



FRG E-NEWS

Front Line News

Martin Army Community Hospital



The new Martin Army Community Hospital is almost complete and is still on schedule to see the first patient in November. Look for updates on the local news and on our Facebook page <https://www.facebook.com/pages/Martin-Army-Community-Hospital/106090889433774>



Spotlight

Family and Morale, Welfare and Recreation introduces a new app for your smart phone to help you navigate Fort Benning, turn-by-turn.

Set your Fort Benning destination using a building number, street address, department or Program name, or keyword.
Then let your phone take you, turn-by-turn!

Available August 15, 2014

See page 4 of this newsletter for more information and where to go to download your FREE app.



Calendar of Events

August

- 20 Care Team Tng
- 20 FRG Informal Fund
- 20 Family Resilience Tng
- 21 FRG Leader Tng
- 21 Key Caller Tng

September

- 3 FRG Leader Tng
- 3 Key Caller Tng
- 4 FRG Informal Fund
- 9 CARE Meeting
- 17 FRG Informal Fund
- 18 FRG Leader Tng
- 18 Key Caller Tng
- 25 Family Resilience Tng

POC for E-News
Perry Tripp
706-545-2449



**ACS
Points of Contact**

Information & Referral
706-545-4043/7517

Volunteer Coordinator
Starla De Saussure
706-545-3016/4043

Hearts Apart Program
Lisa Marie Jones
706-545-0403/8785

Mobilization/Deployment
706-545-0380/4043

Newcomers' Orientation
Linda White
706-545-4485/4365

Army Emergency Relief
706-545-4043

Army Family Team Bldg
Lorraine Campbell
706-545-4043



The eArmy Family Messaging System is a viable tool available through www.armyfrg.org.

The system is:

- A unit commander communication tool
- A secure web-based application
- Able to send messages from any computer
- A polling instrument
- able to deliver to multiple devices simultaneously, (i.e. cell phone, land lines, and computers) at no cost.

Immediate report results are available.

Training for the eArmy Family Messaging System is constantly available. Visit www.armyfrg.org and click on Learn More about eArmy Family Messaging System.

August training dates: August 7, 2014; August 14, 2014; August 21, 2014; August 28, 2014. If commands would like to coordinate the training during a different timeframe, or have any additional questions, utilize the "Contact Us" link on www.armyfrg.org.

Financial Readiness Program Classes

- ✓ Financial Planning NOW for the Holidays (Christmas in August), 14 August , 1200-1400
- ✓ Identity Theft - What Do I Do Now?, 11 September , 1200-1400

Please call **545-4043 to register** for these sessions. Classes held at ACS Bldg 7.

Employment Readiness Program Classes

Job Strategy Workshop: 7 August and 11 September
Federal Resume/Resume: 21 August and 25 September

Registration required. Call **706-545-4043** to schedule a time to register in advance of the class. The registration process takes about an hour.




**NURSE
ADVICE
LINE**

Call 1-800-TRICARE (874-2273); Option 1
24 hours a day, 7 days a week



ARMY OneSource

- FOR:**
- *INFORMATION
 - *PROGRAMS
 - *SERVICES
 - *CONNECTIVITY

www.myarmyonesource.com/

Family Readiness Groups (FRG)

How can I get involved?

There are many ways you can get involved with the FRG. The FRG, though a command-sponsored program, belongs to its members. So, by attending meetings or choosing to allow contact from the FRG via e-mail or phone gives you a voice in how the FRG functions. Another way is to volunteer. FRGs traditionally have key volunteer positions, to include Leaders, Co-Leaders, Secretary, Treasurer, Points of Contact and Advisors. However, with more participation in a unit you can add things like Welcoming Committees, Fundraising Chair, Publicity, the list could go on and on. Even if you don't want to commit to a titled position, simply offering to help out when you can is a great way to connect with the group and get involved. Work a shift or donate brownies at a Motorpool Monday bake sale, sign up to help set up or clean up at a social function, offer to make a poster or flyer to advertise an event - the possibilities are endless and every little bit helps!

Bottom line up front: Army spouses are strong, self-sufficient, independent beings who deal with challenges daily but always overcome the obstacles! You are always stronger than you think and you have many people that surround you that can help you get through whatever the Army throws at you! Remember, FRGs are here to assist you in becoming that self-reliant, resilient Army Family that you can be - not to do things for you. The FRG is a tool to foster knowledge and survival skills for Army life.

So, take the initiative and get involved with your FRG to see what great things you can accomplish together!

If you have questions about FRGs, please call Army Community Service at 706-545-4043.



**THE 2014 U.S. ARMY
SOLDIER
SHOW**
August 9, 7pm
Wetherby Field
FREE and Open to the Public
Visit benningmwr.com for directions
and more information

**FORT BENNING
DOUGHBOYS**
SEASON STARTS
IN SEPTEMBER
Support your
Fort Benning team
For game times and locations, visit
BenningMWR.com

THE BENNING
BASH FEATURING
**THE KOOL
& the
GANG** FREE
OPEN TO THE PUBLIC
SEPTEMBER 13
YORK FIELD
For more info, stay tuned to
BenningMWR.com

SESAME STREET **USO**
The Sesame Street/USO Experience for Military Families
October 2 6:30pm Sand Hill
October 3 10am & Rec Center
6:30pm Bldg 3308
For ticket info, visit BenningMWR.com





CONTINUED FROM the FRONT PAGE

Fort Benning's app for turn-by-turn directions



MWR Fort Benning

Introduces a NFW app to navigate around post

Turn-by-turn directions around Fort Benning:

- All Buildings
- Ranges
- Events
- Private Residences
- All in/out processing stops

Search for locations by:

- Building #
- Address
- Department
- Program
- Keyword

download for free on your smartphone:

Available on the  App Store

 Windows Store

 Google play

Available ONLY at Fort Benning.
More installations coming soon...

For more information contact: Katie@OneDotSolutions.com

What IS a Family Readiness Group (FRG)?

Ever wonder what exactly the FRG is and what they do? Here is some basic information to get you familiar with the Army's mechanism for supporting Army Families at the unit level.



What is a Family Readiness Group (FRG)?

The official definition of an FRG is:

“An FRG is a command-sponsored organization of Soldiers, civilian employees, Family members, and volunteers belonging to a unit.” - AR 608-1

Ok, so what does that mean? It means that anyone who is affiliated with a specific unit or is recognized by a Soldier (for example girl/boyfriends, fiancés, mothers, fathers, siblings, etc.) can be part of that unit's FRG.

What an FRG does NOT do

When we talk about the FRG being a tool for Families to use for information, for networking... why is it that they put stipulations on what they won't do for Families? Quite simply put—because doing things for you will actually prohibit you from attaining that goal of becoming a self-reliant, self-sufficient Army Family. That's not to say the FRG cannot help you, but the goal is for them to help you to help yourself. So a few things the FRG is not:

* a babysitting service; * a taxi service; * a lawn service; *a loan service

Now, that doesn't mean you won't find help in those areas in an emergency. FRGs sometimes have Emergency Child Care volunteers that will step in if a spouse is unexpectedly hospitalized or in an accident or something of that nature, until their back-up care plan can be put in place. But, for example, the FRG won't babysit your kids Friday night so you can go out with the girls. FRGs should not be rumor-filled, gossiping or cliquish entities.

What does the FRG do?

The main purpose of an FRG is to provide timely, accurate information to its Family members. This is in regards to both unit and community information. They can also act as a conduit in the reverse; to provide the Command with timely, accurate information coming from those Family members. The Army's goal in creating FRGs was to help its Families become self-reliant, self-sufficient within the military lifestyle. They are there to help families learn how to cope and navigate the systems and obstacles one might face while their Soldiers are serving. Some ways they do that are to have regularly scheduled meetings—both to discuss any new or updated unit or community resource information, but also to give the Families a way to connect with each other to network and increase one's support system. Studies show that if Family members have a good support system in place, handling certain aspects of military life such as deployments or separations can be less overwhelming and less stressful than if there is not a support system in place.

One way FRGs help their members obtain that type of support network is by holding social functions in which members can meet others in the unit and do something fun. Holiday parties, BBQs or get-togethers, participating in Unit Organizational Days, and setting up day trips are a few ways FRG's facilitate camaraderie and esprit de corps.

By Nicole Heller, Mobilization and Deployment Specialist
Fort Benning, GA

August is Antiterrorism Awareness Month

The threat of terrorists attacking our Army communities is real. Terrorists can strike anytime and anywhere – even your Family. Antiterrorism is the defensive measures used to reduce the vulnerability of individuals and property to terrorist acts. Family Readiness Groups can play a key role in providing knowledge and practical antiterrorism tools to empower Families. As parents we have the responsibility to educate our children of any potential dangers that exist. Young children generally do not understand the concept of “terrorism” and why terrorists attack the innocent; however, it is never too early for parents to discuss the concept of “Stranger Danger” which is covered well in books, stories and information available to the public on the internet. The National Crime Prevention Council through its online site “McGruff.org” (<http://www.mcgruff.org/>) offers useful information and ideas for how parents can talk about dangers for young children. Please talk to your children about the dangers they may face and teach them how to react. If children see something unusual they should say something, tell a parent, a relative or a teacher.

As children grow into their early teenage years most have been exposed through the media of the effects of terrorist attacks. As such, they will be more prepared for Family discussions focused directly on terrorism, including personal protective measures.

As teenagers enjoy increased personal freedoms their risk of personal safety and security also increases. Some of these risks include criminal and terrorist related activities such as social network sites (Facebook, twitter, and blogs) which present a unique set of challenges and risks for teenagers. Teenagers should be aware of the risks such as identity theft, criminal/terrorist group recruitment, seeking information to target military units/facilities, associated with these sites. Some basic security measures for teenagers include the following: 1) never travel alone, 2) carry a cell phone, 3) know safe haven locations such as police, hospital, and 4) keep parents informed of where they are going and when they will arrive. Parents should try to learn who their teenagers associate and communicate with at school, after school, and via social networking sites and the internet. Basic security begins in each of our homes (make sure your door and window locks and exterior lighting function properly) and extends to our neighborhoods. Participate in a neighborhood watch program to establish a shared responsibility for the safety and security of your entire community.

Awareness of what’s going on around you provides the first line of defense against any threat and can be exercised as illustrated through the **iWATCH Army Program**.

iWATCH aims to heighten public sensitivity to indicators of possible terrorist activity while encouraging people to report suspicious behavior to military or Civilian law-enforcement agencies. Some examples of indicators to report may include: 1) People drawing or measuring buildings; 2) Someone photographing entrances to military installations, buildings or security forces; 3) Strangers asking questions about security procedures; 4) Briefcase, suitcase, backpack or package left behind; 5) Vehicles left in no-parking zones in front of important buildings; 6) Intruders in secure areas; 7) Persons wearing clothes that are too big and too hot for the weather; 8) Chemical smells or fumes that seem out of the ordinary for the specific location; 9) People asking questions about sensitive information such as building blueprints, security plans or VIP travel schedules; and 10) People purchasing supplies or equipment that can be used to make bombs or weapons, or purchasing uniforms without having proper credentials.

Remember

➤ **A Simple Observation, A Single Report can lead to actions that may STOP a terrorist attack!!!**

Fort Benning MP Station 706-545-5222

*Antiterrorism individual awareness training is available for military Family members through the military member’s unit or installation. POC for further information is Tina Sandell at 706-545-0825.



September is National Preparedness Month



Preparing Army Communities Today for the Hazards of Tomorrow

BE INFORMED ▶ MAKE A PLAN ▶ BUILD A KIT ▶ GET INVOLVED

Preparedness is essential for everyone's safety ...

Please take a moment to evaluate how prepared you are should an emergency arise.

Ready Army provides information, products and tools to assist Families in planning, preparing and responding to emergencies. Develop a Family emergency action plan that includes supplies, evacuation plans, meeting locations and emergency contact information. Ensure all Family members know the plan.



The "Giant Voice" is an outside weather warning system intended to notify residents of **tornado warnings** and/or other serious incidents on the installation.

A "TEST" is conducted the first Saturday each month so please take this opportunity to practice your home or work emergency response drills. Preparedness is essential for everyone's safety, so please follow your weather emergency action plan whenever you hear these warnings.

To further enhance the safety of your Family the Emergency Management Office recommends purchasing a NOAA weather warning radio to augment this system to ensure early warning and your safety.

Tips on How to Prepare for a Tornado...

Tornado watch—Weather conditions are favorable for the development of a tornado.

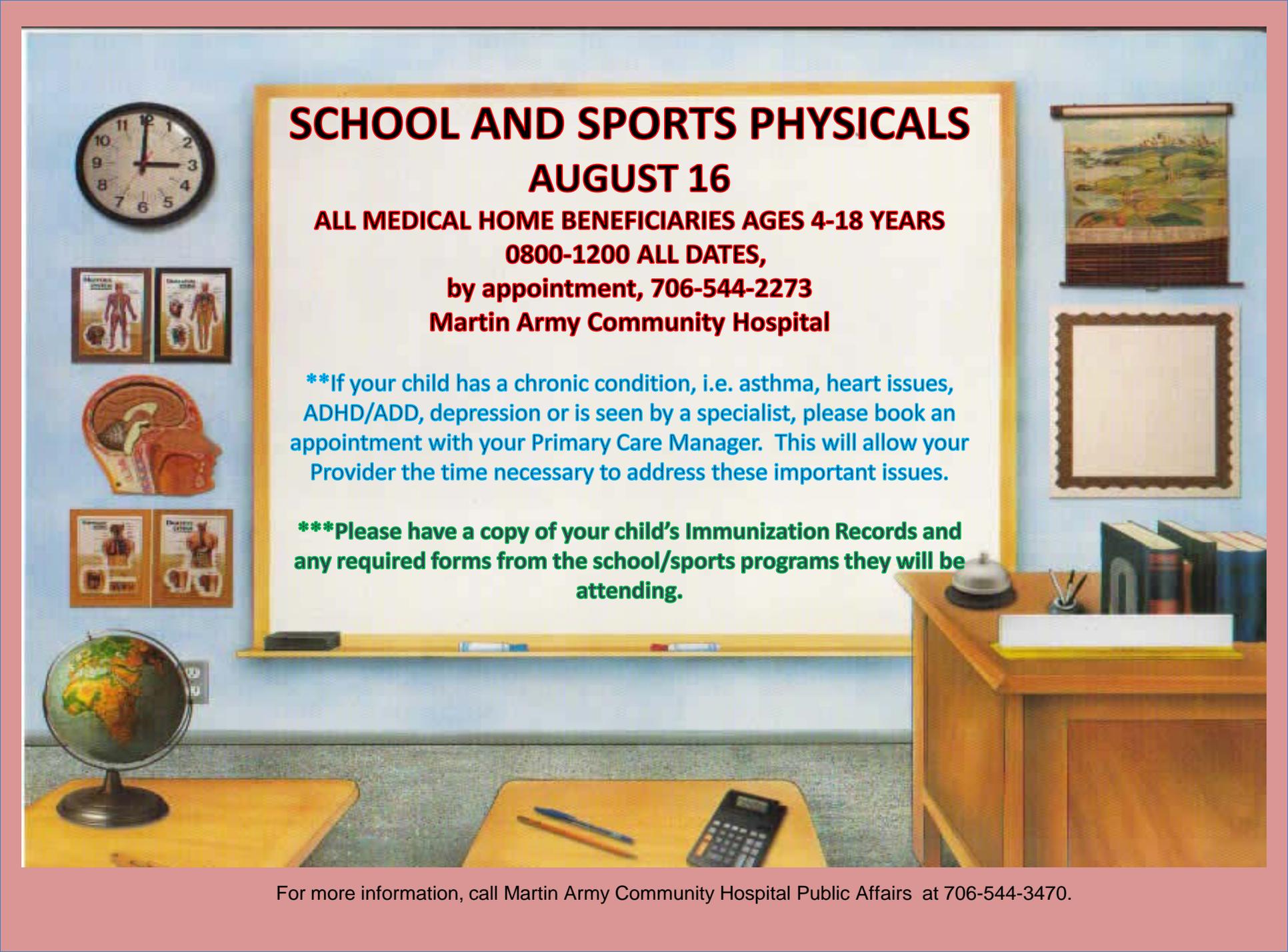
Tornado warning—A tornado has been spotted. Take shelter immediately.

Identify a place in your home to take shelter in case of a tornado:

- A storm shelter or basement provides the best protection.
- Otherwise, choose an interior room or hallway on the lowest floor possible.
- Have frequent tornado drills.
- If planning a trip outdoors, listen to the latest forecasts and take necessary action if threatening weather is possible
- Get an emergency supply kit, and make a Family emergency plan.



For more details go to <http://www.acsim.army.mil/readyarmy/index.htm> or call Tina Sandell at 706-545-0825

A classroom setting with a whiteboard, clock, anatomical charts, and a desk. The whiteboard is the central focus, displaying text about school and sports physicals. To the left, there is a round wall clock, two anatomical charts, a 3D anatomical model of a head, and another two anatomical charts. To the right, there is a framed picture, a desk with books, a pen holder, and a calculator. In the foreground, there are two desks with a globe, pens, and a calculator.

SCHOOL AND SPORTS PHYSICALS

AUGUST 16

ALL MEDICAL HOME BENEFICIARIES AGES 4-18 YEARS
0800-1200 ALL DATES,
by appointment, 706-544-2273
Martin Army Community Hospital

****If your child has a chronic condition, i.e. asthma, heart issues, ADHD/ADD, depression or is seen by a specialist, please book an appointment with your Primary Care Manager. This will allow your Provider the time necessary to address these important issues.**

*****Please have a copy of your child's Immunization Records and any required forms from the school/sports programs they will be attending.**

News from Martin Army Community Hospital

Army Medicine Secure Messaging Service. Getting Started with RelayHealth. RelayHealth is a secure online service through which healthcare providers and patients can securely communicate about healthcare matters. Through RelayHealth, you can consult your doctor about specific health symptoms, request a prescription refill, request appointments, receive lab or test results, access health education information — depending on the types of RelayHealth services your provider offers.

Visit <https://app.relayhealth.com/Patients/Registration.aspx> to set up your account.

For assistance or frequently asked questions, please visit <http://www.relayhealth.com>

An appointment missed by one is an appointment missed by two. We strive to provide access to all our enrollees. Sometimes it's difficult to schedule an appointment... the most common reason is that patients are no-shows or do not cancel a scheduled appointment if no longer needed. Please call and cancel your appointment so that another patient may use that slot. If the appointment was called in or scheduled at TRICARE Online, you may cancel by calling the appointment line at 706-544-2273.

Fort Benning Community Breastfeeding Moms Support Group!!! We meet EVERY FIRST TUESDAY 1100–1300 at ACS, located at Building 7 on the corner of Lumpkin and Baltzell Avenue and EVERY THIRD TUESDAY from 1100-1300 at Martin Army Community Hospital in the breastfeeding room, Room 183 located to the right of the main clinic entrance. This group is being sponsored by your local WIC program, but is OPEN TO ALL Fort Benning area breastfeeding moms.

WE HOPE TO SEE YOU THERE!!!

POC: Hope Elser, WIC Peer Counselor 706-326-0963.

Have medical questions? Call the TRICARE Nurse Advice Line. Sometimes it is difficult to know if and when to seek medical help for acute health problems, so having professional help at a moment's notice is invaluable. The Military Health System's (MHS) new Nurse Advice Line (NAL) for TRICARE beneficiaries does just that. Beginning late April 2014, TRICARE beneficiaries in the continental United States, Alaska and Hawaii can call the NAL toll-free twenty-four hours a day, seven days a week. The NAL is a team of registered nurses available to answer a variety of urgent healthcare questions. They can help you decide whether self-care is the best option, or if it is better to see a healthcare provider. There will always be a live-person on the line to address beneficiary concerns. The NAL offers a variety of solutions for all TRICARE beneficiaries. For pediatric issues, the NAL will route the beneficiary to a pediatric nurse. If follow-up is necessary or requested, the NAL will call the beneficiary back to check the child's status a few hours later. The NAL will make same-day appointments with the beneficiary's primary care manager (PCM) for TRICARE Prime beneficiaries who are enrolled to Military Treatment Facilities (MTFs). If a same day appointment is not available, the NAL will re-direct the beneficiary to the closest urgent care center, and advise the PCM that an urgent care referral is needed so the patient does not have to worry about paying any point of service co-pays. All other TRICARE beneficiaries who are not enrolled to a MTF will receive professional health advice about their urgent health concern and when to seek urgent care. When calling the NAL, a customer service representative will verify the beneficiary's eligibility through the Defense Enrollment and Eligibility Reporting System (DEERS). Beneficiaries with an acute health care concern or question will be connected with a registered nurse that will ask the beneficiary a series of standard questions to determine the next steps and allow the NAL nurse to provide the best advice possible. Beneficiaries can still call their PCM or clinic, but the NAL is another option for beneficiaries to access the care they need and want in a timely fashion.

To access the NAL, once it launches, dial 1-800-TRICARE (874-2273); Option 1.