

164th AW FAMILY PROGRAM NEWS

TGIF – THE GUARD IS FAMILY!



Airman & Family Program Office

January 2012

A FEW WORDS FROM THE AIRMAN & FAMILY PROGRAM OFFICE...

By: Betty Gaskins



Happy New Year! I hope you enjoyed the holidays with family and friends. This past year has been very busy with Deployments, Family Day and Hometown Hero Awards, Yellow Ribbon events, Youth Lock-In, and preparing for the ORE. Our families made many sacrifices during the year so that the guard members were able to train and serve our great nation.

I really appreciate our Family Readiness Group and all the family members who volunteered to help with events in 2011. We couldn't have had such a successful year without your help. Let's strive to make 2012 even better!



STRESSED OUT?

By: Jorge Ramirez, Wing Dir. of Psychological Health

Everyone experiences life's ups and downs. How we cope is the key to us managing stress or having stress manage or overwhelm us.

There are many events that cause us to experience stress such as problems at work, with co-workers, with friends, family hardships, parent/child issues, financial concerns and other difficulties.

We may try to manage stressors in a variety of ways such as keeping it inside, using alcohol, or by discussing or complaining to friends or co-workers. But, often this just isn't enough. Sometimes it helps to talk to an experienced counselor. As your full-time Wing Director of Psychological Health, I can provide short term counseling for any issue. Services are confidential and free of charge for all of our guard personnel and their family members.

You can reach me, Jorge Ramirez, at 901-291-7158 or drop by my office in building 4607, upstairs in room OT-60, adjacent to the doors leading to the gym.



RUNNERS NEWS

By: MSgt Beth Emmons

Week in, week out, the unsung heroes of the weight room step onto treadmills and start the thumping heard throughout the dining facility. It's a routine that makes them regular features in building 4607. What's the driving factor? What keeps them coming back? Surprisingly, only 27% sited their Fitness Test score as their motivation for keeping fit. Personally, I enjoy getting a better score than those of you who are young enough to be my children.

27% felt their fitness contributes to the happiness of their significant-other and 18% site personal appearance. One comment hits a little close to home for many of us: "I think fat makes a statement about someone. It says, 'I don't have any self control and I eat to comfort myself'."

36% stay fit for health reasons. Blood pressure and diabetes are more easily controlled and even warded off by fitness. Plus it makes you feel better. One fitness buff says "it is the best habit or addiction you could have." Since it's a new year, it may be time to give up a bad habit and get healthier.

The vast majority, 72%, saw fitness as a personal challenge. One runner summed it up, "I do better when I sign up for an event and I'm challenged to workout in order to reach my goal." So sign up for the 5K's! The entry fee commits you, goes to charity, and motivates us to "get 'er done". Plus you get a t-shirt. (It's all about the t-shirt!) For organized runs in your area you can go to: www.memphisrunners.com And, in case you hadn't heard, the "mud-crawling, fire-leaping, extreme run from hell" known as the Warrior Dash is returning to Tennessee (Antioch) in September and also to Jackson, Mississippi in April. If you think you're up to it, check it out at <http://warriordash.com/index.php>. Registration fills up fast. If I can do it, I know you can!!

Congrats to Capt.Braddock, Maj.Scott, MSgt. Mosher (and daughter), TSgt. Malone, SSgt. Cameron and everyone else who ran the St. Jude Marathon event in December!



How would you like to attend a Grizzlies Game... for FREE?

The Grizzlies are back on the court for a slightly shortened season and they are showing support for Military Families by continuing their *Honoring Military Families Program* again this year. Some of our guard members have been chosen to participate in this program in the past.



All Mid-South area active/reserve/guard military personnel are invited to apply. Due to the shortened season, there will be 33 home games this season plus playoff games should the Grizzlies qualify. Applicants who are selected may bring up to 9 family and/or friends for a group maximum of 10. Two parking passes for the Toyota Parking Garage adjacent to FedEx Forum are provided. Each person will receive \$10 in concession vouchers. During a break in the game, there is an official recognition for the serviceman/servicewoman and his/her family. It is requested that the military member wear their uniform to the game for the recognition.

Further details are available on our website: <<http://teamupmemphis.org/index.php/what-we-do/category/honoring-our-military-families>> .



Exceptional Family Member Program: Upcoming Special Needs Webinar

Military OneSource is hosting a webinar, *Choosing an Exceptional Life: Family-Directed Resource Organizations*, on Wednesday, **January 11, 2012**, at 12 noon, CST. This webinar is the first in a three-part series, presented by Dr. Ann Turnbull.

As the parent of a son with significant disabilities, Ann Turnbull will share some of her own family stories of the tremendous payoffs that can result from investing time to find the right resources for families with special needs. She will review some common quality-of-life issues and help participants identify their own family-life priorities. Ann will also highlight three national family organizations that provide family-directed services, in which experienced families support families facing specific special needs challenges for the first time. The first in a three-part series, this one hour webinar includes a fifteen minute question and answer period after the presentation. To register for the webinar: [Visit Military OneSources for details!](#)

The Navy Base in Millington TN has an Exceptional Family Member Program (EFMP) to help military family members with disabilities and special needs. Danielle Jackson is the Exceptional Family Member Liaison at the Navy Base. If you would like to have more information about this program, contact Danielle at 901-874-6195.



AVAILABLE RESOURCES FOR OUR GUARD MEMBERS

<p>Memphis Veterans Administration Medical Center 1030 Jefferson Avenue Memphis, TN 38104</p> <p><i>Memphis VAMC services</i> 901-523-8990 ext. 7279</p> <p><i>OEF/OIF/OND Program Team</i> 901-577-7319 1-800-636-8262, ext. 7319</p>	<p>Naval Branch Health Clinic NSA Mid-South 5722 Integrity Drive, Bldg S-771 Millington, TN 38054-5021</p> <p><u>Hours of Operation</u> Monday – Friday from 0700–1600 1st and 3rd Thursday every Month: 0700-1200 Saturday, Sunday and Federal Holidays: CLOSED</p> <p>Main Telephone: (901) 874-6100 Dental: (901) 874-5351 /5361 Behavioral Health: (901) 874-6133</p> <p>Appointments 1-877-879-1621</p>
<p>Tennessee’s State Transition Assistance Advisor : Charles “Mike” Goodrich 615-313-3096(DSN 683) Cell: 615-517-0967 615-313-0526 3041 Sidco Drive Nashville, TN 37204-1502</p>	<p>Memphis Vet Center 1835 Union, Ste. #100 Memphis, TN 38104 Phone: 901.544.0173 Fax: 901.544.0179 POC: Team Leader</p> <p>Hours: 8:00 A.M. – 4:30 P.M. Monday – Friday</p>
<p>Military One Source 1-800-342-9647 www.militaryonesource.com/MOS/AirForce.aspx</p>	<p>TRICARE <i>Humana Military Healthcare Services, Inc.</i> 1-877-298-3408 www.humana-military.com</p>
<p>PTSD Hotline: 1-800-293-1438</p>	<p>164th Wing Director of Psychological Health <i>Jorge Ramirez, LCSW</i> Building 4607 901-291-7158</p>
<p>164th Medical Group Building 4607 901-291-7110/7201</p>	<p>164th Family Readiness <i>Ms Betty Gaskins</i> Building 4607 901-291-7125</p>

Rules Liberalized for Veterans with Undiagnosed Illnesses . . . Application Window Extended for Five Years

Veterans of the Persian Gulf War with undiagnosed illnesses have an additional five years to qualify for benefits from the Department of Veterans Affairs.

"Not all the wounds of war are fully understood," said Secretary of Veterans Affairs Eric K. Shinseki. "When there is uncertainty about the connection between a medical problem and military service, Veterans are entitled to the benefit of the doubt."

A recent change in VA regulations affects Veterans of the conflict in Southwest Asia. Many have attributed a range of undiagnosed or poorly understood medical problems to their military services. Chemical weapons, environmental hazards and vaccinations are among the possible causes.

At issue is the eligibility of Veterans to claim VA disability compensation based upon those undiagnosed illnesses, and the ability of survivors to qualify for VA's Dependency and Indemnity Compensation.

Under long-standing VA rules, any undiagnosed illnesses used to establish eligibility for VA benefits must become apparent by Dec. 31, 2011. The new change pushes the date back to Dec. 31, 2016.

Veterans or survivors who believe they qualify for these benefits should contact VA at 1-800-827-1000.

Further information about undiagnosed illnesses is available online at www.publichealth.va.gov/exposures/gulfwar and www.publichealth.va.gov/exposures/oefoif/index.asp



NEW SUPPORT LINE

The Vets4Warriors peer support line, 1-855-838-8255 (1-855-VET-TALK), provides easy access to supportive conversations with trained veteran peers representing all branches of the military. This team of veteran peers has immediate access to behavioral health clinicians to respond to potentially emergent issues and can offer referrals to local community services, military veteran centers, and military healthcare providers based upon the needs of the Service Member. A variety of services will be provided to include non-clinical (legal, financial) and referrals for clinical services (substance abuse, behavioral health).

This program is a component of a larger effort to promote individual resilience, risk reduction, and coping skills through peer support and referrals to community based services. Peer counseling is an effective method to acculturate these self-development skills without the potential stigma that some Service Members may associate with help-seeking behavior. The program also improves awareness and access to local resources that are relevant to the issues communicated by the Service Member while the utilization data can help share and refine current support programs.

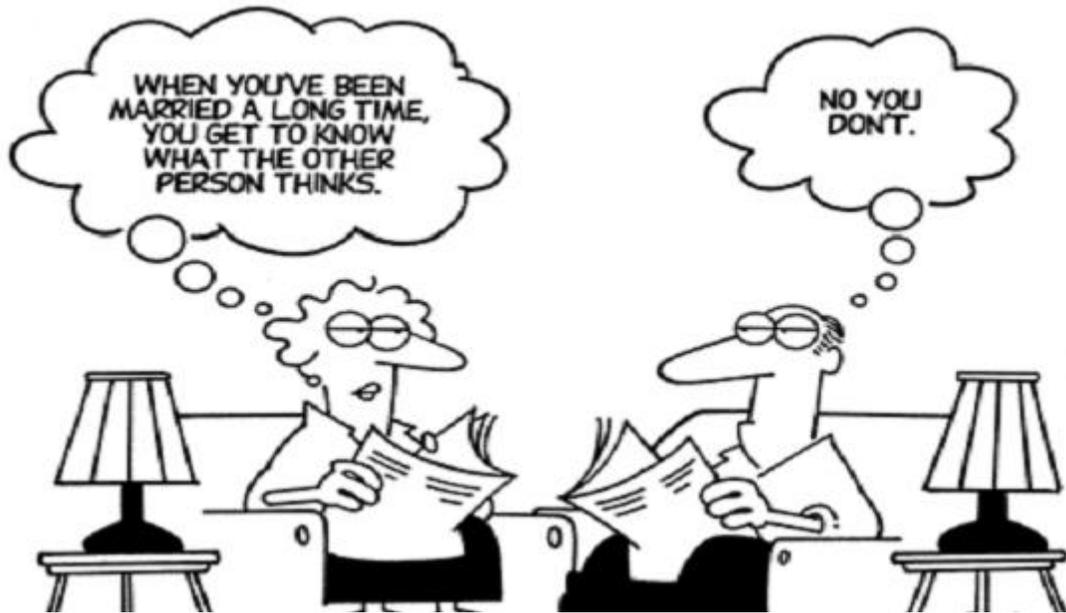


How to Keep a Gratitude Journal – this could be a great New Year’s Resolution!

A gratitude journal is a way to consciously call attention to the things for which we are thankful each day. By focusing on gratitude, we become aware of those things and thus create a shift in our thinking to the positive. The following suggestions can help start a gratitude journal and a whole new outlook on life.

- Choose a blank notebook or journal to write in every night. Consider a spiral-bound journal that opens flat for ease in writing. Keep this notebook next to the bed with a pen readily available.
- Look for things during the day for which you are grateful. Make mental notes throughout the day. Notice how the gratitude journal shifts the focus to a more positive outlook.
- Write five things you're grateful for each night before bedtime. Review the day and include anything, however small or great, that was a source of gratitude that day, e.g., a baby's smile, a flower in bloom, or the smell of a newly cut lawn. Make the list personal. Write a few words about the five benefits or blessings. Be brief and increase the length as time progresses.
- Begin looking every day for the positive angle in all things. View obstacles as opportunities to appreciate and learn.
- Focus on the positive things in life to attract similar encounters in the course of the day.





You may know what they think, but do you know what they meant? To do this and more, attend a **Gender-Based Couples Communication class at the Navy Base in Millington.** The first meeting of this five (5) session workshop starts this January 27 at 3 pm. Couples, Singles, Retiree's, Dependents, etc... are all welcome. **Call 874-7518 Today.**



IF YOU ARE RECEIVING THIS NEWSLETTER THROUGH THE MAIL, PLEASE LET THE FAMILY PROGRAM OFFICE KNOW IF YOU HAVE AN ADDRESS CHANGE, SO WE CAN KEEP OUR MAILING LIST UP TO DATE. – THANKS! 901-291-7125

This newsletter is published for members, family and friends of the 164th Airlift Wing, Memphis, TN. Contents of the 164th AW Family Program News are not necessarily the views of the U. S. Government, The Department of Defense, the Air Force or the National Guard Bureau.