



Army Strong Community Center

Connecting Soldiers, Families, & Communities



MAKING A DIFFERENCE IN CORAOPOLIS, PA

Army Strong Community Centers Pilot Scheduled to End

The U.S. Army Reserve Command has announced it will not be re-competing the contract for six Army Strong Community Centers (ASCC) that were part of a U.S. Army Reserve pilot program. Services provided by the centers in Bristol, Connecticut; Walker, Michigan; Brevard, North Carolina; Rochester, New York; Coraopolis, Pennsylvania; and Clackamas, Oregon will transition to other delivery methods effective June 30, 2016.

While services at the physical centers will be impacted, the U.S. Army Reserve Family Programs will help to transition members of the Army Reserve and Veteran community with the Fort Family Outreach and Support Center. Fort Family is available online and by calling toll free, 24 hours a day, 7 days a week, 365 days a year to respond, refer, provide and connect Soldiers and Family members to critical resources. Services for Common Access Card and Defense Enrollment Eligibility Reporting System registration will be available at the McGarity Army Reserve Center, Coraopolis, Pennsylvania.

Army Reserve leaders remain committed to taking care of Soldiers, Veterans and Family members regardless of where they are located in the country. Focusing on virtual tools, accessible from anywhere at any time, will improve the readiness and resilience of the Soldiers, units, and Families. The Army Reserve will continue other partnership and community outreach services to enhance the quality of life for both the military and communities.

ASCC Coraopolis extends our gratitude to our community partners as well as the Soldiers and Families we have served. We encourage you to utilize the toll free support provided by Fort Family. Outreach and Support Specialist are available at **866-345-8248** and they look forward to serving you.

For more information about the ASCC closures, contact the U.S. Army Reserve Command Public Affairs Office at 910-570-8330.

For more information about Army Reserve Family Programs, visit www.arfp.org, contact your local Family Programs Director or Coordinator or call Fort Family Outreach and Support Center at **1-866-345-8248**.

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MAY 2016

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ARMY STRONG COMMUNITY CENTER
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CORAOPOLIS, PA 15108-2550

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OFFICE HOURS:
Monday-Friday, 8am–5pm
Closed Memorial Day

ADDITIONAL HOURS:
May 21 & 22, 2016 8am – 4pm





ARMY RESERVE FAMILY PROGRAMS

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ASCC Newsletter Archives
are available at
www.arfp.org

Hiring Our Heroes Event

Tuesday, May 3, 2016 | 9:00am Registration --- 9:30am – 11:00am Workshops --- 11:00am - 2:00pm Hiring Event
PNC Park
115 Federal Street, Pittsburgh, PA

Join us for a one-of-a-kind event featuring a hiring fair, networking opportunities and workshops tailored for veteran job seekers, active duty military members, guard and reserve members, and military spouses. All registered veterans and military spouses are eligible to receive up to two free tickets for them and their families to attend that evening's game between the Pirates and Cubs.

To register for the event or for more information visit www.hiringourheroes.org.

VBA Outreach

Wednesday, May 4, 2016 | 8am – 4:30pm
Pittsburgh VA, University Drive Campus
Main Building, 1st floor, University Drive, Pittsburgh, PA

A representative from the Pittsburgh Regional Office will be available to meet and answer questions and accept claims.

Yoga with Team RWB

Saturday, May 7, 2016 | 11am
Pittsburgh Vet Center
2500 Baldwick Road, Suite 15, Pittsburgh, PA

The Pittsburgh Vet Center and Team RWB invite you to attend free yoga. Spouses and significant others are invited to attend with the Veteran.

For more information call: 412-920-1765

VBA Outreach

Wednesday, May 11, 2016 | 8am – 4:30pm
Pittsburgh VA, University Drive Campus
Main Building, 1st floor, University Drive, Pittsburgh, PA

A representative from the Pittsburgh Regional Office will be available to meet and answer questions and accept claims.

Zumbathon 2016

Saturday, May 21, 2016 | 9am – 12pm
Highmark Stadium, 510 W. Station Square Drive,
Pittsburgh, PA 15219

Great Time & Great Exercise!!!! All proceeds benefit It's About the Warrior Foundation. The mission of It's About the Warrior Foundation is to assist and empower post 9/11 veterans and their families from the Pennsylvania TriState area with home improvement, economic, therapeutic, and recreational programs thus, leading them to a successful and enriched life.

Service Providers Available at the 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.

www.arfp.org



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

Pets For Vets – Pittsburgh Animal Friends

About Animal Friends: Our progressive programs have been nationally recognized and include humane rescue, shelter and adoption services for homeless pets, humane education, pet behavior classes, pet-assisted therapy, wellness programs and more. In addition, Animal Friends is leading the way towards ending pet overpopulation in Western Pennsylvania through comprehensive, community-wide spay/neuter programming.



About Pets for Vets: Our goal is to help heal the emotional wounds of Military Veterans by pairing them with a shelter dog that is specially selected to match his or her personality. Professional trainers train dogs to teach them appropriate manners to fit into the Veteran's lifestyle. Training can also include desensitization to wheel chairs or crutches as well as recognizing panic or anxiety disorder behaviors.

For the Pets: According to the ASPCA every year between 6 and 8 million dogs and cats are abandoned at shelters. Four million of these dogs and cats are euthanized every year in shelters across America, typically because there is no one to adopt them.

For the Vets: Many returning Veterans suffer from physical and emotional injuries relating to their time in service, making it difficult to transition back into civilian life. Post-traumatic stress disorder, or PTSD, is a psychiatric disorder that can occur following the experience or witnessing of a life-threatening event such as military combat. Some estimates state that as many as 20 percent of returning Military Veterans suffer from PTSD, and only 2/3 who screened positive are currently receiving treatment. Medical studies have shown that companion animals significantly improve mental and physical health, including reducing stress, depression and anxiety, symptoms often linked with PTSD and combat stress.

Refer a Vet: You can refer a Veteran who may be suffering from PTSD, TBI, of unresolved stresses by contacting the Pittsburgh Animal Friends @ 412-847-7030 or JMoore@ThinkingOutsiedTheCage.org.

ON MEMORIAL DAY
TAKE TIME TO HONOR
THE *Legacy* OF
FALLEN SERVICE MEMBERS
& REMEMBER THEIR SACRIFICES
FOR OUR NATION.

SymbolsofHonor.org | #SymbolsofHonor

Logos: Department of Defense, Army National Guard, United States Army Reserve, United States Army Center of Excellence, United States Army Reserve Center of Excellence.

Small text on the right: Photo: iStockphoto.com / U.S. Army Reserve



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Army Reserve Family Programs
www.arfp.org

Visibility of Personal Readiness

What is it? The U.S. Army is increasing visibility of individual and unit personal readiness and resilience by aggregating existing information from multiple sources and utilizing tools. As part of the ready and resilient enterprise, this effort will provide a holistic picture of the force at entry to service, throughout their career and to transition from service.

What has the Army done? The Army refined its R2 strategy to synchronize and integrate capabilities into a holistic, outcome-driven system of capabilities. This enables visibility of *personal* readiness and provides a routine assessment by which infrastructure, policy and resources at all echelons can be targeted to improve readiness and strengthen the fighting force. R2 enables the sustainment of individual and unit *personal* readiness (physical, psychological, social, spiritual and Family preparedness) and fosters a culture of trust and resilience. *Personal* readiness is critical to mission readiness and necessary to thrive in complex and uncertain environments.

What continued efforts are planned for the future? The Army is working to improve screening tools at accessions to ensure recruits are the best fit for an Army career. This includes having visibility of the recruit's trait, state, mood, risk and behavior and utilizing an assessment tool that establishes a baseline of the trainee's current level of *personal* readiness. The Army is also equipping Initial Military Training Drill Sergeants with information regarding key indicators of high-risk behavior so they are better able to detect those in need. Throughout the Soldier lifecycle, the Army is increasing visibility via the Commanders Risk Reduction Dashboard (CRRD), providing commanders visibility of risk factors, behavior history, and progress of their Soldiers, particularly those that are new to the unit. Information and data are being consolidated throughout the Soldier lifecycle as part of the Complex Behavior Model (CBM) in a Person-event Data Environment (PDE) that develops a series of models designed to study the more complex correlation of multiple positive and negative factors.

Why is it important to the Army? Personal readiness factors into personnel readiness and supports availability and deployability. In order to optimize the performance of Army personnel and teams, and reduce risks that may escalate into adverse and permanent outcomes, Army leaders must have holistic visibility at all echelons throughout the Soldier lifecycle. They must be empowered to take action on their assessment, resulting in an Army that is ready, teams that can perform, and individuals who can contribute to meet the Army mission.



MILITARY SPOUSE APPRECIATION DAY | MAY 6, 2016

(Source: http://www.army.mil/standto/archive_2016-02-25/?s_cid=standto_ps)



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Hurricane Preparedness
Week
May 15-21, 2016

MAY IS NATIONAL MILITARY APPRECIATION MONTH

THE *UNITED STATES ARMED FORCES* **STRENGTH OF RED, WHITE & BLUE**

NATIONAL MILITARY APPRECIATION MONTH IS A TIME TO HONOR THE CURRENT AND FORMER MEMBERS OF THE ARMED FORCES, INCLUDING THOSE WHO HAVE DIED IN THE PURSUIT OF FREEDOM AND PEACE.

Congress designated May as National Military Appreciation Month in 1999 to ensure the nation was given the opportunity to publicly demonstrate their appreciation for the sacrifices and successes made by our Service Members - past and present. Each year the president makes a proclamation, reminding Americans of the important role the U.S. Armed Forces have played in the history and development of our country.

May was selected because it has most days set aside for celebrating and commemorating our military's achievements. These days include Loyalty Day, which was established in 1921, Victory in Europe (VE) Day commemorating the end of WWII in Europe on May 8, 1945, Armed Forces Day created in 1949, and Military Spouse Appreciation Day established in 1984, and of course the best known of the May holidays, Memorial Day.

Memorial Day, is the only federal holiday in May and is celebrated on the last Monday of the month. The day, dating from the Civil War era, traditionally has marked recognition of those who have died in service to the nation. Each year on Memorial Day, the White House Commission on Remembrance promotes one minute of silence at 3 p.m. local time to honor the military's fallen comrades and to pay tribute to the sacrifices by the nation's service members and veterans.

National Military Appreciation Month started as a simple idea; to gather America around its military Family to honor, remember, recognize and appreciate those who have served and those now serving and to know the history behind it all. Subsequent formal legislation informs our Service Members that their country has set aside an entire month to honor, remember and appreciate them.



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Summer Camp Resources 2016

With spring in full swing, it's time to start scheduling summer programs for your Family. Fun, educational summer activities can help your children avoid the academic "summer slide" by keeping their brains active, and providing opportunities for them to travel, connect with other military children, and gain new experiences.

4-H Camping Opportunities: Camp can be a life-changing experience for your child, fostering quality bonds between peers, character development, healthy habits, independence, and resilience. 4-H offers day and overnight camps that provide fun, hands-on, experience-based learning. Each camp is unique, but many offer similar activities and resources, including: archery, school enrichment, challenge courses, hiking trails, outdoor education, and team building. (In certain states, non-4-H members can attend 4-H camp.) Please contact your local 4-H office at 4-h.org/get-involved/find-4-h-clubs-camps-programs.



Military Teen Adventure Camps: Military teens (14-18 years old) interested in high energy, high adventure, and high experience camps have an opportunity to participate in Military Teen Adventure Camps offered at little to no cost across the U.S. Each camp is different, and allows youth to build leadership, self-confidence, and teamwork skills, while participating in a unique outdoor experience, traditional camp activities, and building relationships with other military-connected teens. Visit ag.purdue.edu/extension/adventurecamps.

YMCA: The YMCA has more than 130 years of experience in providing a safe, thriving environment for young people to explore personal interests, build self-esteem, develop interpersonal skills, discover the creativity and health benefits of the outdoors, and make lasting friendships and memories. To join the experience, find your camp at ymca.net/find-a-camp/.

Operation Purple Camps: The National Military Family Association has collaborated with outstanding camp partners to continue supporting military kids by providing a camp where they connect with other kids just like them. At Operation Purple Camp, we embrace being "purple" and bring together military kids from all ranks and services, including National Guard and Reserve components, to a unique and memorable summer camp experience. Visit militaryfamily.org for more information.

Camp Corral: A free, one-of-a-kind summer camp for children of wounded, disabled or fallen military service members. Since its founding, in 2011 as a one camp pilot program, Camp Corral has grown over 700%. Over 6,500 children have been served and the program has expanded to 23 camps in 19 states. Although any child from a military family is eligible, registration priority is given to children of wounded, disabled or fallen military service members. campcorral.org/



— Where To Look For Summer Camps —

American Camping Association: acacamps.org

Camp Erin, Moyer Foundation-Bereavement Camps: moyerfoundation.org/programs/camperin_about.aspx

Special Needs Camps: seriousfunnetwork.org

Special Needs Camps: kidshealth.org/en/parents/finding-camp-special-needs.html

Kids & Teen Summer Camp Guide: allensguide.com