

FORT MCCOY ARMY COMMUNITY SERVICE NEWSLETTER

APRIL 2025



Army Community Service (ACS) enhances the well-being and quality of life of Fort McCoy military members, Families and civilians by providing real life solutions for successful Army living.

Upcoming Events & Trainings

PLAY MORNINGS

April 1, 8, 15 & 29 | 10 am - 12 pm | ACS Family Building (B2161)

Our playgroup contains toys, books, and other materials to help strengthen each child's cognitive, physical, and creative selves, and to help promote social-emotional skill building. Through play, transitions, circle time and songs and activities, and informal conversations, parents learn about developmental ages and stages, gain tools to help understand their child's behavior and become empowered to prepare the Family and child to enter school "ready to learn". To register, [e-mail here](#) or call 502-898-2412.

NEWCOMER'S ORIENTATION

April 9 | 8 am - 1 pm | Army Community Service (B2111)

Are you new to Fort McCoy? Come and learn what we have to offer. Breakfast is provided. Spouses are encouraged to attend. To register, [e-mail here](#) or call 502-898-2359.

ESTATE PLANNING

April 15 | 9:00 - 10:00 am | Army Community Service (B2111)

This training will provide a comprehensive estate planning seminar. Topics include avoiding pitfalls, powers of attorney, wills & trusts, and planning your legacy. To register, [e-mail here](#) or call 502-898-3540.

ALL ABILITIES CRAFT NIGHT

April 15 | 4:30 - 7:00 pm | Army Community Service (B2111)

Art offers individuals with all abilities a way to communicate. Practicing art has been shown to increase fine motors skills, improve focus, gain self-confidence, strengthen cognitive development and improve mood. Join us for seasonal themed crafts, sensory crafts and much more! To register, [e-mail here](#) or call 502-898-7262.



FAMILY WORKSHOP

Build a Bird House or Bird Feeder

April 8, 17 & 22 | 4:00 - 6:30 pm
ACS Building Bonds Workshop Bldg 1133

Spending Time Together as a Family Builds Family Resilience!

Step into Spring by creating a bird house or feeder the whole Family can enjoy over the spring and summer months.

Choose a bird house or feeder (based on availability) which you will put together and personalize it by painting or adding decorations to meet your creative ideas.

- * All materials and instruction supplied
- * Class size is limited
- * Children must be accompanied by an adult
- * Single and geographical bachelors are welcome

TO REGISTER, PLEASE CALL ACS AT 502-898-3505

Must register 1 week prior to workshop.

ACS events are open to Military, Retirees, Civilian workforce, Family Members and registered Fort McCoy Volunteers, unless otherwise stated. For information on upcoming training opportunities through ACS please go to <http://mccoy.armymwr.com/us/mccoy/programs/army-community-service> and click on ACS Calendar.



www.mccoy.armymwr.com | 608-388-3505

Upcoming Events & Trainings



VOLUNTEERS NEEDED!

EASTER EGGSTRAVAGANZA
April 12 | 9:00 - 11:00 am
McCoy's Community Center
Positions include event setup/take down, assistance with craft booths and photography.





To volunteer or for more details, call 502-898-6507 or email: michael.d.larsen8.civ@army.mil

INCREASE YOUR LEARNING POWER!

Army Community Service's Resource Library contains a wide variety of topics including:

- ✓ Deployment
- ✓ Employment
- ✓ Finance
- ✓ Parenting
- ✓ Relocation
- ✓ Resiliency
- ✓ And More!

We also have a selection of childrens books. Books can be checked out for a one month period.



Quarterly BENEFITS BRIEFING

April 22, 2025 | 10 am - 12 pm
Army Community Service (B2111)

Do you have questions regarding post Military benefits & submitting VA disability claims?

Do you have Tricare questions or concerns?

If so, these briefings are for you!









10 am - 11 am: Monroe County Veterans Service Officer (CVSO) Briefing

11 am - 12 pm: Tricare Humana Briefing

Register no later than the Friday before the event by calling:
508-898-2359
or email: jesse.k.ogundu.civ@army.mil

Soldiers, Spouses, Retirees, and Family Members are highly encouraged to attend.

ACS events are open to Military, Retirees, Civilian workforce, Family Members and registered Fort McCoy Volunteers, unless otherwise stated. Employees must contact their supervisors regarding dismissal from work centers. For information on upcoming training opportunities through ACS please go to www.mccoy.armymwr.com and click on Calendar.





LET'S TALK PARENTING

April 25, 2025 | 11:30 am - 12:30 pm
Army Community Service | B2111

Bring your lunch and join us for a great opportunity to discuss and share practical tools on parenting. #MILPARENTS ROCK

**To register, please call ACS at 502-898-2412
or email: brittany.r.sonie.civ@army.mil**

April is Child Abuse Prevention Month, and the most important thing you can do is to be a trusted adult and help protect children in our community. Learn tips to rock your role as a military parent by accessing the Military Parent Resource Center such as:

- New Parent Support Program
- New MilParent Specialty Consultations
- Thrive online parenting program
- Childcare options



Contact Fort McCoy Family Advocacy Program at 502-898-2412 for more parenting resources.

CLICK HERE for more information on Positive Parenting and Child Abuse prevention. #MilParentsRock

5 Ways to Prevent Child Abuse

Every adult in the community can play a role in supporting and protecting military children. If you're worried about the well-being of a military child, share your concerns with Family Advocacy Program staff. They can help you determine what to do next.

1. Know the signs.

- Sudden changes in behavior or school performance
- Always preparing for something bad to happen
- Frequently lacking adult supervision
- Fading bruises or other marks after an absence from school
- Unexplained burns, bites, bruises, broken bones or black eyes
- Being frightened of a parent or caregiver
- Abusing animals or pets

2. Be a trusted adult.

Let children know they can come to you with any concern and that you will:

- Listen without judgment.
- Believe them.
- Help and support them.

3. Make the call.

If you witness or suspect child abuse or neglect, do the right thing:

- Call your [installation's Family Advocacy Program](#).
- Call your local Child Protective Services office.
- Call the [Childhelp National Child Abuse Hotline](#) at 800-422-4453.
- Call 911 or military law enforcement if a child is in immediate danger.

4. Identify trusted adults.

- Talk with your child about specific people they can trust.
- Discuss when your child should talk to a trusted adult.
- Let them know they can go to another trusted adult if the first one doesn't help.

5. Empower your child's voice.

- Teach children early about healthy body boundaries.
- Tell them to trust their feelings.
- Encourage them to say forcefully, "I don't like that," or "Stop touching me."
- Remind them to leave a situation that makes them uncomfortable.
- Ask them to tell a trusted adult right away if something makes them uncomfortable.
- Talk with them about how to listen to and help their peers.

Share these resources.

Teach your kids healthy body boundaries.
<https://www.militaryonesource.mil/parenting/children-youth-teens/teach-your-kids-healthy-boundaries/>

Support for military kids.
<https://militarykidsconnect.health.mil/Feelings/How-to-Talk-to-an-Adult>

Start Prevention Tips Early

While all adults can make a positive impact in a child's life by following these tips, parents and caregivers play an important role in protecting children. Parents and caregivers, talk with your children about tips 4 and 5 early and often.

Get installation support.

Fort McCoy Family Advocacy Program
502-898-2412



The Family Advocacy Program supports service members and their families impacted by child abuse and/or neglect through parent education and crisis intervention.

Shining a Light on **Child Abuse Prevention and Autism Awareness Month!**



Child Abuse Prevention Month isn't just a designated time on the calendar, but a crucial opportunity to focus on the well-being of children in our communities. Every child deserves a safe, nurturing, and loving environment to grow and thrive. By raising awareness and learning to recognize the signs of abuse, we can all play a part in protecting vulnerable children and building a brighter future for them. It's about creating a society where all children feel valued, respected, and safe from harm.



Autism Awareness Month is dedicated to fostering understanding and support for autistic individuals and their Families. This month is about more than just awareness; it's about learning what it means to be neurodiverse and recognizing the unique strengths and challenges faced by those on the autism spectrum. Let's use this opportunity to listen to autistic voices, challenge stereotypes, and build a more compassionate community for all.

Throughout the month of April, ACS will have resource materials including books, pamphlets and toolkits to help Families learn more about autism and child abuse prevention.

Materials available at Fort McCoy ACS Office anytime between 7:30 am - 4:00 pm Monday thru Friday.



EMPLOYMENT READINESS

Job Interview Technique

During an interview, anticipate behavioral questions that explain how you handled situations in the past. Think of examples and practice ahead of time. Use the STAR method to showcase your experience:

SITUATION: Briefly describe the context or situation you were in.

TASK: Explain what your role or task was in that situation.

ACTION: Detail the specific actions you took to address the situation.

RESULT: Clearly state the outcome or result of your actions.

KINDNESS KORNER

Hello April

Always keep moving forward,

Pushing your limits, and

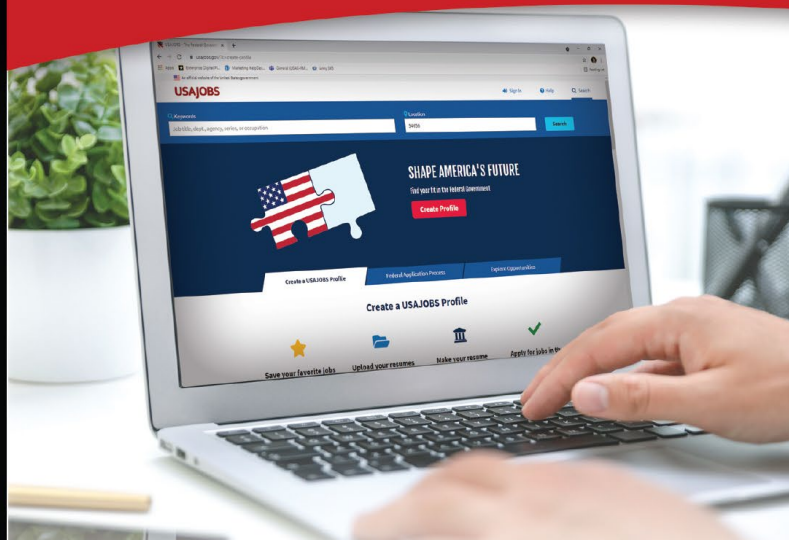
Remember, each obstacle

Is a chance to grow, to

Learn from the past and thrive.

Source: www.ourmindfullife.com

USAJOBS & Federal Resume Writing Workshop



Register by
calling ACS at
502-898-6712

or send an email to
lorie.l.retzlaff.civ@army.mil

Registration required
2 days prior to
workshop.

ACS events are open to
Military, Retirees, Civilian
workforce, Family Members
and registered Fort McCoy
Volunteers, unless otherwise
stated. Employees must
contact their supervisors
regarding dismissal from work
centers.

For information on upcoming
training opportunities through
ACS please go to <http://mccoy.armymwr.com> and click on
Calendar.

2025 DATES:

Jan 14, Mar 6, May 20, Jul 17,
Sep 18, Nov 4

All sessions held from 9 – 11 am at
Army Community Service
2111 South 8th Avenue

*Learn how to write a Federal resume to feature your
skills and get the attention of the hiring manager!
Bring your laptop along!*

TOPICS COVERED:

- Foundations of a Federal Resume
- Knowing Your Preference
- Analyzing the Announcement
- Developing a Resume Format
- Applying for the Job
- Steps After Applying
- Tips in USAJOBS





RELOCATION COMPASS

Navigating New Horizons

A PCS move is more than just a change in location—it's an opportunity for growth, learning, and creating lasting memories. This month, we celebrate the resilience of military children and Service Members as they navigate new beginnings. Whether adjusting to a new school, role, or environment, each move brings a chance to adapt, thrive, and build meaningful connections. Whether you're new to Wisconsin or returning, our focus this month is on education, personal development, and fostering a sense of community to help you and your Family settle in with confidence.

PATH TO RELAXATION: CHARTING A NEW DIRECTION

Wisconsin offers a wealth of educational resources for children, Service Members, and spouses alike. Here's how you can continue growing and learning in your new community:

- **School Enrollment Support:** Connect with the Installation's School Liaison Officer for assistance with school registration and tailored resources for military Families.
- **Professional Development:** Explore skill-enhancing opportunities through the Fort McCoy Education Center to support your career goals.
- **Language Learning:** Improve communication skills with language classes offered by Western Technical College.
- **DoD MWR Libraries:** Access a vast directory of educational resources, including Mango Languages and tutor.com, to support your learning journey.
- **Spouse Education & Career Opportunities:** Military spouses can explore educational programs and career resources at myseco.militaryonesource.mil.

For more details on educational and career resources, visit the ACS Office at 2111 S 8th Ave.

DISCOVER HISTORIC CHARM!

Wisconsin has a rich educational history, being home to the nation's first kindergarten, founded in Watertown in 1856. While in Watertown, take some time to relax and enjoy a scoop of ice cream at one of the town's charming parlors. The town's welcoming atmosphere and beautiful parks make it the perfect spot to unwind and enjoy life's simple pleasures.



Stop by the ACS office at 2111 S 8th Ave to pick up a Discover Wisconsin Scratch-Off Card and uncover hidden gems across the state!

UPCOMING EVENTS TO KEEP YOU ON TRACK

Newcomer's Orientation | April 9

Start your journey off right with local insights and the support you need to feel at home in your new community (*details on page 1*).

Youth Sponsorship Training | April 21

For youth in grades 6-12, Will build leadership skills, foster a sense of community, and prepares youth to support their peers during relocation.

Quarterly Benefits Brief | April 22

Gain valuable insights from informational sessions designed to support your relocation needs. Experts from the Monroe County Veterans Service Office and Tricare will provide key updates and resources (*details on page 2*).

Western Technical College ELL & Spanish GED/HSED Offerings

Students can enroll at any time.

Location	Time/Date	Instructor Information
Arcadia High School 756 Raider Drive Arcadia, WI 54612 Rm. 232	Tuesday & Thursday 5:30-7:30 pm (ELL) Wednesday 5:30-7:30 pm (Spanish GED/HSED)	Andrea Hasslinger, GED/HSED, hasslingera@westerntc.edu Alyssa Pape, GED/HSED/ELL, papea@westerntc.edu Brooke Barrios, ELL, barriosb@westerntc.edu Sheyla Berg, ELL, bergs@westerntc.edu Gloria McCammon, ELL, mccammong@westerntc.edu
Independence Campus 36084 Walnut Street, Independence, WI 54747	Tuesday & Thursday 9:00-12:00 (ELL) Wednesday 10:00-2:00 (Spanish GED/HSED)	Jane Bautch, ELL, bautchj@westerntc.edu Sheyla Berg, ELL, bergs@westerntc.edu Andrea Hasslinger, GED/HSED, hasslingera@westerntc.edu Alyssa Pape, GED/HSED, papea@westerntc.edu Independence Campus Phone: 715.985.3392
La Crosse Campus Student Success Center 400 7 th Street North La Crosse WI 54601	Tuesday, Wednesday, Thursday 8:00-12:30 am (ELL) Tuesday & Thursday 5:30-7:30 pm (ELL)	Betsy Breckenridge, ELL, breckenridgeb@westerntc.edu Alex Jeske, ELL, jeskea@westerntc.edu Student Success Center Phone: 608.785.9535
Sparta High School 506 N Black River St. Sparta WI 54656 Rm. 201 (use rear entrance)	Monday 5:30-7:30 pm (Spanish GED/HSED) Tuesday & Thursday 5:30-7:30 (ELL)	Tina Puzach, GED/HSED, puzacht@westerntc.edu Betsy Breckenridge, ELL, breckenridgeb@westerntc.edu Emily Phillips, ELL, phillipse@westerntc.edu Shayla Gibbens, ELL, gibbenss@westerntc.edu
Tomah Campus 120 East Milwaukee Street, Tomah, WI 54660 Rm. 218/220	Monday & Wednesday 5:30-7:30 (ELL)	Shayla Gibbens, ELL, gibbenss@westerntc.edu Tomah Campus Phone: 608.374.7700

Western Technical College

For questions about connecting with WTC, contact ACS at 502-898-3505

TRICARE Message to Beneficiaries

The Defense Health Agency (DHA) has announced the Payment Deadline & Referral Approval Waivers have extended to April 30. Please read and/or forward the attached to those that need to know this important TRICARE update.

CLICK HERE FOR MORE INFORMATION:

<https://dha.mil/News/2025/02/01/00/07/TRI-CARE-Message-to-Beneficiaries>

MilTax: Free Software & Support



Backed by the Defense Department and made exclusively for the military community — with MilTax you can:

- Complete your tax return with specialized software that accounts for the complexities of military life
- Connect with a tax pro
- File federal and up to three state returns

LEARN MORE: <https://www.militaryonesource.mil/financial-legal/taxes/miltax-military-tax-services/>