

AT A GLANCE BULLETIN



Army Community Service 61 Quebec Street, BLD 683 Fort Devens, MA 01434-4479 Serving the Military in New England

November 2012







November 2012 Army Community Service



Fort Devens Welcome Center

61 Quebec Street, Building 683
Hours of Operation
0630-1600 Monday -Friday

https://www.devens.army.mil ACS TELEPHONE NUMBERS 978-796-3023/3119 DSN 256-3023/3119

MILITARY ONE SOURCE

1-800-342-9647

www.armyonesource.com

FROM THE OFFICE OF THE ACS DIRECTOR



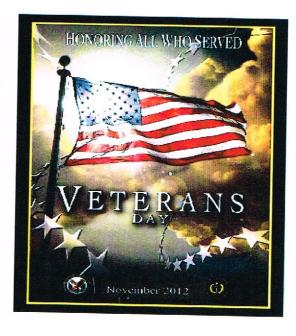
Imelda Fisher

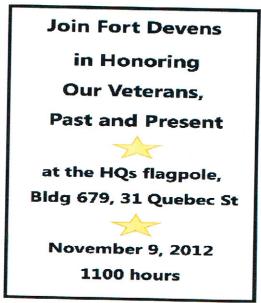
Thank A Veteran: "America is built upon the achievements and the sacrifices of veterans. On Veterans Day, we express appreciation and thanks to more than 22 million American veterans. We especially honor and remember those who lost their lives to help defend our Nation, and we give thanks to the families whose support made their loved ones' service possible. Collectively, our Nation owes our veterans and their families a debt that can never be fully repaid.

Our duty obliges us to ensure that each generation understands and appreciates the sacrifices that have been made, often at very heavy cost, by the men and women who have fought to preserve our freedom. On this Veterans Day, please take time to reflect on our veterans' contributions, and thank those in your family and your community who have served America so selflessly.

National and Massachusetts Veterans Health/Outreach Information is included in this month's At A Glance which covers many Veteran's Programs. PLEASE keep this issue for easy reference.

Fort Devens Veteran's Day Ceremony: November 9, 2012





<u>Devens ACS Face book:</u> Fort Devens ACS is on Face book! "Like" to find out the latest news and happenings on Fort Devens and around the Army. We can be found by linking to our page

 $\frac{http://www.facebook.com/pages/Fort-Devens-ACS/123145824448800\#!/}{ACS} \ and \ clicking \ "Like"} \ or \ searching \ for \ Fort \ Devens \ ACS \ and \ clicking \ "Like"$

REMINDER: The Inclement/Stormy Weather Hot Line is always on and available for you to call in on in the event of any questions regarding the status of the opening/closing of Fort Devens due to all types of weather related happenings. Whenever possible the line is updated by 6 am during inclement/stormy weather. The number to reach the line is the following. (978) 796-3711

Resiliency Training Available: Call Mel at ACS at 978-796-3023. One of the Army's top priorities is to develop a holistic fitness program for Soldiers, Family members and Army Civilians in order to enhance performance and build resilience. Resilience Trainer is a course that will produce leaders with the capability to improve resilience skills to the Soldiers in order to enhance their performance and increase their resilience, both individually and collectively.

The MRT is an established program that has demonstrated efficacy in reducing behavioral health problems in a wide range of demographics. Soldiers will review the myths about resilience and why resilience is critical for success and well-being. They will also learn about the scientific literature of the core factors that predict resilience, with a specific focus on the factors that are amenable to change. These skills have a proven efficacy in contributing to the success of teams and leaders, families, students, executives and military personnel.

FREE MEALS for Vets: Please check the following website to see what organizations are offering free or discounted meals. See link below for Veterans Day FREE Meals for 2012: http://vfwlady.com/2012/10/17/veterans-day-free-meals-2012/

FINANCIAL

When Cash Is King: 5 Situations in Which You Should Pay with Hard Currency

We are all familiar with the convenience of credit and debit cards, and there's no denying that they're the preferred method of payment for many transactions. But sometimes good old hard currency is preferable. Here are four situations in which greenbacks are a better choice than plastic.

1. When you're trying to stick to a budget. There are a slew of studies out there that compared cash and card spending behavior, and they all came to the same conclusion: you spend more with plastic. Part of the reason behind this is the disassociation factor: you don't feel as if you're actually parting with money when you swipe your card at a terminal, especially if you don't have to face the bill for a month.

Paying cash is the equivalent of a dieter's keeping a food diary: it forces you to hold yourself accountable for what you buy over the course of a day. This is especially valid when it comes to small purchases, as the few bucks here and there on lunch, coffee and incidental purchases really add up. Using cash, it's easy to see how quickly they empty your wallet.

2. When you're shopping at a mom-and-pop store or a farmers' market. More Americans are taking pains to eat and shop locally these days. Often that impulse is driven by a desire to help out the

little guy rather than funnel spending dollars to the big-box chain stores. It's a commendable sentiment, and one that small-business owners and farmers certainly appreciate. But when you hand over your credit or debit card, you're undoing some of that good intention.

We've written at length about interchange fees, those obscure charges banks levy on merchants who accept plastic. Here's the short version of why they matter in this case: paying with plastic sends as much as 3% of your total purchase price to the banks instead of to your local dog groomer or florist's bottom line.

- 3. When you're at a flea market or craft show. Yes, more vendors these days have credit-card readers like Square, but there are arguments to make for cash. First, there's the point we made above about interchange fees eating into the profit these small-business owners earn from their sales. Second, it's much easier to bargain if you have a handful of bills rather than a card. These venues are practically made for haggling and as the saying goes, money talks.
- **4. When you're buying something you might have to return.** Store return policies vary widely, so it's advisable to check before purchasing an item you might return. (And by "check," we mean going online or to the customer-service desk to read the store's written policy, not asking a cashier who might be misinformed.) Provided you have your original receipt, many retailers will issue you a refund in the same format in which you paid. If you paid with a credit or debit card, this could mean waiting a few days for the transaction to clear. A cash refund, on the other hand, puts that money back into your pocket immediately.
- 5. When you're leaving a tip at a restaurant. This is an instance in which paying cash is primarily for the benefit of the recipient, but if you plan to revisit a restaurant in the future, your consideration may translate to better service next time. Depending on the restaurant's policies, there could be a number of reasons cash is a better choice. The biggest perk a server gets with a cash tip is leaving at the end of the shift with cash in hand. Some restaurants distribute tips left via credit or debit cards weekly; for people living paycheck to paycheck, getting that 15% of customer checks in cash every day can make a difference. According to CreditCards.com, some eateries will even ding wait staff for the interchange fee on the tip portion of the bill, which can cut up to 3% off the total.

Some restaurants require all serving staff to pool tips, so if you got knockout service and want to make sure the person who did the work gets the reward, pay cash. There is a moral ambiguity here, in that the server would be breaking the rules if he or she just pocketed the tip. There's also the unfortunate possibility that leaving cash tips helps wait staff avoid paying taxes on the money by not declaring it, but the IRS has been <u>cracking down</u> on this practice in recent years, so it's less of a concern than it used to be.

SOLDIER & FAMILY

OLD STURBRIDGE VILLAGE: Free Admission for Veterans, Active Military and Families at Old Sturbridge Village on Veterans Day Old Sturbridge Village is offering free admission to veterans, active military personnel and their families (up to 6 people) on Veterans Day, Sunday Nov. 11. Special programs will highlight the 200th anniversary of the War of 1812. Youngsters get an opportunity to drill with toy muskets directed by a militia captain, and fife and drummers will perform martial music

on the Village Common. Visitors can meet an 1812 U.S. Navy surgeon from the U.S.S. Constitution, and join a curatorial tour to view 1812 artifacts in the Old Sturbridge Village collection. Reenactors will display uniforms and demonstrate period firearms in a costumed "timeline" spanning 300 years of military history. Lead musket ball casting will be demonstrated, and visitors who purchase a musket ball at the Museum Gift Shop may have their initials stamped on their musket ball at the Blacksmith Shop at no additional cost. For more information visit www.osv.org or call 800-SEE-1830.

Operation Tribute for Holiday Gifts for Military Families: Operation Tribute will provide an age and gender appropriate gift to each child registered ranging from newborn to age 16. Each participating military family will be required to make the request between September 1 through November 15 and include the name, age, and gender of each participating child, the address that the package will be shipped to and the name, email address, service, rank and unit of the military service person. Registration can be done by calling our corporate offices at (207) 221-0296 or can be done online. http://operationtribute.com/the-program/

The official Federal Employees Health Benefits (FEHB) Program withholdings and contribution rates for 2013 are available in a PDF file format on the OPM web site at http://www.opm.gov/insure/health/rates/index.asp. These are the only rates agency payroll providers should use to update their systems and are effective for pay periods beginning in calendar year 2013. To view the full 16 October 2012 Benefits Administration Letter, visit: http://www.opm.gov/retire/pubs/bals/2012/12-309.pdf

List of Military/Veteran Support Resources:

Below is an alphabetical listing of a number of community-based organizations that support our service members and their families. Those listed have been through a three-step review process. http://www.ourmilitary.mil/comprehensive-list-of-community-support-groups/
Operation We Are Here: Resource for military soldiers, parents, spouses, children, tips for caregivers, churches etc. http://www.operationwearehere.com/

<u>Veterans Health Benefits handbook:</u> Here is the link talking about the new Veteran's Health Benefits handbook. Enrolled Veterans should be receiving their personalized handbook as part of a national rollout campaign. http://www.va.gov/healthbenefits/vhbh/

TRICARE Dental Program: On May 1, 2012, MetLife will become the dental carrier for the TRICARE Dental Program. All current TRICARE Dental Program enrollees will be notified about the transition to MetLife and will receive a welcome packet with a new TRICARE Dental Program Benefits Booklet. http://www.metlife.com/TRICARE/index.html#welcome

TRICARE Retiree Dental Program (TRDP) enrollees who are confused about the recent contract changes with the TRICARE Dental Program (TDP) and how that might affect their TRDP dental care. The contract award this past May of the TDP to MetLife was for family members and survivors of active duty, Selected Reserve and Individual Ready Reserve personnel and it does not affect retirees and/or enrollees in the TRICARE Retiree Dental Program.

To reduce confusion and circumvent any excess questions you may receive in your offices, we have been spreading the word nationwide at these retiree events and pre-retirements. If you happen to talk to any retirees, please remind them that the TRDP is a separate and distinct dental program that serves

Uniformed Services retirees and their families. Delta Dental of California will continue to administer the TRDP contract until further notice. POC is Doug, Sr. Marketing Representative, Marketing and Communications, Northeast region and Overseas | dschobel@delta.org office 401-732-0297

The Vets4Warriors: Vets4Warriors Website: www.vets4warriors.com Peer support line, 1-855-838-8255 (1-855-VET-TALK), provides easy access to supportive, non-attributional conversations with trained veteran peers representing all branches of the military. This team of veteran peers has immediate access to behavioral health clinicians to respond to potentially emergent issues and can offer referrals to local community services, military veteran centers, and military healthcare providers based upon the needs of the Service Member. A variety of services will be provided to include non-clinical (legal, financial) and referrals for clinical services (substance abuse, behavioral health).

THINGS TO DO November 2012

Fort Devens Museum: Please join us to celebrate and honor our Veterans on: Saturday November 10, 10 AM to 4 PM, 94 Jackson Road, 3rd floor, Devens, MA

Our speaker schedule is not yet finalized but the first slot is confirmed: 11:00 AM: LTC Steven Egan, Commander, Fort Devens, will speak about current military activities at Fort Devens and his own career. Updates, as available, will be posted on our website: www.fortdevensmuseum.org

UPCOMING EVENTS AT TICKETS AND TOURS

TICKETS AND TOURS, (781) 225-6505/6498 Judie King, ITT Manager, Hanscom AFB, 98 Barksdale Street Bldg http://www.hanscomservices.com/ PREPAID ORDERS ONLY!! Payment is due at the time the order is placed. Once the order has been placed there are no refunds. Take a trip with us! – Registration deadline for all trips is 30 days prior to departure or space available.

Old Town Trolley Tour - Available are Old Town Trolley Tour tickets at \$32 each and AMC Cinema tickets at \$6.75 each.



Saturday, Dec. 1

Featuring:

- round-trip transportation on luxury Silver Fox CD/DVD/WiFi motor coach
- NYC map & attractions list

Saturday, Dec, 1: Depart from Hanscom AFB at 6:30 a.m. You'll travel onboard the luxury CD/DVD/WiFi Silver Fox Coach to New York City. On arrival, stops will be made at both Rockefeller Center and Macy's. You're on your own to explore (map and attraction list provided): start your holiday shopping, spend the day sightseeing, take in an early show, visit one of many world class museums and more. You'll depart at 6 p.m. and return home around 10:30 p.m.

\$49 pp

Call Tickets & Tours for more information or to reserve your spot today! (781) 225-6505

HANSCOM AIRMAN AND FAMILY READINESS CENTER

November 2012

Please Call 781-225-2765 to Register

Serving the total force...Programs are free to all single and married Active Duty, Reserve, and Guard personnel, DoD civilians, retired Military personnel and Family members

MILITARY FAMILY LIFE CONSULTANTS (MFLCs) provide free, short-term, non-medical, solution-oriented counseling on a range of issues. For service members and their families – no records are kept. Call (781) 686-3084 and leave your first name only for an appointment!

*FEDERAL RESUME WRITING FOR USAJOBS — Will be held on Thursday, 1 November from 8:30 a.m. - 12 p.m. Improve your odds of getting the federal job you want by learning resume writing basics, how to locate essential skills and keywords to include, how to write accomplishment statements and essays, resume builder formats, and more.

*MILITARY FAMILY MONTH POSTER CONTEST — Will be held on Thursday, 1 November from 3:30 - 4:30 p.m. Children, accompanied by parent or guardian, please join us to create a "My Military Family" poster. The posters will be displayed at the Airman and Family Readiness Center throughout the month of November. Prizes will be awarded!

*BUILDING RESILIENCY IN CHILDREN – Will be held on Friday, 2 November from 11:30 a.m. - 12:30 p.m. We'll look at the characteristics of resilient children and methods for building resilience in your children by teaching coping skills, optimism, character building and more. Presented by Hanscom's Military and Family Life Consultant.

*DEPARTMENT OF LABOR (DOL) EMPLOYMENT WORKSHOP (FORMERLY KNOWN AS TAP SEMINAR) - Will be held on Monday – Friday, 5 -9 November. This workshop is designed to assist voluntarily and involuntarily separating or retiring service members make a successful career transition. Plan to attend at least 6 months prior to separation or retirement. Dress is civilian attire (business casual). Spouses are welcome! Seminar begins at 12 p.m. on Monday and runs 8 a.m. to 4 p.m. Tuesday and Wednesday; Thursday 8 a.m. to 4 p.m. and Friday 8 a.m. to 12:30 p.m., featuring out-processing and benefits and entitlements briefings from base and Veterans Administration representatives. Register early.

*PREPARING FOR HOMECOMING: REUNION FOR SPOUSES AND CHILDREN – Will be held on Wednesday, 7 November from 4 - 5 p.m. (simultaneous sessions for spouses and children ages 6 and older). If you are anticipating a reunion with your service member within the next two months, please join us for two special briefings that will help you and your children prepare for the big event. In these interactive workshops, you'll receive practical suggestions for coping with reunion and reintegration, and the children's session will feature fun reunion activities and a personalized gift for the returning parent.

*HOW TO WORK A JOB FAIR — Will be held on Thursday, 8 November from 11 a.m. - 1 p.m. Learn how to prepare for, get the most from, and follow up after a job fair. Bring your lunch. *STEP PARENTING — Will be held on Thursday, 8 November from 1 - 2 p.m. A look at the challenges and rewards of blending two families into one. Hanscom's Military and Family Life Consultant will lead a discussion of the common issues, complaints, stages of adjustment, do's and don'ts and characteristics of a successful blended family.

*STRESS DURING THE HOLIDAYS -- Will be held on Tuesday, 13 November from 11:30 a.m. - 12:30 p.m. The holidays are ideally a time to celebrate and rejoice in family and friends. Why, then, do some of us anticipate the season with dread rather than joy? Join Hanscom's Military and Family Life

Consultant for a look at the causes of stress and some practical ideas on how to reduce your holiday stress and find the joy in the season again.

*HEARTS APART – "GIVING THANKS" POTLUCK – Will be held on Wednesday, 14 November from 4:30 - 6:30 p.m. Families of deployed, remote tour and extended TDY service members, please join us for a special celebration of the season. Like the first Thanksgiving, we'll all bring a dish to share with others (the A&FRC will provide the meats!) and give thanks for our military family. Please RSVP to the Airman and Family Readiness Center by Thursday, 1 November, (781) 225-2765, or via e-mail to: 66.FSS.FSFR.CMB@hanscom.af.mil.

*HEART LINK NEW SPOUSE ORIENTATION -- Will be held on Thursday, 15 November from 1 – 4 p.m. Welcome to the military family! Heart Link is a wonderful new orientation workshop for any spouse married 6 years or less to a military member from any branch of the armed services. Our spouses are the heart of this great Armed Forces family and the lifeline behind your sponsor's success in the military. The Heart Link program will provide you with essential information you need to know to make your life in the Air Force exciting, fulfilling, and rewarding. Join us and we'll get started on our journey!

*COPING WITH HOLIDAY GRIEF — Will be held on Monday, 19 November from 11:30 a.m. - 12:30 p.m. This presentation identifies the impact grief has on the holidays healthy coping mechanisms. We'll also suggest ways to assist children in the grieving process and ideas on how to develop a plan for the holidays. Presented by Hanscom's Military and Family Life Consultant. *ONE SMALL CHANGE TO CHANGE YOUR LIFE MICRO SEMINAR — Will be held on Tuesday, 20 November from 11:30 - 11:45 a.m. "A Thankful Family." We'll show you a simple family activity that will bring more meaning to your Thanksgiving and bring your family closer together.

*NOT HOME FOR THE HOLIDAYS NEWCOMERS PUBLIC TRANSPORTATION ORIENTATION (CLASSROOM SESSION) — Will be held on Wednesday, 28 November from 11:30 a.m. - 1:00 p.m. Learn how to navigate the local public transportation system (the "T") before you go. Reduce the stress and cost of driving and parking in Boston by using public transportation. Topics include where you can go and how to get there using the "T". Maps, schedules, and helpful travel tips are provided. Bring your lunch.

*FAMILY HOLIDAY CRAFT WORKSHOP — Will be held on Wednesday, 28 November from 3 - 4:30 p.m. Parents and children, join us to make special handcrafted holiday ornaments. We'll supply the materials, you supply the creativity!

*STRENGTHEN YOUR USAJOBS APPLICATION: STEPS & TIPS — Will be held on Thursday, 29 November from 12 - 2 p.m. Learn to decipher USAJOBS Vacancy Announcements, strengthen job applications, and increase odds of success. Taught by HR managers from DOT & VA Healthcare. Bring your lunch.

Family Advocacy Outreach

CELL PHONE COLLECTION: The Family Advocacy Program collects used and old cell phones, and distributes them to local domestic violence agencies. Drop off phones, batteries, and chargers to the Family Advocacy Program, Bldg 1217. Please put each phone and its accessories in a sealed, plastic bag.

WIC, a nutrition and education program for income-eligible expectant parents or parents with children age birth to five is located on base. * WIC is located in Bldg 1507 *. WIC is on base the first and

third Wednesday of each month from 0800 to 1530. For WIC appointments or information, call (617) 312-9974.

<u>First Connections</u>- Is a non-profit, family support organization that provides comprehensive services to families with young children birth through age five. First Connections serves a large geographic area that encompasses twelve metro-west communities, including Hanscom Air Force Base. All programs are free or low cost. More information is available on their website www.firstconnections.org or by calling 781-287-0221.

EMPLOYMENT READINESS

FedEx will be recruiting for SEASONAL TEMPORARY DRIVERS at Workforce Central Career Center in Southbridge on the following MONDAYS: November 5 November 19

Applicants MUST - Be 21 years or older - Be able to pass a drug screen, background check & physical - Have a valid driver's license and a clean driving record - Have one year commercial driving experience - Have customer service skills

Interested applicants should call Workforce Central Career Center at (508)765-6430 or stop by in person to schedule an appointment with the recruiter.

WORKFORCE CENTRAL, 5 Optical Drive, Suite 200, Southbridge, MA 01550

MILICRUIT

Milicruit brings the career fair to you. You can attend a virtual career fair in the comfort of your own home, with no travel costs. Participate from anywhere and consider positions nationwide. Join Milicruit fro their next virtual career fair on November 13, 2012. Register today at www.veteranscareerfair.com.



Military.com in partnership with boston.com and Monster presents a Veterans Virtual Career Fair **November 13-15, 2012** Features for Veterans include Accessing job vacancies wherever and whenever is convenient for you, interacting with organizations through chat, video and Skype. You can also attend seminars to learn about the advantage s of working with particular companies. Register now at www.veteransvirtualcareerfair.com

Fall 2012 Job Fair

Friday, November 16, 2012 10:00 am - 2:00 pm Auburn/ Webster Lodge of Elks 754 Southbridge street, Rt 12, Auburn, MA 01501 35+ employers expected from many different career areas. Visit the website www.workforcecentralma.org for Job Fair updates!

<u>Labor Ready</u>: Provides temp jobs to those interested in gaining work experience, want some extra cash, or need immediate income when between jobs or need seasonal work. Flexible work hours; get

paid the same day. Over 600 locations throughout the United States. http://www.laborready.com/Temporary-Employment

The above information is provided as a community service. No endorsement of events, products or services by the DoD is implied or intended. For more information, contact the company directly.

<u>Free Resume Help for Military Members</u>: The below website is where Service Members can get free resume writing help and the course schedule. <u>http://www.networkri.org/centers.htm</u>

<u>USA JOB:</u> JOB OPPORTUNITIES ON THE BASE - Remember to go to <u>www.USAJOBS.GOV</u> and search for Newport, RI if you are interested in finding out and applying for positions open onboard the Naval Station. Current opportunities include a Motor Vehicle Operator that's open through next week. Spread the word! USAJOBS - The Federal Government's Official Jobs Site <u>www.USAJOBS.GOV</u> This is a United States Office of Personnel Management website. USAJOBS is the Federal Government's official one-stop source for Federal jobs and employment information.

<u>Job Search:</u> Below please find a link to critical skills needed at Booz Allen Hamilton. Please share with your contacts and have all interested email me their resumes and I will submit on their behalf – this speeds up the review process. Also, applicants must identify the job skills qualification from the list. https://erp.bah.com/hotjobs.htm

Military Spouse Employment Tip of the Week: When applying for a job, state in your cover letter or application that you are a military spouse of an active duty service member who may be eligible for the Military Spouse Internship Program. Spouses can apply for a federal job by visiting the USAJOBS website.

<u>http://www.transitionjobs.us/</u> Click on "Search for Opportunities" at the bottom of the page.
Jobs listed by state.

www.TransitionTalk.com has launched to create an online community with shared information and resources to help veterans who are in transition. This website contains specialized articles, recommended books and links for military transition. Also, there is a web log for Q & A that aims to provide the answers to military transition questions from Category Guides who are military and industry professionals that are eager to help veterans make a successful transition.

Website: Career Resources for Veterans: The Defense Centers of Excellence (DCoE) recently collaborated with PBS to produce a handbook for military families. Created as a companion to the PBS series "This Emotional Life," A Handbook for Family & Friends of Service Members explores the stressors and feelings individuals may encounter throughout the different phases of deployment. The handbook aims to provide solutions for Service members and identifies outside tools and resources that may be useful to friends and family members before, during and after deployment. Topics include what to expect during deployment and how to strengthen or repair relationships. Order the handbooks from the Real Warriors Campaign website at http://www.sc.edu/career/Webresources/veterans.html

http://www.realwarriors.net/materials/order

Hanscom AFS: Resources http://www.hanscom.af.mil

Massachusetts Career Information System: http://masscis.intocareers.org/default.asp

Veterans Employment Services (978) 534-1481 x 117www.wmoore@detma.org

Orion International: info@orioninternational.com

RELOCATION READINESS

ACS has listings for apartments or houses to rent. List is updated as housing is made available to us. Call 978-796-3023. ACS Electronic Welcome Packets https://www.devens.army.mil or call 978-796-3023

Moving and Relocation Information: Terrific tips to make moving easier. http://afmove.hq.af.mil/Default.asp

TRICARE Information at Hanscom AFB:

Hanscom AFB offers a monthly Newcomer Orientation Medical Clinic welcome to all new patients every Tuesday from 1300 to 1500. It is strongly recommended that Army personnel attend so they can find out about their provider, how to access emergency services, and referral. Telephone: 781-377-2120

FORT DEVENS SERVICES:

Fort Devens Mail and Distribution: Mail & Distribution Hours are as follows. The Door will be open for box pick up between the following hours.0730 AM to 1600 PM. Window pick up 0900 AM to 1200 PM 1230 PM to 1430 PM

Education Office: The 99th RSC Education Office is located at 30 Quebec Street, (Building 666) Fort Devens, in Rooms 328,326, and 324. POC is Lee Achenback at 978-796-2968. Services include educational and career counseling, GI Bill questions and issues, tuition assistance, financial aid and scholarship information as well as test administration and test proctoring.

Police Services Division: Vehicle Registration and Fingerprinting

0930-1030 / 1500-1600 or By Appointment.

Police: 978-796-3333

Physical Security: 978-796-2061

Carlson Wagonlit Travel/Veterans Travel: 800-945-0535 or 402-345-7596

Devens Legal: 978-796-2255 Education Office: 978-796-2868

AAFES / Clothing & Sales: 978-772-6838 / 2065

Photo Section DA Photo: 978-796-2559

Fort Devens ID Cards 978 - 796-2130, Building 683

Billeting: Bldg. 978-796-3201

Distance Learning Center: 978-796-3612 / 2605 / 2626

Transportation: Passenger 978-796-2141/ or 2393 Freight 978-796-2832/ or 2840

Vehicles: 978-796-2141

UNITED SERVICES ORGANIZATION:

Military OneSource: 1-800-342-9647 www.armyonesource.com

HELPFUL MASSACHUSETTS RESOURCES:

USO New England: http://www.uso-newengland.org/index.htm

Massachusetts Parks: www.state.ma.us/dem/forparks.htm Massachusetts Wildlife: www.state.ma.us/dfwele/dfw

State of Massachusetts Child Care Finder: www.qualitychildcare.org Massachusetts Getaway Guide: http://www.mass-vacation.com/

Massachusetts's area Guides net: http://massachusetts.ags.myareaguide.com/

Boston and Local Area Concerts: http://www.bostonconcerts.com/

Boston Pops: http://www.bso.org/

National Resources:

National Suicide Prevention Hot Line1-800-273-TALK (8255) - www.suicidepreventionlifeline.org

Military Crisis Line: 1-800-273-8255, Press 1

Military OneSource: 1-800-342-9647 - www.militaryonesource.com Military Pathways: 1-877-877-3647 - www.militarymentalhealth.org

Signs of Suicide (SOS) Military Program: http://www.mentalhealthscreening.org/military/index.aspx

Real Warriors Campaign: 1-866-966-1020 - www.realwarriors.net

Wellness Resources for the Military Community - www.afterdeployment.org

TAPS (Tragedy Assistance Program for Survivors):1-800-959-TAPS (8277) - www.taps.org Warrior and Family Assistance Center (WFAC): 1-800-436-6290 - www.arfp.org/WFAC

Vets4Warriors – 1-855-838-8255: www.Vets4Warriors.com

MA Veterans Outreach Centers

Boston Metro 617-778-1310, 719 Tremont Street Boston, MA 02110

Cape Cod Free Clinic 508-477-7090, 40 Steeple Street Mashpee, MA 02649. www.chcofcapecod.org North Shore Veterans' Counseling Services, Inc. 978-921-4851, 100 Cummings Center, Suite 220E, Beverly, MA 01915 www.northshoreveterans.com

Veterans' Association of Bristol County 508-679-9277, 755 Pine Street Fall River, MA 02720.

Cape Cod Free Clinic 508-477-7090, 65 C Town Hall Square Falmouth, MA 02541 www.chcofcapecod.org

Pine Street Inn 617-892-9116, 444 Harrison Avenue Boston, MA 02118, www.pinestreetinn.org Mason Square Veterans Association 413-886-0480, 827 State Street Springfield, MA 01107, Nathan Hale Foundation (transportation only) 508-747-2003, 6 Main Street Plymouth, MA 02360, www.thenathanhalefoundation.org

Middleboro Veterans Outreach Center 508-947-9109, 61 Summer Street Middleboro, MA 02346, Montachusett Veterans' Outreach Center, Inc. 978-632-9601, 26 Lake Street Gardner, MA 01440, www.veterans-outreach.org

Veterans' Northeast Outreach Center, Inc. 978-521-9668, 65 Cedar Street Haverhill, MA 01830, www.northeastveterans.org

Nam Vets Association of the Cape and Islands, Inc. 508-778-1590, 565 Main Street Hyannis, MA 02601

Veterans' Outreach Center - Metro west 508-460-9993, 255 Main Street, Suite 213 Marlborough, MA 01752 www.vetsoutreach.org

Puerto Rican Bilingual Veterans' Association of MA, Inc. 413-731-0194, P.O. Box 70185, Springfield, MA 01107

Veterans Inc. 508-791-1213, 69 Grove Street Worcester, MA 01605 www.massveterans.org Solider On 413-582-3059, 421 N. Main Street Northampton, MA 01053 www.wesoldieron.org

VA Boston HealthCare System

Brockton Division 508-853-4500 or 800-865-3384, 940 Belmont Street, Brockton, MA 02301 **Jamaica Plain Division** 617-232-9500 or 800-865-3384, 150 S. Huntington Avenue, Boston, MA 02130

West Roxbury Division 617-323-7700 or 800-865-3384, 1400 VFW Parkway, West Roxbury, MA 02132

VA Bedford Medical Center/ Polytrauma and TBI Support Clinic

Phone Number:

781-687-2705 - Mary Fardy, LICSW, Polytrauma and TBI Coordinator

781-687-3053 - Glen Havey, Director of Rehab Services

Address: 200 Springs Road, Bedford, MA 01730

Email: Mary.Fardy@va.gov

Description:

The mission of the Polytrauma and TBI Support Clinic is to manage the life-long specialized needs of active duty members and veterans with polytraumatic injuries.

Home Base Program:

Phone Number: (617) 724-5202

Email: homebaseprogram@partners.org

Address: Home Base Program Clinic 101 Merrimac Street, Suite 250 Boston, MA 02114

Website: www.HomeBaseProgram.org

Description:

The mission of the Home Base Program is to serve New England veterans affected by what have become the two signature wounds of the current war.

The program has four key components, including:

- A clinical program to provide confidential evaluation, diagnosis and care for veterans with deployment- and
- Combat-related stress and/or TBI;
- A family program to provide education, counseling, and family support services to family members of veterans:
- Innovative research which seeks to develop better treatments for these conditions; and
- An educational component to help inform veterans, families and health care providers, social workers, clergy and others about the diagnosis and treatment of deployment- and com-batrelated stress and TBI.

American Red Cross www.redcross.org

Concordia Dental Plan www.ucci.com

DEERS <u>www.tricare.osd.mil/deers/</u>

ESGR www.esgr.org

Military Friends Foundation www.militaryfriends.org

Military Child Care www.naccrra.org

Military One Source www.militaryonesource.com

NGB Family Online Community www.guardfamily.org

Operation Military Kids www.operationmilitarykids.org

Tri-Care Information www.tricare.osd.mil

USFamily Health Plan www.usfamilyhealth.org

Veterans Affairs www.va.gov

Veterans Affairs Kids K-12 www.va.gov/kids

Youth Online Community www.guardfamilyyouth.org