



RISFAC

(Regional Inter-Service Family Assistance Committee)

October 2016

Region 5, Northwest Ohio

<http://homefront.ohio.gov/RISFAC/Region5RISFAC.aspx>

October 11, 2016 - Meeting Summary

The meeting started at 6:30 pm with 17 people present. Tabitha introduced the FAC role and stated all housekeeping needs. Cheryl Hagan with employment spoke on her role as Employment Support Specialist. Originally, her contract was for one year but was extended for two more years as need was shown for the importance of helping the Military find employment and keeping employment. She is now able to help all branches of service and spouses. Resumes are a major part of her work load as well as explaining to employers why they should hire a Veteran, matching Veterans skills to employers and interview preparation. She explained how Cardinal Health will conduct interviews and resume preparation during a class held monthly for perspective employees. Service members, while deployed, can send Cheryl an email prior to coming home for help with the process of resume building and job search before they are back home.

Col Daniel Tack spoke on how there are 1100 strong in members at the 179th. In the last year, they have hired 600 service members between Mansfield and Camp Perry. They are short on Pilots because the civilian sector is taking them due to the higher pay. The tuition assistance for the

Guard is a big plus in keeping Airmen in the service. The 179th is at 107% strength and Camp Perry is at 95% strength. There are 292 Full time staff at the 179th and 230 live in the Richland and Ashland counties. Some of the needs for the 179th are helping the younger Airmen with social needs. There will be 4 major exercises this year in Puerto Rico, Cuba, and Haiti, and in the springtime they will be going to Africa. Red Horse is going to Hawaii.

During the Rapid introductions, each attendee was given an index card and two minutes to write on the front of the card their introduction. Once the two minutes were up, the attendees were told to give the card to the individual on their left and if they had no one on the left, then to the person in front of them. This helped in time management, made the event more enjoyable, and helped the attendees meet new individuals representing other agencies. This worked well but a suggestion was made in having the attendees being introduced stand instead of the person making the introduction as to limit confusion.

Upcoming Meetings

- Jan 10, 2017 (Bowling Green: 1245 W. Newton Road, Bowling Green, OH 43402)
- April 11, 2017 (Mansfield: American Red Cross, 39 N. Park, Mansfield, OH 44902)

<http://homefront.ohio.gov/RISFAC/Region5RISFAC.aspx>

The RISFAC serves all branches of the Military, Veterans and their families and is sponsored by the Ohio National Guard Family Readiness & Warrior Support Program.

Meeting Facilitators / TFAC's: Margret Szymanski | 614-336-4312 | margret.r.szymanski2.ctr@mail.mil

Patricia Markowski | 614-336-6615 | patricia.markowski.ctr@mail.mil

Tabitha Hoke-Mujihad | 614-336-4466 | tabitha.l.hoke-mujihad.ctr@mail.mil

ATTENDANCE ROSTER - MANSFIELD RISFAC, REGION 5 - October 11, 2016

| | |
|----------------------|--------------------------------------|
| Cheryl Hagan | Employment Specialist |
| Rose Hughes | North Central State College |
| Leon Johnson | VFW |
| Robert Markowski | 1SG HHC 983rd Army Reserve |
| Dick Maxwell | VFW |
| Kari Pfeifer | VFW |
| Tammy Puff & Husband | Ohio Attorney General |
| Faline Rowland | 179th Air Wing Yellow Ribbon |
| Jessica Tischler | Red Cross |
| Vivian Winters | 179th Air Wing |
| Tom Leininger | VFW |
| Brian Maurer | VA outreach/ Marine reserve |
| Col Tack | 179th Air Wing |
| Joesph Noblet | 1-134 FA |
| Emily Bachman | 179th Air Wing Family Program manger |
| Veronna Drane | Richland County Habitat for Humanity |



Don't forget November 8th



Veteran's Day November 11th Remember to look for your discounts.

<http://www.military.com/veterans-day/restaurants-veterans-day-military-discounts.html>

DRUG ADDICTION AFFECTS ALL OHIOANS

Know the warning signs



Know the facts:

- Heroin and other opiates kill at least 23 people in Ohio every week.
- Opiate pain pills, fentanyl, and heroin are all opioids.
- One in five Ohio residents knows someone struggling with heroin addiction.
- Naloxone is a medication used to reverse the effects of an opioid overdose.

Know the signs of opioid abuse or addiction:

- Sudden dramatic weight loss
- Changes in expected emotional response and rapid mood swings
- Dramatic changes in sleep patterns
- Constipation without reasonable explanation
- Small or pinpoint pupils
- Unexplained missing personal items and money

Know the symptoms of opioid overdose:

- Bluish nail beds and lips, pale or grayish skin tone
- Noisy and irregular breathing, respiratory arrest, cardiac arrest

Know where to get assistance for you or your loved one:

If you suspect an overdose, call 911. For nonemergency assistance, call the Ohio Department of Mental Health and Addiction Services Toll-Free Bridge Line at **1-877-275-6364** for local resources, or visit **www.RecoveryIsBeautiful.org**.



FALLEN 15 MEMORIAL GALA

Heart of Africa Event Center

Silent Auction
& Fundraiser for
The Fallen 15 Charity



October 28th, 2016 / Registration & Social Hour: 6 pm / Dinner: 7:15 pm / Guest Speakers: 8 pm

Join us as we announce the 15 Fallen Service Members we will be honoring in 2017

The 3rd Annual Fallen 15 Memorial Gathering at the Columbus Zoo, Heart of Africa Event Center will be held on October 28th, 2016. This event is an evening of celebration as we unveil the 15 Service Members and their families that we will be honoring for all of 2017. The event is a silent auction format, where you can bid on great items, involves a fantastic meal, provided by Nourish, music and awesome guest speakers. We dedicate this evening to all of our Gold Star Families and the sacrifices they have made on behalf of our country.



Honor. Celebrate. Inspire.

To register and find more information on The Fallen 15:
WWW.FALLEN15.ORG

USO OF NORTHERN OHIO



INVITES YOU TO BREAKFAST WITH SANTA

**WHO: CURRENT MILITARY FAMILIES (Active,
Guard and Reserve)**

WHEN: DECEMBER 4, 2016

FROM 11 AM - 1 PM

WHERE: Conn Weissenberger American Legion

2020 West Alexis

Toledo, Ohio 43620

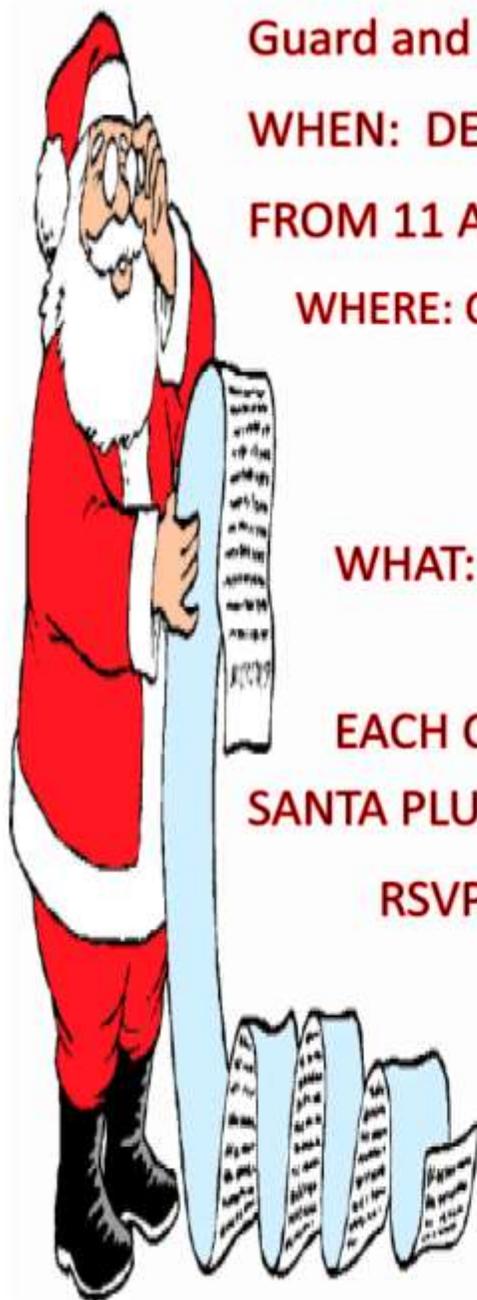
**WHAT: BREAKFAST WILL BE SERVED AND
VISIT WITH SANTA**

**EACH CHILD WILL RECEIVE A GIFT FROM
SANTA PLUS OTHER FUN ACTIVITIES**

**RSVP to tanya@usonorthernohio.org or
call 216-433-7313 by**

November 28, 2016 to reserve

(Space is limited)



Troop & Family Assistance Center Specialists (“TFACs”)

Region 1

Joyce Stingel: 614-336-6337
 Rita Stahl: 614-336-4310
 Tabitha Hoke-Mujihad: 614-336-4466

Region 2:

Jennifer Moore 614-336-6943
 Brian Giesey 614-336-4311

Region 3:

Mandy Humerick 614-336-6550

Region 4:

Billy Madden 614-336-6357
 Jennifer Knoop 614-336-4483

Region 5:

Margret Szymanski 614-336-4312
 Patricia Markowski 614-336-6615
 Tabitha Hoke-Mujihad 614-336-4466

Region 6:

Nancy Kary 614-336-4232
 Angela Dyer (Supervisor) 614-336-7031



24 Hour Joint Operations Center
 1-888-637-9053

ONG Transition Assistance Advisors
 (Michael Magnusson and Terry Dean)
 614-336-7349 or 614-336-4192

Tricare Benefits Assistance
 877-874-2273

Ohio Cares
 800-761-0868

Community Outreach
 614-336-7002

Sexual Assault Response Coordinator
 877-751-5628

Military OneSource
 800-342-9647

American Red Cross
 800-696-3873

Survivor Outreach Services Coordinators

614-336-4284 Melissa Wise
 614-336-8820 Rita Kreitzer
 614-336-7375 Susan Bogan
 614-336-4138 Steve Brunn
 740-637-0348 Tara Reyna

Psychological Health Coordinators

Barbara Herbst 614-336-8999

Employer Support of the Guard & Reserve (ESGR) 614-336-7444

ID Center (NW Ohio) 180th FW, Swanton, Ohio
 Call for appointment 419-868-4225

Airman & Family Readiness Program Managers

Judy York - 180th FW 419-868-4550
 Jane Esprit - 178th FW 937-525-2583, ext. 2583
 Emily Bachman - 179th AW 419-520-6600
 Carolyn Ebert - 121st ARW 614-492-4417, ext. 5

Employment Support Specialists (Contractors):

Region 1 - Amy Baab 614-336-6077
 Region 2 - Leeann Rahe 614-336-4212
 Region 3 - Sarah Meeds 614-336-4994
 Region 4 - Patrick Nowak 614-336-4993
 Region 5 - Cheryl Hagan 614-336-6589
 Region 6 - Joe Gabriel 614-336-7366 (Team Lead)