



# FAMILY READINESS

WISCONSIN NATIONAL GUARD

APRIL 2018

## THE NATIONAL GUARD FAMILY PROGRAM

The National Guard Family Program Key Line of Effort is comprised of educational family readiness programs and family assistance which provides military families with information, resources, and referrals to local, state, and federal community based programs.

**Family Readiness Support Services** assists unit commanders in the management of their family readiness program. The

goal of the family readiness program is to ensure that military families are informed, prepared, and empowered to manage the unique challenges of the military life style.

**Military Family Assistance Centers (FAC)** provide family members information on entitlements and benefits available to them by providing resources and referrals during the Service Member's deployment

cycle. Assistance is available 24/7.

**Child and Youth Services Program** provides military youth with leadership, character, and resilience training opportunities through youth summits, camp and other training events.



## COMMUNITY RESOURCE SPOTLIGHT: COUNTY AND TRIBAL VETERAN SERVICE OFFICERS

Introducing your County and Tribal Service Officers, which are located in each County as well as Tribal Nation. These Veteran Service Officers (VSO) play a vital role for our Service Members, Veterans, Dependents, and Survivors by providing information on benefits, entitlements, and facilitate the delivery of those

services. VSOs will register DD214s at no charge and securely maintain a copy. "It is the intent of this organization that every veterans residing in Wisconsin receives the benefits and services to which they are entitled by law and moral obligation". Many VSOs have a distribution list or a social media page to ensure

timely information on benefits, entitlements, legislative updates, services, events, etc.

To locate your Veteran Service Officer by county or tribe please visit: <http://wicvso.org/locate-your-cvso/>





## MILITARY FAMILY ASSISTANCE

Your One Stop Call for RESOURCES and REFERRALS

Military Family Assistance Centers (FAC)	provide a variety of referral based services to geographically-dispersed families and retirees	Military Services include, but are not limited to, ID cards and Defense Enrollment Eligibility Reporting System (DEERS) enrollment, TRICARE and military medical benefits education, emergency financial services, legal information and referral, crisis intervention and referral, and community information and referral.
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### FINANCIAL ASSISTANCE

The Wisconsin Family Assistance Centers (FACs) connect families in financial crisis to various emergency assistance and grant programs. Specialists can be reached **24/7** at **1-800-292-9464 option 3**.

**Wisconsin Military Family Financial Aid Fund (MFFA)** was established to provide emergency, financial assistance to military families living in the state of Wisconsin and is codified in Wisconsin Statute, Chapter 321, Section 321.45. MFFA distributions are fully supported by taxpayer donations and are grants to eligible military families. Service members and military families who meet the eligibility requirements may apply for financial relief for unexpected financial emergencies. Aid will generally be considered for financial emergencies greater than \$100 and not more than \$2,500 in one, twelve month period. Exceptions may be granted in situations of extreme hardship.

Applications may be requested by contacting a FAC or by visiting [www.wisconsinmilitary.org](http://www.wisconsinmilitary.org)

## TRICARE UPDATES

**CHANGES.** Effective January 1<sup>st</sup> 2018 TRICARE Standard and TRICARE Extra became TRICARE Select. Regions were realigned with Humana being the contractor for the east region and HealthNet Federal Services serving the west region. Learn more about changes at: [www.tricare.mil/changes](http://www.tricare.mil/changes).

TRICARE Dental Program (TDP) is the Department of Defense dental insurance program, which is available to M-Day National Guard/Reserve service

members and their dependents. For additional eligibilities, to find a dentist, forms & materials, benefits, claims and a cost estimator please visit [www.uccitdp.com](http://www.uccitdp.com).



## BADGER YOUTH CAMP

Badger Youth Camp is a unique experience that enhances Quality of Life through building the Military Family Connection with the promotion of Resilience and Individual Growth of our military youth. Our mission is to provide campers with a sense of adventure and belonging through military based activities shared with other military connected youth from around the state. Through a fun, vigorous, and engaging experience campers will learn new life skills and develop their sense of patriotism. They will learn what it takes to be in the military, and live a life of honor, loyalty, respect, and commitment.

Online Registration:


[www.wisconsinmilitary.org](http://www.wisconsinmilitary.org)

Nick Harnish

Child and Youth Coordinator

(608) 301-8248

[nicholas.b.harnish.ctr@mail.mil](mailto:nicholas.b.harnish.ctr@mail.mil)



**27-29 JULY 2018**  
at VOLK FIELD

Badger Youth Camp welcomes CHILDREN AND YOUTH between the AGES OF 8 - 17 that are sponsored by a military member.

Cost: \$35 / camper  
Includes: MEALS, LODGING, T-SHIRT

online registration for campers and volunteers opens March 1, 2018  
[www.wisconsinmilitary.org](http://www.wisconsinmilitary.org)

Questions? Call Nick Harnish 608-301-8248 or CPT Kate DeBartoli 935-342-3481. You can send your question via email to: [ng.siarng.cuba.jl-smad@mail.mil](mailto:ng.siarng.cuba.jl-smad@mail.mil)

## WISCONSIN STATE ADVISORY COUNCIL

**The State Advisory Council** advises the WING leadership on quality of life issues and concerns impacting Service members and their families. Each member of the State Advisory Council has over 10 years' experience as a primary point of contact supporting a Service member and serving the Wisconsin National Guard as a family readiness volunteer. Are you interested in connecting with other military families? Do you have a questions about your being a military family member? Do you have questions about becoming a volunteer? If so, please email one of the council members listed below:

JFHQ: Andrea Simonis at [andrea.m.simonis@gmail.com](mailto:andrea.m.simonis@gmail.com)

64<sup>th</sup> TC: Catrina Bennett at [slip@tds.net](mailto:slip@tds.net)

157<sup>th</sup> MEB: Susan Genz at [genzsb@comcast.net](mailto:genzsb@comcast.net)

32<sup>nd</sup> IBCT: Vacant



## INTERNET SCAM RED FLAGS

The internet is a great place to shop, socialize and learn. But with the conveniences come scammers, who are working hard to get your money. Watch out for these red flags:

1. People or companies that ask you to pay up front without knowing exactly what you are getting.
2. Company websites that say you can make a huge income by working at home, promising that it's easy and quick. Remember the old adage: If it's too good to be true, it is.
3. Companies, such as potential employers or

landlords that request a background check or credit check before meeting you in person.

4. People offer to pay you with money orders, cashiers or certified checks for goods online. Banks may cash fake ones and then hold you responsible. To learn how to spot a fake, check out [www.wailethub.com/edu/cashiers-check-scams/16192/](http://www.wailethub.com/edu/cashiers-check-scams/16192/).
5. Companies that ask you to download software or a video driver. Don't do it unless you are 100% positive

that the company is reputable.

6. You can't figure out how the other person or company benefits.
7. Companies or people who wire funds for goods you haven't received.
8. Companies or people who ask for financial information such as bank account information, passwords or Social Security numbers.
9. Charities that seem to pop up after a disaster occurs.  
**Best Bet:** Donate only to charities you know and trust and make sure they are registered in your state.



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Check for scams and sign up for scam alerts with the Federal Trade Commission at <http://www.consumer.ftc.gov>

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## COACHHUB: A MOBILE COACH FOR YOUR LIFE

**MILITARY**  
**ONE SOURCE**

Personal trainers are good, but wouldn't it be great if you could carry a life coach with you? Someone who would always be available to help you set goals, give you encouragement and answer your questions?

You can with [CoachHub](#), a resilience tool from Military OneSource that gives you access to a personal online coach. It is one of several [coaching solutions](#) available to service members and their families. And unlike commercial life coaching programs, it's free.

CoachHub connects you with a professional coaching expert who will motivate and help you set and track goals in areas such as exercise and physical fitness testing, nutrition, weight loss and stress reduction. You can browse and select different coaches, send messages, request appointments, and post questions. Coaches create a personal profile, manage daily tasks, and monitor progress toward your goals with your permission. You access support in the way that best suits you – by text, email or internal CoachHub messaging.

The mobile coach can be used by itself or can be integrated with [MoodHacker](#), a resilience tool that lets you track, understand and improve your mood. [Learn more here.](#)

**CONTACT US 24/7 AT 1-800-342-9647 or connect with us online at <https://www.militaryonesource.mil/>**

## HEALTH & FITNESS FOR THE FAMILY

A recent review of the physical and mental well-being of the service members of the Wisconsin National Guard revealed that one of the greatest risks to readiness was maintaining height and weight standards and/or passing the annual physical fitness test. Are you aware that you can assist your Soldier and Airmen with maintaining a healthy weight and being capable of managing the physical challenges of serving as a war fighter? Additionally, you and each member of your family, can access the same tips and tricks to keep the whole family fit: mentally, physically, spiritually, and socially.

**Guard Your Health ([www.GuardYourHealth.com](http://www.GuardYourHealth.com))** provides a central place for National Guard Service members and their families to find information and resources on health and medical readiness.



Click on "Health Topics" and then the "Food and Nutrition" or the "Fitness and Exercise" links for a wide variety of resources to learn to eat healthy and exercise.

## MILITARY YOUTH CELEBRATION



Get set for Adventure! To celebrate the month of the military child, the Child and Youth Program, will be hosting a wondrous weekend full of opportunities for growth, connection, and adventure.

You will learn to orient yourself as you explore the Kettle Moraine, push your limits as you conquer the Alpine Tower, and expect the unexpected as you sharpen your senses while taking a journey on the Ice Age Trail.

Who? Military Connected Youth Ages 6 -17

Where? Campbellsport, WI

To register please visit:

[www.aprilcyp.eventbrite.com](http://www.aprilcyp.eventbrite.com)

Or contact:

Cameron Campbell

Lead Child and Youth Program Coordinator

Office: (608) 301-8246

Cell: (608) 658-6358

[cameron.l.campbell6.ctr@mail.mil](mailto:cameron.l.campbell6.ctr@mail.mil)



[WWW.WISCONSINMILITARY.ORG/CYP/](http://WWW.WISCONSINMILITARY.ORG/CYP/)

