



# Families4Guard

Issue 3

March 2012

## Welcome to the "Families4Guard"

Volume 2, Issue 3

### The Mississippi National Guard Newsletter

#### STATE FAMILY PROGRAM

State Family Director  
MAJ James A. Clark,  
[james.andrew.clark@us.army.  
mil](mailto:james.andrew.clark@us.army.mil)  
601-313-6379



#### STATE FAMILY READINESS

Increasing the focus on Family Readiness takes the focus off of the worrying, empowers the Family Members to work with matters under control which allows the Service Member to stay focused on the mission. If you participate with your **FRG – Congratulations and Thank You!** If you do not currently participate, we invite you to become involved in our MS National Guard Family. To become involved, with a Family Readiness Staff Member to provide additional support, resources and training to volunteers, your unit and your Family Readiness Group. For more information you may also contact your State Family Readiness Program office.

Olevia Jane Lyon, (SR-FRSA)  
Military Personnel Service Corp  
Contractor  
Phone: 601-313-6766 or  
[olevia.lyon@us.army.mil](mailto:olevia.lyon@us.army.mil)



#### FINANCIAL PROBLEMS

Willie McGriggs our Military Family Life Consultant, is a member of the JFSAP team and is here to assist you in reaching your financial goals. He can team up with you and help you identify your dreams, create a plan tailored to those dreams, and track your progress along the way. Whatever challenge you're facing, such as debt management or investment and retirement planning, Willie is your financial coach. Call him today at 601-214-5230, for a confidential financial review

Financial Planner  
Willie McGriggs  
Phone: 601-214-5230  
[williemcgriggs@aol.com](mailto:williemcgriggs@aol.com)



### **172d Airlift Wing**

Airman & Family Readiness  
Program Manager  
Marianne Breland  
Wing Alt SARC  
141 Military Drive AW 47  
Jackson, MS 39232  
Comm: 601-405-8211  
Cell: 601-826-5345  
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[marianne.breland@ang.af.mil](mailto:marianne.breland@ang.af.mil)

### **ANG CRTC - Gulfport/A&FRPO**

Charles J. Carrigan, Civ, MS  
ANG  
Airman and Family Readiness  
Program Manager  
DSN: 363-6018; COMM: (228)-  
214-6018  
Fax DSN: 363-6035; COMM  
(228)-214-6035  
Toll Free - 1-866-618-9851  
Cell Phone - (228)-323-4453  
[charles.carrigan@ang.af.mil](mailto:charles.carrigan@ang.af.mil)

### **186<sup>th</sup> Air Refueling Wing**

Connie Myers  
Airmen and Family Readiness  
Program Manager  
MS Air National Guard  
6225 M Street  
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ARMY OneSource

### **Richard Patton**

Army OneSource  
Community Support  
Coordinator, South  
Mississippi  
601-850-0266  
[richard.patton@serco-na.com](mailto:richard.patton@serco-na.com)  
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[SouthMississippiCSC@myarmyonesource.com](mailto:SouthMississippiCSC@myarmyonesource.com)  
[esource.com<SouthMississippiCSC@myarmyonesource.com%20>](mailto:SouthMississippiCSC@myarmyonesource.com)

Army OneSource (AOS) is a Secretary of the Army Initiative to provide comprehensive community support and service delivery for Soldiers and their Families regardless of component or geographic location. Through Community Support Coordinators located throughout the US and Pacific, AOS is raising awareness and generating support among the private sector to effectively serve the unique challenges of Military life, including the growing demand for behavioral health, financial, legal and faith-based services. Utilizing traditional establishments on Military Installations, a Web-based portal, and local community partners, AOS is helping empower Soldiers and their Family Members to be strong, healthy and connected to the best resources wherever they may be.

<http://www.myarmyonesource.com>  
[om<http://www.myarmyonesource.com/](http://www.myarmyonesource.com)



Our MilitaryOneSource representative is

**Marshay Lawson**

Phone: 601-874-4641 or

[MarshayLawson@militaryonesource.com](mailto:MarshayLawson@militaryonesource.com)

Military OneSource is provided by the Department of Defense at no cost to active duty, Guard and Reserve (regardless of activation status) and their families. Military OneSource offers free, 24/7 access to a confidential resource and referral support for service members and their families in order to improve the quality of their lives and the effectiveness of the military community. It is a virtual extension of installation services. Visit Military OneSource today at [www.militaryonesource.com](http://www.militaryonesource.com) or call 1-800-342-9647.

**The Military OneSource  
Free Tax Fil-ing Service  
Is Here, Featuring H&R  
Block At Home® Online**

This is the same program you may have used before. If you created an H&R Block at Home® account last year, your login credentials for that account will still work and you will be able to access last year's personal tax information

If you have questions about this tax service or about your own tax returns, please call 1-800-342-9647 and ask to speak with a Military OneSource tax consultant. Trained tax consultants are available 7 days a week from 7 a.m. to 11 p.m., EST. For online assistance with questions about deductions, exemptions and filing deadlines, send inquiries to [TaxQuestions@militaryonesource.com](mailto:TaxQuestions@militaryonesource.com). For technical assistance with the H&R Block At Home® software, please call 1-800-HRBLOCK (472-5625) and follow the prompts for H&R Block At Home®.

This service is offered to those who are eligible for the Military OneSource Program:

- All Active-duty service members of the U.S. Army, U.S. Marine Corps, U.S. Navy, and U.S. Air Force.

- National Guard and members of the Reserve (regardless of activation status), includes members of the Coast Guard Reserve activated as part of the Department of the Navy under Title 10 authority.

- Spouses and dependent children of the services noted above, and who are authorized in DEERS.

- Family members who are taking care of the affairs of a service member (in one of the services noted above) when the service member is deployed.

A severely injured service member of one of the services noted above, or a designated family member of a severely injured member who is incapable of handling his or her own affairs. Medically retired

individuals are eligible until 180 days past their End of Tour of Service, retirement date, or discharge date.

**FAMILY ASSISTANCE  
CENTER (FAC)  
TOLL FREE  
8888-288-4898**

Family Assistance Centers throughout the state are here to provide help and support to Service Members and their families in times of need. Family Assistance Center Supervisors (FAC's) are provided to simplify the process of accessing needed services and support for Military Families. The primary mission of a FAC, which includes assistance regardless of deployment status as well as monthly proactive contact to each Family during deployment, is to inform and emotionally support Families so Service Members can perform their mission.

**FAC CENTERS**

Blenda Gann	CP Shelby
Sumer Works	CP Shelby
OPEN	Starkville
Laurie Landry	St. Martin
Kathy Ladner	St. Martin
Betty Lambert	Wiggins
Cliff Olson	Senatobia
Ricky Posey	Meridian
Bill Shack	Tupelo
Tootsie North	Jackson

**Toll Free 888-288-4898**

**Paul Purser, FAC Coordinator  
Jackson, MS  
601-313-6502**

**FAC PHONE NUMBERS**

Blenda Gann  
CSJFTC Family Assistance  
1001 Lee Avenue RM 140  
Camp Shelby, MS 39407  
601-558-2405 (office)  
601-606-1797 (cell)  
601-558-2964 (fax)  
[blenda.gann1@us.army.mil](mailto:blenda.gann1@us.army.mil)

Sumer Works  
CSJFTC Family Assistance  
Building 1001 RM 140  
Camp Shelby, MS 39407  
601-558-2284 (office)  
601-249-8217 (cell)  
601-558-2964 (fax)  
[sumer.l.pounds@us.army.mil](mailto:sumer.l.pounds@us.army.mil)

Kathy Ladner  
FAC St Martin  
Family Assistance Center  
7104 McCann Road  
Biloxi MS 3953  
228-396-4962 (office)  
601-916-3864 (cell)  
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Laurie Landry  
FAC St Martin  
Family Assistance Center  
7104 McCann Road  
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228-396-4962 (office)  
601-916-3865 (cell)  
[laurie.landry@us.army.mil](mailto:laurie.landry@us.army.mil)

Cliff Olson  
FAC Senatobia,  
Family Assistance Center  
400 Scott St  
Senatobia, Ms 38668  
662-562-6920 (office)  
662-209-4051 (cell)  
[clifford.olson@us.army.mil](mailto:clifford.olson@us.army.mil)

Ricky Posey  
Meridian FAC  
Family Assistance Center  
1551 65th Avenue South  
Meridian, MS 39307-7024  
601-696-8751 (office)  
601-938-2036 (cell)  
[ricky.posey@ng.army.mil](mailto:ricky.posey@ng.army.mil)

William A. Shack  
Tupelo FAC  
Family Assistance Center  
2705 West Jackson Street  
Tupelo, Mississippi 38801  
662-891-9754 (office)  
662-871-7544 (cell)  
DSN: 293-3754  
5-digit: 33754  
Fax: 662-891-9755  
[william.shack@us.army.mil](mailto:william.shack@us.army.mil)

Betty Lambert  
FAC Wounded Warrior  
Family Assistance Center  
Wounded Warrior Outreach  
280 Old Hwy 49  
Wiggins, MS 39577  
228-297-2153 (cell)  
[betty.lambert2.ctr@us.army.mil](mailto:betty.lambert2.ctr@us.army.mil)

Willadine "Tootsie" North  
FAC Jackson  
Family Assistance Center  
1410 Riverside Dr  
Jackson, MS 39202  
601-313-6501 (office)  
769-257-3865 (cell)  
[Tootsie.north@us.army.mil](mailto:Tootsie.north@us.army.mil)



### **STRONG BONDS**

#### **Strong Bonds – Couples**

**Retreat:** Strong Bonds programs are offered by Army Chaplains with the full support of your Commanding Officer. You'll gain practical, useful information based on world-class curriculum developed from years of research. In small groups, you'll participate in activities that renew bonds with your peers. And, as a couple, you'll practice communication and relationship building skills, as well as share intimate moments. The Strong Bonds Couples

weekend retreat is designed to strengthen relationships, to inspire hope and rekindle marriages — even start the journey of healing for relationships under fire.

**Due to a change in regulations, there will be a change in ITO's this year.**

Upcoming dates for Strong Bonds retreats to be determined for 2012.

#### **Tentative Schedule is:**

**Coming Soon in MAY 2012**



Contact: SSG James Huffman  
601-313-6712



#### **ESGR**

**Representative:**  
**Jackie Sharp**  
**601-313-6508**  
[jackie.d.sharp@us.army.mil](mailto:jackie.d.sharp@us.army.mil)



**American  
Red Cross**

*Together, we can save a life*

### **THE AMERICAN RED CROSS**

The Red Cross is actively involved in Family Programs. Currently The American Red Cross is pleased to provide FREE or discounted certification classes to military family members, their children, and veterans. Certification offers a variety of benefits to include: Lifesaving skills, job skills/resume boosters, college application builders and more. In most cases, certification courses include any combination of: Adult/Child/Infant CPR, Basic First Aid, Babysitting, Blood Borne Pathogens, and Automated External Defibrillator (AED). Some chapters even provide Lifeguard Training and Nurse Assistant Training. For motivation on why you should obtain this training, visit: [www.redcross.org](http://www.redcross.org) and look at the "Get Trained" Section and the videos posted on "Prepare for a Safe Summer".

**American Red  
Cross**

**1-877-272-7337**

**MILITARY FAMILY LIFE  
CONSULTANTS (MFLC's)**

Are there Family concerns or Family issues that need to be addressed? We have MFLC's to help you with your problems.

Military Family Life Consultant:  
**Youth and Children**

**Kerry Johnson**  
601-497-3128

[kerry.c.johnson@healthnet.com](mailto:kerry.c.johnson@healthnet.com)

**Adults**

**Kyseta Warner-Armstrong**  
601-850-0417

[kyseta.x.warner.armstrong@healthnet.com](mailto:kyseta.x.warner.armstrong@healthnet.com)

**STATE YOUTH  
COORDINATOR (SYC)**

[allen.pope@us.army.mil](mailto:allen.pope@us.army.mil)  
601-313-6765

[jan.reeves@us.army.mil](mailto:jan.reeves@us.army.mil)  
601-313-6620

**UPCOMING  
EVENTS!!!**

**YOUTH**



Our Military Kids provides substantial support in the form of grants to the children of National Guard and Military Reserve personnel who are currently deployed overseas, as well as the children of Wounded Warriors in all branches. The grants from Our Military Kids pay for participation in sports, fine arts, camps, and tutoring programs that nurture and sustain children while a parent is away in

**Email address:**

[OMKInquiry@ourmilitarykids.org](mailto:OMKInquiry@ourmilitarykids.org)

**Phone: (703) 734-6654, or toll free  
(866) 691-6654**

**Fax: (703) 734-6503**

**Address:**

**Our Military Kids, Inc.  
6861 Elm Street, Suite 2A  
McLean, VA 22101**

**“Spring is nature’s way of saying, ‘Let’s Party!’”**

**~Robin Williams**

**\* The flowers and trees are blooming again!!! Step away from the TV, Playstation, or Xbox and go outside and do something fun! (See fun ideas for Spring on the next page!)\***



**Twin Lakes 2012 Youth  
Retreat**

- April 20-22, 2012
- For ages 13-17
- Activities will include a ropes course, bonfire, kayaking, rockwall, fishing, hayride, and leadership initiatives.
- Twin Lakes is located in Florence, MS

**For further information contact  
Youth Coordinator:**

**Jan Reeves**  
601-313-6620

[jan.reeves@us.army.mil](mailto:jan.reeves@us.army.mil)



## Services for Providers and Families

FOCUS offers:

**Briefs,  
Educational  
Workshops,  
Consultations,  
Individual Family  
Resiliency Training  
Skill Building Groups**

Bldg 6903 Room 108  
Biloxi, MS 39534  
Phone: 228-822-5736  
Fax: 228-822-5071  
Email:

[gulfport@focusproject.org](mailto:gulfport@focusproject.org)  
[www.focusproject.org](http://www.focusproject.org)

Also try the interactive, avatar-based environment, designed to teach resiliency skills to help military families become stronger. Create a “family” and enter the FOCUS house to learn/practice a variety of skills to increase family closeness.

[www.focusworld.org](http://www.focusworld.org)

## “PARTNERS IN CARE” INFORMATION

“Partners in Care” is an initiative of the Mississippi National Guard Joint Force Headquarters (MSNG-JFHQ) Chaplain’s office. The purpose of this initiative is to coordinate support for Mississippi National Guard (MSNG) members and families through partnerships with local faith based organizations.

**For more information contact**  
Chaplain (LTC) Don Malin by  
telephone: 601-506-2497 or email:  
Donald.malin@us.army.mil.

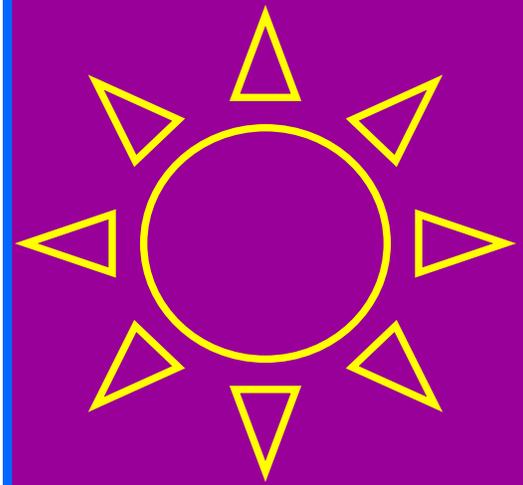
## **FAMILY READINESS CAN BE REALIZED THROUGH EDUCATION & TRAINING**

### **QUALITY OF LIFE**

- \* Family Fitness
- \* Nutrition
- \* Exercise
- \* Stress
- \* Parenting Skills

**...ALL ELEMENTS OF FAMILY  
WELLNESS**

Join your local  
F.R.G.



# Spring Ideas!

- \* **Go outside and play your favorite sport!**
- \* **Go walk on a nature trail!**
- \* **Pick some flowers and give them to a loved one!**
- \* **Have your own personal car wash!**
- \* **Do something good for your community!**

# UNSCRAMBLE THE WORDS!!



WSFOREL \_\_\_\_\_

ESEB \_\_\_\_\_

INSEHSNU \_\_\_\_\_

HTRAWM \_\_\_\_\_

NBOMLGIO \_\_\_\_\_

RSOHTS \_\_\_\_\_

# Community!

- \* Pick up trash in parks and other public areas
- \* Many cities cannot afford to landscape beautiful public areas. With permission you can help plant a garden or landscaping area.
- \* Recycle things around your house. Being wasteful is not healthy for our environment.
- \* Go visit your local nursing home. A visit from you would brighten their day!