Cougar Tales – 23 Oct



Announcements:

FREE Grocery Assistance

Meet your Area Defense Counsel

Family Suicide Prevention Training

Family Resiliency

Suicide Prevention Kneeboard

Emergency Relief Fund Grants

COANG Bullet Writing Guide (copy and paste link into browser:

 $\frac{https://control.m360mobile.com/uploads/1021/images/thumb/references/pdf/COANGBullet \\ \underline{WritingGuideSEP2020_1603393269.pdf)}$

Events:

Diversity Book Club

Take Control of your Financial Future

Holiday Meals for Military

140th LRS Auction

Mile High First Sergeants Top Golf Tournament

** For more information and a complete events calendar, check out the COANG Resiliency Page and the 140th Wing App (download in your phone app store)**



Click here for full PDF: https://control.m360 mobile.com/uploads/ 1021/images/thumb/ references/pdf/Groce ryAssistance 160347 6217.pdf

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The

AREA DEFENSE COUNSEL

Works for **YOU!**

NOT YOUR COMMANDER
NOT THE LEGAL OFFICE
NOT ANYONE ON THIS BASE

I am here to protect **YOU**...

If YOU choose to exercise your right to counsel, I am here to help.



YOUR COANG AREA DEFENSE COUNSEL Capt Elaina DeNolf

Call me if you are facing actions including:

- LOC/LOR Separation Reenlistment Denial
- Security Clearance Issues Article 114
- Demotion LOD/MEB/PEB/DES
 - or <u>any other action</u> that may negatively

impact your service in the COANG

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INDEPENDENT & CONFIDENTIAL

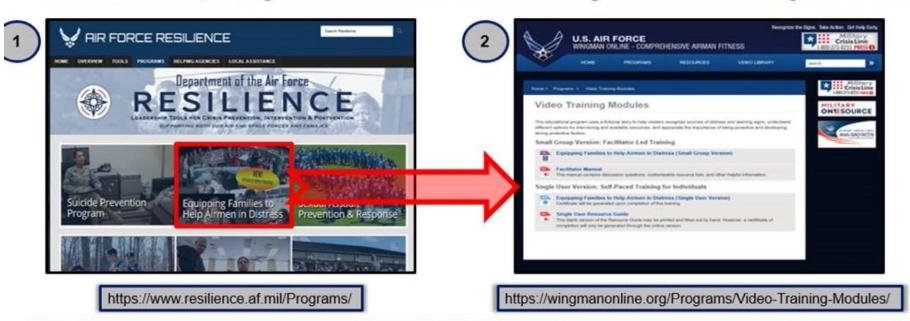
Area Defense Counsel 140 S. ASPEN ST., Bldg. 706 Room 125 Buckley AFB, CO 80011

elaina.denolf.1@us.af.mil Work Cell: 303-710-7326

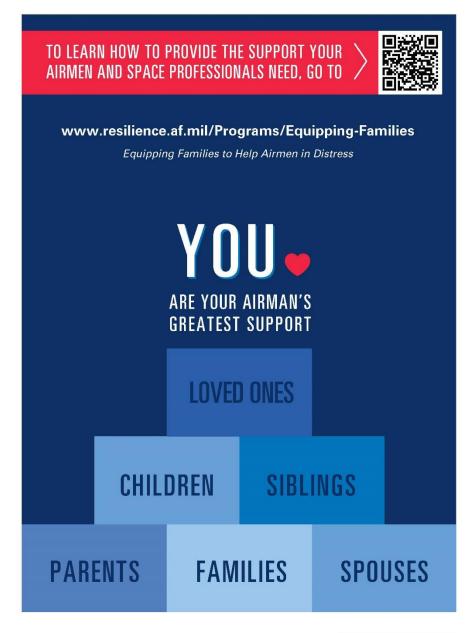


Family Suicide Prevention Training

- Force multipliers; families are vital to our enterprise resiliency and specifically our suicide prevention strategy
 - -- HAF A1 in concert with a cross-functional team developed training to inform and better educate our families as key sensor and potential solutions in our "care and support chain" to help Forces in distress
 - --- 7 Oct 2020 release; working with MAJCOM Violence Prevention Managers and Public Affairs for greater awareness



Integrity - Service - Excellence



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PROMOTE RESILIENCE

Practice self-care such as regular exercise, sufficient sleep, and relaxation time. Invest in resilience skills like balance your thinking, mindfulness, and looking for the good to manage stress.

RECOGNIZE SIGNS OF DISTRESS

Mood changes, such as depression or anxiety Irritability, agitation, or anger

Sleep difficulties

Withdrawing from social activities, family, friends, or others

Lack of interest in activities that were previously enjoyed (hobbies, work, etc.)

ASK

CARE

ESCORT

Directly ask the individual if they are having thoughts of death, self-harm, or suicide.

Care about their answer. If they hesitate, or seem uncertain, ask follow-up questions to convey that you care about their well-being.

If the individual is having thoughts of suicide or needs help, escort them to a qualified professional or leadership.

SLO

If someone demonstrates signs of distress, consider their access to LETHAL means including firearms, medications or other means of fatal methods. Airmen should remember to "go SLO" - use Safes, Locks, or store means Outside the home.

SMALL STEPS SAVE LIVES.

www.resilience.af.mil

MILITARY CRISIS LINE: 1 (800) 273-8255							
HELPING Resource:	COMMANDER/ Supervisor	AIRMAN & FAMILY Readiness center	MILITARY ONESOURCE/ MILITARY FAMILY LIFE COUNSELOR (MFLC)	CHAPLAIN	CIVILIAN EMPLOYEE Assistance Program	MENTAL HEALTH (MH) CLINIC	EMERGENCY Room
Contact:							
CAN ASSIST:	All	All	Military and Family Members	All (full confidentiality)	Civ/NAF	Military	ĀII
Suicidal Thoughts	√		√	√	√	√	√
	√	√	√	√	√	√	
Loneliness / Isolation	√	√	√	√	√	√	
Workplace Stress or Problems	√	√	✓	√	√	√	
Alcohol / Drugs	must report to ADAPT			V	√	√	
	√		√	V	√	√	
Anxiety / Panic Depression	V			V	√	√	
	V	√	√	V	V	√	
Deployment	√	√	√	V	√	√	
	√	√	√ (OneSource)	V	√		
Retirement /	V	√	√	√	√	√	

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FOR IMMEDIATE DISSEMINATION

WCFA-COVID EMERGENCY RELIEF FUND GRANTS - PHASE 2

Senior Enlisted Leaders, Family Program Offices, and State Association Presidents,

EANGUS and the We Care for America Foundation are pleased to announce the receipt of additional funding which will allow us to provide much needed assistance to National Guard Soldiers and Airmen who have been impacted financially by the COVID-19 Pandemic. We extend our sincere appreciation and gratitude to USAA for their continued support and this most recent donation which will be distributed in three phases over the next several months.

Similar to the initial COVID-19 Emergency Relief Funds that were distributed in May 2020 (Phase 1) these funds will be available to current and former members of the National Guard, enlisted or officer, who demonstrate the loss of their primary income or employment, or a financial emergency directly related to the COVID-19 pandemic. Grants will be capped at \$500, and are intended to assist with basic household necessities such as rent, utilities, food, etc. In order to assist as many National Guard members as possible, the fund can only support one emergency grant per household. National Guard members who received a grant in Phase 1 are not eligible to receive another WCFA-COVID grant at this time.

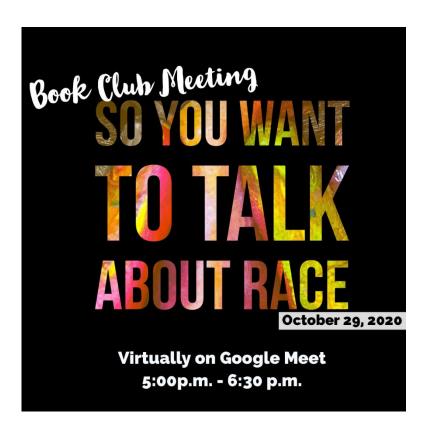
The window to submit applications for Phase 2 of the WCFA-COVID Emergency Relief Fund will open at 6:00 pm Eastern Time on Wednesday, October 28, 2020. A max of 600 applications will be accepted and reviewed during Phase 2. We ask that applications be submitted by National Guard members who absolutely need assistance as a result of a COVID-19 related financial hardship. Applications will be approved based on the greatest need. It is important to note that not all applicants will qualify for assistance and others who do qualify, will not receive a grant once the funding allotted for Phase 2 is exhausted. Additional phases and opportunities to apply for emergency assistance will be announced in the future. Each phase will be announced in advance and will require submission of a Verification Form noting the applicant's emergency need at that time.

The grant application process includes completion of a brief online application and submission of the WCFA-COVID Emergency Relief Fund Verification Form which must be completed and signed by the applicant's Unit Commander, Senior Enlisted Leader, or Family Program Representative. A copy of the fillable Verification Form is attached, or applicants can download a copy of the form from our website. Please refer to the We Care for America website at www.eangus-wcfa.org for more information and to submit an application for assistance. Applicants approved for a grant will be notified and funds will be disbursed as quickly as possible.

Questions can be referred to our office via email at wcfa@eangus.org

Click here for full PDF and application:

https://control.m360 mobile.com/uploads/ 1021/images/thumb/ references/pdf/WCFA COVIDERFGPhase2 1 603476675.pdf



Please join Capt Tasia Reed on Thursday, 29 Oct at 1700 via Google Meet for her first Book Club meeting! The book is "So You Want to Talk About Race" by Ijeoma Oluo. Capt Reed's discussion will begin with ideas from the book but will also include how we can take what we've learned and apply it to our lives. Please come even if you haven't read it, you're guaranteed to enjoy the social interaction and garner a few take-aways!

To use Google Meet, you'll need a gmail account. Please email Capt Reed at tasia.reed@spaceforce.mil that you're interested in participating so she can send you the meeting tag up information.

TAKE CONTROL OF YOUR FINANCIAL FUTURE!

October 28, 2020 | 12:30 PM MST | Virtual | Free – Registration is Required Presented by the U.S. Securities and Exchange Commission & Thrift Savings Plan.

Join experts from the SEC and TSP for a FREE virtual training designed to share smart investing strategies, key considerations for retirement savings, and tips to avoid frauds and scams.

Learn the following and more!

- TSP Contribution Strategies and Plan Updates
- Choosing a Tax Treatment: Traditional or Roth
- Managing Your TSP Account and Tracking Progress Toward Your Retirement Goals
- Investment Products and Terminology Beyond the TSP
- Key Investing Considerations for Smart Investors
- How Fees Impact Your Investments
- Tips to Empower and Protect Your Retirement Savings from Frauds and Scams
- Simple Steps to Take Before Making Investment Decisions

To register for this training session:

Go to

https://secgov.webex.com/secgov/k2/j.php?MTID=t33dd8c0a9ff234bdf474db b1b3c92ec4 and register.

Instructions to join the session will be emailed after registration and course materials emailed prior to the event.

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Nov 1, 2020 | 1pm – 3pm Aurora, CO

Pre-registration is required!

Register at MyOperationHomefront.org

This will be a drive-thru contactless gift card only event

Contact: Kathleen Coleman, Program Manager, (719) 649-0091 or Kathleen.Coleman@OperationHomefront.org

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Mile High First Sergeants TOP GOLF TOURNEMENT

Rescheduled-January 25, 2021

Proceeds for the benefit of Operation Warm Heart and local
Air Force Families!

** 1st three Teams signed up & Paid before January 1, 2021 will receive additional 6 raffle tickets towards prizes**

Tournament Itinerary:

COVID-19 precautions will be followed

0900 - 0930: 30 Min Warm Up/Buffet served

0930 – 0945: Welcome/Tournament Greeting & Explanation

0945 - 1200: Team Tournament (Top Collective Score)

1230 – 1300: Awards Presentation/Closing Remarks

1300 - Event Concludes

Included in entry fees:

2 Round Tournament Rise & Shine Gourmet Breakfast Buffet

Fundraiser Events:

50/50 Raffle LOTS OF GREAT PRIZES

140thfirstsergeant@gmail.com

Registration and payment cut off January 15, 2021



EVENT LOCATION

List of Team Members

& Team Name

10601 East Easter Ave, Centennial, CO 80112

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