

TO THE POINT



WHY HELPING OTHERS MAKES US HAPPY

Helping our fellow man has long been seen as an altruistic behavioral model. But it turns out that more selfish motives—pleasing friends, doing what you want—are more successful causes of effective volunteering. Whatever the motive, volunteering improves the health, happiness, and in some cases, the longevity of volunteers. Children who volunteer are more likely to grow up to be adults who volunteer. Even unwilling children who are forced to volunteer fare better than kids who don't volunteer. And in a virtuous circle, communities with lots of volunteers are more stable and better places to live, which in turn further boosts volunteerism.

"On one hand, it's striking that volunteering even occurs," says Mark Snyder, a psychologist and head of the Center for the Study of the Individual and Society at the University of Minnesota. "It seems to run against the strong dynamics of self-interest. There is simply nothing in society that says that someone is mandated to help anyone else." Yet 1 in 3 adults do meaningful volunteer work on a sustained basis, he notes, and the United States has one of the world's highest rates of volunteerism. "People who volunteer tend to have higher self-esteem, psychological well-being, and happiness," Snyder says. "All of these things go up as their feelings of social connectedness goes up, which in reality, it does. It also improves their health and even their longevity."

~This article excerpt comes from the U.S. News ebook, How to Live to 100~
If you are interested in Volunteering in the West Point Community contact the Army Volunteer Program, (845)-938-3655



YOUR ARMY COMMUNITY SERVICE STAFF

- | | |
|------------------|-----------------------------------|
| Dr. Joseph Gall | Director, Army Community Service |
| Louise Ennesser | Information and Referral |
| Kathryn Seymour | Relocation Readiness |
| Ryan Yarnell | Employment Readiness |
| Amy Weyhrauch | Financial Readiness |
| Amy Weyhrauch | Army Emergency Relief |
| Kara Pletcher | Army Volunteer Corp/AFAP/AFTB |
| Josephine Toohey | Exceptional Family Member Program |
| Cathy Schelling | Social Services Assistant |
| Catherine Little | Family Advocacy Program Manager |
| Vacant | Family Advocacy Program |
| Sara Boychak | FAP Victim Advocate |
| Raul Lopez | Survivor Outreach Services |

**ARMY COMMUNITY SERVICE
CENTER**

622 Swift Road, West Point, NY 10996
845.938.4621/2519
DSN: 688.4621/2519
FAX: 845.938.3019

Follow us on:



@westpointacs



West Point Army Community Service

New Duty Station and Military Kids

One of the challenges of raising kids in a military family is having to move to a new duty station. A lot of military families move once every 3-4 years.

This means that most military children attend many different schools and are often the new kid or having to make new friends because all of their friends moved away. This can be a struggle.

So as a parent, how do you help your children through a PCS? How do you help them understand that this is all a part of your lifestyle?

Before You Leave

~If they are very young, you probably won't be sitting down with them about it. You will just be working to try to make it a smooth process. They might notice changes in their home and that is important to recognize as well.

~For an older child it would be a good idea to tell them far in advance. Then they have time to get used to the idea and spend some time with friends that they are going to have to say goodbye to. You don't want to wait until too close to the time you are leaving to tell them what is going on.

~It would be best to get them excited about their future home and new duty station. Let them know some of the fun things you can do when you get there that you can't in your current area. Let them help with picking out a new place to live or which room they will have. Let them have a little bit of control when you can give it to them.

~Having a goodbye party might be a good idea too. Your kids can invite their friends for one last party. It can be a good way for them to say goodbye to all of their friends.



After You Arrive At Your New Duty Station

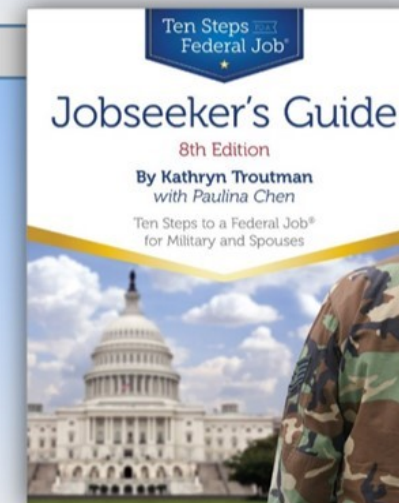
~After you get to your new location it would be a good idea to explain to your kids what they can expect at their new school. This is especially important if you move in the middle of the school year.

~Find out exactly what they are nervous about and talk it over with them. That will go a long way in helping them get used to their new surroundings.

~Make sure you are taking them places to meet new friends as well. Check your local MWR for kid's activities and events to go to. If you have smaller kids you can take them to the park because most likely there will be other kids to interact with there.

The most important thing is that they know that you are in control of their future, even if you are not totally sure what it looks like. Your kids will look up to you and will want to know that everything is going to be okay. Let them talk to you about what they are feeling and do your best to help them out.

** ** Excerpts taken from article "How to Help Military Kids Adjust" - [Soldier's Wife, Crazy Life](#)
For more information, contact the ACS Relocation Readiness Program, 845-938-3487



Employment Readiness Program Schedule July – September 2018

10 Steps to a Federal Job

July 25 & September 26, 8am-12pm

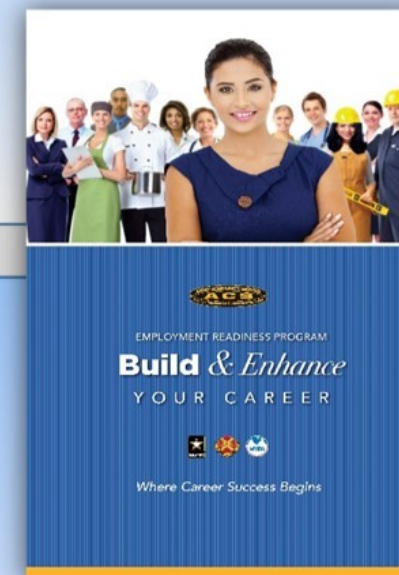
This class will cover, in detail, the federal job application process to make it much more manageable! RSVP to reserve your seat and a free copy of Kathryn Troutman's "Jobseeker's Guide" 8th Edition, then leave inspired for your federal job search.



Military Spouse Preference Information

August 29, 9am-11am

Calling all Military Spouses! Did you know there are preferences for Military Spouses when applying for federal positions? Come learn the ins and outs of Military Spouse Preference.



One-on-One Career Counseling

Available Upon Request

Do you need help with your resume? Not sure what career path you want to pursue? Need to prepare for the big interview? Sign up for an appointment and get that one-on-one attention. Just set up an appointment and we will take it from there!

Workshops take place at Army Community Service (ACS), Bldg. 622 unless otherwise noted.
Schedule is subject to change at any time. To schedule, please visit <https://westpointacs.as.me> or call (845) 938-5658.



LinkedIn Premium for Military Spouses

Upgrade for Military Spouses during a PCS or within six months of separation from the military.

The DoD Spouse Education and Career Opportunities (SECO) program is excited to be partnering with [LinkedIn's Military and Veterans Program](#) to offer military spouses who are moving due to a Permanent Change of Station and military spouses within six months of separation from the military cutting edge resources and tools at no cost. This partnership will allow you to begin your job hunt and build networks as soon as you receive PCS orders by providing you access to a one-year upgrade to LinkedIn Premium at no charge, including free access to LinkedIn's online library of more than 12,000 LinkedIn Learning courses.



Through this partnership, you will be able to:

- Get advanced intelligence about how you compare to other applicants, including analysis of your education, experience, and skills.
- Access free online training to develop new skills or refresh old ones, to eliminate any skills gaps between you and other applicants.
- Message those you may not already be connected to, in order to build a professional network that will help you achieve your professional goals.

Access LinkedIn's [learning path for military spouses](#), focused on obtaining and succeeding in remote, flexible, or freelance work opportunities. Join the Department of Defense's [military spouse LinkedIn group](#), which will signal your status as a military spouse to recruiters seeking to hire from this community.

To receive more information about the LinkedIn Premium upgrade, please [click here](#). You will be prompted to log into your MySECO account first. If you do not currently have a MySECO account, you will be directed to create an account first or you can create a MySECO account by visiting the [SECO login page](#).

Spouse Education & Career Opportunities. (2018, June). LinkedIn Premium. Retrieved from <https://myseco.militaryonesource.mil/portal/content/view/8256>

Employment Readiness Program
Where Career Success Begins

WEE ONES

OPEN PLAY GROUP 9:30 - 11 AM

Jul. 2, 9, 16, 23, 30
Aug. 6, 13, 20, 27
Sept. 10, 17, 24

Wee Ones Open Play Group is designed for your little one to play, learn and make new friends. Simply drop-in and play!

Youth Center Gymnasium Bldg. 500
(Across from West Point Schools)

READING GROUP 9:30 - 10:30 AM

Jul. 19
Aug. 2, 16
Sept. 6, 20

Each Session, we invite you to listen to a story and participate in themed, fun-filled activities that promote speech development & learning.

ACS Resiliency Center, Bldg. 626, 2nd Floor
(Building located to the right of the West Point Bowling Center)



Wee Ones invites children, birth through four years of age and their parents. No charge for participation. Visit our Facebook page for weekly reminders and pictures! In the event of a Code Red / White, the group session is canceled.
For more information: (845) 938-0629
facebook.com/westpointarmycommunityservice
westpoint.armymwr.com





USAG WEST POINT ARMY COMMUNITY SERVICE Family Advocacy Program



Weekly Skills Classes

Parenting Class

The first four Thursdays of every Month: 1pm - 2:30pm
Each class will discuss an individual topic that is relevant to modern parenting within the military community.

Couples communication Class

The first four Tuesdays of every month: 1pm - 2:30pm
Each class will discuss an individual topic that is relevant to common problems amongst couples today.

Stress Management Class

The first four Mondays of every month: 1pm - 2:30pm
Each class will discuss an individual topic that addresses common stressors and ways to manage them.

Anger Management Class

The first four Wednesdays of every month: 9:30 - 11:30am
Each class will discuss an individual topic that will help you understand and address your anger while learning to cope with it in a healthy way.

Earn a certificate after completing all four classes in the series.

ACS Resiliency Center, Building 626, Second Floor
(Building next to the West Point Bowling Center)

For information call 845.938.0629
westpoint.armymwr.com



Paws for Kids

Exceptional Family Member Program
Presents the American Red Cross



JUL	17 & 31
AUG	14 & 21
SEPT	18 & 25



All Sessions held at ACS, Bldg. 622
3:30-5pm

westpoint.armymwr.com
845.938.5655



Advocacy and Parent Support

Becoming the best possible advocate for a child with a disability, chronic health condition, or developmental delay, can lead a parent to organizations and informal groups that provide support and information as well as information and resources. Often the best place for us to be as parents is among our mainstream peers, advocating for all children. But it is only natural that we also invest time and energy meeting with parents who share a common interest in developing support and resources for those children who are disabled by a physical, developmental or other condition. It is not guaranteed what we will find a kindred spirit among either group, but many parents do bond with others when they have “pushed strollers together” or spent time in community activities with a common interest or goal. Sometimes ordinary parents can feel overwhelmed by the trivial but relentless challenges of regular life in Families. Parents of children with special needs may develop strengthen resiliency beyond that of their mainstream peers, but we can all get by better with a little help from our friends. There are many reasons that keep parents from calling a trusted friend or relative when a crisis or the long term daily grind brings them down. It does not matter how many resources are available, or how much information you have found on your child’s condition, or how many challenges your child may or may not experience. Any of us might need a friendly word or conversation to get us through the day. Have you ever told another parent that they can call you if they ever feel overwhelmed? Many times it does not occur to us that other parents may be having a tough time, especially if there is not an immediate crisis in the child’s life. Other parents might feel that they should not need or want to plan for personal emergencies they may have already experienced, and could react badly to any suggestion that they might need help. How would you respond to such an invitation? Suggesting that there may come a day when you need a “call list” of trusted friends might be too uncomfortable for you to introduce into a conversation. But that might be the only opportunity another parent had to find refuge when they are overwhelmed. If you have anyone in mind as you have read this article, how about printing it out and circling one sentence that you want to share with a kindred spirit you have found? Meeting for a cup of coffee or tea could be the start of a beautiful friendship! For additional information please contact: **Josephine Toohey, Exceptional Family Member Program Manager** at (845)938-5655 or Josephine.toohey@usma.edu



Cruise the Hudson with ACS

Apr. 18th | May 30th
Jun. 27th | Jul. 18th | Aug. 22nd
Sept. 26th | Oct. 24th

1:00 PM - 4:00 PM

Calling all West Point
Newcomers and their Families!

Registration required
(845) 938-3487
westpoint.armymwr.com

View of the
Bear Mountain Bridge
from Bear Mountain



USAG WEST POINT ARMY COMMUNITY SERVICE Historical Walking Tours

Calling all West Point Newcomers and their Families to take a historic walk through the grounds of the United States Military Academy at West Point.



MAY 16	—	1:30-3pm
JUN 21	—	1:30-3pm
AUG 15	—	1:30-3pm
SEPT 19	—	10:30am-12pm
OCT 10	—	1:30-3pm

For more information,
call 845.938.3487/4621

Registration is required

westpoint.armymwr.com



Exceptional Family Member Program
Presents: Unified Sports

A West Point Cadet Led Program

Save the Date!

August 19
September 23
October 14
October 28
November 18
December 2

RSVP or call for more information
(845) 938-5655 | westpoint.armymwr.com



#WESTPOINTACS



/westpointarmycommunityservices

Outdoor events are weather permitting. Will substitute with indoor event/activity in the event of inclement weather. Times will be determined prior to events and put out through email and Facebook.

