

# S.D. Family Focus



An update for South Dakota  
Service Members &  
Families!

**DECEMBER 2012**

**1-800-658-3930**

## Funeral Honors

If your family member **served in the armed forces but did not retire as military**, check with the Veteran's Administration for potential benefits and services. Please note that if your family member is retired military, he or she is also a Veteran.



### For Funeral Arrangements

If your family member is a veteran, the U.S. Department of Veterans Affairs provides small **burial allowances**. Burial at no charge may be possible in an area where a national Veterans Cemetery is located. Members of the Reserve or National Guard may also be eligible.

*For more information contact Bob Sack @ 605-737-6927  
Send Emails to [Robert.N.Sack.ctr@mail.mil](mailto:Robert.N.Sack.ctr@mail.mil)*

## Toys for Tots

The Rapid City Jaycee's are hosting the annual Marine Corp Reserve/Toys for Tots drive now through December 14!

Please come by and help this holiday by dropping off a donation or unwrapped toy for the many less fortunate families and kids in our region. This campaign is not only for Rapid City but includes families in all our surrounding counties of the Black Hills.

### Drop off locations include:

- \*Toys-R-Us
- \*Shopko
- \*Family Thrift Locations
- \*Boyd's Locations
- \*Midstates Campers



Nominate your employer for the 2013 Secretary of Defense Employer Support Freedom Award for their exceptional support of the employees serving in the Guard and Reserves.

Nominate your employer at [FreedomAward.mil](http://FreedomAward.mil) from November 1—January 21 2013.

## TRICARE RESERVE SELECT 2013 PREMIUMS

2013 RATES will go into effect for coverage beginning January 1, 2013

TRS Member-Only coverage: \$51.62 per month.

TRS Member-and-Family coverage: \$195.81 per month.



### New TRICARE West Regional Contractor:

On March 16, 2012, TRICARE Management Activity selected United Healthcare Military & Veterans as the new TRICARE West Region contractor. As a result, United Healthcare will take over from TRIWEST providing health care under the new contract beginning April 1, 2013.

Pharmacy, dental and TRICARE For Life contracts are NOT affected by the new West Region health care contract.

Your TRICARE benefits remain unchanged under the new contract. Please keep in mind, however, that TRICARE benefits are always subject to change due to Congressional legislation or adjustments in TRICARE policy.

*For more information on TRICARE please contact Sheri Bartunek from Family Assistance at 605-737-6079, or email [Sherlyn.j.bartunek.ctr@mail.mil](mailto:Sherlyn.j.bartunek.ctr@mail.mil)*

## Suicide Prevention

The [Veterans Crisis Line](#) is available 24/7 if you need to speak with someone when/if you find yourself in crisis. The call is confidential and can be found at 1-800-273-8255. When prompted, press “1.” The crisis line also offers a text option at 838255. Additionally, the [Veterans Crisis Line](#) website offers Veterans a confidential chat option; also 24/7-available. This holiday season, be well and be vigilant for suicide warning signs.

**Make the call.  
Remember, you are not alone.**



## ASIST Training

**WHERE: Rapid City, SD**

– Bldg 802

**WHEN: 5-6 Jan 2012 (SAT. & SUN.)**

– 0800 hrs to 1700 hrs

TRAINING IS APPROPRIATE FOR:

Chaplains, Chaplain Assistants, Unit SIO's (Suicide Intervention Officers) and others interested in helping individuals with suicide-related symptoms or issues.

ASIST TRAINERS:

Chaplain Lynn Wilson @

[lynn.j.wilson.mil@mail.mil](mailto:lynn.j.wilson.mil@mail.mil)

605.737.6009 (W) or 605.431.5182 (C)

Chaplain Asst. Gordy Hedges @

[james.g.hedges.mil@mail.mil](mailto:james.g.hedges.mil@mail.mil)

605.737.6658(W)

*For more information or to register please contact SSG Mike Strang @ [Michael.l.strang.mil@mail.mil](mailto:Michael.l.strang.mil@mail.mil) or call 605.737.6949(W) or 605-737-3314(C)*

# Enjoying the Holidays with Your Children

What children want during a holiday season is much the same thing they want all year - relaxed time with their parents and to be showered with loving attention. But the things that make a season "magical" for children -surprises and celebrations - can also make it stressful and hectic for parents. The result can be unmet expectations and disappointments for the whole family. By looking at your child's needs, your needs, and what kind of holiday you want for your family, you will all be better prepared to truly enjoy those holidays.

## Try to stick to routines

With all the excitement surrounding holidays, many children become overtired and wound up, skipping naps and meals, and not getting to bed on time. This can spoil their good time and yours. Your children will do best if you keep to regular routines, especially sleeping and eating routines. You may want to feed your children before a holiday party if you don't know when the meal will be served, or if you aren't sure your children will eat it. Suggest that you all take an afternoon nap if you'll be up late.

## Build up to holidays slowly

During holidays that require a lot of planning, many parents are so busy they actually wind up spending less time than usual with their children. But if you spread out holiday rituals over several weeks, you can plan activities to bring your family together in relaxed and meaningful ways. This also helps prolong the pleasure of the holidays, since all the excitement and activity isn't concentrated in just one or two days.

If a parent is deployed, record a special holiday message or prepare a package to send. Try to involve your children in the planning and choosing of these rituals, and mark them on your calendar with stickers or drawings if your children are young.

## Manage your children's expectations about gifts

Letting your children know in advance what to expect in general terms will help prevent a meltdown on the actual holiday. One way to begin the conversation about gifts is to ask your children to make a wish list of what they want most. Then let them know if any item is completely out of the question. If possible, it's best to explain: "I wish I could get you a new bike this year, but we can't afford it."

Remember that television plays a big role in shaping children's expectations about gifts. You can cut back on TV during this time. Or help your children become an educated consumer by watching a program with them. Point out how many commercials there are and how often the toys and products sold on TV don't seem to work as well in real life. Even young children can understand some of this message.

In setting expectations about gifts outside the family, you might talk to relatives and friends about how to handle presents if this feels comfortable. You might suggest one gift for your whole family on holidays, and individual gifts for birthdays. You could also mention to your children's favorite relative that planning a special activity together for after the holidays would be a perfect present. If a relative does bring a gift for your children before a holiday, you might let your children open it in advance. That way, you can avoid overload on any one day and the sender can have the pleasure of enjoying your children's reaction firsthand.

## Encourage generosity and the gift of giving

Add a "giving" tradition to your family's holiday ritual. Ideas include donating clothes, helping out at a senior citizens' center, or contributing a gift for a child through a toy drive. You can teach your children to think about others by becoming involved in a project at home like cleaning up and recycling the toys they have outgrown and passing them on to a shelter for homeless families. All of these efforts help take some of the focus away from "me."

**Service members, family members, service providers, and command-welcome to Military OneSource. Policies, procedures, timely articles, cutting-edge social media tools, and support. All in one place, empowering our military community.**

*For more information visit [MilitaryOneSource.com](http://MilitaryOneSource.com) or Contact Todd Otterberg @ 605-737-6292, or send emails to [Todd.a.otterberg.ctr@mail.mil](mailto:Todd.a.otterberg.ctr@mail.mil)*



# Veterans Corner

## What is a Veteran?

**Veterans** are individuals who served our country in the armed forces who were honorably discharged and/or who became ineligible for active service due to a disability received during active service. Individuals who retired from the military after twenty or more years of service or who became totally and permanently disabled due to military service are Veterans in addition to qualifying as **retired military** (with a separate set of benefits).

Our country offers benefits to Veterans in honor of their service. These benefits may change from time to time. Veterans are eligible for certain Federal benefits and are also, in some cases, eligible for additional state benefits.



## What Benefits?

Types of Benefits That May Be Available:

Disability related equipment/assistance, education and training allowance, employment preference benefits, funeral assistance, health care coverage, home loans, hunting and fishing licenses discounts, income tax relief, life insurance designed for Veterans, property tax relief, special license plates, vocational rehabilitation assistance, and more...

In some cases, spouses and dependents of Veterans and retired military are eligible for certain benefits.

*For more information please contact Dr. Bill Meirose @ 605-737-6669 or email him at [William.J.Meirose.mil@mail.mil](mailto:William.J.Meirose.mil@mail.mil)*

# Yellow Ribbon Events

- **December 1-2, 2012:** 842nd EN, 451st Fire Fighters, and Det. 48 AVN 60 Day Awareness and Well-being Event at the Spearfish Holiday Inn and Convention Center. Special guest speakers are Erik Engel and Bill Zubke.
- **January 5-6, 2013:** 235th MP and 129th MPAD Pre Mobilization Event to be held at the Spearfish Holiday Inn and Convention Center.
- **May 11, 2013:** 935th AVN 30 Day Reintegration Event, Location TBD
- **May 18, 2013:** 927th Survey TM 30 Day Reintegration Event, Location TBD
- **June 8-9, 2013:** 152nd CSSB Pre-Mobilization Event, Location TBD
- **June 22, 2013:** 935th AVN 60 Day Awareness and Well-being Event, Location TBD
- **June 29, 2013:** 927th Survey TM 60 Day Awareness and Well-being Event, Location TBD

*Any questions pertaining to these event please contact SFC Penny Dickes, Yellow Ribbon Program Coordinator at 605-737-6947 or send emails to [ngsd-yellowribbon@ng.army.mil](mailto:ngsd-yellowribbon@ng.army.mil)*



*Our way to say  
Thank You!*



**Mission Statement:** *Our mission is to provide extraordinary savings to local heroes who provide extraordinary services to our community every day.*

### What is Homes for Heroes?

Homes for Heroes provides real savings for the people who work every day to make our communities safer, cleaner and better places to live. Homes for Heroes is a network of real estate professionals and lenders prepared to give real savings to their communities' Heroes when they buy or sell a home. This program is our way to say *thank you*.



### Heroes Include:

**Military personnel  
Firefighters  
Peace officers  
Nurses**  
*who are in need*

### How much will you save?

The total amount you save will depend on the final selling or buying price of your home. Homes for Heroes Affiliates have agreed to the following rebates and discounts:

**25%** rebate on the Gross Brokerage Commission

*Real discounts for real heroes.*

### Are there a lot of EXTRA applications, forms and paperwork?

None. Your name, a way to contact you, and what you do in your community - that's all we need to know.

The Homes for Heroes Promise:

- No extra forms.
- No red tape.
- No fine print.
- No hidden fees.
- No catch.

### Sign up and save

If you plan to buy or sell a home, visit [www.HomesForHeroes.com](http://www.HomesForHeroes.com) to request a call from one of our Homes for Heroes Team Members. They want to save you money.

