

NETWORK NEWS

UPCOMING EVENTS:

OCT. 04 Coconut Oil: Super Food or Super Fad
11:00 am - 12:00 pm ET

OCT. 07 TRICARE ECHO: Special Care for People with Special Needs
11:00 am - 12:00 pm ET

OCT. 23 Employment Resources for Military Spouses
11:00 am - 12:30 pm ET

OCT. 25 Overindulgence in Parenting: How Much is Too Much?
11:00 am - 12:30 pm ET

OCT. 31 Clinical Insight into Vitamin B12
11:00 am - 12:00 pm ET

Military Cultural Roadblocks

Driving onto a military base is like driving into another world. You can't get in without going through security. The base is a community unto itself with restaurants, banks, post office, stores, schools, day care centers, theatres, gyms, and much more. In fact, it's possible for a military family to never go to local stores or use community resources because the base has everything they need. Military families also rely upon one another and function as a family since they share similar experiences and lives. The military culture builds on being part of a group and not an individual. The military mission or unit's goals supersede individual goals. The military has its own language, rules, regulations and protocols that shape the service member and their families. They learn to discipline their words and actions, control their emotions and focus on what they need to accomplish. Let's explore some caregiver issues/concerns where the military culture can create roadblocks.

Getting help can have multiple roadblocks for the caregiver including not knowing military terminology, especially if the caregiver is new to military life. Military language can be confusing and takes a while to understand. On top of that each military branch has terms specific for job title, position, location, services, time, resources plus moral codes (U. S. Department of Veterans Affairs, 2014, Kuehner, 2013). A caregiver must recognize and understand these new terms and acronyms so he/she can function in the

military world while finding supports and services needed for his/her service member, themselves and other family members.

The service member's commander can also be a roadblock for the service member getting help. The rank of a service member identifies who they report to and their responsibilities. Their commander is an unofficial member of the family. He/she is responsible for making sure the service member is trained, has the equipment they need, and monitors every aspect of the service member's life. This includes making sure an ill or wounded service member is getting enough sleep, eating well, going to medical appointments and following the doctor's orders. Problems emerge when the commander, caregiver and service member are not all working toward the same goals. If they aren't truthful with each other, have unrealistic expectations or aren't willing to work together then life will become more difficult especially for the caregiver. The caregiver is an unofficial member of the military so is affected by its culture often leading to stress.

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Webinar Feedback!

Military Consumer Protection Awareness

"Great information and details about protections that Service Members have. Very useful webinar."

Opportunities & Possibilities: Posttraumatic Growth in Research & Practice (Pt.1)

"Great training. This definitely provided me with a fresh new perspective and concept. Also piqued my interest in checking out the books that some of the quotes were derived from."

Detour Ahead: Planning for Contingencies on Your Caregiving Journey

"I enjoyed this webinar and thought the content to be very relevant and needed."

[NEWSBITES]



Making the Most of Mealtimes

When my boys were 3 and 1, I worked full time while my spouse was deployed and dinnertime was our most challenging time of day...I was keenly aware of the value of family mealtimes and I wanted to capitalize on this after being away from my kids all day, and yet it was still very difficult...[read more.](#)

Financial Planning for Remarriage

Communication about financial matters is important in all marriages but especially in remarriages which come with more financial complications and where spouses may have developed long-standing money management practices. This article compiles six recommendations to share with service members who are remarrying...[read more.](#)

The Distance Between Two Hearts: Veteran Parenting Training

The 'Veteran Parenting' course has been built to assist all parents in dealing with both everyday parenting challenges and those unique only to military families. It includes six modules, does not require registration and is completely anonymous... [learn more.](#)

The Future of Cooperative Extension and What it Means for Military Families

There are many levels of involvement by the Cooperative Extension Service when it comes to their educational programming, both on and off military installations...[read more.](#)

Anchored | Episode 16

Walking the PATHH: Exploring the Journey of Posttraumatic Growth

The impact of trauma on human beings can be profound and life-changing in significant ways, varying from person to person. In some people, the impact can change them in positive ways, offering opportunities for growth from their struggle. This phenomenon is called Posttraumatic Growth (PTG) and was coined by Dr. Richard Tedeschi and Dr. Lawrence Calhoun of UNC Charlotte.

[Listen to this podcast.](#)

Show Up Inspired!



To Renew, Recharge & Rebalance, Take Time Off

This episode explores the research based benefits of taking time off to improve health and productivity, while offering strategies to help professionals become intentional about taking time off to achieve greater wellness.

[Listen to this podcast.](#)

Money Moment Podcast Series:

- [The Price of Convenience](#)
- [Farmers' Market on a Budget](#)
- [Setting Financial Priorities](#)



MILITARY FAMILIES
LEARNING NETWORK