

## Child & Youth Weekend Workshops

Beginning Saturday, March 6, 2021

### WANGY Weekend Workshops

\*sessions will vary in length.  
HOME ALONE Training , open to youth ages 10 years of age and older. Session will include topics on staying home alone, safety, fire safety, first aid basics, and online safety. Workshop will have live sessions and will be partnered with a Google Classroom that includes additional videos and activities for youth to complete before getting their certificate and home alone kit via mail. Session will run from 0900 - 1200 (3 50 minute sessions with breaks) 24 spots available

### INTRO TO MILITARY

Open to youth ages 6 and older. Session will talk about the National Guard basic military terms, ranks, etc. Session will run from 1500-1600 (3-4 PM) 24 spots available

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Youth Council led - **PENNY PINCHING WITH PESO**  
Open to teens ages 14-18 years of age Join Landon (aka Peso) and a Personal Financial Counselor as they talk money and preparing for adulthood. Bring your questions and join the discussion.

Session will run from 1100-1200  
24 spots available

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### RESUME WRITING FOR TEENS

Open to teens ages 15-18 years of age The Work for Warriors employment team will guide teens through tips on their resume and how to include sports, volunteer, and other extracurricular skills into the resume. Session will run from 1300-1500 (1-3 PM) 24 spots available

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We will be using Cisco Webex for our virtual meetings . You can download the app onto your device or you can join through the Chrome Web Browser. More details will come out via email for each workshop and will be sent out for each workshop your youth registers for.

### Event Contacts

509-464-9392/253-548-4942

Additional workshops can be found at the link provided:

[WangyWeekendVirtualWorkshops](http://WangyWeekendVirtualWorkshops)

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# Joint Services Support



# Cares

March  
2021

Joint Services Support.....Service When You Need It.....The Support You Expect!

## We're Reaching Out for Volunteers

Opportunities Abound with the Many Programs offered through Joint Services Support

I want to take this month to ask you to consider volunteering with Joint Services Support. We have lots of opportunities for individuals and families. Child and Youth Programs can use your help with Trunk or Treat, Youth Council, Camp (in a normal year) and many other child and youth or family events. Your contact is Robbin Seeberger at 253-512-7985. Family Readiness Groups can use leads, treasurers, callers, and provide many other areas for volunteers to serve. The FRG program helps keep families connected throughout the year. Interested? Contact Deb Discolo at 253-945-1869

Survivor Outreach Services needs volunteers to help mentor Goldstar youth. Please contact Sarah Vargo at 253-512-8756

Family Programs can always use help

with their annual Back to School event, Turkey Drop and Holiday Magic. Again, your Contact is Deb Discolo 253-512-7869.

The WING Airmen and Family Readiness Program can use your help in a variety of ways. Please contact the 194 WG Program Manager, Angela Suter at 253-512-3397 or 141 WG Program Manager, Mary Thomas at 509-247-7009. Employer Support of the Guard and Reserve, (ESGR) is a program that helps Soldiers, Airmen and their employers. Contact Michelle Oneal 253-512-8468 to discuss the many volunteer options available with their programs.

I will take this from Mark Deandrea "Volunteers don't get paid, not because they're worthless, but because they're priceless" – Sherry Anderson And please remember.....

Joint Services Support Cares!



*Carl N. Steele*

Carl N. Steele, Director-  
Joint Services Support





Monique Jordan shares 10 ways to improve your Emotional Resilience

- 1. **Be Optimistic:** Truly resilient people who need to survive the harshest situations and still accomplish goals (like POW's and Special Forces units) balance a positive outlook with a realistic view of the world.
- 2. **Face Your Fears:** Neuroscience says there's only one real way to deal with fear: you need to face it, head on. This is what the most resilient people do.
- 3. **Have a Moral Compass:** Morals strengthen our resolve in tough times.
- 4. **Practice Spirituality:** You don't have to do anything you don't believe in, but you want to be a part of a group that strengthens your resolve.
- 5. **Get Social Support:** Our brains need social support to function optimally. Connection with others releases oxytocin which calms your mind and reduces stress.
- 6. **Have Resilient Role Models:** When you study kids who grow up in impoverished circumstances but go on to live productive, healthy lives, what do you find? They had great role models who provided a positive example and supported them.
- 7. **Maintain Physical Fitness:** the most resilient people had good exercise habits that kept their bodies (as well as their minds) strong.
- 8. **Keep Your Brain Strong:** Resilient people are very often lifelong learners. They keep growing their mind, learning to learn, and adapting to new information about the world.
- 9. **Be "Cognitively Flexible:"** People who are resilient tend to be flexible.
- 10. **Find Meaning in What You Do:** Resilient people don't have jobs — they have callings. They have a mission and purpose in life that gives meaning to the things they do.



Want More Information? Click Here --> [Emotional Resilience](#)

NEED TO TALK!

Monique Jordan, M. Ed., LMHC | Military Family Life Coounselor  
jordanm@magellanhealth.com | 253.310.1919

Work for Warriors

Transition Team Spotlight: Jordan Arredondo



Jordan is the newest member of the Work for Warriors team, an Employment Transition Coach hired last summer. A very personable and upbeat individual, she strives to make sure the people around her are happy with a passion for serving others! Jordan has always enjoyed working as part of a team and had been in the Customer Service/Sales industry for over 10 years before joining Joint Services Support. A Military Spouse herself, Jordan brings a unique perspective to our department and is passionate about helping members of the National Guard and displaced Military families find careers that they love! In her spare time outside of work, Jordan loves to play video games, go hiking with her dog and her husband, and enjoys various types of art projects. She also loves flamingos and the color pink.

Work for Warriors is taking appointments virtually! Take the first step towards finding gainful employment by contacting us today and get set up with your own Employment Transition Coach to work with one-on-one. To schedule an appointment, please reach out by emailing: [shannon.l.leacy.ctr@mail.mil](mailto:shannon.l.leacy.ctr@mail.mil).

VOLUNTEERS-You're A Key Component Developing Resiliency in a Continuously Changing Environment

The Soldier and Family Readiness Groups (SFRG) are always looking for volunteers. We are a key component of the Commander's Readiness Program. Our goal is to provide excellent support, assistance, and a network of communications among family members, the chain of command, and community resources. If you are willing to become an important part of your loved one's service in the National Guard, we graciously invite you to volunteer. You are always welcome to support the unit's Soldiers and families through various differentiating roles. Our mission is to help provide the tools needed for Soldiers and their families to manage the daily challenges experienced in our unique and con-

stantly changing context of military service. Family readiness services emphasize personal growth, positive development, and improved individual and family functioning.



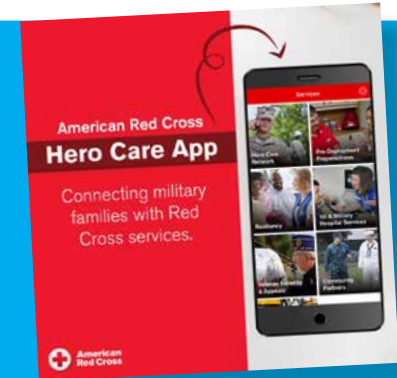
Volunteering allows you to assist unit Commanders in identifying, preventing, and addressing family readiness challenges in order to maintain a strong resiliency among Soldiers and their families. We have worked very hard to revise and refresh how we structure our program. This includes updated

training products, appointment memorandums, volunteer packets, and the annual information briefing. These new revisions keep us on track with changes

to regulation/policy, but also makes it easier for Command teams to meet regulatory requirements.

As recently witnessed, service in the National Guard is demanding and unpredictable. If you are interested in serving as the SFRG Lead, Treasurer, Secretary, Key Caller, or a gratuitous

volunteer or would like more information on what these different roles entail, please contact the unit you are interested in serving or contact your local Soldier and Family Readiness Specialist at 800-364-7462. loved ones- it's important to remember that JSS Cares. Please contact us about many services.



Red Cross Hero Care Mobile App

The American Red Cross has a long history of supporting military members, veterans and their families. Things happen when we least expect them. The American Red Cross Hero Care Network is available by phone at 877-272-7337 or online at: <http://rdcrss.org/HeroCare>.

Whether you're the parent of a child joining the military, a military member, spouse or a veteran, the app will guide you to valuable resources and services that can help alleviate stress and provide important information right at your fingertips. The **Hero Care App** highlights the extensive array of services the Red Cross has available for members of the military, veterans and their families. Important Features include: -Request Red Cross emergency services in-

cluding an emergency message or assistance with emergency travel or emergency financial aid. -Securely and easily access information about their service member in the case of an emergency, including updated information as they move or change duty assignments. -Access non-emergency Red Cross behavioral health assistance including financial assistance and free local workshops for military kids and spouses. Find local resources and information pro-

vided by trusted community partners like Tragedy Assistance Program for Survivors (TAPS), Blue Star Families, Military Child Education Coalition, United Way, Goodwill, Easter Seals, and others. -Locate information on key government resources such as MilitaryOneSource, VA Benefits and Services, Department of Labor VETS, the VA Caregiver Support Program, and SAMSHA Community Health Support Services. The Hero Care App is free of charge and available for both iOS and

Android devices. To download to your smart phone or tablet, search for 'American Red Cross' in your app store, Text GETHEROCARE to 90999 to receive a link to download the app or go to [redcross.org/apps](http://redcross.org/apps).

Washington National Guard Child & Youth Services Celebrate the "Month of the Military Child"

April is designated as the Month of the Military Child, underscoring the important role military children play in the armed forces community. Sponsored by the Department of Defense Military Community and Family Policy, the Month of the Military Child is a time to applaud military families and their children for the daily sacrifices they make and the challenges they overcome.

The Month of the Military Child is part of the legacy left by former Defense Secretary Caspar Weinberger. He established the Defense Department commemoration in 1986.

JSS joins the Department of Defense and the military community in celebrating April as the Month of the Military Child. In National Guard communities around the state, our most essential strategic imperatives are: establishing an educational system that progressively builds the college and career readiness of all Guard students; and establishing the organizational capacity to operate more effectively and efficiently as a model, unified school system. We aim to challenge each student to maximize his or her potential and to excel academically, socially, emotionally and physically for life, college and career readiness.



Register to join us as we say "Than You" to our National Guard Youth! Registration now open @: [cyswangymomc2021.eventbrite.com](http://cyswangymomc2021.eventbrite.com) Questions? Call: 253.546.4942/509.464.9392

Calling All Virtual Camping Enthusiasts Now's Your Chance to go Camping Directly From Your Living Room, Your Kitchen, etc., When You Register for the Family Adventure Camp

Family LIVE Camp-In will be held on Friday, 12 March 2021 6 pm - 730 pm. The March family adventure camp Includes an Activity Box, Photo Challenges, and Live Virtual Camp-In!

About this Event WANGY Family Adventures March 2021 Box of activities will be mailed out at the beginning of March, 2021 Family LIVE Camp In will be on Friday, 12 March 2021 from 6 pm - 730 pm.

March Adventure Camp Family activity box will be mailed out and will include family adventure options and photo challenges for your family to participate in. In addition, we will host a virtual live camp in with some fun family activity challenges during the LIVE virtual session

Activities include adventure, resilience, and fun!!

This event is open to all National Guard Connected Families!



Event Registration: [wangyadventurecampmarch2021.eventbrite.com](http://wangyadventurecampmarch2021.eventbrite.com) Event Contacts Robbin Seeberger, Lead Child & Youth Coordinator (contractor) 253-548-4942 | [robbin.a.seeberger.ctr@mail.mil](mailto:robbin.a.seeberger.ctr@mail.mil) Shalin Wulf, Child & Youth Coordinator (contractor) 509-464-9392 | [shalin.t.wulf.ctr@mail.mil](mailto:shalin.t.wulf.ctr@mail.mil)

'Asking for Help': Do You Know How? Here are Four Simple Steps

The stress of deployments, single parenting, family reintegration and changes in family routines due to separations or the injuries of war make 'asking for help' an important skill for service members and military families.

- 1. Accept: This is perhaps the most important step. Acknowledging the need for assistance is important, but equally important is the willingness to accept help. Being able to freely ask for help requires accepting limitations and believing that you are truly deserving of the help.
- 2. Assess: Take the time to think through 'exactly' what you need. This allows you to think about what is 'most important' and help shape your request. Most people will be willing to help when you ask. Help them by being specific on how they can help.
- 3. Ask!: This is your time to take action and where you make the request! Remember, in-person requests are best — but not always possible. Being courteous, direct, and specific regarding the request are the rules.

- 4. Again: As with any skill, it requires practice. So, if it helped, do it again! A nice final touch would not only be to thank the person, but also to share about how much he/she has helped.

REMINDERS Be resourceful — Think about who may be able to help (even those who might say no). Be courteous — Asking nicely goes a long way. Most people are willing to help with both big and small tasks. Always say, "thank you", whether they agree to help you or not. Be specific — Most people are willing to help, they just have to know 'how'. Being specific allows for best results. It helps others understand how they can best help you. Remember, you are in the position of knowing what you need. Others can't read your mind. Be flexible — Your plan of how others can help may not be the only one. If different ways to help are suggested, take time to consider these. Be grateful —Most important for completing the cycle of "asking" is to say "thank you." This recognizes another's contribution and strengthens the relationship (just in case help is needed again).



"Not asking for help, or asking too late, can turn a manageable situation into something more serious..."

Ken Schwarm  
Soldier & Family Readiness Specialist  
Washington Army National Guard  
Family Programs



**You Already Know How Much We Like You; Now, How About Liking Us!**

**Like us on Facebook**



When you like us on the

Joint Services Support Facebook page, you'll get up-to-date content related to current event activities; access to need to know department information; posts of current event pictures; links to useful resources as they relate to each department's specialty, plus much, much MORE!

Simply click on the Facebook icon above, visit the JSS Facebook page and if you like what see, then by all means "Like Us"!



## Soldier & Family Readiness Training Opportunities

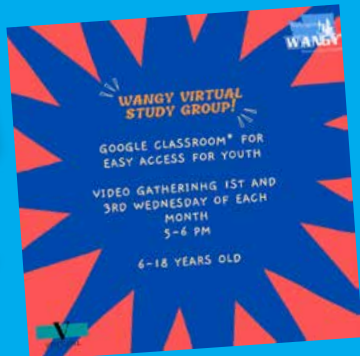
The Soldier & Family Readiness Training are VIRTUAL training sessions building the skills and tools to successfully meet the challenges of the military lifestyle. Readiness is a continuous motion. These sessions are open to any family member, including extended, close friends, parents, and grandparents.

20 Feb 2021	Family Readiness Suicide Prevention Elizabeth Johnston 360-604-7303	1000-1200
6 Mar 2021	Family Readiness Group Training Bea Warner 253-512-1331	1100-1200
20 Mar 2021	Family Readiness Team Building Deb Discolo 253-512-7869	1000-1200
24 Apr 2021	Conference - Dorie Sprague 360-436-2423	0900-1230
1 May 2021	Family Readiness Group Treasurer Training Mark DeAndrea 253-912-3143	1300-1400
2 May 2021	Family Readiness Group Treasurer Training Mark DeAndrea 253-912-3143	1300-1400
15 May 2021	MilitaryOneSource Overview Matthew Davidson	1000-1200
16 Jun 2021	Family Readiness Group Matt Rupp 509-532-2775	1300-1530
17 Jun 2021	SFRG Commander/Lead Training Matt Rupp 509-532-2775	1300-1400
26 Jun 2021	Family Readiness and Your Youth Deb Discolo 253-512-7869	1000-1100
21 Aug 2021	Family Readiness Group Treasurer Training Ken Schwarm 253-512-8345	1000-1100
18 Sep 2021	SFRG Commander Training Ray Andringa 360-473-2411	1000-1200

For more information or to enroll, contact the Soldier & Family Readiness Specialist (SFRS) listed above. For general information regarding the Soldier & Family Readiness Group program, please contact Deb Discolo at 253-512-7869.

## Paris Presented Latest Patriot Award at Sweedish medical

Thank you to Swedish Medical Center's Richard Paris for being a [#SupportiveEmployer](#) of his employees who serve in the [#ReserveComponents](#). Paris' support was recognized by being nominated for an Employer Support of the Guard and Reserve [#PatriotAward](#) by U.S. Army Reserve Staff Sgt. Ruth PizarroQuinones, a material distribution technician at Swedish Medical Center. "Mr. Paris is understanding of my military duties, making my life much easier and alleviating many of the stressors of coming and going from civilian to military duty," said PizarroQuinones. [#KnowYourMil](#) [#ESGR](#) [#ArmyReserve](#)  
Read more at <https://esgr.mil/.../Swedish-Medical-Center-Supervisor...>



## WANGY Virtual Study Group

Google Classroom for Easy Access for Youth  
Video gathering 1st and 3rd Wednesday of each month  
6-18 Years-old  
Starting March 3rd, 2021  
5-6 PM  
Contact the Youth Coordinator to get involved!  
Google classroom requires a non-school associated account

Make sure to visit us on Facebook to check for updates!

## Ready & Resilient Class Added to March Schedule Coping with COVID-Your Best Way to Handle it

We added another Ready & Resilient class 24-26 March! Learn how to build your resilience and life skills to help you become more successful at managing stress and live your best life! There is no rank requirement. This will be a small class to allow for social distancing so reserve your spot today by contacting Jennika Cardenas [jennika.m.cardenas.civ@mail.mil](mailto:jennika.m.cardenas.civ@mail.mil) Location TBD but it will be either on JBLM or Camp Murray.



# ASIST

The next ASIST class is 6-7 May in Yakima. Don't miss this opportunity to enjoy spring in "The Palm Springs of Washington" and learn valuable suicide intervention skills. Email Erin McMichael to reserve a seat [erin.m.mcmicheal.ctr@mail.mil](mailto:erin.m.mcmicheal.ctr@mail.mil)



Continue taking care of yourselves in this stressful time by following these simple tips:

For more on this check out these links:  
<https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/managing-stress-anxiety.html>  
<https://www.nimh.nih.gov/health/education-awareness/shareable-resources-on-coping-with-covid-19.shtml>  
<https://www.hhs.gov/coronavirus/mental-health-and-coping/index.html>

## Useful Numbers

Jennika Cardenas R3SP  
Program Coordinator  
253-512-1357  
[jennika.m.cardenas.civ@mail.mil](mailto:jennika.m.cardenas.civ@mail.mil)  
<https://www.facebook.com/pg/JSSWA>

Call the National Suicide Prevention Lifeline (Veterans and Military Crisis Lines)

North America:  
1-800-273-TALK (8255); Press 1

Online chat:  
<https://www.veteranscrisisline.net/get-help/chat>  
or <https://suicidepreventionlifeline.org/chat>

Text: 838255  
Emergency Support: 800.364.7492



Angela Taylor, SHARP  
WAARNG JFHQ State Sexual Assault Response Coordinator/  
Program Manager  
o: 253.512.1365  
o: 253.307.6483  
[angela.c.taylor33.civ@mail.mil](mailto:angela.c.taylor33.civ@mail.mil)

Sean "Smitty" Smith  
WAARNG JFHQ State, Victim Advocate Coordinator  
Camp Murray, WAANG  
o: 253.512.7881  
[sean.m.smith166.civ@mail.mil](mailto:sean.m.smith166.civ@mail.mil)

WA State Hotline:  
24/7 DoD SAFE Helpline  
1-877-995-5247  
[www.safehelpline.org](http://www.safehelpline.org)