



109TH AIRLIFT WING
HEALTH & WELLNESS CENTER
first force and family

Spring Catalog

2013



USE YOUR STRENGTHS AND BUILD YOUR RESILIENCE. VISIT [THE 109AW.ANG.AF.MIL WEBSITE](http://THE.109AW.ANG.AF.MIL) FOR MORE INFO

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Message from the Vice Commander

As the HAWC moves into its 2nd year of operation, it's encouraging to see how many airmen and their families are taking advantage of the information and resources being offered through this program.

In an effort to improve responsiveness to the ever evolving needs of our Wing, the HAWC will now be publishing quarterly Course and Event Catalogs. In addition to the ongoing information regarding resources and benefits available to our Airmen and their families, the Spring 2013 edition is also focusing on the topics of Change, Military Youth, and Community.



Even if we don't label it, as such, we all experience constant change in our daily lives. Whether it's due to reaching new milestones such as getting married, having children and watching them grow, the responsibilities that come with caring for aging parents, the evolution of personal relationships, deployments and other military related family separations, professional responsibilities or financial situations...it's all change.

I have heard feedback from airmen that programs and benefits are only available for members and families if they are in a deployment status. If there is *one* take-away from this, I want everyone to know that there are *many* no-cost benefits available to you and your families...regardless of your deployment status. And the common thread between these various programs is supporting military members and their families through life changes, big or small.

I hope you take the time to look at all the events, courses, resources, and programs outlined in this catalog and pass the information on to your families and fellow airmen.

First Force and Family

Sincerely,

Col John Russo
Vice Wing Commander
109th Airlift Wing



Health & Wellness Center

Our mission is to provide information, resources, support and activities that improve the quality of life for our Airmen and their families.

We do this by promoting healthy lifestyles and adaptation to change.

We can help you and your family with wellness concepts that address the mental health, physical, spiritual and social foundations of resilience.

What sets our program apart from others is our combined approach to your wellness. You will see the HAWC team work closely together, linking together on nearly every occasion. Through this design, you will

truly see how your physical health is directly connected to your social health, and your spiritual health linked directly to your emotional health. Each area has an effect on the others, and understanding those connections will ensure your success at becoming an even better you!

We are located on the second floor of building one. Come explore all that we have to offer, make a one-on-one appointment, or attend one of the fun and interactive classes listed in this catalog!

Updates for the Spring, 2013

As our program and services grow, we want to be sure the information and resources we can offer are provided to each member in a way that fits well into your everyday lifestyle. We also want to be sure the resources get to your families.

In that effort, last fall we began using a facebook group called the [109th AW NOTAMS](#) page to connect information to you and your families. We will continue to use this page to send announcements for classes from the Wellness Center, but we are also reopening our public **Wellness Center Facebook page** to keep you up to date on the latest information, resources and answer your health and wellness questions.

Be sure to visit and share with the family!

Wellness Center Staff



Wing Chaplain
Chaplain Maj. Jake Marvel, BCC
Jacob.Marvel@ang.af.mil
518-344-2355

- Spiritual-based counseling for airmen & family
- Christian worship services & Bible study classes
- Strong Bonds retreats for couples and families
- Spirituality 101 & Healthy Change workshops
- Any-faith guided “Mindfulness Meditation”



Physical Health Director
(PHD)
2nd. Lt. Colette Martin, RD, CDN
Colette.Martin@ang.af.mil
518-344-2352

- Nutrition counseling & menu planning
- Fitness & nutrition presentations
- Tobacco cessation support & resources
- Workout plans & classes
- Physical fitness & healthy lifestyle education



Director of Psychological
Health (DPH)
Linda Meineker, LCSW-R
Linda.Meineker@ang.af.mil
518-344-2364

- Individual, family consultation & referral services
- Military lifestyle support for airmen & families
- Psycho-educational presentations & workshops
- Deployment cycle education & support
- Leadership classes & workshops



Airman & Family Readiness
Program Manager (AFRPM)
Ray Williamson
Walter.Williamson@ang.af.mil
518-344-2357

- Military lifestyle education & skill building
- Crisis assistance services for airmen & families
- Wing family activity & volunteer management
- Deployment cycle support for airmen & families
- Community outreach & engagement

March 2013 – Readiness and Resilience

| Course Title | Date/Time/Location |
|--|--|
| <p>Enhance your leadership skills by focusing on strengths Recognize your strengths and to be able to recognize the strengths of others in an effort to fuel overall success. Explore how your strengths fuel your personal mission, your ability to work effectively with others and achieve your goals.</p> | <p>5 Mar / 0930-1030 / B Dining Hall 9 Mar / 1300-1400 / Wellness Center 10 Mar / 1300-1400 / Wellness Center 19 Mar / 0930-1030/ Small Maint Trng Room 26 Mar / 0930-1030 / Wellness Center</p> |
| <p>Resilience – What is it? Have you noticed that resilience is the new buzz word these days? But do you know what it means and how you can be resilient? How you can ensure that your family and friends are as well? And how about your subordinates? Even helping your boss to be more resilient will improve the working environment. Find out what this means to you and how you can incorporate resiliency skills into each and every day to help you get over life’s hurdles and focus on your road to success!</p> | <p>20 Mar / 0930-1030 / B Dining Hall 27 Mar / 0930-1030 / Small Maint Trng Room</p> |
| <p>Readiness 101 Basic skills for maintaining a proactive approach to stay ahead of the game by excelling at your career, family life, wealth and health.</p> | <p>13 Mar / 0930-1030 / CE Training Room</p> |
| <p>Get READY for your PT Test It’s that time of year again. Hopefully you have been at least occasionally running, doing a set of push-ups and sit-ups here and there. Regardless of your current fitness level, it’s time to shake off the heavy winter clothes and get up and out of that winter slumber. Most of us have a PT test sometime between May and July and it comes quickly! Come to a class designed to teach you solely how to pass the PT test. Learn the dos and don’ts of effective training for the test. Get a structured plan if you’re ready to take it on full steam ahead. And don’t forget the waist measurement. Get some pointers on how to lose that winter weight.</p> | <p>21 Mar / 0930-1030 / Wellness Center 26 Mar / 1230-1330 / Aircrew Briefing Room 28 Mar / 0930-1030 / Small Maint Trng Room</p> |

March 2013 – Readiness and Resilience

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|--|--------|--|---|---|--------|---|
| | | | | | 1 | 2 |
| 3 | 4 | 5 0930-1030 <i>Enhance your leadership skills</i> B Dining Hall | 6 | 7 | 8 | 9 UTA 1300-1400 <i>Enhance your leadership skills</i> Wellness Center |
| 10 UTA 0745 Worship 1300-1400 <i>Enhance your leadership skills</i> Wellness Center | 11 | 12 | 13 0930-1030 <i>Readiness 101</i> CE Training Room | 14 | 15 | 16 |
| 17 | 18 | 19 0930-1030 <i>Enhance your leadership skills</i> Small Maintenance Training | 20 0930-1030 <i>Resiliency – What is it?</i> B Dining Hall | 21 0930-1030 <i>Get READY for your PT Test</i> Wellness Center | 22 | 23 |
| 24 | 25 | 26 0930-1030 <i>Enhance your leadership skills</i> Wellness Center | 27 0930-1030 <i>Resiliency – What is it?</i> Small Maintenance Training Room | 28 0930-1030 <i>Get READY for your PT Test</i> Small Maintenance Training Room | 29 | 30 |
| 31 | | | | | | |

April 2013- Child, Youth and Teens

Course Title

Date/Time/Location

Communication Skills to Connect with your Teens

Do you feel like you and your kids are speaking a different language? Having a teenager who is disconnecting more from the family is a normal stage process in their life. Learn some strategies that keep communication lines open as they negotiate some separation.

Apr 2/ 0930-1030 / Small Maint Trng Room
 Apr 4,11,18,25&30 / 1130-1200 / B Dining hall
 Apr 12 (UTA) / 1300-1400 / Wellness Center
 Apr 13 (UTA) / 1300-1400 / Wellness Center

Kid Friendly Cooking

Great for parents with kids aged 6-12. Whether you have a picky eater or just want to get your kids involved, come learn some simple "recipes" that your kids can do themselves, or with very little help from you. Kids like to cook. Invite them into the food preparation process and show them some healthy alternatives for after school and weekend snacks. A \$5 fee will cover the cost of food and supplies. RSVP NLT 48 hrs prior to the class. Recipes are linked to the calendar, online at 109aw.ang.af.mil

Apr 15 /1130-1230 / Main Dining Hall
 Apr 16 /1230-1330 / Main Dining Hall
 Apr 29 /1130-1230 / Main Dining Hall

Teaching Finances to your Kids

Adam Stevens, Military Family Life Consultant, Personal Financial Counselor will host a class that gives you the skills to teach your children how to handle money. This class is great for parents with kids aged 9-14 who are just starting out with the basics of money management.

Apr 17 / 1130-1230 / B Dining Hall

Start Your Own Business

Amy Amoroso, Small Business Development Specialist, will host a class that will assist you with developing and improving your business planning skills. During this seminar you will learn about: Definitions and Purpose, Impact and Importance, Good vs. Bad, General Statistics for Business Planning, and the Anatomy of a Business Plan. Amy can also show you how to setup a DBA, LLC or non-profit organization.

Apr 10 / 1300 – 1500 /Wing Conf Rm

Sexual Assault Awareness Fun Run/Walk

Join us in support of Sexual Assault Awareness month and run or walk a mile on the base track to commit to stopping this crime. Take time to connect with others around the base, get some information and useful tools and show your support. We own it; We'll solve it, Together!

Apr Sun drill / 1400-1500 / Track & Pavilion

HAWC on-the-go

Be on the lookout for a HAWC visit! Each week the team will visit different sections on base providing information and resources directly to you. Ask those questions about family fitness, or how to get better sleep, how to resolve a problem with your kids, or how to make sure your family is taken care of when you are away on deployment? We'll be right there!

Thursdays all month

April 2013- Child, Youth and Teens

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|---|---|--|--|---|---------------|--|
| | 1 | 2 0930-1030 <i>Connect with your Teens</i> Small Maint.Trng Room | 3 | 4 1130-1200 <i>Connect with your Teens</i> B Dining Hall | 5 | 6 |
| 7 | 8 | 9 | 10 1300-1500 <i>Start Your Own Business</i> Wing Conference Room | 11 1130-1200 <i>Connect with your Teens</i> B Dining hall | 12 UTA | 13 UTA 1300-1400 <i>Connect with your Teens</i> Wellness Center |
| 14 UTA 0745 Worship 1300-1400 <i>Connect with your Teens</i> Wellness Center 1400-1500 <i>Sexual Assault Awareness Run/Walk</i> Track & Pavilion | 15 1130-1230 <i>Kid Friendly Cooking</i> Main Dining Hall | 16 1230-1330 <i>Kid Friendly Cooking</i> Main Dining Hall | 17 1130-1200 <i>Teaching Finance to Your Kids</i> B Dining Hall | 18 0930-1100 <i>HAWC on-the-go</i> 1130-1200 <i>Connect with your Teens</i> B Dining Hall 1300-1500 <i>HAWC on-the-go</i> | 19 | 20 |
| 21 | 22 | 23 | 24 | 25 1130-1200 <i>Connect with your Teens</i> B Dining Hall 1300-1500 <i>HAWC on-the-go</i> | 26 | 27 |
| 28 | 29 1130-1230 <i>Kid Friendly Cooking</i> Main Dining Hall | 30 1130-1200 <i>Connect with your Teens</i> B Dining Hall |  | | | |

May 2013- Creating an Sense of Community

| Course Title | Date/Time/Location |
|---|--|
| <p>Understanding Child/Teen Behaviors It takes a village to raise a child. Learn the child developmental stages and what the typical behaviors are that are age appropriate.</p> | <p>May 4 (UTA) / 1300-1400 / Wellness Center May 5 (UTA) / 1300-1400 / Wellness Center May 7 / 0930-1030 / Small Maint Trng Room May 21 / 0930-1030 / B Dining Hall May 2,9,16,23&30 / 1130-1200 / B Dining Hall</p> |
| <p>Funding College Education Connect to your community through education. Learn how to find grants and scholarships for your child. Learn the most effective means to save money for their college education.</p> | <p>May 15 / 1130-1230 / B Dining Hall</p> |
| <p>Crock-Pot Family Cooking Let cook together and make a great new healthy recipe, following step by step with everyone in the class. Leave your crockpot on low for the rest of the day and have a meal ready to go! All you have to do is transport it home. We recommend a crockpot with a locking lid for safe transportation or another container for transport. Recipes will be posted on SharePoint/NOTAMS the week prior to the class and will include the fee for the cost of food. RSVP NLT 48 hrs prior to the class.</p> | <p>Black Bean and Chicken Enchilada Casserole May 14 / 1230-1330 / Main Dining Hall</p> <p>White Chicken Chili May 22 / 1400-1430 / Main Dining Hall</p> <p>Pork with apricots, dried plums and sauerkraut May 28 / 0730-0800 / Main Dining Hall</p> |
| <p>Grafton Peace Pagoda Hike Hike on Grafton State Park's Chet Bell trail as it follows streams and rock formations through a mixed forest of spruce, pine and birch; far from the business of our day to day lives. Bring your own lunch and then we'll take a five-minute ride down the road and continue to the Grafton Peace Pagoda for a time of personal reflection. Led by Chaplain Marvel. For more information Jacob.marvel@ang.af.mil, 518-729-0279</p> | <p>Saturday, May 11 Meet at Grafton Lakes SP at 10am Bring your own lunch</p> |
| <p>Strong Bonds Summer Family Outing Strong Bonds is a program designed to strengthen relationships in military families. This two-night, all-expenses-paid family wellness retreat will balance family skill building with time to relax and play. This retreat will be at Camp Fowler. See their website at www.campfowler.org Contact Chaplain Jake Marvel at jacob.marvel@ang.af.mil.</p> | <p>May 17-19 / Camp Fowler, N.Y.</p> |
| <p>HAWC on-the-go We'll be out and about again this month, visiting each section! Each week the team will visit different sections on base providing information and resources directly to you.</p> | <p>Thursdays All Month</p> |

May 2013- Creating a Sense of Community

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|---|--------------------|--|--|---|-----------------------------|---|
| Creating a Sense of Community | | | 1 | 2 1130-1230 <i>Understanding Child/Teen Behaviors</i> B Dining hall | 3 | 4 UTA 1300-1400 <i>Understanding Child/Teen Behaviors</i> Wellness Center |
| 5 UTA 0745 Worship 1300-1400 <i>Understanding Child/Teen Behaviors</i> Wellness Center | 6 | 7 0930-1030 <i>Understanding Child/Teen Behaviors</i> Small Maint. Trng Room | 8 | 9 0930-1100 <i>HAWC on-the-go</i> 1130-1230 <i>Understanding Child/Teen Behaviors</i> B Dining hall | 10 | 11 1000-1230 <i>Hike in Grafton Lakes SP and visit Grafton Peace Pagoda</i> See pg 9 |
| 12 | 13 | 14 1230-1330 <i>Crock-pot cooking: Black Bean & Chicken Enchilada Casserole</i> Dining Hall | 15 1130-1230 <i>Funding College Education</i> B Dining Hall | 16 0930-1100 <i>HAWC on-the-go</i> 1130-1230 <i>Understanding Child/Teen Behaviors</i> B Dining hall | 17 | 18 1100 <i>Hero Rush The Obstacle Race Course and Experience</i> See pg 13 |
| 19 | 20 | 21 0930-1030 <i>Understanding Child/Teen Behaviors</i> B Dining Hall 1400-1430 <i>Crock-pot cooking: White chicken chili</i> Dining Hall | 22 | 23 0930-1100 <i>HAWC on-the-go</i> 1130-1230 <i>Understanding Child/Teen Behaviors</i> B Dining Hall | 24 | 25 |
| Strong Bonds | | | | | Strong Bonds Weekend | |
| 26 | 27 Memorial Day | 28 0730-0800 <i>Crock-pot cooking: Pork with apricots, dried plums and sauerkraut</i> Main Dining Hall | 29 | 30 0930-1100 <i>HAWC on-the-go</i> 1130-1230 <i>Understanding Child/Teen Behaviors</i> | 31 | |

Regularly Scheduled Programs

All scheduled items can be found on the base calendar on the SharePoint site, and will include POC information and any changes/updates to the class schedule and offerings. Some classes will be offered throughout the spring, while others will be on a rotating basis.

Weekly Calendar Cycle

| Time | Monday | Tuesday | Wednesday | Thursday | Friday |
|-----------|----------------|------------------|------------------|-------------------------------|------------------|
| 0600-0700 | | | Spinning | | |
| 1100-1120 | | | | Mindfulness Meditation | |
| 1130-1230 | Spinning | Yoga and Pilates | Yoga and Pilates | Bible Study, Yoga and Pilates | Yoga and Pilates |
| 1230-1330 | | | | | Body Sculpting |
| 1430-1530 | Body Sculpting | Boot Camp | All Abs | Boot Camp | |

Fitness Boot Camp

T & TH/1430-1530/Main Dining Hall

Master Sgt. Amanda Blodgett

Designed to help you lose weight by burning lots of energy in a short period of time, this class can be great for both beginners and the physically fit. Composed of a variety of cardiovascular and body weight exercises, the classes are designed to keep your heart rate elevated throughout the program, but structured to allow each individual to work at their own pace and level. Bring a towel, water and a great attitude!

Building Muscle through Weight Training

M /1430-1530/Base Gym

F /1230-1330/Base Gym (non-AWS days)

2nd. Lt. Colette Martin

Weight training now has a new format! Come to class to receive ten minutes of instruction on a specific exercise. You will see a demonstration, participate in the exercise, seeing modifications to ensure each person can perfect the basic movement. We'll talk about the muscles involved in the exercise, focusing on proper form and technique, and how the exercise can be used to recover from an injury or an imbalance. Immediately following the demonstration participants will receive a structured program for the day, which will include the demonstrated exercise. The remainder of the workout will be completed in pairs for 45 minutes, with assistance available from the instructor. Bring a towel, water, and a small three ring binder to store your tracking sheets.

All Abs

W / 1430-1515 / Main Dining Hall

2nd. Lt. Colette Martin

Tired of doing the same basic crunches and sit-ups? In this strength training workout, we'll lead you through a variety of exercises designed to work your entire abdominal area. You'll build muscles you never even knew you had, while developing core strength that will support you in a wide variety of activities. Don't ever worry about the sit-up portion of the PT test again!

Spinning Class

M / 1130 – 1215 / Main Dining Hall

W / 0600-0700 / Main Dining Hall

Master Sgt. Amanda Blodgett ** For this class, you must sign up for a slot in advance**

Would you like to pedal your way to a healthier life? If so, then a cycling class might be right for you. Combine energizing music with unique workout classes and you get a great fitness workout with powerful results.

Cycling exercise classes can strengthen the heart and lungs, burn calories, lower total cholesterol, decrease stress, reduce the risk of some diseases and improve quality of life. In essence, cycling classes provide you with all the benefits of aerobic activity in a fun and supportive group setting. Go ahead, and get your heart pumping with a few good workouts.

Yoga and Pilates

M - F/1130-1230/Main Dining Hall

Chief Master Sgt. Tammy King

Yoga – The yoga in this class is a blend of Iyengar and Astanga Vinyasa Yoga. Iyengar Yoga emphasizes on holding poses in correct form and breathing. Astanga Vinyasa yoga links poses together to create sequences with the breath.

Pilates – A combination of stress reduction and body work. Exercises are based upon strengthening the “core” muscles of the abdomen while increasing smaller supporting muscle groups.

Both classes integrate breathing, flexibility, strength, precision and body awareness to lengthen, define and sculpt muscles. Try something new. You might be surprised!

Lunchtime Basketball

Most week days/1130-1230/Base Basketball Court

A great way to spend the lunch hour! Basketball has been ongoing at the 109th for many years. If you'd like to get in on the action, contact Master Sgt. Kelley Archambeault, kelly.archambeault@ang.af.mil or Lt. Col. Ernest Grey, ernest.grey@ang.af.mil. Contact them to be added to the distribution list if you'd like to play regularly. The group communicates daily to coordinate players and weather cancellations.

Mindfulness Meditation

Thursdays/1100-1120/Wellness Center

Based in Buddhist and Christian meditation practices, a brief (usually 15-20 minute) guided time of meditation. Mindfulness reduces stress and anxiety through intentional awareness of your surroundings and stressors.

Brown Bag Bible Study

Thursdays/1130-1200/Maintenance Small Training Room

Bring your lunch and willingness to engage in conversation around a Christian scripture text. Anyone welcome.

Worship

Offered 0745 every UTA Sunday. Protestants meet in the Wing Conference Room for Contemporary worship, Roman Catholics meet in the B Dining Hall for Mass.

Stratton Activities Club: Big Events for this Spring

Here are some events that 109th members are participating in as a team in the coming months. Participation by members of the unit does not represent endorsement of the events by the 109th Airlift Wing or the DoD.

American Diabetes Association. **Tour de Cure**

When: June 2, 2012

Where: Saratoga Springs High School on West Ave.

What: a series of fundraising cycling events held nationwide by the American Diabetes Association. The Tour is a ride, not a race, with routes designed for everyone from the occasional rider to the experienced cyclist.

POC: Capt. Melissa Cucchi email: melissa.cucchi@ang.af.mil

Stratton Softball League

What: A Wing softball team that plays other military teams, such as the Navy units at West Milton.

When: Season runs late April through October – depending on playoffs.

Where: MWR Softball fields on Galway Rd in Milton, N.Y.

POC: Master Sgt. Steve Hidden email: steven.hidden@ang.af.mil



What: From the Hero Rush Website: Race through a 3-5 mile course of heroic (and unique!) obstacles based on a firefighter theme — slide, climb, get wet, get lost, get WETTER, make some saves and a ton more. This year the course has even more themed challenges, a great adventure (and educational) course for kids, awesome “experience” components — and all the food, drink and entertainment you love!

When: Team Stratton Striders for the 11am heat on May 18th

Where: Ellms Farm in Charlton NY – only 10 mins from the base!

POC: Capt. Heather Miner, email: heather.miner@ang.af.mil

For more information check out the following site or join us for an information and planning session. Who knows? This year you may find yourself participating in a Tough Mudder or a Ragnar relay race!

Facebook Page: [109th Stratton Activities Club Group Page](#)

Where to Seek Help

Your Commander/Supervisor
Your Physician

Wing Chaplain: (518)729-0279

Military and Family Life Consultant
(518)786-4907

DoD Safe Helpline
(877) 995-5247

www.SafeHelpline.org

Text * 55-247 (inside the US)
(202) 470-5546 (outside the US)

Vet Center
(518) 626-5130

Veteran's Crisis Line, 24/7
(800) 273-TALK (8255)

Wing Director of Psychological Health
DSN (518)344-2364
CELL (518) 275-3618

Military One Source
www.MilitaryOneSource.com
(800) 342-9647 (24/7)
NYS Rep: Alicia Russo
Alicia.russo@militaryonesource.com
518-265-2901

Wingman Project
www.WingmanProject.org

Airman and Family Readiness
(518) 339-1437
www.109aw.ang.af.mil/resources/familyreadiness

NYNG Family Readiness Council, Inc
Emergency Grants
www.nyfrc-inc.org

National Guard Joint Service Support
Your benefits. Your community. Your safety net.
www.jointservicesupport.org

Yellow Ribbon Program

Promoting the well-being of National Guard and Reserve members, their families and communities by connecting them with resources throughout the deployment cycle.

www.yellowribbon.mil

National Guard Youth

www.guardfamilyyouth.org

Scholarships For Military Youth

www.militaryscholar.org

Military Child Education Coalition

www.militarychild.org

National Military Family Association

www.nmfa.org

Our Military Kids

Provides grants to children of deployed National Guard and Reserve service members.

www.ourmilitarykids.org

Tricare

Health care program for Uniformed Service Members, retirees and their families worldwide

www.tricare.mil

ESGR

Employer support for Guard and Reserve

www.esgr.org

Air Force Fit Family

<http://www.usaffitfamily.com/>

No-Cost Benefit Programs for Members and Families

Tutoring and Homework Help

Tutor.com www.tutor.com/MILITARY

Description: 24/7 On-line tutoring and homework help for students K-12 in math, science, social studies and science, including AP classes. Students can connect with a live tutor anytime of the day to get one-on-one help with homework, studying, test prep, proof reading, and more.

Eligibility: Students in families of: Active duty/deployed and part-time/inactive U.S. Military Reserves and National Guard; Active duty U.S. Army, Navy, Air Force, Marine Corps; Deployed DoD Civilians; and Wounded Warriors and Survivors. Members and spouses are also eligible for college and career transition assistance.

Find Babysitters, Nannies, Tutors, Pet Sitters, Elder Care Companions, and More...

Sittercity.com www.sittercity.com/military

Description: Sittercity connects families with quality local in-home caregivers. With over 2 million caregiver profiles nationwide, members can quickly find child care options, in-home care, pet sitters, and more. Members have online access to local caregivers with profiles that include pictures, parent reviews, references, background checks, and more.

Eligibility: Active Duty, Guard and Reserve members and spouses. Eligibility is confirmed through the Sittercity website with DEERS when registering and every 6 months, thereafter. The no-cost memberships are only available when accessing Sittercity through the military website portal.

Standardized Academic and Military Test-Prep Books, Practice Exams, EBooks, College and Online Program Searches

Peterson's DoD MWR Online Libraries
www.militaryonesource.mil

Description: The Peterson's DoD MWR Libraries provides members and their families who are preparing to take academic and military standardized tests. Overview information, practice books and tests, skill assessments, and testing information are provided for the GED, SAT, GRE, LSAT, and more. Military test resources include the ASVAB, Military Flight Aptitude, Officer Candidate School, and more. In addition to test assistance, Peterson's library also offers undergraduate, graduate, and online program searches and military scholarship information.

Eligibility: Active Duty, Guard and Reserve members and their families, regardless of their activation status, and up to 180 days from their service separation date.

Deployment and/or Title-Specific No-Cost Benefit Programs

YMCA Memberships

YMCA Military Family Outreach Initiative
www.ymca.net/military-outreach/

Description: Eligible members and families can receive a no-cost YMCA membership while the member is on Active Duty (Title 10) Orders. Membership is for a maximum of 18 months (3 months pre- and post-deployment, and up to 2 six-month cycles while the member is deployed). The membership must be used at least 8 times a month, with any family member's visit counting towards the minimum requirement.

Eligibility: Family members of deployed National Guard and Reservists; Activity Duty Independent Duty personnel and their families; Relocated spouse/dependent children of Deployed Active Duty Personnel; Wounded Service Members assigned to Community Based Warrior in Transition Units (CBWTUs). The member's Title 10 Orders must be for at least 6 months duration.

YMCA Respite Childcare

YMCA Childcare Respite www.ymca.net/military-outreach/

Description: Participating YMCAs will provide up to 16 hours per month per child for eligible military families. Parents can drop their child off and leave to catch up on errands or stay and use the YMCA facilities.

Eligibility: Children Birth-12 (or the youngest/oldest allowed at the participating YMCA) of: Deployed National Guard and Reservists; Active Duty Independent Personnel; Relocated spouse/dependent children of deployed Active Duty Personnel; Families of deployed Active Duty personnel living 30 miles from a military installation.

Grants for Summer Camps, Sports and Other Activities

Our Military Kids Grants www.ourmilitarykids.org

Description: Grants, up to \$500, are provided to eligible children, aged 3 years-12th grade, of National Guard and Reserve members deployed overseas, and children of Wounded Warriors from all service branches, to participate in sports, camps, fine arts, and tutoring programs.

Eligibility: Children of Airman deployed overseas for at least 120 days OR on one of two missions overseas totaling 180 days in a one year period. The Airman must have at least 30 days remaining on their orders and the child must start activity before the Airman returns home. Soldiers, Sailors, Marines and Coast Guard Reservists must be deployed overseas for at least 180 days, have at least 60 days remaining on orders, and the child will start the activity before the service member returns home.

Military Family Child Care Fee Assistance

Child Care Aware of America (Formally NACCRRA)

www.naccrra.org/military-families

Description: Childcare Aware has partnered with the DoD to provide eligible military families, with children aged birth to 12 years old, assistance to offset the cost of paying for child care in their community.

Eligibility: General eligibility for the Air National Guard is the member must be on AGR Title 32 Orders or be mobilized/deployed on Title 10 Orders. The spouse must be working or enrolled in school. Temporary assistance is available for spouses seeking employment. Child care providers must be state licensed and, depending on the subsidy program, may be required to hold a national certification. Requirements vary slightly by service branch, Title Status, and program type.

Helpful APPs



My Fitness Pal

Track what you eat with just a few clicks from anywhere with an internet connection - at home or at work. You can create your own personal food database. Add your own foods and recipes at any time and access them from anywhere with an internet connection. Free mobile apps for

iPhone and Android - so you can log your meals and exercise even when you are on the go. They also provide support and motivation through discussion forums, a customized diet profile that matches your goals, and the flexibility to use this no matter what meal plan you are following.



Map My Run

Calling all runners! MapMyRun allows you to track and map your runs via GPS, then share them with your Facebook friends, Twitter following or other MapMyRun users. The program runs in the background as you play music to

keep track of your pace, distance and more. It even allows you to input your daily nutrition for a comprehensive look at your fitness. There are over nine million runners using the app so far, and the compatible website offers 26 million routes they've already taken so you can plot your own new course. Available for iPhone and Android.

Tactical Breather

T2health.org. This web site is sponsored by the DoD and offers free applications, including the tactical breather app to



fuel peak performance. Using this every day can increase you PT and target shooting scores.

Wingman Project

Visit this web site and download a free Wingman app. This gives you the ACE, Ask, Care, Escort steps to be a good wingmen. You will also find phone numbers for suicide prevention hotlines and a directory of all the Directors for Psychological Health on every Base.



iAlertz

Storm coming? Stuck in traffic? Need to get to a doctor fast? *iAlertz* is your answer.

This iPhone and iPad app gives you the information you need to know. Receiving alerts and notifications from member systems has never been easier. Find contact information based on the location of your handheld device. Zoomable, scrollable and interactive mapping to contact information, which allows routing directions based on the location of your device. Information updated based on member system notifications and alerts. Connected with the NY Alert website.



iAlertz

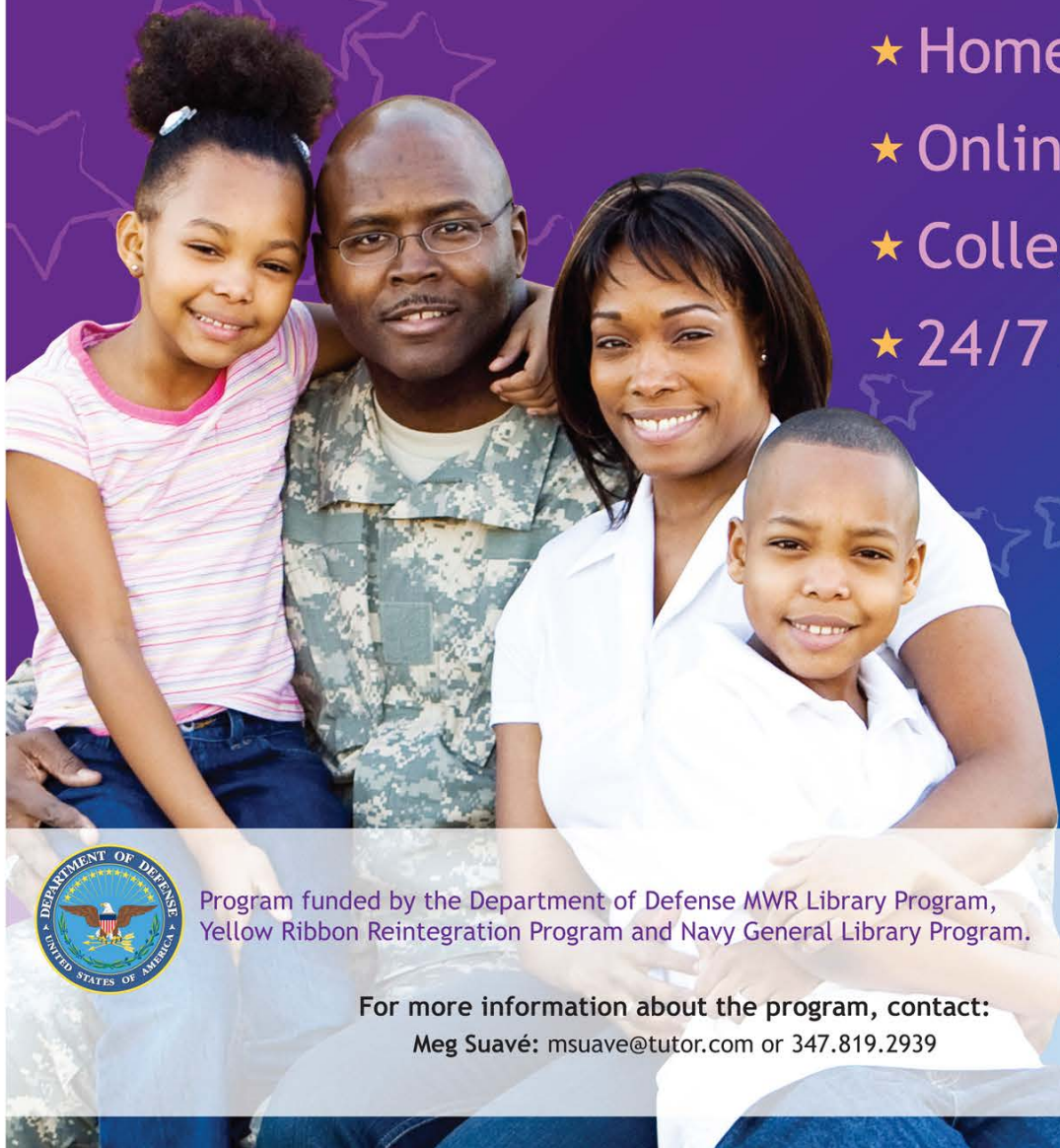
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Social

- Family Resources & support
- Seeking Connection
- Good communication skills
- Develop healthy relationships
- Respecting others
- Being a good role model

Emotional

- Resilience
- Self-Awareness
- Acceptance of emotion
- Reacting appropriately
- Thinking positive
- Seeking Help
- Making positive choices
- Remaining optimistic
- Positive relationships
- Solid support network

Physical

- Healthy Weight
- Eating Well
- Exercise
- Flexibility
- Agility
- Strength
- Cardiovascular Health
- Regular Check-ups
- Know your limits
- Safety
- Avoiding substance abuse

Spiritual

- Sense of Belonging
- Love
- Compassion
- Peace
- Contemplating your purpose
- Mindfulness
- Harmony
- Balance
- Caring
- Tolerance
- Selflessness
- Balancing personal needs

