



# FRG E-NEWS

## Calendar of Events

### June

- 18 FRG Leader Tng
- 18 Key Caller Tng
- 19 FRG Informal Fund
- 26 Resilience Tng

### July

- 16 FRG Informal Fund
- 17 FRG Leader Tng
- 17 Key Caller Tng
- 24 Resilience Tng
- 30 FRG Leader Tng
- 30 Key Caller Tng

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

## Front Line News

### Family Resilience Training

(see page 4)

Family Resilience Training helps develop self-confidence by teaching twelve skills. You can learn about each of the twelve skills on page 4 of this newsletter. You can also call Army Community Service for more information and the class schedule. Come with a friend! Child care is provided at no cost!

Army Community Service at 706-545-4043.

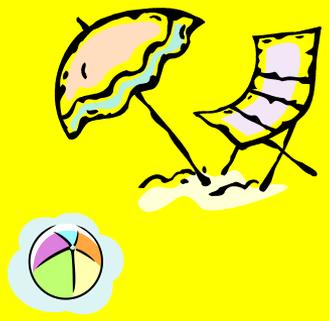
### Summer Time Activities for Teens

School is out and kids need something to do this summer! The American Red Cross, Summer Teen Volunteer Program, at Martin Army Community Hospital is accepting applications from military ID card holders, ages 14-18. Please see the flyer on page 6 of this newsletter for more information. Orientation at the hospital takes place on 3 June 14 from 0900-1100 in the Baugh Conference Room. The point of contact is Constance NeSmith, Volunteer Coordinator, at **706-544-3213** or **706-544-3571**.

## Spotlight

The new Martin Army Community Hospital (MACH) is almost complete! It is still on schedule to start seeing patients in November. Look for updates in the local news and on the MACH Facebook page <https://www.facebook.com/pages/Martin-Army-Community-Hospital/106090889433774>.

For more information, call MACH Public Affairs at 706-544-3470.





**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

## Employment Readiness Program Classes



Job Strategy Workshop: 12 Jun & 10 Jul  
Resume/Federal Resume: 26 Jun & 24 Jul  
For information and enrollment, call 706-545-4043

### ~ Military Spouses ~

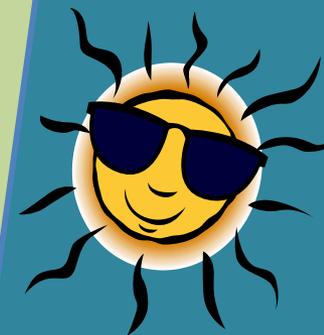
### Civilian Personnel Advisory Center (CPAC)

Staff members of the Fort Benning CPAC will host an informational briefing for military spouses on Wednesday, 18 June 2014, from 1000-1130, in the CPAC Conference Room, Bldg 6, Room 134. The briefing will provide information on Executive Order 13473 which became effective September 11, 2009 and is intended to provide military spouses an opportunity to obtain employment with the Federal government. In addition, the following will be addressed: **spouse preference**, how to apply, and highlight which documents should be submitted along with the resume. Questions will be entertained as well. All spouses interested in attending, please contact Deb Quick at 706-545-3517. If anyone needs accommodation for a disability, please notify CPAC at 706-545-3517.

### Ad Valorem – Vehicle Tax

Soldiers and spouses – when paying your vehicle tax, Legal Assistance needs to see your military ID, an end of month Leave and Earning Statement (LES), and a power of attorney if a spouse is registering a vehicle **for their** Soldier. The client computer in Legal Assistance does NOT have a Common Access Card reader, so the easiest and fastest way to receive an LES is to bring a copy with you.

Genie B. Hughes, State Bar of Georgia 706-545-3281  
Chief, Legal Assistance Division  
OSJA, U.S. Army MCOE, Fort Benning, GA 31905



**ARMY OneSource**

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

[www.myarmyonesource.com/](http://www.myarmyonesource.com/)

**The Family Advocacy Program (FAP):** Provides a wide range of services to help strengthen Families, promote self-reliance, resiliency and stability.

**Classes, workshops, and seminars** - FAP offers training to Soldiers, Family members, Family Readiness Support Assistants, Family Readiness Groups and the community FAP services and programs, effective communication, parenting, conflict resolution, and building healthy relationships.

**The Victim Advocacy Program** - Provides comprehensive assistance and support to victims of spouse/partner abuse and sexual harassment/ assault to include crisis intervention, emotional support, establishing a safety plan, and referrals to services available in the community to include counseling, shelter placement, and legal.

**Respite Care Program** - Provides temporary childcare to Families enrolled in treatment programs, attending workshops and classes that help strengthen and develop Family relationships, or in emergency situations.

**New Parent Support Program (NPSP)** - Provides emotional support, education, referrals to community resources, home visits, and playgroups to Families who are expecting a baby or those with children from birth to 3 years. NPSP conducts parenting classes to help Families provide a safe and nurturing environment for their children.

**First Steps Program** – The First Steps Coordinator visits Families of newborns with an educational “tote bag” filled with information on community resources, a baby CD of nursery rhymes that soothes a crying baby and the Purple Crying CD. First Steps offers emotional support and conducts follow-up calls until the infant is 3 months old.

For additional information, please call 706-545-3202 or 626-2614.

**BENNING BREW PUB**  
**UFC**  
ULTIMATE FIGHTING CHAMPIONSHIP®  
UFC 174  
SATURDAY, JUNE 14  
UFC 175  
SATURDAY, JULY 5

**INDEPENDENCE CELEBRATION**  
JUNE 28 | 3-11PM  
YORK FIELD  
**FREE ENTERTAINMENT, INFLATABLES AND FIREWORKS**  
BenningMWR.com

**OUTDOOR RECREATION'S**  
Upcoming Events  
SUP Yoga June 30  
Long Shot Competition June 30  
Family Fishing Night June 27  
EXTREME Zipline July 12  
Family Fishing Night July 15  
KAYAK 101 July 13  
Trap and Skeet Mix Shoot July 26  
For more info 706-545-9636

THE 2014 U.S. ARMY  
**SOLDIER SHOW**  
August 9  
Wetherby Field  
FREE and Open to the Public  
Visit [benningmwr.com](http://benningmwr.com) for directions and more information

ARMY COMMUNITY SERVICE  
**ACS**  
Real-Life Solutions for Successful Army Living

OPERATION  
**READY**  
Resources for Educating About Deployment and You

# Family Resilience Training – class descriptions



A central theme throughout resilience training is that what works in one setting won't always work in another setting. Family Resilience Training is learning twelve skills that not only enhance one's ability to handle challenges but also their self-confidence to handle challenges. Enhanced ability to handle challenges is key to resilience. The names given to the resilience skills can be a little ambiguous so a brief description of each one is provided.

**For information and class schedules -**  
**call Army Community Service at 706-545-4043.**

## **1. Hunt the Good Stuff**

Hunting the good stuff is learning how to balance the challenges in our lives with good things in our lives. Keeping a balanced outlook helps us remain optimistic and move forward with our lives as we face challenges.

## **2. Activating Event, Thoughts, Consequences**

Events that impact us on a personal level can cause an emotional response. This class will help individuals identify the reason some situations impact us personally and how to respond in these situations for the best possible outcome.

## **3. Avoiding Thinking Traps**

Misunderstandings happen to all of us. Thinking Traps refer to common mistakes people make while listening to others that result in misunderstandings. Some misunderstandings may be insignificant but others can result in hurt feelings. This class teaches skills that will help people ensure that they have received sufficient information and understand messages before responding.

## **4. Detect the Icebergs**

People live their lives by their personal values and beliefs. This class helps people understand how their daily perceptions are influenced by their values and beliefs and how their perceptions impact them emotionally.

## **5. Problem Solving**

Trying to solve a problem can be difficult if you don't have a clear understanding of what caused the problem. This class teaches skills to accurately identify the source of a problem so that effort can begin working on an effective solution.



## **6. Put It Into Perspective**

Planning and dealing with challenges is much easier when we have a realistic perspective of them. This class helps people put challenges into realistic perspectives so that they are better able to address them.

## **7. Mental Games**

Mental games is developing the ability to block thoughts that distract a person from concentrating on a specific task.

## **8. Real Time Resilience**

Knowing when a challenge is one that you can address your self and when it is not, is important. This class will assist individuals determine when it is better to seek assistance rather than try to address a challenge alone.

## **9. Identifying personal strengths and strengths in others**

Using personal strengths allows people to increase personal effectiveness in relationships. Personal strengths are discussed and applied in this class. Personal strengths can be identified by taking the online [Survey of Character Strengths](https://www.authentic happiness.sas.upenn.edu/home) at <https://www.authentic happiness.sas.upenn.edu/home>

## **10. Character Strengths: Challenges and Leadership**

Learning which of your personal character strengths are best suited for meeting challenges and how to use them.

## **11. Assertive Communication**

Good communication has to do with how we communicate rather than the person or place in which we are trying to communicate. This class teaches how to communicate effectively by expressing oneself clearly and respectfully.

## **12. Active Constructive Responding and Effective Praise**

Learn how much positive influence you will have by understanding the difference between active and passive responses and applying active praise.

# Martin Army Community Hospital

## ~ Updates and Information ~

School and Sports Physicals to all Medical Home Beneficiaries (Family Medical Home, Pediatrics and North Columbus Medical Home) for children ages 4-18 by appointment. Appointments are available on 14 June, 12 July, and 16 August between 0800-1200. Note - 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/participating in.

Army Medicine Secure Messaging Service. 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, and 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. Martin Army Community Hospital (MACH) strives to provide access to all its 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 the slot. If the appointment was called in or scheduled using Tricare Online, you may cancel by calling the appointment line at 706-544-2273.

Receive a survey in the mail or via AKO email? Patient satisfaction remains a top priority for MACH and one way to achieve this goal is through the use of the Army Provider Level Satisfaction Survey (APLSS). This survey is used to evaluate and track patients' experiences during visits with their healthcare providers. The program, administered by the Office of the U.S. Army Surgeon General, provides an opportunity for patients to voice their concerns, make suggestions, or officially recognize an individual or a clinic for exceptional service. This information is shared throughout the organization down to the individual healthcare providers. "The APLSS is designed to give our healthcare providers and the military treatment facility leadership the timely and actionable feedback they need to improve the quality of care we give our Soldiers and their Families," said Army Surgeon General Lt. Gen. Patricia Horoho. The surveys are mailed randomly to selected patients a few days after their visit with questions ranging from how the provider communicated with the patient to questions regarding access to care, cleanliness of the facility, and the courtesy of the staff. There are three different ways a patient can complete the questionnaire anonymously – by paper, by telephone, or on the internet with the username and a password provided in the letter sent with the survey.

As a new aspect of the APLSS program, and to reward military treatment facilities for excellence in care, the Army's Medical Command instituted an incentive program that provides additional funding to a military treatment facilities based on survey results. The surveys are a key tool to identify areas the hospital can improve in order to continue to providing world-class military medicine.

**For more information, call MACH Public Affairs at 706-544-3470.**

# ARMY COMMUNITY SERVICE

## CLASS SCHEDULE

### JULY/AUGUST 2014



#### ACS Outreach

Frugal Fridays:  
Coupon Swap Group  
July 11, 10 - 11 a.m.  
Aug 8, 10 - 11 a.m.  
ACS Training Room, Bldg 7

#### Army Family Team Building

Level K  
July 16-17, 9 - 2:30 p.m.  
Aug 13-14, 9 - 2:30 p.m.  
Bldg 224

Level G  
Aug 19-21, 9 - 2:30 p.m.  
Bldg 224

AFB Block Concept Training:  
Here Today, Deployed Tomorrow  
July 23, 1 - 4 p.m.  
Bldg 224

AFB Block Concept Training:  
Army As A 2nd Language  
Aug 27, 9 - 11 a.m.  
Bldg 224

#### Army Volunteer Corps

Recruitment & Recognition:  
How To Get Volunteers and  
Keep Them!  
Aug 14, 10 - 11 a.m.  
ACS Training Room, Bldg 7

VMIS 101: Volunteer Management  
Information System for Volunteers  
Jul 24, 6 - 7 p.m.  
Aug 14, 11 - Noon  
ACS Training Room, Bldg 7

VMIS 102: Volunteer Management  
Information System for OPOCS  
July 17, 11 - Noon  
ACS Training Room, Bldg 7

#### Employment Readiness

\*Pre-registration required  
for these sessions

Job Strategy Workshop  
July 10, 8 - 11:30 a.m.  
Aug 7, 8 - 11:30 a.m.  
ACS Training Room, Bldg 7

Federal Resume/Resume Class  
July 24, 8 - 11:30 a.m.  
Aug 21, 8 - 11:30 a.m.  
ACS Training Room, Bldg 7

#### Exceptional Family Member Program

EFMP Support Group  
July 7, 11 - Noon  
Aug 4, 11 - Noon  
ACS, Bldg 7

#### Family Resilience Training

Building Strong Relationships  
July 24, 9:30 - 2:30 p.m.  
Conference Room, Bldg 359

Personal & Family Resilience/  
Hunting The Good Stuff  
Aug 20, 6 - 8 p.m.  
Conference Room, Bldg 359

Hunting the Good Stuff/  
Building Mental Toughness  
Aug 28, 9:30 - 2:30 p.m.  
Conference Room, Bldg 359

#### Financial Readiness

Budgeting  
Every Monday  
8:15 - 9:30 a.m.  
ACS, Bldg 7  
(no class on Federal or  
Training Holidays)

Checking Account  
Maintenance  
Every Monday  
9:30 - 10:30 a.m.  
ACS, Bldg 7

(no class on Federal or  
Training Holidays)

Smart Car Buying Strategies  
July 10, Noon - 2 p.m.  
ACS, Bldg 7

Financial Planning NOW  
For the Holidays  
Aug 14, 12 - 2 p.m.  
ACS, Bldg 7

#### Mobilization & Deployment

FRG Leader Training  
July 17, 1:30 - 2:30 p.m.  
July 30, 8:30 - 9:30 a.m.  
Aug 21, 1:30 - 2:30 p.m.  
ACS Training Room, Bldg 7

Key Caller Training  
July 17, 3 - 4:30 p.m.  
July 30, 10 - 11:30 a.m.  
Aug 21, 3 - 4:30 p.m.  
ACS Training Room, Bldg 7

FRG Informal Fund  
July 16, 8:30 - 10 a.m.  
Aug 20, 1:30 - 3 p.m.  
ACS Training Room, Bldg 7

Care Team Member Training  
Aug 20, 9 - 10:30 a.m.  
ACS Training Room, Bldg 7

#### Relocation Readiness

Newcomer's Orientation  
Every Wednesday  
July 2, 9, 16, 23, 30 9 - 11 a.m.  
Aug. 6, 13, 20, 27 9 - 11 a.m.  
ACS Auditorium, Bldg 7  
Soldiers & Spouses welcome!

PCS/Overseas Briefing  
Fourth Thursday of the Month  
July 24, 8:30 - 11 a.m.  
Aug 28, 8:30 - 11 a.m.  
ACS Auditorium, Bldg 7

Citizen Study Group  
Mondays & Wednesdays, 1 - 2 p.m.  
ACS Bldg 7

Sponsorship Training  
Every Wednesday  
July 2, 9, 16, 23, 30 1 - 2 p.m.  
Aug. 6, 13, 20, 27 1 - 2 p.m.  
ACS Auditorium, Bldg 7

Hearts Apart  
July 8, 11 - 12:30 p.m.  
ACS, Bldg 7

#### Family Advocacy: New Parent Support Program

Cutie Crawlers  
(6 weeks - 1 year)  
Every Wednesday  
July 2, 9, 16, 23, 30  
Aug. 6, 13, 20, 27  
9:30 - 11 a.m. Bldg 9806

Terrific Toddlers  
Every Tuesday  
July 1, 8, 15, 22, 29  
Aug 5, 12, 19, 26,  
1 - 2:30 p.m. Bldg 9806

Every Thursday  
July 3, 10, 17, 25  
Aug 7, 14, 21, 28  
9:30 - 11 a.m. Bldg 9806



## AMERICAN RED CROSS SUMMER TEEN VOLUNTEER PROGRAM AT MARTIN ARMY COMMUNITY HOSPITAL



### Five Easy Steps on How To Apply (Military ID Card Holders, Ages 14-18 years old)

1. Log on to: [www.redcross.org/ga/columbus](http://www.redcross.org/ga/columbus) and click on Get Involved.
2. Click Youth Volunteer Application.
3. Create an account and then complete the youth application online.
4. Attend Red Cross Summer Teen Volunteer Orientation June 2, 2014 from 0900 - 1100 at Martin Army Community Hospital in the Baugh

© 2014 ARC MACH Summer Youth Volunteer Program, Inc.

### Why Volunteer?

- ▶ Earn academic credit
- ▶ Explore a career
- ▶ Learn something new
- ▶ Gain leadership skills
- ▶ Network
  - ▶ Be challenged
  - ▶ Because it feels good



For more information contact:  
Constance NeSmith, Volunteer Coordinator  
Martin Army Community Hospital  
American Red Cross Office  
Bldg. 9205 Stairwell A Room 100  
Fort Benning, GA 31905  
[constance.r.nesmith.ch@mail.mil](mailto:constance.r.nesmith.ch@mail.mil)  
(706) 544-3213 or (706) 544-3571

Martin Army Community Hospital (MACH) is also looking for adult volunteers, please call or email MACH at 706-544-3213, 706-544-3571 or email [constance.r.nesmith.civ@mail.mil](mailto:constance.r.nesmith.civ@mail.mil). You may also contact the American Red Cross at 706-545-5194.





# FREE Time

CYSS offers occasional childcare on Saturdays at Main Post CDC and School Age Center (children separated by age group). The cost is \$20 per child. Families may use their hours from Army Family Covenant (AFC) card.

## SATURDAY GETAWAYS

9am to 2pm | Jan 18, Mar 15, May 17, Jul 19 & Sep 20

## KIDS NIGHT OUT

5pm to 10pm | Feb 15, Apr 12, Jun 14 & Aug 16

Reservations are required one week prior.  
To make reservations, visit Parent Central,  
Bldg 104 Marchant Ave, or [www.benningmwr.com](http://www.benningmwr.com).

For more information, call 706-545-2079.

