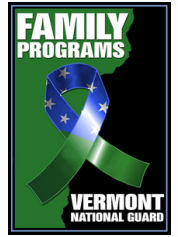
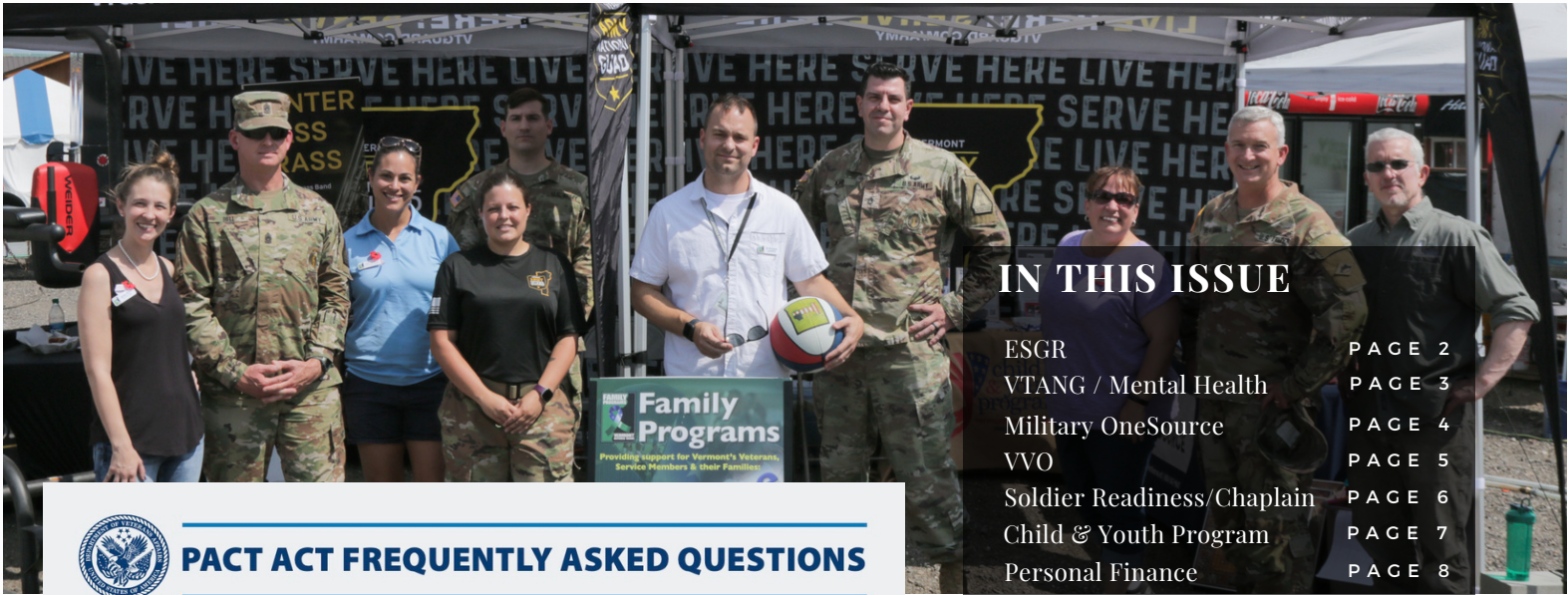


FROM THE HOMEFRONT



A QUARTERLY NEWSLETTER TO KEEP FAMILIES CONNECTED



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PACT ACT FREQUENTLY ASKED QUESTIONS



The **PACT Act** is a new law that expands VA health care and benefits for Veterans exposed to burn pits and other toxic substances. This law helps us provide generations of Veterans—and their survivors—with the care and benefits they've earned and deserve.

The Act **(1)** expands and extends eligibility for VA health care for Veterans with toxic exposures and Veterans of the Vietnam era, Gulf War era, and Post-9/11 era, and **(2)** expands eligibility for benefits for Veterans exposed to toxic substances.

What new or expanded presumptions will the Act create and when will they be in effect?

VETERANS AND SURVIVORS CAN FILE CLAIMS FOR ALL CONDITIONS OUTLINED IN THE PACT ACT IMMEDIATELY.

For Gulf War and post 9-11 Veterans, that includes:

Brain cancer, Glioblastoma, Respiratory (breathing-related) cancer of any type, Gastrointestinal cancer of any type, Head cancer of any type, Lymphoma of any type, Lymphatic cancer of any type, Neck cancer, Pancreatic cancer, Reproductive cancer of any type, Kidney cancer, Melanoma, Asthma (diagnosed after service), Chronic rhinitis, Chronic sinusitis, Constrictive bronchiolitis or obliterative bronchiolitis,

Emphysema, Granulomatous disease, Interstitial lung disease (ILD), Pleuritis, Pulmonary fibrosis, Sarcoidosis, Chronic bronchitis, Chronic obstructive pulmonary disease (COPD).

For Vietnam Veterans and other Veterans exposed to tactical herbicides, that includes two Agent Orange presumptive conditions:

Monoclonal gammopathy of undetermined significance (MGUS), High blood pressure (hypertension).

What are the PACT Act key components?



The Act **expands and extends eligibility for VA health care for Veterans with toxic-exposures** and Veterans of the Vietnam era, Gulf War era, and Post-9/11 era.



VA **will improve the decision-making process** for determining what medical conditions will be considered for presumptive status.



Every enrolled Veteran will **receive an initial toxic exposure screening** and a follow-up screening every five years. Veterans who are not enrolled, but who are eligible to enroll, will have an opportunity to enroll and receive the screening.



VA health care staff and claims processors will receive **toxic exposure-related education and training.**



The Act requires **research studies** on mortality of Veterans who served in Southwest Asia during the Gulf War, Post-9/11 Veteran health trends, and Veteran cancer rates.



The Act will help VA **build a stronger, more skilled workforce** to meet the growing demand for benefits and services.



The Act authorizes **31 new medical facilities** across the country, providing greater access to VA health care.

How can a Veteran file a claim?



Veterans who would like to file a claim must complete [VA Form 21-526EZ](#) to apply for benefits and submit any supportive evidence.

EMPLOYER SUPPORT OF THE GUARD AND RESERVE



Sabrina Milano -
State Chair -VTESGR

ESGR 50th Anniversary: ESGR was created as a DoD program in 1972 to support members of the Guard and Reserve returning from Vietnam to their civilian jobs. Over the past 50 years, ESGR has supported hundreds of thousands of service members and employers. Please join VT ESGR as we continue to celebrate our 50th Birthday!

Remembering John DesGroseilliers: An inscribed granite bench has been installed near the Vermont Fallen Heroes Memorial at Camp Johnson in memory of Mr. John DesGroseilliers, who served as Ombudsman Director for the Vermont ESGR Committee from 1995 to 2020 and as the Vermont Army Reserve Ambassador from 1999 to 2020. John lived to serve every service member in Vermont and their civilian employers. He was also a very active member of the Governor's Veteran Advisory Council.

A dedication ceremony will be scheduled at a date and time later this Fall.

Secretary of Defense Freedom Award: Nomination season for any Guard or Reserve member opens on 1 October and continues through 31 December 2022. If you have not previously submitted a request for the Patriot Award, please contact our office at 802-338-4187 to discuss the appropriate actions. Go to: www.freedomaward.mil for more information.

ESGR Week:

Governor Scott proclaimed the week of 22-27 August 2022 as Vermont ESGR Week, and recognized all Vermont employers who have supported their citizen service members during all periods of service. This followed a Presidential Proclamation establishing the same week at the national level.

As always, please direct any questions to Linda Fowler at: 802-338-4187 and linda.fowler10.ctr@mail.mil.



FAMILY PROGRAMS HAS A SUPPLY OF (UNOPENED) BABY SUPPLIES INCLUDING

- **DIAPERS** (SIZES 1-4)
- **WIPES**(SEVERAL BOXES)
- **CLOTHING:** NEWBORN ONESIES, ROMPERS IN SIZES 3-6, 6-9, 9-12, 12-18, ONE 3-T AND ONE 4-T
- **CLOTHS, BIBS, SWADDLE BLANKETS, TEETHING ITEMS, CRIBS AND MATTRESSES ON A FIRST COME, FIRST SERVE BASIS.**

EMAIL :
NG.VT.VTANG.LIST.WEBMASTERFP@ARMY.COM



WELCOME HOME! AIRMEN



VOLUNTEER

Are you looking to get involved with your loved one's unit activities? The Military and Readiness Team would love to have you as a volunteer! Unit volunteers can help National Guard Soldiers and their families through the good times and the bad. From setting up at family fun events to making wellness checks over the phone, the VT National Guard can use your help. Your designated Military and Family Readiness Specialist (MFRS) will provide training to make sure you are ready for anything. Contact your unit or your local MFRS with any questions or to get started!

CREATE YOUR OWN CHANGE PLAN!

1

I WOULD LIKE TO MAKE THE FOLLOWING CHANGES IN MY LIFE:

2

THE MOST IMPORTANT REASON(S) WHY I WANT TO MAKE THESE CHANGES:

3

I WILL TAKE FOLLOWING STEPS TO MAKE THESE CHANGES HAPPEN (WHO, WHAT, WHEN, WHERE WHY, AND HOW):

4

THE FOLLOWING PEOPLE WILL HELP SUPPORT ME IN MY CHANGE PLAN:

5

THESE ARE THE FOLLOWING WAYS MY "SUPPORT PEOPLE" CAN HELP ME:

6

BELOW ARE THE REASONS WHY AND HOW I WILL KNOW MY CHANGE PLAN IS WORKING:

7

SOME POSSIBLE SETBACKS TO MY CHANGE PLAN COULD BE:

8

I WILL CONTINUE TO MOVE FORWARD WITH MY CHANGE PLAN IN THE FOLLOWING WAY(S) IF SETBACKS OCCUR:



Charlene Caiano - Mental Health Counselor
 e. charlene.a.caiano.ctr@army.mil P. 802.338.3445



What is Thrive?

Thrive is a portfolio of evidence-informed, developmentally appropriate, parent-education programs that are available at no cost to parents, caregivers, and guardians of children from birth to 18 years old.

How can Thrive help me as a parent?

The online Thrive programs contain strategies to help parents strengthen positive parenting skills, manage stress in themselves and their children, and promote a healthy lifestyle.

What resources are available?

Online parenting programs, suitable for all families with children from birth to 18 years old, are available to parents via the Thrive website: <https://thrive.psu.edu>

Supplemental modules and other resources contain information about specific topic areas, developmentally appropriate expectations, and ideas for how parents can include children in completing daily tasks, like cooking and laundry, and how to stay active as a family.

How do I get started?

To gain immediate access to the online programming, parents can create an account at <https://thrive.psu.edu> by registering to sign up. Parents simply enter their name and email, develop a password, and are provided access to programming. Once a program is started, parents are free to pause and come back to it at any time and pick up where they left off.

For more information about the Thrive programs or to register for a program visit:
<https://thrive.psu.edu>

take root

Infants: 0-6 months
Infants: 6-12 months
Infants/Toddlers: 1-3 years

sprout

Preschool: 3-5 years

grow

Elementary Age: 5-10 years

branch out

Adolescents and Teens: 10-18 years

Kitchen Spoons and Combat Boots presents

Relax, Renew, Recharge Wed Nov 2 @7pm

Join the KSCB team for our webinar on Relax, Renew, Recharge: Holistic Comfort for hands-on strategies and activities to help reduce the stressors in your life. Visit bit.ly/3CdfhnX to register.



VETERAN'S TRANSPORTATION OPTIONS GET YOU WHERE YOU NEED TO GO



I am Rick Daigle and I work as an outreach specialist in Addison County, as well as parts of Northern Rutland County.

As Vermont continues to recover from the COVID-19 pandemic and learns to coexist with the ever-changing "new norm", our veterans sometimes need guidance in navigating this new landscape. Whether it is sitting down with a veteran at their kitchen table to help facilitate a VA Primary Care Provider video call from their tablet, or helping a Vietnam Veteran manage their yard work responsibilities, Vermont Veterans Outreach is always ready for the challenge

We have many new Vermont Veterans to work with as a result of VTARNG's deployments in 2021-2022. Many of our eligible VT soldiers have signed up for, or have begun the process of, registering for the Burn Pit. Additionally, many more soldiers are now enrolled in VA Healthcare. The number of VA Healthcare enrollments and the assistance with Burn Pit registrations are the direct result of the Vermont Veterans Outreach Team's efforts meeting our returning soldiers at DEMOB in Fort Bliss in the early part of 2022. Now that's customer service!

Transportation is and continues to be, our number one barrier in providing services to our Vermont Veterans. The VA has its own transportation system, but it is cumbersome for some of our aging veterans to utilize. Some veterans do not have the benefit of family, to provide rides to and from doctors appointments or to the grocery store

Vermont Veterans Outreach has teamed up with Tri-Valley Transit, the State of Vermont Agency of Transportation, as well as Vermont Technical College, in an effort to provide another source of transportation to our Vermont Veterans. Vermont State Colleges provide students with the option of participating in "Work Study". The eligible students would then be able to choose the job they would like for the semester or the whole year. One of the Work Study job options would be to provide veterans with a ride to the grocery store, drug store, etc. These young students are here for most of the year, and every year new students arrive, making the idea sustainable. A transportation test pilot program is scheduled to run this fall.

Hopefully, it will be a success and veterans can receive the transportation they need and have earned.

Finally, fall is a time for Vermonters to gather their harvest and appreciate what they have. Always consider donating extra harvest to our local food shelves as I can assure you, the donations will be put to good use. Also, it is a good time to button up your homes for the upcoming winter. Follow this link from Efficiency Vermont to learn more about the MANY rebates they offer.

<https://www.encyvermont.com/rebates/list/home-performance-with-energy-star>

Rick Daigle
Vermont Veterans Outreach



Rick Daigle- Vermont Veterans
Outreach
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SOLDIER FAMILY READINESS TEAM



Dan McEnerney
Email: daniel.j.mcenerney2.mil@army.mil
Office: (802) 338-3076

Happy Fall! The Soldier Family Readiness Specialist team is here to support soldiers and families, and we're located all throughout Vermont!

Dan McEnerney - Lead Specialist - Camp Johnson - 802-338-3076
Nick Thomas - SFRS - Colchester / Jericho - 802-338-4317
Bambi Patch - SFRS - St. Albans - 802-338-4319
Autumn Cash - SFRS - White River Jct. - 802-338-4320
John Mingo - SFRS - Rutland - 802-338-4322

Keep an eye out for all of our Family Program Events coming up this fall / winter! In the past, we've had Free Military Apple Picking with various orchards across the state, Vermont Symphony Orchestra Holiday Concert Tickets, Polar Express Tickets, and much more! To make sure you don't miss out, follow our Facebook page 'VTNG Family Programs' and check out our website at www.ngfamily.vt.gov!

ASK FOR HELP



CH (COL) Brett Charsky
VTNG State Chaplain
Cell: (315) 481-0419

Which is harder for you to do? Ask for help or struggle with it and still not solve the problem?

We believe that there is no growth without struggle, and we live by the motto: "No pain, no gain!" That may be true with some things in life but refusing to ask for help also reveals one's pride and hinders others from growing.

Asking for help can be difficult. It can chip away at our pride, make us question our own abilities, sometimes create paralyzing anxiety, and yes, sometimes, to some people, make us appear weak. But it doesn't have to. Because asking for help can also do something else — it can help us create better results.

Here are 4 reasons why asking for help makes you a stronger, not weaker person:

1. You've chosen to live in a discomfort zone. When a person feels uncomfortable and he or she is willing to ask, they grow in their skills and abilities.
2. You've chosen to protect your greatest asset. Asking help from others protects yourself from feeling overwhelmed and enables you to handle the problem.
3. You gain different and varying insights. When a person humbles him or herself and asks for help, he or she learns from others.
4. You're building up the people around you. Others grow when given the opportunity to help.

www.forbes.com/sites/davidsturt/2017/11/01/4-reasons-why-asking-for-help-makes-you-a-stronger-not-weaker-leader/?sh=7ec387de3c1a

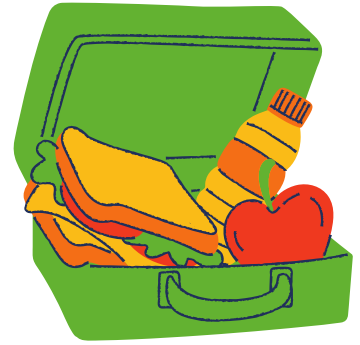
I am available if you ever want to call me (315-481-0419). Remember, Jesus taught using simple words, and yet they have a profound impact on a person's life.

CH (COL) Charsky
State Chaplain

KEEP THE BACK TO SCHOOL VIBES GOING ALL YEAR



Brian Stoudnour - Lead Child & Youth Program Coordinator - Contractor
Office: (802) 338-3369
Cell: (802) 310-6749
email: brian.r.stoudnour.ctr@army.mil



The beginning of the school year is exciting and challenging; time to switch from the less-structured summer days to more-structured school days = earlier bedtimes, homework, extracurricular activities, and beyond. And quite possibly new faces (teachers, classmates), new schools (from an elementary school to middle school...) and changing expectations (new grading method, a heavier homework load...) which can set-off a mix of emotions. Establishing an After-School Routine could provide some much-needed support during this transition time.

In these few short and hectic after-school hours have competing demands: extracurricular activities, homework, household duties, and personal time. But you can control some of the activities you do during this time and have flexibility in the choices made. Setting up this after-school routine will enable you to be more organized and maximize this time.

When the day's events are predictable, we are more secure and confident. Creating routines (structure) has been shown to reduce conflicts. Routines enable us to feel a greater sense of understanding, control, and predictability.

Creating your families After-School Routine should be an 'all-hands-on-deck' family activity because all members have competing priorities, and commitments. Here are some considerations to include in yours:

- **Healthy Snack:** We all get hungry after a long day at school, or work. Grab something healthy low in sugar, saturated fat, and salt like fresh fruit or veggies, whole grains, and low-fat dairy products. But remember it is just a snack, keep portions sized accordingly. Strive to plan ahead and have them easily and readily accessible.
- **Homework Time:** A lot of you will have homework, some of you (especially younger kiddos) may need help from an adult. Establish a daily time, and specific location (comfortable, limited distractions e.g., phones, siblings), and needed supplies at the ready. If you get stuck, or confused ask for help-we ALL need it sometimes.
- **Extracurricular Activities:** FYI-participating in these will likely improve your academic success, further your character and provide positive social interaction, and deepen your community involvement! Beyond that, joining an organized sport has immediate and long-term benefits for youth: lower rates of anxiety and depression, increase satisfaction, and improve physical health.
- **Physical Activity:** Having regular physical activity benefits us in so many ways, especially kiddos. Like, improved cardiorespiratory fitness, stronger muscles and bones, control weight, reduced risk of anxiety, depression, heart disease, Type 2 diabetes, and obesity. Not only that but better grades, improved attendance, increased memory, and better behavior. This will benefit the entire family; you may want to dedicate this piece of your routine to a 'family activity'!
- **Household Responsibilities:** These provide critical life skills like time management, cooperation, organization, as well as how to do laundry, wash the dishes and prepare food. They also improve personal responsibility, care for belongings, and increased sense of value and accomplishments. Be sure tasks are developmentally appropriate, and know that training and practice may be required.
- **Family Time:** Attention and affection increase a sense of significance and belonging which we all need, especially kiddos. With those come a better attitude, and improved behavior. Make this time QUALITY by involving shared activity which will offer improved communication skills, mutual admiration, and respect.
- **Downtime:** Screen-free, unstructured activity of your choosing will allow time to destress, encourage creativity, and allow brains and body time to recover. Go outside, draw, read for pleasure. Meditate, or daydream!

Putting it all together should be a family event. Having realistic expectations will assist in choosing the most important activities will be included. Look to your circle of support for carpooling, used equipment for activities. Maybe try a shared family calendar? Be patient while the routine is established, and it may need modified if it is not working for everyone. There are many ways to go about the creation of your family's routine, here is a template to assist.

Find Family Routine Template on page 8

- **___ pm – Arrive home from school**
 - Unpack backpack, lunch box, and notes from the school
- **___ pm – Snack**
 - Offer healthy, snack-sized options
- **___ pm – Homework**
 - Offer a well-lit and comfortable workspace that has limited distractions
 - Make necessary materials accessible (e.g., calculator, pencil sharpener, notebook, computer)
 - Ensure a parent or caregiver is available if assistance is needed
- **___ pm – Household Responsibilities**
 - Select developmentally appropriate tasks. Ensure your child knows how to complete tasks independently or family members may choose to work together
- **___ pm – Physical Activity/Extracurricular Activity/Family Time**
 - 60 minutes of physical activity each day is recommended
- **___ pm – Dinnertime**
 - Enlist your child’s help in planning, preparation, and dinner cleanup
 - Eliminate distractions, such as cell phones and television
- **___ pm –Downtime**
 - This screen-free, unstructured time may include an enjoyable or relaxing activity such as reading, drawing, journaling, appreciating nature, or daydreaming
- **___ pm – Bedtime Routine**
 - Your child’s bedtime routine may include tidying up their bedroom, packing their backpack for the next day, bathing, shared or independent reading, and quiet time
- **___ pm – Lights Out**
 - Strive for adequate sleep time for your child
 - A screen-free sleeping environment is recommended



References
 Christison, C. (2013). The benefits of participating in extracurricular activities. *Brandon University Journal of Graduate Studies in Education*, 5(2), 17-20. <https://www.brandonu.ca/master-education/files/2010/07/BU-Journal-of-Graduate-Studies-in-Education-2013-vol-5-issue-2.pdf#page=19>

PERSONAL FINANCE



Megan Sather - Personal Financial Counselor
 Office: (802) 338-3446
 email: Megan.j.sather.ctr@army.mil

The holidays will be here soon, and we need to plan now to be able to survive them financially. No one ever wants to go into debt to pay for the holidays. You still have a few months left to plan.

The first thing you need to do is know where all your money is being spent right now, and that will require some type of spending plan. There are many free resources to help you create a budget, start by checking with your bank or credit union and see if they have a spending tracker.

Once you have found where you are spending your money now, you need to make a spending list for the holidays. This year the holidays may look different, you may not be traveling or may not be having big gatherings. Sit down and plan what your family will be doing this holiday season.

Once you know what your holiday plans are, start your holiday budget by listing everyone you purchased gifts for last year and add new people you will be buying for this year. Then make a list of all the extra expenses you will be spending beyond the individual gifts, including things like gift wrapping, postage for sending gifts, and extra food and drinks for the holidays.

Now that you have made a list of things you want to spend money on, you need to find that money in the budget you already completed. If you don't know how much to spend, some experts say no more than 1-2% of your yearly salary is a good guide for spending on the holidays, this includes all the holidays you celebrate this time of year.

If there is very little or no extra money in the budget, then you need to get creative. Two great gifts to think of giving are gifts you make or gifts of your time. If you love baking or love crafts, you can make something and also help children make gifts. They say people appreciate the time you put into handmade items, what a great lesson to teach your children. Give your time, maybe running errands for a homebound family member, a date night out for new parents, or creating a photo calendar for friends and family.

Put yourself in their place and think about what you would love to receive.

Planning for the holidays continues after they are over, keep track of what you spent this year, and beginning in January you can start saving that in a holiday account and be on track to have a debt-free holiday season.

UPCOMING EVENTS

PLEASE FOLLOW VTNG FAMILY PROGRAMS ON FACEBOOK FOR MORE INFORMATION

TRICK OR TREAT @ THE AIR GUARD

OCT 27

RUTLAND - OCT 9
LYNDON - OCT 18
COLCHESTER - NOV 6TH

VETERANS TOWN HALL
VTVETSTOWNHALL.ORG

VYO HOLIDAY CONCERTS

DEC

DEC

POLAR EXPRESS & DROP AND SHOP*

*SUBJECT TO CHANGE

FOR MORE INFORMATION, VISIT
NGFAMILY.VT.GOV AND JOIN US AT
FACEBOOK.COM/VTNGFAMILYPROGRAMS



5TH ANNUAL SAPR & SUICIDE PREVENTION 5K

Saturday, October 15th 2022
Start time: 1530 @ the Solar Track
Dependents Welcome
T-shirts available to those that register by
September 11th
Snacks available at club 35

Register with Serena @
Serena.furnari@us.af.mil



The Kitchen Spoons & Combat Boots webinar series meets on the first Wednesday of every month from 7:00 PM-8:00 PM. Because these webinars are virtual, you can access them wherever it is most convenient for you.

Oct 5 - Master the Art of VA Navigation

Are you or your significant other a military veteran? Do you often wonder what benefits or services apply to you? To gain knowledge of earned entitlements, join us on October 5th for a comprehensive overview of veteran services and benefits such as VA Eligibility, VA Health Care, and the Vet Centers with special guests from the Vermont Veterans Outreach Program.

NOV 2 - Relax, Renew, Recharge: Holistic Comfort for the Soul

Are the upcoming holidays giving you some anxiety? Feeling overwhelmed? Just not yourself lately? Turn that frown upside down! Come join the Kitchen Spoons & Combat Boots team on November 2nd at 7 pm for hands-on strategies and activities to help reduce the stressors in your life. Think you know them already?

Give this webinar a try and see if you learn something new!

Join us on **Dec 7 0 The Secrets to New Year's Resolutions!** Follow KSCB's Facebook page. www.facebook.com/kitchenspoonsandcombatboots

To register for these informational-based webinars please visit: <http://bit.ly/3CdfhnX> After registering, you will receive a confirmation email containing information about joining the Zoom meeting. NOTE: Please join the meeting from your personal device; government devices are NOT permitted. From Kitchen Spoons to Combat Boots, these webinars help balance life on the home front, during military service, and everything in between. We can't wait to "see" you on the first Wednesday of the month

<p>Director, Family Programs Dave Leonard david.c.leonard3.civ@army.mil cell: 802-598-0140</p>	<p>Lead Child and Youth Program Coordinator Brian Stoudnour brian.r.stoudnour.ctr@army.mil cell: 802-310-6745</p>	<p>VT Veterans Personal Financial Counselor Megan Sather megan.j.sather.ctr@army.mil office: 802-338-3446</p>	<p>Air Wing Chaplain Capt Wilson Treftz wilson.treftz.1@us.af.mil cell 802-503-8618</p>
<p>Vermont Veterans Outreach Andre Wing andre.d.wing.ctr@army.mil cell: 802-881-5057</p>	<p>VT Veterans Mental Health Counselor Charlene Caiano charlene.a.caiano.ctr@army.mil Ph 802-338-3445</p>	<p>Air Wing Yellow Ribbon Program Coordinator Kelli Langlois kelli.langlois.ctr@us.af.mil cell: 802-751-5856</p>	<p>Army Chaplain CH (COL) Brett Charsky brett.e.charsky.mil@army.mil cell 315-481-0419</p>
<p>Military & Family Readiness Centers Lead Daniel McEnerney office: 802-338-3076 daniel.j.mcenerney2.mil@army.com</p>	<p>Survivor Outreach Services Michaela Lacoss michaela.m.lacoss.ctr@army.mil Ph: 802-338-3398</p>	<p>Army Director of Psychological Health Chuck Brewer paul.g.brewer4.civ@army.mil office: 338-3494</p>	
	<p>Military OneSource Marcie Caulfield marcie.caulfield@militaryonesource.com cell 802-233-9694</p>	<p>Air Director of Psychological Health Trish Soter, LICSW trish.soter@us.af.mil cell 802-557-7368</p>	