



MESSAGE FROM THE MODERATOR

INSIDE THIS ISSUE	
YOUR WEAPON IS YOUR MIND	2
MT CARMEL VETERANS SERVICE CENTER	2
DORA - MILITARY & VETERAN SERVICES	3
ONWARD TO OPPORTUNITY	3
UPCOMING EVENTS	4-6
ATTENDANCE ROSTER	7-8

Thank you to all of those who could attend and the presenters who provided us with some additional great resources. I want to encourage all of you to continue to introduce members that you feel would be a good fit for Joining Community Forces. It is my intent to grow our partnership by 30% this year. With your help I know we can do it!

By now, you all should be receiving the weekly communication JCF newsletters. I hope that you are finding the newsletter to be of interest and useful. I wanted an avenue to distribute information without sending multiple emails in a day or week. I now collect all of the emails you send me with information to be shared and populate them into the form of a newsletter. Should you have any other ideas you would like to see happen please send them to me. I am always open to new ideas and concepts. Please know that the weekly newsletter will not replace the quarterly newsletter. Denise will continue to produce the quarterly newsletter for your reference.

We are continuing the networking meetings for the rest of the year. Our next networking JCF meeting will be held on Thursday, August 17, 2017, at the Boulder Marriott located at 2660 Canyon Blvd., Boulder, CO from 0900-1200. Please RSVP so we may provide enough refreshments. The link is <https://www.surveymonkey.com/r/JCFAUG2017RSVP>. In the event you cannot utilize the link, send me an email at suzanne.m.buemi.ctr@mail.mil.

As a friendly reminder, send either myself or Laine (laine.a.dennison.ctr@mail.mil) your flyers and brochures for upcoming events. Between Denise, Laine and myself, we will be sure to get that information out to everyone. I like to always say, this program is YOUR program, and I want to make this what you want it to be! I am looking forward to the rest of 2017 and what lies ahead for us.

Our next quarterly JCF meeting is on Wednesday, October 18, 2017 from 0900-1200.

Sincerely,
 Suzanne Buemi
 Joining Community Forces Liaison
 Contractor, Colorado National Guard

POINT OF CONTACT

Suzanne Buemi
 12200 E Briarwood Ave #160
 Centennial, CO 80112
 Office: 720-250-1186
 Cell: 303-921-6099
 Fax: 720-250-1199
suzanne.m.buemi.ctr@mail.mil
 Website: <http://coloradojcf.org>
 Facebook: Joining Community Forces-Colorado

IMPORTANT UPCOMING DATES

Quarterly JCF Meeting	Networking Meetings
Wednesday, October 18, 2017	August 17—Boulder, CO
Holiday Inn Express-Castle Rock 610 Genoa Way Castle Rock, CO 80109 303-668-0888	September 21—CO Springs, CO
All meetings are currently scheduled from 9am-12pm.	

JULY'S PRESENTATION HIGHLIGHTS

YOUR WEAPON IS YOUR MIND

Your Weapon is Your Mind is the Veteran-run squad for combat Veterans to be themselves and talk about how to overcome the "civilian suck." Even though uniforms have been packed away, the oath taken during enlistment continues. Just as Service members rely on each other during their service commitment for protection and sup-

port, they must continue to do so after discharge.

Your Weapon is Your Mind is a confidential support group where members help one another, providing healing and validation.

To join, contact group Coordinator, Tiffany Morgan, for an informal intake conversation.

This ensures the Veterans feel comfortable with the group, verifies their service, and determines the group's appropriateness for them. Ideal group size is 5-8 combat Veterans.

Loved ones are welcomed to refer their Service members, and Tiffany will reach out to them to see if the group would be a good fit.

TIFFANY MORGAN

Coordinator
303-704-9419

The support group is free of charge and is held every other Wednesday from 6pm-8pm in Denver near Colorado Blvd and Yale Ave.

OUR FOCUS IS ON SAFETY AND TAKING CARE OF EACH OTHER

MT CARMEL VETERANS SERVICE CENTER

Formerly Mt Carmel Center of Excellence, this one-stop-shop is rebranding itself as the Mt Carmel Veterans Service Center. With this name, they hope to more adequately depict their organization's mission: To collaborate with community partners providing best practices in transition and wellness services for Veterans, military, and their families by delivering expertise, resources, space, and sustainability.

Mt Carmel's five key functional areas include the following categories:

- World Class Customer Service
- Veteran and Family Resource Center
- Veterans Career and Employment Program/Incubator
- Wellness Programs and Transition Services

- Partner and Multi-functional Space
- Behavioral Health Counseling services offered at Mt Carmel include the following types:

- Individual counseling
- Couple's counseling
- Adolescent counseling
- Play therapy

- Family counseling
- Support groups (Letting Go of Anger, PTS, Strengthening Family Coping)

• Yoga

In the Employment and Transition Support section, Peer Navigation provides resume design, interview preparation, job lead assistance, and networking support. A Veterans

NICK PALARINO

Director of Partner Development
719-309-4714
npalarino@mtcarmelcenter.org
www.mtcarmelveterans.org

Non-clinical case management and resource navigation includes financial resources such as utility resource assistance and food and clothing help as well as housing support. Mt Carmel has joined with Social Services such as the VSO and Department of Human Services to provide financial counseling and budgeting classes, legal counseling, educational counseling, and CIVVIES—men's and women's clothing to assist with professional and business casual attire for an upcoming interview or return/entry into the civilian workforce.

Mt Carmel is open Monday-Friday, 8am-5pm.

PROGRAMS & SERVICES

- Behavioral health counseling
- Employment and transition support
- Job placement and internships
- Benefit support
- Non-clinical case management and resource navigation
- Housing assistance
- Financial coaching, classes, and assistance
- Legal assistance
- Education assistance—"understanding your GI Bill"

Service to Career pilot program currently offers job coaching and paid internships. In addition, they partner with Pikes Peak Workforce Center to provide Prep Connect 360 workshops to bridge the gap between military and civilian careers. Also, a 16-week career skills program is offered in either Service 2 Sales or through a Veterans local government management fellowship program.

JULY'S PRESENTATION HIGHLIGHTS

DORA—DEPARTMENT OF REGULATORY AGENCIES

DORA is committed to providing professional support and outstanding customer service to Active Duty, Reserves, National Guard, military spouses, and Veterans. The assistance offered to active military personnel, Veterans, and their families in transitioning into civilian life includes special programs and initiatives aimed at assisting with transporting existing credentials or acquiring professional Colorado credentials while meeting life needs during military service or during the transition to civilian life.

The Relocated Spouse Licensure program, Easing the Path to Work, supports the mobility and transportability of a military spouse's professional license. A military spouse who has been relocated to Colorado by military orders, and has an active license in good standing

NEW WEBSITE FOR MILITARY

www.dora.colorado.gov/military

from another state, can practice for up to one year before obtaining a Colorado license.

The Boost to Business program provides entrepreneurial training for Veterans and their dependents. Also, DORA offers a \$tep Up financial course for financial literacy. In this class, which is focused on the needs of new recruits, individuals can learn about the following financial topics:

- Importance of managing personal finance
- Saving options and best practices

- Budgeting
- Difference between a bank and a credit union
- Selecting the right financial institution for yourself
- Managing unexpected life events
- Introduction to investing

This training utilizes the START model: Start Today and Retire Tomorrow.

Specifically for military personnel with a focus on Veterans, DORA also

offers a Vet\$afe program including the following topics:

- Scams and fraud that specifically target military communities
- Identifying and avoiding common persuasion tactics
- Importance of reporting fraud to the proper authorities
- Red flags of exploitation in senior Vets and family members

The Vet\$afe program distinguishes between financial crimes such as exploitation and fraud.

JILLIAN SARMO

303-894-2878

jillian.sarmo@state.co.us

ONWARD TO OPPORTUNITY

Onward to Opportunity in Partnership with the Veterans Career Transitioning Program (O2O-VCTP) combines industry-validated curricula, strong partnerships with leading Veteran Service Organizations and private sector companies, and comprehensive career coaching services to prepare and match trainees with their next careers. The program includes the following services:

- Free training and professional certifications
- Flexible learning pathways
- Individualized career preparation services and job placement support by Hire Heroes USA
- One-on-one support

A free career training program that provides professional certification and job placement support to transitioning Service members, Veterans, and military spouses. Visit <http://onward2opportunity-vctp.org/the-program/> to apply.

Below are the eligibility requirements:

- Transitioning Active Duty Service members up to 180 days prior to separation date
- Members of the Guard and Reserve with more than 180 days of service
- Post 9/11 Veterans with an honorable discharge
- Spouses of all of the above

Participants in the O2O-VCTP complete the following steps:

1. Candidate Assessment and Program Advising
2. Industry-specific Training
3. Interview Matching and Candidate Preparation

Courses are available in the following fields:

- Customer Service
- Information Technology
- Project Management

JOE ALDAZ

719-244-6634

jvaldaz@syr.edu

<http://onward2opportunity-vctp.org>

UPCOMING EVENTS

LINKEDIN WORKSHOP FOR VETS

REGISTER AT [HTTPS://TINYURL.COM/YAN9HUSA](https://tinyurl.com/yan9husa)

When: Wednesday, July 26, 3pm-4pm

Where: LeaderQuest—6855 S Havana St, Suite 230, Centennial, CO 80112

This workshop teaches Vets how to set up a LinkedIn profile, including how to assign a Veteran designation to attract more employers. For more information about LeaderQuest, visit <http://leaderquestonline.com>. Contact Aaron Moore with questions about the workshop: 303-832-4665.

HEALTH & WELLNESS FAIR, PRESENTED BY MT CARMEL VETERANS SERVICE CENTER FOR MORE INFORMATION, CALL 719-309-4717

When: Saturday, July 29, 10am-2pm

Where: Mt Carmel Veterans Service Center, 530 Communication Circle, Colorado Springs, CO 80905

Who: Military Service members and Veterans

What: The following services will be offered:

- Running form analysis and shoe fitting
- Service dog demonstration
- Healthy cooking demonstration
- Local food trucks
- YMCA registration with application fee waived
- Yoga demonstration

Former Bronco, Randy Gradishar, will be signing autographs and 30+ resource organizations will be in attendance.

BACK-TO-SCHOOL BRIGADE

REGISTER AT [HTTPS://EVENTS.OPERATIONHOMEFRONT.ORG](https://events.operationhomefront.org)

Join Operation Homefront for a school supply distribution event. Free backpacks are provided for military kids filled with supplies donated by Dollar Tree stores. The Brigade is held at military installations across the country.

Colorado Springs: Tuesday, August 8, 10am-3pm

F.E. Warren Air Force Base: Friday, August 18, 10am-2pm

Contact Christine White (christine.white@operationhomefront.org) or Kathleen Coleman (kathleen.coleman@operationhomefront.org) with any questions.

HEALING WARRIORS

VISIT [HTTP://HEALINGWARRIORSPROGRAM.ORG](http://healingwarriorsprogram.org) OR CALL 970-776-VETS FOR MORE INFORMATION

Healing Warriors is offering free monthly clinics providing non-narcotic therapy for pain, post-traumatic stress, and sleep issues. Clinics are open to all Service members and families (please provide military ID or DD 214). Clinics are held from **9am-1pm**.

Denver (2nd Saturday of the month)—VFW Post 1, 841 Santa Fe Drive, Denver, CO 80204

Longmont (3rd Saturday of the month)—National Guard Armory, 1512 N Main St, Longmont, CO 80501

CO Springs (4th Saturday of the month)—American Legion Post 209, 3613 Jeannine Dr, Colorado Springs, CO 80917

Acupuncture
CranioSacral Therapy
Healing Touch Therapy



UPCOMING EVENTS

ARMY COMMUNITY SERVICE @ FORT CARSON

VISIT WWW.CARSON.ARMY.MIL/ACS OR CALL 719-526-4590 FOR MORE INFORMATION

Army 101—Learn the basics of Army family life, including military terms and community resources. Also includes a tour and lunch.

Offered 4 times in 2017: **March 2, June 1, September 7, or December 7**—8:30am-1:30pm

5 Love Languages—Learn how to better communicate with your partner

Offered on 4 separate dates in 2017: **May 11, July 13, September 14, or November 9**—9am-12pm

VETERAN X—A GROUP FOR VETS BY VETS TO EMPOWER VETS

FOR MORE INFORMATION, CONTACT DAVID CONLEY AT 719-227-4050

When: Every Tuesday, 4:30pm-6:30pm

Where: Mt Carmel Veterans Service Center, 530 Communication Circle, Colorado Springs, CO 80905

Who: Military Service members and Veterans

What: Veterans empower Veterans through shared knowledge and experiences. Group members become the treatment team for a hypothetical Veteran X. In helping Veteran X, Veterans are able to help one another and themselves.

SOLDIERS' ANGELS MOBILE FOOD DISTRIBUTION

REGISTER AT [HTTPS://SOLDIERSANGELS.FORMSTACK.COM/FORMS/DENVERMFD](https://SOLDIERSANGELS.FORMSTACK.COM/FORMS/DENVERMFD) OR CALL 210-629-0020

Soldiers' Angels Hunger Relief Program hosts a Mobile Food Distribution to supply low income Veterans with food.

When: Friday, August 11, 11:30am-1:30pm

Where: Elks Lodge, 3690 S Jason St, Englewood, CO 80110

RETURN 2 WORK CAREER EXPLORATION & PLANNING

FOR MORE INFORMATION, CONTACT GREG HOLT AT 801-529-7442 OR GREG.HOLT@RETURN2WORK.ORG

Return2Work is offering a 20 minute webinar followed by a 1 hour in-person workshop. Experts will explain how to use R2W's innovative tools to quickly zero in on quality jobs matching career goals. To register, visit <https://cc.readytalk.com/r/xzj6z82ff0hq&eom>

When: Monday, August 7, 12pm

Where: 3 separate locations: VFW Post 1, 841 Santa Fe Dr, Denver, CO 80204; Farmer's Insurance, 5555 Tech Center Dr, Suite 110, Colorado Springs, CO 80919; Community Writing Center, 210 E 400 S—Suite 8, Salt Lake City, UT 84111.

Hidden Heroes Campaign

Founded by Senator Elizabeth Dole and supported by Chair Tom Hanks, Hidden Heroes' mission is to bring attention to military caregivers. Its goals are three-fold:

- Raise awareness of the issues military caregivers face
- Inspire individuals, businesses, communities, and civic, faith, and government leaders to take action in supporting military caregivers
- Establish a national registry, encouraging military caregivers to register at HiddenHeroes.org to better connect them to helpful resources and support

Visit <https://hiddenheroes.org> to get involved

**JOINING COMMUNITY FORCES
NETWORKING SERIES SCHEDULE 2017**

May 18	August 17—Boulder, CO
June 15	RSVP at https://www.surveymonkey.com/r/JCFAUG2017RSVP
Aug 17	Boulder Marriott
Sep 21	2660 Canyon Blvd, Boulder, CO 80302
	September 21—Colorado Springs, CO
	Operation TBI Freedom Office, Craig Hospital
	Colorado Springs, CO



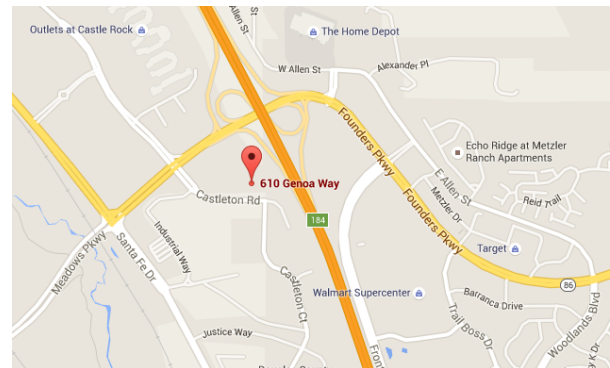
JOINING FORCES
TAKING ACTION TO SERVE
AMERICA'S MILITARY FAMILIES

All Networking Series events will be held from 9am-noon in their respective locations.

**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.



VISIT THE JCF WEBSITE

<http://coloradojcf.org>

Interested in presenting your organization to JCF?

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

Contact **Suzanne Buemi** by **September 15** to present at our October meeting.

suzanne.m.buemi.ctr@mail.mil

720-250-1186

JCF ATTENDANCE ROSTER

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

Eddie Adelman, COS Lindstrom VA Clinic	719-227-4408	edward.adelman@va.gov
Joe Aldaz, Onward to Opportunity	719-244-6634	jvaldaz@syr.edu
Renee Ambrose, Bank of England	303-704-6289	rambrose@boemortgage.com
Kim Anderson, Project: Return to Work	719-246-9831	kim.anderson@q.com
Kari Anglin, LeaderQuest	512-298-7675	kanglin@leaderquest.net
Melissa Anthony, Pikes Peak Therapeutic Riding Center	719-495-3908	anthony@pptrc.org
Alma Avelar, DRCOG—Area Agency on Aging	303-480-5634	aavelar@drcog.org
Julia Beems, Assistive Technology Partners	303-315-1284	julia.beems@ucdenver.edu
Hilary Bryant, Mt Carmel Veterans Service Center	719-964-8944	hbryant@mtcarmelcenter.org
Suzanne Buemi, Family Assistance Centennial	720-250-1186	suzanne.m.buemi.ctr@mail.mil
Eleo Casil, Soldiers' Angels	720-307-1818	ecasil@soldiersangels.org
Katie Civiletto, Give an Hour	720-772-1414	kciviletto@giveanhour.org
Michel Cremeans, Violence Prevention @ Peterson AFB	719-556-2835	michel.cremeans.1@us.af.mil
Sonja Dahmer, RMHS/HAV	303-828-6396	sdahmer@rmhumanservices.org
Laine Dennison, CONG Family Program Marketing	720-250-1193	laine.a.dennison.ctr@mail.mil
Amy Eagen, COARNG Transition Assistance	720-250-1173	amy.j.eagen.ctr@mail.mil
Candyce English, Family Readiness (Army Reserve)	303-371-0608	candyce.p.english.civ@mail.mil
David Francavilla, VA	303-748-9992	david.francavilla@va.gov
Tammy Fogall, CO Springs Military Newspaper Group	719-329-5220	tammy.fogall@csmng.com
Courtenay Giampaolo, Vets Community Living Center	720-857-6420	courtenay.giampaolo@state.co.us
Jim Girlando, Personal Financial Counselor	719-600-9835	pfc4.co.ng@zeiders.com
Denise Harris, Family Assistance Buckley AFB	720-250-1963	denise.r.harris10.ctr@mail.mil
Virginia Howard, 140th COANG Psychological Health	720-847-9438	virginia.r.howard8.civ@mail.mil
Elizabeth Huddleston, Blue Star Families	719-210-8405	ehuddleston@bluestarfam.org
Jeni Hunnicutt, The Sturm Center	276-494-4842	jeni.hunnicutt@du.edu
Heather Kamper, DRCOG—Area Agency on Aging	303-480-6755	hkamper@drcog.org
Wayne Lacey, American Red Cross	719-785-2734	wayne.lacey@redcross.org
Marissa Long, COARNG Psychological Health	720-219-0749	marissa.j.long.ctr@mail.mil
Holly Miller, CO Attorney General's Office	720-508-6225	holly.m.miller@coag.gov
Warren Miller, Operation One Nation	303-794-9568	augerdogger@aol.com
Jenny Morgan, Family Assistance CO Springs	720-250-4885	jenny.e.morgan.ctr@mail.mil
Tiffany Morgan, Your Weapon is Your Mind	303-704-9419	yourweaponisyourmind@gmail.com
Amanda Nurmi, Peak Military Care Network	719-577-9016	anurmi@pmcn.org

JCF ATTENDANCE ROSTER

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

Nick Palarino, Mt Carmel Veterans Service Center	719-309-4711	npalarino@mtcarmelcenter.org
Shelley Poland, Healing Warriors Program	303-522-6113	spoland@healingwarriorsprogram.org
Diane Ricci, CO Division of Veterans Affairs	303-284-6077	diane.ricci@dmva.state.co.us
Connie Roy, Ft Carson ACS	719-526-0423	connie.s.roy.civ@mail.mil
Cora Rubal, DRCOG—Area Agency on Aging	303-657-6752	crubal@drcog.org
Jillian Sarto, DORA	303-894-2878	jillian.sarmo@state.co.us
Beverly Shoemaker, Treasured Tears	719-641-6512	bmschoemaker875@gmail.com
James Sidanycz, CO Department of Law	720-508-6223	james.sidanycz@coag.gov
Ashley-Ann Thornton, Denver Vet Center	303-326-0645	ashley-ann.thornton@va.gov
Chip Underwood, Mt Carmel Veterans Service Center	719-309-4722	cunderwood@mtcarmelcenter.org
Christine White, Operation Homefront	719-529-0915	christine.white@operationhomefront.org
Ken Williams, United Healthcare M&V (TRICARE)	719-602-9410	ken_williams@uhc.com
Austin Wilmarth, CO Springs Vet Center	719-471-9992	austin.wilmarth@va.gov
Robin Winger, DVBC	719-526-8636	robin.r.winger.ctr@mail.mil

PLEASE CONTACT DENISE HARRIS WITH ANY AMENDMENTS OR UPDATES:
DENISE.R.HARRIS10.CTR@MAIL.MIL OR 720-250-1963.