternate avenues to strike and gather information.

### HOW TO PROTECT YOURSELF:

- **Know the terms on social networking websites.** Facebook, Twitter, LinkedIn and other social networking sites frequently change their privacy and user policies. Social Networking sites privacy settings default to everyone. This means anyone, can view your profile, not just the people you know. Securely configuring ones account will minimize who can see your information.
- **Safe social networking.** Never disclose private information when using social networking websites. Be very selective who you invite or accept invitations from as criminals often use false or spoofed profiles to gain access to personal and private information, such as birthdates, marital status, and photographs. Social media posts that contain personal identifying information (PII),





## Social Networks - Do's and Don'ts

- Only establish and maintain connections with people you know and trust. Review your connections often.
- Assume that ANYONE can see any information about your activities, personal life, or professional life that you post and share.
- Ensure that your family takes similar precautions with their accounts; their privacy and sharing settings can expose your personal data.
- Avoid posting or tagging images of you or your family that clearly show your face. Select pictures taken at a distance, at an angle, or otherwise concealed. Never post Smartphone photos and don't use your face as a profile photo, instead, use cartoons or avatars.
- Use secure browser settings when possible and monitor your browsing history to ensure that you recognize all access points.

## Minimizing your Facebook Profile



Facebook has hundreds of privacy and sharing options. To control how your personal information is shared, you should use the settings shown below (such as *Only Me*, *Friends Only*) for **(1) Privacy**, **(2) Connecting**, **(3) Tags**, **(4) Apps/Websites**, **(5) Info Access through Friends**, and **(6) Past Posts**.

### Control Your Default Privacy **1**

This setting will apply to status updates and photos you post to your profile from a Facebook app that doesn't have the inline audience selector, like the Facebook App for iPhone.

Change to "Friends Only"

Public Friends Custom

#### How You Connect

Control how you connect with people you know. Edit Settings

#### How Tags Work

Control what happens when friends tag you or your content. Edit Settings

#### Apps and Websites

Control what gets shared with apps, games and websites. Edit Settings

#### Limit the Audience for Past Posts

Limit the audience for posts you shared with more than friends. Manage Past Post Visibility

#### Block Lists

Manage your lists of blocked people and apps. Manage Block Lists

### How You Connect **2**

Who can look up your profile by name or contact info? Friends

Who can send you friend requests? Friends of Friends

Who can send you Facebook messages? Friends

Who can post on your Wall? Friends

Who can see Wall posts by others on your profile? Only Me

Learn more Done

### How Tags Work **3**

**Profile Review** of posts friends tag you in before they go on your profile (note: tags may still appear elsewhere on Facebook) On >

**Tag Review** of tags that friends want to add to your posts On >

**Profile Visibility** of posts you're tagged in once they're on your profile Friends

**Tag Suggestions** when friends upload photos that look like you Off >

**Friends Can Check You Into Places** using the mobile Places app Off >

Done

### Choose Your Privacy Settings > Apps, Games and Websites **4**

Apps you use You're using 1 app, game or website: Yahoo! August 22 Edit Settings

Remove unwanted or spammy apps. Turn off all platform apps.

Limit Use of Apps

How people bring your info to apps they use People who can see your info can bring it with them to apps. Use this setting to control the categories of info that can bring with them. Uncheck ALL Boxes Edit Settings

Instant personalization Lets you see relevant information about you arrive on select partner websites. Disable Personalization Edit Settings

Public search Show a preview of your Facebook profile using a search engine. Disable Public Search Edit Settings

### Info accessible through your friends **5**

Use the settings below to control which of your information is available to applications, games and websites when your friends use them. The more info you share, the more social the experience.

<input type="checkbox"/> Bio	<input type="checkbox"/> My videos
<input type="checkbox"/> Birthday	<input type="checkbox"/> My links
<input type="checkbox"/> Family and relationships	<input type="checkbox"/> My notes
<input type="checkbox"/> Interested in	<input type="checkbox"/> Photos and videos I'm tagged in
<input type="checkbox"/> Religious and political views	<input type="checkbox"/> Hometown
<input type="checkbox"/> My website	<input type="checkbox"/> Current city
<input type="checkbox"/> If I'm online	<input type="checkbox"/> Education and work
<input type="checkbox"/> My status updates	<input type="checkbox"/> Activities, interests, things I like
<input type="checkbox"/> My photos	<input type="checkbox"/> Places I check in to

Save Changes Cancel

### Limit The Audience for Old Posts on Your Profile **6**

If you use this tool, content on your profile you've shared with more than your friends (ex: Public posts) on your Wall will change to Friends. Remember: people who are tagged and their friends may see those posts as well.

You also have the option to individually change the audience of your posts. Just go to the post you want to change and choose a different audience.

Learn about changing old posts Limit Old Posts to Friends Only Limit Old Posts Cancel



Do not login to or link third-party sites (e.g. twitter, bing) using your Facebook account. "Facebook Connect" shares your information, and your friends' information, with third party sites that may aggregate and misuse personal information. Also, use as few apps as possible. Apps such as Farmville access and share your personal data.

## Profile Settings

Apply and save the **Profile** settings shown below to ensure that your information is visible to only people of your choosing.

**Profile Settings for Jason Smith:**

- Work and Education:**
  - Employer: Change to **Only Me**
  - College/University: Change to **Only Me**
  - High School: Change to **Only Me**
- Arts and Entertainment:**
  - Music: Change to **Friends Only**
  - Books: Change to **Friends Only**
  - Movies: Change to **Friends Only**
  - Television: Change to **Friends Only**
  - Games: Change to **Friends Only**
- Activities and Interests:**
  - Activities: Change to **Friends Only**
  - Interests: Change to **Friends Only**
- Basic Information:**
  - Current City: Change to **Only Me**
  - Hometown: Change to **Only Me**
  - I Am: Male
  - Show my sex in my profile:
  - Birthday: May 25, 1978
  - Show my full birthday in my profile:  Show Birthday
- Contact Information:**
  - Emails: Change to **Only Me**
  - IM Screen Names: Change to **Only Me**
  - Phones: Change to **Friends Only**
  - Address: Change to **Only Me**
  - City/Town: Change to **Only Me**
  - Zip: Change to **Only Me**
  - Neighborhood: Change to **Only Me**
  - Website: Change to **Friends Only**
- Other Settings:**
  - Interested In:  Women  Men
  - Languages: Change to **Friends Only**
  - About Me: Change to **Friends Only**

## Deactivating / Deleting Your Facebook Account

**Security Settings:**

- Secure Browsing: Secure browsing is currently disabled.
- Login Notifications: Login notifications are disabled.
- Login Approvals: Approval is not required when logging in from an unrecognized device.
- Recognized Devices: No recognized devices.
- Active Sessions: Logged in from New York, NY, US and 2 other locations.

Deactivate your account.

To **deactivate your Facebook account**, go to **Account Settings** and select **Security**. To reactivate your account log in to Facebook with your email address and password.

To **delete your Facebook account**, go to **Help Center** from the account menu. Type **Delete** into the search box. Select **How do I permanently delete my account** then scroll down to submit your request here. Verify that you want to delete your account. Click **Submit**. FB will remove your data after 14 days post security check.

## Useful Links

A Parent's Guide to Internet Safety  
 Wired Kids  
 Microsoft Safety & Security  
 OnGuard Online

[www.fbi.gov/stats-services/publications/parent-guide](http://www.fbi.gov/stats-services/publications/parent-guide)  
[www.wiredkids.org/](http://www.wiredkids.org/)  
[www.microsoft.com/security/online-privacy/social-networking.aspx](http://www.microsoft.com/security/online-privacy/social-networking.aspx)  
[www.onguardonline.gov/topics/social-networking-sites.aspx](http://www.onguardonline.gov/topics/social-networking-sites.aspx)

## Social Networks -Do's and Don'ts

- Only establish and maintain connections with people you know and trust. Review your connections often.
- Assume that ANYONE can see any information about your activities, personal life, or professional life that you post and share.
- Ensure that your family takes similar precautions with their accounts; their privacy and sharing settings can expose your personal data.
- Use caution when posting images of you or your family. Be aware of your surroundings, to include identifiable locations, military affiliations, and any other personal security vulnerabilities. It's highly discouraged to use geo-location tags.
- Use secure browser settings when possible and monitor your browsing history to ensure that you recognize all access points.

## Managing your Twitter Account

Twitter is a social networking and microblogging site whose users send and read text-based posts online. The site surged to worldwide popularity with +300 million active users as of 2011, generating 300 million tweets and 1.6 billion search queries daily.

**Following** are people you subscribe to  
**Followers** subscribe to your tweets  
Private tweets will only be visible to followers you approve

### Tweets

"Tweets" are short text-based messages – up to 140 characters – that users post to Twitter. "Tweet" can refer to a post as well as to the act of posting to Twitter. Tweets are public, indexed, and searchable unless protected by the user. Many users never Tweet, choosing only to follow persons or topics of interest.

**Hashtags (#topic)** are used to mark a keyword or topic in a Tweet. Posts with hashtag are categorized by topics in the Twitter search engine. Hashtagged words that become popular become Trending Topics (ex. #jan25, #egypt, #sxsw).

**Mentions (@username)** are used to tag a user in a Twitter update. When a public user mentions a private Twitter account, the link to the private account profile becomes public.

## Profile Settings

Apply the **Profile** settings shown below to ensure that your information is visible only to people of your choosing.

## Twitter Best Practices

- Avoid using hashtags (#) in updates to avoid being indexed and associated with a topic by Twitter Search.
- Tweet responsibly.* Do not provide personal details regarding your whereabouts and activities in your post.
- Do NOT upload links to personal photos or websites on Twitter.
- Do NOT allow Twitter to use your location on mobile devices.
- Change your Twitter **username** periodically to limit account exposure.



### Account Settings

Apply the **Account** settings shown below to ensure that your information is shared in a limited fashion.

**JasonSmith7825's settings** **DO NOT connect your phone**

**Account** Password Mobile Notifications Profile Design

Name: Jason Smith  
You can change your name on your [profile settings](#).

Username: JasonSmith7825 **Change every ~6 months**  
Your public profile: <http://twitter.com/JasonSmith7825>

Email: jason.smith7825@yahoo.com  
Note: email will not be publicly displayed.  
**Uncheck**  Let others find me by my email address

Language: English  
What language would you like to Twitter in?  
Interested in helping translate Twitter? Check out the [Translation Center](#).

Time Zone: (GMT-06:00) Central Time (US & Canada)

Tweet Location:  Add a location to your Tweets  
**Uncheck**  
Ever had something you wanted to share ("fireworks!", "party!", "ice cream truck!", or "quicksand...") that would be better with a location? By turning on this feature, you can include location information like neighborhood, town, or exact point when you tweet.  
When you tweet with a location, you can include location information like neighborhood, town, or exact point when you tweet.  
**Click to delete all location data associated with your account**  
You may **delete all location information** from your past Tweets. This may take up to 30 minutes.

Tweet Media  Display media that may contain sensitive content

Mark my media as containing sensitive content  
If you tweet images or videos that may contain sensitive content, please check this box so that people can be warned before they see it. [Learn more](#)

Tweet Privacy  Protect my Tweets **Protecting your tweets makes all your posts private. Only those who you approve can access your tweets**  
**Check**  
Only let people whom I approve follow me. If this is checked, your future Tweets previously may still be publicly visible.  
**is posted**

HTTPS Only  Always use HTTPS  
Use a secure connection where possible to encrypt your account information.

**Deactivate my account**

**Your pending follower requests**

**Jess M Chung** @jessmchung  
*I spend a lot of time thinking about all the things I'd buy or eat. That and complaining.*

**Accept** **Decline**

### Deactivating / Delete Your Twitter Account

To deactivate your account, go to **Settings** and select **Account** page. At the bottom of the page, click **"Deactive my account."** After deactivation, the user can reactivate the account within **30 days**. After 30 days, the account is permanently **deleted**.

### Notification & Application Settings

Maintain a small digital footprint by minimizing the number of notifications. Revoke access to unnecessary third party applications.

Account Password Mobile **Notifications** Profile Design Applications

Choose when and how often Twitter sends emails to its'helen@gmail.com (change).

**Messages**

Email me when  I'm sent a direct message **Direct message (DM) is never visible to the public**  
 I'm sent a reply or mentioned

**Activity**

Email me when  I'm followed by someone new  
 My Tweets are marked as favorites  
 My Tweets are retweeted **Private tweets will become visible to the web when retweeted (RT) by a user with public account**

**Updates**

Email me with  Occasional updates about new Twitter products, features, and tips  
 Product or service updates related to my Twitter account

**Save**

Account Password Mobile Notifications Profile Design **Applications**

You've allowed the following applications to access your account

**HootSuite** by HootSuite  
The social media dashboard which allows teams to broadcast, monitor and track results.  
read, write, and direct messages access · Approved: Tue December 6, 2011 07:18:36 PM **Revoke Access**

**Twitter for Android** by Twitter, Inc.  
Twitter for Android  
read, write, and direct messages access · Approved: Sat February 26, 2011 07:16:46 PM **Revoke Access**

**Samsung Mobile** by Samsung  
Samsung mobile own applications  
read, write, and direct messages access · Approved: Thu February 10, 2011 12:15:07 AM **Revoke Access**

**Block unknown or unwanted applications from accessing your account**

### Useful Links

A Parent's Guide to Internet Safety  
Wired Kids  
Microsoft Safety & Security  
OnGuard Online

[www.fbi.gov/stats-services/publications/parent-guide](http://www.fbi.gov/stats-services/publications/parent-guide)  
[www.wiredkids.org/](http://www.wiredkids.org/)  
[www.microsoft.com/security/online-privacy/social-networking.aspx](http://www.microsoft.com/security/online-privacy/social-networking.aspx)  
[www.onguardonline.gov/topics/social-networking-sites.aspx](http://www.onguardonline.gov/topics/social-networking-sites.aspx)

# Make Financial Resolutions Stick



Make financial resolutions stick with a money buddy. If one of your New Year's resolutions involves your financial health, you may want to enlist someone's help.

According to the National Endowment for Financial Education, 85% of respondents to an online survey of 2,132 US adults said they believed having someone who understands their financial goals and who can assist with accountability would be helpful.

## **A financial buddy can be anyone:**

- A Spouse
- A Trusted Friend
- A Family Member
- A Co-Worker

You don't necessarily need to share all of your financial information with that person. Think of him or her like a workout buddy, someone who can help you stay the course, reaching both your short—and long-term goals.

For assistance with setting goals and getting finances in order, visit [SmartAboutMoney.org](http://SmartAboutMoney.org).

## WINTER is here, are you prepared?

When it comes to risk, winter is in a category all its own. Extended holiday leaves and rapidly changing weather conditions will open the door for risk, and getting this information to OHNG Families now will help mitigate the hazards in whatever winter gives us the next few months. Do you have these items in your car?

Make an Emergency Kit for Your Car—In case you are stranded, keep a kit of emergency supplies in your car including:

- **Jumper cables:** might want to include flares or reflective triangle
- **Flashlights:** be sure to keep extra batteries
- **First Aid Kit:** remember any necessary medications, baby formula and diapers if you have a small child
- **Food:** non-perishable food such as canned food, and protein rich foods like nuts and energy bars
- **Manual can opener**
- **Water:** at least 1 gallon of water per person a day for at least 3 days
- **Basic toolkit:** pliers, wrench, screwdriver
- **Pet supplies** (if you travel with you pet): food and water
- **Radio:** Battery or Hand Cranked, pack extra batteries
- **Cat litter or Sand:** This helps with tire traction in case you get stuck
- **Shovel**
- **Ice Scraper**
- **Blankets/Sleeping Bags and extra Clothes** (warm clothes, gloves, hats, socks)
- **Charged Cell Phone:** and car charger



**\*\*Always start your journey with a full tank of gas and keep it half full!\*\***

<https://safety.army.mil/MEDIA/SeasonalSafetyCampaigns/WINTER2014-15.aspx>

# Attention Families of The Ohio National Guard

**“Being Army Strong is about much more than being physically fit. It is mental and emotional strength,” BG Rhonda Cornum.** Resilience has so many helpful aspects and values for not just your Service Members, but for your families. One example of how resilience can help your family is through the skill of Effective Praise & Active Constructive Responding. These tools help to build communication and connection, you can strengthen your relationships by responding actively and constructively to others’ positive experiences. When you recognize someone (i.e. a family member) and offer praise, name the specific strategy, effort, or skill that led to the positive outcome. For example: “That was an amazing basketball game today, Susan. I’ve noticed you putting in extra practice at the gym practicing your 3pt shots and your foot work.” Using this strategy does three things: demonstrates you were really listening, demonstrates authenticity, and enables winning streaks (aka positive behavior).

## Resilience Tips



**Physical** - It is important to replenish calories lost during exercise with nutritious foods. Try to eat within an hour after exercise. This will assist in recovery as the body is still burning calories at an elevated rate.



**Emotional** - Take charge of the day by controlling your thoughts. A day is filled with events, so make it a choice to determine how those events will impact the rest of your day. Optimistic thinking allows us to remain realistic, maintain hope, and focus on solutions when change is possible.



**Family** - Healthy families solve problems with cooperation, creative brainstorming, and openness to others, and place emphasis on the role of social support and connectedness (versus isolation) within the family.



**Social** - Know how persuasion can help to build confidence in individuals and teams. Effective leaders build confidence in teams through verbal and nonverbal actions. Actions can speak louder than words but effective words can facilitate driving actions.



**Spiritual** - Connect with others by joining a service organization, a community of faith, or some other group of people with shared values and beliefs where you can become a part of something bigger than yourself.

If you would like more information in regards to Resilience and how you can teach these skills to your Family Readiness Group, please contact your unit specific Family Readiness Support Assistant, see pg 8.

## *Have you participated in your FRG?*

What is the Family Readiness Group (FRG)? The FRG is not something you have to register/sign up for, you are already a part of it the moment your Service Member is attached/assigned to the unit. The FRG is a great resource tool to meet other National Guard Families just like yours that deals with the one weekend a month two weeks a year and worse case scenario no-notice missions. The FRG not only assists with all of that but they help inform you of the community resources and government programs that out there to assist you in any situation you or your family may find themselves. Contact your unit to get your FRG Leader’s contact information and find out when the next FRG event might be and to get on the mailing/email list!





**UPDATES**  
800-342-9647

# Tax Filing Made Simple - FREE TAX SERVICE

**Question: What services does Military OneSource tax service provide?**

**Answer:** Military OneSource provides access to an online tax filing service at no cost to you. The service allows you to complete and electronically file your federal and up to three state tax returns or filings. Your calculations are guaranteed to be 100 percent accurate or the online tax service provider will pay the penalties and interest.

**Question: Who is Eligible for Military OneSource Tax?**

**Answer:** The following individuals are eligible for the Military OneSource tax services:

- All Active-Duty Service members
- National Guard and members of the Reserve (regardless of activation status)
- Members of the Coast Guard Reserve activated as part of the Department of the Navy under Title 10 authority
- Spouses and Dependent children who are authorized in Defense Enrollment and Eligibility Reporting System
- A Family member who is taking care of the affairs of an eligible service member when the service member is deployed
- A severely injured service member of one of the services noted above, or a designated family member of a severely injured member who is incapable of handling his or her own affairs, medically retired individuals are eligible until 180 days past their End of Tour of Service, retirement date or discharge date

**Question: How can a Military OneSource Tax Consultant Help Me?**

**Answer:** Military OneSource Tax Consultants can provide the following assistance:

- Share information about the unique tax requirements and issues related to military personnel and their families
- Identify applicable IRS and state tax regulations, definitions and forms
- Provide electronic copies of tax forms and help you understand how to complete them
- Review options for using a refund, including options for using it to pay down debt
- Explain additional tax services available to the military community such as Volunteer Income Tax Assistance clinics

**Question: What documents or information do I need to prepare my taxes?**

**Answer:** You will need the following:

- Social Security card and date of birth for you, your spouse and dependents
- Child care, education and adoption costs
- W-2 forms from all employers for you and your spouse
- Form 1099 for independent contractors
- Investment income forms
- Alimony information
- Social Security benefits
- Miscellaneous income
- Form 1098-E for student loan interest
- Charitable donations
- Uninsured medical and dental expenses
- Real estate taxes
- Receipts for any deductible expenses



**Question: When and where can I locate my W-2 forms?**

**Answer:** Your W-2 forms are typically available from your military service beginning in January. You can download your military W-2 from myPay (<https://mypay.dfas.mil/mypay.aspx>). Tax forms are also available at your local post office and library. You can also download them from the IRS (<http://www.irs.gov/>) website.

**Question: How can I learn more about Military OneSource tax services?**

**Answer:** Call 800-342-9647 for additional information

# Ohio's TOP FRG VOLUNTEERS in TY15—Great Work!



- 1) **Melanie Diaz, 316.75 volunteer hrs | 945th EN CO** (16th EN BDE)
- 2) **Jenna Fitch, 221 volunteer hrs | 16th HHC** (16th EN BDE)
- 3) **Tammy Scherer, 180 volunteer hrs | 811th EN CO** (16th EN BDE)
- 4) **Lindsey Peters, 137.75 volunteer hrs | 837th EN CO** (16th EN BDE)
- 5) **Jennifer Perez, 132 volunteer hrs | 838th MP** (73rd TRP CMD)

*\*Hours collected from Oct. 1, 2014—Jan 1, 2015\**

## FRG TEAMS—RISFAC SAVE THE DATE

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

Attend with your Military Liaison or Commander!

### Region 1 RISFAC

April 23—Garfield Hts

### Region 2 RISFAC

April 15—McConnelsville

### Region 3 RISFAC

April 21—Cincinnati

### Region 4 RISFAC

April 28—Sidney

### Region 5 RISFAC

April 14—Findlay

### Region 6 RISFAC

April 8—Columbus



## SAVE THE DATE—APRIL 18-19, 2015

### Family Readiness Professional Development

It's that time of year again for Family Readiness Group Leadership Teams from all over Ohio to gather and further develop your leadership skills, share ideas, and meet new people.

**Who:** FRG Military Liaisons (Optional) and Statutory Volunteers

**What:** Professional Development Workshop

**When:** April 18-19th

**Where:** TBA, Columbus, OH

**\*\*Further Information to include the registration link will be sent out at a later time\*\***

# 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:

- 16<sup>th</sup> EN BDE—Lisa Mann | 614-336-6352 | [lisa.m.mann18.ctr@mail.mil](mailto:lisa.m.mann18.ctr@mail.mil)
- 174<sup>th</sup> ADA BDE—Danny Dicaire | 614-336-6000 x2039 | [danny.r.dicaire.ctr@mail.mil](mailto:danny.r.dicaire.ctr@mail.mil)
- 37<sup>th</sup> IBCT—Billy Madden | 614-336-6855 | [billy.g.madden.mil@mail.mil](mailto:billy.g.madden.mil@mail.mil)
- 73<sup>rd</sup> Troop Command—Candy Stephenson | 614-336-1557 | [candice.l.stephenson.ctr@mail.mil](mailto:candice.l.stephenson.ctr@mail.mil)  
Emily Cunningham | 614-336-4915 | [emily.l.cunningham2.ctr@mail.mil](mailto:emily.l.cunningham2.ctr@mail.mil)
- 371<sup>st</sup> SUST BDE—Pam Ashman | 614-336-7681 | [pam.s.ashman.ctr@mail.mil](mailto:pam.s.ashman.ctr@mail.mil)
- Special Troops Command (STC) - Nancy Kary | 614-336-7314 | [nancy.j.kary.ctr@mail.mil](mailto:nancy.j.kary.ctr@mail.mil)
- Senior FRSA—JFHQ—Janet Corbi | 614-356-7918 | [janet.s.corbi.ctr@mail.mil](mailto:janet.s.corbi.ctr@mail.mil)

## State & Local Resources

### Finance/Employment/Transition

#### **Jobs and Family Service**

Phone: 877-852-0010 or 614-466-2100  
Website: [www.jfs.ohio.gov/](http://www.jfs.ohio.gov/)

#### **Military Pay**

Phone: 614-336-7225  
Website: <https://mypay.dfas.mil/mypay.aspx>

#### **Employment Support Services**

Phone: 614-336-7378

#### **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/](http://www.dvs.ohio.gov/)

#### **Librarian—Military Records**

Phone: 614-336-7038

#### **AMVETS**

Phone: 614-431-6990

#### **ONG Education Office**

Phone: 514-336-4165

#### **American Red Cross**

Phone: 877-272-7337

### Medical

#### **TRICARE Benefits Assistance**

Website: [www.tricare.mil/](http://www.tricare.mil/)

#### **OHARNG Health Services**

Phone: 614-336-4194 or  
614-336-7271

#### **Military OneSource**

Phone: 800-342-9647  
Website: [www.militaryonesource.mil](http://www.militaryonesource.mil)

#### **Drug/Alcohol Abuse Prevention**

Phone: 614-336-6444

#### **Sexual Assault Response**

Phone: 614-336-7159

#### **Sexual Assault Hotline**

Phone: 877-751-5628

#### **JAG Office—Legal**

Phone: 614-336-7022

#### **DEERS/ID Cards**

Phone: 614-336-7087

#### **OHARNG Retention Office**

Phone: 877-685-7660

### Behavior/Mental Health

#### **Director of Psychological Health Army National Guard**

Phone: 614-336-1413 or 614-623-2625

#### **Chaplain Services**

Phone: 614-336-7246

#### **Director of Psychological Health 178th Air National Guard**

Phone: 1-800-851-4503 ext. 2583

#### **Veteran Crisis Center**

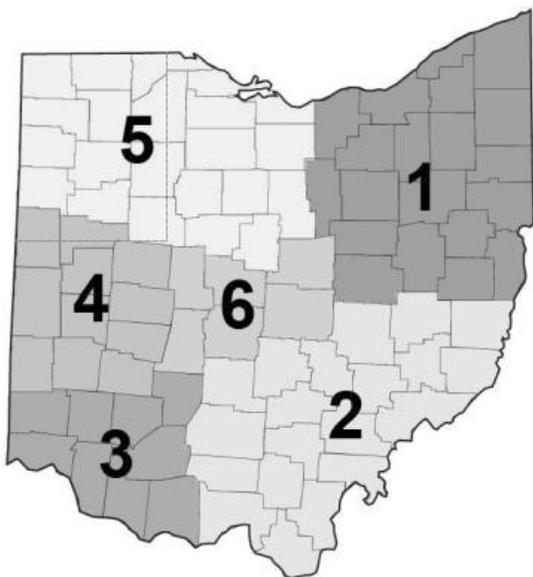
Phone: 1-800-273-8255 Press 1

#### **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](mailto:joyce.e.stingel.ctr@mail.mil) | 614-336-6337

Rita Stahl | [rita.a.stahl.ctr@mail.mil](mailto: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](mailto:jennifer.l.moore2.ctr@mail.mil) | 614-336-6943

Caroline Johnson | [caroline.m.johnson@us.army.mil](mailto:caroline.m.johnson@us.army.mil) | 614-336-4311

**Region 3 TFAC-** South West Ohio– Cincinnati/Hamilton

[614-336-6550](tel:614-336-6550)

**Region 4 TFAC-** Western Ohio– Dayton/Kettering

Phyllis Miller | [phyllis.a.miller3.ctr@mail.mil](mailto:phyllis.a.miller3.ctr@mail.mil) | 614-336-6357

Ashton Houseman | [ashten.o.houseman.ctr@mail.mil](mailto: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](mailto:margret.r.szymanski2.ctr@mail.mil) | 614-336-4312

Patricia Markowski | [patricia.markowski.ctr@mail.mil](mailto:patricia.markowski.ctr@mail.mil) | 614-336-6615

**Region 6 TFAC-** Columbus Ohio– Columbus

Syreeta Long | [syreeta.d.long.ctr@mail.mil](mailto:syreeta.d.long.ctr@mail.mil) | 614-336-4232

Heather Smith | [heather.d.smith3.ctr@mail.mil](mailto:heather.d.smith3.ctr@mail.mil) | 614-336-7358

Adam Kaufman | [adam.j.kaufman.ctr@mail.mil](mailto:adam.j.kaufman.ctr@mail.mil) | 614-356-7997

## 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 their eligibility for any program that is available and help them apply for assistance when and if applicable. By working together, we can get assistance to the service member quickly and accurately. Accordingly, they 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 FRGs 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 camps are designed to allow youth to build relationships with other military children while strengthening resiliency, communication, leadership, self expression and team building skills.

Strong Family Workshops engage the parents with hands on activities, resources and round table discussions on education and parenting tips.

New to the program this year is the introduction to the Ohio Teen Council

(OTC). This is a great opportunity to connect to other military connected teens throughout Ohio! OTC will offer more support on teen related topics, engage them in social interactions through activities and have discussions about their needs and desires for programming.

Don't forget about your educational needs of your youth! Our office has tool kits full of free resources available for youth ages 5-17. Schools will be testing soon so we thought we would share three websites that will aid you in your upcoming endeavors.

Free practice tests and online tutoring!

- [www.tutor.com/military](http://www.tutor.com/military)
- [www.soreathome.org](http://www.soreathome.org)
- [www.March2Success.com](http://www.March2Success.com)

**Contact Information:**

**Andrew Seward**

Lead Child & Youth Program Coordinator  
614-336-7274

[andrew.j.seward.ctr@mail.mil](mailto:andrew.j.seward.ctr@mail.mil)

**Amy Lee**

Child & Youth Program Coordinator  
614-336-4214

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**Theresa M. Ferrari, Ph.D.**

State 4-H Military Liaison  
614-247-8164

[ferrari.8@osu.edu](mailto:ferrari.8@osu.edu)



## Upcoming Events!



We are unveiling our 2015 events in February! Please visit the youth website or follow us on social media to keep up to date with all our events.

Our focus this year was to keep you in your own back yard by having events in all five regions. Here is a sneak peak at what we will be doing this year.

- Aquarium
- Farm Sites
- Museums
- New Family Camp Venues
- Zoos!

We have scheduled SIX Family Camp Weekends and SIX Hero Camps with Strong Family Workshops! New this year is our Family Day Events, we have scheduled two so far. These are events

that focus on bonding military families together within themselves and other military families across the state.

Don't forget about our youth camp, two teen camps, four Military camps and Camp Coral!

We are striving to serve you!

**Hope to see you this year :)**



# 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](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>