

FAMILY SUPPORT UPDATE



FAMILY SUPPORT UPDATE NEWS FOR THE WHOLE FAMILY

May 2007

<http://www.minneapolis.afrc.af.mil>

Important Numbers Around Base

All commercial numbers are (612) 713-xxxx unless otherwise indicated.

934th AIRLIFT WING

TOLL FREE: 1-800-872-3235 + EXTENSION (1-XXXX)

Military OneSource

PHONE: 1-800-342-9647

INTERNET: WWW.MILITARYONESOURCE.COM

Available 24/7/365

FAMILY SUPPORT/RETIREE ACTIVITIES OFFICE

BLDG: 727

PHONE: EXT. 1516/1517

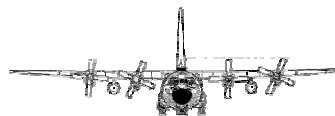
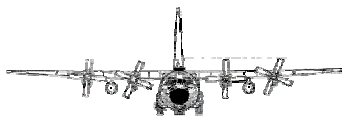
TOLL FREE: 1-800-231-3517

EMAIL: family.support@minneapolis.af.mil

FIRST CALL FOR HELP

DIAL: 211

FROM THE FAMILY SUPPORT CENTER DIRECTOR
VICKI LOKKEN



Reunion and Reintegration:



Your units will be mailing packets of helpful information to family members of the AEF deployment due to return this month. It will include information on couples' relationships, parenting and readjustment to work and family life. Several helpful resources are listed if questions or challenges arise. Military members will also receive some limited literature, when they pick up their in-processing checklists, which will speak directly

to the military members' needs in readjustment after a deployment to a combat or combat support location.

Family Support Staff are also available to present personal 1 on 1, as well as large group or unit, briefings to returning members. Family members are always invited to any briefing held by the Family Support Center. Briefings are also available to the family members individually on the area of reunion and reintegration following deployment. We maintain an extensive resource list for questions on Post Traumatic Disorder, communication, relationships, and adjustment issues.

Any 934th Airlift Wing member or spouse is invited to attend Reintegration sessions with the Minnesota National Guard. Sessions run from 0830 to 1630 on Saturday, June 2nd, at the Navy – Marine Operational Building located here on base. Pre-registration is required, contact the Family Support Center at 612-713-1516 or email family.support@minneapolis.af.mil Breakfast and lunch will be served. Friends of Family Readiness fund will pay the spouse's meals.

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Supervised children's activities for 4 – 12 year olds will be held at the Family Support Center from 0800-1700 for any interested families. Stipends will also be available for child care expenses.

There are also some Family Reintegration Academies throughout Minnesota that provide information on a more general basis. Please contact Family Support for any financial assistance that may be available, if you attend. All Academies are from 1:00 pm - 6:00 pm - please come 30 minutes prior for check in.

Military members and spouses are invited to attend any of these events:

1. May 19, 2007 - Brainerd
Central Lakes College
Chalberg Theater (E460) East Wing
501 W. College Drive, Brainerd, MN 56401
2. June 23, 2007 - Moorhead
Minnesota State University - Moorhead
1104 7th Ave. S., Moorhead, MN 56563

If you would like to register, please call Robyn Aiken at 651-268-8207 or 651-268-8200 or email robyn.aiken@mn.ngb.army.mil the following information:

1. Date of workshop you plan on attending
2. Military member's name and unit
3. Phone # (in the case of weather cancellations)
4. # attending with you (not including children)
5. Number of children and ages:
 - a. Daycare:
 - b. Camp Noah (K-6th grades):

Camp Noah will provide fun as well as structured activities to help your K-6th grade children cope with the challenges of separation from their deployed parent.

The 934th Airlift Wing recognizes that each individual will process their deployed experience differently. Each family will cope differently. We know that most Airmen and families will use this time to improve coping skills and develop closer bonds with each other and grow as individuals. We also know

that exposure to combat or combat-related issues may leave scars that need assistance in healing and our Reunion and Reintegration activities are designed to provide an educational, positive experience that will aid our members and offer hope to our families. It is the Wingman concept.

Are you flying commercial when deploying?



The Transportation Security Administration has issued a directive pertaining to military passengers at U.S. airports. According to Security Directive 1544-01-10w, families of military members may be granted access to sterile concourse areas to escort the military passenger to the gate or to meet a military passenger's inbound arrival at the gate.

The family member can go to the airline that the military member is flying on and receive a pass to go to the gate. They will be required to have a pass and a photo ID to get through the security checkpoint. This is a wonderful opportunity for families to stay with the departing military member longer before they depart, or to be able to greet them at the gate upon their arrival. This is a wonderful change, spread the word.



NEWS YOU CAN USE FROM TRICARE

Next Steps for Newly Activated Reservists

Prior to deployment, it is important to enroll your family into TRICARE to ensure their medical benefits are covered. Follow these steps to ensure that you and your family are fully covered:

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1. Understand USERRA

In order to prevent a break in coverage, you and your family are strongly encouraged to consider retaining your employer's health plan coverage until you actually report for active duty, at which time you and your family are fully covered by Uniformed Services Employment Reemployment Rights Act (USERRA) protections. Under USERRA, the protections for members that are ensured by an employer-sponsored health plan do not go into effect until the member actually reports for active duty.

2. DEERS Enrollment

To be eligible for TRICARE, you and your family must be enrolled in the Defense Enrollment Eligibility Reporting System (DEERS). Your Service personnel office is responsible for determining TRICARE eligibility. If you are an eligible Reserve Component (RC) member, the Services will notify and advise you of your TRICARE medical and dental benefits when your active duty orders are issued. You may verify your TRICARE eligibility through the secure [Guard and Reserve Web portal](#)

Update your DEERS information in any of the following ways:

- Visit an ID card issuing facility (To locate one, visit www.dmdc.osd.mil)
- Call 1-800-538-9552
- Fax changes to 831-655-8317
- Mail changes to:

Defense Manpower Data Center Support Office

Attn: COA
400 Gigling Rd.
Seaside, CA 93955-6771

To [update your address only](#) in DEERS, you may do so online.

3. Enroll in TRICARE Prime

You will not be enrolled in TRICARE Prime until you arrive at your final duty station. Upon arrival, follow the guidance of your Service personnel office regarding TRICARE Prime enrollment. If you're released prior to arriving at your final duty station, or your orders are

cancelled, TRICARE Prime enrollment will not occur.

Contact TriWest Healthcare Alliance to enroll your eligible family members into TRICARE Prime or TRICARE Prime Remote for Active Duty Family Members. You may download an [enrollment form](#) online or call TriWest toll free at 1-888-TRIWEST (874-9378) to request one.

4. After Enrollment

Once your family is enrolled in TRICARE Prime, they will receive military ID cards that they need to take with them to doctor visits. If they need to see a specialist, TriWest must receive a referral from their Primary Care Manager (PCM) **prior** to seeing the specialist.

5. Manage TRICARE Online

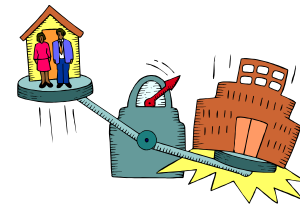
While you are away from home, you can manage your family's TRICARE benefits easily at www.triwest.com. As a registered member, you can check claims status, update other health insurance (OHI) information, get the latest information about your benefits and much more.



FROM MILITARY ONE SOURCE

This article is provided to service members and their families as part of the Military OneSource program, which offers information and support on a wide range of family and personal issues. To access the program just go to www.militaryonesource.com (user ID: military, Password: onesource), or call Military OneSource today. From the United States call 800-342-9647. From overseas call collect 484-530-5908.

Leaving Work at Work



It's normal to sometimes talk and think about work when you're not working. But if you regularly do work-related tasks or feel preoccupied with work when you're not working, you may be having trouble turning work off. In this newsletter you'll find tips for how to tell if work is taking up too much of your free time, as well as some ways to successfully leave work at work.

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Why it's important to turn work off

There are bound to be times when you just can't turn work off and when you aren't able to dive right into the rest of your life. You may be dealing with an especially challenging problem or task. Or, maybe you have a big presentation coming up or another deadline. It's normal to be absorbed in your work during these crunch times. But if you regularly have trouble turning work off and focusing on other aspects of your life, you face the risk of burnout. Burnout is the result of overload and overwork, and it can be a serious problem. Burnout can leave you physically and emotionally spent, unable to do your work well, or unable to take pleasure in the rest of your life. That's why it's so important to be able to leave work at work whenever you can. This helps you recharge your batteries and feel more balanced and better able to enjoy both work and your personal life.



How to tell if you have trouble turning work off

You don't have to fit the definition of a "workaholic" to have trouble turning work off throughout your life. Some of the signs that you have difficulty transitioning out of work time and into non-work time are subtle. Here are some signs that you may be having trouble turning work off:

- You think about work when you're with friends and family, sometimes to the point that you aren't focused on the conversation that's going on around you.
- You talk about work events and work issues with friends and family to the point that they tune out or are clearly not interested.
- You dream about work.
- You frequently work during evenings and weekends.

- You choose to spend time working rather than engaging in a hobby or spending time with friends and family.
- You work during vacations.

Take a few moments to think honestly about your work patterns. Ask yourself whether you may have trouble turning work off. Also, ask the people in your life to honestly tell you if they think you may be too work-focused.

Ways to turn work off

There are many small, easy steps you can take to start turning work off. You might try the following:

- **Ask friends or family to give you a gentle reminder** when you're talking about work too much or working during your free time.
- **Commit to leaving work at a certain time each day.**
- **Develop some end-of-the-day transition activities** that will help you mentally switch from work time to personal time, such as a brief walk, reading the paper, listening to music, or, if you're worried about falling behind at work, getting organized for the next day.
- **If you must work in the evenings or on the weekends, set limits.** Commit to working late only on a particular day or only for a set period of time.
- **Take up a new hobby**, particularly one that requires you to remove yourself from any temptation to work or even think about work, such as a sport or class.

Realize that it may take time to change your mindset but it's worth the effort. When you learn how to leave work at work whenever you can, you'll be better able to give it your best at work and in your personal life.