

Every Member Counts

SOUTH DAKOTA NATIONAL GUARD 

January Focus

Mission: Service Member & Family Support enhances and empowers the lives of our customers with consistently exceptional service & support.

Service Member & Family Support

Phone: 1-800-658-3930



THE FOCUS IS FOR SERVICE MEMBERS & FAMILIES, VETERANS, RETIREES & SURVIVORS

IN THIS ISSUE

How Much Does the 2020 Military Pay Raise Really Put In Your Pocket?

Reprinted in part from www.military.com

You may have heard that the military will be getting a 3.1% [pay raise](#) in 2020. But how much is that in real money?

For the average E-5 with six years of service, a 3.1% increase means you are getting a raise of just about \$0.50 an hour in your basic pay (assuming a 40-hour work week).

That E-5 will be getting a raise from \$17.31 an hour to \$17.85. Without trying to sound too much like a retention officer, that's better than cooking fries -- especially when you figure in the benefits and tax-free allowances. Including those benefits an E-5 would be making about \$30.32 an hour.

That figure includes [basic pay](#), [Basic Allowance for Subsistence \(BAS\)](#), and the national average [Basic](#)

[Allowance for Housing \(BAH\)](#), your actual numbers may vary.

An O-3 with six years of service will see their hourly base pay increase from \$34.29 an hour to \$35.35 -- a little more than a \$1 hourly raise. Adding on the subsistence and housing allowances brings their normal hourly pay to \$47.16.

These numbers also don't take into consideration other benefits such as [Tricare](#), shopping and recreational benefits or tax advantages.

MILITARY ONE SOURCE

Wellness Resource Pg 3 & Tax Prep Pg 13



Pages 7-10



Pages 11-12



Page 14

Do you have 18 or more years of military service?



Do you have questions about Retirement?

Get answers about the following:

- Retired Pay
- Tricare
- VA Health Care
- Survivor Benefit Plan
- Military Funeral Honors and Survivor Outreach Services
- Transition Assistance
- Military One Source
- Employment Assistance
- Volunteer Opportunities
- Federal & State Benefits
- Troops to Teachers
- Family Assistance Center
- Family Readiness Groups and more!

Rapid City – March 7

Sioux Falls – May 31

Watertown – August 2

Pierre - August 8



Take Command of Your Well-Being With a Health and Wellness Coach

Losing weight, managing stress, tackling transitions - if you're ready to make some life changes, free consultations with Military OneSource health and wellness coaches can help you set goals and create a plan to reach them.

You can be more successful in reaching your maximum potential when you have a coach cheering you on. Military OneSource health and wellness coaches stand ready to be your personal cheerleader.

How can a health and wellness coach help me improve my life?

Having a health coach in your corner helps you make a plan, focus on results and reach your goals. The top five ways a wellness coach can improve your life are by helping to:

1. Clarify your focus (identify your beliefs, values and vision, and goals)
2. Set you up for success (create an action plan to achieve your goals)
3. Prepare you for the unexpected (eliminate roadblocks or barriers that stand in the way)

4. Keep you on course (hold you accountable for your goals)

5. Celebrate your achievements (acknowledge your hard work when you reach your goal)

What topics and goals do health and wellness coaches support?

Health and wellness coaches provide information, support, encouragement and accountability on specific topics including:

- Weight management
- Fitness
- Nutrition
- Health condition management
- Stress management
- Life transitions

You can get personalized help 365 days a year by telephone and online.

How can a coach help with life transitions?

Having a plan can sometimes make major adjustments and life changes easier. A Military OneSource health and wellness coach can help you make a plan before or during those life transitions when you're adapting to changes such as deployment, moving, becoming a new parent or retirement.

Who's eligible for health and wellness coaching?

The [Military OneSource Health and Wellness Coaching Program](#) is a free resource for eligible service members (regardless of activation status) and certain others including:
Active duty
National Guard
Reserve members



Immediate family members and survivors of active-duty, National Guard and reserve members

How do I get started with a health coach?

Call 1-800-342-9647 to sign up for health and wellness coaching sessions. You can choose from three [Health and Wellness Coaching Program](#) session options:

- Phone
- Secure, real-time online chat
- Secure, real-time video session

Are there self-directed wellness programs available?

If you prefer to work without a coach, visit the [United States Department of Agriculture MyPlate Plan](#) to try a self-directed online program that tracks things like nutrition and exercise. You're one call away from starting to live a healthier life. Call today for the information, support, encouragement and accountability a Military OneSource health and wellness coach can give you.

UNITED HOMEFRONT

Connecting Military Families to build up their Support Circles

WHAT IS UNITED HOMEFRONT?

It's a brand new event designed to bring geographically dispersed military families & friends together to make new connections & friendships, to build up their military support circles, and strengthen their resiliency.

Hosted bi-annually in 6 locations:

Rapid City, Pierre, Mitchell, Sioux Falls, Brookings & Watertown

"KICK OFF" event

Feb 7th - Pierre 12-3pm

during State Leadership Conference

Feb 13th - Rapid City 5-8pm

Feb 20th - Brookings 5-8pm

Feb 21st - Watertown 5-8pm

Mar 12th - Mitchell 5-8pm

Mar 13th - Sioux Falls 5-8pm

Join us for our "kick off" and at location near you to build up your military support circle.

Find more information on the South Dakota Service Member & Family Support Facebook page within the United Homefront Location Groups. You can also call Kaylie Sterud at 605.415.0471 or Wendi Albers at 605.787.3313



Military Kids Adventure Day!

Sioux Falls, SD
8 February 2020

Registration Deadline:
31 January 2020

**AGES
6-10**



Purpose:
To involve younger military children in an environment that helps them connect with each other, learn and have fun.

Register Soon! Limited to 20

CHILD WILL NEED TO BRING

- 1. Warm Clothes**
We will be snow tubing so please dress appropriately.
- 2. Spending Money or Sack Lunch**
Adventure Day wouldn't be complete without a hot cocoa or lunch from the concessions. You may bring sack lunch instead if you wish. However, Great Bear does offer a full lunch menu in their food court.

Calling all Military Kids!

Come and join the fun at Great Bear Recreational Parks.

You will have the opportunity to explore some U.S. History with a President's Day project, learn some resiliency with #HTGS (Hunt The Good Stuff) and of course experience the adventure of snow tubing at the Kirby Family Tube Park!

**Date: Saturday
8 February 2020**

**Time: 9:00 a.m.
to 2:00 p.m.**

AGENDA

- 9:00-9:30 Registration/Ice Breaker Games
- 9:30-12:00 Hit the slopes for Snow Tubing
- 12:00-12:30 Lunch
- 12:30-1:00 President's Day project
- 1:00-1:30 Guest Speaker: Adventures of Being a Military Child

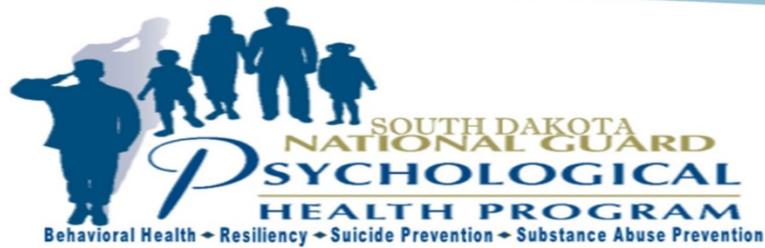
- 1:30-1:45 #HTGS
 - 1:45-2:00 Clean up Time, Evaluations and Parent Pick up
- Child should be picked up no later than 2:00 p.m.**
- Drop off and pick up at Great Bear
5901 E Rice St.
Sioux Falls, SD 57110**



Please send registration forms to:

SDNG Child & Youth Program
ATTN: Candice Bloom, CTR
1951 North HWY 20
Watertown, SD 57201

If you have any questions please call 605-882-9376 / 605-787-3312 or email candice.l.bloom.ctr@mail.mil



Your Psychological Health Team

Greetings from your SDARNG Psychological Health Team! We are a very diverse, passionate and dedicated team here for one main purpose—to help Soldiers and their families be the best they can be.

Our team consists of a variety of different positions—each one working in conjunction with the other to create a focused and cohesive team here to support you. Each month we will focus on one individual on the team so you can get to know more about each of us and the role we serve. This month we are doing an overall introduction to our program and the people here for you!

The lead of our team is LTC Amber Heinert. Her title is Director of Psychological Health and Resiliency Programs. The Psychological Health Coordinator is Mr. Jeff Hurst. Both LTC Heinert and Mr. Hurst are licensed clinical social workers. LTC Amber Heinert oversees the direction of the Psychological Health and Resiliency Programs supporting the SDARNG. Mr. Jeff Hurst provides the majority of clinical case management for Soldiers and is the primary access point for educational briefings/trainings/presentations specific to behavioral health topics to include but not limited to: psychological first aid, behavioral health diagnosis specific presentations, moral injury, vicarious trauma, PTSD, stress management, anger management, mobile and web resources specific to psychological health etc. The behavioral health team additionally consists of the following critical personnel: 4 M-day behavioral health providers and 3 68Xs or behavioral health technicians that are embedded in units. You will learn more about each of us in the upcoming months.

The next critical component of the Psychological Health Program is the R3SP team. This is the Resiliency, Risk Reduction and Suicide Prevention Team. This team consists of four individuals that work together to bring engaging and focused training to all units across our state as well as monitor trends and provide support and resources to the behavioral health team as needed. The resiliency portion of this team is led by MAJ Sarah Jensen. The Suicide Prevention Program Manager (SPPM) is Ms. Sue Keller. She joined the team this month but is no stranger to the SDARNG and comes with a wealth of experience along with dedication and passion to serve as the SPPM. Many of you know Cricket Palmer—she is the state Alcohol Drug Control Officer (ADCO). She is our resident expert on Drug and Alcohol abuse prevention and intervention. She could not do her job without the State Prevention Coordinator, Mr. Paul Brosz. He is the expert on trends and policies related to drugs and alcohol. He is passionate about helping individuals avoid a substance abuse problem and how to help Soldiers and/or family members get connected with resources if struggling with substance abuse concerns. Last but certainly not least is SGT Shaun Kuharski. He is the State Drug Testing Coordinator. He has a very important job ensuring our force is drug free and safe and works hand in hand with Cricket and Paul to address concerns and offer training, resources, and help as concerns arise.

As a team, we are here for Soldiers and families. Our ultimate goal is to provide compassionate, holistic care and consultation to leadership promoting Soldier care. Additionally, to provide engaging and quality training that has the ability to truly impact change in our organization and to create connections and relationships that are necessary to address stigma around behavioral health care and provide the resources and support to Soldiers and family members seeking and/or in need of appropriate services.

LTC Amber Heinert

Director of Psychological Health (DPH) & Resiliency Programs
605-737-6582

MAJ Sarah I Jensen

R3SP Coordinator (Resiliency, Risk Reduction, Suicide Prevention)
605-737-6948

Jeffrey Hurst

Psychological Health Coordinator
605-737-6521

Kristi (Cricket) Palmer

Alcohol and Drug Control Officer (ADCO)
605-737-6973

Paul Brosz

Prevention Coordinator (PC)
605-737-6990

SGT Shaun Kuharski

Drug Testing Coordinator
605-737-6566

Sue Keller

Suicide Prevention Program Manager
605-737-6954

- ◆ Meet your Psychological Health Team
- ◆ Suicide Prevention Message
- ◆ Resiliency Skill of the month
- ◆ Cyber safety tip of the month
- ◆ Substance Abuse Prevention Message
- ◆ Psychological Health Message—

Suicide Prevention Program Message

If you are not happy, change your way of living and thinking...

- you have the power to say, "This is not how my story will end."
- when you feel like giving up, just remember the reason why you held on for so long.
- suicide doesn't end the chances of life getting worse, it eliminates the possibility of it ever getting any better.
- place your hand over your heart, can you feel it? That is called purpose. You're alive for a reason, so don't ever give up.
- suicide is a permanent solution to a temporary problem.
- even the darkest night will end and the sun will rise.
- suicide doesn't end the pain, it just passes it on to someone else.
- they can't rescue you, if they don't know you need it. Ask for help to fight another day.
- don't lose hope. When the sun goes down, the stars come out.

"Be the One" to reach out to others and help them

"Be the One" to reach out and ask for help.

#BeThere

Resilience: Skill of the Month ATC



What is the skill?

"ATC" is a model that can help you look back and discover your thoughts and consequences (emotions/reactions) about situations you'd like to change or understand.

It's about what works for you: evaluate whether or not your thoughts are helping you or harming you.

Separate the A (Activating Event) from your T (thoughts) from the C (Consequences: Emotions and Reactions) in order to understand your reactions to a situation.

Thought Themes	Emotions/Reactions
Loss	Sadness/Withdrawal
Danger	Anxiety/Agitation
Trespass	Anger/Aggression
Inflicting harm	Guilt/Apoloquizing
Negative comparison	Embarrassment/Hiding
Positive contribution	Pride/Sharing, planning future achievements
Appreciating what you have received	Gratitude/Giving thanks, paying forward
Positive future	Hope/Energizing, taking action

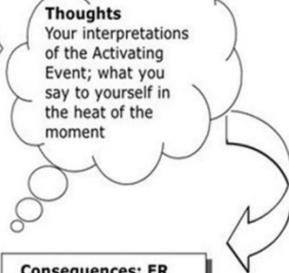
B.L.U.F.

- ◇ Builds self-awareness
- ◇ Builds positive emotion, such as gratitude

Key Principles

- ◇ Identify your Heat-of-the-moment thoughts about an activating event and the consequences of those thoughts so you can have greater control over your emotions and reactions.

Activating Event
The trigger: a challenge, adversity, or positive event



Consequences: ER
E: Emotions
R: Reactions

Cyber Safety— YouTube for kids, tweens and teens!

Why should parents care?

- Students could unintentionally watch inappropriate or dangerous videos because content is automatically suggested
 - YouTube is user-generated and relies on users to flag videos that violate YouTube's terms of service (for things like violence, nudity, encouraging danger, hate speech, etc.)
 - Students can easily get addicted to watching YouTube videos because there is so much content offered
 - Students can waste a lot of time in the YouTube app and could lose interest in offline activities
- The YouTube app offers in-app purchases and monthly memberships



What can parents do?

- Turn on the Safety Mode in the YouTube app
- Don't rely on the filters. Parents must still closely monitor what tweens and teens are doing in the YouTube app
- Turn off the autoplay feature
- Set a daily or weekly time limit for the YouTube app
- Encourage your student to use YouTube in a positive way by watching educational content and learning new skills
- Set up a shared family Google account
 - Log in to the YouTube app from the shared account so you can see your student's video history
 - Subscribe to safe channels your children would like, so they get notifications to watch those channels instead of searching for new ones
- If your student has his or her own YouTube Channel:
- Watch every video they make BEFORE they upload it
- Limit who can view their videos by setting them to Private or Unlisted
- Disable the comments on their videos to prevent negative comments and cyberbullying



https://www.youtube.com/watch?time_continue=1000&v=xfgG-

Information included on this page is provided by SmartSocial and Josh Ochs. This is a very informative site for parents and educators. There are numerous informative sites available so we ask that you find a site that works for you— as long as you are working to keep your child safe online, just as you have kept them safe crossing streets, riding with seatbelts etc.

Smart Social
Learn How to Shine Online



SDNG Person of Resilience

The Psychological Health team was honored to award SFC Amber Vanderwerff the first ever South Dakota National Guard Person of Resilience Award. SFC Vanderwerff was presented with her award at the 740th Christmas Party on December 13th. The same evening she was also honored with a promotion from Staff Sergeant to Sergeant First Class.

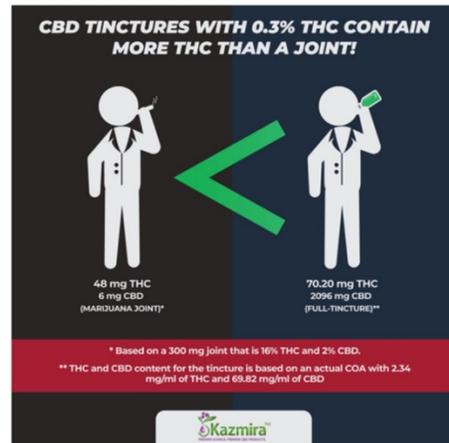
The award nomination was submitted by a fellow Soldier in her unit. The award criteria states they are a person who has not let adversity define them. They found resilience by moving towards a goal beyond themselves, transcending pain and grief by perceiving bad times as a temporary state of affairs. They showed strength of inner self and define themselves as capable and competent. SFC Vanderwerff met all these criteria and more!

If you know of someone who deserves recognition please email MAJ Sarah Jensen or look on the Psychological Health Programs share point site located under the G1. There are three different awards available, the Innovation Award, the Above and Beyond Award and the Person of Resilience Award. Full descriptions of each award are located with the nomination forms.

Can I use THC-Free CBD oil and pass a drug test? The answer is NO. You may be told that it is ok but there are some facts you need to know first!

- *It all depends on the source of the cannabis to produce the CBD oil.
- *The industry and legal standard for any CBD product is one that contains less than 0.3% THC by weight. This means that a CBD product may legally contain up to 3 parts of THC for every thousand parts of oil by weight. According to some sites this can be the equivalent of a smoking a joint. If you use the oil repeatedly it WILL add up in your system and cause a failure of drug test.
- *This not a regulated industry- one study discovered that over 70% of CBD products sold online were not labeled properly.
- *It is impossible to remove 100% of a botanical extract.... Compare to orange juice- it will never be Vitamin C free.

<https://www.verywellhealth.com/cbd-oil-and-failing-drug-tests-4580277>
<https://www.kazmira-llc.com/blog/defining-thc-free-cbd-oil/>



Psychological Health Message



There is an amazing site out there filled with hundreds of FREE short videos and even certification courses on mental health, substance use, and suicide prevention topics. It is available for anyone to access and use. Below you will see the list of videos pertaining to being a parent/family member. Other available categories are: Adult, Caregiver, healthcare Professional, Mental Health Provider, Other/General and Student. This means that for any role in life you can find the topics and information you may need or want. Take the time to check it out!

www.psychhub.com

I am a(n): Parent / Family Member

interested in watching a video on:

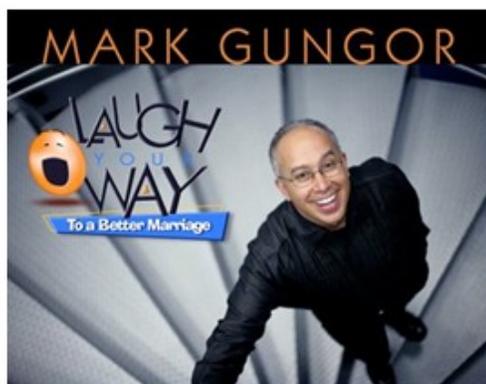
-
- Anxiety
- Attention Deficit/Hyperactivity Disorder
- Bipolar Disorder
- Depression
- Eating Disorders
- Effective Mental Health Treatments
- Insomnia
- Mental Health Medications
- Obsessive-Compulsive Disorder
- Post Traumatic Stress Disorder
- Schizophrenia
- Self Harm & Suicidal Ideation
- Self Help
- Substance Use / Opioids
- Traumatic Brain Injury
- Youth Mental Health

Laugh Your Way to a Better Marriage

Strong Bonds for Couples

18-19 January 2020
Rapid City

***Split Training is Authorized
For Soldiers living 50+ miles hotel room
will also be included for 2 nights***



Whether you've celebrated one anniversary or twenty, as an military couple you can anticipate more excitement — and expect more challenges — than the average civilian couple. Long separations, frequent relocations, and the stress of deployment can subject military marriages to extreme hardship.

That's why we developed the Strong Bonds Couples program. It's our way of saying thank you for the sacrifices you and your Family make every day as members of the world's premier fighting force. And, because we understand the stresses of military life, we want to serve you through an off-post, Strong Bonds weekend retreat. You and others from your unit will gain skills that fortify your marriage and enjoy a time of relaxation, recreation, and fun.

You'll gain practical, useful information based on world-class curriculum developed from years of research. The weekend retreat is designed to strengthen relationships, inspire hope and rekindle marriages.

Each year thousands of couples enjoy ***Laugh Your Way to a Better Marriage*** with Mark Gungor's candid and comedic approach he uses unforgettable illustrations and the power of laughter to teach proven principles that are guaranteed to strengthen any marriage. His take on marriage issues is refreshingly free of both churchy and psychological lingo. "Our secular culture over-romanticizes marriage and our Christian culture over-spiritualizes it. The reality is that relationships between men and women are very down to earth," Mark comments. "Laugh Your Way to a Better Marriage is about helping couples get it right, get along, have fun, and achieve a successful marriage."

Mark is one of the most requested speakers for the U.S. Army and his Laugh Your Way materials are used extensively by chaplains and military personnel. Mark has been featured on national broadcasts such as Focus on the Family, Life Today and ABC News.

To Register or for additional Information contact:
Chaplain (COL) Wilson at
605-737-6009 or lynn.j.wilson.mil@mail.mil



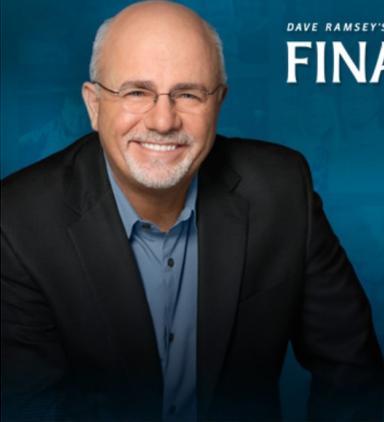
SDARNG CHAPLAIN CORPS PRESENTS...

Save the Date

SDNG STATE FAMILY & YOUTH SYMPOSIUM 2020

April 25-26 2020

Projected location: Western SD



DAVE RAMSEY'S **FINANCIAL Peace** UNIVERSITY

This changes
EVERYTHING!

Your money. Your story. Your life.

Learn God's ways of handling money with Dave Ramsey's *Financial Peace University!* The average turnaround is \$8,000 in just the first three months!

SOUTH DAKOTA NATIONAL GUARD

R.E.D.

REMEMBER EVERYONE DEPLOYED

** WEDNESDAYS **

15 January 2020 - 22 April 2020

Cathedral—Rapid City SD
520 Cathedral Drive/RM TBD

1745 MST HRS

To Register: Contact Lynn Wilson or Lonnie Hofer
chappy_lynnwilson@icloud.com or lhofer56@hotmail.com

Materials Needed: FPU Workbook (Cathedral covering cost)

* 29 JAN, 19 FEB, 25 MAR NO FPU (Cathedral doing 3 studies on Eucharist; still welcome to come!)

Strong Bonds 2020



Strong Bonds
Building Ready Families

Strong Bonds is conducted in an offsite retreat format in order to maximize the training effect.

The retreat or "get away" provides a fun, safe, and secure environment in which to address the impact of relocations, deployments, and military lifestyle stressors.

Laugh Your Way to a Better Marriage - Couples
18-19 January 2020 – Rapid City

Five Love Languages - Singles
15-16 February 2020 – Rapid City

Prevention Relationship Enhancement Program - Couples
21-22 March 2020 – Sioux Falls

For additional information contact
Chaplain (COL) Wilson at
605-737-6009 or
lynn.j.wilson.mil@mail.mil

MilTax

MILITARY
ONE SOURCE



Q AND A

Q: What makes MilTax different from other tax preparation services?

A: MilTax is the only tax preparation and filing software provided by the Department of Defense designed exclusively for our military community. The software was developed specifically to address scenarios that civilians rarely encounter, from combat pay to multiple moves. It's convenient, with trained experts readily available—and it's no cost, regardless of your rank or income. Expertise like this helps you save the most money.

Q: When and where will the MilTax software be available for 2016 returns?

A: Military OneSource provides free tax preparation and access to filing software starting mid-January through mid-October. Tax consultants can answer questions year-round. Access to the software is available through MilitaryOneSource.mil.

Q: What happens if I can't finish my online return in one session?

A: You don't have to complete your return all at once. When you're using the software, you can create a secure user identification and password, so you can save your work, close it and return to your filing later.

Q: What does the 100% accuracy guarantee mean?

A: Calculations are guaranteed to be 100 percent accurate or the tax software vendor will reimburse you up to \$10,000. Terms and conditions apply. In addition, the tax software vendor is by your side if you get audited.

Q: If I'm trying to file online and I need help, where can I go?

A: If you have any personal tax-related questions, call 800-342-9647 to speak with a Military OneSource tax consultant or schedule an appointment. Remember, these consultations are free. For technical assistance, such as login issues, using the software, printing returns, etc., call 855-897-8639 and follow the prompts.

Q: How do I reach Military OneSource tax consultants?

A: You can call a trained Military OneSource tax consultant free during tax season (January through April 15) seven days a week from 7 a.m. to 11 p.m. EST or EDT at 800-342-9647. After April 15, trained tax consultants are available Monday through Friday, 8 a.m. to 10 p.m. EDT. You can call anytime to schedule an appointment with a consultant.

Q: Where can I get face-to-face help?

A: You can visit a Volunteer Income Tax Assistance location near you or your installation's Legal Assistance office. To find VITA locations in the U.S., search "VITA locations map" on MilitaryOneSource.mil. The map page also has a link to a listing of locations outside the U.S.

WE SERVE THOSE WHO SERVE.

Military OneSource MilTax:

- Access FREE, easy-to-use tax preparation and e-filing software designed for the military community
- Call for easy access to trained tax consultants
- Find in-person support with the Volunteer Income Tax Assistance program
- Get all the tax credits and deductions you qualify for

MILITARY ONE SOURCE **MilTax**

www.MilitaryOneSource.mil | 800-342-9647

BECAUSE MILSPOUSES SERVE, TOO.

Military OneSource MilTax:

- Access FREE, easy-to-use tax preparation and e-filing software designed for the military community
- Call for easy access to trained tax consultants
- Find in-person support with the Volunteer Income Tax Assistance program
- Get all the tax credits and deductions you qualify for

MILITARY ONE SOURCE **MilTax**

www.MilitaryOneSource.mil | 800-342-9647

Q: What kind of filing help is available at VITA locations?

A: These locations have several ways to file and access help. You can fill out your return at a self-help kiosk and have trained volunteer tax specialists nearby to assist; or you can make an appointment to work directly with a specialist; or you can leave off your forms and return later to pick them up. Services vary based on location.

Q: What other tax and financial assistance does Military OneSource offer?

A: Military OneSource accredited financial counselors are also available for unlimited, free in-person, phone and video counseling—to help with financial issues such as money management and debt, as well as maximizing your refund.

The Military OneSource website has lots of helpful articles, information and resources about taxes, preparation for filing and special considerations that can make tax-time easier. You can read more about MilTax features and benefits at MilitaryOneSource.mil.

Q: Who is eligible for MilTax services?

- A:** In general, individuals can use MilTax and access support services include:
- Active-duty service members, spouses and dependent children of the eligible service members
 - Members of the National Guard and of the reserve—regardless of activation status
 - Retired and honorably discharged service members within 180 days of their discharge
 - A family member who is taking care of the affairs of an eligible service member when the service member is deployed
 - A designated family member of a severely injured member who is incapable of handling his or her own affairs
 - Eligible survivors of active-duty, National Guard and reserve deceased service members regardless of conflict or activation status
 - Some members of the Department of Defense civilian expeditionary workforce
 - You can find more specific eligibility information at MilitaryOneSource.mil.

Got more questions? Visit MilitaryOneSource.mil or call 800-342-9647 to speak to a tax consultant or schedule an appointment. Calling is free and there's no limit to how many times you can call.

Did you know?

The **Transition Assistance Advisor (TAA) Program** serves Active and Reserve Component service members of **ALL** branches of the military **AND** Veterans who have dedicated themselves to serving our nation, often at great personal sacrifice. The program's principal role is to provide direction to Reserve Component service members so that they can secure all benefits, entitlements, and services earned through their military service with the compassion of someone who's been there.

You may not need assistance at this time, but you may have a friend or family member that could use some assistance.



Common services provided are:

- Requesting Military Service records
- Enrollment into the VA Healthcare
- Counseling on Education Benefits
- Supporting deploying and returning units
- Employment
- Tricare
- State specific benefits
- Navigating local, state and federal programs

I am a current service member in the SDARNG, an OEF-Afghanistan veteran, former full-time Soldier, education counselor and will put to use my skills and relationships to ensure your needs are met.

Contact your TAA today at

605-737-6669 or

christian.m.johnson.ctr@mail.mil

January Focus

Service Member and Family Support
South Dakota National Guard

2823 W. Main St, Rapid City SD 57702

1-800-658-3930



We also recommend that you like and follow us on Facebook as we continuously update new and exciting information.

Have suggestions of thing you would like to see in a future issue of the focus?
Please contact us!