

FAMILY SUPPORT OFFICE NEWSLETTER

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Points of Interest

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Bupp Family Receives Family of the Year Honors

At the Family Day Commander's Call, Col Thomson presented Mrs Donna Bupp with the crystal trophy and certificate designating the Bupp family as the Family of the Year 2006 for Youngstown Air Reserve Station. MSgt Bupp is in the middle of a deployment and was un-

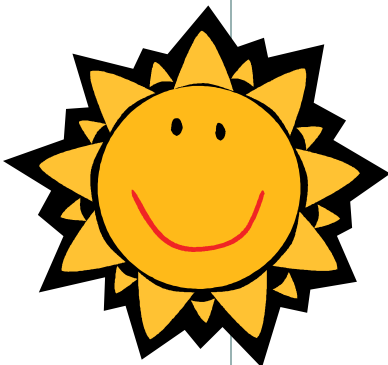
able to be present. The girls, Katie, Sarah and Rachel wore matching patriotic shirts.

The nomination for the Bupps was penned by a member of the 76th APS, of which the family is a member. In the nomination the family was noted for pleasantly and successfully dealing with activation shortly after a move to an area with no family to help support them and the need to establish a connection to the community. Then, in spite of a previous lengthy deployment, the family agreed to another deployment this year. The writer of the nomination commented that the family showed great

fortitude and commitment to the mission.

All five nominations received were reviewed by an independent panel of a cross section of base personnel and family members. Each reviewer scored the families individually and the cumulative results were tallied by Family Support.

Each nominee and the Bupps received gifts to thank them for their contributions to our community.



Summer Fun!

Looking for some Summertime Fun Ideas?

The Services Tickets and Trips Office has some ideas for you. Check out their webpage at https://wwwmil.910aw.afrc.af.mil/Units/MSG/sv/new_page_5.htm.

Also check out Air Force Travel Online (<http://www.aftravelonline.com>) and Armed Forces Vacation Club (<http://www.AFVClub.com>)

Staying Close with Family

Summer is a popular time to visit with family, near and far. While it's easy to get along playing kickball or waterskiing, sometimes that sitting around the campfire or the dinner table sparks interesting and somewhat difficult conversations. Sometimes a history of that makes getting the family together that much more difficult.

Julie L. Rattey recommends the following steps for family harmony and closeness:

1. Attend Family Functions—they help you connect without a lot of pressure
2. Make the First Move—don't stand on ceremony or hurts, pick up the phone and call
3. Make It Official—Set aside a regular time, like an appointment, to get together with family.
4. Find Common Activities—volunteer, play favorite board games from childhood, plan a movie theme night
5. Steer Clear of Trouble Spots—don't go to those places that you know will cause heartburn and conflict
6. Set Small Goals—remember that rebuilding relationships with family takes time
7. Be there during tough times—send a card, make a call, listen, hold hands
8. Create a Family Website or Newsletter—this works well for families who are far apart or very busy
9. Say what you want on paper—write a no holds barred letter, then destroy it
10. Find an intermediary—if a conflict with a family member is bad, find a third party to help sort it out
11. Reassess Old Roles—besides remembering how things *were*, realize how things *are* and adjust roles, as needed
12. Focus on the Positive—when thinking about the positives for family members, remember the positives for you
13. Get to the Root of Problems—taking time to understand what causes conflict is a big step toward resolution
14. When in Doubt, Apologize—a few humble words help heal and keep family relationships smooth
15. Don't Underestimate Small Gestures—like a quick email or weekly five minute phone calls build closeness over time
16. Speak in Non-Accusatory "I" Statements—claiming your feelings, reactions and thoughts leads to discussion, not fights
17. Be flexible—build teamwork with family by working with others needs/desires in addition to your own
18. Share the Load—taking turns with planning get togethers and preparing meals breeds appreciation for one another
19. Keep Family in Your Heart—by remembering your family on a daily basis, as you choose, you create closeness
20. Have Good Timing—ask your family member what the best time is for phone calls/visits and respect that.
21. Kill Two Birds with One Stone— if a relative is difficult to deal with, combine visiting them with other activities
22. Be Creative—think of creative ways to reach out to your family, follow through
23. Say "I Love You"



Director's Corner

Summer Sunshine of Spirit

A couple of bases ago, a dear lady graced my world. Her name was Effie and I always figured that stood for effusive.

I met her in the Netherlands where the drizzle and chill could cause serious damage to one's general mood. But there was no being cranky or blue around Effie. She was grateful for EVERYTHING and all the layers underneath everything.

When we found a parking space close to the BX, she was grateful for the opportunity to dash in without getting wet. When the parking space was far away, she was grateful for the opportunity to enjoy the beauty of the area and the feel of the rain on her skin.

Sometimes, it seemed hokey, being grateful regardless of the circumstances, especially with everything that can go on in our lives and the challenges of the military lifestyle. There was more than one person who wondered if Effie was missing something.

But I think she was on to something and had more than the rest of us. I remember being an airman's wife and having

flight gatherings to have creative grilled cheese sandwich contests and the hours of Uno or poker that followed. I am still grateful for the laughter and friendship in what were very poor times. I remember being excited about a set of orders only to have them cancelled. Then the newer place exceeded the expectations of happiness I had for the location of the original orders. I remember how many people were impressed by our dining room table built of a door found in an alley and cinder blocks.

We have challenges, but it's all good in the end. How do you choose to look at and live with your circumstances?

Wherever you go, no matter what the weather, always bring your own sunshine.

Anthony J. D'Angelo

Leaving the Service—Transition Assistance

Some people retire, some people choose to not re-enlist. At some point, military personnel leave the service, hopefully after a good mentoring session about their choice.

Part of the process is Transition Assistance counseling offered, in brief, by the Family Support Office and, in full, by the Dept of Labor or Wright Patterson AFB.

The Family Support brief PreSeparation Counseling is required by law to be given to everyone separating or retiring from service as well as to every Reservist who has returned from more than 180 of orders.

The counseling and the Transition Assistance Program (TAP) in full cover job search, housing issues, education benefits, insurance, pay, and VA issues.

The ideal time for this briefing is when leaving the service is more than 90 days away. To participate in the full TAP program, look here:

<http://www.odifs.state.oh.us/veterans/news/otaps.asp>

Help for Single Parents

Single parents have their own advocate in Carolyn Gable, founder of the Expect A Miracle Foundation.

Based on her own single parent experiences, Ms Gable recognizes that it is difficult to make ends meet most of the time and nice things are often out of the picture, altogether. The Foundation, funded entirely by donations and grants awards grants for tutoring, sports fees and equipment, school activities, after school programs and camp.

Check it out at <http://www.expectamiraclefoundation.org>



Summer RoadTripping

In the classic movie, Vacation, the Clarks get out of the car, glance at the Grand Canyon, take a picture and hop back in the car.

That is enough for some people, but most roadtrips include seeing sites desired by the people on the trip. In our community, we've talked with those who like to go to all the blue grass festivals, others who like to go to the mountains and have a picnic, others who go to Cedar Point for the kids and want to hit some antique places along the way ... and what about all the great summer flea markets, fairs, and camping sites?

There are a variety of ways to plan a trip or at least have an idea of what is

on the way to where you are going.

The classic way, in a special section of most libraries at this time of year, are the travel guides. The most popular of these are the Michelin Guide and Fodor's. The Michelin Guide leans toward the standard items that everyone pretty much wants to see, but keeps an eye on cost. Fodor's gives the basic information, but also likes to point out cost saving measures and out of the way places that may be exciting to your family to visit.

Another way to go about it is to use an online trip planning service. Through this you can find out road construction realities and the types of

places that you want to know about, truly a customized plan. Roadtrip America offers an excellent resource for doing this and connecting to other planning sites as well. Go to: <http://www.roadtripamerica.com/travelplanning/userguidefree.htm>



[GasStations.aspx](#)

Will it make the prices better? No, but you may feel better!.

The High Cost of Driving Anywhere!

Goodness! It seems that gas prices are going up and up and upand right at the time when we are wanting to take a road trip in the wonderful Ohio country or the Pennsylvania or West Virginia hills.

Experts predict that the prices will go still higher before possibly coming

down.

So how do you know where to go get gas without wasting gas driving all around looking for the good deal? MSN has a page where you can put a zip code in and get the gas prices in that area for that day published for you.

The site can be found at: <http://autos.msn.com/everyday/>



Help! (Dial 211)

Ever find yourself wondering where a service is? Have you run into a problem that you need help solving? Have you wondered where you could help with your time or with items you would like to donate?

Call 211.

Just like 911 is an emergency service

number for fire, police, and medical, 211 is the emergency number for social services.

Calling 211 from a landline phone can hook you up with a support group, emergency assistance, and other community resources.

211 ... a number to remember!



Stormy Weather

With the storms of summer running around, it might seem funny to think about the snow that will come in a few months (unless you've recently visited some of the locations that are over 100 degrees for days on end!). The storms require attention and provide the opportunity to think about family and home security related to weather.

As seen with the flooding this year or hurricanes in the Gulf last year, weather can destroy everything in its path. To that end, USAA has published the following guidelines for bad weather:

- **Forecast Insurance Needs:** If renting, make sure to have renters insurance so any damaged or destroyed items can be taken care of. If you own a home, make sure it has flood coverage and re-evaluate annually to ensure it covers the value of your home.
- **Take Shelter:** If there is a tornado siren, take shelter. If an evacuation is called for, go.
- **Think About Strong Gusts:** Wind damage can be bad. Consider this when parking your car, looking at landscaping, and being outdoors during wind. Also consider weather or not a wind dam-

age clause needs to be part of your car or housing insurance.

- **Put Possessions On Camera:** Take pictures of everything of value that you own. Put the pictures, with item description and serial number (as needed) on the back, in a safe place.
- **Keep Important Documents Fire and Water Safe:** Invest in a good strong box that is fire and water resistant. Place it in a place you will remember and can grab it

quickly for a fire or bad weather evacuation.

- **(Family Support Note) Keep a Current Recall Roster with Important Papers:** If you are moved in an emergency, having that information will help you notify your supervisor that you are safe and, at the same time, let the YARS community know if you need assistance.



Saving on Prescriptions

Sometimes insurance coverage doesn't cover enough or cover at all the cost of a prescription. When your doctor has told you the medicine is key to feeling better and/or you are needing it for a chronic health problem, the inability to pay for an expensive prescription can be frustrating.



Perhaps you have recently seen commercials on tv about drug companies that have programs to help people get their medicines at a lesser or no cost. Here's the good news. That's not new. Drug companies are willing to

work with you. If paying for a prescription isn't going smoothly, take the time to call the company and see what they can do.

An advocacy website regarding medical costs for the uninsured is worth keeping an eye on as well:

<http://www.covertheuninsured.org>

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3976 King Graves Rd, Unit 40
Vienna, OH 44473

Phone: 330-609-1201
Emergency Phone: 330-233-2128
Fax: 330-609-1511
E-mail: Family.Support@youngstown.af.mil



Readiness Is Our Mission!

Check us out on the web!

<https://wwwmil.910aw.afrc.af.mil/Units/MSG/DPF/FamilySupportHomePage.htm>

Or

<http://www.youngstown.afrc.af.mil/units/910thfamilysupportcenter/index.asp>

Red Cross Emergency Notification Steps: A habit worth getting into

Making emergency notification and bringing home military personnel from deployment or TDY is a challenging and sometimes scary thought to contemplate.

Emergency notification can be accomplished much more easily if the concept of how-to notify and the necessary information to be shared are second nature to everyone who could potentially make notification.

It is a good idea to post the national Red Cross toll free number on the refrigerator and carry it in your wallet/purse. This number, 1-877-272-7337, is to the Armed Forces Emergency Service Center.

For those who have a need to know, the military member's information should always be on hand in an obvious consistent location so that someone else, (for instance, a neighbor), can be directed to it.

The necessary items to know are:

- Full Name and Rank/Rating
- Branch of Service and Military Address
- Social Security Number
- Information about the TDY or Deployment location

The Red Cross has relief from the HIPAA privacy rules, but most medical facilities don't know that. If the emergency is a medical one, make sure the doctor knows they have permission to release information to the Red Cross to verify.

An emergency notification is not a promise that the military member will come home or to the emergency location. Have a plan in place for how to communicate in an emergency situation if the member cannot come home.

The nature of emergency is to occur when we least expect it. Part of being ready for life as a military family is to ensure that everyone understands what must be done to take care of each other in emergencies with the military member gone.

Take time to get ready so you can care for your family.