



December 2024

ACS CONNECTION

OUR PROGRAMS

Family Advocacy Program
270-412-5500

Financial Readiness Program
270-798-5518

Army Emergency Relief
270-798-5518

Exceptional Family Member
Program 270-798-2727

Information and Referral Program
270-798-9322

Relocation Readiness Program
270-798-6313/956-2676

Army Volunteer Corps
270-956-2934

Army Family Team
Building 270-798-4800

Army Family Action Plan
270-956-2934

Mobilization, Deployment, & Stability
Support Operations
270-798-3849/412-3195/412-2007

Outreach Program
270-798-2062/412-6771

Soldier and Family Assistance Center
270-412-6004

Survivor Outreach Services
270-798-0272

Employment Readiness Program
270-412-1720

ACS QUICK SCOOPS

AFTB'S 30th Birthday Bash
December 16
10am-12pm @ Fort Campbell Main Exchange

EFMP Outreach
Main Exchange - December 4,11&18
Soldier Support Center - December 11

ACS Outreach
Soldier Support Center- December 3
Commissary - December 9
BACH - December 11
Main Exchange - December 13

ACS **CLOSED** in observance of Christmas
December 25

Have a Safe and Happy Holiday
Season!

CONTACT US

Temporary ACS Office
Location (Page 7)

270-798-9322
270-956-2935



Holiday Tips for Inclusion

By: Ann Brown, Program Coordinator, Exceptional Family Member Program



As the holiday season approaches, it's time to celebrate the year that was and look forward to the year ahead with the people who are near and dear to our hearts. Whether you're hosting a big party or having friends over for dinner, each gathering is an opportunity to include individuals with special needs. Therefore, let us incorporate ways to foster an atmosphere that's inclusive to accommodate and celebrate the uniqueness of those individuals with special needs. Here are a few tips for inclusion:

Accessible Gathering: Ensure the venue is wheelchair accessible and has ramps or alternative entrances. If the event is held at home, arrange seating for easy maneuverability.

Managing Sensory Overload: Consider setting aside a quiet space for people who need a break.

Menus and Dietary Restrictions: Consider food options for all diets and food sensitivities.

Music volume: Be mindful of guest regarding the volume and preference of music. Especially, for those with a hearing impairment, sensory needs or other noise levels.

Communication and Social Inclusion: Foster an inclusive atmosphere by actively engaging everyone in conversations and activities. Keep conversation respectful, inclusive and sensitive to the need of others.

Times: Remain flexible in the event schedule and activities.

Gift Giving: Consider the needs and preferences when selecting gifts for an individual with special needs. Ensure the gifts are accessible and usable for all abilities. Don't hesitate to ask for guidance before making your selection.

The holiday season is a time for celebration, gratitude and connection. By embracing the principles of accessibility and inclusivity, we can ensure that individuals with disabilities, their and caregivers can fully participate in and enjoy the festivities.

Happy Holiday Season....

References

<https://www.kit.org/>

<https://www.ameridisability.com/>

It's that Time of Year: Holiday Shopping Spree

By: Kevin Smith, ACS Personal Financial Readiness Specialist

This is the time of year when the term “Holiday Shopping Spree” starts being heard on TV, radio and the internet! I heard it yesterday on the radio while driving to work and thought “it’s too soon” -- We haven’t had our turkey dinner yet!

To reduce your holiday shopping jitters, I have developed a “Pre-Holiday Shopping Checklist”. This checklist is designed to help you prepare a holiday spending plan to ease you into the holiday shopping season.

Pre-Holiday Shopping Spree Checklist

- First, do a monthly budget to see what you have in the way of surplus money that could be used for some shopping.
- Most people never want to think about the word “budget” until after the holidays – and then it’s too late. The word budget means looking down the road before you hit the financial wall.
- Next, make a list of “must pay” monthly bills such as rent or mortgage, utilities, car payment and car insurance. Take this list of “must pay” debts and either put them on military allotments or pre-pay them.
- By pre-paying or putting all major monthly bills on military allotments you reduce the stress. You don’t want to go hungry, lose the house or car over a holiday shopping spree!
- Prepare your gift list and stick to it! Your holiday shopping list should include the person’s name, sizes, and needs of those you plan on giving a gift. Keep this list handy in case you run into a real deal. Make a list of family and friends that you anticipate giving a gift and try to stick to it.
- Talk to your family about how this year will be handled. Do you draw names, do you set spending limits, do you play games like secret Santa, etc. Sometimes it’s the fun around the gift giving and not the gift that means the most.
- If you draw names set a limit (say \$50.00) and stick to that limit! Remember your limit! Take stress off of your family by not expecting more than the family can afford.
- Remember to shop early if anything needs to go overseas and get it in the mail early! Remember to budget for shipping costs on anything you send or receive through the mail.
- Let your fingers do the shopping first... if you have computer access. Get various prices and write them down. Print coupons and make sure you understand "the small print". Print and cut your coupons before you go shopping.
- Watch your online shopping and remember it only takes a “click” to go negative in your bank. Online shopping can be the same as impulse buying.

- Keep that gift list in front of you and use it! Save your receipts and ALWAYS get a gift receipt for purchases. Make sure you put the name of the person on the receipt so it can be included in their gift in case they need to take it back for a size exchange or refund.
- I find that discreetly including the receipt in an envelope with a simple "I'm including the receipt in case you need to make a change" makes it easier for the receiver.
- Remember you have to ASK for a gift receipt prior to the cashier ringing up you purchase so just start learning to do that all the time when you purchase a gift.
- Be creative this year and make homemade coupons such as "Free Baby-Sitting" or "Mow the Lawn" for friends, neighbors or relatives. Your kids can give them for things like wash the car, rake the leaves, do the dishes, etc.
- Make a small gift basket or a coffee cup basket with a gift card. Gift cards are nice as long as they do not carry a charge for using it. If you are planning on doing a basket, you can make it with a theme or with several small items the person can use.
- Use the Smart phones apps... check out the prices before you purchase. Just remember that running all over town to save 50 cents is not so smart if you are paying \$3.20 a gallon for gas. Free shipping saves gas!
- When you go to a store ask about a military discount. Many stores offer 10% to the military.
- Next, start a Holiday Savings Account and put \$30.00 in it each month. It is a lot of fun getting that \$360.00 check in the mail from your bank on the first of December every year.
- Lastly, the holiday season is about Family and Friends and sharing!

Remember, ACS Financial Readiness is here to help you with your holiday budget! Just call (270) 798-5518 to make a budget appointment.

"It's not so much about presents as it is about your Presence!"



Don't Let Stress Take the Joy Out of This Holiday Season

Army Community Service Family Advocacy Program

9 Steps to Ensure You Have a Stress-Free Holiday Season:

1. **Plan Ahead:** Between co-workers, friends and family, it's inevitable that some commitments will end up on the same day. Make sure to plan on what you can attend in person or virtually. If you're hosting the holidays, create a menu to help you stay organized and make grocery shopping easier.
2. **Say No:** With holiday commitments, it is OK to say no to a few or all of them. It also will help relieve some stress.
3. **Plan Spending:** The holidays mean spending money. Make a budget and stick to it. Spending money on your loved ones is important, but it's also important to pay your energy bill. Don't buy gifts that you'll be paying off for the rest of the year.
4. **Create Relaxing Surroundings:** Turn on some music, light some candles or open the windows on a sunny day. Research has found that listening to music and the scent of citrus can boost feelings of well-being, and vitamin D is always a happiness booster.
5. **Maintain Healthy Habits:** The holidays are notorious for ruining healthy habits. A short workout each morning will help your decision-making throughout the day. Eat healthy snacks like fresh fruit or vegetables throughout the season.
6. **Share Feelings:** Spending a holiday after a loss in the family can be difficult. Accept your feelings and open up about them to others. It may make you feel better to share. Try to switch up old traditions to ease the loss.
7. **Respect Differences:** Family members will have different viewpoints than your own. Try your best to forgive and forget this holiday season. Focus on your similarities and replace tension with something productive.
8. **Be Realistic:** You are only one person, and you can only do so much. Be realistic with how much you can handle this season.
9. **Take a Break:** Don't forget about your own needs. Take a nap, go for a short walk, read a book or watch a funny movie. Laughing relaxes the whole body and can relieve physical tension and stress

www.militaryonesource.mil also offers insightful podcasts on how adding mindfulness and self-care to this holiday season can reduce service member and family stress.

References

Reisner, P. (2022, August 25). Tips to fend off holiday stress. Mayo Clinic Health System. <https://www.mayoclinichealthsystem.org/hometown-health/speaking-of-health/fend-off-holiday-stress-with-these-tips>

[Podcast: How to Cope With Holiday Stress | Military OneSource](#)
[Mindfulness During the Holidays | Military OneSource](#)

Upcoming Classes/Workshops

Dec 2	Mon	Key Contact Training (2577A Screaming Eagle Blvd) 9am-10:30am (MD&SSO)
Dec 3	Tue	Informal Fund Custodian Training (2577A Screaming Eagle Blvd) 9am-11am (MD & SSO) New Parent Support Play Mornings (3411 Bastogne Ave) 10:30am-12pm (NPSP) Federal Resume Workshop (5662 Screaming Eagle Blvd) 1pm-3pm (ERP)
Dec 4	Wed	OCONUS Smooth Move Orientation (Levy Brief @ SSC, Every Wed) 12pm-12:30pm-ACS (RRP) Care Team Training (Teleconference) 5pm-6:30pm (MD & SSO)
Dec 5	Thur	Soldier & Family Newcomers Orientation (Cole Park Commons, Every Thu) 8:30am-1:30pm (RRP)
Dec 10	Tue	Soldier & Family Readiness Group (SFRG) Assistant Training (Teleconference) 9am-1:30pm (MD & SSO) VMIS Organization Point of Contact (OPOC) Training (MS Teams) 9:30am-11am (AVC) New Parent Support Play Mornings (3411 Bastogne Ave) 10:30am-12pm (NPSP) Exceptional Family Member Program Support Group 11am-12pm (EFMP) CONUS to CONUS Smooth Move Orientation (Teleconference, Every 2nd & 4th Tuesday) 12pm-12:30pm (RRP) Lunch & Learn Military Spouse Preference (5662 Screaming Eagle Blvd) 12pm-1pm (ERP) VMIS User Training (2577A Screaming Eagle Blvd) 1pm-2pm (AVC) How to Buy a House (5662 Screaming Eagle Blvd) 1pm-3pm (FRP)
Dec 11	Wed	Money Management (5662 Screaming Eagle Blvd) 9am-11am (FRP) Mastering Resume Essentials (5662 Screaming Eagle Blvd) 9am-11am (ERP) Command Family Readiness Representative (CFRR) Training (2577A Screaming Eagle Blvd) 9am-1:30pm (MD & SSO) OCONUS Smooth Move Orientation (Levy Brief @ SSC, Every Wed) 12pm-12:30pm-ACS (RRP) VMIS Organization Point of Contact (OPOC) Training (2577A Screaming Eagle Blvd) 1pm-2:30pm(AVC) Interview Skills Workshop (5662 Screaming Eagle Blvd) 1pm-3pm (ERP)
Dec 12	Thur	Soldier & Family Newcomers Orientation (Cole Park Commons, Every Thu) 8:30am-1:30pm (RRP) Command Team Training (Teleconference) 9am-11am (MD & SSO) My Career Advancement Account Scholarship (MYCAA) Info Session (5662 Screaming Eagle Blvd) 12pm-1pm (ERP)
Dec 16	Mon	Care Team Training (2577A Screaming Eagle Blvd) 1pm-2:30pm (MD & SSO)
Dec 17	Tue	VMIS User Training (MS Teams) 9am-10am (AVC) New Parent Support Play Mornings (3411 Bastogne Ave) 10:30am-12pm (NPSP) Federal Resume Workshop (5662 Screaming Eagle Blvd) 1pm-3pm (ERP) Informal Fund Custodian Training (Teleconference) 1pm-3pm (MD & SSO)
Dec 18	Wed	Spanish Resume Workshop (5662 Screaming Eagle Blvd) 9am-11am (ERP) Command Team Training (2577A Screaming Eagle Blvd) 9am-11am (MD & SSO) Thrift Savings Plan (5662 Screaming Eagle Blvd) 10am-11am (FRP) Expectant Parent Workshop (79 Bastogne Ave) 10am-11:30am (FAP) OCONUS Smooth Move Orientation (Levy Brief @ SSC, Every Wed) 12pm-12:30pm-ACS (RRP) Spanish Interview Workshop (5662 Screaming Eagle Blvd) 1pm-3pm (ERP)
Dec 19	Thur	Soldier & Family Newcomers Orientation (Cole Park Commons, Every Thu) 8:30am-1:30pm (RRP) Key Contact Training (Teleconference) 1pm-2:30pm (MD&SSO)

**Registration is required for all classes/workshops
For additional information contact ACS 270-798-9322**

Events Around ACS



Army Community Service Army Volunteer Corps conducted the Volunteer of Quarter ceremony on 13 November 2024



ACS Army Volunteer Corps offered a community Volunteer Recruitment Fair on 15 November 2024



ACS Family Advocacy hosted Family Fun Night on 22 November 2024



14 Soldiers swore in to become U.S. Citizens on 21 November 2024



ACS AFTB Instructor Training Course Graduates on 20 November 2024

Building 79 Bastogne Ave.

Family Advocacy Program
270-412-5500
Victim Advocacy Program
931-980-5787
Exceptional Family Member
Program
270-798-2727

Temporary Location

Building 2577A Screaming Eagle Blvd.

Information & Referral: 270-798-98322
Army Volunteer Corps: 270-956-2934
Army Family Team Building: 270-798-4800
Army Family Action Plan: 270-956-2934
ACS Outreach: 270-798-2062/412-6771
ACS Relocation/Lending Closet: 270-956-2676
Mobilization & Deployment: 270-798-0513
Military Family Life Counselors:
270-798-9322/956-2935

Temporary Location

Building 5662 Screaming Eagle Blvd.

Information & Referral
270-956-2935
Financial Readiness Program
270-798-5518
Army emergency Relief
270-798-5518
Employment Readiness Program
270-798-4412

Temporary Location

