

# ARMY COMMUNITY SERVICE News



APRIL 2020 EDITION

FACEBOOK | ICE COMMENTS

During this very unique and unprecedented time, the Fort McCoy ACS office wants you to know that we are here for our Soldiers, Families, DA Civilians, and Retirees. This newsletter is filled with helpful tips, contact information and resources. Please reach out to us via Facebook or e-mail as we still want to support you each and every day. Let's be "Safer At Home" when possible!



## ABUSE HELP IS AVAILABLE

If you, or someone you know, is experiencing or using abuse and violence in a relationship – there is confidential help available!

[www.thehotline.org](http://www.thehotline.org) [www.endabusewi.org](http://www.endabusewi.org) [www.ncadv.org](http://www.ncadv.org)

National DV hotline is available 24/7, 365 days a year 800-799-7233 (SAFE) or the FAP Program Manager at 608-630-7473.

## EVERY CRISIS AND CHALLENGE PRESENTS OPPORTUNITIES

That is what resilience is, coming out on the other side of the crisis or challenge better than you were before! The key is to look for the opportunities. Consider these:

Connect more with your Family. Share what you are thankful for, play cards or a game, help each other with chores, or make up silly stories and laugh together. You might even discover they are pretty cool people!

Take time to reflect about what's truly important. Keep a gratitude journal, limit the amount of time spent watching the news and on social media, and be mindful of the positives around you. On some days you may have to look harder to find the positives but they are there!

Create something/Grow yourself. Read a book, "catch up" on projects from your favorite hobbies, take on-line classes, or focus on self-care. Do something that brings you joy!

Enhance your health. Go for a walk or spend time making a healthy meal. This includes your emotional health. Take time to process how you're feeling and express yourself. Cry, yell into a pillow, or write down your worries-whatever you need to do to safely release the energy that is building up inside you. Let your worries go!

For more information [click here](#) to send an email.



## 2020 ARMY EMERGENCY RELIEF CAMPAIGN

The Campaign will end on May 15, 2020. Please see your AER Unit Representative to donate to the Army Emergency Relief that have been assisting Soldiers, retirees, and their families for the past 78 years. It's about "Soldiers helping Soldiers".

## MILITARY FAMILY LIFE COUNSELORS (MFLC) AVAILABLE

During this time the Fort McCoy MFLCs are available to meet via tele-health (video and phone) counseling sessions. If you would like to make an appointment please call: Laura: 608-598-7324 Scott: 608-400-6124

## ENGLISH LANGUAGE LEARNERS (ELL) CLASSES

Classes are provided by the Fort McCoy Education Center for individuals who wish to develop more proficient English skills in listening, speaking, reading, and writing. For more information, contact the Education Center by calling x7274.

## PLAN MY MOVE

Plan my move provides access to information about benefits and entitlements, points of contact, checklists, and other planning tools. Check out [Plan My Move](#) for a smooth transition to your new duty assignment.

## FUN WISCONSIN FACTS

The term "cheesehead" actually started as a term the German soldiers used to insult the Dutch during World War II. These days, the term is used in a bit more endearing way to describe cheese-lovin' Wisconsites. The first cheesehead was worn at a **Brewers** game, not a **Packers** game, and was a couch cushion with holes burned in the foam and painted yellow.

## KINDNESS 101

Steve Hartman, CBS News, is conducting daily "Kindness 101" classes at 1400 for kids that are home. The class is 30 min. You can view all videos by [clicking here](#).

## VOLUNTEERS

A huge THANK YOU to our Fort McCoy volunteers! In calendar year 2019, 10,859 hours were donated to Fort McCoy Garrison in volunteer service. At the national average of \$25.43/hour, the monetary value associated with those hours is \$276,145! All of us here are disappointed the banquet had to be cancelled this year but please know how much you are appreciated! Lorie will be in touch in the future as we all figure out the way ahead. Stay safe! [Click here](#) to send an e-mail if you have questions or concerns. *"We ourselves feel that what we are doing is just a drop in the ocean. But the ocean would be less because of that missing drop."* –Mother Teresa

# ARMY COMMUNITY SERVICE NEWS

## TIPS TO REDUCE STRESS

- Keep a routine!
- Have your child wake up around the same time everyday
- Have a scheduled time for home work, chores, etc
- Have snacks/meals at the same time each day
- Screentime may increase during this time. Try to make peace with this and realize it won't last forever!
- Practice self-care! Set aside individual time to relax alone

## SELF-CARE AND OTHER TIPS

- Make goals for yourself while away from school/work
- Educate yourself and others! Now is a great time to read a book, teach the dog a new trick, practice a new hairstyle/make-up routine, try a new podcast, or set up an at-home workout routine for the whole family. The options are limitless!
- Look up new recipes to try!
- Practice gratitude! Keep a journal or have everyone in the family write down one thing they are grateful for each day and hang it on the refrigerator. Practicing gratitude improves your mood!
- Family Story time: do your children know how you and your spouse met? Do they know what your first car was or what you did before cell phones? Do they know what your first job was?
- Couples time: play the "would you rather" game or google questions for couples. What if we won the lottery, what would we do? What soothes you most after a tough day? Would you rather be able to talk to animals or speak all foreign languages? Would you rather be without internet or without your phone?
- Make a game night
- Try out a new show/movie with your significant other and/or family. Discuss it afterwards and rate it out of 5 stars. Let each member of the family make a choice!

## SFRG

Now more than ever your units Casualty Response Teams (CARE TEAM) are needed. Even in the midst of social distancing there are things you do to help each other. There are plenty of free face to face apps out there and you would be surprised how much you can brighten a struggling parent's day with a phone call. For more ideas, tips, tricks [click here](#) to send an e-mail to discuss ideas with the Mobilization/Deployment Program Manager.



## AFTB

Looking for professional or personnel development opportunities but stuck at home? Go to [myarmyonesource.com](http://myarmyonesource.com)! There you can find a host of computer based

training such as financial planning, Internet safety for kids, Mentor training, and many others! If you are in the military some classes even count towards promotion potential.

## ARMY EMERGENCY MANAGEMENT

While you are at home it is a great time to give your emergency preparation kit and other prevention equipment a checkup... test your smoke alarms, run a fire drill, clean out that furnace, and dryer duct. Check out [READY.ARMY.MIL](http://READY.ARMY.MIL) for checklists, tips, and emergency kit ideas.



## ONLINE DATING DURING COVID-19

During the COVID-19 Outbreak and Social Distancing many folks may turn to Online Dating Applications or Websites to make connections for

when we resume normal activities! All of this is completely normal and natural but when using these apps or sites here is some good information:

Tinder, Plenty of Fish, and OkCupid, do not vet any of their users for sex offenses. Part of the "User Agreement" for these sites/apps is that one must agree they do not have a felony sex offense on their record but the companies themselves do nothing to verify the user's claim.

SHARP does not discourage the use of these apps but please be mindful when meeting new people off the internet and ALWAYS meet in a public place!



## EFMP FUN ACTIVITIES TO KEEP KIDS BUSY

- Create a game box.
- Have them make their own cartoon
- Let them help you
- Give them an important task
- Create an idea box
- Offer creative toys.
- Design a treasure hunt
- Make a sculpture
- Listen to an audiobook.
- Play with locks + bolts
- Have messy mixing time
- Play verbal games
- Create a scavenger hunt
- Grow a garden
- Suggest a science experiment.

## TAX HELP?

If you need help preparing or e-filing your taxes you can check out [Military OneSource](#). This easy-to-use, self-paced tax software walks you through a series of questions to help you complete and electronically file your federal return and up to three state tax forms. And remember, taxes are now due on 15 July 2020.