



# FROM THE HOMEFRONT

February 2019



Hello February!



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## A Note From the Vermont State Family Program Director



Now that the holidays are over, what do we do about the “blahs” that inevitably set in? After all the activities, family and social gatherings, the lights, decorations and Christmas Carols, we feel like we are at loose ends. Going from many activities and events to none is something we can change. Try scheduling small events like a dinner party, a movie night with friends or attending a concert or show. Also, now that we have snow, put on those snowshoes or go skiing and get those endorphins flying!

Resolve to try something new- a new hobby, take a vacation to a place you have never been or take a class in a subject you love. This is also a great time to volunteer-after the

holidays. You may find that you get much, much more back than what you gave when volunteering. We all need to feel connected and volunteering is a great way for us to connect and counter the letdown of gatherings with family and friends that are abundant during the holidays.

There is a great deal of wisdom in learning to slow down, to consciously take the time for controlled breathing and meditation. This does not come naturally for most of us, but with practice, you will see the benefits of reducing your stress level and boosting your immune system. I often hear people say that they can't concentrate, their minds always wander when they try to meditate or do breathing exercises. This is normal and why it is known as practicing meditation or controlled breathing. It is helpful to have a word or phrase to keep coming back to when you find your mind wanders. Over time, you may find your mind or concentration wandering far less.

If you feel you would like

more assistance, do not hesitate to contact our mental health counselor-Charlene Caiano: [charlene.a.caiano.ctr@mail.mil](mailto:charlene.a.caiano.ctr@mail.mil), 802.338.3445 or 802.318.2417. Her services are free and confidential.

Be well, be gentle with yourself and face each day with gratitude.  
Respectfully,

DAVID C. LEONARD  
Lieutenant Colonel, USA (Ret)  
Director, Family Programs  
Vermont National Guard



## Airman and Family Readiness Manager



### Greetings from your Airman and Family Readiness Office,

In January a few more of our Security Forces headed overseas for 6 months. Others left in October for 6 months as well. In addition, we also have other individuals and small groups of airman

who are deployed or will be deploying. Please keep them and their families in your thoughts and prayers. February brings us to the beginning of tax season, and I would like to remind you that there is FREE tax preparation and filing services through Military OneSource's website ([www.militaryonesource.com](http://www.militaryonesource.com)). If you have any questions about locating the free tax services, contact Marcie Caulfield, our Military One Source Representative at 802-338-3164.

With Valentine's Day right around the corner, take time to reflect on the people who mean

the most to you in your lives. Reach out to your children, your spouses, significant others, parents and anyone else who makes a tremendous difference in your life and let them know that. Most people, especially children, like to be told how much they are loved. We all get so busy in our lives and we tend to take for granted those most special to us.

Mary Mahoney  
VTANG Airman and Family Readiness Manager



## Kitchen Spoons & Combat Boots

### Feb. 6, 2019 at 7pm – Communication Tips We Love

Having a hard time communicating with your family, friends or a close loved one? Need to learn how to communicate clearly and with respect? Join the Kitchen Spoons & Combat Boots team on February 6 at 7 pm for "Communication Tips We Love" where we will be learning about the IDEAL (Identify, Describe, Express, Ask, List) model to communicate in a confident and controlled manner. Think you have the communication down

when it comes to conflict... well what about when the communication is positive? In addition to the IDEAL model, we will also be discussing techniques on effective praise and how to respond to others to build strong relationships.

And don't forget to log on Wednesday, March 6th for our Rock Your Tax Season webinar – This virtual opportunity is open to all!

Check us out online at: [http://www.ngfamily.vt.gov/ks\\_and\\_cb\\_page.html](http://www.ngfamily.vt.gov/ks_and_cb_page.html)

**Wednesday, February 6**  
IDEAL Communication Tips We Love!

**FEB  
6**

**Wednesday, March 6**  
Rock! Your tax Season

**MAR  
6**

**Wednesday, March 6**  
Revitalize your Relationship with Youth: Bringing them closer when they are backing away

**APR  
3**



**To join the meeting from your computer, tablet or smartphone:**

<https://beaconhealthoptions.webex.com/join/MCaulfield>

(please utilize the "chat box" to be heard)

**To dial in using your phone: (877) 668-4493 // Access Code: 641528295**

**Questions? Call:**

Candice Bryan-Broe at 802-338-3652 | Michaela LaCoss at 802-338-4317 | Marcie Caulfield at 802-338-3164

### How to Create a Financial Plan for Every Phase of Life



A financial plan evaluates your current financial state, sets goals for your future and makes a concrete plan for financial freedom. It helps you prepare for anything and gives you and your family a roadmap to help focus on the financial mission. Here's what you'll want to consider as part of your plan:

- Determine what kind of debt you have. Understanding the difference between “good debt” and “bad debt” helps to figure out what needs to be paid down first.
- Never miss a payment. Always pay at least the minimum balance due each month.
- Work on paying down one credit card at a time. Start with the one that has the highest interest rate.
- Consolidate student loans. Combining your student loans into one loan can make it easier to manage the payments each month

- Creating security for later. Think about what the future holds for you and your family, and ask yourself: What kind of financial cushion will we need to face life's milestones?
- Build an emergency fund. Financial advisors usually recommend saving three to six months of living expenses in case of an emergency.
- Saving for college. If you think paying for college for yourself or your children is in the future, you may want to look into different plans for financing a college education, such as a 529 plan.
- Saving for retirement. Although it might be hard to imagine now, saving for retirement is one of the most important ways you can secure your financial future.
- Investing for growth. You have many different investment choices if you want to grow your personal fortune. Understanding the relationship between risk and return is important before investing. For more resources or support, visit [www.militaryonesource.mil](http://www.militaryonesource.mil), call 800-342-9647, or connect with a personal financial counselor.



### Family Readiness Support Assistant



Ahhh...I can't watch! I am covering my eyes. This is scarier than any horror movie in theatres right now. Don't tell me if Puxatony Phil sees his shadow or not. I will live in denial if we have six more weeks of winter!

You know what could be scarier than six more weeks of winter? Not having a plan in place for a crisis. What do you do if your pipes freeze? What do you do if you run out of heat in the middle of the night? Having a plan and a great support system can save you from a crisis and potentially save you money. Who wants to have to pay for an “Emergency Fee” when their heating

fuel runs out? No one. Frozen pipes? Your uncle with a stand-alone heating unit could be that person who stops by and help you out. Though it may not be your uncle, it could be a friend, neighbor, fellow service member, or a member of your unit's Family Readiness Group (FRG). Don't know who your FRG leader is? No problem! Give Candice or me a call and we can get you in contact with your fantastic FRG leadership. Or maybe, you to let your FRG leader know that you have a special skill or a piece of equipment that you can offer to help another service member and their family in need. Networking and volunteering are easy ways to build a support system for your personal community. “Alone, we can do so little; together, we can do so much.” -Helen Keller.

#### REMINDER:

- Sign up for the FRG Leadership Trainings at JSS or with your FRSA. [www.jointservicesupport.org](http://www.jointservicesupport.org)
- Michaela LaCoss  
86th IBCT Family Readiness Support Assistant (FRSA) Contractor (ESC)  
Office: 802-338-4317  
Cell: 802-318-0692  
[michaela.m.lacoss.ctr@mail.mil](mailto:michaela.m.lacoss.ctr@mail.mil)



#### DON'T FORGET!

Record your volunteer hours in JSS or email them to [candice.e.broe.ctr@mail.mil](mailto:candice.e.broe.ctr@mail.mil). Send them in by the last day of each month.



Check us out on Facebook!  
<https://www.facebook.com/FamilyReadinessVTARNG>

# Thoughts From Our State Youth Coordinator



February is a wonderful month to be a VT resident. Winter is FULLY upon us with sledding, ice skating, x-country and alpine skiing, snowboarding,

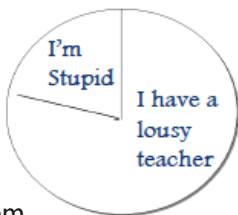
ice fishing, snowshoeing, and more. It is also a fantastic month to spend time by the woodstove reading, doing inside house projects, or putting some greatly needed effort into bettering yourself. Something ALL of us NEED. Timing is everything with self-improvement and if you are like me; maybe 1 or more of your New Year's Resolutions have begun to fall off? This provides a great opportunity to gain a new "Problem Solving" technique. Penn Master Resilience Training from the University of Pennsylvania says; "In order to solve a problem we need to understand it first." They provide a simple, yet useful **6 step process to achieve Problem Understanding.**

**Step 1:** What's the problem you're trying to solve? This is your **OBJECTIVE** (this needs to accurately and objectively describe the problem. Our example problem is: My grade is bad in math class...

**Step 2:** What is the problem happening? **WHY** A) list the causes of the problem that pop into your head right away.

**1. I'm stupid 2. I have a lousy teacher**

B) Slice the pie! Big Cause=Big Slice  
Slice your pie based on how much you think each factor is adding to the problem



**Step 3:** What did you miss? **FLEXIBILITY:** Answer the Critical Questions to come up with other things that may be causing the problem

3. My teacher moves fast through material.  
4. I don't study enough  
5. I did not turn in 2 homework assignments.

**Critical Questions:**

- How did others or circumstances contribute?
- How did I contribute?
- What specific behaviors contributed to the problem?

**Step 4:** What's the evidence? **ACCURACY** Do this for each of the contributing factors from Steps 2-3.

- Fight the Confirmation Bias (discussed in the December 2018 "From the Homefront" newsletter)
- Find the evidence for and against all of the causes

**Evidence For:**

My grade is low  
No guidance  
We went through 2 chapters in one week  
I chose to go to the movies with a friend instead of studying  
I did not turn in 2 assignments

**Evidence Against:**

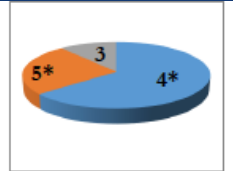
I has As in all my other classes  
A lot of my friends are passing and he makes time after school to help students  
We spent extra time on chapter 6 because students were confused  
I studied for an hour the night before the last test  
20 assignments have been turned in on time.

**Step 5:** What really caused the problem? **Clarity & Control**  
A. List the causes you have evidence for



3. My teacher moves fast through the material  
4. I don't study as much as I should  
5. I did not turn in 2 homework assignments

B. Re-slice the pie!  
C. Star the causes you can do something about (influence/change)



Step 6: What can you do about it? **Positive Change**  
• Come up with strategies for solving the problem

- I can devote more time to studying
- I can ask the teacher if I can turn in the assignment late and get partial credit or ask for potential extra credit opportunities
- If things are going fast I can ask questions for clarification or let the teacher know I am struggling to keep up

Phew... That's a lot of information! Here's what you need to remember:

1. Problem Solving = Problem Understanding
  2. Answer the critical questions to identify causes that you may have missed
  3. Fight the Confirmation Bias by gathering evidence for and against each cause of the problem
  4. Problem solving builds Mental Agility
- Now, go solve a problem. Start Small!

### Upcoming Programs & Events:

- 25-28 February 2019: Winter Break Day Camp (6-17yo) Chittenden County- \*Register Now\* 25 Spots available
- 2 April 2019 (0915-1200hrs): Month of the Military Child VT Statehouse Event
- 22-25 April 2019: Spring Break Partner Day Camp-30 Spots available-Registration Opens 4 March 2019

Brian Stoudnour  
Lead Child & Youth Program Coordinator- Contractor  
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Download the "ARNG CYS" Mobile App for Apple & Android!



Check us out on Facebook!  
<https://www.facebook.com/VTNGCYP/>



**Dear Vermont National Guard Members and Families,**

**CITIZEN SOLDIER  
FOR LIFE**



We are deep into winter now but before you know it the spring hiring push will be here. I hope all of our VTNG family members that are looking for work are having some success. This month, I want to talk about the benefits of staffing agencies in boosting your income. Many people for one reason or another such as saving for a vacation, paying down debt, funding a large purchase, or even to manage a sudden job loss or furlough without pay look for immediate relief. All of my life I have been told to have a savings or nest egg and when I lost my position in the past, people would tell me having a savings would ensure that I would weather the storm. What they didn't say was the savings would get used up, and I would have nowhere to turn in a matter of weeks.

Staffing agencies or 'temping' agencies are one of the most overlooked opportunities. In my role I have access to roughly half a dozen job placement and staffing services and each one is filled with dedicated professionals eager to put people to work. Below are 3 reasons to consider working for a staffing agency when looking for extra income.

1. **Timely:** Most staffing agencies go from application, interview, and placement within a week's time. A far shorter time frame than looking for independent jobs and will get a paycheck in your pocket sooner.
2. **Flexibility:** In choosing assignments, staffing agencies will work with your schedule and the needs of their clients to make a great match. If you know it is temporary as well you can provide them with an end date or potentially an estimate of how long you want to work for them and it is far easier to leave without ruffling any feathers or looking bad on a resume.
3. **Temp to Hire:** If you are unsure what your next step is, many staffing agencies have "temp to hire" positions that will roll you from a temporary employee to a permanent full-time employee of the company you are placed in. This lets both you and the employer try the match before it is set in stone.

If you are out of work, short on money, or confused how to save when living pay check to pay check, it could be worth it to reach out to staffing agencies to see what is available. You never know, you may find a position that is a better fit, closer to home, and pays more than what you do now!

Nicholas A. Thomas ~ Citizen Soldier for Life ~ Career Readiness Counselor  
Office: (802) 338-3709 | Cell: (802) 310-5391 | Nicholas.a.thomas71.ctr@mail.mil

**Employer Support of the Guard and Reserve (ESGR)**



**February 2019**

**Reminders** from Vermont Employer Support of the Guard and Reserve and the National Guard Employment Support Program

Notice to your employer. While Annual Training may still be a few months away, you **MUST** notify your employer of all of your known training dates. In addition to being protected by the law, it's just a professional courtesy to

keep your boss informed, since he or she has to figure out how get your job done while you are away.

Job Fair Season is just a little more than a month away and now is a great time to revise your resume and even do some information interviewing. It's also called active networking and can give you a great boost in your search. Remember that finding a job is a process and not just an event. If you are searching for a job, or trying to find a better job, and want some help with any part of the process, contact us at 802-338-4190. (You may also contact Nick Thomas, Citizen Soldier For Life (CSFL) Counselor at

Camp Johnson at: 802-310-5391.)

Before considering your boss for a 2020 Secretary of Defense Freedom Award. The nomination season for the Freedom Awards is now closed, but the starting point before considering the Freedom Award is nominating your boss for an ESGR Patriot Award. It only takes two minutes online and is a great way to say "thanks" for the support you get from your boss, even if its just not giving you a hassle about your service time. (And don't forget that spouses can also request one for their employer!) Go to: <https://esgr.mil/Service-Members-Family/Nominate-your-Employer>

Northeast Kingdom Veterans Summit. To be held on Saturday, 9 March 2019, at Northern Vermont University at Johnson. More information and free registration at: <https://www.northernvermont.edu/about/news-events/events/veterans-summit>

Need help with your employer, looking for work, or have another question? As always, call us with any employment-related question at 802-338-4187 or 802-338-4190.



## Family Assistance Center

### Being part of a family

My name is Dee Rider, I am the new Family Assistant Centers Specialist (FACS) out of the Rutland VT Armory. For those that don't know me I am a Marine Corps Veteran of 8 years. During my time in the Marine Corps I met a lot of wonderful people that I am still in contact with today. When I joined the Marines

I was told it would be like having a big extended family, and it really was. Serving in the Marines was one of the best times of my life, I miss that camaraderie often. When I heard about the FACS opening I jumped on the opportunity as I couldn't wait to once again be part of a big extended family. Since I started the job in September I have met a lot of community partners,

service members and Veterans. I like being able to assist Veterans where they are having difficulties, and helping in any way I can that helps them be successful and alleviate their stressors. I serve the Addison, Rutland and Bennington counties. I feel fortunate to be part of a winning team that amazes me every day in the way they support our service members and veterans. I feel

lucky to once again be part of a family and look forward to doing great things.... Together. Please reach out with any questions and guidance you may have or to just say hello and introduce yourself.

Dee Rider  
(802) 338-4322



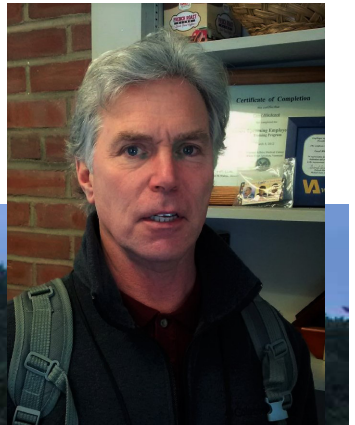
## Vermont Veterans Outreach

Gene Hitchcock is the Outreach Program's Liaison at the VA Medical Center in White River Jct., VT. Gene is a Veteran and military retiree. He served 6 years the Navy, then joined the VTARNG, and completed another 22 years in the AGR program. He retired from active service in 2006. Gene deployed with the

131st Engineer Company during Operation Desert Shield/Desert Storm. Gene works at the VA Medical Center in White River Jct., where he focuses on finding ways the Outreach Team and VA can be mutually supportive in providing the best in health care and benefits for Vermont's Veterans and

military service members. Gene is the primary point of contact for the VT National Guard in matters relating to VA policies and support. He interacts with a variety of Community Partners on behalf of the VA staff and the VTNG Family Readiness Programs. He also assists the Outreach Team with issues

related to their clients and the VA.  
Gene Hitchcock  
Cell: (802) 399-6024  
eugene.hitchcock.ctr@mail.mil



## Personal Financial Services



### Military Saves Week February 25 – March 2, 2019

Since 2007, over 300,000 military personnel have made a pledge to save money, reduce debt and build wealth during Military Saves Week. If you have not participated before, make 2019, the year you join in and make a commitment to securing your financial future.

Why take the pledge? Because the best time to save is now. If you wait until later, when times are better, you may be waiting a long, long time. So whether you are able to save \$100 a week or more or one dollar a week, start your journey wherever you are.

Signing up is simple and takes less than a minute.

Simply go to <https://militarysaves.org> and sign up to take the pledge.

You decide on your goal, how much you will save, and your time frame.

You can also elect to receive occasional text messages to help encourage and support your decision.

Want to double your chance of success? Automate your savings. Whether you set up a direct deposit, an automatic transfer from a checking to a savings account or create an allotment, automating your savings is the single most important thing you can do to accomplish your goal.

Want one more reason to take the Military Saves Week Pledge? Service Members who sign up will be automatically enrolled for a chance to win up to \$500 and up to an additional \$250 for participating in the #ImSavingsForSweepstakes.

More ways to participate during the week February 25:

Join Military OneSource at <https://www.facebook.com/marcie.onesource.3>

Twitter Credit Chat: #CreditChat with Experian on 2/17 at 3:00 p.m. ET

Follow Military Saves on Facebook

## VTARNG State Chaplain



**Mark 4:38 (NIV)<sup>38</sup> Jesus was in the stern, sleeping on a cushion. The disciples woke him and said to him, “Teacher, don’t you care if we drown?”**

Sometimes, the month of February can be stressful for people because we put a lot of pressure on our spouses or significant others to have a romantic evening. Couples need to communicate and plan Valentine’s day; rather than simply thinking something will happen!

It is a blessing to demonstrate your love daily for your spouse, significant other, or children.

However; we also need to know that loving each other requires time alone to rest or do what is needed. Even Jesus needed time alone to rest.

### Are you giving too much in your relationship?

When I worked with college students, I counseled a super bright and just overall pleasant guy. He came to see me to talk about his stress and anxiety. Long story short it was all related to his long-term relationship with his girlfriend.

He was in graduate school; however, his stress and anxiety were all about trying to make her happy meeting her many demands. He took care of her. He went above and beyond the call of duty and he was paying a price for it.

For example, my client’s stress was almost always related to not having enough time to devote to his assignments as a graduate student and he felt he was putting out subpar work. When I asked him, what was getting in the way, it was that he was spending his evenings and much of his free time throughout the day providing emotional support and comfort to his girlfriend.

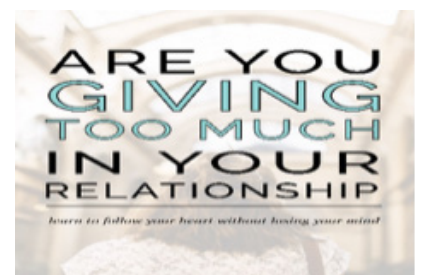
You see, giving is good but too much giving can set you up to be in a severely imbalanced relationship or just plain being taken advantage of.

<http://www.mylovethinks.com/>

CH (LTC) Brett Charsky

C: 315-481-0419

[brett.e.charsky.mil@mail.mil](mailto:brett.e.charsky.mil@mail.mil)



# Canvas and Cocoa

SAVE THE DATE!

## SAVE THE DATE!

Canvas and Cocoa Event

"A therapeutic approach to family education and resiliency."

**On Saturday, February 23rd 2019**

the Kitchen Spoons & Combat Boots team  
will be in-person at Camp Johnson in Colchester, VT!

**Join us from 1:00PM-4:00PM**

for a step-by-step painting session accompanied by  
resource education and delicious coffee, tea and hot  
chocolate! This FREE event is open to all and registration  
is required. 15 canvases max. Ages 18 and up.

SAVE THE DATE!

KITCHEN SPOONS  
& COMBAT BOOTS

## Winter Break Day Camp 25-28 February 2019

Who: ALL VTNG Dependent  
Youth (ages 6-17)

Where: Chittenden County

What: 2 Days of SelfDefense  
(including WEAPONRY) & 2  
Days of STEM (including RO-  
BOTS) Programming

Why: Fun, STEM Education,  
Peer-to-Peer Connection,  
Leadership Trng, gain strate-  
gies to improve ones Resili-  
ence, Confidence, Communi-  
cation, Critical Thinking, and  
more...

For more information, or to  
register contact Brian @  
VTNG Child & Youth Program  
at 802-338-3369, or via email  
brian.r.stoudnour.ctr@mail.mil



**2019 Memberships for VTNG  
Families have arrived!**

Immediate SM Families partici-  
pate in the Open Door Program.  
This provides **FREE** Member-  
ships, and  
**\$2 Admission Vouchers.**

Memberships are  
requested through the  
VTNG Child & Youth Pro-  
gram using this link:

[https://  
www.surveymonkey.  
com/r/ECHO2019](https://www.surveymonkey.com/r/ECHO2019)

## Poetry Contest "This is Our Land"

Month of the Military Child April 2019

Military Kids Vermont invites you to  
participate in the "This is Our Land"  
Poetry Contest. Poetry must  
incorporate the meaning of patriot-  
ism and the beauty of America.

### Prizes!

Open to ALL Youth 5-18yo  
\*no military affiliation re-  
quired\*

Entries must be postmarked by  
March 22, 2019

Send your poetry to:  
THE YMCA-Katelyn Irwin  
Attn: MOMC Poetry Contest  
266 College Street  
Burlington, VT 05401

Or email: [kir-  
win@gbymca.org](mailto:kir-win@gbymca.org)

Celebrate Month of the Military Child  
& Contest Winners Announced on  
Tuesday 2 April 2019 at the  
Vermont Statehouse!!



Vermont  
**DEFENDERS**

vs.

Vermont  
**ENFORCERS**



Purchase Tickets Online  
[www.vtngcf.org](http://www.vtngcf.org)

SIGNED HOCKEY MEMORABILIA  
OVER \$1,000 IN DOOR PRIZES AND  
RAFFLE ITEMS

"CHUCK-A-PUCK", "KNOCKER BALL"  
AND OTHER FUN INTERMISSION EVENTS

# 16<sup>th</sup> ANNUAL BENEFIT HOCKEY GAME

PROCEEDS GO TO THE VERMONT POLICE ASSOCIATION & THE VERMONT NATIONAL GUARD CHARITABLE FOUNDATION

## SATURDAY, MARCH 16<sup>th</sup>

### ESSEX JUNCTION SKATING FACILITY

## DOORS OPEN AT 5 P.M. PUCK DROPS AT 6 P.M.

SPONSORED BY THE ESSEX JUNCTION VFW AND THE VERMONT LAW ENFORCEMENT AGENCIES

TICKETS ARE AVAILABLE AT THE DOOR FOR FIVE DOLLARS EACH



PC THIS IS NOT A VERMONT NATIONAL GUARD EVENT  
NOR IS IT ENDORSED BY THE VERMONT NATIONAL GUARD

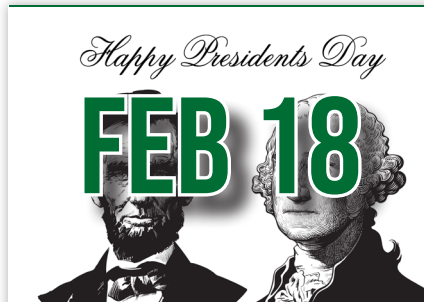


# Calendar of Events



**FEB 2**

**KS&CB WEBINAR**  
Online



*Happy Presidents Day*

**FEB 18**

**PRESIDENTS DAY**  
Nationwide



**FEB 25-28**

**CHILD & YOUTH WINTER CAMP**  
Villari's Self Defense Center



**FEB 23**

**CANVAS & COCOA EVENT**  
Camp Johnson Colchester, VT



**MAR 6**

**KS&CB WEBINAR**  
Online



**MAR 9**

**7TH ANNUAL VETERANS SUMMIT**  
Johnson, VT

## Contact Information

### DIRECTOR, FAMILY PROGRAMS

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### VERMONT VETERANS OUTREACH

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### LEAD CHILD AND YOUTH PROGRAM COORDINATOR

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### SURVIVOR OUTREACH SERVICES

Tammie Conner  
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### VT VETERANS PERSONAL FINANCIAL COUNSELOR

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### AIRMAN & FAMILY PROGRAM MANAGER

Mary Mahoney  
mary.k.mahoney13.civ@mail.mil  
cell: 802-598-0202

### SENIOR FAMILY READINESS SUPPORT ASST

Candice Bryan-Broe  
candice.e.broe.ctr@mail.mil  
cell: 802-316-6342

### VT VETERANS MENTAL HEALTH COUNSELOR

Charlene Caiano  
charlene.a.caiano.ctr@mail.mil  
Ph 802-338-3445

### CITIZEN SOLDIER FOR LIFE CAREER READINESS COUNSELOR

Nick Thomas  
nicholas.a.thomas71.ctr@mail.mil  
cell: 802-310-5391

### ARMY DIRECTOR OF PSYCHOLOGICAL HEALTH

Office: 338-3494

### FAMILY READINESS SUPPORT ASST: 86 IBCT

Michaela LaCoss  
michaela.m.lacoss.ctr@mail.mil  
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### FAMILY ASSISTANCE CENTER COORDINATOR

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