



# J9- IDNG SERVICE MEMBER & FAMILY SUPPORT NEWSLETTER

MARCH 2024

1-800-479-7006

4250 Cessna St BLDG 270

Boise, ID 83705

Visit us online at:

<https://imd.idaho.gov/family-programs/>



## WOULD YOU LIKE CHILD CARE PROVIDED DURING DRILL WEEKENDS IN YOUR REGION?

Use the link below or scan the QR code to complete our general interest form and help us determine a need in your region!



Call for more information



707-225-5151

[amanda.n.santiago.civ@army.mil](mailto:amanda.n.santiago.civ@army.mil)

\*This does not guarantee childcare will be provided.\*

<https://www.cognitoforms.com/idngservicememberfamilysupport/childcareduringdrill>

## Free Tax Assistance

On Gowen Field and online  
Weekly and during drill weekends  
23 Jan - 30 Apr

### Reach out to:

Jennifer Wood, AFC®, Financial Counselor, Idaho National Guard 208-272-8332 [jennifer.m.wood26.ctr@army.mil](mailto:jennifer.m.wood26.ctr@army.mil)



## MARCH UPCOMING EVENTS

- 1st-3rd - Free VITA Tax Assistance (Gowen/Online)
- 2nd - Pre-Retirement Brief (Pocatello)
- 7th - Gowen Field Blood Drive
- 8th-10th - Central Snow Bash (Cascade)
- 14th - Food Baskets (Gowen)
- 22nd-24th - Army BSRT Couple's Retreat (Ketchum)
- 23rd - Easter Eggstravaganza (Gowen Field)
- 23rd - Easter Egg Hunt (Lewiston, Pocatello, Post Falls)
- 30th - Easter Egg Hunt (Twin Falls, Idaho Falls)

<https://www.imd.idaho.gov/events/month/>  
for more information and registration links!



COMPREHENSIVE  
LIST OF  
RESOURCES



## Occupational Health

Look for our Total Health recaps in every drill letter. This is meant to be a refresher so you can remember to practice healthy habits in all aspects of your life.

### WHAT IS OCCUPATIONAL HEALTH?

Finding healthy work habits, personal achievement, enjoyment, work-life balance, and seeking opportunities for growth.



### KEY POINTS

- Accomplishment:** having the ability to seek opportunities for growth, setting short and long-term goals to observe progress and achievement daily and overtime
- Balance:** creating dedicated time for work and time for life
- Enjoyment:** finding excitement, passion, motivation, or drive to do what you do

### ALL 8 PODCAST

For more ways to learn about your Total Health check out our podcast All 8 on Spotify.



[Click Here](#)

