

# RISFAC Newsletter

Regional Inter-Service Family Assistance Committee  
<http://www.homefront.ohio.gov/RISFAC/Region4RISFAC.aspx>

Region 4  
(West-Central Ohio)

"When Called, We Respond"

November 2015



RISFAC Coordinators

Troop and Family Assistance  
Center Specialists (TFAC)

**Ashten Houseman**

(Contractor)  
1120 W. Blee Rd  
Springfield, OH 45502  
614-336-4483  
[ashten.o.houseman.ctr@mail.mil](mailto:ashten.o.houseman.ctr@mail.mil)

## Partner Highlight: LtCol Kathy Lowrey Ohio National Guard Community Outreach

Region 4 RISFAC was fortunate to have Lt Col Kathy Lowrey, Director, Community Outreach Ohio National Guard as the featured presenter. LTCol Lowrey has a broad range of programs under her facility but focused on updating attendee's about her current focus, which includes Clergy, Employer & Healthcare provider outreach during Tuesday night's meeting. In addition Pam Holbrook from H.E.R.O.E.S. Cares shared with the group the programs mission which is to meet the needs of service members and their families with the end result of preventing psychological, moral and spiritual injuries.

Thank you both for your wonderful presentations!

## Thank you to all of our Attendees!

Mike Schneider-Dayton VA  
Mandy Humerick— Region 3 TFAC  
Wade Huffman-Montgomery County VSO  
Ryan West— First Command Financial  
Michael Burress-1-147th BN  
Ed Ball-Shelby County VSO  
Leon Johnson-VFW  
Kari Pfeifer-VFW  
SSG William Lee-1487th Trans Company  
SFC Matt Fox-1487th Trans Company  
Seth Gordon-Wright State Univeristy  
Barbara Combs-First Command Financial  
Bill Horstman-Habitat for Humanity  
SSG Andrew Edgerly-C Troop 2-107th CAV  
Ronald Middleton-State of Ohio  
Jane Esprit-178th Air Wing  
Jack Brankamp-VFW  
Cathy Wood-Clark County VSO  
CSM Scott Barga-371st Sustainment Brigade

Connie Carpenter-178th Air Wing  
Pam Holbrook-H.E.R.O.E.S Cares  
Tony Bornhorst-Shelby County Commissioner  
Monica Hoskins-Toledo ABLE  
Jon Fields-Department of Veteran Services  
Will Rose-HHD 155 CM BN  
Liz Rose-HHD 155 CM BN FRGL  
Phyllis Miller-NGEEP  
Lt. Col Kathy Lowrey-ONG Community Outreach  
**Alise' M. Pilson-ABLE**  
Garvis Leak-Paradigm Shift Life Coaching  
Dan Semsel-Veterans Employer Connection  
Kate Scheff-WSU  
COLAnn Coghlin-178th Air Wing  
Tony Mears-FRSA  
Cynthia Wilson-Dayton Performance & Trauma Network



Upcoming Meetings and Locations:

- ◆ January 26, 2016, Dayton
- ◆ April 26, 2016, Sidney

Dayton Location:

Wright State University  
Student Union Hall  
Endeavor Room  
3640 Colonel Glenn Hwy,  
Dayton, OH

Sidney Location:

American Legion Post #217  
1265 Fourth Ave  
Sidney, OH



Veterans Day: November, 11 2016



Shelby County Veterans  
**Informational Meeting**

Please join us on November 10th, 2015 at the Shelby Police Department at 234 W Court St, Shelby Ohio 45365 from 1900 hours until 2030 hours to discuss what constitutes a Veteran by VA standards and what are all the benefits that are associated with being a Veteran. We want to see every Veteran taken care of and provided with all the assistance that they deserve. Some of the topics that we will discuss are:

- Medical Eligibility / Hearing Loss
- Montgomery Post 9/11 GI Bill
- Compensation / Pension Plans
- Spousal benefits
- Homebound / Aid and Attendance
- Housing Benefits
- Veterans Justice Outreach
- VA Home Loan
- Other benefits including possibly residential, utilities, and food

These are benefits our Veterans have worked for and many need. Please attend if you are a Veteran and if not please bring one to this. Let us help you for all that you have done on behalf of a grateful nation.

RSVP to:  
 Ed Ball  
 Shelby County Veterans Services  
 Phone (937)-498-7282

“Troops don’t come home to government programs; they come home to their families, neighbors and communities. Communities must step up to embrace troops and veterans, particularly once their battle buddies are no longer by their side. They need new battle buddies, but this time from their communities – people who can assist them in transitioning their skills, knowledge and attributes into civilian life and organizations. Government programs can’t do it alone, but independent organizations working together at a community level can.”

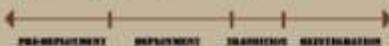
*Army Col. David Sutherland,  
 Special Assistant to the  
 Joint Chiefs of Staff for warrier and  
 family support*

It is our recommendation that organizations “Provide confidential avenues for spouses who feel their service member is exhibiting symptoms of PTS to express their concerns. Spouses need information on how to locate resources and information that may enable their service members to better come to terms with their symptoms and seek the appropriate confidential treatment.”

*Blue Star Families  
 2012 Military Family Lifestyle Survey  
 Recommendation for veterans and  
 their spouses regarding PTS/TRI*

**WHO IS ELIGIBLE FOR THE  
 HOMETOWN SUPPORT PROGRAM?**

Any post-9/11 service member (active duty, guardsman, or reservist), their spouses, any adult family member / significant other, that is directly impacted by deployment qualify for enrollment.



**Special note to Stephen Leaders  
 and Stephen Ministers**

The H.E.R.O.E.S. Care Hometown Support Program will train Stephen Leaders as “Outpost Leaders (OLs)” and Stephen Ministers as “Hometown Support Volunteers (HSVs).”

Only trained and commissioned Stephen Leaders and Stephen Ministers who complete the eight-hour H.E.R.O.E.S. Care workshop, and have met program requirements are qualified to serve as Outpost Leaders and Hometown Support Volunteers.

These are responsibilities that willing Stephen Leaders and Stephen Ministers choose to assume -- in addition to the leading or care giving they do for Stephen Ministry in their own congregation.



H.E.R.O.E.S. Care  
 1306 R West Lark Industrial Park  
 Fenton, MO 63026  
 Nationwide: 888-799-4376  
 Office: 636-600-0096  
 Alt: 314-799-1427  
 www.heroescare.org



A 501(c)(3) NONPROFIT  
 TAX ID # 01-0777850

**H.E.R.O.E.S.**



**CARE**

Serving since 2003

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



*Supporting Our Troops and  
 Their Families Before,  
 During, and After Deployment*





## Ohio National Guard College Fair

**"Education, the Key to Readiness"**



Provide military personnel, family members, civilians and retirees face to face access to representatives from public and private colleges and universities

The college and university representatives will provide information and answer questions on degree programs, enrollment policies and financial pathways

Veterans Affairs, Military One Source and more!

Saturday, November 7, 2015  
10 AM – 3 PM  
DSCC, Bldg 11, Section 11  
Columbus, Ohio 43230  
(DOD ID is required for access to DSCC)

In celebration of  
**American Education  
Week!!!**



## Give an Hour Serves the Army National Guard

### HOW CAN GIVE AN HOUR HELP?

#### • Informational Sessions for Guard Members and Families

Give an Hour community volunteers attend events and meetings to inform Guard members and families about our no cost mental health options

#### • Community Support and Partnership

Give an Hour community volunteer consultants will work directly with National Guard staff to seek opportunities to serve the needs of local Guard members and families

#### • Telehealth Services to Remote/Rural Guard Families

Give an Hour licensed clinicians will provide virtual counseling to those in areas of the state with little access to mental health providers

#### • Provider Recruitment & Training

Give an Hour recruits, trains, and supports new volunteer providers in areas of need as identified by the National Guard

#### Give an Hour™

is a nonprofit 501(c)(3), founded in September 2003 by Dr. Barbara Van Dahlen. Give an Hour is dedicated to meeting the mental health needs of the troops and families affected by current or future combat operations in support of the National Security Strategy. We provide counseling to individuals, couples and families, and children and adolescents. In addition to direct counseling services, our volunteer network of nearly 7,000 providers works to reduce the stigma associated with mental health by participating in and leading education, training, and outreach efforts in schools and communities and around military bases. Give an Hour has provided approximately 100,000 hours of support to the military community since 2009, valued at more than \$1.5 million.

Give an Hour holds a Memorandum of Understanding with the Army National Guard to increase opportunities for Guard members and families to receive mental health services.

Give an Hour's Army National Guard Program works with existing support structures in local communities to create a comprehensive system of care for AENGF families.

For more information, contact Give an Hour Program Specialist, Erin Timmermans, MPA, [etimmermans@giveanhour.org](mailto:etimmermans@giveanhour.org), [www.giveanhour.org](http://www.giveanhour.org)



#### NOVEMBER 2015 MENU

High Street Church of the Nazarene  
1625 E. High Street, Springfield, Ohio 45503  
Ph. 937-523-9666

Orders can be placed at church on Nov. 1<sup>st</sup> and 20<sup>th</sup>.  
Distribution Day: Nov. 21<sup>st</sup> between 9:15 - 10:15am  
For information call Kathy Wallace 937-207-4290

ONLINE ORDERING AVAILABLE AT [www.smartchoicefood.com](http://www.smartchoicefood.com)!!

\*\*Online ordering closes Sunday November 22 at 11 AM EST. Please Note: Online Quantities are limited after November 22.



SAVE 50% ON YOUR GROCERIES!  
How much money could your family save?

SMART BOX only \$60	<ul style="list-style-type: none"> <li>-2.5 lb. B/B Chicken Breast</li> <li>-2 lb. Ready-To-Cook Meatloaf Chub</li> <li>-1.5 lb. Center Cut Pork Chops</li> <li>-3 lb. Breaded Bone-in Chicken Pcs.</li> <li>-12 oz. Thai Chili Salmon Fillets</li> <li>-1 lb. Ground Beef</li> <li>-1 lb. Chicken Thighs</li> <li>-1 lb. Ground Turkey</li> <li>-20 oz. TJ Farms Steak Fries</li> <li>-2 lb. Peas &amp; Carrots</li> <li>-12 oz. Steam California Blend</li> <li>-16 oz. Pancake Mix</li> <li>-14 oz. Oatmeal</li> <li>-7.5 oz. Box Mac &amp; Cheese</li> <li>-1 lb. Penne Pasta</li> <li>-1 lb. Whole Grain Brown Rice</li> </ul>	<b>THANKSGIVING BASICS BOX</b> <i>We give you the basics, you add the sides!</i> <ul style="list-style-type: none"> <li>+5 lb. Avg. Roasting Hen</li> <li>+3 lb. Avg. Spiral Ham Slices</li> <li>+3 lb. Frozen Mashed Potatoes</li> <li>+6 lb. Bonquet Frozen Mac &amp; Cheese</li> <li>+60 oz. Pumpkin Pie</li> <li>+22 oz. Ready-to-Bake Apple Pie</li> </ul> <b>\$30</b>
	<ul style="list-style-type: none"> <li>-1 lb. Popcorn Chicken</li> <li>+4 Turkey Corn Dogs</li> <li>+4 Ham/Turkey/Cheese</li> <li>+4 Cheeseburgers</li> <li>Rev Wraps</li> <li>+4 PB&amp;J Waffles</li> </ul>	<b>KIDS BOX</b> <ul style="list-style-type: none"> <li>+4 Buffalo Chick. Whoppers</li> <li>+4 Beef &amp; Bean Burritos</li> <li>+4 Cheeseburgers</li> <li>+4 PB&amp;J Waffles</li> </ul> <b>\$25</b>
	<ul style="list-style-type: none"> <li>-12 oz. Sliced Bacon</li> <li>-14 oz. Sausage Patties</li> <li>-16 oz. Ham Steaks</li> <li>-20 Hashbrown Patties</li> </ul>	<ul style="list-style-type: none"> <li>+1 lb. Frozen Strawberries</li> <li>+6 Strawberry Carrot Bars</li> <li>+4 Blueberry</li> <li>Min Pancakes</li> </ul> <b>\$22</b>
	<b>7 Heat &amp; Serve Meals</b> Each Entree comes with additional sides: 1. Pineapple Ham Omelet 2. Baked Lemon Pepper Fish over Rice 3. Country Fried Steak with Gravy 4. Meatloaf with Gravy 5. Baked Chicken 6. Roast Turkey with Gravy 7. Southwestern Omelet	<b>16 LB PORK CHOP BOX</b> Boneless Center Cut Pork Chops <b>\$32</b>
	<b>**SUPER VALUE BOX OF THE MONTH**</b> (Available with the purchase of any other box) <b>HOLIDAY DESSERT BOX</b> <ul style="list-style-type: none"> <li>+8 Cream Cheese Brownies</li> <li>+8 Pecan Pie</li> <li>+8 Chocolate Cheesecake</li> <li>+8 Cranberry Orange Danish</li> <li>+8 Blueberry Pie</li> <li>+8 Vanilla Round Cakes</li> <li>+8 Pumpkin Pie</li> </ul> <b>\$25</b>	

All weights are approximate. We reserve the right to substitute items of equal or greater value due to circumstances beyond our control.

ITEM	QTY	TYPE	AMT	TOTAL
SMART BOX	1		\$60.00	
CONVENIENCE MEALS			\$12.00	
VALUE #1 - THANKSGIVING			\$30.00	
VALUE #2 - KIDS BOX			\$25.00	
VALUE #3 - BREAKFAST BOX			\$22.00	
VALUE #4 - PORK CHOP BOX			\$32.00	
SUPER VALUE BOX OF THE MONTH			\$25.00	
VALUE #5 - BERRY BOX			\$22.00	
ORDER TOTAL =				

3pm Pick Up, Your Food On Distribution Day! See Food List Changes After Distribution. Will Be Devised To Differ! Smart Choice Food Service • PO Box 50 • 937-207-4444

Region 4 Upcoming Events

**\*\*Welcome to Phyllis Miller\*\***  
 Region 4  
 National Guard Employment  
 Enhancement Program (NGEEP)  
 Specialist. The mission of the  
 NGEEP Specialist is to facilitate and  
 oversee the administration,  
 development, and delivery of the  
 various Employment Services for  
 Ohio National Guard members and  
 their family members .

**If you have information you'd**  
 like shared in the RISFAC  
 newsletter or website please  
 contact your Regional TFAC.

**Are you experiencing stress?**



Art F.O.R.C.E. provides military spouses with a creative outlet to reduce stress.  
 The program works to reduce your stresses by focusing on:

- F**amily
- O**asis
- R**elationships
- C**reativity
- E**mpowerment

Each session will provide YOU with an opportunity to relax, meet other spouses, and  
 create an original work of art.

There are three opportunities to participate in this FREE program!

**September 2, October 7, November 4 from 6:00-8:00pm**

Religious Education Building/Chapel Family Life Center  
 682 Chapel Lane Riverside, OH 45431

A final celebration & exhibition will take place on **December 2.**

To register, contact Justina Crawford-Williams at  
 937-228-7591 ext. 3032 or [Justina.Crawford-Williams@victoriatheatre.com](mailto:Justina.Crawford-Williams@victoriatheatre.com).

**VICTORIA THEATRE**  
 ASSOCIATION

**ISFAC Dates & Location**

Xenos Christian Church  
 1340 Community Park Dr. Columbus OH 43229  
 9:30am  
 10 November 2015  
 9 February 2016  
 10 May 2016  
 9 August 2016

**RISFAC Across the State**

**Region 1 (Northeast Ohio)**  
 Jan 28, 2016 (6:30-8:00pm)  
 Veterans Service Commission of  
 Summit County  
 1060 E. Waterloo Rd, Akron  
 1-800-589-9914 (Option 1)

**Region 2 (Southeast Ohio)**  
 Jan 13, 2016 (6:00-7:30pm)  
 Camp Sherman Armory  
 2154 Narrows Rd, Chillicothe  
 1-800-589-9914 (Option 2)

**Region 3 (Southwest Ohio)**  
 Jan 14, 2016 (6:30-8:00pm)  
 Woodlawn Community Center  
 10050 Woodlawn Blvd, Cincinnati  
 1-800-589-9914 (Option 3)

**Region 4 (West Central Ohio)**  
 Jan 26, 2016 (6:30-8:00pm)  
 Wright State University  
 3640 Colonel Glenn Hwy, Dayton  
 1-800-589-9914 (Option 4)

**Region 5 (Northwest Ohio)**  
 Jan 12, 2016 (6:30-8:00pm)  
 Bowling Green Training &  
 Community Center  
 1245 W Newton Rd,  
 Bowling Green  
 1-800-589-9914 (Option 5)

**Region 6 (Central Ohio)**  
 Jan 21, 2016 (6:30-8:00pm)  
 DeVry Univeristy  
 1350 Alum Creek Dr. Columbus  
 1-800-589-9914 (Option 6)

