



USAREC Family News

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SERVING YOU--THE FAMILIES OF USAREC

Gee-One's Point of View

USAREC Families and Family Programs Lead the Way!



We are a nation at war with our leadership relying heavily on our Army to accomplish the mission. The Army, in turn, is turning to our Reserve Component Soldiers and family members to carry a big load as never before. The Army leadership is looking for ways to improve the support we give to families of mobilized Reserve Component Soldiers whose homes are away from installation support. Their model of success is USAREC.

While USAREC Soldiers have been providing the strength for over 30 years, it was roughly 10 years ago that the command authorized the Soldier and Family Assistance (SFA) network of full-time professionals in each battalion and brigade headquarters.

Almost 67 percent of USAREC Soldiers and families live and work away from installation support presenting a real support challenge. Using 1-800 telephone numbers, e-mail, Web-based information, and face-to-face visits, the SFA force regularly provides routine and emergency assistance to members of their recruiting units.

USAREC pioneered the Army's use of Ceridian employee assistance services, now Army One Source, to provide 24/7 information and referral services throughout the command. Don't forget the invaluable information provided through Army Family Team Building, both in person and on-line.

Yes, we have a pretty remarkable support network across the command but no mention of Soldier and family support would be complete without acknowledging the selfless support given by the volunteers of USAREC. Volunteering in their units and in their communities, USAREC volunteers have played key roles in the success of the command. Many volunteers have been recognized by the Commanding General through presentation of USAREC Volunteer Service Awards. Recently, one volunteer, Mrs. JoAnn Czech, was honored by the Army Chief of Staff with the Emma Baird Award for Outstanding Volunteer Service — the Army's top Army Community Service award—for her many contributions. She is a top-notch representative of the quality volunteers we have throughout the command who give so very much.

Looking for a model of success? Look no further than USAREC!

By Martin Skulas, Chief, Soldier and Family Assistance

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MG Michael D. Rochelle

Taking Care of Each Other

I don't need to tell you all how extremely important the mission of our command is to the Army – especially now as our country and our Army are engaged in the war on terrorism for the foreseeable future. As the recruiting force focuses even more intently on this essential mission, you and your family members will feel the impact as well.

I want to assure you that this command remains committed to the well-being of our families. You all are a vital part of our mission success. Your sacrifices and dedication are what keep the home front strong.

USAREC and our Army offer so many terrific family well-being programs, but nothing – nothing – could be more important than your looking out for your fellow USAREC spouses and families. We are all a team, and as a team, we must watch out for each other.

Every recruiting company must have an active, effective chain of concern – make it work for you in more than just an emergency. Give each other a call from time to time just to see how things are going or to share information. Communication is key to success in every organization. It is vital within our own families too! Keep one another informed of what's going on in your units and your families.

Over the months ahead, make time to get together within your stations and companies, especially to celebrate the little things in life, such as birthdays, anniversaries and other family events – things that are too often forgotten in our hectic everyday lives.

Don't get me wrong. Our well-being programs are important, but on top of all these wonderful programs that the Army offers, the real source of our strength is individuals caring for each other. That is the true nucleus of family well-being.

Take care of each other. Each one of you is an important and valued member of the USAREC team.

A Military of One – Armed Forces Vacation Club

While at breakfast during a recent TDY, I overheard the hostess at the hotel restaurant telling one of the waitresses that she and her husband were planning to take a trip to the Bahamas when he returns.

I asked if her husband was in the Army. She said he was in the Air Force currently serving in Baghdad. When he returns, they are planning a big vacation trip to the Bahamas. She was looking at packages for airfare and hotel for about \$3,000 for the two of them with their baby. I asked if she knew about Armed Forces Vacation Club and got the deer in the headlights look. I explained the program and gave her the Web site address.

The next morning, when I arrived for breakfast, she was smiling ear to ear. She had found a resort in the Bahamas for \$249. She also checked the airfare through AFV Club and found airfare for \$731. Now they can have their “dream vacation” for about one-third of the cost they were expecting to pay!

The Armed Forces Vacation Club can be used by all military personnel, their family members, and DoD civilians. Visit www.afvclub.com for additional information. (USAREC's code is # 235.)

By Jack Nix



Chaplain (LTC) Lyndell E. Stike

Magician



The carnival director was interviewing a young man looking for his first job as a magician. “What’s your best trick?” the director asked. “Sawing a woman in half — that’s my best.” “Isn’t that a difficult trick?” “Not really. I’ve been able to do that one since I was a child. I always used to practice on my sisters.” “And do you come from a large family?” “Well, I have eight half sisters.”

Today 23.3 percent of American children under 18 years of age live with only their biological mother, 4.4 percent live with only their biological father, and 3.0 percent of children live with other relatives (Vital Statistics Report). The face of families is changing. The picture of the Brady Bunch is becoming a cultural norm.

Many would describe their family as this young lady: “This is the second marriage for each of us. We each have two children, all older teens except one. We seem to constantly disagree on simple child rearing issues, i.e. cleaning the room, household chores, curfew, etc. My largest complaint is that since we have blended our families, it seems my children have had to make the most adjustments while my husband's children just seem to run wild when they are here (they live with their mother most of the time). My husband is always very critical of my children and their "conformance" to house rules, yet his seem to make their own rules. While I have tried to stress that no two children are reared the same, he continues to punish them for seemingly minor infractions. This is causing a great deal of distrust among all of us.”

Chaplain's Notes

There are three things that parents can do to remain as the leaders in their family.

✚ First, parents must make the RULES.

Rules are essential in defining the standard and holding the family together. Our resistance to rules may be that we only remember the negative ones. “Don’t do this,” “stay away from that,” “don’t eat in the living room...” Rules should express what we want, what we expect. They should be specific. General guidelines open the door for trespassing and misinterpretation. The whole family should be included in the making of rules especially when children are affected. Parents must check their children’s understanding of the rules. It is easy for us to assume that they comprehend. It is important that rules apply in both homes.

✚ Second, Mom and Dad need to STICK TOGETHER.

Both must believe in the rules they implement. If not, they must negotiate their differences based upon what is best for the children. Discuss your disagreements behind closed doors and then demonstrate a common front. One cannot relegate their responsibility to another. They must be physically present.

✚ Third, you need to STAY IN CHARGE.

Children will feel more secure when they know who is in charge. Explain what action you want. You may have to demonstrate or train your child. Make sure you check for his/her understanding of the rewards and consequences. If there are consequences for not doing the task, be sure to take appropriate action after you remind your child once. Remember we should never hit or humiliate our children. If the stress or demands become too great, seek outside help.

Rudyard Kipling once wrote about families, "all of us are we -- and everyone else is they." Regardless of your structure (blended, nuclear, or single) all healthy families share dreams, hopes, possessions, memories, smiles, frowns, and gladness. Together you can build that shelter from the storms of life. Conflict may huff and puff, but a thriving family can withstand the threat.



**USAREC Volunteer
Receives
Emma Marie Baird Award**

Mrs. JoAnn Czech, 6th U.S. Army Recruiting Brigade, Salt Lake City Battalion volunteer, was awarded the 2004 Emma Marie Baird Award for Outstanding Volunteer Service in Army Community Service (ACS).

Mrs. Czech becomes one of 44 ACS volunteers Army-wide and only the second USAREC volunteer to receive this coveted Department of Army level award. Mrs. Czech will receive a gold lapel pin and a citation signed by the Chief of Staff, Army, recognizing her achievements.

Since 1982, Mrs. Czech provided over 4,000 hours of service to ACS in Germany and throughout the United States Army Recruiting Command. She served as the assistant volunteer supervisor while living in Kitzingen, Germany. Currently, as the Army Family Team Building (AFTB) Program Coordinator for the Salt Lake City Recruiting Battalion, she is directly involved with the creation, education, and implementation of the

AFTB Instructor Training Course. During her tenure, the course has certified over 17 new instructors and three master trainers, located throughout five states including three companies and 22 recruiting stations.

She is a frequent contributor to the USAREC AFTB monthly newsletter. As a result of her broad knowledge base, she represented Salt Lake City Battalion, 6th Recruiting Brigade, and USAREC at various conferences and forums such as the Department of the Army Family Action Plan Conference.

Mrs. Czech's volunteer efforts extend into the local community where she currently serves as president elect for the Grandview Elementary Parent Teacher Association, holds leadership positions within youth, adult, and congregational groups in her church, and is an active volunteer with the Boy Scouts of America and Family History Center.

Over the years, Mrs. Czech has received many awards from ACS and the recruiting battalion. She most recently received the Volunteer Service Award Gold, the highest USAREC award for volunteers.

**Why not volunteer?
You'll be glad you did.**



**Helping the Bereaved
During their Loss**

By LTC "Doc" Bowles, Center One

The loss of a loved one can be one of the times when we are most vulnerable emotionally. This is a time when we must make funeral arrangements, comfort family members, inform others of the loss, and manage a will and insurance policies. The loss may be a parent, child, miscarriage, spouse, or friend in a combat or noncombat role. We can assist the bereaved with a number of things in these difficult times.

Ways to Assist After a Loss

- ♦ *Call or write a note in which you offer to take care of specific tasks.*
- ♦ *Send a card with a picture or written memory of the loved one.*
- ♦ *Offer transportation and/or a place to stay for out of town guests.*
- ♦ *Bring over a meal.*
- ♦ *Go grocery shopping, run errands, clean their home.*
- ♦ *Offer to answer the phone or door during the funeral week.*
- ♦ *Assist with keeping records, addressing, and placing stamps on thank you notes.*

- ◆ Offer advisement or assist with funeral arrangements.
- ◆ Assist with child care, family care or pet care.
- ◆ Encourage the bereaved to eat, exercise, and sleep regularly.
- ◆ When the bereaved is ready, ask if you can help with going through and removing the deceased's clothing or other home or work items.

Continued Contact

- ◆ Continue to call and send notes.
- ◆ Offer to accompany the bereaved to the gravesite.
- ◆ Mention the deceased by name and remember holidays, birthdays and death days.
- ◆ Engage with them in social activities such as dinner, exercise and church.
- ◆ Acknowledge the loss in conversation since it takes people various amounts of time to work through the grieving process.
- ◆ Recommend the chaplain, grief support groups, and/or professional care if you determine the person is experiencing too much pain to cope with the loss.

During the seemingly never to stop busy times of our lives, the smallest kind gesture and assistance provided during a loss are long appreciated. These thoughtful acts are what get us through these difficult times.

References

www.griefwatch.com
www.nmha.org/reassurance/griefWarMilitaryFamilies.cfm❖



Medical Prescriptions: Options for Military Families

If you're an active duty service member, active duty family member, retiree, or other eligible participant, TRICARE will help you get your prescriptions filled at a very reasonable cost, or sometimes free.

First Option: Military Treatment Facilities

Your best option is your regional military treatment facility (MTF) pharmacy. At the MTF, both generic and brand name drugs are cost free. MTF pharmacies guarantee to stock all medications that are listed in the Basic Core Formulary (BCF), the official must have list for military facilities.

Second Option: Retail Pharmacies

The recommended method to obtain antibiotics and other medications that you need right away is a retail pharmacy. Retail pharmacies are either network or non-network pharmacies. Make sure you ask whether or not the pharmacy you have chosen is in the network prior to submitting your prescription. That way, there will be no surprises. At a network pharmacy, TRICARE recipients pay \$3 for a generic prescription and \$9 for a brand-

name drug with no deductible. If you use a non-network pharmacy, the cost share is \$9 or 20 percent of the total cost, whichever is higher, and you have to meet your deductible first. Prime enrollees have a point-of-service cost share penalty of 50 percent and a deductible (\$300 per person, \$600 per family).

Third Option: TRICARE Mail Order Pharmacy

This option is best for maintenance-type medications, such as those for high blood pressure, heart conditions, diabetes, cholesterol, and so on. You can visit the TRICARE Mail Order Pharmacy at <http://www.tricare.osd.mil/pharmacy/tmop.cfm>.

With TMOP, you can order up to a 90-day supply of your medication for the same copayment as a 30-day supply at a retail pharmacy. That's a 66 percent savings for you.



Regardless of which choice you make, you'll need the

original prescription slip and your updated Defense Enrollment Eligibility System (DEERS) information. Visit DEERS at <http://www.tricare.osd.mil/deers/default.cfm> to update your address. If you visit an MTF or a retail pharmacy, you'll also need your military identification card.

*SOURCE: Navy Lifelines,
<http://www.lifelines.navy.mil/>*

Advocate for the Family



FAP is not a "Career-End"

By Jack Nix, USAREC Family Advocacy Program Manager

A common misconception among Soldiers and family members is that the Family Advocacy Program (FAP) is a "career-ender" for those involved in the program. In fact, very few of the Soldiers involved in the Family Advocacy Program have any negative impact on their career. In most cases, the Soldiers acknowledge that the Family Advocacy Program not only enhanced relationships with their spouses and child, but also positively impacted their job performance -- and thus their career.

The Family Advocacy Program's primary goal is to prevent spouse abuse and child abuse/neglect by providing a variety of services to strengthen Army families. It is divided into two major areas: prevention and treatment.

Prevention includes annual troop briefings to inform Soldiers about domestic violence and resources for assistance, briefings for newly assigned commanders and senior enlisted advisors, information for new parents, and special training to enhance couple and family communication.

Treatment for victims of domestic violence and for the perpetrator is provided at the local medical facilities through the Social Work Services department. The Family Advocacy Program is treatment-oriented and does not make recommendations to the command regarding possible punishment of the perpetrator.

While the Family Advocacy Program itself does not negatively impact a Soldier's career, the spouse abuse and/or child abuse/neglect incident that led to a Soldier's involvement in the Family Advocacy Program may impact, even end, one's career. In serious cases, the abuse or neglect becomes a legal matter that is handled by the chain of command and military legal system.

Leadership involvement is the key to success in the Family Advocacy Program. When leaders know their Soldiers and allow open communication, they can intervene and assist with family issues before domestic violence occurs.

Counseling services offered through Army One Source are an excellent early intervention resource for leaders. Contracted counselors will provide up to six sessions at no cost to Soldiers and family members. Counseling services are provided in the local area and are confidential.

For additional information contact your brigade family advocacy program coordinator or battalion Soldier and family assistance program manager.

Don't let domestic violence ruin your career and family. Let the Family Advocacy Program assist you and your family with skills and tools to enhance your communication and relationships.



More servicemembers and their families can now say “I’m going to Disney World,” thanks to the recent expansion of Shades of Green Armed Forces Recreation Center on Walt Disney World Resort.

Affordability, a term often lost on Disney World visitors, is the main Shades of Green attraction. Room rates are based on rank and range from \$70 to \$225 per night for a standard room and \$82 to \$119 for a poolside room.

With the reopening, Shades of Green has more than doubled in size, adding 299 rooms to the previous 287, a 500-seat ballroom, two new restaurants, and a second heated swimming pool. The upgraded complex also better accommodates buses that shuttle guests around Disney’s property, separate from the flow of traffic near the hotel’s check-in area. For more information, visit the Army Morale, Welfare and Recreation Web site, www.armymwr.com, for a related news story, go to www.armymwr.com/portal/news/display.asp?NEWS_ID=465.

Six In-Person Counseling Sessions

www.armyonesource.com



Counselors are available for you to visit in person, in your community. You have access to up to six in-person counseling sessions with a licensed counselor at NO COST TO YOU and Army One Source takes care of all the paperwork. Call 1-800-464-8107 and ask for a referral.

- Caring for you and your family
- Managing your everyday life
- Available anytime, anywhere
- Your privacy is assured
- No cost to you

Army One Source is brought to you by the U.S. Army, at no cost to you. And best of all, it’s here for you — any time of day, wherever you are. So get in touch with us today. We have consultants who speak Spanish and we can offer simultaneous translation into more than 150 other languages. TTY/TDD accessibility Web site also available.

Counselors are only available in the U.S. and Puerto Rico. All you have to do is make the call. Call Army One Source today. FROM THE UNITED STATES: 1-800-464-8107, TTY/TDD: 1-800-346-9188, En español, llame al 1-800-375-5971

Or visit www.armyonesource.com

User Id: Army Password: Onesource