



Army Strong Community Center

Connecting Soldiers, Families, & Communities

MAKING A DIFFERENCE IN BRISTOL, CT



Month of the Military Family

As the Nation honors Veterans on the 11th day of this month, November is designated as “Month of the Military Family.” In 2007, the Army unveiled the Army Family Covenant, which institutionalizes the Army’s commitment to provide Soldiers and Families — Active, Guard, and Reserve — a quality of life commensurate with their level of service and sacrifice to the Nation.

ARMY FAMILY COVENANT—KEEPING THE PROMISE

WE RECOGNIZE...

- ... The commitment and increasing sacrifices that our Families are making every day.
- ... The strength of our Soldiers comes from the strength of their Families.

WE ARE COMMITTED TO...

- ... Providing Soldiers and Families a Quality of Life that is commensurate with their service.
- ... Providing our Families a strong, supportive environment where they can thrive.
- ... Building a partnership with Army Families that enhances their strength and resilience.

WE ARE COMMITTED TO IMPROVING FAMILY READINESS BY:

- Standardizing and funding existing Family programs and services
- Increasing accessibility and quality of health care
- Improving Soldier and Family housing
- Ensuring excellence in schools, youth services and child care
- Expanding education and employment opportunities for Family members

THE GEOGRAPHICALLY-DISPERSED Soldiers and Family Members living away from an installation may discover challenges in finding these support systems. ASCC Bristol is here to honor the commitment to Soldiers and Families by connecting them with local resources.



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ARMY STRONG COMMUNITY CENTER
111 North Main Street, 1st Floor
Bristol, CT 06010
Fax: 860-584-6263

DONNA M. DOGNIN
Contract Customer Support Coordinator
Office: 860-584-6258
donna.m.dognin.ct@mail.mil

SANDRA L. HOFFMAN
Contract Customer Support Coordinator
Office: 860-584-6257
sandra.l.hoffman.ct@us.army.mil

OFFICE HOURS:
Monday–Friday, 8am–5pm



ASCC is an
Army Reserve Family Program



Upcoming Events

CT Veterans Day Parade

Sunday, November 3, 2013 | 12:30 pm Step off time
Downtown Hartford: Trinity, Pearl and Main Streets

Don't miss the largest Veterans Day Parade in New England, held near the State Capital Building. For more information visit: <http://ctveteransparade.org/>. ★

UCONN Military Appreciation Football Game

Friday, November 8, 2013 | 8:30 p.m.
Kick-off against Louisville Cardinals | Rentschler Field
615 Silver Lane | East Hartford, CT 06118

A large U.S. Flag will be displayed on the field before the game and veterans are invited to walk around the field at half-time to be honored by the crowd. For more information or to purchase tickets, please go to www.uconnhuskies.com. ★

CT Money School

Sponsored by West Central United Way

Tuesday, November 12, 2013 | 1:00 PM – 3:00 PM
Southington Public Library
255 Main Street | Southington, CT 06489

Thursday, November 21, 2013 | 1:00 PM – 2:00 PM
Bristol Housing Authority
164 Jerome Avenue | Bristol, CT 06010

CT Money School is a project of the Connecticut Association for Human Services (CAHS) and five non-profit partners. CMS provides free financial education for adults and seniors. One of the essential tools that can help you reach your financial goals is your credit management. The Southington class topic is Debt Management / Identity Theft. The Bristol class topic is Banking Basics.

For more information, other classes/locations, visit <http://ctmoney.org/workshops>. ★

Veterans Forum—PTSD and Depression

Tuesday, November 19, 2013 | 6:30 PM – 8:00 PM
Bristol Main Library | Meeting Room #2
5 High Street | Bristol, CT 06010

Panel discussion to help veterans and family members recognize and be aware of health issues that can occur with reintegration, with a focus on the warning signs of PTSD and depression. The panel will include recently returned Veterans, Family Members and Peer Counselors.

Register by Thursday, November 14, 2013 by contacting the Army Strong Community Center at (860) 584-6258 or (860) 584-6257. ★

Community Highlight

There's a little known gem right here in Bristol for Veterans seeking vocational rehabilitation programs. It's known as BTEC for Vets. This is a program provided in cooperation with Bristol Technical Education Center (BTEC), Bristol Veterans Council and local businesses. This collaboration assists the Veteran on many levels. First, the Veteran can choose from 6 fields of study – HVAC, Electrical, Mechanical, Welding, Manufacturing or Culinary – and utilize VA benefits to complete the program. As an adult post-graduate student, the Veteran would attend classes part-time allowing for him or her to work part-time as well. This is where the second level comes in – working part-time in the chosen program. The strong Veteran community within Bristol lends itself to assist with the Veteran finding part-time work with a local business in the desired field. The Veteran is now not only receiving the necessary safety and technical training through BTEC but is now earning a part-time wage and gaining valuable on the job, practical training. And thirdly, if the Veteran is not local to Bristol and has a housing issue, the Bristol Veterans Council, again, will rally together and try to provide housing assistance as well.

If you are interested in learning more about the programs available at Bristol Technical Education Center, you may contact the school directly at (860) 584-8433, or check out their website at <http://www.cttech.org/bristol/index.htm>. If you would like more information about the Bristol Veterans Council, BTEC for Vets program or educational benefits, please contact the Army Strong Community Center. ★

Flu Prevention

- Minimize your risk of contracting the flu—get a flu shot!
- Take preventive actions to avoid spreading germs.
- When you or family members have flu symptoms, stay at home.
- For more information on flu prevention, visit <http://www.flu.gov>.



November is Warrior Care Month, a time each year when the Army highlights its sacred obligation to provide the best possible care and transition support to wounded, ill or injured Soldiers, their Families and Caregivers. This year's theme is "Warrior Care Month – Building a Ready and Resilient Force." Each week, we will focus on a different element of the warrior care experience: Recovery, Rehabilitation, Reintegration and Reconditioning.

The Warrior Care and Transition Program builds a Ready and Resilient Force by:

- Ensuring wounded, ill or injured Soldiers have the time, place, and resources to heal at 29 Warrior Transition Units (WTUs) and nine Community-Based Warrior Transition Units (CBWTUs) throughout the nation, Europe, and Puerto Rico.
- Providing each Soldier with a Triad of Care and multi-disciplinary team focused on meeting personalized long- and short- term goals across six domains of life through the Comprehensive Transition Plan (CTP).
- Enabling WTU Soldiers the opportunity to participate in adaptive reconditioning programs that align with their medical situation.
- Facilitating Soldiers' career and employment readiness goals through internships, education programs, and certifications.
- Integrating efforts and programs to build and improve the readiness and resilience of Soldiers, Families and Caregivers, and Cadre.
- Providing personalized support to the Army's most severely wounded, ill or injured through the Army Wounded Warrior Program (AW2). ★

Lung Cancer Awareness Month

Lung cancer takes a terrible toll on those with the disease as well as their loved ones. It is the leading cancer killer in both women and men in the US. The American Lung Association is working to save lives by improving lung health and preventing lung disease.

For more information, contact: Mike Townsend, Manager, Public Relations | American Lung Association | 202.715.3450 | www.lung.org. ★

Lung cancer is the uncontrolled growth of abnormal cells in one or both lungs. These abnormal cells do not carry out the functions of normal cells and do not develop into healthy lung tissue. As they grow, the abnormal cells can form tumors and impede the function of the lung, which is to provide oxygen to the body via the blood. By far, the most important risk for lung cancer is smoking tobacco. Nearly 87% of all lung cancers in the United States are smoking-related. Quitting smoking helps to reduce that risk. Exposure to secondhand smoke also increases the risk of lung cancer. According to the 2006 Surgeon General's Report on the effects of secondhand smoke, nonsmokers exposed to secondhand smoke at home or at work increase their risk of developing lung cancer by 20 percent to 30 percent. Secondhand smoke also increases the risk of heart disease and other ailments.

*Sources: From LungCancer.org, <http://www.lungcancer.org/reading/> ★

Great American Smokeout

November 21—The American Cancer Society created the trademarked concept for and held its first Great American Smokeout in 1976 as a way to inspire and encourage smokers to quit for a day. One million people quit smoking for a day at the 1976 event in California. The Great American Smokeout encourages smokers to commit to making a long-term plan to quit smoking for good.

For more information, contact: Claire Greenwell, American Cancer Society at 404.417.5883 or claire.greenwell@cancer.org | www.cancer.org/smokeout. ★



The Strength of our Nation is our Army
 The Strength of our Army is our Soldiers
 The Strength of our Soldiers is our Families
 This is what makes us Army Strong!

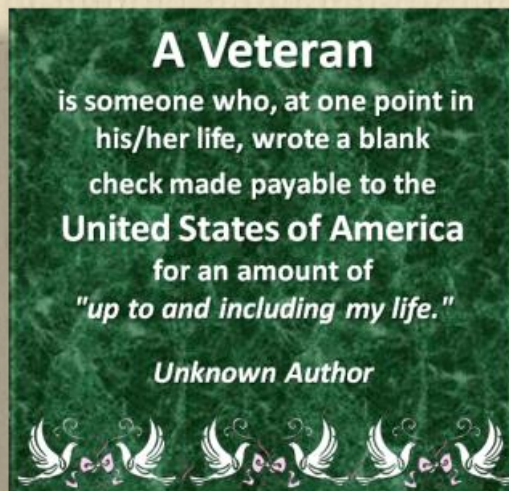
Veterans Day

November 11

It doesn't take a hero to order men into battle. It takes a hero to be one of those men who goes into battle. *Norman Schwarzkopf*

On this Veterans Day, let us remember the service of our veterans, and let us renew our national promise to fulfill our sacred obligations to our Veterans and their Families who have sacrificed so much so that we can live free.

Dan Lipinski



Many businesses honor Veterans on November 11th with a free meal. Call your favorite restaurant, or check online for time and eligibility rules or search "Veteran discounts" online. ★

Warrior Transition Weekend

Warrior Transition Trainings are available at no-cost to combat Veterans transitioning to civilian life.

The challenge is making the transition and what's required is a new set of skills that allow you to make your combat and military experience into a significant edge in the civilian game. The critical road block is often dealing with combat stress (Post Traumatic Stress). For the military men and women who have been there - they know what you are going through. The Freedom and Honor team is here to help you move through your combat stress via training modules. It's not about sitting around and talking about your feelings, it's about understanding who you are now and developing a mission.

For more information, visit

<http://www.freedomandhonor.org/>. ★

CSF2 Resilience Tips

Physical—More than nutritional supplements and mental games, aerobic activity enhances brain functioning and provides protection from age-related decline in functioning.

Emotional—Daily expression and reflection of feelings such as gratitude, appreciation, and thankfulness can promote balance within your nervous system, leaving you feeling more rested, calm and alert throughout the day.

Family—A prepared family anticipates, plans and practices their emergency plan, so that everyone in the family will know the role they are to play. Families who are prepared are more likely to be resilient through life changing situations.

Social—Foster and build internal motivation with competence, relatedness and autonomy: goal attainment is more likely if we feel competent and confident in ourselves, as part of a social network that relates to and supports our goals, promoting personal autonomy.

Spiritual—Turn off all electronic devices for an hour and take a walk in the park or around your neighborhood.

The CSF2 Quarterly Newsletter is now available at <http://csf2.army.mil/downloads/CSF2Newsletter-Issue5.pdf>. ★



Finding Support

When You Feel Alone

Throughout your life, you are likely to face and overcome any number of crises. You may experience the loss of a loved one, you may go through a divorce or you may experience a natural disaster. Knowing who to turn to for support during a crisis can help you feel less overwhelmed and more able to manage your feelings and reactions. Depending on the nature of the crisis, you may need direction as to next steps to take, you may need medical support, or you may just need a listening ear and a shoulder to lean on. The next time you face a crisis on your own, use these tips to help you cope while it's happening and to recover more quickly afterward:

Let others know you need support, and be specific about what you need. Tell a trusted friend or relative about the crisis. Don't assume that the people close to you know that you need help. The more specific you are, the more likely you are to find the kind of help you need.

Develop a strong support system, and consider joining a support group. New and old friends, neighbors, classmates or people from your military unit may be happy to assist you once they know you need help. There are groups for almost every difficult situation, such as natural disasters, specific illness, the death of a relative or divorce.

Express your feelings. You may want to keep a journal or send short email messages about your feelings to people you trust. These can help you feel connected to people without actually seeing them.

Be patient with yourself, and try to keep up your routines. You may need more time to deal with a crisis if you don't have a partner or support network of family or friends. Having a schedule for your activities will help to keep you moving forward in a crisis.

Reduce your stress. Ways to decrease stress include eating healthy meals, getting plenty of rest, and exercising regularly. Many people find they can decrease stress by meditating, reading a book, journaling or listening to music.

Focus on the things you can control and change. In a crisis, you may feel that many aspects of your life are out of your control. Focus on the things you can accomplish, and work to make improvements in those areas. Feeling like you are in control of some things may make it easier for you to accept the things you cannot control. ★

Holiday Tips

Buy Safe Toys

If you plan to buy toys for the kids in your life, choose age-appropriate toys and look for labels with safety advice. For young children, avoid toys with small parts, sharp edges, and electric toys that can heat up. Always purchase safety gear in addition to sports-related gifts or ride-on toys, such as bicycles or skateboards.

Celebrate on a Budget

The holidays can be expensive, but you don't have to break the bank to celebrate. Take a few minutes to decide how much you can afford to spend on gifts, travel, parties, decorations, and other holiday expenses. Once you've created a spending plan, keep track of your purchases.

Shopping online can help you stick to a budget as you'll avoid the temptation of store displays and may be able to use coupons and promotion codes. Before you buy, look for free shipping offers; check ordering deadlines to ensure that your gifts will arrive on time; and read the return policy. Remember to ask if they have a Military discount.

Give the Gift of Service

Sometimes the greatest gift you can give to others is service. Studies show that reading to a child just a few hours a week significantly improves his or her reading skills. If you help out at a local soup kitchen or food bank, you are directly providing meals to hungry individuals.

Get Through the Holiday Blues

This time of year can bring stress and feelings of loneliness. Exercise, focusing on positive relationships, and doing things that you find rewarding can help with depression or feeling blue.

Reduce Holiday Waste

The holiday season includes many opportunities to reduce waste, recycle, and reuse items. After the holidays, look for ways to recycle your tree instead of sending it to a landfill. If you plan to send greeting cards, consider purchasing ones that are made of recycled paper or sending electronic greetings. ★