



JANUARY 2017, QTR 2



## MESSAGE FROM THE MODERATOR

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I would like to take this opportunity to wish you all a Happy New Year! We certainly saw what success looked like in 2016, and with your help, it is my hope to continue that momentum in 2017. Thank you to all of those who were able to make it to the January Joining Community Forces meeting. For those who could not make it, I do look forward to seeing you at a future meeting this year. Also, thank you to the presenters for taking time out of your schedules to provide us with valuable information. This will allow us to continue to provide high caliber services to our Service Members and their Families.

Be on the lookout this next week for the 2017 JCF annual survey. Please take 10 or so minutes to fill out the survey as your responses will drive what JCF will look like this year. Your opinion and needs matter in our effort to support our military members and their families. I will share the results by mid to late February.

As you are going through the survey answering the questions, let me know if I have missed a question that you would have liked to be asked. Send me your questions and I will compile them in a different format to send out to the committee as well. As you complete the survey, please keep in mind your end goal. What would you like to see from JCF? What would you like to get out of JCF in 2017?

Continue to send me your referrals for JCF. I would love to meet them, vet them, and invite them to one of our next upcoming meetings. Remember, there are over 636 non-profit organizations in Colorado that support the military and we would love to see them, if appropriate, become part of our network. With your help and referrals, 2017 can be our biggest year yet!

As a friendly reminder, send me your flyers and brochures for upcoming events, and we will be sure to get that information out everyone. I will share the agenda for the April meeting as soon as I have it put together. Lastly, I will be sending out the schedule for the networking series meetings. The February meeting will be held on the 16<sup>th</sup> at Cedar Springs in Colorado Springs. More details to follow.

Thank you for all your hard work last year. We helped Service Members and their Families in some of their darkest times. Without you and your support, we would not be the group we are and as successful as we are. I like to always say, this is YOUR program, and I want to make this what you want it to be! I am looking forward to working with you all this year and am excited to see what 2017 has in store for all of us and Joining Community Forces.

Sincerely,

Suzanne Buemi

Joining Community Forces Liaison

HRCI Contractor, Colorado National Guard

### POINT OF CONTACT

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### IMPORTANT UPCOMING DATES

#### Quarterly JCF Meeting

Wednesday, April 19, 2017

Holiday Inn Express-Castle Rock

610 Genoa Way

Castle Rock, CO 80109

303-668-0888

#### Networking Meetings

February 16, Colorado Springs—  
Cedar Springs Hospital, 2135  
Southgate Rd, 80906

March 16, Location TBD

**All meetings are currently  
scheduled from 9am-12pm.**

JANUARY'S PRESENTATION HIGHLIGHTS

PROJECT HEALING WATERS

Project Healing Waters offers a high-quality, full-spectrum fly fishing program to disabled active military personnel and is dedicated to serving in their physical and emotional rehabilitation.

The program consists of 100% volunteers and is 100% free for disabled vets. Project Healing Waters provides instruction, supplies, and outings to fully engage the Veterans.

Want to get involved? Follow these three steps:

- 1) Find and contact your local representative.

[www.projecthealingwaters.org/disabled-military-veterans/](http://www.projecthealingwaters.org/disabled-military-veterans/)

- 2) Attend a program meeting, class, or outing.
- 3) Learn the fundamentals of Fly Fishing 101, learn and enjoy fly tying classes, attend exciting fishing outings year-round.

TESTIMONIALS

"Fly fishing uniquely provides a level of healing that no other activity provides."  
 "Helps me get out of my own head."  
 "The tug is the drug."  
 "Rivers are bringing rejuvenation and recovery to Veterans all across the United States."  
 "I found hope on the river."

Colorado hosts 4 programs—Denver, CO Springs, Grand Junction, and Fort Collins/ Cheyenne. Visit the website for more information: [http://](http://www.projecthealingwaters.org)



MICHAEL SIKORA

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 www.projecthealingwarriors.org

GIVE AN HOUR

4 KEY GOALS

- Educate the public
- Develop an extensive volunteer network
- Enable easy and widespread access to this volunteer network
- Diminish stigma associated with mental health

Give an Hour provides free, confidential mental health services to Veterans, Service members, their loved ones, and their communities through licensed mental health professionals who have generously volunteered their time and expertise. The program is designed to complement DoD and VA health care delivery by serving those who are not eligible for military health care or who are seeking care outside the current system of services. Access is available through the website.

KATIE CIVILETTO

Project Specialist  
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 www.giveanhour.org

CAMPAIGN TO CHANGE DIRECTION

In order to diminish stigma associated with mental health, Give an Hour has implemented the Campaign to Change Direction. This is a collection of concerned citizens, nonprofit leaders, and leaders from the private sector who have come together to change the culture in America concerning mental health, mental illness, and wellness.

The movement hopes to accomplish the following goals:

- Freeing us to see our mental health as having equal value to our physical health.
- Creating a common language that allows us to recognize the signs of emotional suffering on ourselves and others.

- Encouraging us to care for our mental well-being and the mental well-being of others.

Pledge to know the 5 signs:



If you recognize that someone is suffering, connect, reach out, inspire hope, and offer help.



## JANUARY'S PRESENTATION HIGHLIGHTS

### MILITARY ONESOURCE



Military OneSource is the Department of Defense funded hub for answers to your military questions. Military Service Members and Families are eligible for the program during active service and up to 180 days after separation. Survivor spouses are also eligible if un-

married, and surviving dependents remain eligible for life. MOS offers Military Family Life

[WWW.MILITARYONESOURCE.MIL](http://WWW.MILITARYONESOURCE.MIL)

800-342-9647



Counselors (MFLCs) who provide confidential, non-medical counseling (up to 12 sessions per

issue). Adults and children ages 5+ can participate in the program, which offers sessions in person, by video chat, telephone, or online chat. Specialty consultations are also available for many issues.

In addition to information, Military OneSource also offers many free non-medical products including brochures, flyers, notepads, folders, and pens.

Military OneSource offers free Federal and State tax filing. Expert tax advisors are on-hand to answer questions: <http://www.militaryonesource.mil/financial-and-legal/taxes>

#### RHEA ROLLMAN

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### LEADERQUEST

LeaderQuest works closely with Active Duty, Veterans, Reservists, Retirees, Guardsmen and Guardswomen, Wounded Warriors, and Veterans' Spouses to transition into an IT career. As a GI Bill approved school, LeaderQuest makes every effort to help Service members receive training with no out-of-pocket expense.

Before entering the program, LeaderQuest provides practice exams to determine aptitude for IT-based career fields. And LeaderQuest does not just train students and leave them to fend for themselves: LeaderQuest offers

comprehensive career preparation services:

- Job search & networking strategies
- Resume & interviewing coaching
- LinkedIn training
- Hiring events/job alerts

Examples of IT courses and IT certification prep include the following:

- Comp TIA
- CISCO
- Microsoft
- EC-Council (Cyber Security)
- PII (Project Management Institute)
- Web Design & Development

#### KIM ARCHER

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### SENATOR BENNET'S OFFICE

Our Veteran Representatives in Senator Bennet's office support our troops in multiple ways:

- Writing congratulatory letters for those who have graduated from Vet Treatment Court
- Providing internships for veterans interested in serving in the political realm
- Offering Academy nominations to students applying for military academies

(Interested individuals apply through the Congressional Office and undergo an interview)

In addition to these three main goals, the Congressional Office can also perform discharge status review, advising and helping veterans apply for a status change.

Have a policy you'd like to see implemented or want to make a change for military members and families? Present it to these Veteran Representatives so they can escalate it to the D.C. discussion.

#### ALISHA ANDREWS

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**UPCOMING EVENTS**

**HEALING WARRIORS**

VISIT [HTTP://HEALINGWARRIORSPROGRAM.ORG](http://HEALINGWARRIORSPROGRAM.ORG) FOR MORE INFORMATION

Healing Warriors is offering free monthly clinics providing non-narcotic therapy for pain and post-traumatic stress, open to all Service members and Families. Refreshments are provided.

9am-1pm, 2nd Saturday of each month—February 11, March 11...

Denver—VFW Post 1, 841 Santa Fe Drive, 80204

CO Springs—National American University, 1915 Jamboree Dr #185, 80920

- Acupuncture
- Cranio-sacral Therapy
- Healing Touch Therapy



**JOINING COMMUNITY FORCES NETWORKING SERIES SCHEDULE 2017**

February 16	February 16—Cedar Springs Hospital
March 16	2135 Southgate Road, CO Springs, 80906
May 18	RSVP at <a href="https://www.surveymonkey.com/r/JCFFEB2017RSVP">https://www.surveymonkey.com/r/JCFFEB2017RSVP</a>
June 15	
Aug 17	All Networking Series events will be held from 9am-noon in their respective locations.
Sep 21	
Nov 16	



**JOINING FORCES**  
TAKING ACTION TO SERVE AMERICA'S MILITARY FAMILIES

**JOINING COMMUNITY FORCES QUARTERLY MEETING SCHEDULE 2017**

- January 18, 2017
- April 19, 2017
- July 19, 2017
- October 18, 2017

\*All quarterly JCF meetings are currently held at the Holiday Inn Express—Castle Rock.\*



**Interested in presenting your organization to JCF?**

Slots are available on a first-come, first-served basis.

Contact **Suzanne Buemi** by **March 15** to present at our April 19 meeting.

[suzanne.m.buemi.ctr@mail.mil](mailto:suzanne.m.buemi.ctr@mail.mil)

720-250-1186

# JCF ATTENDANCE ROSTER

Thank you to all who attended January's JCF Meeting!

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# JCF ATTENDANCE ROSTER

**Thank you to all who attended October's JCF Meeting!**

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Diane Ricci, CO Division of Veterans Affairs	303-248-6077	diane.ricci@dmva.state.co.us
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