

## Coffee with Karen



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As everyone is aware, I am sure, the summer is over half-gone. We wonder where the time went. This is also the time, or maybe even before this, we start hearing from our children just how bored they are and how they have nothing to do. Summer can be a stressful and busy time as jobs, events (planned and unplanned) move our days along faster than we would like and before we know it summer is over and school has begun.

Many of us are already dreaming of the cool days and evenings of fall and the predictable schedules that also accompany the fall colors. Children return to school and life takes on a more consistent pattern. However, and I write this to remind myself as well as you, time is a precious commodity for us all. Making sure we utilize it to create the memories that will make the summer of 2011 special is what we as parents, and our children, will carry with us throughout our lives. A few weeks remain to create those special times. I offer a few thoughts for your consideration...How about making buying school supplies and clothes a fun and memorable event by planning a movie, ice cream treat or other fun activity when the purchases have been accomplished. A final night out or picnic with friends and family is also fun, especially if everyone gets to contribute ideas as to how to make it unique. A family garage sale will allow the children to sort through their belongings, price them and earn a little extra money. Don't forget pictures! The events may be over but we will have wonderful pictures to remember them by. It may not seem so important right now, but a few years down the road it will be so fun to remember each other and ourselves as we were this summer.

The internet offers many great ideas! You can just type in any question or idea and up pops wonderful and creative activities, crafts and projects, many of which I would never think of. My point is, we have just a few weeks to treasure our children, friends and other family members before the structure of school and work carries us back to the predictable schedules of the school year. Making the most of the coming weeks by intentionally creating great memories can make this summer one you and your children will talk about and laugh about for years to come as you remember the summer of 2011 with great fondness.

These are some of the links that I found.

[http://www.associatedcontent.com/article/1957486/fun\\_summer\\_activities\\_for\\_kids\\_best.html](http://www.associatedcontent.com/article/1957486/fun_summer_activities_for_kids_best.html).

<http://www.kidsource.com/kidsource/content2/summertime.fun.html>. Please feel free to share your great ideas and events with me. I would love to hear how you made your summer special and ended it with a BANG! My phone number is 307-772-5279 and my e-mail is [Karen.m.aurand.ctr@us.army.mil](mailto:Karen.m.aurand.ctr@us.army.mil).

Have a great month!  
Karen

Contact Information for  
the Wyoming Military  
Family Life Consultants



Kelly Backhaus  
(Casper)  
1-307-277-4402



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## ARMY OneSource

Army OneSource has been working towards beginning our Invisible Wounds of War/TBI and Women Returning from Combat courses; we are happy to announce that it is now open to the public!

The best way to work in Wyoming is through the grassroots initiatives, collaborative meetings and community organizations to get the message out far and wide. We would like to disperse the course information through these routes; however, please know that Army OneSource is requiring that each organization sign up individually to receive their own identification number to be granted access for you to take this course. This being the case we need you to email myself back separately by organization so we can set up your account.

Also, with this course you'll receive FREE CEU's and/or Contact Hours. Please contact William Lindsay at [william.lindsay@serco-na.com](mailto:william.lindsay@serco-na.com) or 307-240-0882.

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### Grieving from afar

When geography has you, or your friends, healing from a distance by Heidi Smith Luedtke, Air Force spouse

Air Force spouse Stefanie Cutter was home with three small kids when she learned that her father had been hospitalized. After two heart attacks and subsequent bypass surgery, his organs shut down one-by-one. "I was worried and helpless," Cutter said. "It was the worst feeling in the world." To read more go to:

<http://www.milspouse.com/grieving-from-afar.aspx>



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### Resources for Youth

#### Other Resources Available:

**Operation Military Kids** – In partnership with the Dept of Agriculture and 4-H Initiative you can download free curriculum, arts/crafts/ and resource ideas by going to <http://www.4-hmilitarypartnerships.org> - Once on the page, click the left hand column on curriculum resources under Operation Military Kids.

***Our Military Kids*** – ***This organization provides grants to pay for participation in sports, fine arts, camps, and tutoring programs that nurture and sustain children while a parent is away in service to our country or recovering from injury. Child's parent MUST be deployed on OCONUS/Overseas orders in a combat zone in order to be eligible. For more information or to apply visit <http://www.ourmilitarykids.org>.***

In addition to these great organizations check out the discounts provided to you by your local YMCA and Boys and Girls Clubs!! Another great resources is your local library, they often have free summer programs for youth of all ages!