

# Family Matters

GA ANG Family: (n.) The People You Love; The People Who Love You.



February 2012

Laissez le bon temps rouler; Let the good times roll! It is Mardi Gras time and in my family that means King Cake parties and parades. With the Carnival Season in full purple, green, and gold swing, keeping those New Year's resolutions to lead a healthier life can be very challenging. But, no less important.

## INSIDE THIS ISSUE

1. Message from Mrs. Moore
2. Taking Care of the Mind
3. Taking Care of the Body
4. Taking Care of the Spirit
5. Financial Counseling
6. Need Help? Have Questions? Know who to call.

It is easy to become overwhelmed by work, family obligations, or the pressures and stresses of everyday life. Add to that the stressors of deployments, drills, and TDYs and GA ANG families can lead pretty hectic lives. The Georgia Air National Guard Family Readiness programs are here to support you and your family in *Mind, Body and Spirit*. Chaplain care, psychological support and fitness opportunities are available.

Taking care of ourselves and each other is crucial in keeping our guard family healthy, strong, and resilient. Learn more about how Family Readiness programs can help.

My family in New Orleans may be clamoring for beads and doubloons, but here in Georgia, it is still a great day to be a peach!

Paula



MG and Mrs. Tom Moore and Family

### Frank Baker

Airman & Family Readiness Program Manager  
165<sup>th</sup> AW,CRTC, 117<sup>th</sup>, 224<sup>th</sup>, 165<sup>th</sup> ASOS

#### Contact Information:

1401 Robert Miller Jr. Drive  
Garden City, GA 31408  
Office: 912-966-8363 or 866-812-8363  
Fax: 912-966-8104  
Email: frank.baker@ang.af.mil

### Eileen Byrd

Airman & Family Readiness Program Manager  
HQ GA ANG, 202<sup>nd</sup>, 283<sup>rd</sup>, 139<sup>th</sup>, 530<sup>th</sup>, 116<sup>th</sup> ACW

#### Contact Information:

515 Borghese Drive, Bldg 2072  
Robins AFB, GA 31098  
Office: 478-201-1286  
Fax: 478-201-1285  
Email: eileen.byrd@ang.af.mil

# Family Matters

GA ANG Family: (n.) The People You Love; The People Who Love You.

## Taking Care of the Mind; Psychological Support

### From the ANG Family Guide: Wing Director of Psychological Health

The Air National Guard currently (as of Aug 2011) has a Wing Director of Psychological Health that can provide support to Service members and their Families. The ANG Wing Psychological Healthcare Subject Matter Experts will coordinate counseling and/or oversee mental health services to ANG members and their families located throughout the United States including the Pacific Islands, Puerto Rico and the Virgin Islands, wherever Air National Guard members and their families are located. All ANG psychological health support services will complement one another and provide ANG members with valuable assistance in their management of behavioral health issues to include: mild readjustment issues to varying degrees of traumatic brain injuries and/or post-traumatic stress disorder (PTSD) sustained through deployment. An additional goal is to decrease the stigma associated with seeking —mental health services as well as improve access to qualified mental health providers at the critical point, when an ANG member (or family member) recognizes the need for mental health intervention

The Georgia Air National Guard Wing Directors of Psychological Health:

Doris Atanmo  
165<sup>th</sup> ACW, CRTC, 117<sup>th</sup>, 224<sup>th</sup>, 165<sup>th</sup> ASOS  
(912) 966-8506  
[Doris.Atanmo.ctr@ang.af.mil](mailto:Doris.Atanmo.ctr@ang.af.mil)

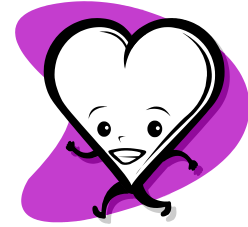
Renate Donghia  
HQ GA ANG, 202<sup>nd</sup>, 283<sup>rd</sup>, 139<sup>th</sup>, 116<sup>th</sup> ACW  
(478) 201-1333  
[Renate.Donghia.ctr@ang.af.mil](mailto:Renate.Donghia.ctr@ang.af.mil)



# Family Matters

GA ANG Family: (n.) The People You Love; The People Who Love You.

## Taking Care of the Body; Fitness Opportunities



### How Healthy is Your Heart?

By Althea K. Moser

February is American Heart Month and dedicated to increasing awareness about the leading cause of death of both men and women in the United States: Heart Disease. This is a great time to assess your personal risk factors for the disease, such as high blood pressure and/or cholesterol, smoking, being physically inactive and being overweight. Fortunately, most of these risks can be prevented and controlled! Take action through education, and make positive changes to your lifestyle. Protecting your heart can be as easy as walking for 30 minutes five days each week, maintaining a healthy weight, making good nutritional choices, and not smoking. Additional information can be found through the National Heart, Lung and Blood Institute and The American Heart Association.

National Heart, Lung and Blood Institute:

<http://www.nhlbi.nih.gov/educational/hearttruth/>

The American Heart Association:

<http://www.heart.org/HEARTORG/>

### From the ANG Family Guide:

#### Health and Wellness Center

The Health and Wellness Center (HAWC) provides services that enhance health through health and fitness assessments, classes and programs that teach awareness and prevention, and exercise programs. The HAWC is available for any Guard member, family member, retiree, and civilians employed on active duty bases. Non co-located ANG bases have Wing Fitness facilities. Some of the specific services provided include tobacco cessation classes, weight loss counseling, stress and anger management classes, and blood pressure and cholesterol counseling.

Contact the facility for more information:

#### ROBINS AFB HAWC:

Building 827 Robins AFB, GA 31098

(478) 327-8480

[www.robins.af.mil](http://www.robins.af.mil)



Bike Safety Rodeo

# Family Matters

GA ANG Family: (n.) The People You Love; The People Who Love You.

## Taking Care of the Body; Fitness Opportunities

### Clay National Guard Fitness Center

DOBBINS ARB

Facility and classes open to all ANG members and family.

Personal Training by appointment.

No fees.

**Althea K. Moser, Fitness Trainer**

**678 569-3238**



### February Group Class Schedule

Sun	Mon	Tues	Wed	Thur	Fri	Sat
			1	2 Bosu Balance 1145	3	4
5	6	7 Bands Blast 1145	8	9 20 Minute Abs 1145	10	11
12	13	14 Pilates & Yoga 1145	15	16 Kettle Bells 1145	17	18
19	20	21 Pump 1145	22	23 AGT 1145	24	25
26	27	28 Bosu Balance 1145	29			

#### Class Descriptions:

**Bosu Balance: 30 minutes of strength and balance training on the BOSU ball.**

**Bands Blast: 30 minutes of full body resistance drills using bands.**

**20 Minute Abs: 20 minutes of core fitness.**

**Pump: 45 minutes of full-body weight training.**

**AGT: 30 minutes of Abs, Glutes and Thighs.**

**Pilates & Yoga: 45 minutes of core stability and full-body stretching.**

**Kettle Bells: 30 minutes of Kettle Bell routines.**

**\*\* Space is limited! Please call Althea on 678-569-3238 for more information.**

# Family Matters

GA ANG Family: (n.) The People You Love; The People Who Love You.

## Taking Care of the Spirit; Chaplain Care

### From the ANG Family Guide: Chapel

The Chapel team is a group of professionals that are dedicated to providing spiritual and pastoral care to Airmen, their families, and the community. Some bases will have multiple chapels or worship services for different denominations. Most guard bases have Chapel staff, but no dedicated Chapel. Please contact the Chaplain's office to determine when and where they hold the various worship services during the UTA, Chaplains are there to minister to people of all faiths, but you don't have to be religiously involved to receive help from the chaplain staff. Chaplains offer counseling for alcoholism, drugs, family, premarital or marital problems, moral issues, work related issues, and other areas of concern, and you can share with total confidentiality.

The Georgia Air National Guard Wing Chaplains:

Lieutenant Colonel Keith Dobbe  
HQ GA ANG, 116<sup>th</sup> ACW, 202<sup>nd</sup>, 283<sup>rd</sup>, 139<sup>th</sup>,  
(478) 201-1274 **chaplain office**  
Keith.Dobbe.1@ang.af.mil

Captain Brannon Bowman  
165<sup>th</sup> AW, CRTC, 117<sup>th</sup>, 224<sup>th</sup>, 165<sup>th</sup> ASOS  
(912) 966-8377 **chaplain office**  
Thomas.Bowman.1@ang.af.mil



The Darveau Family



# Family Matters

GA ANG Family: (n.) The People You Love; The People Who Love You.

## Taking Care of the Mind, Body and Spirit; Financial Benefits

### Financial Counseling Services

By Kim Zachman

I've always thought of financial counseling as ironic because the people who are most in need of financial advice are usually the very people who can't afford to pay for it. When I attended the pre-deployment event in November, it was wonderful to learn that financial counseling is one of the many services offered to guard members and their families. Here's the best part. It's FREE.

Are you not sure if you should refinance your home? Are you wondering how to reduce your credit card debt? Are you facing foreclosure? Or maybe you just need to start saving for college but not sure how. These are just some of the topics that the State Family Programs financial counselor, can help you with.

"If it's about money, we can address it," said Lynda M. Smith, a Personal Financial Counselor for the Georgia National Guard Family Support Services.

Appointments with Lynda can be in person, by phone or by Skype. Initial sessions usually last about 90 minutes and focus on assessing the client's current financial situation and developing a plan of action. The number of follow-up sessions will vary with the individual.

As Lynda explained it, "Together we develop the bridge between where they are today and where they want to be in the future."

Lynda said that her most common questions concern debt counseling including mortgage loan modifications. But she also helps clients obtain and review their credit reports; develop spending plans and budgets; develop savings, investing and retirement plans; and assist in security clearance investigations that include financial issues. Deployment almost always brings a change in the family's finances, sometimes making it better and sometimes worse. Lynda is available to help those families make the best choices for long-term financial stability. All services are free, anonymous and confidential.

You don't have to be in a crisis situation with your checkbook to make an appointment. You might just want to gain more control over your income. As a joke, people often ask Lynda if she could find them more money. Her response:

"The reality is that many of them find money in their own budget that they didn't realize was being wasted. So, to answer their question, I say, 'I believe I can.'"

If you would like to make an appointment with Lynda or maybe just learn more about her services, her contact information is listed below.

Lynda M. Smith  
Personal Financial Counselor, Georgia National Guard

(770) 883-7430

[Lynda.m.smith@healthnet.com](mailto:Lynda.m.smith@healthnet.com)

[Lynda.m.smith.ctr@us.army.mil](mailto:Lynda.m.smith.ctr@us.army.mil)





# Family Matters

GA ANG Family: (n.) The People You Love; The People Who Love You.

## Need Help? Have Questions?

### Georgia Air National Guard Headquarters

**Contact Information:**  
678-569-5205

1000 Halsey Ave, Bldg 447  
Marietta GA, 30060 -5009

### Frank Baker

Airman & Family Readiness Program Manager  
165<sup>th</sup> AW,CRTC, 117<sup>th</sup>, 224<sup>th</sup>, 165<sup>th</sup> ASOS

**Contact Information:**

1401 Robert Miller Jr. Drive  
Garden City, GA 31408

Office: 912-966-8363 or 866-812-8363

Fax: 912-966-8104

Email: frank.baker@ang.af.mil

### Eileen Byrd

Airman & Family Readiness Program Manager  
HQ GA ANG, 202<sup>nd</sup>, 283<sup>rd</sup>, 139<sup>th</sup>, 530<sup>th</sup>, 116<sup>th</sup> ACW

**Contact Information:**

515 Borghese Drive, Bldg 2072  
Robins AFB, GA 31098  
Office: 478-201-1286  
Fax: 478-201-1285  
Email: eileen.byrd@ang.af.mil

### On the Net

[www.jointservicesupport.org](http://www.jointservicesupport.org)

[www.militaryonesource.mil](http://www.militaryonesource.mil)

[www.gadod.net](http://www.gadod.net)

## Family Matters wants your family photos!

Please send your family photos to [boarstale@gmail.com](mailto:boarstale@gmail.com) with members rank, name and unit and family members names.

Photos will be chosen at random.



THE KEENE FAMILY:

Top: Shapree, FaKeyma, Aaron, LaJuan  
Seated: Capt Deborah and Aaron