



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

Winter Catalog

2013-2014



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Message from the Vice Commander



Welcome to the 109th Airlift Wing's Health & Wellness Center (HAWC) 2013-2014 Winter Catalog. With the temperature dropping and the snow starting to fall in the Northeast, our thoughts naturally turn to the Holiday Season, the fast-approaching New Year, and all the personal and professional responsibilities and commitments that go hand-in-hand with this time of year. This edition reflects the HAWC's ongoing commitment to support our Airmen and their families during this time. In addition to its regular schedule of programs, classes, and activities the HAWC will be focusing this winter on three main themes: Giving Back; New Year Resolutions; and Financial Fitness.

Volunteering, or giving back, not only helps others in our community, but also benefits the volunteer as well. Finding a cause that you want to support helps connect you with others who have similar interests, and increases your social and support network. It can also help improve your physical and mental health by lifting your mood and providing a sense of purpose, and besides...it's fun! Learn more about the many benefits of volunteering and how to find a cause to support by speaking with one of the staff in the HAWC.

With the New Year comes New Year Resolutions. Almost everyone makes at least one, but only a few are able to make them a life-long change. Whether it's to save more money, lose weight, spend more time with loved ones, or start a hobby, the HAWC is here to support you in learning how to make positive changes and stay committed to that change.

Financial fitness affects every aspect of our lives, from our physical and mental health, to relationships and job performance. The HAWC is committed to providing Airmen and their families every opportunity to learn what they can do to achieve financial security and improve their quality of life. Attend a financial seminar and learn what you can do to start the New Year out on a better financial footing.

Finally, in January, the Wing is launching a new program for junior and senior leaders. Building on the Air Force Resilience curriculum, the Pathways Leadership program teaches effective supervisory skills, communication techniques, and mentorship. Participants will also learn strategies for improving their understanding of adversity and turning challenges into opportunities, with the end-goal of developing effective Airmen who are more likely to be successful in the Air Force and in their personal lives.

The staff of the HAWC looks forward to hearing from you, so stop in, attend a class, or participate in one of their scheduled activities.

First Force and Family

Sincerely,
Col John Russo
Vice Wing Commander
109th Airlift Wing

Health & Wellness Highlights

LEADERSHIP PATHWAYS

2014



In January the wing will launch a new base wide program called Leadership Pathways.

This program is designed to offer both young airmen and senior leaders with skills that will enhance their leadership abilities by teaching supervisory skills, communication techniques, aspects of mentorship, and encouraging the spread of knowledge across the wing.

This program will include the full Air Force Resilience curriculum with one new class topic offered each month. There are 12 total courses in the Resilience curriculum, so they will be spread out throughout the next calendar year.

In addition to the Resilience curriculum, the Wellness Center will continue to offer courses each month aimed at helping airmen and families be socially, emotionally, physically and spiritually stronger. The Wellness center courses often build from the basic resilience curriculum, offering more depth on specific topics.

Along with the launch of this new program, each airman will receive a key ring card. It will have a quick scan QR code linking to the Wellness Center course catalog. This catalog is uploaded to the wing's public website, and therefore accessible from anywhere, including cell phones and tablets, without the need for a CAC card reader.

One benefits to this program is that all 109th members will have an easy way to keep track of those things they do that are above and beyond their basic job duties.

If you were to volunteer for community events, speaking engagements, running a base tour, or setup a food/coat drive for example, these would be punched on your Leadership Pathways card.

Another benefit to this program is the rewards that you can earn as you continue to punch your key card. The more you participate, the more rewards you will earn as the year progresses.

BE ON THE LOOKOUT FOR DETAILS ON THE REWARDS PROGRAM!

Wellness Center Staff



Wing Chaplain (HC)

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)

Kelly Young

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

Ray.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

December 2013 - Giving Back

Course Name/Description	Date/Location/Time
109th First Six Council Coat Drive Many families and children in our local area are cold each winter. They wear worn out coats that are torn and tattered, or just not warm enough for the often extreme cold temperatures of the Northeast. The First Six council will be setting up donation locations to collect old coats you no longer need or maybe your kids have grown out of. New coat donations are also greatly appreciated. See the signs for drop off locations. The First Six Council will make a final collection on Dec 10th, have the coats cleaned, and donate them to area charities prior to Christmas.	 20 Nov-10 Dec
Toys for Tots For the past several years, the 109th has lent a helping hand to the Marine Corps to help pack the Toys for Tots train. There aren't many Marines in our area, so they really need our help to make this a special season for children across the region. Join 109th members as well as members of the Naval Reserves across the airfield. Contact 109aw.communitymanager@ang.af.mil to join the volunteer effort and sign up for a shift of 4 hours or more.	5 Dec Rensselaer Train Station 1000~1500 Vans will leave at 0915
109th's Polar Express Children's Holiday Party Highlights: Polar Express Characters, Hot Chocolate Bar, Food for the , Cookies swap, A variety of crafts including decorating your own photo frame.	 15 Dec Main Dining Hall 1400-1700
New this year: Get your FREE, <u>PROFESSIONAL</u> photos with Santa. Dress code: Pajamas (remember to bring a change of clothes if you'd like your child's picture with Santa to be more formal)	
Salvation Army Food Distribution Another annual tradition at the 109th. Come join members of the unit as we pick up food from the Northeastern Food Bank, bring it to the Salvation Army in Schenectady, sort it into individual boxes, and the following two days hand meals and toys to families in need. Take a look at the PA office site on SharePoint for a sign up list.	16 Dec Food Pickup & Building Boxes 1000-1600 17-18 Dec Food & Toy Distribution 0900-1600
"Bring a Friend to the Gym" week The Holiday season is a busy time for all and can sometimes make it hard to put your health and fitness first. The Wing challenges each member of the unit, full and part time, to take a friend on a fitness adventure this week. Whether you head to the gym, go for a walk, go to a boot camp or spin class, sign up for a personal training session, or head to a local ice rink. Look for the commentary on our public web page to share your activities.	 16-20 Dec
109th Cookie Swap The Wellness Center loves to encourage healthy eating habits, but we also know the simple joys of sharing sweet treats. So bring a plate of your favorite holiday cookies, along with a copy of the recipe to share with others. Spouses and alumni are highly encouraged to come by!	23 Dec Main Dining Hall 1600-1700

December 2013 - Giving Back

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2  1130-1230 Worship Band Practice Main Dining Hall	3	4  1130-1230 Worship Band Practice Main Dining Hall	5 1000-1500 Toys for Tots Train Loading Rensselaer Train Station	6 UTA  1400-1500 Worship Band Practice Main Dining Hall	7 UTA
8 UTA 0745-0845 Special Holiday Worship Services Main Dining Hall & B Dining Hall 1100-1500 Base Holiday Partys	9	10 	11 	12	13 AWS	14 1730-2300 Holiday Party Mohawk River Country Club
15 1400-1700 Children's Holiday Party Main Dining Hall	16  1000-1600 Salvation Army Food Distribution	17  0730-1600 Salvation Army Food Distribution	18  0900-1600 Salvation Army Food Distribution	19 	20 	21
22	23 1600-1700 109th Cookie Swap Main Dining Hall	24	25 HOLIDAY Merry Christmas	26	27 AWS	28
29	AWS	31 New Years Eve				

January 2014 - New Years Resolutions

Course Name/Description	Date/Time/Location
Keys to Successful Fitness Resolutions Nearly two thirds of adults in the US who make New Year's resolutions have set fitness goals as part of their resolution. Of those, 73 percent gave up before meeting their goal, according to an online study conducted in November 2012. Whether aiming to lose weight, get fit, or train for an athletic event, simply setting a resolution doesn't guarantee success. On average, people who have set fitness resolutions say they have given up on them four times in the past, and cited a number of stumbling blocks when it comes to achieving their fitness goals: 42 percent say it's too difficult to follow a diet or workout regimen 38 percent say it's too hard to get back on track once they fall off 36 percent say it's hard to find time Come to this interactive class to learn the characteristics of the 27 percent who ARE successful. This year, you can be one of them.	8 Jan / B Dining Hall / 1130-1230
Reducing Your Grocery Bill Come by and pick up an easy list of online resources and services that can make grocery shopping, meal planning and saving money easier than ever. We'll explain each resource on the list to show the pros and cons of each, and how to best use each resource.	15 Jan / B Dining Hall / 1130-1230
Writing Your Personal Mission Statement The start of a new year is a great time to identify your direction for the future, whether it's the next month, year, or 5 years. A personal mission statement can help provide a strategic plan for your life, something that you can look back at anytime to refocus and get you back on the path of the life you want to live.	22 Jan / B Dining Hall / 1130-1230
How to Get the Job You've Always Wanted What are your strengths? Military members have a tendency to marginalize their skills and abilities. It's OK to talk about yourself. How to put your best foot forward on your resume. How to recognize the value in the training you have received. Tips for interviews, resumes, and appearance.	29 Jan / B Dining Hall / 1130-1230
What is Resilience? #1 of 12 in the Resilience Coursework Open to all airmen, families, and retirees, resilience training provides the first step in leadership training for both junior and senior military members. Focusing on communication techniques, understanding emotions and overcoming adversity, resilience builds stronger more effective leaders who are more likely to succeed in their careers as well as their personal lives. This first class in the Resilience series outlines the other 11 classes to define the meaning and value of resilience. Learn the necessary skills to become a better military leader, a better decision maker and earn credit for your attendance that you can use in job interviews both on and off-base.	12 Jan / B Dining Hall / 1130-1230 14 Jan / B Dining Hall / 1130-1230 16 Jan / B Dining Hall / 1130-1230 21 Jan / B Dining Hall / 1130-1230 23 Jan / B Dining Hall / 1130-1230 28 Jan / B Dining Hall / 1130-1230 30 Jan / B Dining Hall / 1130-1230

January 2014 - New Years Resolutions

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 HOLIDAY New Years Day	2	3	4
5	6	7	8  1130-1230 New Years Fitness Resolutions B Dining Hall	9	10	11 UTA
12 UTA 0745-0845 Worship Services  1130-1230 Resilience: What is Resilience? B Dining Hall	13 AWS	14 1130-1230 Resilience: What is Resilience? B Dining Hall	15  1130-1230 Reduce Your Grocery Bill B Dining Hall	16 1130-1230 Resilience: What is Resilience? B Dining Hall	17	18 Sprint Biathlon
19	20 HOLIDAY Martin Luther King Jr. Day	21 1130-1230 Resilience: What is Resilience? B Dining Hall	22  1130-1230 Writing Your Personal Mission Statement B Dining Hall	23 1130-1230 Resilience: What is Resilience? B Dining Hall	24	25
26	27 AWS	28 1130-1230 Resilience: What is Resilience? B Dining Hall	29  1130-1230 How to Get the Job You've Always Wanted B Dining Hall	30 1130-1230 Resilience: What is Resilience? B Dining Hall	31	

February 2014 - Financial Fitness

Course Name/Description	Date/Time/Location
15th Annual Winterfest 5K Snowshoe Race Join the Stratton Activities Club for a fun winter activity. No snowshoes? No worries. The coordinators of this race have racing snow shoes that you can rent for \$5 before the race. Just be sure to get there a little earlier so you can get fitted. Follow all the details on the Facebook NOTAMS page. Not on Facebook? Contact 109aw.communitymanger@ang.af.mil to be included on e-mail traffic.	2 Feb / Saratoga Spa State Park
Free Ways to Say “I Love You” for Valentine’s Day Have you ever heard of the five love languages? They are “Words of Affirmation”, Acts of Service”, “Receiving Gifts”, “Quality Time”, and “Physical Touch”. This Valentine’s Day learn how to hone in on your partners primary love language and speak their language to show your love.	 5 Feb / B Dining Hall / 1130-1230
The 5-year Plan for Retirees: Charting Your New Career Course Are you witin 5 years of reaching your military retirement? For the majority of us, retirement will actually be a transition into a new job. Don’t wait until you’re a year away. Time catches up quickly. This class will show you how to strategize now so you are in the best place possible to transition when retirement finally comes along.	12 Feb / B Dining Hall / 1130-1230
2014 Tax Season Updates Stop by for an update on changes for the new tax season. See how the Affordable Care Act might change your taxes.	19 Feb / B Dining Hall / 1130-1230
Valuable Fitness & Nutrition Investments There are hundreds of new products on the market each year focused on making your workouts better or healthy eating easier to follow. We’ll take a close look at many of these products, show which have the greatest bang for the buck, which are nice to have but more costly and which are really just a waste of your hard earned cash.	26 Feb / B Dining Hall / 1130-1230
Try and Individual Biathlon! A beginner or expert, come out and be part of this fun and challenging sport. For more details see www.saratogabiathlon.com	23 Feb / Day, NY
Counting Blessings: #2 of 12 in the Resilience Coursework Counting Blessings focuses on recognizing the positive things in your life, whether big things like the supportive people we have in our lives or little things like enjoying a tasty cup of coffee. Counting blessings reminds us to not take for granted the good that is all around us every day. As part of the Resilience Curriculum, this class will give you the necessary skills to become a better military leader, a better decision maker and earn credit for your attendance that you can use in job interviews both on and off-base.	04 Feb / B Dining Hall / 1130-1230 06 Feb / B Dining Hall / 1130-1230 09 Feb / B Dining Hall / 1130-1230 11 Feb / B Dining Hall / 1130-1230 13 Feb / B Dining Hall / 1130-1230 18 Feb / B Dining Hall / 1130-1230 20 Feb / B Dining Hall / 1130-1230 25 Feb / B Dining Hall / 1130-1230 27 Feb / B Dining Hall / 1130-1230

February 2014 - Financial Fitness

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2 Groundhog Day 15th Annual Saratoga Spa Winterfest 5K Snowshoe Race	3	4 1130-1230 Resilience: Counting Blessings B Dining Hall	5  1130-1230 Free Ways to Say “I Love You” for Valentine’s Day B Dining Hall	6 1130-1230 Resilience: Counting Blessings B Dining Hall	7	8 UTA
9 UTA 0745-0845 Worship Services  1130-1230 Resilience: Counting Blessings B Dining Hall	10 AWS	11 1130-1230 Resilience: Counting Blessings B Dining Hall	12  1130-1230 The 5-year Plan for Retirees: Charting Your New Career Course B Dining Hall	13 1130-1230 Resilience: Counting Blessings B Dining Hall	14  Valentine’s Day	15
16	17 HOLIDAY President’s Day	18 1130-1230 Resilience: Counting Blessings B Dining Hall	19  1130-1230 2014 Tax Season Updates B Dining Hall	20 1130-1230 Resilience: Counting Blessings B Dining Hall	21	22
23 Individual Biathlon	24 AWS	25 1130-1230 Resilience: Counting Blessings B Dining Hall	26  1130-1230 Valuable Fitness & Nutrition Investments B Dining Hall	27 1130-1230 Resilience: Counting Blessings B Dining Hall	28	

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. These classes will be offered throughout the winter, but be sure to check the schedule. There are times when the instructors are away on personal vacation, deployments, or TDY's.

Course Name/Description	Days / Time / Location
Fitness Boot Camp 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!	T & TH/1430-1530/Main Dining Hall <u>Instructor:</u> Master Sgt. Amanda Blodgett
One-on-One or Small Group Personal Training Do you need an overview of the equipment in the base gym? Do you want to begin a weight training program but aren't sure where to start? Or maybe you're looking for a new routine or training for a specific type of sport? A few one-on-one personal training sessions may be right for you.	By Appointment Only <u>Instructor:</u> 2nd. Lt. Colette Martin
Spinning Class 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.	M / 1130 – 1215 / Main Dining Hall W / 0630-0730 / Main Dining Hall <u>Instructor:</u> Master Sgt. Amanda Blodgett ** For this class, you must sign up for a slot in advance @ amanda.blodgett@ang.af.mil**
All Abs Tired of doing the same basic crunches and sit-ups? In this strength training workout you do 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!	W / 1430-1515 / Main Dining Hall <u>Instructor:</u> 2nd. Lt. Colette Martin
Worship Band Do you sing or play an instrument? The 109th Worhsip Band is always looking for more members who would like to be part of the Protestant worship band. The band practices weekly, usually Wednesday during lunch. They would love to recruit a basist and a key board player, and singers, but all are welcome.	 See MSgt Bryan Hanus for more details and to join the band

Stratton Activities Club - Winter Events

Here are some events that 109th members are participating in as a group 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.

BIATHLON:

The 109th is lucky to have an Olympic athlete in our midst. Master Sgt. Deb Nordyke, First Sergeant for the Maintenance Squadron had been competing in biathlon for many years.

Her family now runs the Saratoga Biathlon Club, which is comprised of individuals who enjoy the challenge which biathlon entails (both summer and winter). In addition, there are some members who enjoy the use of the club's private trail system (skiing, snowshoeing, running, biking, hiking, etc...), even though they don't participate in the sport of biathlon. There is a fully functional biathlon range, which contains fifteen lanes with knock down biathlon targets, capable of being set for either offhand or prone.



The club host events year round, usually around 4 summer races and 6 or more winter races. In addition there are clinics and training camps for members. Plus the occasional fun social event (moonlight ski).

The Saratoga Biathlon Club would like to invite unit members, families and friends to try out this sport as part of our winter activities series. What better skill for Air National Guard members who fly to polar regions than be able to cross-country ski and shoot accurately in the process?

If you've never participated in this sport before here are the basics:

- The club has rifles that can be used in clinics and races.

- They have a few pairs of skis that can be used as well, on a first come first serve basis.

- You could also rent your skis from the MWR in Saratoga.

- Ammunition will need to be purchased by participants.

Look for more announcements through email and Facebook on specific biathlons. The Saratoga Biathlon Club is working to coordinate a special clinic just for 109thers to teach the basics of the sport.

SNOW-SHOEING:

15th Annual Saratoga Winterfest 5K

Give yourself a new challenge. Try a snowshoe race. These races are certainly more engaging than a typical 5K race. Snowshoes can be rented from the organizers so no need to buy your own equipment; unless you fall in love and make this a new winter activity. The base also has 12 pair of snowshoes that can be signed out through the Services Flight but these are standard snowshoes. See SMSgt Pete Latniak or TSgt. Keith Eriole.

SKIING:

This season don't forget the downhill ski discounts offered by the MWR. Jiminy Peak and West Mountain are two of the area mountains with great discounts. Be on the lookout for a 109th ski trip in the winter months. This is a great opportunity to go skiing whether you're and expert or have never been. Or perhaps you've always wanted to learn how to snowboard. We have a lot of talent here at the unit and people who can show you the ropes.



Web & Social Media



109th Public Website

www.109aw.af.mil

The 109th's public website is updated frequently to include articles about our mission, achievements of our airmen, and resources from ID card scheduling to base job postings.

109th Public Facebook Page

www.facebook.com/pages/109th-Airlift-Wing/

Here we post the most recent news, videos, photos and blog posts from our Airmen throughout the world. This is a page open to the general public, so typically includes items of news worthiness.

109th AW NOTAMS Facebook Group

www.facebook.com/groups/109AWNOTAMS/

This is closed group on Facebook. When you type in the address you can see who is in the group, but cannot see posts until you are accepted into the group. Spouses, active members and alumni are authorized membership to this group. This is a great way to stay connected to the base between drills or on the go.

109th Stratton Activities Club Facebook Group

www.facebook.com/groups/109thSAC/

We invite all family members and friends of 109th AW members to become members of the Stratton Activities Club Page. This an open group, which means anyone can see the posts but if you want to comment you'll have to join the group. Joining also ensures that you'll get notifications when new information is posted to the group. The group is setup to connect members together in physical activity off-base, advance at whatever pace they wish, and achieve their individual training or racing goals. The group also demonstrates to the community that the Air National Guard is a healthy and active force.

109th Family Matters Group Facebook Page

www.facebook.com/pages/109th-Airlift-Family-Matters-Group/

The Family Matters Group is a volunteer group for the families of 109th unit members. The mission of the group is to support the wing, airmen & families. The FMG is a key group involved in organizing the annual Children's Christmas Party, the Fall Fest and connecting spouses and children to support, resources and all the benefits offered to military families.

109th AW Health & Wellness Center Facebook Page

www.facebook.com/pages/109th-AW-Wellness-Center/

The "Four Pillar Approach to Wellness" incorporates social, physical, emotional and spiritual concepts of wellness. This facebook page is your resource for details of wellness center activities, contact details for members of the wellness center, and inspirational and helpful information that can get you on the path to better overall health.

109th Flickr Page

<http://www.flickr.com/photos/109aw>

On this site, the 109th Public Affairs Office posts all photos taken of mission activities, exercises, deployments, and special events such as awards ceremonies. All pictures are available for download and free use with attribution. If you have photos of the 109th mission or our members engaged in the community that you'd like to have shared with the world, please send them to 109aw.pa@ang.af.mil or bring a CD to the PA office. With your permission we can make the photo an official 109th photo, with attribution to you as the photographer, and distribute it across the world.

109th Twitter Page

Twitter handle = @109thAW

Twitter is a way to get behind the scenes information from the unit. We often post to twitter more quickly than any other media channel. Hash tagging is a way to relate what we post to things that other people may post. We often #airmen, so that our posts are connected to all other twitter posts that refer to airmen. We also use #Skibirds and #LC-130 for tweets about the aircraft.

109th YouTube Channel

<https://www.youtube.com/user/109thAW>

Our YouTube channel contains videos created at the 109th and released to the public. It also contains playlists of videos uploaded by other YouTube users, such as ANG TEC TV, NYNational Guard and some Antarctic researchers that are related to 109th activities.

Spouse Email List

walter.williamson@ang.af.mil

Stay connected to information related to the needs of a military family, benefits, and other updates. Email Ray Williamson, Airman and Family Readiness Program Manager to be added to the list.

Alumni Email List

peter.latniak@ang.af.mil

Stay connected to the unit even after retirement. Send your email address to SMSgt Pete Latniak to be added.

Social Media Guide

www.af.mil/Portals/1/documents/SocialMediaGuide2013.pdf

The 2013 Social Media Guide is available for download to help Air Force leaders, Airmen and families share information effectively while following Air Force instructions and protecting operations security. These simple, easy-to-follow tips will help you use social media in your professional and personal life. This guide is for informational purposes only and does not replace official Air Force policy.

Where to Seek Help

NOTE: Some email addresses provided are mailboxes that several individuals may monitor. If confidentiality is required, be sure to keep your message general or email one specific individual from the office.

Your Commander/Supervisor

Your Physician

109th Wing Chaplain

109aw.hc@ang.af.mil
(518)344-2355

Wing Director of Psychological Health

Office (518)344-2364
Cell (518) 275-3618

Sexual Assault Prevention & Response

109aw.saprteam@ang.af.mil
24 Hr Sexual Assault Response Coordinator:
518-925-6108

DoD Safe Helpline

(877) 995-5247
www.SafeHelpline.org
Text * 55-247 (inside the US)
(202) 470-5546 (outside the US)

Military Equal Opportunity Office

ashley.fitzgibbon@ang.af.mil
Have you experienced sexual harassment or discrimination? Please report any cases to Capt. Ashely Fitzgibbon, 344-2500.

109th Legal Office

109aw/ja@ang.af.mil
Located on the second floor of building 1, the legal office is only open on drill weekends. The legal office can provide members with wills, power of attorney, and advance medical directives. All other legal issues must be brought to a private law firm or other service.

Company Grade Officers Council

james.roth.1@ang.af.mil
The CGOC a non-profit organization led by officers, O-1 to O-3. The group aims to be a medium to build on the leadership skills of new officers while improving the wing and supporting the local community. This past year the CGOC coordinated a charity golf tournament and raised \$2500 for the local Fisher House. Contact Jim Roth at 344-2682 for more information.

MILITARYONESOURCE

www.MilitaryOneSource.com

(800) 342-9647 (24/7)

N.Y. State Rep: Alicia Russo
Alicia.russo@militaryonesource.com
518-265-2901

Military OneSource is a free service, provided by the DOD for active duty, Guard, and Reserve service members and their families. The service is private and confidential, with few exceptions. Among other things, services include obtaining contact with military installation family advocacy programs, military benefits, and local resources for military families.

109th AW Inspector General's Office

109aw/inspectorgeneral@ang.af.mil
Individuals should attempt to resolve Fraud Waste and Abuse issues and personal complaints at the lowest possible level, using command channels before elevating them to the next higher level. If, however, your issue has not been resolved, you may report it to the IG. Bear in mind, however, the fact that you may disagree with your supervisor(s) over management styles or have what you believe is a "personality conflict" does not constitute an injustice or mismanagement.

First Six Council

carl.williams@ang.af.mil
Are you and E-1 to E-6? The First Six Council is a way to have your voice heard, your ideas brought to a collective forum and for you to begin using your leadership skills on special projects that enhance the entire wing. Contact SrA Carl Williams for more information on the First Six Council and to become involved in the organization.

Public Affairs Office

109aw.pa@ang.af.mil
109aw.communitymanager@ang.af.mil
The Public Affairs Office of the 109th Airlift Wing works to provide effective communication internally, externally and to the community. The PA office handles and coordinates request for speakers, base tours, aerial events, incentive flights, media interactions, volunteer events, and ensuring a timely and free flow of information within the organization and with the public. If you have communication needs such as newsletters, flyers, CCTV ads, or posting to base internet channels, contact 344-2423 or 344-2352.

Stratton Activities Club

www.facebook.com/groups/109thSAC/

The activities club currently advertises events from road cycling, trail riding, snow shoeing, skiing, running events like 5K, 10K, half-marathons, marathons, mud-runs (Tough Mudder, Spartan Races, Warrior Dash), biathlons, hiking, on-base basketball, the 109th Softball teams and much more. Is there an activity you enjoy that's not listed? Become a leader to introduce it to other members.

Local Fitness Event Calendars

Active.com

www.active.com

Hudson Mohawk Road Runners Club

www.hmrrc.com

ARE Event Productions

<http://www.areep.com/redesign2013>

Naval Support Activity (MWR)

3569 Galway Rd/ Ballston Spa, N.Y.

Did you know that the Naval Support Activity is a resource open to Air National Guard members? You can rent skis, snowshoes, canoes, pop-up campers and many other recreational items for a fun-filled active weekend adventure. The site also has two baseball fields that are used each year for the softball season.

Saratoga County YMCA membership discount

The YMCA discount is only available in Saratoga County through the Naval MWR. You must sign up each fiscal year by going to the Naval Support Activity 3569 Galway Road in Ballston Spa, NY. You will receive a form that you can bring to any Saratoga County YMCA. This program decreases a single membership to \$10 per month and a family membership to \$35 per month.

Team RWB (Red, White and Blue)

www.teamrwb.org

Team RWB's mission is to enrich the lives of America's veterans by connecting them to their community through physical and social activity. Local chapters host weekly fitness activities, monthly social events, and participate in local races and events together. They have a Facebook group page to stay connected to events and other members. If you join the team, they will send you a survey. After filling out the survey you will be sent a FREE New Balance athletic wicking tee with the RWB eagle logo.

Operation Live Well

www.health.mil/News_And_Multimedia/Special_Features/operationlivewell.aspx

The Military Health System has a great selection of links for details on how to stay healthy. From sleep, fitness, nutrition, mental health, tobacco use, etc.

Air Force Fit Family

www.usaffitfamily.com

It is never too early—or late—to teach children to make healthy lifestyle choices. With childhood obesity on the rise, it's more important than ever for parents to make exercise and good nutrition part of everyday family life. This site has great resources, ideas, and activities for family focused physical health.

Human Performance Research Center

www.hprc-online.org

The Human Performance Resource Center is an online, one-stop clearinghouse for evidence-based information and key resources to help Warfighters and their families in all aspects of performance to achieve Total Fitness and, ultimately, human performance optimization.

Optimal performance doesn't just mean being physically active and eating well; it's the whole package: psychological, social/familial, behavioral, spiritual, nutritional, physical, and environmental fitness—or Total Force Fitness. That's where the Human Performance Resource Center comes in.

YMCA Military Family Outreach Initiative

www.ymca.net/military-outreach/

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.

Eligibility: Family members of deployed National Guard and Reservists: The member's Title 10 Orders must be for at least 6 months duration.

Academy of Nutrition and Dietetics

www.eatright.org

You realize the importance of making informed food choices and developing sound eating and fitness habits. The Academy of Nutrition and Dietetics and registered dietitian nutritionists, have a great site that will give you the latest, most accurate, evidence-based nutrition information.

Harvard School of Public Health

<http://www.hsph.harvard.edu/nutritionsource/>

The Nutrition Source aims to provide timely, evidence-based information on diet and nutrition. The Nutrition Source accepts no advertising or sponsorship, nor does it endorse any particular products. Expert faculty from the Department of Nutrition and other invited experts review all content before it is posted on the site, and all content is re-reviewed regularly.

The Wingman Project

www.wingmanproject.org

The Wingman Project was created in August 2007 by the Deputy Director of Safety of the Air National Guard as a collaborative solution, including chaplains, family support, medical community, and safety, for all Airmen and their families to address suicide intervention. Since then, the project has been endorsed by the US Air Force and the Department of Defense, receiving an HQ Air Force “Best Practice” in July 2009.

University of Pennsylvania

<http://www.authentic happiness.sas.upenn.edu>

The University of Pennsylvania, Department of Positive Psychology has put together a resource site for members of the public interested in learning more about how to be more resilient. The USAF and US Army resilience programs are based on research and programming developed by UPenn.

Dr. Martin Seligman, a native of Albany N.Y., is the Director of the Positive Psychology Center at the University of Pennsylvania and founder of positive psychology, a branch of psychology which focuses on the empirical study of such things as positive emotions, strengths-based character, and healthy institutions.

Real Warriors Campaign

www.realwarriors.net

Real Warriors is a multimedia public awareness campaign that encourages help-seeking behavior among service members, veterans, and military families coping with invisible wounds. Launched by DCoE, the campaign is an integral part of the DOD’s overall effort to reduce the stigma associated with psychological health concerns.

Military Pathways

www.militarymentalhealth.org

Military Pathways provides anonymous mental health self-assessments for family members and military personnel in all branches including National Guard and Reserves.

Deployment Health Clinical Center, DHCC

www.pdhealth.mil

PDHealth.mil, the website of the DHCC, is designed to assist clinicians in the delivery of post-deployment health care by fostering a trusting partnership between military men and women, veterans, their families, and their health care providers to ensure the highest quality care for those who make sacrifices in the world’s most hazardous workplace.

Veterans Affairs National Center for PTSD

www.ptsd.va.gov/public

This website provides information on trauma and PTSD for veterans, family members, and the general public.

After Deployment

www.afterdeployment.org

AfterDeployment.org offers modularized content for service members and their families on common post-deployment issues such as substance abuse, posttraumatic stress disorder (PTSD), living with physical injuries, employment issues, and reconnecting with family and friends. Users can take assessments, view video-based testimonials, and immerse in narrator-guided workshops.

InTransition

www.health.mil/inTransition

InTransition provides transition services to service members and veterans receiving mental health treatment who are moving between health care systems or providers (e.g., moving from active duty to veteran status).

Turbo TAP

www.turbotap.org

Turbo TAP is the DOD’s official website, providing information and resources for service members about transitioning from military service through the Transition Goals Plans Success (GPS), or Transition GPS program (formerly known as TAP).

USA4 Military Families

www.usa4militaryfamilies.dod.mil

USA4 Military Families is the DOD website for official Military Community and Family Policy (MC&FP) and seeks to engage and educate state policy makers, not-for-profit associations, concerned business interests, and other state leaders about the needs of military members and their families.

Resilience Training

www.resilience.army.mil

Resilience Training is a strength-based training program designed to strengthen warrior behavioral health. The website features training materials and information for soldiers, leaders, spouses, families, and behavioral health providers.

Deployment Health and Family Readiness Library

deploymenthealthlibrary.fhp.osd.mil

The Deployment Health and Family Readiness Library provides access to deployment health and family readiness topics such as survivor benefits, financial readiness, and legal readiness.

NYNG Family Readiness Council, Inc

www.nyfrc-inc.org

Formed in 2007, the council works to aid New York National Guard Soldiers and Airmen and their families in times of need. The council has helped families with financial grants who suffered from Hurricanes Sandy and Irene and Tropical Storm Lee, house fires, medical conditions, cancer treatments, unexpected expenses, underemployment and unemployment caused from numerous deployments. If you or someone you know is in financial need check out this website.

NYNG Family Resources

<http://dmna.ny.gov/family>

This site will link you to all family resources across the New York National Guard. Everything from Family benefits, family programs information and youth programs.

Employer Support of the Guard and Reserve (ESGR)

www.esgr.org

ESGR develops and promotes employer support for Guard and Reserve service by advocating relevant initiatives, recognizing outstanding support, increasing awareness of applicable laws, and resolving conflict between employers and service members.

Contacts at JFHQ in Latham:

ESGR Program Support/Employer Liaison

Mr. John Willsey, 518-786-0389

john.j.willsey.ctr@mail.mil

ESGR Program Support/ESGR Awards Program

Mr. Bill Tracy

518-786-4911

william.j.tracy.ctr@mail.mil

Office of the Assistant Secretary of Defense: Reserve Affairs ra.defense.gov

The mission of the Office of the Assistant Secretary of Defense: Reserve Affairs is to serve as adviser to the Secretary of Defense on all matters that involve the Reserve components in all branches. This official website provides information on resources targeted towards the Reserve components like the Yellow Ribbon Program, Wounded Warrior Care, Employer Support of the Guard and Reserve (ESGR), and TRICARE Reserve Select. Download the Benefits Guide for a complete list of resources.

<http://ra.defense.gov/documents/family/Benefits%20Guide%202012.pdf>

National Guard Joint Service Support

<https://www.jointservicessupport.org/>

Your benefits. Your community. Your safety net. The JSS site contains information about National Guard Programs, such as the Yellow Ribbon Reintegration

Program, ESGR, National Guard Family Programs, Behavioral Health, Sexual Assault Prevention, Transition Support, and Financial Management Awareness Program (FMAP).

Strategic Outreach to Families of All Reservists

www.sofarusa.org

SOFAR is a pro-bono mental health project that provides free psychological support, psychotherapy, psychoeducation, and prevention services to extended family of Reserve and National Guard deployed during the Global War on Terrorism, from time of alert through the period of reunion and reintegration.

Yellow Ribbon Reintegration Program

www.jointservicessupport.org/yrrp/YourYellowRibbon.aspx

The National Guard Yellow Ribbon Reintegration Program is a legislatively mandated program designed to provide information, services, referrals and proactive outreach programs to service members and families of the National Guard and Reserves throughout all phases of the deployment cycle.

Guard Your Health

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

Guard Your Health provides a central place for Army National Guard Soldiers and family members to find information and resources on health and medical readiness. The site supports the Army National Guard Chief Surgeon's efforts to build and sustain a resilient, adaptable and medically ready Citizen-Soldier force. The site is very consumer friendly and is certainly applicable to the Air National Guard as well.

Legal Resources

Armed Forces Legal Assistance

legalassistance.law.af.mil/content/locator.php

Armed Forces Legal Assistance helps to find a military legal assistance office based on geography.

American Bar Association Military Pro Bono

<http://www.militaryprobono.org/>

The ABA Military Pro Bono Project accepts case referrals from military attorneys on behalf of junior-enlisted, active-duty military personnel and their families with civil legal problems, and it places these cases with pro bono attorneys where the legal assistance is needed.

Financial Resources

Defense Finance and Accounting Service (DFAS)

<https://mypay.dfas.mil/mypay.aspx>

The MyPay website, sponsored by DFAS, gives each soldier and his or her family access to information about the service member's pay and Leave and Earning Statements (LES) 24 hours a day from anywhere in the world.

Thrift Savings Plan

www.tsp.gov

The Thrift Savings Plan (TSP) is a retirement savings and investment plan for Federal employees and members of the uniformed services, including the Ready Reserve. It was established by Congress in the Federal Employees' Retirement System Act of 1986 and offers the same types of savings and tax benefits that many private corporations offer their employees under 401(k) plans. The TSP now has both regular and Roth account options.

Educational Benefits

As a member of the National Guard, you may be eligible for the Tuition Assistance Program and the Montgomery GI Bill or the Post-9/11 GI Bill. See the Retention Office for details on your specific benefits.

Scholarships For Military Youth & Spouses

www.militaryscholar.org

A minimum of one \$2,000 scholarship will be awarded at every commissary location where qualified applications are received. More than one scholarship per commissary may be available based on response and funding. The scholarship provides for payment of tuition, books, lab fees and other related expenses.

Other known scholarships

EANGUS Scholarship

NCOA/University of Phoenix Scholarship

NGAUS/University of Phoenix Scholarship

MilitaryOneSource Scholarship

Annualcreditreport.com

Federal law allows you to get a free copy of your credit report every 12 months from each credit reporting company. This site is totally FREE. It does not provide you with a credit score, but you can use it to ensure that the information on all of your credit reports is correct and up to date. Order one report every four months and you can see your report three times each year.

Emergency loans and financial counseling

The Pentagon Federal Credit Union's ARK program

www.pentagonfoundation.org

ARK provides a no-interest alternative to predatory lending. Fees for predatory payday loans can be an astronomical \$19 for each \$100 borrowed until payday. Through ARK, one can borrow up to \$500 at a fee of only \$1 for every \$100 borrowed, with no interest, until the next payday. Contrast that with predatory lending fees of up to \$95 for a \$500 advance for two weeks.

NYNG Family Readiness Council Financial Grant

www.nyfrc-inc.org, See pg 16

Operation Homefront Financial Grant

www.operationhomefront.org, See pg 24

Armed Forces Foundation

www.armedforcesfoundation.org

The Armed Forces Foundation helps families cover such expenses as: Utility bills, Rent or mortgage payments (for civilian housing), Car payments, Childcare during illness, surgery or recovery, Car insurance or registration payments.

Eligibility: mobilized National Guard members.

Unmet Needs (Veterans of Foreign Wars)

www.vfw.org/Assistance/National-Military-Services/

The Unmet Needs Program was created to provide emergency financial support to families of military personnel. Funds from donations are available to the five branches of service (Army, Navy, Air Force, Marines and Coast Guard), as well as members of the Reserves and National Guard. Funds awarded by the program are offered in the form of grants, not loans, so recipients don't need to repay them.

USA Cares

www.usacares.org

USA Cares exists to help bear the burdens of service by providing post-9/11 military families with financial and advocacy support in their time of need. Assistance is provided to all branches of service, all components, and all ranks – while protecting the privacy and dignity of those military families and veterans who request our help.

Child Care Aware of America (Formerly NACCRRA)

-Military Family Child Care Fee Assistance-

www.childcareaware.org

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. Child Care Aware of America is the nation's leading voice for child care, working with more than 700 state and local Child Care Resources and Referral Agencies nationwide to help ensure that families in 99 percent of all populated ZIP codes in the United States have access to high-quality, affordable child care.

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.

Sittercity.com

www.sittercity.com/military

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.

YMCA Respite Childcare

www.ymca.net/military-outreach/

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.

Military Youth on the Move

apps.militaryonesource.mil

Military Youth on the Move covers topics specifically for military children and teens, including military moves, social life, and school.

Early Moments Matter

www.earlymomentsmatter.org

Early Moments Matter is designed to raise awareness about early childhood attachment, and to provide parents and caregivers with the information they need to help their infants develop secure attachments.

Operation Military Kids

www.operationmilitarykids.org

The U.S. Army's collaborative effort with America's communities – called Operation Military Kids – supports children and youth impacted by deployment. OMK offers camps, in partnership with the 4-H, which are open to children of Air National Guard members. In this area they typically at least one camp at the 4-H center in Ballston Spa.

Our Military Kids

www.ourmilitarykids.org

Our Military Kids provides tangible support to children of deployed National Guard and Reserve personnel as well as to children of severely injured service members through grants for enrichment activities and tutoring. Such activities help these children cope with the stress of having a parent in a war zone or recovering from injury at home. They offer grants for Summer Camps, Sports and Other Activities. Grants, up to \$500, are provided to eligible children, aged 5 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.

Tutor.com

www.tutor.com/MILITARY

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. Service members are also eligible for college and career transition assistance.

American Association of School Administrators' Toolkit: Supporting the Military Child

www.aasa.org/MilitaryChild.aspx

This toolkit provides guidance for school leaders on meeting the unique educational needs of children whose parents are deployed or in transition.

Tool Kits for Kids

www.toolkitsforkids.com

Tool Kits for Kids is designed to teach young people emotional life skills, with a focus on reducing anxiety in children and teens, building self-esteem, improving confidence, and strengthening coping skills.

MilitaryParenting.org

<http://militaryparenting.org>

This free online course features key tools to support your parenting. They include: parenting information and strategies for Service Member and Veteran parents, guidance to help you reconnect with your children after a deployment and beyond, and videos of real families' stories, helpful exercises and practical parenting tip sheets.

Military Child Education Coalition (MCEC)

www.militarychild.org

The Military Child Education Coalition (MCEC) is a nonprofit, worldwide organization focused on ensuring quality educational opportunities for all military-connected children affected by mobility, family separation, and transition.

Military Kids Connect (MKC)

www.militarykidsconnect.org

MKC, an initiative of the DOD's National Center for Telehealth and Technology (T2) agency, is an online community for military children ages 6 to 17, providing access to age-appropriate resources to support children from pre-deployment, through a parent's or caregiver's return. This site also has great teacher and parent support resources.

Sesame Street for Military Families

Visit iTunes and search "Sesame Street for Military Families".

The "Sesame Street for Military Families" mobile application puts all of Sesame's resources for military families right in your pocket! Use your mobile device to access engaging videos, articles, storybooks, and parent guides to help you support your preschool and school-aged children as they encounter transitions common to military families. This is a FREE app.

Specialized Training of Military Parents (STOMP)

www.stompproject.org

STOMP is the only national parent training and information center for military families, providing medical support and advice to military parents regardless of the condition.

Deployment: Strategies for Working with Kids in Military Families

Karen Petty PhD (Author)

Children with parents in the military face unfamiliar and complicated emotions. This comprehensive handbook is for civilians and military personnel who work with or care for children who experience separation through deployment, death, or divorce.

Talk, Listen, Connect

www.sesameworkshop.org/initiatives/emotion

Sesame Workshop created the Talk, Listen, Connect initiative to help small children learn about and understand the changes brought on by a deploying parent. Talk, Listen, Connect is a multiphase, bilingual, multimedia initiative that guides families through multiple challenges, such as deployments, homecomings, and changes that occur when a parent comes home – as well as coping with grief. This is FREE through MilitaryOneSource.

United Through Reading

www.unitedthroughreading.org

The United Through Reading military program helps ease the stress of separation for military families by allowing deployed parents to read children's books aloud, and make a DVD recording for their child to watch at home. This program is available to all deploying military units and at select USO locations. It offers parents the chance to make powerful and lasting connections with their children and to parent from afar. Look for this at your deployed location. Effort are being made to bring this program to our area. Spouse support would be needed to make this successful. Ask the FMG for more details.

Military Families Near and Far

www.familiesnearandfar.org

Part of Sesame Workshop's Military Families Initiative, in cooperation with the DOD, Military Families Near and Far is a bilingual website where military families can create, communicate, and stay connected. The site offers suggestions and tools to empower pre-school and school-aged children to express themselves and communicate within their own family networks.

Flat Daddies/Flat Mommies

www.flatdaddies.com

Flat Daddies and Flat Mommies are life-sized printed posters of parents who are actively serving overseas in the military, creating a way to help families stay connected to loved ones who are deployed. No longer a free service, but you can get one printed through a Staples, Office Max, or other printing service in your area.

The following book recommendations are available at most book retailers. The Wellness Center also has a selection of childrens books available for loan.

Deployment Journal for Kids

Rachel Robertson (Author)

Deployment Journal for Kids is a special journal created for children to record feelings and events during a loved one's military deployment.

H Is for Honor: A Military Family Alphabet

Devin Scillian (Author), Victor Juhasz (Illustrator)

Written by the son of a career officer, this book explores the branches of the Armed Services and speaks from the heart about the honor, privileges and sacrifices of military families everywhere. Children will discover why drill sergeants have to be so tough, what it means to be patriotic, and why we need Special Forces such as the Navy SEALs, the Green Berets, and the Army Rangers.

I Wish Daddy Was Here

Katherine DeMille (Author)

See how one little girl and her mother find strength through the seasons as they await the return of their loved one.

We Serve Too! Books and Resources for Military A Yellow Ribbon for Daddy

Anissa Mersiowsky (Author)

A book for military children going through a deployment, this book asks, from a child's perspective, why Daddy has gone to fight and protect other children and families.

My Dad's Deployment: A Deployment and Reunion Activity Book for Young Children

Julie LaBelle (Author)

This 112-page activity book features deployment- and reunion-related mazes, connect-the-dots, counting, matching, coloring, crafts, telling time, and other activities familiar to preschool and early elementary children.

Heroes! Activities for Kids Dealing with Deployment

Susan B Weaver (Author)

Heroes! is an activity book offering a loving, creative and healthy way for kids ages 4 to 14 to deal with a parent's deployment. The author gently walks children and "tweens" through carefully structured activities like drawing, gathering photos, and finding new ways to relax, express anger, and keep in touch.

Night Catch

Brenda Ehrmantraut (Author)

When a soldier's work takes him half-way around the world, he enlists the help of the North Star for a nightly game of catch with his son. Night Catch is a timeless story that connects families while they are apart and offers comforting hope for their reunion.

Kids and their Families!

www.weservetoo.com

We Serve Too! provides books and resources that discuss common experiences of military children. On this website you can purchase the books and download curriculum, coloring pages, stickers, discussion guides, and even specially designed dog tags for children.

A Paper Hug

Stephanie Skolmoski (Author)

Have you ever said good-bye to someone very dear? Here's a story about a little boy who figured out the best gift to give his dad who was leaving to serve his country...a paper hug.

Love, Lizzie: Letters to a Military Mom

Lisa Tucker McElroy (Author)

Lizzie's mom is serving in the military overseas, and Lizzie really misses her. While they are apart, Lizzie and her mom write letters to each other to help make the separation easier.

Love Spots

Karen Panier (Author), Teresa Blomquist (Illustrator)

Do you know the real reason camouflage uniforms have all those spots? It's a story every military dad and mom should share with their children.

Henry Hero Bear

www.henryherobear.com

Henry Hero Bear is an 11-inch cuddly teddy bear accompanied by a story book designed to help young children cope with the absence of a military parent or loved one during a long deployment.

My Mommy Wears Combat Boots

Sharon McBride (Author)

My Mommy Wears Combat Boots is based the personal experience of a soldier and a mother who was seeking a way to explain why she needed to leave her child again and go to war. The book is for mothers in uniform everywhere that are seeking a way to explain to their children the emotions associated with deployment and a way to positively channel those emotions when they are away.

Kids Journals

www.hnfs.com/content/hnfs/home/tn/bene/res/symbolic_links/kids_journals.html

Health Net Federal Services' children's initiative provides additional resources to help children successfully navigate the unique challenges military families face. Users can review, download and print journals related to deployment, military moves, and the death of a loved one at no cost. Get a FREE copy through the Wellness Center.

A full list of other military themed childrens books

<http://www.operationwearehere.com/childrenbooks.html>

Family and Medical Leave Act (FMLA)www.dol.gov/whd/fmla

The FMLA entitles eligible employees (for example, caregivers) of covered employers to take unpaid, job-protected leave for specified family and medical reasons with continuation of group health insurance coverage under the same terms and conditions as if the employee had not taken leave.

National Center for Posttraumatic Stress Disorder (PTSD)www.ptsd.va.gov

The mission of the National Center for PTSD is to advance the clinical care and social welfare of America's veterans through research, education and training in the science, diagnosis, and treatment of PTSD and stress-related disorders.

Substance Abuse and Mental Health Services Administration (SAMHSA)www.samhsa.gov

SAMHSA's mission is to reduce the impact of substance abuse and mental illness on America's communities. Since its founding in 1992, SAMHSA has demonstrated that prevention works, treatment is effective, and people recover from mental and substance use disorders.

Social Security Administrationwww.socialsecurity.gov/woundedwarriors

Military service members can receive expedited processing of disability claims from the Social Security Administration. Benefits available through Social Security are different than those from the VA.

Civil Air Patrol<http://www.gocivilairpatrol.com/>

The Civil Air Patrol is an auxiliary of the United States Air Force. It has three primary missions: Aerospace Education, Cadet Programs, and Emergency Services. Perhaps best known for its search-and-rescue efforts, CAP flies more than 85 percent of all federal inland search-and-rescue missions directed by the Air Force Rescue Coordination Center at Tyndall Air Force Base, FL. While there are many youth oriented programs in America today, CAP's cadet program is unique in that it uses aviation as a cornerstone. Thousands of young people from 12 years through age 21 are introduced to aviation through CAP's cadet program. The program allows young people to progress at their own pace through a 16-step program including aerospace education, leadership training, physical fitness and moral leadership. Cadets compete for academic scholarships to further their studies in fields such as engineering, science, aircraft mechanics, aerospace medicine, meteorology, as well as many others. Those cadets who earn cadet officer status may enter the Air Force as an E3 (airman first class) rather than an E1 (airman basic).

Department of Defense Dictionary of Military Termswww.dtic.mil/doctrine/dod_dictionary

Browse the DOD's Dictionary of Military and Associated Terms to search acronyms, terms, and their definitions.

Military Veterans Resources**Veterans Affairs**www.va.gov

The official homepage of the U.S. Department of Veterans Affairs

eBenefitswww.ebenefits.va.gov

eBenefits is a web-based portal, provided by the VA, for veterans and service members to research, find, access, and manage their benefits.

Veterans Crisis Linewww.veteranscrisisline.net

Phone: 1-800-273-8255, Press 1

The Veterans Crisis Line personnel are trained and experienced in helping veterans of all ages and circumstances. Many of the responders are veterans themselves and understand what veterans and their families and friends have been through, including challenges faced by veterans of all ages and service eras.

Disabled American Veterans (DAV)www.dav.org

Disabled American Veterans is dedicated to building better lives for all of our nation's disabled veterans and their families.

Make the Connectionwww.maketheconnection.net

Make the Connection connects veterans and their friends and family members with information, resources, and solutions to issues affecting their lives.

Albany Vet Center<http://www.vetcenter.va.gov/>

If you have served in ANY combat zone, Vet Centers are in your community to help you and your family with readjustment counseling and outreach services.
17 Computer Drive West
Albany, NY 12205
Phone: 518-626-5130 Or 877-927-8387

Military Association of New York (MANY)

www.m-a-n-y.org

<https://www.facebook.com/MANY1853>

MANY is the oldest organized Military State Association in the country, formed in 1853. MANY, in conjunction with the National Guard Association of the United States (NGAUS), represents the interests of its members in the New York Army and Air National Guard, New York Naval Militia and New York Guard in the State Legislature, Congress and Executive Branch. MANY supports its members by promoting the military policies of the United States and State of New York. MANY assists the development of National and State defense through a professional, well trained and readily available organized State Militia. Membership in MANY is open to all Officers and Warrant Officers in the four components of the New York Military Forces (New York Army National Guard, New York Air National Guard, New York Naval Militia and the New York Guard).

Enlisted Association of the New York National Guard

<http://www.eanyng.org/>

The Enlisted Association of the New York National Guard (EANYNG) represents all the enlisted men and women of the New York National Guard; this includes enlisted members of the Army and Air National Guard. EANYNG is a registered, non-profit organization, dedicated to promoting the status, welfare, and professionalism of all members of the State's organized militia. We are the New York affiliate of the Enlisted Association of the National Guard of the United States (EANGUS). Membership is open to all enlisted grades, E1 to E9, both active and retired former members of the National Guard.

National Guard Association of the United States

<http://www.ngaus.org/>

The National Guard Association of the United States was formed by militia officers in 1878 to obtain better equipment and training by petitioning Congress for more resources. NGAUS lobbys solely for the benefit of the National Guard of the United States and educating the public about the Guard's role and history in the Armed Forces of the United States. To maintain the highest state of readiness, the National Guard needs a strong voice in Washington, D.C., to ensure the Guard has sufficient resources and budget to carry out its mission. NGAUS is that voice, seeking modern equipment, training, missions and personnel benefits in support of over 470,000 men and women currently serving in the Army and Air National Guard, as well as their families, employers and all Guard retirees. NGAUS achieves its mission through its lobbying and legislative activities. They also educate the public about our service to the nation through various outreach programs, publications, and support of a museum and research library dedicated to the preservation of the Guard's history.

Enlisted Association of the National Guard of the United States

<http://www.eangus.org/>

The Enlisted Association of the National Guard of the United States (EANGUS) was formally organized in 1972 with the goal of increasing the voice of enlisted persons in the National Guard. As such, EANGUS is a non-profit organization dedicated to the principles of providing an adequate national defense and promoting the status, welfare, and professionalism of the men and women of the Army and Air National Guard by supporting legislation that provides adequate staffing, pay, benefits, entitlements, equipment, and installations for the National Guard.

The American Legion

www.legion.org

The Legion was chartered and incorporated by Congress in 1919 as a patriotic veterans organization devoted to mutual helpfulness. It is the nation's largest wartime veterans service organization, committed to advocating patriotism and honor, promoting strong national security, and continued devotion to service members and veterans.

Operation Adopt a Solider

<http://www.operationadoptasoldier.org/>

Operation Adopt a Solider is a local organization out of Wilton NY started in February 2003. They have sent over 1,300 cases of supplies overseas to service members. Their misison is to service as many American Soldiers (men and women) as possible. It addition to the soldiers, it is also our goal to service as many families of soldiers serving as possible. The need is there and will always be there, as long as there are servicemen and women fighting for our freedom. If members of your community wish to donate items to service members, this is a great organization to point them to.

American Academy of Pediatrics: Support for Military Children and Adolescents

www.2.aap.org/sections/uniformedservices/deployment/resources

This website was developed by military pediatricians and youth-serving professionals working to attain optimal physical, mental, and social health and well-being for all military dependent infants, children, adolescents, and young adults. Among other resources, the site contains information about talking to children about deployment and helping children understand war injuries.

American Gold Star Mothers, Inc.

www.goldstarmoms.com

American Gold Star Mothers, Inc. is an organization of mothers who have lost a son or daughter in the service of our country and provides community and support for these families.

American Psychological Association

www.apa.org/topics/military

The American Psychological Association website's military section provides links to useful resources, tips for finding a psychologist, and information on helping children cope with war, deployments, and other stressors.

American Red Cross: Coping with Deployments Course

www.redcross.org/find-help/military-families/deployment-services/coping-deployment-course

"Coping with Deployments: Psychological First Aid for Military Families" was developed out of the continuing commitment of the Red Cross to serve military families. This course was designed specifically for the spouses, parents, siblings, and partners of service members.

Blue Star Families (BSF)

www.bluestarfam.org

Blue Star Families is a nonprofit organization created by military families. The organization is committed to helping military families support one another through the unique challenges of military service and asking the larger civilian population to help as well. BSF connects military families regardless of rank, branch of service, or physical location, and empowers military family members to create the best personal and family life possible for themselves.

Brain Injury Association of America (BIAA)

www.biausa.org

An organization that exists to advance brain injury prevention, research and treatment, BIAA is dedicated to increasing access to quality health care and raising awareness and understanding of brain injury.

Families OverComing Under Stress™ (FOCUS)

www.focusproject.org

FOCUS is a psychological health resiliency-building program designed for military families facing the psychological challenges of combat operational stress during wartime. FOCUS' staff assists families in understanding the effects of combat operational stress on the family unit, how to manage stress, and how to strengthen their family units.

Fisher House™ Foundation

www.fisherhouse.org

Fisher House™ Foundation provides a "home away from home" for military families to be close to a loved one during hospitalization of their service member for illness, disease, or injury.

Tragedy Assistance Program for Survivors (TAPS)

www.taps.org

TAPS is the 24/7 tragedy-assistance resource organization for anyone who has suffered the loss of a military loved one, regardless of the relationship to the deceased or the circumstance of the death.

ReMIND.org

www.remind.org

ReMIND is a public education movement of the Bob Woodruff Foundation that educates the public about the needs of injured service members, veterans, and their families as they reintegrate into their communities.

Military Families Learning Network

blogs.extension.org/militaryfamilies

The Military Families Learning Network serves military family service professionals through engaged online communities that identify and make use of the highest quality best practices, research- and evidence-based information, educational and curriculum materials, and programming activities and efforts.

National Military Family Association (NMFA)

www.militaryfamily.org

The NMFA speaks up on behalf of military families and empowers spouses/partners and children to understand and access their benefits.

Operation We Are Here

www.operationwearehere.com

Operation We Are Here creates an awareness of the challenges of families/loved ones of deployed military personnel to offer practical suggestions to churches, communities, and individuals on how to support and encourage the families who remain at home and provides a comprehensive list of resources for families/loved ones of deployed military personnel.

This Emotional Life

www.pbs.org/thisemotionallife

This Emotional Life is a multi-media campaign to foster awareness, connections, and solutions regarding mental health and emotional wellbeing. Anchored by a successful PBS documentary series that premiered in January 2010, this ambitious campaign includes a special initiative to promote the critical importance of early childhood attachment as well as a grassroots effort to help service men and women and their families. The project's campaign for military families is a unique endeavor to build national awareness for the needs of service members and their families while also delivering resources directly to those families.

Wounded Warrior Project

www.woundedwarriorproject.org

The mission of the Wounded Warrior Project is to honor and empower wounded warriors. The organization is dedicated to: raising awareness and enlisting the public's aid for the needs of severely injured service men and women; helping severely injured service members aid and assist each other; and providing unique, direct programs and services to meet the needs of severely injured service members.

United Service Organizations (USO)

www.uso.org

The USO's mission is to provide morale, welfare, and recreation-type services to our men and women in uniform. Services include free Internet and email access, libraries and reading rooms, housing assistance, family crisis counseling, support groups, game rooms, and nursery facilities.

Operation Homefront

www.operationhomefront.net

Operation Homefront provides EMERGENCY financial and other assistance to the families of service members and wounded warriors. The majority of their clients are the lowest-paid service members, the E-1 through E-6 enlisted ranks.

Eligibility: A National Guard member or Reservist on Title 10 orders (not Title 32) who either: Will deploy to an overseas Hostile Fire Pay theater in the next 90 days, or has returned from an overseas Hostile Fire Pay theater within the past 180 days.

Operation Homefront Toy Drive

<http://www.operationhomefront.net/holidaytoys>

Operation Homefront also has several programs that our members take advantage of each year. The Holiday Toy Drive provides gifts for our service members families, and are distributed through the Airman and Family Readiness Office of the Wellness Center. You may also remember the program from the "Back to School" shopping provided through the Wellness Center in August each year.

"I Served" Sticker Program

<http://www.iservedsticker.org>

Operation Homefront also sponsors the "I Served" sticker program as part of their mission to support military families and wounded warriors. Created in 2009 to recognize those who served in Iraq, Afghanistan and Vietnam, the program has expanded to include World War II, Korea, and Desert Storm. To date, over 100,000 stickers are sent monthly to service men and women and veterans around the world.

Health Resources

TRICARE

www.tricare.mil

TRICARE is the health care program serving service members, retirees, and their families worldwide. In 2005, Tricare started offering Tricare Reserve Select, a low cost plan that covers traditional guardsmen.

Centers for Disease Control

www.cdc.gov

The CDC website contains a wealth of information from allergies to injuries, healthy living, diseases and environmental health. Before searching the internet for information on a health topic, check out the CDC's edvidenced-based findings on the subject.

Apps

American Red Cross Mobile Apps

www.redcross.org/prepare/mobile-apps

The Red Cross provides a variety of mobile applications related to disaster preparedness and response including mobile apps for first aid, shelter finder, hurricanes, earthquakes, and wildfires.

Karoo

Visit iTunes and search "Karoo".

The application, created by Care.com, is designed to connect parents with their child's caregivers as well as record memories.

Life Armor Mobile App

www.t2health.org/apps/lifearmor

Through the "Life Armor" application, browse information on 17 topics, including sleep, depression, relationship issues, and posttraumatic stress. Brief self-assessments help measure and track symptoms, and tools assist with managing specific problems.

Military and Money

www.militaryandmoney.com

"Military and Money" features educational resources and tools to help users make informed decisions about money.

Military Traveler

www.miltraveler.com

"Military Traveler" is a universal base directory application that contains information like phone numbers, hours of operations, and websites for military installations.

Mood Tracker

www.t2health.org/apps/t2-mood-tracker

"T2 Mood Tracker" is a mobile application that allows users to self-monitor, track, and reference emotional experiences over a period of days, weeks, and months using a visual analogue rating scale.

MyMilitaryLife

www.militaryfamily.org/mymilitarylife.html

"MyMilitaryLife," created by the National Military Family Association, helps military spouses navigate the many adventures of military life.

National Center for Telehealth and Technology(T2)

www.t2health.org/mobile-apps

T2 has developed a host of mobile applications relevant to the military community including those related to PTSD and stress management.

Tactical Breather

www.t2health.org/apps/tactical-breather

The "Tactical Breather" application can be used to gain control over physiological and psychological responses to stress.

Brainlinemilitary

www.brainlinemilitary.org

Brainlinemilitary provides military-specific information and resources on traumatic brain injury (TBI) to veterans, service members, and their families.

Traumatic Brain Injury: The Journey Home

www.traumaticbraininjuryatoz.org

A project of the Center for Excellence in Medical Multimedia, and sponsored by the Air Force Surgeon General's Office, this website provides an informative, sensitive exploration of TBI, and includes information for patients, family members, and caregivers.

Defense and Veterans Brain Injury Center

www.dvbic.org

DVBIC serves active duty military and veterans with TBI, and their family members, through state-of-the-art medical care, innovative clinical research initiatives, and educational programs.

Family Caregiver Curriculum

www.dvbic.org/family-caregiver-curriculum

DVBIC's Family Caregiver Curriculum is for caregivers of service members and veterans with moderate to severe TBI. There are four modules in the curriculum, ranging from specific information about TBI and becoming a caregiver to how to access services and benefits. There are print versions of the guides as well as webcasts that can be viewed online.

Defense Centers of Excellence for Psychological Health and Traumatic Brain Injury (DCoE)

www.dcoe.health.mil

DCoE advances excellence in psychological health (PH) and traumatic brain injury (TBI) prevention and care to improve the lives of our nation's service members and families. DCoE is comprised of three operational centers: Defense and Veterans Brain Injury Center (DVBIC), Deployment Health Clinical Center (DHCC), and National Center for Telehealth and Technology (T2).

The National Intrepid Center of Excellence

www.nicoe.capmed.mil

The NICoE is a DOD institute dedicated to providing cutting-edge health evaluation, treatment planning, and education for service members and their families dealing with the complex interactions of mild traumatic brain injury and psychological health conditions.

The American Legion Claims Coach

www.legion.org/mobileapps

The "American Legion Claims Coach" is a handy, secure organizational tool to help veterans and their service officers through the VA benefits claim filing process.

National Resource Directory (NRD)

www.nrd.gov

The National Resource Directory is a website for wounded, ill, and injured service members, veterans, their families and those who support them. It provides access to services and resources at the national, state, and local levels to support recovery, rehabilitation, and community reintegration.

Air Force Wounded Warrior

www.woundedwarrior.af.mil

The official homepage of the Air Force Wounded Warrior program. The AFW2 program works to ensure airmen receive professional support and care from the point of injury, through separation or retirement, for life.

Air Compassion Veterans®

www.aircompassionforveterans.org

The mission of Air Compassion for Veterans® is to ensure that no financially-stressed wounded warrior, veteran, or his/her adversely-affected family member(s) is denied the ability to access any of the following: distant, specialized medical evaluation; diagnosis and treatment; counseling; rehabilitation; service dog acquisition; or any program that promotes healing and restoration for reintegration into a productive life.

Concurrent Retirement And Disability Pay (CRDP) and Combat-Related Special Compensation (CRSC)

United States Air Force Disability Division (CRSC)

www.afpc.af.mil/library/combat.asp

550 C Street West Suite 6
Randolph AFB, TX 78150-4708
1-800-525-0102 (select option 5,1)

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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

