

Family Ties

SUMMER CAMP EDITION!

Spring/Summer 2011



148TH FIGHTER WING, DULUTH, MN

May is Military Spouse Appreciation Month

May is Military Spouse Appreciation Month! It's time to celebrate the men and women that support their military spouses through deployments, drill weekends, recruiting events, training exercises and more all while working, transporting, fixing, loving, supporting, studying, moving, and hoping. They do it through smiles and tears and with the strength matched only by their love for their Service Member.

Information/resources available at :
www.militaryonesource.com
to access links to:

Webinars:

- The Spouse Career Center: Your Success is Our Mission 5/20, 11AM EST and 5/24, 2PM EST

- Business Opportunity, Employment, and Work-at-Home Scams 5/26, 11AM EST
- On the Hunt: Exploring Employment Opportunities through USA Jobs 5/31 12PM EST

Orderable materials: These Boots CD, the booklet Feeling Good: 100 Ways to Feel Better Every Day, and, new to the website, the Working Fathers, Working Mothers CD.

Programs and websites to help encourage military spouses to take care of themselves like Sittercity, Health Coaching, and Military Recreation.

Online libraries like the Hobbies and Crafts Online Library that includes infor-

mation on fun activities such as camping, rock climbing, comic books, scrapbooking and more.

Discussion Boards where spouses can exchange ideas on entertainment and recreation such as hobbies and crafts, reading, recipe exchange, or sports.

The Moderated Chat: Going back to School as a Military Spouse 5/25, 3 PM EST

In addition to the many articles on the website, you may also want to check out some of the great financial articles including Couples and Money, Talking as a Couple about Retirement, and Understanding How Relationships Can Make or Break Your Budget.

“At times our own light goes out and is rekindled by a spark from another person. Each of us has cause to think with deep gratitude of those who have lighted the flame within us.”
~ Albert Schweitzer

Thank a military spouse for his or her service this month!

Did you know?
According to the Military Child Education Coalition, about 700,000 children in the US today have at least one parent deployed.

Did you know?
As of September 30, 2008, there were almost 1 million veterans of Operation Iraqi Freedom and Operation Enduring Freedom.

Did you know?
The transition from civilian life to military service and back again is both a physical and emotional journey for service members and families.



TRICARE® YOUNG ADULT

The TRICARE Young Adult program extends dependent medical coverage via a premium-based program. Coverage is extended from age 21 (age 23 if full-time college student and dependent on sponsor for more than 50 percent of your financial support) up to age 26 for unmarried dependents who don't have access to employer-sponsored health care coverage.

The TRICARE Young Adult program will be implemented on May 1, 2011. Coverage can be retroactive to January 1, 2011 if monthly premiums are paid back to January 1st or a later date if the person's eligibility became effective subsequent to January. At implementation, TRICARE Young Adult will offer TRICARE Standard/Extra coverage with the applicable co-pays and deductibles. The catastrophic cap for TYA enrollees will be combined with the sponsor's family cap for a total as applicable for their TRICARE status.

Care for TRICARE Young Adult beneficiaries at military treatment facilities will be available on a space-available basis. Enrollees will also have access to military pharmacies. In the future (currently scheduled to begin October 1, 2011), there will be a TRICARE Prime-like option under the TRICARE Young Adult program.

Eligibility

TYA beneficiaries must have a sponsor who is currently TRICARE-eligible (and enrolled in TRICARE Reserve Select or TRICARE Retired Reserve, if applicable).

TYA beneficiaries must have previously lost (aged out of) TRICARE coverage and not yet age 26.

TYA beneficiaries must be unmarried.

TYA beneficiaries must not be eligible for employer-sponsored health coverage.

May be eligible for student or similar health coverage. With other health insurance, TRICARE would be the secondary payer.

TYA beneficiaries cannot be members of the uniformed services.

TYA beneficiaries may lose and regain eligibility.

Eligibility for TRICARE Young Adult is recorded in DEERS. Anyone who does not show as eligible in DEERS or has questions or concerns about eligibility should be directed to a RAPIDS (DEERS) site for assistance. Anyone not showing as eligible in DEERS may not be enrolled.

TRICARE Young Adult coverage includes TRICARE Pharmacy benefits.

TRICARE Young Adult coverage does not include dental coverage. Eligibility for the TRICARE Dental Program and the TRICARE Retiree Dental Program will end when the dependent turns age 21 (or 23 if a full-time student) or as specifically indicated in those dental programs.

Enrollment

Because the enrollment form was released late, TRICARE has extended the deadline for TRICARE Young Adult enrollments requesting a May 1 start date. Beneficiaries who submit their enrollment form and premium payment so that it is received or postmarked on or before May 31st can request a May 1 (or earlier if requesting retroactive coverage) effective date.

Eligible beneficiaries can enroll into TRICARE Young Adult using the *TRICARE Young Adult Application* available on www.triwest.com, on www.tricare.mil, and through Beneficiary Web Enrollment (www.tricare.mil/bwe).

Monthly Premiums

A 3-month premium payment is due with the enrollment form plus premiums for each month beginning in January (or a subsequent month if eligibility was established at a later date) if retroactive coverage is desired. Any retroactive coverage must be requested with the initial enrollment. Retroactive coverage will only be permitted to January or the subsequent month during which eligibility was established. No other variations of retroactive coverage will be permitted. Retroactive coverage may not be requested at a date following initial enrollment.

TRICARE Young Adult coverage requires paying a monthly premium. Monthly payments by automatic recurring electronic payment (credit, debit or electronic funds transfer) are required. Premiums may not be paid via allotment from the sponsor's active duty or retired pay.

Mrs. Mullen: Military Children Deserve Respect, Support

Article adapted from original by Elaine Sanchez, American Forces Press Service

Military children need and deserve the nation's utmost respect and support as they continue to weather a decade of war, the wife of the nation's top military officer said in Washington in late March. "I do not believe, and have not believed for quite some time, that there are many issues more important to the future of our armed forces — indeed to the future of our country — than those confronting military children today," said Deborah Mullen, wife of Navy Adm. Mike Mullen, chairman of the Joint Chiefs of Staff.

It's evident that some of the stress on military children is manifesting itself in the classroom as poor grades, inattention, aggression and even overachievement, Mullen said. To some degree, she added, all can be signs of a child under duress and in need of support. "The classroom can be and should be a haven of learning and growth and development," she said. "I

ask only that it can also be a place where military children can find the acceptance they need and the respect and understanding they so richly deserve." To better support military children, Americans must begin to bridge the ever-growing military-civilian divide, she noted.

The reality is fewer than 1 percent of the nation's population serves in the military, she said. Still, Americans must keep service members and their families at the forefront. "When America no longer knows her troops, she can do little in all practicality to support them in the way they need it most," Mullen said. "We aren't at that point yet, of course, and I hope we don't ever get there." "Ironically, it would be their toughness — that resilience of which they are so proud — that may hasten, if not ensure, their anonymity, so fearful they have become in asking for help," she said.

"It's a special kind of pride and a

special kind of fear they labor under. These children don't know if their mom or dad will survive the day, and they face this fear over prolonged periods of time. And, unlike children of police officers or firefighters, it's a fear that isn't relieved at night when their parent walks in the door. Their parent won't walk through the door for months at a time. And when he does, it's a pretty safe bet he won't be quite the same guy as when he left" she said noting that the returning parent may also have emotional challenges. Mullen asked the audience to imagine a life with the added worry of receiving a knock on the door with the worst news imaginable, "and no one on either side of the classroom, let alone the neighborhood, understands." "These are the challenges I ask you to consider," she told the audience. "These are the problems I ask you to solve, and the shoes I ask you to walk in, if only for a few days."



Living in the New Normal: Helping Children Thrive Through Good and Challenging Times

This 2-day professional development program that prepares school guidance professionals, educators, and community members to recognize/address issues facing children dealing with separation from a loved one or experiencing grief. 1.2 continuing education credits cost \$25 otherwise free of charge!

DATES: June 13-14, 2011 LOCATION: Blackwoods, Proctor TIME: 8:30—4:00 PM
REGISTER ONLINE: www.militarychild.org

Minnesota Military Teen Summit

The MN Military Teen Panel, Beyond the Yellow Ribbon and MN OMK presents: "It's the Climb" 2011 Teen Summit June 26-28, 2011. A national speaker will kick off this mountain peak experience where teens will attend leadership workshops while connecting with other teens whose family members are in the military. Open to the first 50 teens!

Who: Military connected teens ages 13-18 years old

Location: Hotel in the Metro Area TBD

Registration: www.operationmilitarykids.org under news and events or www.beyondtheyellowribbon.org

OMK Program fee: \$20/youth. This fee can be waived upon request. To request a fee waiver, you MUST email BEFORE registration (Runk0014@umn.edu) to receive a fee waiver code. Families will incur no other retreat fees.

Extreme Makeover: Home Edition

The producers of ABC's "Extreme Makeover: Home Edition" are seeking people involved in the military whose home deserves an extreme makeover. They are looking for people with "amazing strength of character and who put their own needs aside to help others." Whether it's a service member, a mom, a teacher or a fireman, deserving families are families who inspire those around them. Additionally, the show's producers are seeking families whose houses need major alterations or repair—"homes that present serious problems for the family and affect the family's quality of life."

To be eligible, families must own their single family home and be able to demonstrate how a makeover will make a difference in their lives. Interested military families or people who wish to nominate a military family should email a short description of the family's story to emheusa@gmail.com. The email should include the names and ages of household members, a description of the family's challenges, an explanation of why the family is deserving of a makeover or is a positive role model in the community, photos of the family and their home and contact numbers. The deadline for nominations is May 30, but people should send submissions early as only 25 families are selected each season.



2011 Armed Forces Salute Military Tickets

Walt Disney World has just announced that Active and Retired U.S. Military, including members of the U.S. Coast Guard and members of the National Guard or Reservists, may purchase 4-Day Walt Disney World Armed Forces Salute Tickets for themselves and up to five (5) family members and/or friends from \$138 each. That is a maximum total of 6 tickets that can be purchased by each military member. **All tickets and options are non-transferable and must be activated and purchased by September 28, 2011.** Black out dates exist for these tickets. They may not be used at all between December 17 – 31, 2010, April 17 – 23, 2011 at all Disney World theme parks, and July 4, 2011 at Magic Kingdom only.

Vouchers are available for purchase at Shades of Green and on military bases tax free. You must then take the voucher to a WDW ticket window and exchange for a ticket. Tickets are also available for purchase at Disney World ticket windows, but this purchase will be taxed.