

180FW Airmen and Family Readiness Program

Family Buzz-ness

Vol. 2 Issue 1

New Year, New Start, New You! Sticking to New Year's resolutions.

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Thank you to the great volunteers who made the Children's Holiday Party a blast!

Military Family Events

Pre-Deployment Briefings Being Held for Upcoming Deployments

Families who have an Airmen deploying this spring/summer are encouraged to attend one of the upcoming Family Readiness Pre-Deployment Briefings. These Pre-Deployment Information meetings will be held, Saturday, Feb. 9, and Saturday, March 2, from 5-8pm at the 180FW. This program will provide family members with information and resources to assist in the preparation for the upcoming deployments. Information will be provided on legal rights, responsibilities, and preparations, family resources, financial planning, emergency notification processes, communication dos and don'ts, and Operational Security Guidelines for family members. Supper will be provided as well as children's activities. Childcare will be provided for children ages 0 - 5 and a resiliency program will be provided for youth ages 6-17. The youth program will be an active time of teambuilding and training. It will provide a foundation for your youth as they experience the deployment of a parent at this particular time in their growth and development as young people. The Airmen have been asked to pre-register their families, however, if you find out they have not registered you and you wish to attend, please email (or have the Airman email) judy.york@ang.af.mil.

COMMANDER'S CORNER

By: Steven Nordhaus

Stinger Families,

Welcome to 2013 and another great year for the Stingers. As 2013 kicks off, we are already working hard to prepare for two deployments, one overseas and one because the Toledo Port Authority is repaving the entire Toledo Airport runway. Therefore our jets will be repositioned to another base to maintain pilot currencies and our homeland defense mission. Both of these events will require extra days away from home for our Airmen and we recognize the extra strain this causes on our families. The strength of our wing is our Airmen and their families and thus the command chief and I are asking our commanders, chiefs and Family Programs to place special emphasis on keeping our families informed and included throughout 2013. We are currently planning multiple family inclusive events and more information will follow in the upcoming months. Please stay tuned by reading the The Family Buzzness & The Stinger. We look forward to seeing everyone in 2013. Thanks for all you do for your Airmen and for our nation!

Very Respectfully,
Steve Nordhaus

Resources for Achieving New Year Resolutions

January's Family Buzz-ness is dedicated to the age-old tradition of setting New Year's Resolutions. We've all set goals for the new year and sometimes we reach those goals and sometimes we lose sight of them within a matter of weeks...even days. There are a few lists online with the top New Year's Resolutions, but I found one from Time.com listing the Top Commonly Broken New Year's Resolutions. I am sure that all of us at some point and time have set one of these resolutions and then never followed through so I thought I would provide some resources that could help someone keep these resolutions and make those positive changes in their life. This issue contains several articles focused on these resolutions and resources and information to help motivate you to set your goals and stay the course until you reach them. A common thread with almost all of these topics is Military OneSource. This Employee Assistance Program resource has information on just about any topic you can think of, including free programs worth thousands of dollars. As you read, you will hopefully gain a better understanding of what Military OneSource can provide for you. So when you are done reading this newsletter, take a few moments and check out Military OneSource. There is so much there for you to explore and to gain knowledge and support as you improve your quality of life in 2013. Don't forget your 180FW resources: Alina Fuller, WDPH, Judy York, AFRPM, and the Chaplains Office.

Setting Goals & Self Reflection

By: Alina Fuller MSW, LISW

We often times start our new year with setting goals that we hope to achieve in the upcoming year. For me these goals usually fell by the way side within weeks. I would justify this by placing blame on others or life events. It wasn't until I went back to school to further my education that I realized I had been setting goals in the wrong way. Let me explain; see in my field we develop what is called treatment plans. These plans look at an individual's strengths, weaknesses, long term goals and available resources. As a provider we take this information and assist the client in setting short term goals to achieve their long term goal and measure if treatment is effective. What I realized, is that in my own goal setting it was too generic and broad.

I would state the traditional "I am going to lose weight, eat healthier and exercise" What I failed to do is set measurable objectives to achieve my goal- this is the short term goals that must be met to achieve the long term goal. What I do now is say "I will exercise 3 times a week for one hour, I will eat 1200 calories a day". By setting a daily goal that I can measure if completed I will over time meet my long term goal. May all of you reach your goals and remember to look at your available resources, expectations, and history in achieving goals in order to be successful and not feel frustrated or disappointed. Have a great month and as always I am here if you need anything.

"No one's ever achieved financial fitness with a January resolution that's abandoned by February"
Suze Orman



Free Tax Filing Services

Military OneSource is pleased to announce the availability of the Military OneSource version of the H&R Block At Home® Online tax preparation service. If you are eligible under the Military OneSource program, you can complete, save and file your 2012 Federal and up to three State returns online for **FREE** with the H&R Block At Home® Basic tool. Login to www.militaryonesourceeap.org and click on H&R Block At Home® Free Tax Filing Service in the left side of the webpage.

A new resource this year is through the Ohio Benefits Bank. Mr. Antonio Belcher, certified OBB community counselor, through the AmeriCorps VISTA program, has recently been trained and certified to assist Military Members with filing their Income Taxes. He will schedule appointments in the Airmen & Family Readiness Program office beginning Sunday, Feb 10 through Monday, April 15. Call the office or email Antonio at abelcher180thfw@gmail.com to schedule an appointment.



Most Commonly Broken New Year Resolutions

Drinking Less

It seems that so many social activities revolve around alcohol. Perhaps you are ready for some new alternatives for fun activities with your date or your friends that don't involve alcohol. I went to Military OneSource to see what I could find on alcohol and found a large section on the topic. Not only are there information articles, videos, and pamphlets, but there are quizzes you can take and calculators you can use to find out the calorie count in the alcohol you are consuming, the money you are spending on alcohol and the cocktail content in mixed drinks. If you are concerned about a possible alcohol problem or addiction, there are resources for you as well to include free face-to-face, telephonic, or online counseling sessions.

Volunteer

If this is one of your resolutions, then Family Readiness can make that goal easy for you. The Airmen and Family Readiness Program at the 180FW has many volunteer opportunities for family members as well as the service member. What type of volunteer project are you interested in? We have opportunities to develop skills or utilize your current skills in many areas: data entry, event planning, web research, listening skills, or DIY skills from scrapbooking, sewing, or baking to construction projects for various events. Maybe you would like to be an extra set of helping hands at an event or head up a special project for families for deployments. If you want to make a difference in your own life and in the lives of other 180FW Airmen and their families, getting involved with the Airmen and Family Readiness Program is a great way to begin. Call or email the office to find out how to start volunteering.

Be Less Stressed

Easier said than done! But as Alina Fuller said in her column, avoid being too generic and set measurable objectives to achieve your goals. Military OneSource has the LivingEasy Course for Resilience & Stress Management. This is a tool you can use to assist you in setting those measurable objectives. It is a series of four online courses using audio, visuals, animation, quizzes and a printable manual. This program is found through the "Health Library, Tools and Online Courses" link once you login to www.militaryonesourceeap.org. If you tried to access this course without Military OneSource it would cost you \$38/month. It's free so don't stress!

Travel to New Places

This resolution led me to the Armed Forces Vacation Club website: www.afvclub.com. I think I am ready to take a vacation! This is a "Space Available" program that offers military and other Department of Defense personnel the opportunity to enjoy vacations at popular destinations around the world - for just \$369 per unit, per week and some even cheaper.

Active Military, retirees, and DoD personnel, and their family and friends have access to spacious accommodations at more than 4,000 resorts, apartments, condominiums and homes in more than 100 countries.

As 180FW members you can become a member of AAA for 50% off and then receive \$25 or more in AAA Bucks. Call 419-843-1234 to become a member or renew.

Spend More Time with Family

As fast-paced as our society is, something has to give and often it is family time. Work schedules, school schedules, housework, and school work all interfere with spending time together as a family. As my children have grown up, I have found ways to make those cherished moments count. When my children were younger, we did something called "Special Play." This was a 15 minute period that I spent with each child focusing on them, playing what they wanted to play and following their lead. This was to be done daily with each child, but being a single parent of 4 children, everyday wasn't possible. So about once a week I did this with each child and then once a week we had a "Family Special Play." The children took turns picking the activity and we all joined in (even if one of them thought the activity was lame).

My youngest son had a Flip Track set that we would build together. He chose the way it would look and then which vehicles everyone got to play with. The older children usually picked card games or board games. The children are now teenagers and young adults, but they still love to play games every time we get together. What I cherish the most is the conversations that we have during these times. I wouldn't trade those for anything.

If you need some more ideas to get you started on spending more time together, search for resources on Military One Source. I did a search for Family Activities and found some great articles.

Quit Smoking

If you are ready to take that step for yourself and for those you love, there are many programs (most free) and products that you can purchase to assist you. www.smoke-free.gov is a great place to start. This site provides resources, a quit smoking guide and even live telephonic or online chat support. Another resource available to military families is through Military One Source. Through the health library you can access "LivingFree" An interactive health and wellness program to help you quit smoking. This Smoking Cessation Program is a four week online training course that assists by looking at the root emotional and physical causes of smoking.

To access the Health Library and this program, login to www.militaryonesourceeap.org, then click on "Health Library, Tools and Online Courses." On the left side of the webpage.

Learn Something New

Wow! This seems like a fun resolution so why is it often a broken one? Could it be that we think we are too busy to add something new to our routine? Or maybe we just don't know where to begin on picking something new to learn. So once again, I was perusing Military OneSource and I learned many new things about the website. Maybe your something new will be to learn your way around Military OneSource and through the process gain insight on topics you never have before. The DoD MWR Library offers many sites for free that have educational Ebooks and HowTo Ebooks.

I am really excited that there is free access to the Auto Repair Reference Center and the Small Engine Repair Reference Center. For anyone with a desire to learn to do basic repairs on their vehicle or small engine "toys", or even for someone that is already knowledgeable in auto repair but occasionally comes across a challenge, this site is a treasure. Just for fun, because I am NOT mechanical, I looked up how to change the rear brake pads on my Monte Carlo. If I had the proper tools, I could probably change my own brake pads through the step-by-step instruction guide and picture diagrams!

If you are looking to teach yourself something new or read a new book, check out the DoD MWR Library. The link is on the left side of the webpage when you login to www.militaryonesourceeap.org

Get Out of Debt & Save Money

Are you ready to make a commitment to save more money in 2013? Take the Military Saves Pledge at www.militarysaves.org. This is a positive step towards making that commitment to financial wellness and with it comes many resources. If you are questioning how you could possibly save more money or become debt free, perhaps a free consultation with a Personal Financial Consultant is in order. Contact the Airmen & Family Readiness Program Office for a referral. Besides all the tools and information through Military OneSource, here are two other great resources for tips to improve your financial wellness, whatever your current financial situation is. www.saveandinvest.org/MilitaryCenter www.militaryonesourceeap.org (once logged in, click on "Financial & Legal" at the top of the webpage)

Get Fit

I am sure that most all of us have made this resolutions at some point and time in our lives. It can be difficult to change poor eating and exercise habits, but not impossible. The first step is really recognizing that you want to live a healthier lifestyle. Once you have done that, there are many resources to assist. The Health and Wellness Library through Military OneSource has two different Wellness courses: LivingFit which is a 90-day walking program and LivingLean which is a Weight Management Program. LivingFit is a 12 week program that allows you to record your walking and journal your thoughts and how you felt before and after walking. They also include education and motivation and will send you daily reminders to walk and to record your progress all to help you develop and enjoy the habit of exercise. LivingLean is an eight-week course that uses multimedia, an interactive workbook, and emails to help you live healthy and lean. You will find these tools at www.militaryonesourceeap.org under "Health Library, Tools and Online Courses."



2nd Annual Children's Holiday Party "Christmas Towne"



Healthy Eating & Exercise

R S M S A H P P L E L S L P A
G H E P T E I L X E Q W O O P
B N G L T R A K A B V I W T Y
R P I E B B E N I G J M F T G
M E C N E A P N O N K M A G N
X C T G N R T Z G H G I T X I
A S D A O U U E I T D N M J H
G O U T W N R H G O H G W R C
D E E S N I A R G E L O H W T
G I J U M P R O P E V S A S E
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I E G R H B G D N I B L O R C
D S W U D M J G S B L J Y F H

BIKING
DODGEBALL
FRUITS
HIKING
JUMPROPE
LEAN PROTEIN
LOWFAT
PUSHUPS
RUNNING
SALAD

SITUPS
SLEEP
STRENGTH
STRETCHING
SWIMMING
VEGETABLES
WALKING
WATER
WHOLE GRAINS
YOGA



