

## COMMUNITY CORNER

# Vet's Day time to honor, reflect on sacrifices

By Col. William Clark  
GARRISON COMMANDER

From Nov. 9 to 12, many Soldiers and civilians at Fort Riley will observe a four-day weekend. While I hope you take time to do things you enjoy and be with people you love, I want to remind you the reason for the time off – Veterans Day.

For more than half of the last century, U.S. Soldiers have been involved in operations around the globe.

More than 4 million Soldiers fought in World War I; more than 11 million in World War II; about 3 million in Korea; more than 4 million in Vietnam; and nearly 800,000 in the Gulf War.

Since operations began in Afghanistan and Iraq, most of our Soldiers have deployed at least once, if not three, four or five times.

While those may seem like large numbers, when we think of the nation's actual population size, these numbers amount to a very small percentage of Americans who have actually served our nation in uniform.

This weekend, take time to honor these veterans – individuals who had the courage to serve. Some served by choice and some served by chance, nonetheless, they all deserve our respect and the support of the Army.

Perhaps that veteran is your spouse, father, mother, brother or sister. A simple "thank you" certainly goes a long way, but also consider bigger commitments, like volunteering at your local Veterans of Foreign Wars or the USO Fort Riley.

For our local veterans, please know Fort Riley is here to support you.

Fort Riley's Irwin Army Community Hospital houses a one-stop shop for veterans on the fourth floor of the hospital. The IACH Department of Veterans Affairs office provides services and information for Soldiers, veterans, Family members and survivors.

The one-stop center takes appointments from 8 a.m. to 4 p.m., Monday through Friday. Walk-ins are welcome between 3 and 4 p.m., Monday through Friday. To make an appointment or for more information,

call 785-240-7307 for vocational rehabilitation and employment; 785-240-7302 for veterans health administration liaison; and 785-240-7282, 785-240-7283, 785-240-7308 or 785-240-7312 for disability claims and medical evaluation boards.

For more information on VA services, stop by the office or visit [www.va.gov](http://www.va.gov).

For our local veterans, who are still active duty – many of whom recently redeployed, Fort Riley has services available to help you in your transition back to stateside life. One such service is the military Family life consultants. These consultants keep no records and are available to speak with you on just about any topic, and, ultimately, offer referrals to further help if needed. For more information on military Family life consultants, call 785-239-9535.

I also encourage you to utilize the great services our Directorate of Family and Morale, Welfare and Recreation offers. Visit [www.rileymwr.com](http://www.rileymwr.com) to learn more.

Veterans transitioning out of the Army should know Fort Riley's Army Career and Alumni Program is here to help you, too. Visit [www.acap.army.mil](http://www.acap.army.mil), call 785-239-2278 or stop by the ACAP main office in Room 006, Building 210 Custer Ave. on Main Post or the Soldier and Family Assistance Center office at 674 Warrior Road to learn more.

Explore Fort Riley's website at [www.riley.army.mil](http://www.riley.army.mil) to learn about other services offered for our veterans and their Families.

We continually strive to fit our services to the needs of our Soldiers and their Families to provide them with benefits commensurate with the sacrifices they make.

Thank you, again, to our veterans for all you do!

*If you would like to comment on this article or suggest a topic for Community Corner, e-mail [usarmy.riley.imcom.mbx.post-newspaper@mail.mil](mailto:usarmy.riley.imcom.mbx.post-newspaper@mail.mil).*



Col.  
Clark

# WTB retreat to focus on building resiliency

By Julie Fiedler  
1ST INF. DIV. POST

Caregiver spouses of Soldiers in the Warrior Transition Battalion will have an opportunity to get some care themselves at the first WTB Spouses' Caregiver Retreat. The retreat, scheduled from 8 a.m. to 2:30 p.m. Nov. 13 and 14 at the Clarion Hotel in Manhattan, was created to give these spouses a chance to rejuvenate while providing vital skills to help them build their resiliency.

Caregivers often face issues dealing with child care, finances, benefits, uncertainty and stress, said Family Advocacy Program Specialist Carolyn Tolliver-Lee and Family Readiness Support Assistant Laura Michaud.

"The retreat is a way of supporting the Soldiers by supporting their spouses," said Tolliver-Lee. "We want the spouses to be empowered in their role as caregivers ... That's really the focus: Self-care," she added.

Tolliver-Lee and Michaud designed the retreat to be educational and fun. Participants will receive materials from the Department of Defense caregiver's guide for traumatic brain injury.

One spouse who had the opportunity to review the curriculum prior to the event thought it was 'awesome,' Tolliver-Lee said.

"She said, 'Now I get a clearer understanding of why my husband does some of the things that he does. It's not because he's frustrated with me, it's because of his brain injury,'" she said.

Participants will have the opportunity to attend sessions on money management, parenting

and therapeutic outlets like journaling. The two-day retreat also will feature manicures, massages and a class on belly dancing for beginners.

"Most research (reinforces) that the health and well-being and recovery of injured Soldiers pretty much is contingent on (the caregivers). They play a real, real important part in helping their Soldiers regain some type of recovery. We want to be able to help them in that process," Tolliver-Lee said.

Both Tolliver-Lee and Michaud have first-hand experience as spouses of wounded warriors. Often, spouses wonder where they fit in and how to navigate this new world. "The unknown is really scary," Michaud said.

In addition to the retreat, Tolliver-Lee and Michaud have revitalized a spouse support group called Families Assisting Soldiers in Transition. FAST, which combines "a learning opportunity and some fun," Tolliver-Lee said, adding the group meets every other month.

These programs are "another way the Army takes care of its own," said Tolliver-Lee. "(We want the Soldiers to know) we haven't forgotten your spouses or your children. We're here for them, too," she added.

The caregiver retreat will be a biannual event. The next one is scheduled to take place spring 2013.

For more information on the retreat or FAST, email Tolliver-Lee at [carolyn.tolliver-lee.civ@mail.mil](mailto:carolyn.tolliver-lee.civ@mail.mil) or Laura Michaud at [laura.michaud@mail.mil](mailto:laura.michaud@mail.mil).

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