

The Family Flyer



Supporting Military Families
Cape Cod—Southeastern Massachusetts—SE New England



Annual Military Family Fun Day @ Pat's Peak Ski Area Valley Lodge on February 22nd



All Military Members and their Family Members (Retired Service Members, Veterans and their families are also welcome to join in!) **For a full & package details see the official flyer at the end of this newsletter.**

Lodge opens at 8 a.m. ; lift tickets valid 8:30 a.m. —4 p.m.

DETAILS: There will have an area of the "Valley Lodge" specific for military families. Feel free to bring your lunch and leave it in the lodge, someone will be there to watch your things. The area will be marked "MILITARY FUN DAY" and will be reserved for our military families. Pats Peak will provide hot chocolate and coffee in our area to warm you up!

SIGN UP: online following the instructions on the flyer at the end of this newsletter. You will NOT be required to pay on line. Payment will be made the day of the event in the group sales building.

If you have questions, please email Bonnie Rice at bonnie.rice@ang.af.mil or call 603-430-3545.

Should the weather be questionable on the day of the event and you would like to check the status - call 603-430-3545 the morning of the event a message will be posted if the event has been cancelled or postponed.

Free Family Skiing at Stowe's Military Appreciation Sundays

DATES: FEB 22 and MAR 29.

All active, full-time, Guard and Reserve Members along with their families (spouse & dependent children), will receive **complimentary single-day lift tickets at Stowe Mountain Resort on selected Sundays**

Find out more at Stowe.com !



Month of the Military Child Certificates

April is Month of the Military Child and its fast approaching! We all know the strength and sacrifice that defines our Military Kids, and this is your chance to show it. The MANG Child and Youth Program will once again be mailing out certificates that recognize the outstanding accomplishments of National Guard youth.

Please email us at MASSNGYouth@aol.com to register your National Guard connected child, and they will receive their well-deserved certificate this April.

Please include the Service-Member name, Service-Member's branch, children's names & ages, and the mailing address for the certificates.



In partnership with The Grace Program of Cape and Islands Veterans Outreach Center's Veterans and Military Readiness Program, invite you to join in



A Family Night Out!

A six (6) week program with the goal of fostering effective communication among veteran and military family members, including children and spouses

Children will enjoy purposeful play in an environment that promotes health, social interaction, and coping strategies. They will have a choice of project play (yoga, music and movement), or hands-on art projects

Parents will work separately with the three experts below to identify the unique challenges to veteran and military families, and to strategize ways in which improved communication can mitigate those challenges.

Location: Cape Cod Children's Museum, Mashpee

Times: Wednesdays March 11 – April 15, 2015

From: 5:30 p.m.–7 p.m. A light dinner will be served.

This event is free of charge to all veteran and military families.

Register by February 23rd by to Jill Blanchard by phone 774–238–8417 or [email](#)

This event is sponsored in part by The Cooperative Bank of Cape Cod



Attention All Service Members, Veterans and Family Members

Save the Date: Operation MoneyWise 2015



Saturday, March 21, 2015
9:00 am – 3:00 pm

Mass Bay Community College
McKenzie Auditorium
50 Oakland Street, Wellesley MA



This is a FREE one-day personal finance event for Service Members, Veterans and their Families.

Class Topics Include:

- | | | | |
|-----------------------|------------------|---------------------|--------------------|
| Dealing with Debt | Higher Education | Basics of Investing | Healthcare |
| Budget & Goal Setting | Couponsing 101 | Money Mentors | Money & Disability |
| | Retirement | | Home Buying |



Registration will be open very soon www.mass.gov/treasury/operationmoneywise

February is National Children's Dental Health Month

Under the TRICARE Dental Program (TDP) there are some important dental benefits available to dependent children (including stepchildren, adopted children and court-ordered wards), in addition to spouses of active duty service members and Reservists:

- * Two cleanings and two exams per year at no cost, when a network dentist is seen.
- * Sealants on permanent molars for children through the age of 18, with a 20% cost share.
- * Orthodontic coverage for children up to the age of 21 or 23 if a full time student.
- * Space maintainers are fully covered for patients under the age of 19.
- * Two topical fluoride applications are covered in a consecutive 12-month period.
- * \$1,200 accidental annual maximum per enrollee.
- * Athletic Mouth Guard limited to one per consecutive 12-month period, with a 50% cost share.



Online resources—To Enroll, visit: www.tricare.mil/bwe ; or for Information, go to www.metlife.com/tricare



If you have any questions, please do not hesitate to contact a Regional Dental Benefits Advisor. Maria Moreno 908-253-1439, mmoreno6@metlife.com
Tracy Pearsall 860-372-4983, tpearsall@metlife.com

New, Free Parenting App for Military Families!

Babies on the Homefront is designed especially for military families as they navigate the many transitions that are part of serving—including deployment, reintegration, moving, and transitioning back to civilian life and also with loss. The free app makes it easy to select from behavior tips and activities for parents and children, with a special section for parental self-care. It also provides access to a series of

newly developed, short video podcasts on a range of parenting topics particularly relevant to military and Veteran families.

Babies on the Homefront is a free app for smartphones, is available in both English and Spanish on iTunes and the Google Play store.



More at BabiesOneTheHomefront

Air Force Aid Society General Henry H. Arnold Education Grant Program 2015-2016

Applications are being accepted. Eligible spouses and children can apply at www.afas.org. Application deadline is **13 March 2015**. The Arnold Education Grant provides \$2000 grants to children of active duty, Title 10 AGR /Reserve, Title 32 AGR performing full-time active duty, retired, retired reserve and deceased Air Force members; spouses (stateside) of active duty members and Title 10 AGR / Reservists; and surviving spouses of deceased personnel for their undergraduate studies.

For further information call the Hanscom Airman and Family Readiness Center at 781-225-2765.

Veterans Outreach for Employment

WED Mornings 8–12

@ Falmouth Career Opportunities

Veterans Representative Michael Swaney, DVOP, will meet with Veterans seeking assistance finding employment. Call 508-862-6127 to make an appointment.

Find more online @ capejobs.com

Health Care & Human Services Career Fair

THU 26 FEB from 1–3:30 pm.

@ Plymouth Career Center

508-732-5300

Check [their website](#) for updates

Veterans Events & Networking Calendar February 2015

Vets Food Bank Greater Boston Food Bank & Bunker Hill Community College	2/18/15	Bunker Hill Community College 250 Rutherford Ave Charlestown, MA	10-11AM, Greater Boston Food Bank operates in conjunction with BHCC to provide food stuffs for Vets in need; (617) 228-2000
Merrimack Valley Veterans Coalition	2/19/15	Veterans Northeast Outreach Center Inc. 10 Reed Street Haverhill, MA	Time: 8:30-10:30am; Quarterly networking and information sharing collaboration meeting; POC: Jason Gilbert, (978)891-4949, jason.gilbert@northeastveterans.org
Veterans Service Project @ Channing Elementary School H: "The Mission Continues" & "Team Rubicon"	2/20/15	Channing Elementary School 35 Sunnyside Street Hyde Park, MA 02136	10am-6pm; Join members of The Mission Continues - 1st Platoon Boston and Team Rubicon - Region 1. For more information and to RSVP, visit: http://on.fb.me/15u6TB1
SOAR - Student Orientation, Advising, and Registration Lunch and Information Suffolk University Veterans Upward Bound	2/25/15	Suffolk University Veterans Upward Bound 73 Tremont Street, 11th Fl. Boston, MA 02108	1-2:30pm Gives you a closer look at the VUB experience; can be your first step towards your college degree. Enroll, tour the VUB facilities, and meet other students. POC: 617-725-4102; email: laschwartz@suffolk.edu

Yoga Warriors International

Designed by & for Veterans,

Including PTS & TBI

Helps improve physical
& mental health



Free Yoga

Wednesdays 5—6 pm

Veterans Outreach Center

569 Main St Hyannis

Improve sleep

Reduce stress & anxiety

Gain personal empowerment

Strengthen body, improve balance

Lower blood pressure, reduce pain

All veteran and their families welcome. Reserve a spot 774-470-4971 or jill@graceveterans.org

Massachusetts National Guard
Airman & Family Readiness Program
Joint Base Cape Cod, MA



Requests to be added or removed from this distribution list may be sent directly to Erin.

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Coalition for Children Falmouth Playgroups

Winter 2015 Schedule (January 5–March 20)

Monday

9:45 Nursery Rhyme Time for birth -2 (Drop In)

10:30 Preschool Story hour (Drop In)

Tuesday

9:45 Intergenerational Music & Movement
(Registered Class for ages 2.5 +)

11:30 Messy Lunch Bunch (Drop In, ages birth - school age)

Wednesday

9:00 Mixed Age Playgroup (Drop In, ages birth - school age)

10:45 Read and Rhyme Storytime (Drop In, Toddler/Preschool)

Thursday

9:45 Lapbabies (Drop In, ages birth - 15 months)

10:30 Preschool Storytime (Drop In)

Friday

10:00 Tots & Tales (Drop In, ages 2 and up) @ Falmouth Public Library

11:00 Music & Movement @ (Registered Class for ages 2.5 and up) Falmouth Public Library.



In addition, there is Special Event Saturdays! For locations, and more information visit the [Coalition for Children](#) online.

All playgroups and programs are FREE!

Upper Cape Food Resources

Food Pantries:

[Falmouth Service Center](#): once every 3 weeks as needed. Open daily. 508-548-2794

[Bourne Friends Food Pantry](#): once a month for 3-5 days of groceries. Thursdays & 3rd Saturdays.

By appointment only 508-759-3351

Soup Kitchen:

Around the Table

At St. Barnabas Parish House, 91 Main St, Falmouth

Anyone in need of a **hot meal**, Adults and Children Welcome

Mon. - Wed. - Fri. 11:15 AM - 12:30 PM

Serving Lunch: 11:30 AM - 12:30 PM

An all volunteer organization

For other locations in Massachusetts for food resources, please visit the [Greater Boston Food Bank's Food Finder](#) listing pantries and community meal programs



Beehive Food Program for Military Families

Are you a Cape Cod connected military family who could benefit from free food? Maybe you struggle to make ends meet but make too much to take advantage of other food assistance programs?

The Beehive program provides monthly supplemental food (snacks, pasta, rice, cereal) to military families.

Open to: Military families of all branches, with children AND whose unit or home is on Cape Cod.

For information: [Erin](#) 508-968-4855

This announcement is provided for the benefit of members of the National Guard. It is intended for informational purposes only and does not constitute an endorsement by the Massachusetts National Guard, the Commonwealth of Massachusetts or the United States Armed Forces. Any participation is solely the responsibility of the individual.



The Cape Cod Children's Museum in partnership with the Upper Cape CFCEs (Community Family Child Engagement) has created a very special program for preschoolers and their caregivers.

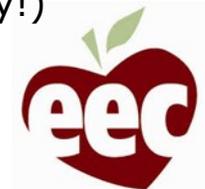


Using the Museum's newest interactive exhibit, The Fishing Trawler, this program engages and educates children and their caregivers with STEM based experiences customized just for preschoolers! Basic Science, Technology, Engineering and Math (STEM) concepts and curriculum along with life science and earth science will be explored! Parents/Caregivers will learn how to apply STEM at home and everyone will leave with ideas, make and takes and homework. There's even a field trip!

Who: Classes are limited to 10 preschoolers and parents from each of the four participating towns: **BOURNE, FALMOUTH, MASHPEE and SANDWICH**

When: **Fridays February 27th – April 3rd**
9:30 am to 11:00 am (Come as early as 9:00 to play!)

Where: **Cape Cod Children's Museum**
577 Great Neck Road South, Mashpee, MA



Cost: **FREE** With funding provided by the EEC for residents of **Bourne, Falmouth, Mashpee and Sandwich**

To register: **Contact the Cape Cod Children's Museum** directly at **(508) 539-8788**. Proof of residency is required.

2015 Annual Military Family Fun Day

Pats Peak Ski Area Valley Lodge February 22, 2015

To sign up go to: http://www.patspeak.com/group_events.html
 Next go to: "Group Event Registration"
 User name: military
 Password: funday

Check-In at the "Group Shack" located on the
 right side of the parking lot.

	<u>Adult</u> 18yrs and up	<u>Juniors</u> 6-17 years
All Mountain Lift	\$45	\$35
Combo 1: Lift and Rental**	\$65	\$55
Combo 2: Lift, Rental, Lesson**	\$82	\$72
Combo 3: Lift, Lesson	\$61	\$51
Starter Special: Lower Mountain lift Lift/rental/lesson**	\$74	\$64
Snowtubing:	\$14 9-11am, 11-3pm \$16 1-3pm or 9am-1pm \$18 11am-3pm or 1pm-5pm \$30 9 to 5 pm	\$14 9-11am, 11-3pm \$16 1-3pm or 9am-1pm \$18 11am-3pm or 1pm-5pm \$30 9 to 5 pm

* The Starter Special is for the first time skier or rider and includes: rental, lesson and limited lift ticket for the Beginner's Area, Bluster and Valley Chairlift only. The Starter Special is not an all mountain lift.
 ** The Rental is a choice of ski equipment or snowboard equipment.
 # Important note: Snow Tubing requirements are 5yrs old and 44" in height.