

Region 2 RISFAC

Regional inter-service family assistance committee

OCTOBER 2016

Meeting Highlights

The Region 2 Quarterly RISFAC Meeting was held on October 12th in McConnelsville.

The youth event schedule has not yet been published. Look forward to it coming out in the next month.

School supplies are still available to any Service Member or their Family. Please let Brian Giesey know if you or anyone you know is in need.

The Holiday Adoption program is getting started for this season. Anyone who is in need of assistance will need to complete the adoption form and return it to the Family Assistance Center for processing. This program is first come, first served, with preference to families who have never used the program. If you know of anyone who is in need or if there is anyone who would like to help out please contact your nearest

Family Assistance Center.

Tricare pharmacy has changed their network pharmacy from CVS to Walgreens.

Indiana Wesleyan University offering 25% discount to Service Members and their Spouses.

Adam from the Morgan County VSO stressed the importance of the accurate and timely completion of Line Of Duty (LOD) investigations. LODs are extremely important for National Guard/Reserves when filing for VA Disability and other VA Benefits.

The Mid-Ohio Valley Veterans Outreach, along with Washington State Community College and Ohio Means Jobs, will be hosting a Veterans Resource Fair. This event will take place at Washington State Community College on Thursday, November 17th from

4-7pm. This event was extremely successful last year.

RISFAC Coordinators:

Jennifer Moore, Contractor
Troop & Family Assistance
Center Specialist
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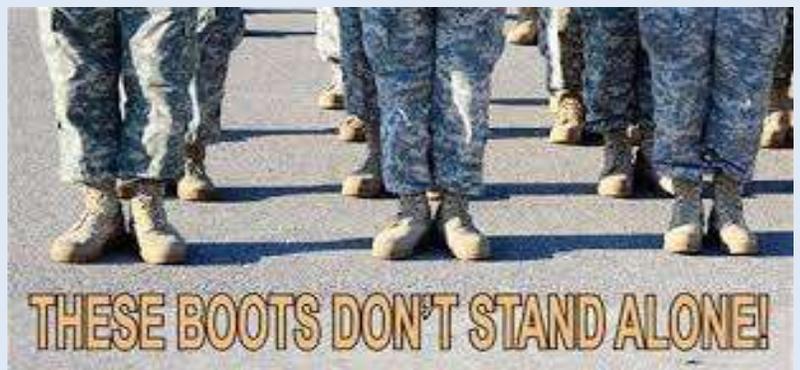
or

Brian Giesey, Contractor
Troop & Family Assistance
Center Specialist
4497 Hawk Drive
McConnelsville, OH 43756
james.b.giesey.ctr@mail.mil
(614) 336-4311

Roll Call—October 2017

Facilitator: Brian Giesey, Region 2 TFAC
Jennifer Moore, Region 2 TFAC
Adam Triplett, Morgan VSO
Doug Altherr, Morgan VSO
Renee Rector, WSCC
John Woods, WCCAP-SSVF
Justin Piper, 2-174 ADA

Thanks to all in attendance!!



Deployment can be an overwhelming time when you feel you have more questions than you know what to do with. Additional resources are available through your family center, Military OneSource, and your service member's Command. You will often find the most important resources during a deployment are other military families! Be sure you find and connect with other families who are also experiencing a deployment. This network of support will prove to be invaluable. Here are a few resources to help you find deployment related information and support.

[Military OneSource](#) is a web based resource provided by the Department of Defense. MilitaryOneSource provides information for nearly every phase of military life, to include a wide variety of deployment resources and information. The site can also direct you to free non-medical counseling.

[Zero To Three](#) is a nonprofit organization dedicated to supporting infants and toddlers. Zero To Three has great military family resources for children and parents of young children. Visit their website to order books and learn tips to help your family through deployment and reunion.

[The American Red Cross](#) can help you communicate with your deployed service member in an emergency situation, connect you with community resources, and provide resiliency training.

[Family Readiness Group Leaders/Family Readiness Support Assistants/Key Spouses/Family Readiness Liaison](#) — Have contact information for your liaisons. These staff members and volunteers can help connect you with important and official command information before, during, and after the deployment.

Preparing for Deployment

Deployments are stressful, but careful preparation will allow your family to work together to minimize any additional stress the separation may cause. Here are five items every military family should discuss when preparing for deployment.

Power of Attorney

A power of attorney allows another person to conduct business on your behalf. Service members often need to leave a power of attorney or powers of attorneys with their spouse or a designated family member, so they can take care of certain business situations while the service member is away. There are two types of powers of attorney – a general power of attorney and a specific power of attorney. A power of attorney can allow a person you choose to take care of a minor child, make healthcare decisions, sell or purchase a home or car, work with the housing office, or arrange a PCS move. If you are in doubt about which kind of power of attorney is needed for your family's situation, check with your JAG office.

Family Care Plan

Service members who are single parents of minor children, or who are responsible for a disabled family member, are required to have a family care plan in place to designate and document a plan for their child's care, during a service member's absence. Family care plans can also be useful in the case of an emergency while a service member is away. Make sure your designated caretaker is aware of the plan.

Budget

Discuss your family budget. Make sure you are aware of all bills that need to be paid each month. Be sure the bills and bank accounts have both your name and your spouse's name in the accounts. Know how to access and read a Leave and Earnings Statement (LES) and be aware of any extra pays or allowances that may appear on your LES during a deployment. Discuss how any additional deployment dollars may be spent or saved. Understanding your family budget and agreeing on money issues will ease some of your stress during a deployment.

Wills

Ensure each adult member in your house has a current will. JAG is available to assist family members and service members in creating wills, so contact your local JAG office if you need any help.

Last Wishes

This may sound grim, but it is necessary to discuss any last wishes your service member may have prior to a deployment. Tragedy can strike at any time, but communication is often more difficult during deployment. Now is the time to make challenging decisions regarding life support, funeral wishes, and preferred burial location. This uncomfortable conversation will prevent a spouse from making grief-stricken decisions during a tragic time. It is also important for close friends and family to know your service member is deployed and that they might be called on in a time of need.

For a detailed deployment preparedness list, visit Military OneSource and review their [Deployment Resources](#).

RISFAC in Other Regions:

Region 1 – Northeast Ohio
 19 January 2017 / 6:30pm – 8:00pm
 Veterans Service Commission of Summit Cty
 1060 E. Waterloo Rd, Akron, OH

TFAC: Joyce Stingel and Rita Stahl
 Office Phone: 800-589-9914 (option 1)
 joyce.e.stingel.ctr@mail.mil
 rita.a.stahl.ctr@mail.mil

Region 3 – Southwest Ohio
 12 January 2017 / 6:30pm – 8:00pm
 Woodlawn Community Center
 10050 Woodlawn Blvd, Cincinnati, OH

TFAC: Mandy Humerick
 Office Phone: 800-589-9914 (option 3)
 amanda.c.humerick.ctr@mail.mil

Region 4 – West Central Ohio
 31 January 2017 / 6:30pm – 8:00pm
 VFW Post 8312, Beavercreek Memorial
 2389 Dayton Xenia Rd, Dayton, OH

TFAC: Jennifer Knoop and Billy Madden
 Office Phone: 800-589-9914 (option 4)
 jennifer.k.knoop.ctr@mail.mil
 billy.g.madden.ctr@mail.mil

Region 5 – Northwest Ohio
 10 January 2017 / 6:30-8:00 pm
 Bowling Green Training & Community Center
 1245 West Newton Rd, Bowling Green, OH

TFAC: Margret Szymanski, Patricia Markowski and
 Tabitha Hoke-Mujihad
 Office Phone: 800-589-9914 (option 5)
 margret.r.szymanski2.ctr@mail.mil
 patricia.markowski.ctr@mail.mil
 tabitha.l.hoke-mujihad.ctr@mail.mil

Region 6 – Central Ohio
 12 January 2017 / 6:30pm – 8:00 pm
 DeVry University
 1350 Alum Creek Dr Columbus, OH

TFAC: Nancy Kary
 Office Phone: 800-589-9914 (option 6)
 nancy.j.kary.ctr@mail.mil



ISFAC Dates:

9 Nov 2016; 14 Feb, 9 May and 8 Aug 2017

Xenos Christian Church
 1340 Community Park Dr. Columbus OH
 43229

9:30am

MID-OHIO VALLEY
VETERANS
RESOURCE
FAIR

THURS. NOVEMBER 17 | 4-7PM

WASHINGTON STATE COMMUNITY COLLEGE
710 COLEGATE DRIVE, MARIETTA, OHIO 45750

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COME OUT AND JOIN US FOR AN EVENING FULL OF VETERANS BENEFITS AND RESOURCES. THIS IS A FAMILY EVENT WITH FOOD, GAMES, DOOR PRIZES, AND VETERAN PROGRAMS ALL AT ONE LOCATION.



FOR MORE INFORMATION CONTACT:
JARED SMITH: 740.434.0748 | REN'EE RECTOR: 740.374.8716

