



OTHER PROGRAMS

A&FRC Programs – Call 632-5407 for info and schedules.

- Spouse-It-Up – Every Other Month
- Spouse Reintegration Team – Upon request
- Deployed Spouses Dinner – Every Other Month
- Heart Link – Every other month
- Key Spouse Program – Call your unit 1st Sgt
- Kids Deployment Club.

Contact MSgt Delana Jemison via e-mail at delana.jemison@aviano.af.mil for info.

- Aviano HS Counseling Team. Call 632-5619

ARE YOU READY TO GO and READY TO PART?

There is a difference between ready “to go” and ready “to part”. Being ready “to go” means having the duffel bag packed, all shots up to date, and other duty essential preparations completed. Being ready “to part” from your spouse, significant other and other family members means being aware of the personal and family issues related to separation, and being prepared to deal as constructively as possible with those issues.

AIRMAN & FAMILY READINESS CENTER

PROUD TO SERVE THE AVIANO COMMUNITY

FAMILY READINESS PROGRAMS

Project Care is a US Air Forces in Europe program designed to improve the care, resources, attention and information flow to spouses and families receive while the military member is deployed. Project Care ensures families are integrated into the base community and provided with the support they need during these trying times.

INTEGRATED DELIVERY SYSTEM (IDS) HELPING AGENCIES

A&FRC – 632-5407

Unit Chaplains – 632-5211

Family Advocacy/Mental Health – 632-5321

Military 1Source – www.militaryonesource.com
or speak with a Consultant at 800-342-9347

Military Family Life Consultant – 349-566-6285

HAWC – 632-4573

Call Command Post after duty hours at 632-3100 or 0434-30-3100

OTHER AGENCIES

Adolescent Substance Abuse – 632-5447

Sexual Assault Response Coord – 632-7272

American Red Cross – 632-5576

Tri-Care – 632-5133

Law Enforcement – 632-7200

Fire Department – 632-8911

Pordenone Hospital – 0434-39-9211



AEF Cycle Calendar

	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
2004	Reflects 15th of the month Pivot date									Cycle 5	AEF 1/2	
2005	AEF 3/4			AEF 5/6			AEF 7/8					
2006	AEF 9/10			Cycle 6			AEF 1/2			AEF 3/4		
2007	AEF 5/6			AEF 7/8			AEF 9/10					
2008	Cycle 7		AEF 1/2		AEF 3/4		AEF 5/6					
2009	AEF 7/8			AEF 9/10			Cycle 8		AEF 1/2			
2010	AEF 3/4			AEF 5/6			AEF 7/8					
2011	AEF 9/10		Cycle 9		AEF 1/2		AEF 3/4					

Holiday rotation will come up once every 5 years

Integrity - Service - Excellence



PROJECT CARE



GIVE PARENTS A BREAK (GPAB)

GPAB offers free childcare one night a month for active duty Air Force families who are experiencing stresses due to extended TDY, deployment, remote assignment, emergency situation, such as illness of a family member. Authorization is referred by the unit Commander and/or 1st Sgt, Chaplain, Medical Professional, Family Advocacy, Airman & Family Readiness Center and CDC. GPAB is at the CDC and Youth Center both in Area 1. Call the CDC for the schedule upon receipt of the voucher.

CAR CARE BECAUSE WE CARE

The Air Force Aid Society also funds Car Care Because We Care. This program is designed to keep the primary family vehicle in good running condition by providing preventive vehicle maintenance. The maintenance includes oil/filter change and lubrication on a grant basis. Spouses of active duty Air Force members deployed for more than 30 days are eligible for this service. The service is limited to one per deployment. Pick up a voucher for this free service from the Airman and Family Readiness Center. The vouchers are redeemable only at the Auto Skills Center. Bring a copy of the member's orders to determine eligibility. For additional info or referral, contact the A&FRC.



"READ"-I-NESS PROGRAM



What: For separated military families who value the benefits of one-on-one time together. The program provides an optimum opportunity for powerful emotional connections that relieve the stress of separation by having deployed parents read aloud to children via DVD. Deployed military participants send the recording and a copy of the book home (if the military member owns the book) to the child who watches the DVD repeatedly providing a priceless and sustained connection with the deployed loved one. Feedback in the form of pictures, letters, email, or videotape of the child watching the parent read is then sent back to the deployed parent to complete a full circle of communication.

When: During deployments or post assignments when military personnel are separated from their families.

Who: The program is available to any deployed military service member with a child in his/her life (e.g., younger sibling, younger niece or nephew, grandchild).

Where: The A&FRC "Read"-i-ness is located in the Bldg 1431, Area F. Call 632-5663 for an appointment.

Why: Reading aloud with children has been shown to be the single best predictor of a child's future academic success. It also strengthens the bond between adult and child and provides a bridge for communication and sharing.

MORALE CALL

Per Aviano Guidance Memorandum 90-502, dated 6 Feb 08, signed by Brigadier General Franklin, Health, Morale and Welfare (HMW) Calls commonly known as "morale call" allow USAFE members to stay connected to family during TDYs (14 day or longer) and deployments; these calls boost morale and improve performance. The calling week begins on Sunday and ends on Saturday. HMW calls may be placed at any hour (24/7). The operator will only connect to home telephones in the local area; it will not connect to a cell phone, so plan ahead.

Dial 632-1110. The operator can see the originating base for the call. If it's a deployed base, the call is allowed. No deployment orders need to be referenced. Once a deployer connects with the swithboard operator follow the steps below:

- 1) Inform the operator that you would like to make a morale call.
- 2) Provide the desired phone number that you wish to be connected to.
- 3) Provide the required information that the Ramstein Operators need to track morale calls.

The A&FRC have courtesy DSN phone lines for spouses to use if calling to another DSN line at a deployment location. If you wish to use a calling card, please dial the USAFE Consolidated Switchboard for assistance at 314-632-1110 or call 809-4OFF-DSN from a DSN line to call the 800 access number on the back of your calling card. For further assistance or special situations please contact the A&FRC @ 632-5407.