IN A
NEW YORK MINUTE

"ALL THE NEWS YOU NEED TO KNOW
~ IN A NY MINUTE"

MAY 2016

Do you or one of your dependents need an updated ID?

Call the DEERS Office located at:

330 Old Niskayuna Rd.
Latham, NY 12110
518-786-4406

Comments, Issues or Complaints?
NYNGFAMILYPROGRAMSCOMPLAINTS@gmail.com

We are now on Social Media!

https://twitter.com/NYNGFamilyProg

Strong Bonds Events:

7 Habits @ Lake Placid - May 13 – May 15

To register go to: http://dmna.ny.gov/family/ and Follow the Strong Bonds Link

- Child care service available
- POC: robert.f.volk.mil@mail.mil

Find us on

www.facebook.com/NYNGFamilyPrograms

* Items from outside entities posted in the New York Minute are for informational purposes only and do not imply endorsement or affiliation by the New York National Guard Family Programs Office.
We do our very best to ensure accurate information but always verify information such as Dates, Times, Cost, etc.

NEW YORK
NATIONAL GUARD
JOB ZONE
DMNA.NY.GOV/JOBS

NEW YORK STATE

Become a Certified Service-Disabled Veteran-Owned Small Business

Get a NYS certification to participate in New York State's contracting opportunities.

http://www.ny.gov/services/become-certified-service-disabled-veteran-owned-small-business

HIRING OUR HEROES
U.S. CHAMBER OF COMMERCE FOUNDATION

2016 Hiring Our Heroes – Latham, NY

A Free Hiring Fair for Veterans,
Transitioning Service Members, and Military Spouses

Division of Military and Naval Affairs
New York National Guard Headquarters
330 Old Niskayuna Road, Latham, NY 12110
June 10, 2016

EMPLOYMENT WORKSHOP: 8:30 a.m.
EMPLOYER BRUNCH & LEARN: 9:00 a.m.
HIRING FAIR: 10:30 a.m. – 1:30 p.m.

The **Workshop** for job seekers focuses on resume writing, tips for successfully navigating hiring fairs, military skill translation, and interviewing

The **Brunch and Learn** presentation for employers focuses on best practices for recruiting, hiring, and retaining veterans and military spouses

EMPLOYERS	JOB SEEKERS
Must register for **FREE** at HiringOurHeroes.org/events	Register for **FREE** at HiringOurHeroes.org/events

Thanks to our local partners:

- New York National Guard
- Capital Region Chamber
- Saratoga County Chamber of Commerce
- Rensselaer County Regional Chamber of Commerce
- NYS Department of Labor

For registration questions, please email kpoynton@uschamber.com or call 202-617-6806

MAXIMUS
VETERANS' EMPLOYMENT AND TRAINING SERVICE
UNITED STATES DEPARTMENT OF LABOR
goodwill
NBC NEWS

HIRINGOURHEROES.ORG

Find Hiring Our Heroes online:

Download the free Hiring Our Heroes mobile app! All our powerful tools and resources at your fingertips.

Available on the App Store
Google play

ADPAAS

What is ADPAAS?

U.S. Army Disaster Personnel Accountability and Assessment System (ADPAAS) standardizes a method for the Army to account, assess, manage, and monitor the recovery process for personnel and their families affected and/or scattered by a wide-spread catastrophic event. ADPAAS provides valuable information to all levels of the Army chain of command, allowing commanders to make strategic decisions which facilitate a return to stability.

ADPAAS allows Army Personnel to do the following:

- ★ Report Accounting Status
- ★ Update Contact/Location Information
- ★ Complete Needs Assessment
- ★ View Reference Information

https://adpaas.army.mil

ADPAAS is a web-based system and does not require any software installation. Family members, Soldiers and DoD civilians can use the secure website to update and view personal records. It can be accessed from work or home from any internet browser without a CAC-reader. You can also gain access through our ADPAAS mobile site by using your smart phone by simply going to https://adpaas.army.mil. Admin POC/ CORs can access from home as long as they have a CAC-reader.

U.S. ARMY MWR

SOLDIERS . FAMILIES . RETIREES . CIVILIANS

MWR

NAVAL SUPPORT ACTIVITY SARATOGA SPRINGS

Outdoor Recreation Park
3569 Galway Road Ballston Spa, NY 12020
Phone: 518-885-5138
Winter Hours
Sun CLOSED Mon 0600-1730
T-Thu 0630-1730
Fri 0630-1830 Sat 0700-1500

ITT / Liberty Center
NSA Saratoga Springs
19 J F King Drive
Saratoga Springs, NY 12866
518-886-0200 x126
Hours
M-F 0900-1600
Sat/Sun CLOSED

NIAGARA FALLS AIR RESERVE STATION

FORCE SUPPORT SQUADRON

10405 Lockport Rd,
Niagara Falls, NY 14304

niagarafss.com/services/outdoor-recreation-equipment-check-out/

NIAGARA FALLS AIR RESERVE STATION

Equipment Check Out

716-236-3511

Make Equipment Requests Online

It's easy!

Go to: http://equipment-request.questionpro.com
Fill out the online request form.
We'll call or e-mail you to schedule a pick up time.
Meet us at Equipment Check Out to pick up your stuff.
(It's the second driveway after you go through the gate.)
To rent equipment from us you'll need to show a military ID or CAC card.

- **Party Supplies**
- **Gardening**
- **Water Sports**
- **Camping Equipment**
- **Sports and Games**
- **RV Storage**

THE 68TH ANNUAL ALBANY TULIP FESTIVAL
MOTHER'S DAY WEEKEND

MAY 7 & 8, 2016
WASHINGTON PARK, ALBANY, NY

FRIDAY: STREET SCRUBBING AND LUNCHEON • NOON
SATURDAY: ROYAL TULIP BALL • 6:30PM
SATURDAY AND SUNDAY: VENDORS, FOOD, MUSIC AND MORE • 11:00AM - 6:00PM
http://www.albanyevents.org/

118th Rochester Lilac Festival

May 6-15, 2016
10:30am-8:30pm Daily
Highland Park
Rochester, NY
Free Admission
www.rochesterevents.com/lilac-festival/

Are you a retired handyman?

Do you love tools?

Volunteer Today!

umbrella OF COLONIE

608-4758

toolbox@colonieseniors.org

www.colonieseniors.org

TOOL BOX

1693 Central Avenue in Colonie

Tool Lovers! Use your skills to benefit the community and become a **Tool Box Volunteer!**

Enjoy a cup of coffee at the Tool Box

Donate your time and have fun! The Tool Box also provides space for our volunteers to hang out, listen to the radio, and relax!

The Umbrella of Colonie Tool Box is a program of Colonie Senior Service Centers, Inc. and is supported by the Albany Guardian Society.

Free Financial Coaching For Transitioning Veterans

Maybe you're in the middle of a tough financial situation right now or you're dealing with issues and emotions you never thought you would experience. Perhaps you just need an annual Financial Checkup.

If you are struggling or you just have questions, we can help

- NAVIGATE through a financial crisis
- BUILD a working budget
- LEARN how to deal with collectors
- ESTABLISH a plan for emergencies, savings, retirement, college

A financial coach works with you to help you:

- IDENTIFY your financial goals
- CREATE a plan
- TRACK your progress to ACHIEVE your goals
- SUPPORTS you along the way, for as long as you need

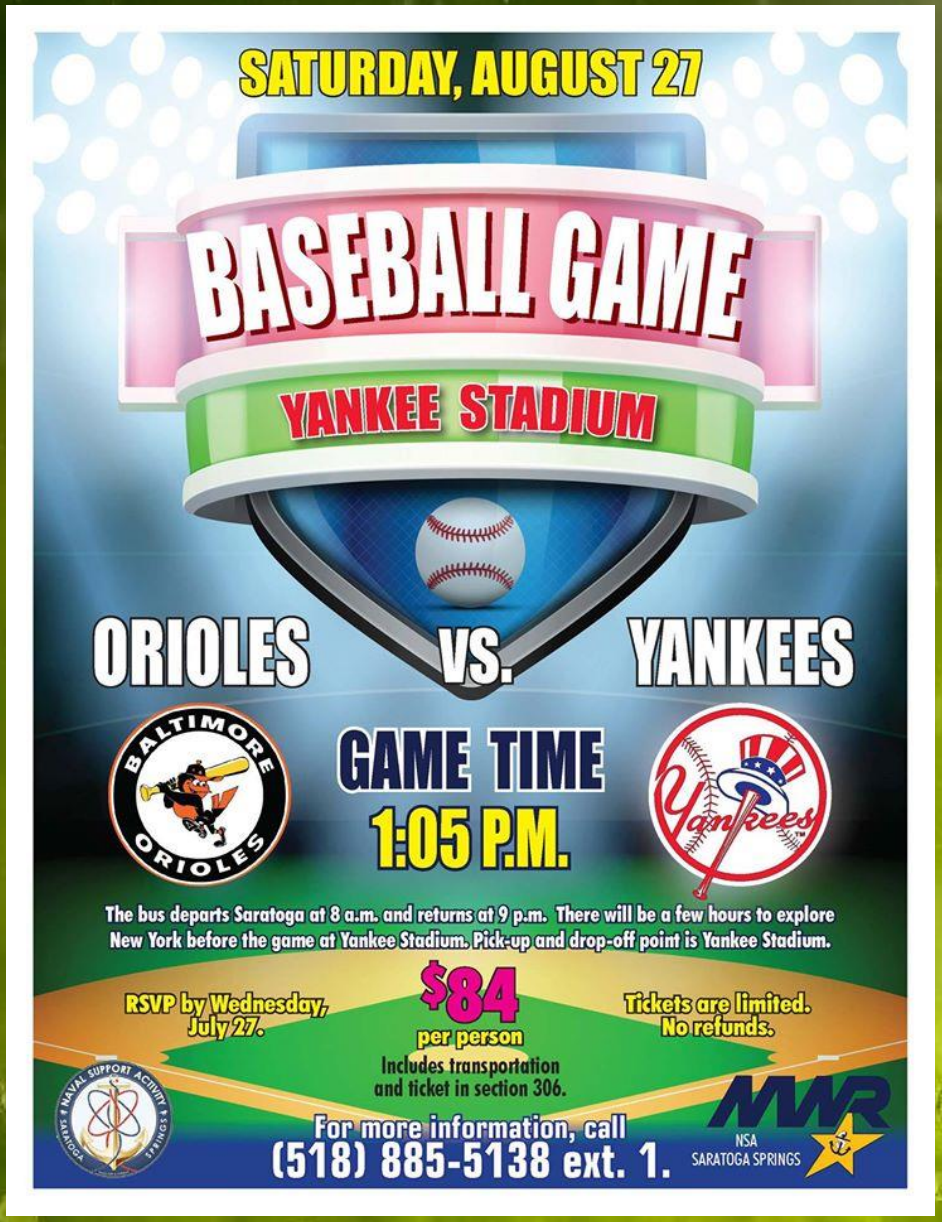
Three Financial Coaches for you in New York State:

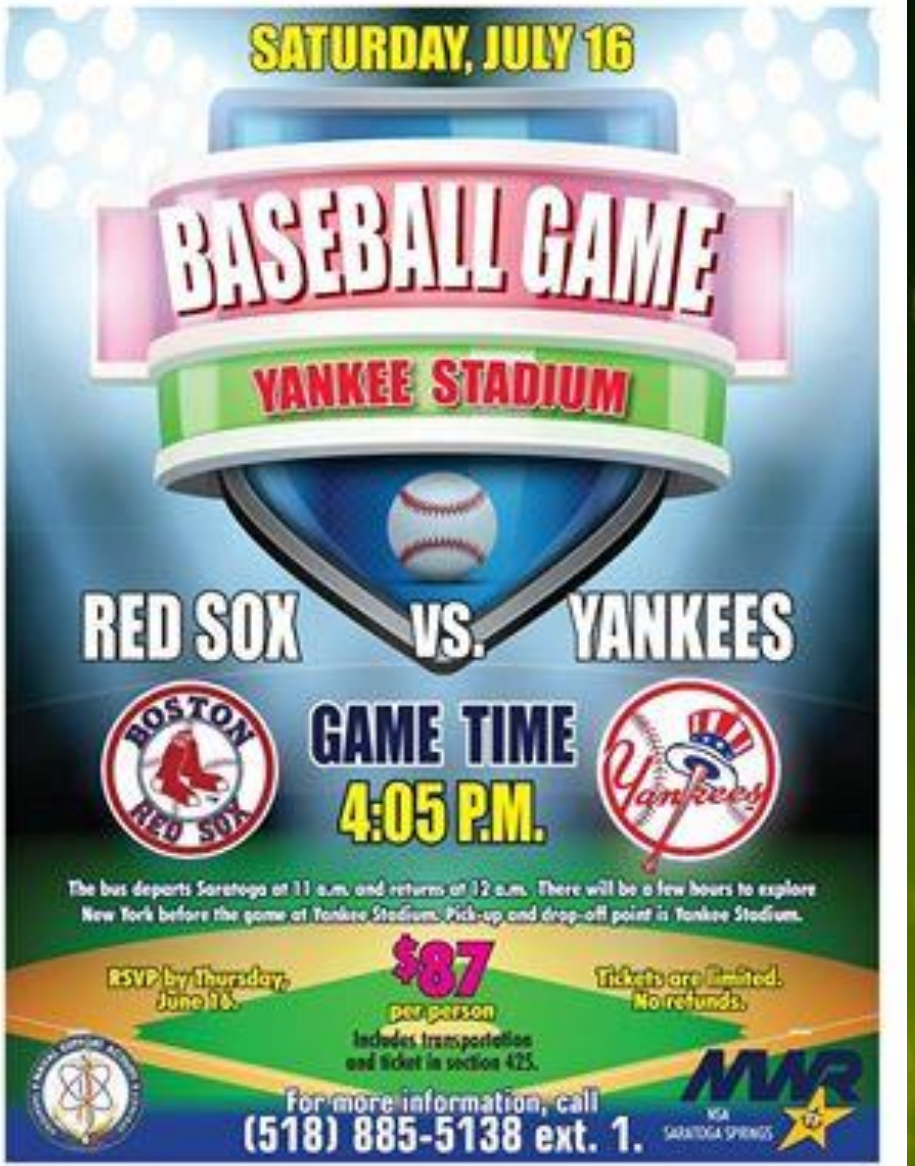
- Jason Lampert-*NYS Dept. of Labor, Div. of Employment & Workforce Solutions, Brooklyn, NY* 718-613-3736
- Paula Mucci- *Workforce New York Career Center, Patchogue, NY* 631-687-4879
- Financial Coach-*The Work Place, Watertown, NY* 315-786-3673

Reshape your behavior and attitude towards money

Phone and Video Conferencing Sessions available

This program is provided by The Consumer Financial Protection Bureau in collaboration with The Department of Labor


SATURDAY, AUGUST 27
BASEBALL GAME
YANKEE STADIUM
ORIOLES VS. YANKEES
BALTIMORE ORIOLES
GAME TIME
1:05 P.M.
Yankees
The bus departs Saratoga at 8 a.m. and returns at 9 p.m. There will be a few hours to explore New York before the game at Yankee Stadium. Pick-up and drop-off point is Yankee Stadium.
RSVP by Wednesday, July 27.
$84
per person
Includes transportation and ticket in section 306.
Tickets are limited. No refunds.
For more information, call
(518) 885-5138 ext. 1.
NAVAL SUPPORT ACTIVITY SARATOGA SPRINGS
MWR
NSA SARATOGA SPRINGS


SATURDAY, JULY 16
BASEBALL GAME
YANKEE STADIUM
RED SOX VS. YANKEES
BOSTON RED SOX
GAME TIME
4:05 P.M.
Yankees
The bus departs Saratoga at 11 a.m. and returns at 12 a.m. There will be a few hours to explore New York before the game at Yankee Stadium. Pick-up and drop-off point is Yankee Stadium.
RSVP by Thursday, June 16.
$87
per person
Includes transportation and ticket in section 425.
Tickets are limited. No refunds.
For more information, call
(518) 885-5138 ext. 1.
MWR
NSA SARATOGA SPRINGS

VETERAN ementor

HIRING OUR HEROES
U.S. CHAMBER OF COMMERCE FOUNDATION

Empowering National Guard and Reserve Members To Be Their Best

an online mentoring community where service members can connect with civilian professionals as they pursue meaningful employment in the civilian workforce

Program Highlights for Service Members and Veterans:

- *flexible mentoring options*: single session or ongoing mentoring; you and your mentor determine how and when you communicate
- *experienced mentors*: half are veterans or Guard/Reserve with successful civilian careers, half are civilians who want to give back or are working for veteran-friendly companies
- *skill development and networking*: improve your job search with help from a mentor already working in your target industry; Q&A page, discussion forum, and individual access to all of our mentors through our messaging system
- *free!*

Program Highlights for Mentors and Employers:

- *flexible mentoring options*: ideal volunteer opportunity for busy professionals
- *free advertising*: what better way to advertise your company as veteran-friendly than by providing volunteer mentors to assist service members with their transition to the civilian workforce
- *recruit experienced leaders*: individual access to all of our veterans and transitioning service members' profiles and communication through our messaging system

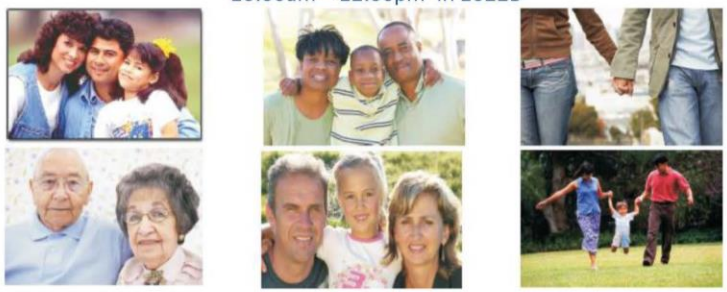
For More Info: www.veteranementor.org or email admin@ementorprogram.org.

2016 Schedule for

S.A.F.E.

Support And Family Education

Mental Health Facts and Information
Workshops for family members of Veterans
Offered every other Friday at the Buffalo VA Medical Center
10:00am – 12:00pm in 1022B



January 22 .....Depression/Bipolar Disorder and Their Impact on the Family
February 5 .....PTSD and its Impact on the Family
February 19 .....Schizophrenia and its Impact on the Family
March 4 .....Communication Tips for Family Members
March 18.....Limit Setting and Boundaries with Family Members
April 1.....Problem-Solving Skills for Families
April 15 .....Creating a Low-Stress Environment and Minimizing Crises
May 6 .....What Can I Do When My Family Member is Angry or Violent
May 20.....Common Family Reactions to Mental Illness
June 3 .....Taking Care of Yourself
June 17.....Skills for Managing Stress Effectively as a Family Member
July 1 .....What to Do When Help is Turned Away
July 15.....Do's and Don'ts in Helping Your Family Member
August 5.....Rights and Responsibilities of Consumers, Family Members,
August 19.....Empowering Your Loved One on the Journey of Recovery
September 2.....What Do We Tell Our Children and Other People about Mental Illness
September 16.....Dealing with the Stigma Surrounding Mental Illness

For more information please call Dr. Elizabeth Wahlig (862-7473) or talk to your VA provider.
You are welcome to attend one or all of the workshops.
Family members and older adolescents are invited.
No reservations required for this free program.

KID's Corner

May

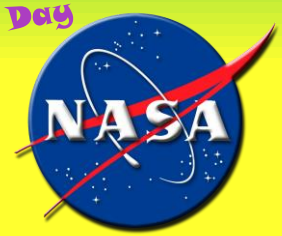
May 1st
Nat'l Mother Goose Day
Silver Star Service Banner Day

May 3rd
Nat'l Specially-Able Pets Day
Nat'l Two Different Colored Shoes Day
Nat'l Teacher Appreciation Day

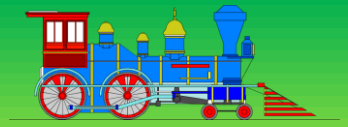
May 4th
Nat'l Star Wars Day

May 5th
Nat'l Astronaut Day

May 6th
Nat'l Space Day



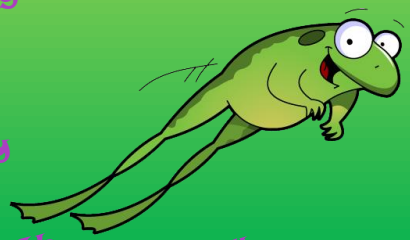
May 7th
Nat'l Babysitter's Day
Nat'l Train Day



May 9th
Nat'l Butterscotch Brownie Day
Nat'l Lost Sock Memorial Day

May 11th
Nat'l School Nurse Day

May 12th
Nat'l Limerick Day
Nat'l Nutty Fudge Day



May 13th
Nat'l Apple Pie Day
Nat'l Frog Jumping Day

May 15th
Nat'l Chocolate Chip Day

May 16th
Nat'l Sea Monkey Day

1.855.VA.WOMEN
WOMEN VETERANS
CALL CENTER

http://www.womenshealth.va.gov/programoverview/wvcc.asp

SPOTLIGHT ON FAMILY PROGRAMS

NY Army National Guard
Resilience, Risk Reduction and Suicide Prevention

The NYARNG R3SP Program will provide resources and education to all Soldiers, Family members and civilian employees to combat high risk behaviors. The end state is a healthy organization that is resilient, knowledgeable regarding high risk behaviors, educated on stress reduction measures and aware of available Soldier-Family-employee support network resources.

Emergency Contacts:

Jacquelyn Beniquez
Psychological Health Coordinator (PHC)
jacquelyn.d.beniquez.ctr@mail.mil
Office: (518) 270-1512
24/7: (518) 396-8993

Marsha Caraway
Psychological Health Coordinator (PHC)
marsha.l.caraway2.ctr@mail.mil
(518) 786-4956

CW3 Larry Langley
Suicide Prevention Program Manager
lawrence.a.langley.mil@mail.mil
Office: (518) 786-4455
Cell: (518) 527-7011

Emily Siegel
Suicide Prevention Program Coordinator
emily.siegel@accenturefederal.com
Office: (518) 786-4661
Cell: (518) 649-7045

MAJ Scott Ehler
State Chaplain
scott.r.ehler.mil@mail.mil
Office: (518) 786-0394
24/7: (518) 410-1269

May JSS Webinars:

Volunteer Management (VM)

Session 1 – Putting the Family back into Family Days

May 3rd 10:00 AM -11:00 AM, Eastern
https://attendee.gotowebinar.com/register/9114597725696998147

May 5th 9:00 PM – 10:00 PM, Eastern
https://attendee.gotowebinar.com/register/1798799198196535043
This webinar will help you come up with ideas and interact with others on how to get the family involved in your family days and the planning of the event.

Session 2 – Meetings can be Fun! Really! Join us to discuss how different groups make a meeting fun, successful and productive so that people will come back.

May 10th 10:00 AM -11:00 AM, Eastern
https://attendee.gotowebinar.com/register/5452567596761396227
May 12th 9:00 PM – 10:00 PM, Eastern
https://attendee.gotowebinar.com/register/4447710725997413891

Please remember that all times are listed as Eastern Time Zone.
Morning Session Evening Session
10:00 AM – Eastern 9:00 PM - Eastern
9:00 AM - Central 8:00 PM - Central
8:00 AM – Mountain 7:00 PM – Mountain
7:00 AM – Pacific 6:00 PM – Pacific