

State Family Program Office

Pennsylvania National Guard



December 2008
Newsletter

CPT Ryan Quinn
717.861.9676

Ryan.quinn1@us.army.mil

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Message from the State Family Program Director

Seasons Greetings,

During the Holiday Season, we have much to be thankful for. Our thoughts turn gratefully to those who have served or are currently serving overseas as well as to those warriors who continue to recover from wounds sustained in theatre. It is in this spirit that we say... Thank You to our Soldiers, Airmen, Marines, and Sailors for your selfless service and commitment to our Country and our Families. To everyone, a special holiday blessing from the Pennsylvania State Family Program Office.

Very Respectfully,

CPT Quinn
State Family Program Director

Pay 2009 Increases

The **Base pay** increase for 2009 will be **3.9%**.

The **BAS** rate increase will be: Officers from **\$202.76** to **\$ 223.04**, Enlisted from **\$ 294.43** to **\$ 323.87**.

The **BAH** rates will also increase for 2009. This rate varies widely based on rank, zip codes and dependant status.

The Following website has a convenient calculator for BAH rates:

<http://perdiem.hqda.pentagon.mil/perdiem/bah.html>



State Family Program Office

Pennsylvania National Guard

State Family Program Director

CPT Ryan Quinn – 717.861.9676

State Family Program Office Staff

717.861.2650

1LT Elizabeth Wagner – Assistant Director

PFC Bremer-Family Program Assistant

SPC Crespo – Family Program Assistant

Dr. Janet Marquis- State Youth Coordinator

Family Assistance Center Coordinator

Melinda Mendoza – 717.861.2650

Family Assistance Center Specialist

Allentown –Amanda Pueyes – 610.871.2246

Carlisle – Corrie Wadel – 717.249.3609

FTIG –Stacy Leonhard – 717.861.8772

Johnstown – Denise Todero – 814.248.3674

Lancaster – Kim Houck 717.392.8115

Lewisburg – Mark Bennick – 570.522.6557

Oil City – Linda Adams – 814.676.5840

Phila –William Blackman –215.560.6043 x233

Scranton –Steffie Hood –570.614.1197

Wash –Becky Chearney –724.223.4584

Family Readiness Assistant

Western –Annie Ostrom –570.321.0964

Eastern –Kim Ferrere –717.861.8772

Family Readiness Support Assistant

55th Bde East –Renee Laws –215.324.1332

55th Bde West-Sarah Bainbridge-570.522.6557

56th Bde East –Miranda Weaver –215.560.6043

56th Bde West –Laci Applegate –814.618.1005

CAB - FTIG –Donna Brown – 717.861.9571

628th - FTIG - Jan Kulnis – 717.861.6409

WingFamily Program Coordinators

Middletown Air Wing – 193rd SOW
Sandy Scott– 717.948.3155

Pittsburgh Air Wing – 171st ARW
Deb Krall – 412.776.7365

Willow Grove Air Wing – 111th FW
Jean Moretti – 215.443.1409

Pennsylvania Military Family Relief Assistance Program (PA MFRAP)

The Pennsylvania Military Family Relief Assistance Program (PA MFRAP) provides financial assistance, in the form of grants, to eligible Pennsylvania Service members and their eligible Family members. Eligible members must have a direct and immediate financial need as a result of military service. The Program applies to Pennsylvania residents who are serving:

On 30 or more consecutive days of active duty with the Pennsylvania Army or Air National Guard or Reserve Components of the Armed Forces (Army Reserve, Air Force Reserve, Navy Reserve, Marine Corps Reserve, Coast Guard Reserve).

- On 30 or more consecutive days of active duty with the active armed forces (Army, Air Force, Navy, Marines, and Coast Guard).
- On 30 or more consecutive days of state active duty for emergencies or duty under the Emergency Management Assistance Compact in the Pennsylvania Army or Air National Guard.
- In cases such as assistance needed to visit a hospitalized service member, parents and siblings of the service member may apply, as long as they and the Service member are residents of Pennsylvania. (No more than two relatives of the Service member may apply and the total amount combined will not exceed the maximum grant of \$2,500.)

Application forms are available online at: www.dmva.state.pa.us (Service Member Benefits), from the PA MFRAP office at the Family Program Office (FtIG, Building 7-3) Toll Free 1-866-292-7201 or from the PNG Family Assistance Centers.

Family Assistance Centers (FAC) and Wing Family Program Coordinator (WFPC)

Pennsylvania has thirteen (13) FACS/WFPC regionally located across the Commonwealth, each of these locations are staffed with one Family Assistance Center Specialist (FACS) or Wing Family Program Coordinator (WFPC) from 8:00-4:30 and are available 24/7 via cell phone. The FACS/WFPC mission is to provide information and referrals regarding the following issues: Financial assistance, TRICARE, Legal, ID/DEERS, Chaplain, and other military Family issues. FACS/WFPC are proactively reaching out and building relationships with local and regional community leaders and are the conduit for information, resources and benefits for the Soldiers and their Families of all the branches of service, including veterans. They are there to assist military Families before, during, and after mobilization. When a military Family experiences unexpected situations, FACS/WFPC are able to use the resources of the community to assist in sustaining the quality of life for the military Family. The FACS/WFPC locations include: Allentown, Carlisle, FTIG, Johnstown, Lancaster, Lewisburg, Middletown, Philadelphia, Pittsburgh, Scranton, Oil City, Washington and Willow Grove.

State Family Program Office

Pennsylvania National Guard



Upcoming Events

Farm Show Butter Sculpture (0930) Jan 09

Family Pre-Deployment Briefing (1300) Jan 11

Regional FLO and FRG Trainings

POC: Kim Ferrere (Eastern) – 717.861.8772
Annie Ostrom (Western) – 570.321.0964

Harrisburg Feb 28

Philadelphia Mar 07

Pittsburgh Mar 14

Johnstown Apr 04

Lewisburg May 02

Allentown May 09

Oil City Jun 06

Wilkes-Barre Jun 20

National Guard Child Care Program

Operation: Military Child Care is a Department of Defense (DOD) initiative to support the child care needs of parents of who are activated/deployed.

Helps eligible families locate child care options in local communities. Reduces child care fees for eligible families who are already using licensed or legally-operating community child care programs and providers.

For more information Contact NACCRRRA

Toll Free 1-800-424-2246

Email: www.NACCRRRA.org/Military

RESEARCH REPORT FROM THE YOUTH DEPARTMENT

Between the months of July 2007 and October 2008, I was engaged in a large research project that examined how the 54 National Guard State & Territory Youth Coordinators were determining what parent expectations were as they planned their youth summer camps. Also, during the project I took the liberty of asking parents of 230 PA NG children who attended a summer camp during the summer of 2007 if their expectations were met. I also delved into a few specific questions of what the specific expectations of NG parents are of their children's military summer camp. While most of the findings were predictable, I did learn a few things from this study.

I was successful at determining only two factors that differed in the expectations from deployed parents vs. non-deployed parents. First, deployed parents (more than non-deployed parents) are interested in the children learning about how to deal with the different range of feelings they experience during the deployment cycle. Second, deployed parents (more than non-deployed parents) want their children introduced to military friendly extra-curricular groups. Other than these two factors, both deployed and non-deployed families have the same expectation of what their children should receive through participation in youth summer camp.

When asked what parents in NG families expect their children to learn/experience during their stay at a military sponsored summer youth camp, parents reported:

- Drug & Alcohol education (93%)
- Exposure to military equipment (87%)
- Introduce children to military friendly extra-curricular groups (87%)
- Offer training about feelings associated with deployment (84%)
- Address issues related to the feelings associated with separation from a family member (80 %)
- Introduce children to FRG Unit Youth Programs (71%)
- Teach effective communication with their parents (66%)
- Offer a military style of program (55.5%)

After interviewing 20% of the nations NG State Youth Coordinators, I found out that they determine the content of their summer camp programs without first investigating what NG parents are expecting. Interestingly enough; however, 89% of parents felt that their expectations were being met. It is my belief that parents are pleased that there are good summer programs available to their child (ren), and that this fact alone is meeting an expectation. It is my desire that as we progress with our youth program that parents develop more expectations and feel free to share them with their Youth Coordinator. Here in PA...that would be me.

Thank you to all parents that participated in this research project!

Janet R. Marquis, Ph.D.
MPSC Contractor, PA NG State Youth Coordinator
Fort Indiantown Gap, Building 7-3, Annville, PA 17003
717-861-6289/2650 (o), 717-861-2389 (f)
Janet.marquis@us.army.mil

State Family Program Office

Pennsylvania National Guard



www.guardfamily.org

We would like to extend an invitation for every National Guard Member and their Family to join the online Guard Family Portal community! Our goal is to make the website your 'one-stop shop' for everything Guard! This site is for national Guard Member's parents, spouses, children, FRG members, community members and more. Register to access local resource, download documents, online classes and training materials for the complete Family Readiness Team.

Register in 3 easy steps:

1. Visit <http://www.guardfamily.org>
2. Click the Join link on the top right
3. Complete the form and click
4. Submit!

Tricare Reserve Select Premium Decrease

Effective Jan. 1, 2009, TRICARE will reduce the rates for TRICARE Reserve Select (TRS).

Monthly premiums for TRS individual coverage will drop 44% from \$81.00 to **\$47.51**, and TRS family coverage will drop 29% from \$253.00 to **\$180.17**.

Service members are eligible for TRS, as long as they are in m-day status and have at least 12 months left in their enlistment contract when signing on for TRS.

For more information:

<https://www.hnfs.net/bene/benefits/reserve/TRICARE%20Reserve%20Select.htm>

MilitaryOne Source

Military OneSource is an extension of existing Family readiness services. Whether it's help with child care, personal finances, emotional support during deployments, relocation information, or resources needed for special circumstances, Military OneSource is there for military personnel and their Families...24/7/365!

Our services are available by phone, and online. When you call Military OneSource, you'll talk to a master's level consultant, trained to offer confidential support and practical solutions.

Our interactive Web site includes locators for education, child care, and elder care. You can also go online to order free materials (including CDs, booklets, and DVDs), get referrals to military and community resources, use financial calculators, participate in online Webinars, subscribe to monthly newsletters, and join our discussion boards. Additional resources include brief videos of consultants addressing common issues such as communicating as a couple, budgeting and managing anger.

Military OneSource is provided by the Department of Defense. Eligibility for Military OneSource is broad but focused on Family/Community Readiness at no cost to Active Duty, Guard and Reserve (regardless of activation status) and their Families. For more detailed information regarding Military OneSource please contact Dean Jangdhari at 717.861.6287 (office) or e-mail me at: dena.jangdhari@militaryonesource.com.
Military OneSource: 1.800.342.9647
En español llame al: 1-877-888-0727
TTY/TDD accessible: 1-866-607-6794

I look forward to serve you soon!

Red Cross Emergency Communications Services

When a Military Family experiences a crisis, the American Red Cross is there to help. Twenty-four hours a day, 365 days a year, the Red Cross relays emergency messages containing accurate, factual, complete and verified descriptions of the emergency to service members and their Commanders worldwide.

Red Cross emergency communications services keep military personnel in touch with their Families following the death, serious illness or other life-threatening situation involving an immediate Family member, the birth of a service member's child or grandchild or when a Family faces other emergencies of an urgent and time-sensitive nature.

How to contact the American Red Cross for assistance: Family members of the National Guard should call their local Red Cross chapter, which is listed in local telephone directory and at www.redcross.org.

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ID CARD CENTER LOCATOR / DEERS

To find the closest ID Card Center/DEERS site use the following website to locate the centers by your zip code.

<http://www.dmdc.osd.mil/rsl/owa/home>

Always call before you leave and check the following information:

1. Do you need an appointment?
2. What are their hours of operation?
3. What items do you need to bring (ID's, orders, POA, etc)

Enhanced VA Mortgage Options Now Available

Veterans with conventional home loans now have new options for refinancing to a department of Veterans Affairs (VA) guaranteed home Loan. These new options are available as a result of the Veterans Benefit improvement Act of 2008, which the president signed into law on October 10, 2008.

Veterans who wish to refinance their sub prime or conventional mortgage may now do so for up to 100 percent of the value of the property. These types of loans were previously limited to 90 percent of the value.

For more information or to obtain help from a VA loan specialist, veterans may call 1-877-827-3702 or visit www.homeloans.va.gov

Military Family Life Consultant (MFLC)

Military Family Life Consultant (MFLC) services are designed to augment existing military support services in order to meet emerging needs for the active duty, National Guard and Reserve Component Service members and their Families. An MFLC will provide short term, situational, problem-solving non-medical counseling services. Issues addressed are specifically within the military lifestyle and will help Service members and their Families cope with their reactions to the stressful situations created by deployments and reintegration. All services are tailored to the individual Military member or Family with all counseling being private and confidential. No records are kept. MFLC's do maintain a Duty to Warn obligation. Emergency or long-term issues will be referred to local providers where the Family resides.

An MFLC is a licensed mental health clinician. Support may be provided on and off a military installation, face to face, via the telephone or even email. Outreach and educational services are also provided. Services can be delivered in individual, couple, Family and group setting to address most life skills or military lifestyle issues faced by our Military Families. Some topics addressed may be anger, assertiveness, communication styles, decision making, parenting, feeling overwhelmed, sadness, loneliness, grief and loss, finding resources and options, and all phases and issues of deployment and reintegration.

If you would like to speak to your PA Military Family Life Consultant please contact Carol Renninger, LCSW at 717.861.6287 (office) or e-mail me at: Carol.X.Renninger@mhn.com

A message from your FRA

As we approach the Holidays please be safe in your travels, enjoy traditions with your Family & friends and most of all cherish the memories. As many of you are already aware of we have e-mailed out the request to the Command for the Family Readiness Group Appointment Letter. This tiny document ensures continuity and formalizes the operation of each Pennsylvania National Guard Unit's Family Readiness Group Executive Board and Family Liaison Officer. As you interact with your Command please remind them of the importance of having this letter finalized and returned back to the State Family Program Office by December 5th, 2008. As your FRA it is our mission to have the state unit files in my office filled and overflowing with documents from each unit so we can share best business practices among FRGs. Any questions or concerns please feel free to contact me at 717.861.8772.

"The ultimate expression of generosity is not in giving of what we have, but in giving of who we are" -Johnnetta B. Cole

Kim Ferrere, Family Readiness Assistant (FRA) Eastern PA

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Pennsylvania National Guard



Family Program Office Website

The Family Program Office website is up and running.

Please visit our site at:

<http://www.milvet.state.pa.us/DMVA/2881.htm>

PA National Guard Family Program Office

- Family Assistance Centers / Wing Family Program Centers
- Family Readiness
- Program Staff
- PA Guard Youth Program
- Strong Bonds
- Contact Us
- Featured Topics
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National Guard Child Care Program

National Guard
Title 10 Activated



*We'd be Happy to give you a Hand
with your Child Care needs!*

Call 1-888-NGCCP-99 today.

National Guard Child Care Program

www.guardfamily.org

Family Care Plans

What is a Family Care Plan?

A plan to ensure family members are properly and adequately cared for when the Soldier is deployed, on temporary duty (TDY) or otherwise not available due to military requirements.

Who needs a Family Care Plan?

A Service member who:

- has no spouse, is divorced, widowed or separated
- has joint or full legal and physical custody of one or more family members under the age of 19, **OR** has 30 consecutive days of visitation.
- has adult family members(s) incapable of self-care regardless of age.
- is married to another service member.
- currently adopting or (females) pregnant.

What forms are needed for a Family Care Plan?

- DA Form 5304-R APR 1999 (3 pages)
- DA Form 5305, DEC 2005 (2 pages)
- DA FORM 5840, DEC 2005
- DA FORM 5841 DEC 2005 (3 pages)

The Unit Commander

Must ensure to complete the check list with each service member and that all required documents are in order, and must be satisfied that the Family Care Plan meets the requirements and appears to be workable and durable.

Who do you call about any questions on Family Care Plans.

The Family Program Office
717-861-2650
Any of the 13 FAC Locations in Pennsylvania
1-800-634-1790

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15% Military Discount Card
Available at ALL Boscov's Stores
Stop by the Customer Service
Desk with your Military ID
& Shop till you Drop!