



USAREC EFMP SYSTEMS NAVIGATION
**USAREC EFMP
 COMMUNITY NEWSLETTER**

Happy New Year 2016!!

All of us here in the USAREC HQ Soldier and Family Assistance Branch hope that you have had a wonderful holiday season! We have all enjoyed the time that we've spent with family and friends, enjoying traditions and making new memories, and we hope that yours was just as great.



Now that the New Year is upon us . . . And all our holiday leave is behind us ☺ . . . We are back to work and committed to getting 2016 off to a great start. Let's just say that our "New Years Resolution" is to serve our recruiters and families and to go above and beyond your expectations!



L-R: **Emily Hay**, EFMP Systems Navigator; **Frankie Stull**, Chief, USAREC Soldier and Family Assistance Branch; **Laura Voyles**, EFMP Systems Navigator

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What can EFMP Systems Navigators do for you?

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EFMP SYSTEMS NAVIGATORS

Primary Role: help *navigate* Families through the available *systems* of care.

How can your EFMP Systems Navigator help you and your Family?

- ✓ Assist with locating needed resources in your current area or the area to which you are being assigned
- ✓ Help find the answers to questions you may have about the EFMP Program/Process
- ✓ Make referrals to required services
- ✓ Identify support groups and social activities
- ✓ Strengthen your ability to advocate for your EFM
- ✓ Identify your EFM and Family strengths and needs
- ✓ More



Contact your system navigator:

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Signs of Frostbite

- A change in skin color—usually to a red, white or pale grayish-yellow color
 - A prickly and slightly painful sensation
 - Hard or waxy looking skin
 - Numbness
 - A cold or burning feeling
 - Blistering, in severe cases
-

Top Safety Tips For Winter

Cold weather is finally hitting in some parts of the country. Are you ready for the cool down? Here are some great tips to keep your kids safe during the frosty temps!

- 1) **Bundle Up**— If your kids are heading outdoors, make sure you put them in multiple layers. Layers are more effective than one big coat or snowsuit. They should include thermal underwear, wool socks, turtlenecks, sweaters, sweatpants, water-resistant jacket, boots, hats, mittens and neck gaiters. Make sure your kids come back inside regularly to warm up.
- 2) **Skip the coat in the Car**— Don't put a baby or small child in the car already bundled up. The safety straps should be right against the child. The extra buffer from a heavy coat could compromise the car seat's effectiveness. Buckle your child in the car seat, and then place a blanket or jacket on top of the belted child.
- 3) **Winter proof your child's skin**— Apply moisturizer or petroleum jelly to help combat dry skin and eczema breakouts. Consider putting a humidifier in a child's room to combat dry skin. Don't forget to apply sunscreen before playing outside! Reflection off the fallen snow can burn skin. Check your child's skin for signs of frostbite after playing outside.
- 4) **Be Careful with Winter Sports**— Does a fresh batch of snow have your kids begging to go sledding? To ensure safety, use a proper sled in an open area free of trees and moving traffic. Supervise children at all times, and keep an eye on children who may be standing in the pathway of a runaway sled. If your kids are lacing up the ice skates, have them wear wrist guards and lace their skates tightly to provide ankle support. Children should always use equipment that's appropriate their size and skill level.
- 5) **Don't Mess with Fire**— No matter how you heat your home, fires are a huge risk for families in the winter months. Before building a fire, install a smoke alarm on every floor of the home. Don't forget a carbon monoxide detector, as this silent killer gives no warning of its presence. Thousands of fires each year are caused by space heaters. Don't let a child get too close to a space heater. In fact, don't let anything get too close to

a space heater -- it should always be at least 3 feet away from particularly flammable things like curtains, bedding or furniture. These devices should be turned off when you leave the room and when you go to sleep.

6) **Be Ready to Play Inside**— Some days it's not feasible or safe to play outside, especially during a snowstorm or very cold day. It's always a good idea to have board games and art supplies on hand for those times when your family is snowed in. Make sure your kids get up and move during snowed in days. Some ideas include playing dress-up, dance parties and beanbag tosses. Treasure hunts, indoor hopscotch, hide and seek, and obstacle courses can be fun, too, as long as the activities can be done in a safe, outlined space.

Source- <http://health.howstuffworks.com/pregnancy-and-parenting/5-winter-safety-tips-kids.htm>



Taking Care of You — Ok, but . . . How? When?

The following includes excerpts from “Taking Care of YOU: Self-Care for Family Caregivers” from the Family Caregiver Alliance website (www.caregiver.org).

Ever heard this? “You need to make some time for yourself!” Isn’t it so easy for someone to say this to special needs caregivers who haven’t had to walk a mile in your shoes? But it’s not so easy to accomplish, right? Of course you would like to take more time to take care of yourself—to get more sleep, to exercise more, to go out with friends more, to go to the spa, etc—but actually doing those things? Easier said than done. Sometimes trying to plan more time for “self-care” can even bring on more stress . . . And may-

be it brings on guilt as well. But, here’s the honest truth, you really do have to take care of you.

Have you ever flown on an airplane? If so, you remember the flight attendant-illustrated instructions, right? If an oxygen mask descends in front of you. What do you do? As we all know, the first rule is to **put on your own oxygen mask before you assist anyone else**. Only when we first help ourselves can we effectively help others. Caring for yourself is one of the most important—and one of the most often forgotten—things you can do as a caregiver. When your needs are taken care of, the person you care for will benefit, too.

So, as difficult as it is to

make time, and as much as it seems like there’s just no way to be able to spare even a moment to make sure your needs (and even some wants) are being met, please don’t neglect finding ways to do it. Maybe you’re so overwhelmed that you even need to find help in finding ways to do it. That’s ok.

And listen, do not stress yourself out even more by making “self-care” another chore to check off of your very long, very difficult to-do list. Just realize that: You cannot stop the impact of a chronic or progressive illness or a debilitating injury on someone for whom you care. But there is a great deal that you can do to take responsibility for your personal



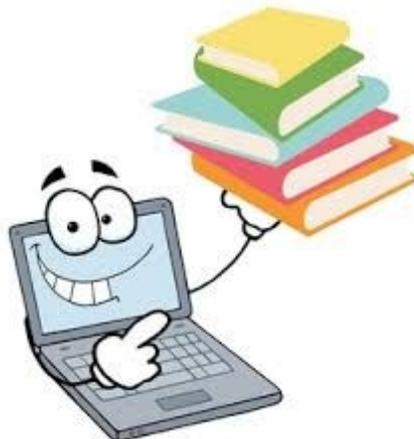
well being and to get your own needs met.

Ask yourself this: “What good will I be to the person I care for if I become ill?”

What barriers are keeping you from taking care of you as well as you should? What steps can you take to do better? It’s not impossible. Read this article: <https://www.caregiver.org/taking-care-you-self-care-family-caregivers>

Online Resources

- The USAREC Soldier and Family Programs support Soldiers and Families assigned to USAREC <http://www.usarec.army.mil/hq/HRD/SFA/index.shtml>
- 211 is a free and confidential services that helps people across North America find local resources they need <http://www.211.org/>



- Special Needs Resource Project (SNRP) provides a basic guide for parents of children with chronic health issues, disabilities and special needs. This site is designed to help you get a jump-start in your search for helpful information and resources. <http://www.snrproject.com/>

Kid's Korner



Winter Jokes

(Answers at bottom of page)

Q1. Who is Frosty's Favorite Aunt?

Q2. What do you sing at a snowman's birthday party?

Q3. What does a snowman take when he gets sick?



Q4. What do you get when you cross a snowman and a vampire?



Riddles:

R1: The more I dry, the more soggy I get.
My job can sometimes get me wet.

What am I?

R2: I have not flesh, nor feathers, nor scales, nor bone, but I have fingers and thumbs of my own.

What am I?

R3: I thrive in winter, perish by summer, and grow with my root upward.

What am I?

Winter Crafts & Activities

MAKE SCARVES: This is a craft that requires only the fleece fabric & a good pair of scissors and some beads if you want! The pictures are not mine but shows you exactly what I'm talking about. Our students made warm scarves by buying lengths of micro-fleece and simply cutting them into strips. The end was then cut into fringe. The fleece does NOT unravel so does not need any sewing.

Fleece is available in unlimited colors and prints. All you need is approximately 8 to 10 inches wide by 3-5 feet in length (shorter or longer depending upon your preference). You can knot fringe pieces together, two by two, so that all of the fringes are knotted. If desired, slide beads (as in photo) onto the fringe and tie another knot, for added embellishment.



Snow Dough: This dough is amazingly soft, naturally cold, and best of all, super easy to make. It requires only two ingredients! You'll need: cornstarch (freeze overnight to make the snow dough extra cold) and any white lotion (refrigerate overnight). If you use a 16 oz. box of corn starch, you'll need to use roughly 10 oz. of lotion—add slowly until the desired consistency is reached. (You can read about this and find more activities at <http://www.growingajeweledrose.com/2013/11/snow-dough-recipe-for-play.html>)



Answers to Jokes:

1. Aunt Arctica 2. Freeze a jolly good fellow. 3. A Chill Pill 4. Frostbite

Answers to Riddles:

1. A Towel 2. Gloves 3. Icicles