

Here's your Chance to Win a "La-Tea-Spa Gift Spa When You Submit A "Shout-Out" To Your Military Spouse

FAMILY PROGRAMS, JSS Military Spouse Appreciation Day is Friday, 7 May, 2021. Save the date! Submit a "Shout Out" to your military spouse on the social media site. We all know that a military spouse can be very rewarding, however, we also know it can be just as challenging. So, beginning Monday, May 3 and running through Thursday, May 6, Service members are encouraged to "GIVE" a shout out touting their significant other while "being automatically entered into a drawing for a "La - Tea - Spa Gift Basket!" Drawing to be held on Friday, May 7, 2021.

"Don't miss the opportunity to show your spouse how much you appreciate them!



Questions? Call Liz Johnston @ 253-355-6239

When you submit your shout-out include the following in brief:

- 1) Name and recent picture of your spouse
 - 2) How long have they been a Military spouse?
 - 3) Share how your spouse is special and unique.
 - 4) How does your spouse handle Military life challenges?
 - 5) What would you want us to know about your spouse?
- CLICK Here To Give a "SHOUT OUT"



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Joint Services Support



Cares

May 2021

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

With Spring Officially Here, Now's the Time To Visit Joint Services Support and Find What is Available to You!

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The month of May makes us think of the beginning of summer. There are lots of opportunities to get involved with this summer. Check with your Soldier and Family Readiness Group to see what activities they have available over the summer months. Child and Youth programs will have events every month throughout the summer for everybody including Family events. Watch to see what new classes the Personnel Financial Counselors are providing. Get involved in the Sexual Assault Awareness Month virtual ruck march and other possible virtual runs. Military One Sources always has great training opportunities available each month. Memorial Day for many is the beginning of summer fun which arrives at the end of the month. Take some time this

year to remember and reflect on who and what is important to you. Some of you will think about those you served with, others may think about family members. As you remember those that are important to you, Some of you will think about those you served with, others may think about family members. As you remember those that are important to you, remember that if you need to talk with someone you can reach out to the Military Family Life Counselor, at 253-310 1919.



Carl N. Steele
Carl N. Steele, Director-
Joint Services Support



Meet "Smitty" Sean Smith, Victim Advocate Coordinator for Sexual Assault Prevention & Response



He's the State Victim Advocate Coordinator for the Sexual Assault Prevention and Response program in Washington. Throughout the month, the National Guard will be highlighting other Victim Advocates around the state because what they do is integral to creating a culture free of sexual assault and advocating for a personal commitment from all service members and employees. For more info, please go to www.sapr.mil/saapm -WAARNG JFHQ SAPR Hotline (24/7) 253-307-6483 -DoD SAFE Helpline (24/7) 1-877-995-5247 www.safehelpline.org To learn more about Smitty and his commitment to SAPR, please click on the image above.

Sean "Smitty" Smith | WAARNG JFHQ State Victim Advocate Coordinator Building 3, Camp Murray | Tacoma, WA 98430 Office: 253-512-7881 | Cell: 360-528-0360

Work for Warriors

Transition Team Spotlight: Jordan Baskins



Jordan Baskins is our Work for Warriors Employment Transition Coach based out of Camp Murray. He works alongside Shannon Leacy and Jordan Arredondo to support military communities in Pierce, Kitsap, and Thurston Counties. His office is based out of Building 3 and he enjoys finding meaningful employment pathways for National Guard, Reservists, Active Duty, Veterans, and their families. Jordan received a Bachelor's of Administration in Business at Washington State University and he encourages his clients to research tested hiring processes, utilize technical writing, and maintain effective relationships. He feels that the work that he does and the space that he is in is immeasurably rewarding, and it's important to minimize ambiguity that Service Members may face during their military transition or during a new phase in their lives. His grandfather and step-father served a combined total of 50+ years for Army Active Duty and Reserves on JBLM, other installations across the U.S., and OCONUS. Seeing those perspectives and hearing about those experiences instilled enterprise to serve those who served. Impacted communities such as the elderly and disabled need committed, supportive people in their lives and he strives to be an asset in the Pacific Northwest. In his free time, Jordan enjoys trying new recipes, exploring nature trails, and taking cruises with his friends. Feel free to call or email him today to start a conversation surrounding employment! Work for Warriors is taking appointments virtually. To schedule an appointment and get set up with your own Employment Transition Coach, please reach out by emailing the program lead, Shannon Leacy: shannon.l.leacy.ctr@mail.mil.



Can't Rest Because of Stress! Check Out These Tips!

Short-Term/Long Term Stress-Relief Strategies You Can Do Anywhere



- Guided Imagery: Is like taking a short vacation in your mind.
- Meditate: Brings short-term stress relief as well as lasting stress management benefits.
- Practice Progressive Muscle Relaxation: Involves relaxing your body one muscle group at a time
- Focus on Breathing: Just focusing on your breath or changing the way you breathe can make a big difference to your overall stress level.
- Take a Walk: Taking a walk allows you to enjoy a change of scenery.
- Fast-Acting Stress-Relief Strategies That Work Well at Home
- Get a Hug From a Loved One: Don't be afraid to ask a loved one for a hug if you need it. It's good for both of you and it can be one of the simplest forms of stress relief available.
- Enjoy Aromatherapy: Aromatherapy help you to feel energized, more relaxed, and present.
- Create Artwork: For instance, adult coloring books are popular and are a great stress reliever.
- Long-Term Stress-Relief Strategies for Lasting Health
- Eat Balanced Meals: Food is fuel. Healthy, delicious food provides the energy & nutrition you need to maintain a healthy body,
- Make Time for Leisure Activities: Building time for leisure into your schedule could be key to helping you feel your best.
- Develop a Positive Self-Talk Habit: An optimistic and compassionate conversation can help you manage your emotions and take positive action.
- Express Gratitude: Studies show that grateful people enjoy better mental health, lower stress, and a better quality of life.
- Prioritize Exercise: Walking, strength training, kayaking, hiking, and spin class are just a few different examples of ways you can get stress relief.



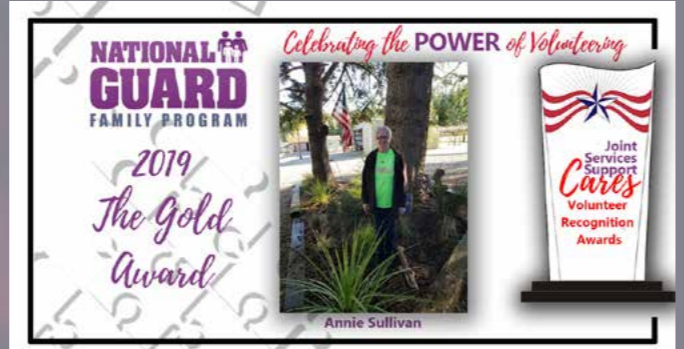
Press: [STRESS RELIEVERS](#) for more information
NEED TO TALK? Contact: Monique Jordan, M. Ed., LMHC | Military Family Life Coounselor jordanm@magellanhealth.com | 253.310.1919

The Washington National Guard Soldier and Family Readiness Group (SFRG) Volunteers continue to impact the lives of many individuals by donating their time helping others, and for that we would like to recognize them.

Celebrating the POWER of Volunteering!



We Congratulate the 2019-2020 Volunteers of the Year!



To learn more about their stories, please visit us on our Facebook page by clicking the logo link (right) OR simply click on the award winner's image below or to your left



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"!

USDA Extends Children Access to free School Meals Extended Through September 30, 2021!

The USDA extended waivers that now allow all children to continue to receive free meals-Click the flyer below to find out more!

HOW TO PARTICIPATE IN SUMMER MEALS

The U.S. Department of Agriculture's (USDA) Summer Food Service Program (SFSPP), also known as the Summer Meals Program, provides kids and teens in low-income areas free meals when school is out. There are a number of ways that local organizations can be a part of the Summer Meals Program.

What is the Summer Food Service Program?
The SFSPP is a federally-funded, state-administered program. The SFSPP reimburses providers who serve free healthy meals to children and teens in low-income areas during the summer months when school is not in session. Check out our video to learn more.

Who Does the Program Serve?
The SFSPP serves children and teens age 18 and younger.

How Does It Work?
There are three main players involved: State agencies, sponsors, and sites.

- State agencies administer the program and communicate with USDA.
- Sponsors enter into agreements with State agencies to run the program. Schools, local government agencies, camps, faith-based and other non-profit community organizations that have the ability to manage a food service program may be SFSPP sponsors. Sponsors get reimbursed by the Program and may manage multiple sites.
- Sites are places in the community where children receive meals in a safe and supervised environment. Sites may be located in a variety of settings, including schools, parks, community centers, health clinics, hospitals, apartment complexes, churches, and migrant centers. Sites work directly with sponsors.

How Can Your Organization Participate?

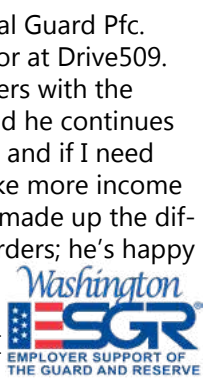
- Contact your State agency to see if you can become a site that serves summer meals. The State agency will help to see if you are located in an eligible area that can serve summer meals and connect you with a sponsor organization.
- Promote the Summer Meals Program to your community. Put up flyers and door hangers with information on where free summer meals are being served to help families find a nearby Summer Meals site.
- Provide fun activities for the kids & teens at your site to keep them coming back and to keep them physically and mentally active. Recruit teens to help at your site to give them responsibilities and new skills.
- Volunteer at other sites. Help serve meals or transport meals for other organizations that are involved with the Summer Meals Program. Organize physical or learning activities for the kids & teens.

Resources:

- Check out the Summer Food Service Program website: www.summerfood.usda.gov
- Learn why organizations throughout the country serve Summer Meals: <https://www.youtube.com/watch?v=1F0T3191138&list=PLBz8n-kg0p3d4f91d11133EGCzmm1kxne1>
- Contact your State agency to talk about how you can get involved: www.usda.gov/afip/sfspp-contacts
- Find Summer Meals promotional materials: <http://www.summerfood.usda.gov/afip/promotional-materials>
- Discover ways to recruit teens: <https://www.youtube.com/watch?v=5AKX6VtW5Lk&list=PLBz8n-kg0p3d4f91d11133EGCzmm1kxne1>
- Find Summer Meals sites close to you: <http://www.usda.gov/afip/sfspp-contacts>

ESGR Recognizes Jason Boudreau, Owner/Operator of DRIVE509

Thank you Jason Boudreau, owner and operator of Drive509 - Commercial Truck Driving School for being supportive of your employees who serve in the National Guard and Reserves. Boudreau received the Employer Support of the Guard and Reserve Patriot Award after being nominated by Washington National Guard Pfc. Theodore Ratcliff, an instructor at Drive509. "I have been on full-time orders with the Guard for almost one year and he continues to check in on how I'm doing and if I need anything," said Ratcliff. "I make more income at my civilian job and he has made up the difference in pay while I'm on orders; he's happy to do so. He also continues to provide me with the benefits I normally have. It's like I never missed a beat!"



Personal Financial Counselors are here to support you virtually.

- Are you off a military installation, but still desire financial support?
- Would speaking to a professional, virtually, give you peace of mind?
- Are you ready to boost your monetary might?

Did you know Personal Financial Counselors (PFCs) can provide no-cost support services virtually?

PFCs offer a wide range of training and workshops on topics such as money management, budgeting and developing spending plans, debt and credit card management, consumer rights and obligations, homebuying, retirement and estate planning, taxes and more.

PFCs can provide face-to-face counseling and/or deliver presentation to service members and their families using telephonic or electronic modes like the Zoom platform.

PFCs are:

- Professionals with experience and specialized training
- They hold a minimum of a bachelor degree
- They hold National certifications for financial counseling and education

Follow the Office of Financial Readiness

- <https://www.facebook.com/DFCPR30>
- <https://www.twitter.com/DFCPR30>
- <https://www.instagram.com/DFCPR30>
- <https://www.youtube.com/DFCPR30>
- www.FinRead.org
- <https://www.military.com/DFCPR30>

Local Contact Information

Introducing Kaylyn Wiley, AFCE
 State Resiliency Coordinator (SRC)
 Tacoma-Pierce County Peer Support Team (PPST)
 253.387.6647
 k.wiley@dfcpr30.mil
 https://www.military.com/DFCPR30

To schedule an appointment or brief with PFC Kaylyn Bugay click the flyer to your left

Welcome to the TEAM!



Free PTSD/PTSI Training Open to all 1st responders, military, veterans and their families-Presented by: Deer Hollow Recovery & Wellness Centers-Hosted by: Washington National Guard & Tacoma-Pierce County Peer Support Team Where: Camp Murray Building 91 When: Thursday, June 3rd 0800-1400

Former Marine and retired Yakima Police Officer Jared Nesary will share his personal battle with PTSD and recovery. He will speak about the courage needed to reach out in his darkest hour that saved his career and his life.

LMFT Matt Quackenbush has spent the last 15 years crafting a unique and powerful approach to trauma-focused therapy combining EMDR, CPT, MMB, IFS and DBT. His discussion will include understanding PTSD/PTSI and how it affects us all.

Although this is a free event, registration is required through eventbrite. Complementary lunch & social hour provided by: Deer Hollow Recovery & Wellness Centers. **For questions please contact: Erin McMicheal 253-512-1342 erin.m.mcmicheal.ctr@mail.mil Bring your business card and enter to win a \$50 Visa gift card!**



Introducing SSG Michelle Claus, State Resiliency Coordinator (SRC)/Joint Services Support

SSG Michelle Claus has served with the Army National Guard for over 16 years in the states of Montana and Washington. As a combat medic, she served in Iraq as a combat arms line medic on multiple deployments. Throughout her career she has held varying positions to include Recruiting and Retention NCO in Montana, Instructor for the Western Regional Counterdrug Training Center, Readiness NCO for the WAARNG Medical Detachment, and now as the WAARNG State Resiliency Coordinator. SSG Claus is an Equal Opportunity Resiliency Trainer. As the State Resiliency Coordinator, SSG Claus hopes to build a program that facilitate wellness throughout the force and holds facilitating equipping Soldiers, leaders, families, and Department of the Army Civilians with tools to thrive in their careers and life.

SSG Michelle Claus
 State Resiliency Coordinator (SRC)
 Michelle.lclaus3.mil@mail.mil

Join the Support Cares

WA State Hotline: 253-307-6483 | 24/7 DoD SAFE Helpline: (877)995-5247 | www.safehelpline.org

Useful Numbers

Jennika Cardenas R3SP Program Coordinator
253-512-1357
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://suicidpreventionlifeline.org/chat>

Text: 838255

Family Programs After Hours:
800.364.7492



Angela Taylor, SHARP WAARNG JFHQ State SARC Program Manager
o: 253.512.1365
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

WA State Hotline:
253.307.6483
24/7 DoD SAFE Helpline
1-877-995-5247
www.safehelpline.org

4 If you are struggling with thoughts of suicide and need immediate assistance: Dial 911 (U.S.)