

In Touch

Idea update for military families facing separations

Based on the books "I'm Already Home" and "I'm Already Home...Again"

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What's up at:

www.ImAlreadyHome.com

1. **Readiness Training** tab for program descriptions currently available.

2. **Blog link** directly to a blog where you can read and comment on ideas.

3. **Flat Daddy™** page to bring you photos and status of the program.

4. Access all archived issues of the **InTouch** newsletter.

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Wow! It's October already.



It's hard to believe that September is already over! It was busy here at the **I'm Already Home** offices and we were manning the phones and processing orders up until almost midnight on the 30th. Thank you for letting us help you by getting books into the hands of your families. We even took a sizable pre-order for the new book **The Road Home**. That was exciting. I like October because the rush of September is over, the air is turning crisp and the colors of the trees (Aspens in my neck of the woods) are brilliant. My favorite part is going to the Pumpkin Patch with my granddaughters and helping them pick pumpkins. They have such a good time and we take lots of pictures. The falling leaves amidst the bright orange of the pumpkins is what I think autumn is all about. I hope you enjoy autumn where you live.

September also brought an addition to my office "family." Jenn Shumate is my new office assistant and you can "meet" her on page 4 of this newsletter. With Jenn here part time, maybe I can actually get some writing done! :)

In September I participated in Military Appreciation Day at the **Thunder in the Rockies** motorcycle event sponsored by **AmericanMilitaryFamily.com** and Harley Davidson. I met a woman who had a fascinating business...she's a personal historian. She talks to your ancestors/family members and videotapes their stories into a CD, DV or book so they can be passed down throughout generations. I asked her to tell you about it below because I believe that your family should never be lost to you and those who follow you. If you need help preserving your family history, give her a call.

Generations to Generations

"*Love Is First.*" My family was fortunate to have my grandpa write down his life story. This information became even more priceless after he passed away. "*Love Is First*" was one of his pieces of advice and my favorite quote I took from his writings.

One day I was going through a cedar chest with my grandma. She pulled out old, used candles. I wondered why she had kept them; I thought we should throw them away. Then she proceeded to tell me how these candles had been passed down through the generations and used by her mom and dad for 1st Communion. It was a wonderful story, and I'm glad I didn't go through the cedar chest by myself, because I would have thrown away the candles: losing an heirloom, a story, and a piece of my history.



Guest Article brought to you by:

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While trying to put a slideshow together of old, family photos, I realized many of the old photographs didn't have any information on the back. They were fascinating photos to look at, but I didn't know who the people were or where and when the pictures were taken. Luckily, I was able to ask grandma, and we wrote on the back of all the photos.

From my own experience, I have learned the value of oral history and preserving our legacy.

What can you do for your family?

There are several ways for you to capture your personal and family stories.

- Write on the back of pictures and think about doing a scrapbook or slideshow.
- Take pictures of heirlooms and write what they are, who they came from, when the family received them, and why they're important.
- Capture stories by writing in a diary, writing tales of your life, or filling out a book full of questions.
- Think about doing an interview and taping it in order to hear the stories or watch a DVD to see the person telling the story: their actions, voice inflection, and mannerisms. This can be done by simply taking a tape recorder and pressing play, or go more high-tech and videotape the interview. You and your family will truly enjoy watching grandpa's stories of the Depression or your mom's story of how she got her nickname. You may want stories of: childhood, who your great-great grandparents were, how technology has changed, how it felt to first become a parent, or advice.

The most important thing to do is to **show interest in preserving family history**. Tell your grandma how important it is for her to write down her stories. Listen, listen, listen as you videotape your uncle recounting childhood memories. Don't interrupt; you'll hear things you never knew. Give yourself a goal and deadline to finish writing on the back of photographs.

Don't put off passing on personal and family memories. Begin labeling pictures and heirlooms and capturing stories. Get professional help if you don't have the time, need outside expertise, or your family members don't take it seriously.

Good luck and have fun capturing memories for you and future generations to enjoy.

Another awesome resource!

Sew Much Comfort - Sewing our Support for the Troops

www.sewmuchcomfort.org

Founded by Linda Trumble, Ginger Dosedel and Michele Cuppy, "Sew Much Comfort" is a nationally recognized non-profit organization providing adaptive clothing *free* of charge, to wounded service men and women at every military hospital in the United States, Landstuhl (Germany) and Combat Surgical Hospitals overseas. Their clothing will accommodate medical devices (fixator, braces, casts), prosthetics, burns and nerve damage. Without this adaptive clothing, many of the wounded troops are left with a hospital gown as their only clothing option.

I saw this clothing and it's great! They take regular good looking, contemporary clothing and adjust the seams with simple Velcro closures that give medical personnel the ability to have access for exams, treatments and physical therapy. When finished, close the Velcro and you'd totally believe that the patient had on a pair of regular basketball shorts or a logo tee shirt!

Please find out more about this clothing and even how you can help by visiting www.sewmuchcomfort.org or emailing Linda at ltrumble@sewmuchcomfort.org. Tell her you read about it in this newsletter!

Soldiers' Angels - Providing aid and comfort to our military and their families. **Mission:** To ensure that no veteran is forgotten or in need of items to make their lives better on a daily basis. www.soldiersangels.org

With the Holidays fast approaching, we, and our community around us, think of what we can send to our troops in care packages that will be used and appreciated. Thanks to Soldiers' Angels, they have shared their list of most requested items with me to help get you thinking. You can clip it out and pass it along to others too!

All food items must be individual packages
 Bath Towels/wash cloths in dark colors
 Black boot socks - (crew or tube)
 Paperback books - adventure/mystery
 Boxer shorts (L-XL) loose fitting type
 Candy, wrapped - gum/mints/candy canes
 Chicken or tuna with crackers
 Coffee/Tea (individual packets or bags)
 Coffee creamer - both regular and flavored
 Crackers, cookies / cheese n' cracker packets
 Crystal Lite/Gatorade drink mix packets
 Deodorant Unscented
 Dried fruit (small packages) raisins, trail mix
 DVD movies
 Footballs - small Nerf - stress balls
 Fruit snacks/roll ups/fruit in lunch size tins
 Gloves (L) black
 Hand warmer packets-found in camping gear

Granola Bars/Power Bars
 Hand Held Electronic Games (poker, free cell, etc)
 Hand Sanitizer-pocket size
 Hot chocolate/apple cider-packets
 Magazines- hot rod, sports, news, etc.
 Microwave meals, popcorn, cakes-individual size
 Nail clipper sets
 Nuts-peanuts, sun flower seeds (small packages)
 Oatmeal, soup-packets
 Razors-disposable/Mach II/Mach III/Mach III blades
 Scrubs (L—XL) tops and pants
 Sleeping pants/sweats/shorts (L-XL) for wounded
 Slipper socks-black or navy
 Stocking caps-black
 Sugar packets/creamer packets
 T-shirts Black/Tan no pockets (L/XL)
 T-shirts Long Sleeve-Black or Tan (L/XL)



*Bookmark
 These
 Websites*

Are you a veteran looking for a job? **Vetjobs** says it's the internet's leading military job board. They are here because they believe that veterans make the best employees! **Vetjobs** is sponsored by the VFW and endorsed by the Vietnam Veterans of America.

www.vetjobs.com



NG Child Care Program

If you are the spouse of a National Guardsman activated on Title 10 status, and you have children, you qualify for \$100/month per child for full time child care provided by a licensed caregiver as long as you are:

- Employed
- Seeking employment
- Going to school

If you didn't know this, you need to find out more. Call the NGCCP at 1-888-642-2799 or email:

ngccp@guardfamily.org



Scott from Texas emailed me about this cool website so I just had to go visit. It allows family members, loved ones or anyone to post free military salutes on a message board. It's worth checking out.

www.saluteyourtroops.com

Coming Soon! The third installment in Elaine Dumler's "I'm Already Home" series, **The Road Home-Making a smooth transition back from deployment.** Reuniting with your service member can be stressful. If you have ever wondered what happens after the balloons are gone and the parties are over, you are not alone! Elaine's latest book includes great suggestions and ideas to help make reunion and reintegration go smoothly.

The Road Home is still written in the same easy, comfortable style you have come to know and love! There are great ideas for improving communication with your loved one, getting back into the swing of things at home and in your community, dealing with PTSD and Combat Stress, great tips for blended families and so much more!

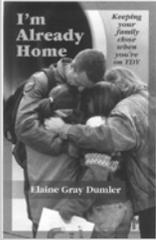
Upon release, The Road Home will retail at an affordable \$14.95 however, a loyal customer discount will be offered on preorders received before December 15, 2008. Books will be shipped upon release in January 2009.

Look for more details along with preorder instructions for the discounted rate of only \$12.95 in the November issue of *In Touch*.

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Pumpkin Pieces



Did you know...

The Irish brought the tradition of pumpkin carving to America. Originally, they carved turnips to celebrate All Hallows Eve—but pumpkins were plentiful in the states, and easier to handle.

The largest pumpkin ever grown weighed 1,140 pounds!

Pumpkins were once thought to cure freckles and snake bites.

Store your pumpkin in a cool dry place for a day or two before you carve it to toughen up the rind and prevent pumpkin rot!

"The military recruits...the family retains."



...to reserve Elaine to present and train at your State Readiness Conference, training, or briefing.
Call 1-866-780-0460 toll free or visit
www.ImAlreadyHome.com

Review descriptions of trainings and programs at the website under the **Readiness Trainings** tab on the home page. You can also view media clips and request to review videos from past programs for all branches of the service.

Introducing Jenn Shumate

Hello! I am so excited to be Elaine's new office assistant. My husband just returned in June from a year long mobilization with the Colorado National Guard. I used many of Elaine's suggestions to make his deployment manageable for myself, my two boys (ages 10 and 13), his Company as the FRG Leader and of course Him! Elaine asked me to share some of the things we did that worked so well for us...

1. I never asked my 13 year old to be the "man of the house"...instead I asked him to be the "Best 13 year old" he could be. This helped him reach that goal without adding the pressure of adult responsibility to his teenage life. As a result, Sam really stepped up and took over some things that he knew he could do, including helping his little brother! It worked out even better than I could have expected!
2. I got involved! Really involved in the unit's FRG program! This not only kept me busy, sometimes REALLY busy, but it provided some friendships I cherish. I could not have made it through without my "battle buddies". These relationships provided a sense of normalcy in my situation by showing me that there were other strong, wonderful, capable women going through the same thing and SURVIVING.
3. I learned to ask for help (or at least accept it when it's offered) :) This was really hard for me, but I learned that accepting the generosity of others when you are going through deployment is a gift to those who offer. People want to do something but they don't know what to do. So accept graciously when someone else offers to drive carpool or pick up a gallon of milk or take the kids off your hands. You will feel better for the break and they will feel like their offer made a difference! Who knows they might even offer again!

You can contact me at assist@imalreadyhome.com. I look forward to getting to know you!

Best Wishes,
Jenn Shumate