WHAT A YEAR!!!!!!

You’ve had to be resilient and navigate so much uncertainty over the past 12 months! You’ve shown up to prioritize self-care through meditations, daily check-ins, and so much more so you can be there for those who need you. Great job!! There was no way of knowing at the end of 2019 what the onrushing train of 2020 would bring.

We have lost so much this year. Not just lives and loved ones, not just dreams and businesses, but even our easy freedoms and safety nets dissolved in 2020. As we all have worked to navigate the ongoing pandemic and the various obstacles it has put in our way, meditation and movement have become a top go-to for many to help against despair. What were once tools that I, myself, have used to feel better, have become some of life's absolute necessities for many. Through it all—the weight of the pandemic, the election, the shutdown, the riots, the economy, the intense uncertainty of what the future holds for my children, family, friends and those I support on Fort Drum—my subconscious has been at the wheel, steering me back to the deepest truth of all: gratitude. Gratitude is our only way out...

Gratitude for what we have right now. ~ Gratitude for life, no matter what it brings us. ~ Gratitude for each other. Gratitude for our incredible Fort Drum community! ~ Gratitude for more family time (even if it was forced on us!).

Gratitude for love. We have never loved like this, because now we have no other choice. In the midst of the tragedies there was courage, there was grace, there was sacrifice, there was hope—there were people faced with the very worst rising up to be their very best.

I would LOVE to hear what you have found most to be grateful for this year. With a year full of “new” normals, what helped you get through the ups and downs? How did you get your sparkle back? How did you help someone else rise up?

Let’s take a look back at the positive times in 2020...

We went to space again on May 30 with the flight of the SpaceX Dragon 2 from Cape Canaveral, Florida. This was the first launch of a crewed spacecraft from our country since 2011.

Thanks to the pandemic lockdown, our priorities and time have been rearranged. Instead of focusing continually on work and everything we have to do, we invested more time in new hobbies and rediscovered the joys of baking, reading, cooking, completing puzzles, and more. People spent more hours outside and doing activities that made them happy and stress-free.

Restaurants got creative with their menus and layouts to include social distancing. Some started dining in the streets, including mannequins or large stuffed bears in the empty tables, or separating with pool noodles. Also, a few restaurants shared their secret recipes with their customers so they could make and enjoy them in their home. :‐)
More of the positive times in 2020...

Many animals received a new home as there was a rush to adopt and foster pets. Seemed as if everyone needed a furry friend during this year. Businesses throughout the United States turned their attention to how they could help those in need during these tough times. For example, distilleries began using their materials to make hand sanitizer. Other companies started making and distributing masks, including several hometown seamstresses in the North Country!

2020 was a year of innovation and being resilient. Zoom quickly became a friend to many and with that comes the Zoom mistakes that still make us laugh to this day. Trust me, a quick Google search for these mistakes will brighten your day. :-)

A push to shop local and small businesses was made in several communities. Supporting a small business will help many people in many different ways. ***As we move past the holiday season, be sure to remember to shop local and shop small businesses in the New Year.

Drive-in movie theaters and concerts made a comeback throughout the country. I love the fact there are a few options here in the North Country!!

Lastly, we still found opportunities to celebrate life’s big moments. Whether it was a Zoom shower, drive-thru birthday party, or a playdate through the window, people got creative and still had lively occasions. We will never forget Fort Drum’s Local High School’s Senior’s Parade, Annual Trunk or Treat celebration and epic Giving Tuesday Military events!!

Continue to CELEBRATE the small joys in everyday life. We sometimes take these for granted. There is always one small thing to wake up and be grateful for (somedays are hard)...if you find yourself having a hard time finding that one small thing, give me a call. We can chat and I will help. ~ Christine 315-772-2597

Meet our SFRD Team Member!!

I would like to introduce you to one of our Army Substance Abuse Program (ASAP) Specialists, William (Bill) Van Orman, in the Soldier and Family Readiness Center.

After serving 22 years in the Army, Bill retired at Fort Drum and started his civilian Federal service career. He has been with the ASAP family for 2.5 years and was with the SFL-TAP program for 2 years before that. After travelling with the military, him and his family, wife of 24 years, 2 daughters, 2 rescue pitbulls, a cat and a ferret, have been able to stay in the area for the last 10 years. His hobbies include running, functional fitness, triathlon and Spartan racing and is also an active member in his Church working with youth.

Bill was born right down the road in Syracuse, NY, so he is no stranger to North Country life. When asked what his favorite season is here, he said “fall for the cooler weather and the leaves changing.” He highly recommends taking a trip to the Tug Hill region. “People love the Adirondacks, but even closer is Oswego County which has beautiful lakes, rivers, waterfalls and woods. Awesome fishing, hunting, snowmobiling, and so much more.”

So what does Bill want you to know about the ASAP services?? “Too often people choose to use ASAP drug and alcohol prevention services after something has happened, but that is too late to think about prevention. We want people to come see us either before they get into trouble or at the first sign of making high-risk decisions with drugs or alcohol.”

Want more information? Give Bill a call at 315-772-6706, email william.c.vanorman.civ@mail.mil, or go to the ASAP FB page: www.facebook.com/FortDrumASAP.