

September 2010

# Aviano A&FRC Newsletter



**Airman & Family  
Readiness Center**  
0434-30-5407

The Air Force recruits Airmen and retains families. The intent of this newsletter is to keep the military community abreast of the ever-changing issues and build a sense of community; comments are welcome.



## Staying Close to Your Baby when You're Deployed

The old saying still rings true: Those who can, do. Those who can do more, volunteer. Today many of us are clearly taking the initiative to do more, and with good reason.

The U.S. Bureau of Labor Statistics (BLS) reports that today 63.4 million people, or approximately 26.8 percent of the U.S. population, engage in active volunteerism, up from 26.4 percent in 2008. According to the report, fundraising activities are the leading way volunteers contribute to organizations, followed closely by food collection, distribution, and preparation. To read more about the BLS findings, read [Volunteering on the Rise](#).

When you volunteer, you:

- Can learn or develop new skills
- Become a part of your community
- May cultivate new interests and hobbies
- May become more motivated and feel a sense of achievement
- Have the opportunity to get new life experiences
- Get the chance to meet a diverse range of people
- Give the world a more complete picture of you as an individual
- Increase your career options

And if those aren't enough good reasons to volunteer, a March 2010 study entitled [Do Good, Live Well](#), conducted by United Healthcare and VolunteerMatch, claims that volunteers report they experience:

- Higher levels of life satisfaction
- A sense of control over life in general
- Feeling healthier, both physically and emotionally

Contact the A&FRC for more information about volunteering.

## Save the Date Events and Classes

- September 6th: *Labor Day, Federal Holiday-A&FRC Closed*
- September 7th: Money Talk from 2:00 PM to 3:00 PM
- September 8th & 28th : Pre-Separation Briefing from 1:00 PM to 3:00
- September 10th: Volunteer Orientation from 10:30 AM to 11:30 AM
- September 14th - 16th: Transition Assistance Program from 8:00 AM to 5:00 PM at Area 2 (PDC)
- September 15th: Sponsorship Training from 2:30 PM to 4:00 PM
- September 17th: Couples Connection from 6:30 PM to 9:00 PM at La Bella Vista
- September 21st: Employment Class from 8:00 AM to 12:00 PM
- September 21st: Financial Planning & Investing 101 from 2:00 PM to 3:00 PM
- September 23rd: Key Spouse Training from 9:00 AM to 3:30 PM at La Bella Vista
- September 24th: Heart link from 8:00 AM to 1:00 PM at La Bella Vista



## Simple Pleasures to Enjoy as a Family

Enjoying simple pleasures is a wonderful way to grow closer and reduce stress as a family. Taking a relaxing walk together on a crisp fall day, savoring the aroma of a delicious bread baking in the oven, singing a song to a child – simple joys like these can bring you closer as a family and help you keep your budget under control in challenging economic times.

Everyone in your family may have different ideas about which simple pleasures would have the most meaning for all of you.

- **Ask each member of your family, both children and adults, to write down a few simple pleasures that all of you could share.** You might ask people to think about and suggest activities that don't cost much money. Ask grandparents to share ideas about activities they enjoyed as children.
- **Decide together which activities you'd like to share.** Try to find at least one favorite activity everyone in your family enjoys.

Try some of these activities:

- Take a nature walk
- Go stargazing
- Organize a sports outing
- Go to a free concert, exhibit, or festival
- Do an easy craft project
- Get involved in the community

## Six ways to Strengthen Your Financial Resilience



Many of us have become more aware lately of the need for financial resilience. Eight in 10 Americans say that having a personal safety net has become more important to them, according to the most recent MetLife "Study of the American Dream." Half of the people surveyed said that they are only two paychecks away from "not being able to meet their financial obligations if they were to lose their job," MetLife reported.

If you need to strengthen your financial resilience, don't wait until an emergency occurs to figure out how to cope. Take steps now to develop your ability to bounce back from unexpected shocks to your bank account or savings plan.

Here are six ways to build financial resilience for yourself and your family:

1. **Live within your means.**
2. **Put aside money for emergencies.**
3. **Make a habit of saving.**
4. **Pay down your credit card debts.**
5. **Have more than one safety net.**
6. **Have regular financial checkups.**

Remember, too, that building financial resilience can help you stay emotionally resilient. You'll have more peace of mind if you know you've done all you can to plan for a rainy day — even if you never have to open your umbrella.