



# IDNG J9 - SERVICE MEMBER & FAMILY SUPPORT NEWSLETTER

## JULY 2024

Idaho National Guard J9  
1-800-479-7006

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Boise, ID 83705

Visit us online at:

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

A message from the new Adjutant General of Idaho  
Maj. Gen. Timothy Donnellan:



I am very proud of the critical role we as National Guardsmen play in our state and national missions. The high level at which we operate is only effective when we are at our best, which occurs when our mind, bodies, and families are taken care of.

The J9 Service Member and Family Support Directorate is an amazing organization of professionals who offer excellent programs and staff with a wealth of knowledge and experience to assist you and your family. I encourage you to take advantage of these free programs and services available so that we continue to provide the best we can to Idaho and our Nation.

### FALL 2024 FUNDING APPLICATION DEADLINES

<b>Start Date: 8/19/2024</b>		<b>Request TA by: 8/12/2024</b>
Boise State University		College of Western Idaho
University of Idaho		College of Southern Idaho
Idaho State University		College of Eastern Idaho
North Idaho College		Lewis Clark State College
<b>Start Date: 8/26/2024</b>		<b>Request TA by: 8/19/2024</b>
Northwest Nazarene University		

Submit Tuition Assistance (TA) applications at:  
<https://www.armyignited.army.mil>

### JULY UPCOMING EVENTS

- **11th** - Gowen Food Baskets Giveaway / Joining Forces Meeting / N. Idaho Retiree Social
- **12-14th** - IDNG Drill Weekend Child Care (Gowen)
- **15th-24th** - Total Health Basic Course (Gowen)
- **17th** - Gowen Retiree Social
- **18th** - Boss Lift (Southeast Idaho & Boise)
- **26th** - Boise Military Family Appreciation

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

Stay up-to-date with events and opportunities by following us on social media.



A message from your  
IDNG Health & Wellness Team:

### TOTAL HEALTH



Summer is a great time to explore the environmental dimension of health! Our environmental health includes spending time outdoors and also learning how our surroundings play a role in our health, allowing us to develop self-awareness and create positive change. Take a look through the list below and discover different ways to increase your environmental health.

#### Summer = Warmer Weather

Stay hydrated: With the warmer weather we sweat more and lose water. Remember to keep a water source with you at home, work, and especially during outdoor activity.

TIP: Add electrolytes (LMNT, Liquid IV, Drip Drop, Pedialyte, etc.) to help replace minerals lost through sweat and prevent dehydration

#### Sunshine and Shade

Protective clothing: Hot weather means shedding those layers, don't forget that wearing clothes that are light or loose fitting can reduce your skin's exposure to the sun and prevent sun burns or skin cancer.

TIP: Hat, sunglasses, and sunscreen are a great addition to your summer attire to keep you protected and safe from the harmful sun rays

#### Outdoor Options

- Built environment: While you may find yourself enjoying more outdoor activities, take a moment to be curious about the community in which you walk, run, bike, and play. Things to consider:

Are there sidewalks to safely move along?  
Are the paths well kept?

Would you consider the traffic speed to be reasonable and safe for pedestrians?

TIP: Learn how to be an advocate in your community to encourage and support change for safer communities for friends, family, and neighbors where you live, work, and play.

### UPCOMING HEALTH & WELLNESS COURSE

CHW LEADERS  
COURSE  
SEPTEMBER 9-13

[IDNGJ9HealthandWellnessBranch@army.mil](mailto:IDNGJ9HealthandWellnessBranch@army.mil)