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**Fort Bragg  
Survivor Outreach  
Services  
910-396-0384**

Bldg. 4-2133,  
Normandy Drive

# SURVIVOR

*Sentinel*

September-October 2020



## **National Gold Star Mothers Day**



The name the Gold Star Mothers was derived from the custom of military Families who put a service flag near their front window. The flag featured a star for each Family member serving their country – living members were denoted in blue, but gold stars honored Family members who were killed while on duty.

American Gold Star Mothers, Inc. was incorporated in 1929, obtaining a federal charter from the US Congress. It began with 25 mothers living in the Washington, DC area and soon expanded to include affiliated groups throughout the nation. On June 23, 1936, a joint congressional resolution designated the last Sunday in September as Gold Star Mothers Day, a day that has been observed each year by a presidential proclamation.

Fort Bragg Survivor Outreach Services would like all of our Gold Star and Surviving Parents to know we are thinking of each and everyone of you, this day and every day.



**HONORING  
GOLD STAR &  
SURVIVING PARENTS**



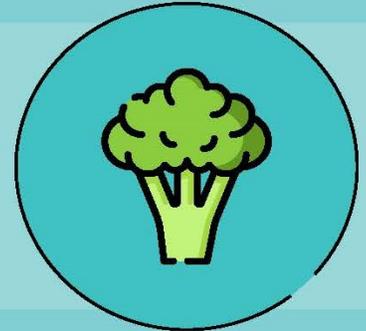
# Coping with stress during the 2019-nCoV outbreak



It is normal to feel sad, stressed, confused, scared or angry during a crisis.

Talking to people you trust can help. Contact your friends and family.

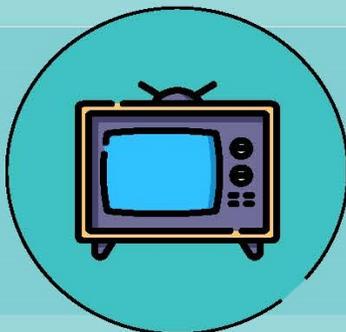
If you must stay at home, maintain a healthy lifestyle - including proper diet, sleep, exercise and social contacts with loved ones at home and by email and phone with other family and friends.



Don't use smoking, alcohol or other drugs to deal with your emotions.

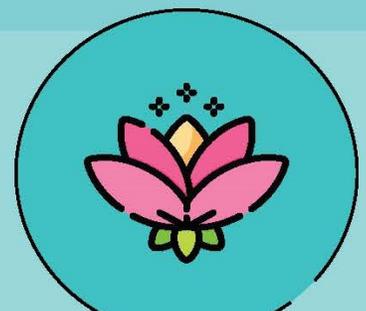
If you feel overwhelmed, talk to a health worker or counsellor. Have a plan, where to go to and how to seek help for physical and mental health needs if required.

Get the facts. Gather information that will help you accurately determine your risk so that you can take reasonable precautions. Find a credible source you can trust such as WHO website or, a local or state public health agency.



Limit worry and agitation by lessening the time you and your family spend watching or listening to media coverage that you perceive as upsetting.

Draw on skills you have used in the past that have helped you to manage previous life's adversities and use those skills to help you manage your emotions during the challenging time of this outbreak.



# NEED TO TALK?

CALL AN  
**MFLC**  
MILITARY & FAMILY  
LIFE COUNSELOR

*Providing Help with the Stress of Military Life.*

**910-709-1312**

We help with  
communication  
challenges,  
conflict resolution,  
relationship issues,  
managing feelings,  
getting adjusted and  
coping with changes.

*We are here for you!*



The 4LIFE 4ALL Scholarship program is intended to assist children and young people who are victims of parental suicide. It's a way to help these young people cope with their loss by giving them hope for the future. Their scholarship fund, 4LIFE 4ALL wants to give children of parental suicide the opportunity to pursue higher education so they can enrich their lives.

<https://4life4all.org/scholarships/>

## 2020 Virtual National Military Suicide Survivor Seminar

**October 16-18, 2020**

At the National Military Suicide Survivors Seminar, you'll meet other people walking the same path as you. Suicide loss survivors from across the country come together to share stories, struggles, moments of reflection and provide loving support for one another.



Please call 1-800-959-TAPS (8277) or [www.taps.org](http://www.taps.org)

Learn skills to **overcome obstacles** and  
how to **bounce back** from life's challenges with

# The Resilience Academy

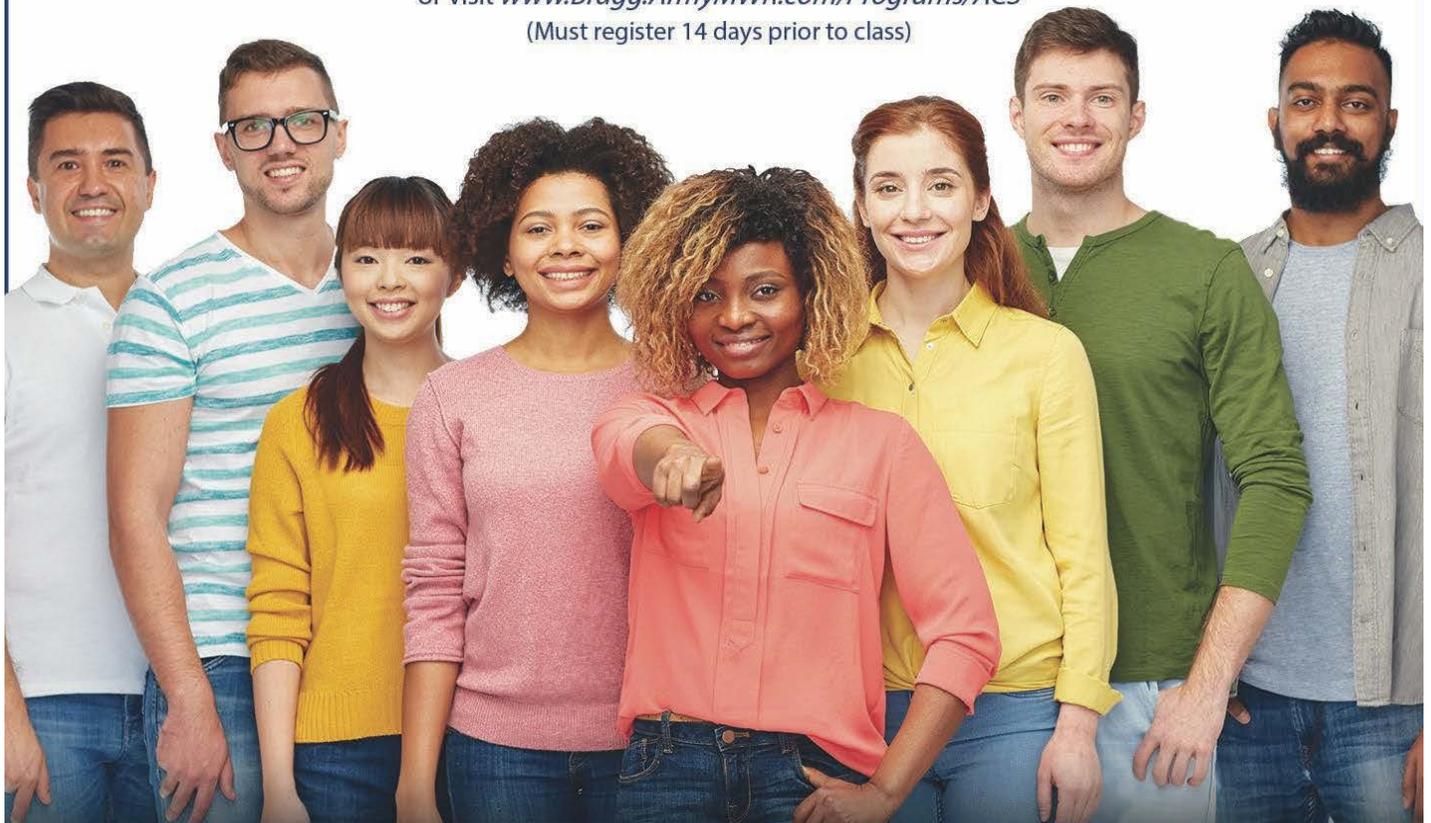
## 2020 Class Schedule

*Soldier Support Center, 3rd floor*  
9 am - 5 pm

**September 15, 16 and 17**

*\*All dates within each month must be completed to receive full credit.*

To register, call **(910) 396-5521**  
or visit [www.Bragg.ArmyMWR.com/Programs/ACS](http://www.Bragg.ArmyMWR.com/Programs/ACS)  
(Must register 14 days prior to class)



**What is Resilience?** *See description on other side.*

[www.Facebook.com/FortBraggACS](https://www.facebook.com/FortBraggACS)  
Follow us on Twitter and Instagram @FortBraggACS  
[www.Bragg.ArmyMWR.com/Programs/ACS](http://www.Bragg.ArmyMWR.com/Programs/ACS)  
Download our free 'Fort Bragg ACS' mobile app



Child care vouchers are available for free CYS hourly care. Children must be registered through CYS and parents must make reservations in advance for the care.

## **Military Beneficiary ID Cards:** **COVID-19 response:**

“Uniformed Services ID Cards (USID): If a cardholder's affiliation is unchanged, USID cards which expired on or after January 1, 2020, are authorized for continued benefit use through September 30, 2020.” <https://www.cac.mil/>

### **Fort Bragg ID CARD Office**

The Fort Bragg ID Card/DEERS office is an appointment based facility. All requests for service need to be scheduled. Walk-Ins are seen on an emergency basis. Individual appointments are required for EACH person requiring service or any other DEERS transaction.

To schedule please visit <https://idco.dmdc.osd.mil/idco/#/>. Use site name **101429** to locate the Fort Bragg Soldier Support Center ID Card Facility. \*Scroll to the bottom of the screen for the appointment scheduler.

If you are unable to schedule an appointment by using the site; please contact the ID card office at (910) 643-2737.

It is mandatory that ALL customers who are age 18 and older have 2 unexpired forms of ID and the name MUST match. One MUST be a valid state or federal government issued picture ID. Visit [https://www.cac.mil/Portals/53/List\\_of\\_Acceptable\\_Documents.pdf?ver=2019-08-20-130159-397](https://www.cac.mil/Portals/53/List_of_Acceptable_Documents.pdf?ver=2019-08-20-130159-397) to view list of acceptable identity documents.

NOTE: If your ID card was lost or stolen, you must first go to the MP Station to obtain a stamped sworn statement.

### **College Student Beneficiaries**

College Enrollment Verification REQUIRED: Obtain from the college's Registrar Office OR the National Student Clearinghouse: <https://secure.studentclearinghouse.org/>

Documentation MUST include:

1. Full Time Student status
2. Estimated Graduation Date

# WHAT IS A VALID DOCUMENT?

It's not always obvious what makes a document valid or invalid. This should answer your questions and save you gas!

## THE BASICS



- It can't be expired
- It has to be the original (not a copy or picture)
- It has to be from a court, not from a lawyer

**Again, make sure it's not expired.**



Pro tip: most valid documents have a seal.

## COMPLETE THE LOOK



No, not in your picture. The name on your documents has to match.

Damage goes 2 ways at DEERS:

## DAMAGE

1. Even if your document is literally from 1806 and falling apart, we'll still take it as long as we can read it.

2. However, if the document was ever stapled or attached to something else and you remove the attachment, we can no longer take the document.



**Still have questions! Call us! (910) 396-9339**

## TRICARE Open Enrollment Season

TRICARE Open Season is the annual period when you can enroll in or change your health plan for the next year. The 2020 TRICARE Open Season begins **November 9** and ends **December 14, 2020**. During TRICARE Open Season, you can:

**Do nothing.** If you want to stay in your current TRICARE health care plan, you don't have to take any action. You'll continue in your current health plan through 2020 or as long as you're eligible.

**Enroll in a plan.** If you're eligible for a TRICARE Prime option or TRICARE Select but not enrolled, you can enroll in a plan now.

**Change plans.** If you're already enrolled in a TRICARE Prime option, or TRICARE Select, you can switch plans and switch between individual and family enrollment.

### ***What Happens if I Don't Take Any Action?***

If you aren't already in a plan and don't enroll in a plan, you'll only be eligible for care at a military hospital or clinic if space is available.

### ***Making Enrollment Changes Outside of Open Season***

Outside of TRICARE Open Season, you can enroll in or change enrollment to TRICARE Prime or TRICARE Select following a Qualifying Life Event (QLE).

A QLE is a certain change in your life, such as marriage, birth of a child, or retirement from active duty, which may mean different TRICARE options are available to you. A TRICARE QLE opens a 90-day period for you to make eligible enrollment changes. A QLE for one family member means all family members may make enrollment changes. To learn more, visit [www.tricare.mil/lifeevents](http://www.tricare.mil/lifeevents).

Outside of the Federal Benefits Open Season, you may only make changes to your existing FEDVIP plan if you experience a FEDVIP QLE. Remember, FEDVIP QLEs may be different from the TRICARE QLEs. <https://tricare.mil/openseason>

## Compare 2020 FEDVIP Plans and Costs, Prepare for Open Season

You can now review 2020 Federal Employees Dental and Vision Insurance Program (FEDVIP) plans and rates. View them online using the FEDVIP plan comparison tool.

The Federal Benefits Open Season begins on **November 11** and ends on **December 9**.

If you're currently enrolled in a FEDVIP dental or vision plan and don't want to make a change, you don't have to do anything. But you should still check and understand any 2020 changes to your plan and plan costs. Dental premiums will increase 5.6% on average over current rates. Vision premiums will increase 1.5% on average. If you wish to change your FEDVIP plan, you must do so during open season or else following a FEDVIP qualifying life event.

For 2020, FEDVIP offers 10 dental and 4 vision carriers to choose from. To help you select the right dental and/or vision coverage for you and your family, use the **FEDVIP plan comparison tool**. The online tool allows you to compare 2020 plans and rates (premiums and cost-shares) based on where you live. You can compare up to three plans side-by-side.

By clicking on "View details" within the **FEDVIP plan comparison tool**, you can also view the individual plan brochures. Review the plan brochures to learn more about the benefits, including how you obtain care, your cost for covered services, claims process, and more before making your final enrollment decision. <https://tricare.mil/openseason>



**careeronestop**  
your source for career  
exploration, training & jobs

Explore Careers ▼

Find Training ▼

Job Search ▼

Find Local Help ▼

Toolkit ▼

Resources For ▼

**Learn about:**

- Assessments
- What careers are hot?
- Average salaries

Explore Careers

**Get help with:**

- Choosing a field
- Finding a school
- Paying for courses

Find Training

**Tools to land a job:**

- Resume Guide
- Job Finder
- Business Finder

Job Search

**Find and contact:**

- Your closest American Job Center
- Unemployment benefits information
- More local services

Find Local Help

**www.CareerOneStop.org**

**Resources for**

Young Adults

Education & Training

Ex-offenders

Changing Careers

**Find CareerOneStop Mobile:**



**Connect with us:**



O\*NET OnLine: visit [www.onetonline.org](http://www.onetonline.org) for more resources from the U.S. Department of Labor.

Sponsored by the U.S. Department of Labor  
A proud partner of the American Job Center Network and O\*NET

# Get Financially Ready for the Holidays

By Terry Phalon, North Country Savings Bank

As the calendar drifts into October and the stores begin to feature holiday decorations, your mind might be jumping to everything you need to do for the holidays. The holiday season is a fun time of year, but with gift buying for family and friends, and seasonal parties, the expenses can add up quickly. Try taking the following actions to help save (and even make!) money prior to and during the holidays.

## **1. Research gifts before the holiday season starts.**

Determine a budget for gift buying in October, or even earlier if possible, and start looking for gifts then. By extending the time you have to purchase gifts you're giving yourself more time to save money and find good deals.

## **2. Use cash when buying gifts.**

Leave your credit cards at home when you're shopping this holiday season. Bring only the cash you have allotted for your spending, whether it's for gifts for others or for that "ugly" Christmas sweater you've been eyeing. When you use all of your cash, you know you've hit your spending limit. This will keep you from spending money you don't have.

## **3. Make gifts.**

Instead of purchasing gifts, consider making some yourself. Gifts from the heart are just as nice (if not nicer) than gifts purchased at a store. Going to a holiday party? Bring homemade cookies or brownies instead of an expensive bottle of wine.

## **4. Sell unwanted clothes or gifts.**

Do you have clothes in good condition you no longer wear? Try selling them on resale clothing websites like Poshmark or stores like Plato's Closet. This will give you some extra cash, and will help clean out your closet! If you are still hanging onto a gift you received last year that may have missed the mark, try selling it on the Letgo app.

## **5. Earn money by taking surveys.**

Sign up for Swagbucks to earn gift cards for taking online surveys. Yes, it really is that simple. Gift cards can be from Amazon and Target, among others. Why not earn some rewards while comfortably sitting at home?

## **6. Sign up for credit cards that earn rewards.**

Take advantage of savings by signing up for credit cards that provide cash back rewards. There are several credit card companies that provide yearlong or seasonal rewards that build every time you swipe your card. Do your research, and be on your way to saving!

## **7. Save your change.**

Collect the leftover change you have from purchases in one location – kind of like the adult version of a piggy bank. After a few months of consistently saving your coins, you'll be surprised at how much you have.

Saving before and during the holidays doesn't have to be a stressful financial experience. Follow even just a couple of our above tips and breathe a small sigh of relief knowing that you won't be scrambling to pay off holiday debt in January!