Army Strong Community Center

Connecting Soldiers, Families, & Communities

MAKING A DIFFERENCE IN CORAOPOLIS, PA

Bidwell Training Center

Are you looking for a new career opportunity that offers the potential for professional growth and personal fulfillment? Would you like a full scholarship to get the training you need? Then check out what's going on at Bidwell Training Center (BTC) on Pittsburgh's North Side.

Bidwell's unique educational model focuses on job-specific skill development, hands-on training, and professional development for high-demand careers. Every qualified, accepted student receives a full scholarship that includes tuition, books, and required materials.

To qualify, a person must live in Pennsylvania, have a high school diploma or GED, and complete the three-step admissions process. There are no age or income requirements.

Bidwell works with employer partners to identify professional positions within high-demand industries. Employer partners serve in a variety of ways, including offering field trips, volunteer opportunities, site visits, and externships. They serve as advisors to Bidwell's majors and often hire the graduates. BTC is serious about career placement. Its career placement rate is 81% in a field related to training.

As for staff, you'll find committed, knowledgeable, and passionate people who choose to work at Bidwell because they want to help others achieve their personal and professional goals. So, whether you're thinking of pursuing training for the first time or are ready for a career change, give Bidwell a look. It could change your life like it has helped to change the lives of so many others.

You are invited to attend one of our information sessions held every Monday and Wednesday morning at 9:00 AM. Bidwell Training Center's Admissions office is ready to answer any questions.

For more information, visit www.bidwell-training.org or call (800) 516-1800.

The information presented in this newsletter is for informational awareness only and does not represent endorsement, sponsorship, recommendation, or promotion of any commercial event(s), commercial names or brands by the editors of this Newsletter, the Department of Defense, US Army, US Navy, US Air Force, US Coast Guard, National Guard or Reserve, and the federal government. Usage of commercial or trade mark names is for identification purposes only.

MARCH 2016

IN THIS ISSUE:

Bidwell Training Center 1
Service Providers Available at ASCC 2
A Tribute to Veterans 2016 2
Operation Purple Camp 2
Access Financial Counseling 2
Winter Driving Tips—Accident Prevention 3
EMDR Therapy 4
Post-9/11 GI Bill—It can change your life! 5
ArmyFIT 5
Protecting Financial Records 5
How to End an Abusive Relationship 6
Know the Threat! 7
Helping Children Deal with Deployment Cycle 7
ASCC Suggestion Box 8

ARMY STRONG COMMUNITY CENTER
99 SOLDIERS LANE
CORAOPOLIS, PA 15108-2550

LISA ELLEK
Contract Customer Support Coordinator
(412) 604-8314
lisa.m.ellek.ctr@mail.mil

JESSICA BAKER
Contract Customer Support Coordinator
(412) 604-8317

OFFICE HOURS:
Monday-Friday, 8am—5pm

ADDITIONAL HOURS:
March 19-20, 8am—4pm

ARMY RESERVE FAMILY PROGRAMS

ARMY RESERVE FAMILY PROGRAMS

Connecting Soldiers • Families • Communities

Service Providers Available at ASCC Coraopolis

Employer Support of the Guard and Reserve (ESGR)
Monday-Friday; 9:00 AM – 4:00 PM

Survivor Outreach Services (SOS)
Monday-Friday; 8:00 AM – 4:30 PM

Child Youth & School Services (CYSS)
Monday-Friday; 8:00 AM – 4:30 PM

DERRS/ID CARD Services
Monday-Friday; 8:30 AM – 4:00 PM
For assistance, contact Dawn Cronin at (412) 604-8319 or dawn.d.cronin.ctr@mail.mil.

American Red Cross
Every Wednesday; 10:00 AM – 2:00 PM
To schedule an appointment, contact Pauline Duncan at (412) 263-3148.

AMVETS
Saturdays of 316th Battle Assembly
To schedule an appointment, contact John Thase at (412) 395-6248.

A Tribute to Veterans 2016

Thursday, May 26, 2016 | 5:00 PM
Carnegie Music Hall
4400 Forbes Avenue
Pittsburgh, PA 15213

For the past 24 years, Veterans Leadership Program's *A Tribute to Veterans* has brought together honorable veterans, local celebrities and dedicated supporters of the veteran community. Last year, nearly 600 people gathered to celebrate the great achievements of local veterans and to remember the brave veterans we have lost during their time of service. Event hosted by the Veterans Leadership Program of Western Pennsylvania.

For more information, visit www.vlpwpa.org/tribute2016.

Operation Purple Camp

What's Operation Purple Camp, and why is it PURPLE? That's a great question, we're glad you asked! At OPC, we offer military kids a FREE WEEK of camp where they connect with other kids, just like them. And purple happens to be the perfect mix of Army green, Coast Guard blue, Air Force Blue, Marine Corps Red, and Navy blue! In the military world, purple symbolizes all who serve, and at our Association, we know Families serve, too! Applications are accepted February 8 - March 11, 2016.

June 12-17, 2016 | Wernersville, PA

Our traditional overnight camp program, YMCA Camp Conrad Weiser offers one and two-week sessions for young people 7-15 who are ready to discover themselves, develop their potential and assert their independence as part of a nurturing and accepting community. While our camp focuses on developing new friends, self-discovery through adventure and fostering a sense of service to others, we pride ourselves on creating an experience as unique as each of our campers.

For more information, contact Kam Kobeissi at (610) 670-2267, kkobeissi@smymca.org or Sue Kiscadden at (610) 670-2267, ycamps@smymca.org.

Access Financial Counseling

Help is just around the corner, if the bills are stacking higher by the day or you're starting to wonder how you'll pay for your kids' college tuition — or even their textbooks. Military OneSource offers free financial counseling, available in person, by phone or by video chat.

Financial counselors provide service members and their families with information on issues such as budgeting, money management, debt consolidation and debt management.

For more information, visit www.militaryonesource.mil or contact the ASCC.

ARMY RESERVE FAMILY PROGRAMS

Connecting Soldiers • Families • Communities

Winter Driving Tips—Accident Prevention

Regardless of your driving skill or vehicle preparation, there are some winter conditions that can't be conquered, but these tips may help prevent snowy and icy roads from ruining your day.

Get a grip. To have adequate snow traction, a tire requires at least 6/32-inch deep tread, according to The Tire Rack. (New passenger -car tires usually have 10/32-inch of tread.) Ultrahigh-performance "summer" tires have little or no grip in snow. Even "all-season" tires don't necessarily have great snow traction: Some do, some don't. If you live where the roads are regularly covered with snow, use snow tires (sometimes called "winter tires" by tire makers). They have a "snowflake on the mountain" symbol on the sidewall, meaning they meet a tire-industry standard for snow traction.

Make sure you can see. Replace windshield wiper blades. Clean the inside of your windows thoroughly. Apply a water-shedding material (such as Rain-X) to the outside of all windows, including the mirrors. Make sure your windshield washer system works and is full of an anti-icing fluid. Drain older fluid by running the washers until new fluid appears: Switching fluid colors makes this easy.

Run the air-conditioner. In order to remove condensation and frost from the interior of windows, engage your air-conditioner and select the fresh air option: It's fine to set the temperature on "hot." Many cars automatically do this when you choose defrost.

Check your lights. Use your headlights so that others will see you and, we hope, not pull out in front of you. Make sure your headlights and taillights are clear of snow. If you have an older car with sand-pitted headlights, get a new set of lenses. To prevent future pitting, cover the new lens with a clear tape like that used to protect the leading edge of helicopter rotor blades and racecar wings. It's available from auto-racing supply sites.

Give yourself a brake. Learn how to get maximum efficiency from your brakes before an emergency. It's easy to properly use antilock brakes: Stomp, stay and steer. Stomp on the pedal as if you were trying to snap it off. Stay hard on the pedal. Steer around the obstacle. (A warning: A little bit of steering goes a very long way in an emergency. See Tip 8.) If you drive on icy roads or roads that are covered with snow, modify your ABS technique: After you "Stomp" and the ABS begins cycling — you will feel pulses in the pedal or hear the system working — ease up slightly on the pedal until the pulsing happens only once a second.

Watch carefully for "black ice." If the road looks slick, it probably is. This is especially true with one of winter's worst hazards: "black ice." Also called "glare ice," this is nearly transparent ice that often looks like a harmless puddle or is overlooked entirely. Test the traction with a smooth brake application or slight turn of the wheel.

Remember the tough spots. You must remember where icy roads tend to occur. Bridges and intersections are common places and remember to be extra vigilant wherever water runs across the road.

Too much steering is bad. If a slick section in a turn causes your front tires to lose grip, the common — but incorrect — reaction is to continue turning the steering wheel. It won't improve the situation and may make things worse. If the icy conditions end and the front tires regain grip, your car will dart whichever way the wheels are pointed. That may be into oncoming traffic or a telephone pole. Something very similar happens if you steer too much while braking with ABS. There are situations where nothing will prevent a crash, but turning the steering too much never helps.

Avoid rear-tire slides. Make sure your rear tires have at least as much tread as your front tires. If you buy winter tires, get four.

Technology offers no miracles. All-wheel drive and electronic stability control can get you into trouble by offering a false sense of security. AWD can only help a vehicle accelerate or keep moving: It can't help you go around a snow-covered turn, much less stop at an icy intersection. ESC can prevent a spinout, but it can't clear ice from the roads or give your tires more traction. Don't let these lull you into overestimating the available traction. Do not Drive Distracted! Stay off the phone and keep your eyes on the roadway.

The proponent of this article is the 316 ESC Safety Section POCs, Mr. Bill Ohleger and Mr. Allen Pancheri.

ARMY RESERVE FAMILY PROGRAMS

Connecting Soldiers • Families • Communities

EMDR Therapy

Treating problems that affect current Military Members, Veterans, and their Families Daily

In 1987, psychologist Dr. Francine Shapiro made the chance observation that eye movements can reduce the intensity of disturbing thoughts, under certain conditions. Dr. Shapiro studied this effect scientifically and, in 1989, she reported success using EMDR (Eye Movement Desensitization and Reprocessing) to treat victims of trauma in the *Journal of Traumatic Stress*. Since then, EMDR has developed and evolved through the contributions of therapists and researchers all over the world. Today, EMDR is a set of standardized protocols that incorporates elements from many different treatment approaches.

No one knows how any form of psychotherapy works neurobiologically or in the brain. However, we do know that when a person is very upset, their brain cannot process information as it does ordinarily. One moment becomes "frozen in time," and remembering a trauma may feel as bad as going through it the first time because the images, sounds, smells, and feelings haven't changed. Such memories have a lasting negative effect that interferes with the way a person sees the world and the way they relate to other people.

EMDR seems to have a direct effect on the way that the brain processes information. Normal information processing is resumed, so following a successful EMDR session, a person no longer relives the images, sounds, and feelings when the event is brought to mind. You still remember what happened, but it is less upsetting. Many types of therapy have similar goals. However, EMDR appears to be similar to what occurs naturally during dreaming or REM (rapid eye movement) sleep. Therefore, EMDR can be thought of as a physiologically based therapy that helps a person see disturbing material in a new and less distressing way.

Scientific research has established EMDR as effective for post-traumatic stress. However, clinicians also have reported success using EMDR in treatment of the following conditions: Panic attacks, Complicated grief, Dissociative disorders, Disturbing memories, Phobias, Pain disorders, Performance anxiety, Stress reduction, Addictions, Sexual and/or Physical abuse, Body dysmorphic disorders, Personality Disorders.

The amount of time the complete treatment will take depends upon the history of the client. Complete treatment of the targets involves a three pronged protocol (1-past memories, 2-present disturbance, 3-future actions), and are needed to alleviate the symptoms and address the complete clinical picture. The goal of EMDR therapy is to leave you with the emotions, understanding, and perspectives that will lead to healthy and useful behaviors and interactions.

For more information go to www.emdria.org or contact Francine D Pritt, MS, LPC, NCC at (412) 925-2910, a Licensed Professional Counselor, who has been trained in EMDR (Eye Movement Desensitization and Reprocessing Therapy and CBT (Cognitive Behavioral Therapy). She specializes in Adolescent and Adult therapy, serving current and retired military members, their Families, and civilians. She is a spouse of a retired military member for over 20 years and is located in Robinson Township, Pittsburgh, PA 15275.

From the Counselor's Corner...

ARMY RESERVE FAMILY PROGRAMS

Connecting Soldiers • Families • Communities

Post-9/11 GI Bill—It can change your life!

Earning a college degree seems like an expensive proposition. But for today's Veterans, that shouldn't be seen as an unsurmountable hurdle. Especially since, according to a Pew Research Center report on higher education, a college diploma is more valuable than ever.

Among the findings:

- A college education is worth more today: There's a wider earnings gap between college-educated and less-educated millennials compared with previous generations.
- College benefits go beyond earnings: In addition to earning more, college-educated millennials also have lower unemployment and poverty rates than their less-educated peers.
- College grads are more satisfied with their jobs: College-educated millennials are more likely to see themselves on a career path, rather than just working at a job to get them by.

Yet, I know what you're thinking…what about the biggest issue facing all students on campus? Yes, the dreaded tuition bill. We've all read about soaring tuition rates – and you don't want to be in debt before you even crack a textbook.

But for our nation's newest generation of Veterans, there's good news: Your service entitles you to reap all of the benefits of the Post-9/11 GI Bill. The GI Bill will cover the full cost of an undergraduate education at any public university or college – and many private schools – in the country.

Besides paying 100% of your tuition and fees, the Post-9/11 GI Bill offers additional benefits for Veterans pursuing an education, including:

- Monthly housing allowance
- Up to $1,000 a year for books and supplies
- A one-time relocation allowance
- The option to transfer benefits to family members

To get an easy-to-digest overview of all the Post-9/11 GI Bill offers, visit newgibill.org, a website set up by the Iraq and Afghanistan Veterans of America. And before you pick a major, consider how you can use your field of study to cultivate a career supporting your fellow Veterans.

If you're ready to begin a career among Veterans serving Veterans, visit www.vacareers.va.gov.

ArmyFIT

Comprehensive Soldier and Family Fitness

Self-improvement begins with self-awareness. Take advantage of the variety of online tools and resources within ArmyFit. Begin by taking the Global Assessment Tool, which provides you with a confidential assessment of your holistic fitness. Then engage with content that is tailored specifically to your GAT results. Be Resilient. Be Ready. Be Army Strong.

View this 30-second video at https://www.youtube.com/watch?v=VU7TwE1bgzc that highlights the ArmyFit platform as well as the Global Assessment Tool -- two key self-assessment and self-development resources that are available online to all Soldiers, Army Civilians and Family members to help them build their personal readiness and resilience.

For more information, visit armyfit.army.mil.

Protecting Financial Records

Technology today enables you to share your personal financial information electronically with industry service providers. DFAS is committed to maintaining the security of your myPay information and documents. If you choose to provide your login information to a provider you are responsible for your security. Know who you are sharing your information with, how it will be used, and whether records will be kept, shared, and stored by that provider. For more information, visit mypay.dfas.mil/mypay.aspx.

ARMY RESERVE FAMILY PROGRAMS

Connecting Soldiers • Families • Communities

Fort Family 24/7 Assistance Call 1-866-345-8248

How to End an Abusive Relationship

It's never easy to end a relationship. But the decision is even harder and more complicated when your partner is hurting you either physically or emotionally. Abuse can shake your confidence and sense of self like nothing else can.

Even in the darkest times, it's important to remember that no one deserves to be abused, ever. If you're feeling afraid, trapped and hopeless, know that you're not alone. A fresh start is possible if you want to end your relationship, and there are people who will help you find it — confidentially, safely and at your own pace. Whatever you decide, you deserve to understand your options and, above all, keep yourself safe.

Here are a few tips and resources for creating a safety plan to help you make a fresh start.

Connect with a domestic abuse victim advocate. The Family Advocacy Program office on your installation can put you in touch with a victim advocate, or you can find a victim advocate in your civilian community. Ask about your options for reporting domestic abuse and how to find a safe place to go. You can remain anonymous if you aren't quite ready to share your story.

Talk with a trusted friend or relative. Find someone you can trust, and establish a code word or signal so they'll know if and when they need to call for help. You can also stash a change of clothing for yourself and your children at your friend's house, along with anything else you might need to make a quick exit.

Gather important documents. Keep important documents like birth certificates, health insurance cards, checkbook, important phone numbers and addresses, and your driver's license in one place for easy access. Save some money. Save a secret fund of cash in case you won't have access to your shared accounts, or open a new account in your name only.

Talk with your children. Make sure your children know how and when to call 911, if necessary. Pick a safe place they can go if they need to escape quickly, like a neighbor's house. Depending on your child's age, you may or may not want to discuss your plans to leave.

Find a safe place to go. Ideally, your safe place will be somewhere your abuser can't find you. A domestic abuse victim advocate can talk with you about shelters or other local places that provide a safe haven.

Get a restraining order or military protective order. This will make it illegal for your abuser to enter your home or workplace, or to contact your children. You can also give a copy to your children's school or child care providers so they'll know who does and doesn't have permission to pick up your children.

Save documentation. The more documentation you have, the stronger the case against your abuser will be if you decide to take legal action. Save any threatening messages or emails, and take pictures of any physical injuries you might have

You deserve to feel safe, loved and protected - and know that you're not alone. There are resources available to help you if you're ready to end an abusive relationship.

For more information, call Military OneSource at (800) 342-9647.

Military OneSource

800-342-9647

Know the Threat!

Ever wonder why Security and IT are always stressing about why you should have a good password? Does it really make a difference if your password is 4 characters or 12, has upper and lower case characters, or even special characters and numbers? Think about what you are protecting; whether it is program information at work, or personal banking information or Family pictures--you need to protect that information from unauthorized access.

Here is a website that can show you just how important that password is in keeping someone else from getting to your information. How long will it take a hacker to break your password?

Ready to find out? Enter the following link in your web browser: www.grc.com/haystack.htm.

Don't put in your current password!!!!, but select a password with the same length and complexity as the one(s) you are currently using. Don't like the results? Maybe you can increase the length, or add complexity to give you a more secure password. This website lets you work with your password features to show you how long it will take a hacker to break it.

Remember, it is your job. Know the Threat!

Helping Children Deal with the Deployment Cycle

A deployment can bring out strong emotions in every member of your Family and can cause stress and anxiety, especially in children. By understanding how preschool and school-age children react during deployments you can provide support, and keep your wits about you, as so much changes around you. Three things to keep in mind:

Before deployment, set the example for handling stress.

During deployment, keep routines as normal as possible.

After deployment, establish a pace that works for your Family.

If you think a deployment is going to present a specific challenge for your household, know that many Families may also struggle with deployment. Check out Military OneSource for access to confidential, no-cost, non-medical counseling and other resources for support or contact your local Military and Family Support Center.

Deployments can be challenging for adults, so naturally children could face a host of challenges, as well. Take time to nurture their feelings and explain each step to them throughout the deployment process. Here's how.

Before deployment.

Even if your child is normally happy-go-lucky, chances are there may be a change in behavior while your Family gets ready for a deployment. In fact, a child may engage in some behaviors that you (secretly) wish you could give into as you're running through your deployment checklist. Some of those changes may include: moodiness or whining, restlessness or irritability, testing your limits, acting out at home or school, and watching endless TV marathons while eating lots of junk food.

Don't be surprised about changes in your child's or teen's behavior; from minor changes that may grate on your nerves, to more serious emotional changes such as anger, sadness, withdrawal, denial or fear.

You may be feeling any and all of the above as well, but keep these tips in mind as you prepare:

Be aware that your own mood may affect the entire household.

Listen to your children and talk with them individually about the deployment. Answer questions as simply as you can, and be honest - it is OK to admit that you're excited about your or your spouse's job, but sad you or your spouse is leaving home.

Talk about ways the deploying parent will stay in touch as a Family. You might make recordings of the deploying parent's voice for preschool-age children.

Discuss any upcoming changes in the household routine and remind children that the household rules will not change simply because one parent is away.

Ask your school-age kids to help pack the deploying parent's bags.

Finally, be sure to make a goodbye plan with your partner instead of trying to slip out quietly when you think a child won't notice. Plan to keep goodbyes brief. And if you're the parent who is staying home, consider going for a low-key treat following the departure of the deploying parent.

During deployment.

Now that only one parent is at home, kids might decide it's time to exercise their creativity for bending household rules. Use the following suggestions to help manage the household:

If you are deployed, stay in contact as regularly as possible. Explain that sometimes you won't be able to get in touch, but you're definitely thinking of your Family every day. Send letters or emails, and if you have more than one child, send notes to each child individually when you can.

If you are at home, stick to your usual schedule as much as possible, and develop new routines for sending care packages or writing letters. Also set aside a time to help children process what they hear on the news or from other kids.

Reinforce the household rules. Don't let the children get away with behaviors that you normally wouldn't allow, and always support your partner when discussing household issues from afar.

Remember that your transition home after deployment will be easier if you have stayed connected and involved as much as possible.

After deployment.

When the deployed parent returns, children might need some guidance on how to handle conflicting emotions. You may want to consider ways to ease the deployed parent back into the Family routine, rather than making major changes right after the return home. The following suggestions can help the whole Family settle into a new routine after deployment:

If you are the parent who deployed, try to stay close to home after your return. Young children could be easily confused if you are away, even for a short period of time, so soon after your return.

If you're the parent who stayed home, let your partner ease back in to the Family routine. Gradually step up the level of involvement of the returning parent with mealtimes, bedtime, play and discipline.

Recognize that even a few months can make a big difference in a child in terms of physical growth and social development. Take time to observe and appreciate the changes that have occurred.

Remember that children may need some alone time, just like grown-ups, to help with the transition.

Once you've got one successful deployment under your belt, you may feel better prepared for the next one. Keep in mind, your Family's needs may evolve through each deployment so be ready to make changes as needed.

Military OneSource offers special programs to help you and your Family, including the child and youth military and Family life counseling services and the New Parent Support Program. Contact Military OneSource to access no-cost, confidential, non-medical counseling if you find yourself feeling overwhelmed or just need to talk by any part of the deployment cycle.

For more information, visit www.militaryonesource.mil or call (800) 342-9647.

ASCC Suggestion Box

The ASCC Coraopolis Staff welcomes your suggestions about what types of services and programs you would find beneficial. We want to be able to provide articles in the newsletter that you would find helpful and host speaker forums on topics that are relevant to you and your Family. Please forward any suggestions directly to the ASCC Coraopolis Staff.