



FROM THE HOMEFRONT

April 2020

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A Note From the Vermont State Family Program Director



Along with many of our VTNG families, Family Programs is currently “teleworking” to minimize the effects of the COVID-19 virus. There are great tips on how to telework successfully and maintain productivity, however, the majority of the tips are geared for “normal” teleworking, not a workforce mandated to telework to minimize a worldwide outbreak. The very first tip I saw on many business sites was “separate work life from home life”. How exactly do you do that with your partner/spouse AND children home “teleworking” or “tele schooling” as well?

I think to avoid total chaos, we first need to acknowledge that there is no playbook for what we are all experiencing right now. We need to write a new playbook which will be different for each family. What I have come up with may work for you and your family, but I am by no means an expert!

Structure: it may be helpful to divide up your day, to establish a routine that works for you and your family. If your work day usually starts at 7:30 am, stick to that-your kids and partner/spouse can follow the same schedule. One idea is to work from 7:30 to 11:00, take a break to go for a walk, play with your kids, and have lunch together to talk about what everyone is feeling. Then plan to work from 1:30 to 3:00 pm, take a short 15 minute break to check in with everyone. Resume work from 3:15 to 5:00pm. Unless your job requires an untraditional work day (maybe on call 24/7 or essential personnel), END your day at a specific time; don't go checking work email or calls again after dinner. One of the traps of teleworking is to keep working even after putting in a full day.

As I said, this may or may not work for your family. Just remember that these are extremely challenging times and that you are not alone. We are here for you-remotely-but still here for you! Please check our website as we are constantly updating and posting resources that may help you and your family:

<https://www.ngfamily.vt.gov/>

Next month, I hope my article will be about “rebounding” after a worldwide crisis. Until then, please be well and safe. All the Best,

DAVID C. LEONARD
 Director, Family Programs
 Vermont National Guard
 (Office) (802)-338-3391
 email: david.c.leonard3.civ@mail.mil

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



Airman and Family Readiness Manager

Greetings from the Airman and Family Readiness Office:



We know that the COVID-19 Virus has changed our lives significantly for now! Our office is here to help you find resources for challenges you may be facing! Keep checking our Facebook Page (Vermont Air National Guard Family Readiness) the VTANG App and the VTNG Family Programs website (www.ngfamily.vt.gov) for resources and links! Our office is teleworking from home for the time being, but we are still available so don't hesitate to reach out to us!! Please take care of yourselves and your families!



I would also like to let you know of an opportunity for the Air Force teens. There are several fully funded camps for teen dependents. More information for each of these camps can be found at <https://georgia4h.org/programs/focus-areas/citizenship/military-programs/>. There are also opportunities for adults to volunteer at these camps. Information is at the link above.

The point of contacts are: Casey Mull or Marilyn Huff-Waller at 706-542-4444 or milcamps@uga.edu

Mary Mahoney
158th FW Airman and Family Readiness Manager
802-652-8035 office
802-238-8645 cell
Mary.k.mahoney13.civ@mail.mil



Kitchen Spoons & Combat Boots

April 1st, 2020 at 7:00 PM – Support Military Youth During Long Separations

In honor of April's Month of Military Child, the Kitchen Spoons and Combat Boots team will be partnering with Brian Stoudnour, Lead Child and Youth Program Coordinator to bring you resources on how to help your children boost resiliency during times of change. Whether you connect with us through the **Second Time Around** multi-media series on the VTNG Family Programs website or tune in to hear us live on Wednesday, April 1st at 7pm, come and learn more on ways to help you, **"Support Military Youth During Long Separations."**

To view "Second Time Around" recordings, visit <https://www.ngfamily.vt.gov/Programs-Services/Kitchen-Spoons-Combat-Boots>

Check us out online at:
http://www.ngfamily.vt.gov/ks_and_cb_page.html

Upcoming Monthly Webinars

Wednesday, May 6
How to Live One Paycheck Ahead

**MAY
6**

Wednesday, June 3
Family Programs 101 – Know Your Resources

**JUN
3**

Wednesday, July 1
Exceptional Family Members and You

**JUL
1**



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

Click on the link below!

<https://militaryonesource.zoom.us/j/3015674328>

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

To access audio, dial by phone: 1 (646) 876 9923

Meeting ID: 301 567 4328

Questions: Call Marcie Caulfield at 802-338-3164, Candice Bryan-Broe at 802-338-3652, Michaela LaCoss at 802-338-4317



If Your Kids Are Worried About the Coronavirus

News about the outbreak and spread of a new strain of coronavirus (COVID-19) may be causing your children to feel anxious. These tips can help you ease their worries.

Be informed

Start by making sure you have up-to-date information about COVID-19. Check sources such as the Centers for Disease Control and Prevention and the World Health Organization to understand the symptoms, scope, risks and safety precautions for the disease, as well as what is being done to help prevent it from spreading. You may also find Coronavirus: DoD Response helpful (<https://www.defense.gov/Explore/Spotlight/Coronavirus/>). The Defense Department is working closely with the Department of Health and Human Services and State Department to provide support in dealing with the coronavirus

outbreak.

Ask, listen, and assure

Your child may come to you with concerns about the virus, or you may decide to bring it up first. Ask what they've heard so you can correct any misinformation. Acknowledge their feelings and ask questions to help you identify the sources of their fears.

Address your kids' fears calmly with these assurances, if they apply:

- The virus is not widespread in your country, and isn't in your state/city/community/school. If there are cases nearby, focus on efforts underway to keep the disease from spreading.
- Your family will take extra care to stay healthy by washing your hands, keeping your hands off your faces as much as possible, covering coughs and sneezes, not sharing drinks and utensils with others, avoiding others who are sick, and going to the doctor if you get sick.
- Experts are doing all they can to understand the virus, treat people who have it, and keep it from spreading.

Avoid making comparisons that may stir up more anxiety. Don't argue how much greater the risk is of getting and dying from the flu, for example. Remind your children that their amazing bodies are built to fight off viruses.

Limit news exposure

Be careful what you and other adults say about the coronavirus when young children are nearby. An offhand remark might be taken out of context and trigger anxiety. Avoid graphic news coverage when your kids are present, too. Encourage your anxious teen to limit or avoid time spent researching the virus and watching news about it.

Be a good role model

Your children will look to you to decide if their fears are grounded. Model good hygiene, reasonable precautions, and a calm attitude. If you aren't anxious, they will likely feel better.

If you are having trouble managing your own anxiety about the coronavirus, consider talking to a Military OneSource non-medical counselor. Call 800-342-9647 or visit www.militaryonesource.mil to learn more about this free service.

For immediate crisis counseling for emotional distress related to the virus, contact the SAMHSA Disaster Distress Helpline 24/7 at 800-985-5990.

Marcie Caulfield

Office: (802)-338-3164

Cell: (802)-233-9694

email: marcie.caulfield@militaryonesource.com



Family Readiness Support Assistant



Greetings from the FRSA Team!

As you know, April is the Month of the Military Child, so for the parents or guardians reading the Homefront newsletter, please pass this message along to your kiddos!

We would like to take this opportunity to discuss the importance of volunteerism for youth. Not only does volunteering give you a sense of accomplishment in yourself and in your community, it helps develop transferable skills that will be useful in school or at your first job! Did you know that some animal shelters have programs which have youth read to the animals? This is a great way to work on your reading skills but it also helps the animals relax and get some cuddles! Other places like food banks, soup kitchens or hospitals can help with peer to peer connections and other skills such as cooking or cleaning. Volunteering in your community at a young age also provides a fresh perspective. Youth often see things from a different angle and may perhaps solve a problem or develop a new idea and really make a difference!

Military youth offer something extra special. They already have a great example of self-service and volunteering. Their service member volunteered to join a branch of the military and are prepared to help at a moment's notice. When youth see their parents, siblings or a family friend being actively involved with their community, chances are they will jump at an opportunity to help!

Parents/guardians, don't forget that you set the example. When was the last time you volunteered? Next time you do, tell your youth about what you did and how it made you feel, or if it's appropriate, bring them along for the fun!

But Michaela, how do I get involved? I am so glad you asked! Below are some examples of organizations that welcome volunteers. With your parent's permission, check out your local chapters!

- Family Readiness Groups • The American Red Cross • Soup Kitchens • Hospitals ETC.

Michaela LaCoss ~ 86th IBCT Family Readiness Support Assistant (FRSA) Contractor (ESC) ~ Office: 802-338-4317



DON'T FORGET!

Record your volunteer hours & email them to 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



THANK YOU, to the Military Children & Youth of Vermont! We understand that you were born into the 'military lifestyle', and did not choose it. We recognize that "You Serve Too". We acknowledge it is an added stressor in your already challenging lives. We recognize that your civilian peers do not understand. Most of all, we appreciate you for the sacrifices you've made, for the strength you bring the world, the dedication you have to your family, and the military community.

The last 30 days brought about a historical and unprecedented time for all of us with COVID-19 impacting nearly everything. With it came unfathomable changes to our daily lives. Small changes came first and were easier to manage at first, as it spread they became more and more difficult. Over the last week (19Mar2020) they came home. No literally, they came home; all VT schools closed; a lot of employees found themselves teleworking, or out of work completely; cancellation of extracurricular activities for all; the list seems endless. During this time we should be looking to our Military Kids for guidance and reassurance.

Military Kiddos have loads to teach us during this historical moment. Throughout my years I have worked with youth from varying demographic groups. And I have not found another youth community to be so strong, so resilient, so welcoming, so inclusive, so thoughtful, or so empathetic. They are essentially ready for anything, at any time! Also, know this does not come easy for them. They like the rest of us struggle at times. But what makes them so remarkable is that Military Children & Youth have the uncanny ability to separate the controllables from the uncontrollables. Then, with that information be able to determine an appropriate reaction and response to the situation at hand.

So, join in on being more like Military Kids and don't sweat the uncontrollables we are faced with and focus on the controllables. Embrace what you have. Prepare for what you can. Be ready for what's next. Know we are here for you. Don't forget: You are strong; You are brave; You are resilient; You can do this!

COVID-19 Resources, Event & Program Updates: We are going virtual!

During this trying and unsettled time we are working to provide resources for families and kiddos, as well as program updates. Please check the below websites & Facebook pages for the latest information:

<https://www.ngfamily.vt.gov> ~ <https://www.facebook.com/VTNGCYP> ~ <https://arngcys.com/covid19-resources>

<https://www.facebook.com/MKVermont/> ~ <https://www.healthvermont.gov/response/infectious-disease/2019-novel-coronavirus>

Upcoming Child & Youth Programs:

Month of the Military Child-April 2020: Military Kids Can!

• Video Contest-Deadline Extended: 23 April 2020-Open to ALL <https://www.facebook.com/MKVermont/>

PURPLE UP DAY for Military Kids - Friday 17 April 2020: show your support for Military Kids by wearing purple and sharing on social media #GuardKidsRockVT #VTNGCYP #MilKidsVT

• **Canceled**-Military Child Recognition at the VT Statehouse - Tuesday 7 April 2020

• **Canceled**-MKVT Partner Day Camp - Monday 20 thru Thursday 23 April 2020!

VTNG-Child & Youth Program FREE Summer Camps 2020

• National Guard Family Camp (#1) 21-25 June: Open to eligible (current) VTNG Families, Registration will open in April/May 2020 (Orange County)

• Conservation Camp 5-10 July: Open to VTNG dependent youth between 10-17yo (Rutland County), Registration is OPEN!

• Teen Leadership Canoe Adventure 9-14 August: Open to VTARNG dependent youth 15-17yo (Orleans County), Registration is OPEN! *Only 8 spaces*

• Farm to Table (STEM) Leadership Camp 9-August: Open to VTARNG dependent youth 12-14yo (Orleans County), Registration is OPEN! *Only 10 spaces*


• National Guard Family Camp (#2) 15-19 August: Open to eligible (current) VTNG Families, Registration will open in April/May 2020 (Orange County)

• VTNG End of Summer Camp 16-22 August: Open to VTNG dependent youth 8-17yo (Orange County), Registration is OPEN!

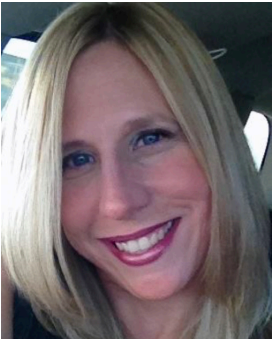
To register, or for more information contact Brian Stoudnour, VTNG Lead Child & Youth Program Coordinator via email: brian.r.stoudnour.ctr@mail.mil

****We are monitoring the COVID-19 situation and are unable to guarantee that camps, programs and events will take place. Our intent is to notify the community soonest.****

Brian Stoudnour
Lead Child & Youth Program Coordinator- Contractor
O: 802-338-3369 | M: 802-310-6745 |
brian.r.stoudnour.ctr@mail.mil

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

Citizen Soldier For Life - Career Readiness



Dear Vermont National Guard Members and Families,

Moving on from a workplace to a new one is never easy but yet, it can be exciting at the same time. There are so many emotions that go through one's mind from the conversations that have to be had with supervisors and co-workers, to the continuity planning that is involved if you hold a position where a 2 weeks' notice is not simply enough. Careful planning is needed to align last days and start-dates as well as saying farewell to the people you have built relationships with.

Through my professional journey as a School Counselor and Work-based Learning Coordinator, traveling around with my Marine husband, having to start and leave positions; it's not easy. What does make it easier is planning ahead for the exit-out will help and lessen the stress. If

you are going through a transition, here are some tips to make this part of the job hunting process a little less stressful.

The first recommendation is transparency. Being honest still goes a long way. Especially when balancing job offers and providing your notice that you are moving on. Try not to look for a "good" time to tell your boss you plan on leaving, but rather focus on the amount of notice you are giving. Typical jobs require 2 weeks notice, but if you are a teacher, counselor, or something more specialized 3-6 weeks can be in order for planning. Remember being open and honest will go a long way assuring your boss the transition will be smooth.

The second recommendations is keeping the initial conversations short with the facts only. Most managers are supportive of this process, but may have an initial shock. Being extremely clear and having the facts is important. This will lead to less confusion. Over the next few days you can provide more information if you wish, but it is not needed. Be ready to say you will be moving on to other opportunities, firm up the date of your last day, and thank them for the opportunities for growth during your tenure. If the response is not what you were expecting, give it a few days as I mentioned above, the employer may just need time to process this.

The last recommendation is to couple this conversation with a letter of resignation with all of these details in it. Once you leave your boss's office, they potentially might forget your last day, or have other questions. The letter of resignation will be a big help, plus it is usually an HR document that is put in your file.

Karen S. Chesser, M.A.E.P. ~ Citizen Soldier for Life Career Readiness Counselor
Office: (802) 338-3709 ~ Cell: (802) 310-5391 ~ Karen.S.Chesser.ctr@mail.mil



Employer Support of the Guard and Reserve (ESGR)



We have been directed by the DoD and HQ ESGR that there will be no travel tied to any/all ESGR activities from now through May 11, 2020. As a result, you won't be seeing our team out and about until at least that date. We are still available by email, phone, and tools like Skype or Zoom, so don't hesitate to contact us."



Our annual Employer Awards & Recognition Banquet is generally held in May/June timeframe. Because the near term is uncertain, VT ESGR will postpone this event until late summer/early fall. More to follow.

The VT ESGR committee's full time point of contact is Linda Fowler, Volunteer Support Technician. She can be reached at (802) 338-4187 or linda.a.fowler10.ctr@mail.mil

Charles Martin
Chair

Employment Support Program

Area job fairs in the April time-frame: at this time, all known job fairs originally scheduled for April and at least early May have been **cancelled**. (Call 802-338-4190 if you have any questions.)

You won't see us out and about because we are under a travel restriction that goes at least through early May. But that doesn't mean you can't dust off your resume and figure out your next steps in your job search. You don't have to come into the office to have your resume reviewed. Send your resume to Dave Wheel at dwheel@interactivegov.com (you can also call us at 802-338-4190) and also indicate when you are available to talk. We are connected to great resources also some warm contacts among HR Managers around the state.

Check the jobs listings on our Jobs FaceBook page: We have launched a Facebook page that will display an increasing variety of job opportunities. Go to: "Vermont Employment Support Program" and click on "Groups" and "Job Opportunities." The available opportunities will increase over time as employers become more knowledgeable of the site. You can also check the variety of jobs listed at www.vermontjoblink.co (many pulled from Indeed.).



Family Assistance Center



So far 2020 has started off with a bang! We are definitely in some unprecedented times with the COVID-19 Virus making its way around the world. During stressful times it's important to remain positive and try to find ways to decompress. A majority of us are working from home, but some of us are still manning offices. Whether we are at home or in the office we need to find ways to relax and reduce stress. When we do that it can help us remain positive and assists in our efforts of completing any task. Let's stay happy and healthy together!



8 Ways to a stress-free day:

- **Read a book**- Allows your mind to escape and relax
- **Take a walk or a hike** - Exercise is proven to help reduce stress
- **Take a hot bath**- Reduces stress and allows for quiet time to reset your body and mind

- **Writing**- Allows you to release all of the ideas, concerns, and feelings you might have bottled up
- **Listen to music** - There are many music streaming platforms that offer music specific for relaxing
- **Coloring and Painting** - Are stress relieving activities that relax the fear center in your brain and induces positivity
- **Meditation and yoga**- Both help reduce stress in the body, relaxes you and helps connect your body and mind
- **Play a game** - Games can be a lot of fun and can help take your mind off things. They also help bring back the carefree childhood memories that assist in mood elevation.

Dee Rider

Family Assistance Specialist - Addison County

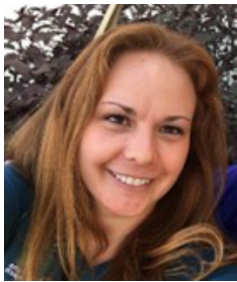
Office: (802) 338-4322



Check us out on Facebook!

<https://www.facebook.com/VTNGFAC/>

Vermont Veterans Outreach



It's that time of year again when people start planning and dreaming of their gardens for the season and I am no exception to this population. Every spring I buy seeds and plan on how to rotate my crops in the garden to maximize their output. My yard is full of vegetables, herbs, perennials and annuals through the warm months and what garden wouldn't be complete without the "buzz" of bees?



This year will make my fourth year as a beekeeper and I absolutely love it. When asked why I became a beekeeper the answer isn't exactly a simple one. I honestly fell upon it during my readings on how to improve my crop output on my little micro-farm – Bees seemed to be a very common theme. Bees are also an endangered species (5 species of bumble bees in

Vermont) and my love for nature and these magnificent creatures spurred me into action. While honey bees provide the obvious pollination of crops, what a lot of people don't know are the not so obvious benefits that can come from a hive. As a female veteran with PTSD, I have learned about the alternative therapeutic properties of beekeeping – most commonly known as Apitherapy.

Webster defines Apitherapy as "the science and/or the use of substances produced by honeybees (such as bee venom, honey, propolis, pollen, wax, etc.) to treat various medical conditions".

While this tiny article could become the size of a midterm paper very quickly, I will try my best to contain myself in simply explaining the benefits of Apitherapy to you all. The products in a hive have many, many medicinal uses and have been used for such since the times of Ancient Egypt. Here are just a few examples of what one property of the hive can help with - HONEY. Honey alone can help with; weight loss, restless sleep, wounds / burns, infections, digestion, troubled skin, allergies, colds/coughs, improves cholesterol, arthritis, bad breath and much more. Honey is often referred to as nature's "liquid gold" for all its many uses and properties – and that's just Honey!

You might be asking, what does Apitherapy have to do with PTSD? Well... It's very similar to equine therapy (horse therapy) as it requires one to find a calm place within themselves to effectively work with the bees. Individuals with PTSD (or even those without) often have a lot going on in their minds. It's as if the individual's mind is constantly running, thinking, analyzing, overthinking, planning, anxious and more. Beekeeping requires a person's full attention and concentration allowing the mind to calm itself and focus on one thing - working with the bees. For just a brief time, beekeeping allows a person to forget all the worries or memories that intrude on their day to day lives. It's also calming to feel like you are "one" with such an important part of nature; listening to the buzzing of the hive, the smell of honey, pollen and wax all contributes to the relaxation that is Apitherapy.

Perhaps, Apitherapy isn't your gig -that is ok! If it is though or you are mildly interested, I'd encourage anyone to pick up a book about beekeeping and get to know more about it. There are also places in Vermont where one can go to take classes or learn more about beekeeping. You can find those resources on <https://www.vermontbeekeepers.org>

Beeeee Well –

Morgan Langlios

VT Veteran Outreach Specialist - Iamouille county

Office: (802) 338-4311



Check us out on Facebook!

<https://www.facebook.com/vtvfot/>

Personal Financial Services



April is Military Saves Month

Did you know?

62 percent of military families experienced stress due to their financial situation.*

- Unexpected expenses are a top savings challenge for Military Savers (57%).**
- 60 percent of military families don't have enough in savings to cover three months of living expenses.***

So, what is Military Saves? The goal of Military Saves Month is to encourage the entire military community to take the Military Saves Pledge, a commitment to begin the journey toward financial freedom and the first step in creating a personal spending plan. We promote positive changes in personal financial behavior through the notion that everyone can "Start Small,

Think Big." Since 2007, more than 330,000 individuals have taken the Military Saves Pledge.

There are three things that Military Saves wants savers to focus on. Set a Goal. Make a Plan. Save Automatically.

The key to saving money is first knowing where your money goes, always start with creating a spending plan, whether that means writing out a budget or using an app to track your expenses, find what works for you.

Once you know where your money is going, you can start to set goals. When thinking about goals many assume that means long term, but not always. How about you want to start saving for your holiday shopping at the end of the year, or you want to pay off a credit card in 6 months. Goals don't always have to be big dollar figures taking years to achieve.

Now that you have set your goals, come up with a plan how to achieve them. Let's say you want to have \$500 in an emergency fund by the end of the year, so you will have 9 months to save and assuming you get paid twice a month, you need to put away \$28 a paycheck to have more than \$500 by the end of the year.

If you're like me, saying I will save whatever is left at the end of the month, that never works, so I have my saving done for me automatically. You can have an allotment, split direct deposit, or auto transfer to saving set up for you. Then the money goes where you want without you having to remember to do it, think of it like paying a bill, you're just paying yourself.

I always tell all my clients, start saving small and work up, me telling you to put 3 years of living expenses in a savings account might sound overwhelming, but starting with \$14 a week might be an easy way to start.

Sign up to take the Military Savers pledge at www.militarysaves.org Military Saves will keep you motivated with periodic information, advice, tips, and reminders sent by e-mail or text message to help you reach your savings goals.

As always, I am available by appointment to sit down and help you come up with your own personalized plan.

*2018 Blue Star Family Survey, ** 2019 Military Saves Survey, *** 2017 MFAN Survey

Megan Sather

Personal Financial Counselor (Contractor)

Cell: 802-318-2507

megan.j.sather.ctr@mail.mil



April 1-30, 2020

VTARNG JFHQ State Chaplain



Chaplain's Reflection:

I Peter 4:10(ESV) As each has received a gift, use it to serve one another, as good stewards of God's varied grace:

I left on Sunday, March 8 for the Operational Religious Support Leader's Course at Fort Jackson, SC and within one-week life radically changed for everyone in America and around the world.

Of course, we knew about COVID 19 before I left, but none anticipated how all our lives would change so quickly. Schools are now closed; parents are staying home either to work or because they now do

not have a job. There is anxiety, fear about the future, and we are all asking how long will it last?

One lesson learned through two deployments and other stressful seasons in my life is the importance of serving others. I encourage you to find ways to serve your family members or the elderly around you. For example, call an elderly person and ask for their shopping list and going shopping for him or her.

Another important lesson learned is to count your blessings and recognize how blessed you are and to give thanks. Often, we take our blessings for granted until those blessings are no longer there.

When a person serves from the heart, he or she demonstrates compassion, love, and offers hope. Let us serve one another because the other person will be blessed and you also will be blessed.

May the LORD bless you,
CH (LTC) Brett Charsky



Tips from our VT Veterans Mental Health Counselor

In today's modern world, it's common for the average person to be busy for most of their waking hours. In addition to a forty-hour work week, there's also commuting, shopping, taking care of household chores, and making time for friends and family.

This often means individuals forget to take care of themselves and taking breaks may be left by the wayside.

But failing to take care of oneself can lead to mental fatigue, which occurs when individuals go through periods of prolonged cognitive activity without giving their brain a rest.

This can cause individuals to feel mentally and emotionally drained, not to mention overwhelmed. The typical symptoms of mental fatigue include stress eating, loss of appetite, insomnia, lack of motivation, and a feeling of being mentally blocked.

One of the most surefire ways to help treat mental exhaustion is to take more breaks. If individuals push themselves beyond their capacity to focus, all they'll do is make their brain more tired and fatigued. Individuals may think taking a fifteen-minute break is wasting time, but multiple studies have shown taking a fifteen or twenty-minute nap is an effective way for individuals to recharge their batteries so they can concentrate for longer.

Individuals who take breaks during the day are more likely to...

- End their day feeling both productive and awake instead of frazzled

If individuals feel like they're reaching the point of mental blockage, they should..

- try stepping away from their work for a little while
- They can stretch, walk around, or even close their eyes for a bit

When individuals give their brain a break from the work, it's much easier to return back to work. It's a similar principle to taking breaks between reps when getting physical exercise. By resting their body, individuals are giving themselves a chance to recover.

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

24/7 Military and Family Support Center at 888-607-8773

OR

<https://www.ngfamily.vt.gov/>



Vermont National Guard Family Programs Supporting Vermont's Veterans, Service Members and Families

Is your family experiencing stressors related to Quarantine?
Concerns about your finances?
How can your family stay active and healthy?
Need ideas for leisure/educational activities for your family?

Family Programs can help...

24/7 Military and Family Support Center at 888-607-8773

OR

<https://www.ngfamily.vt.gov/>



INTERESTED IN STARTING A VETERAN-OWNED SMALL BUSINESS?

Sign up for Boots to Business, an entrepreneurship training program for Servicemembers and their spouses.

Sign up for the Boots to Business **Reboot**, a **free** one-day course about entrepreneurship. Learn the steps, stages and activities related to launching and growing a business. The 8-module course will include expert speakers to cover topics including; Marketing, Legal Considerations, Financing, and Business Plan Development.

The course is designed for transitioning service members, veterans and adult dependents.

Boots to Business is a component of the Department of Defense Transition Assistance Program and is sponsored by the U.S. Small Business Administration.

For more information, visit www.boots2business.org

April 18, 2020
(Saturday)

Details:

Location: Camp Johnson - Regional Training Institute Colchester, VT.

Time: 8:00am - 4:30pm

Registration: <https://sbavets.force.com/register-for-BOOTS-TO-BUSINESS/REBOOT>

Point of Contact: Chris Herriman

Phone Number: 202-868-3202

Email: Chris.Herriman@sba.gov

Cost: Free

Calendar of Events



KS&CB WEBINAR
Online



KS&CB WEBINAR
Online



KS&CB WEBINAR
Online

Contact Information

DIRECTOR, FAMILY PROGRAMS

Dave Leonard
david.c.leonard3.civ@mail.mil
cell: 802-598-0140

AIRMAN & FAMILY PROGRAM MANAGER

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

VERMONT VETERANS OUTREACH

Andre Wing
andre.d.wing.ctr@mail.mil
cell: 802-881-5057

FAMILY ASSISTANCE CENTER COORDINATOR

Brendan Richards
cell: 802-338-0563

LEAD CHILD AND YOUTH PROGRAM COORDINATOR

Brian Stoudnour
brian.r.stoudnour.ctr@mail.mil
cell: 802-310-6745

SENIOR FAMILY READINESS SUPPORT ASST

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

FAMILY READINESS SUPPORT ASST: 86 IBCT

Michaela LaCoss
michaela.m.lacoss.ctr@mail.mil
cell: 802-318-0692

VT VETERANS MENTAL HEALTH COUNSELOR

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

SURVIVOR OUTREACH SERVICES

Tammie Conner
tammie.l.conner.ctr@mail.mil
cell: 802-881-6632

TRANSITION ASSISTANCE ADVISOR

Ronnie LaBounty
ronnie.m.labounty.ctr@mail.mil
cell: 802-338-3354

VT VETERANS PERSONAL FINANCIAL COUNSELOR

Megan Sather
Office: 802-338-3446
megan.j.sather.ctr@mail.mil

CITIZEN SOLDIER FOR LIFE CAREER READINESS COUNSELORS

Karen Chesser (North)
PH: 802-310-5391
Brian Duchesne (South)
PH: 802-399-6135

AIR WING YELLOW RIBBON PROGRAM COORDINATOR

Kelli Langlois
kelli.j.langlois.ctr@mail.mil
cell: 802-751-5856

ARMY DIRECTOR OF PSYCHOLOGICAL HEALTH

Chuck Brewer
Office: 338-3494

AIR DIRECTOR OF PSYCHOLOGICAL HEALTH

Trish Dempsey, LICSW
trish.a.dempsey.civ@mail.mil
cell 802-557-7368

AIR WING CHAPLAIN

Capt Wilson Treftz
wilson.l.treftz.mil@mail.mil
cell 802-503-8618

ARMY CHAPLAIN

LTC Brett Charsky
brett.e.charsky.mil@mail.mil
cell 315-481-0419

MILITARY ONESOURCE

Marcie Caulfield
marcie.caulfield@militaryonesource.com
cell 802-233-9694

