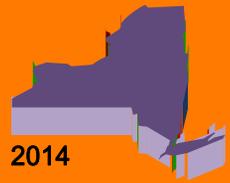




In a New York Minute

"All the News you Need to Know – In a NY Minute"



October 31, 2014

HAPPY



HALLOWEEN!

Summer and vacations have come to an end, and kids have gone back to school. Many families are returning to the routine of homework, practices for school sports, and trips to doctors and DENTISTS. Children's dental health can be protected under the TRICARE Dental Program (TDP). And with back-to-school season in full swing, your sponsors may be bringing their children for one of their bi-annual visits. We've highlighted for you some of the benefits available to military children (including stepchildren, adopted children, and court-ordered wards) under the TRICARE Dental Program (TDP) including:

- Two cleanings and two exams per year at no cost, when a network dentist is seen
- Sealants on permanent molars for children through the age of 18, with a 20% cost share
- Orthodontic coverage for children up to the age of 21 (or 23 if a full time student) with a 50% cost share. \$1,750 Lifetime Maximum Benefit per enrollee
- Space maintainers are fully covered for patients under the age of 19 with no cost share
- Two topical fluoride applications are covered in a consecutive 12-month period at no cost, when a network dentist is seen
- \$1,300 Dental Program Annual Maximum per enrollee per plan year
- \$1,200 Accidental Annual Maximum per enrollee per plan year
- One Athletic Mouth Guard per consecutive 12-month period, with a 50% cost share

Don't forget to remind your military sponsors to enroll their children, spouses, and/or themselves (if a member of the National Guard or Reserves) in the TDP today and protect their smiles! Their dedicated military service entitles them to receive this benefit.

To enroll, your sponsors can visit the Beneficiary Enrollment website at www.tricare.mil/bwe <<http://www.tricare.mil/bwe>> . For additional program information, they can visit www.metlife.com/tricare <<http://www.metlife.com/tricare>> or call the toll-free customer service line at 1-855-638-8371, Sunday 6:00pm- Friday 10pm (EST) except holidays.

If you have any questions, or if you would like a supply of these flyers sent to you, please do not hesitate to contact one of the Regional Dental Benefits Advisors below or simply send us an email at metlifedba@metlife.com:

- Tracy Pearsall – 860-372-4983
- Maria Moreno – 908-253-1439
- Bernie Vance – 908-253-2279



Keep smiling!

Your Dental Benefit Advisor Team

In a New York Minute

Since 1981, October has been National Domestic Violence Awareness Month.

The observance serves to educate communities, individuals, couples and families about the Family Advocacy Program services and other community resources that can help prevent, raise awareness of community responsibility, and inform the community of the many ways to report domestic abuse. Please see the link below to access a domestic violence awareness toolkit. The toolkit contains articles, fact sheets, printable posters, and links to resources and support programs.

http://www.militaryonesource.mil/abuse?content_id=277400

FRGs:

The Volunteer Training Team (VTT) would like you join us for 2 weeks in November for our webinar: Volunteer Community Network (VCN) Caring for Military Families (Elizabeth Dole Foundation) (Nov 4 & 6) & Volunteer Management (VM) Volunteer Experience = Work Experience (Nov 18 & 20).

Caring for Military Volunteers - What is the Elizabeth Dole Foundation? We will be discussing what the Foundation does in Caring for Military Families.

November 4th 10:00 AM -11:00 AM, Eastern
<https://attendee.gotowebinar.com/register/2380042813983363330>

November 6th 9:00 PM – 10:00 PM, Eastern
<https://attendee.gotowebinar.com/register/4730886635098692866>

Volunteer Experience = Work Experience -

While you may not volunteer for the professional experience, your volunteer work is work experience! This webinar will discuss being a strategic volunteer to learn new skills, fill in employment gaps on your resume and even explore or change careers. We will discuss ways to incorporate this experience into your resume.

Our webinars use VOIP with the speakers and microphone on your computer. If you do not have speakers or a microphone you can listen and talk by telephone. You will get the phone number and code after you register. Please note we do not have a toll free number.

November 18th 10:00 AM -11:00 AM, Eastern
<https://attendee.gotowebinar.com/register/6628059863965735682>

November 20th 9:00 PM – 10:00 PM, Eastern
<https://attendee.gotowebinar.com/register/2414624653700242946>

ARMY FEE ASSISTANCE (AFA) PROGRAM

AFA is an initiative that assists eligible Army Families in reducing the cost of off-post child care when on post options are not available or accessible.

Who is eligible to receive AFA?

- Active Duty Army
- Department of the Army Civilians
- Active Army Reserves
- Active Army National Guard

What does AFA help Families pay for?

- Annual Child Registration Fees (up to \$150 per child annually)
- Full Day Care (25+ hours per week)
- Part Time Care (16-25 hours per week)
- Before and After School/Summer Care
- Respite Child Care (must meet eligibility requirements)

What do I need to enroll in AFA?

Families and Community Care providers must complete the AFA application. Supporting documents must be submitted with application to demonstrate eligibility and Total Family Income. Fee Assistance will vary depending upon Total Family Income, geographic location, DoD Child Care Policies and available funding.

How do I enroll in Army Fee Assistance?

1-866-508-0371

http://financeweb.gsa.gov/childcare_portal

army.childcare@gsa.gov

AFA is not an entitlement and is subject to geographic availability of child care and DoD/military service funding.

For questions contact:

Colleen Casey, Lead Child & Youth Program Coordinator 518.786.4614

Keri Attanasio, Child & Youth Program Coordinator 518.786.4904



In a New York Minute

1 Nov	<p>TIME CHANGES 1 HOUR BACK</p> <p>change batteries in smoke alarms and detectors</p>
8 Nov	<p>2014 Central New York Veterans Parade and Expo NYS Fair Grounds 10-3 PARADE @ NOON</p>
15 Nov	<p>Syracuse Law's Valor day 9am-1pm Syracuse University College of Law - Dineen Hall For more information on VALOR DAY or to schedule an appointment please email: VISION@law.syr.edu, call (413) 728-2567 or visit our webpage at SUVISION.syr.edu</p>
22-23 Nov	<p>642nd AVN 30/60 Yellow Ribbon Event, Long Island POC MSG John Ross john.a.ross3.mil@mail.mil</p>



If you haven't done so already, and you or your Service Member's employer has been over the top in their support of you or your Service Member's time in the NYARNG, please take the time to recognize them for their support. It doesn't take long to nominate them for an award, and it will make you and your employer look good!

Info on how to do this is here:
<http://www.esgr.mil/Service-Members-Family/Nominate-your-Employer.aspx>

If you or anyone you know banks with JPMorgan Chase, we encourage you to be extra vigilant when reading any emails or receiving phone calls that seem to be from JPMorgan Chase where personal or banking information is requested. In June, a malicious party was able to gain 76 million email addresses and other contact information from an attack that compromised servers within the JPMorgan Chase network. According to JPMorgan Chase there was no bank account information disclosed during the breach but they believe that the attackers may attempt to use phishing* in the future to gain bank account information from users.

Please read the following article for more information and methods to protect yourself:
<http://www.foxbusiness.com/industries/2014/10/06/jpmorgan-bracing-for-spear-phishing-campaign-sources/>

*Phishing is the attempt to acquire sensitive information such as usernames, passwords, and credit card details (and sometimes, indirectly, money) by masquerading as a trustworthy entity in an electronic communication.



2014 International
Survivors *of*
Suicide Loss
Day

Reaching Out Can
Change Your Life

You are not alone. Every day, 22 members of the military take their life, leaving family, friends and colleagues to grieve the loss and try to understand. Join with a community of military suicide loss survivors to share stories and begin to heal.

The Program

11:00 AM

Welcoming and Opening Remarks

11:15 AM

Remembrance Ceremony

12:00 PM

Lunch and Survivor Socializing

1:00 PM

Screening of *The Journey*

2:00 PM

Closing Remarks

**Saturday,
November 22, 2014
Krause Center**

2212 Burdett Ave. | Troy

Contact: Laura Marx | 518-791-1544 |
lmarx@afsp.org

Preregistration is greatly appreciated.
Refreshments will be provided.

To Register:

www.survivorsdaycapitalregion.eventbrite.com

The Journey

Each gathering will feature a screening of *The Journey*, AFSP's new documentary that tells the stories of a diverse group of suicide loss survivors. It's a powerful film that shows how each survivor is weathering the loss of a loved one, and how they are finding their way back to a life rich in meaning—and even joy.



**AMERICAN FOUNDATION FOR
Suicide Prevention**

Learn More at SurvivorDay.org