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FEBRUARY

NEWSLETTER

2017



Airman & Family Readiness Center, Shaw Air Force Base, South Carolina

MILITARY SAVES WEEK!

27 February - 04 March



SIMPLE STEPS TO SAVE SUCCESSFULLY DURING MILITARY SAVES WEEK 2017

By Tammy G. Bruzon, Military Saves

Military Saves Week (February 27 – March 4, 2017) is an annual opportunity for individuals to assess their savings and take financial action. Each year, we encourage service members and military families just like yours to set a goal, make a plan, and save automatically.

This Military Saves Week, try these five simple steps to help yourself save automatically – and successfully:

Assess Your Savings

Like your health, you should assess your savings annually to make sure your savings priorities are on the right track. Complete this simple 12-question assessment to find out your current standing and help you plan for the future.

Evaluate your Savings Preparedness

Check off your savings accomplishments on the Saver Checklist to further evaluate where your savings habits need strengthening for your future goals.

Take the Military Saves Pledge

Set a goal, make a plan, and save automatically. Those with a savings plan are two times as likely to save for emergencies

and retirement than those without one. Join more than 250,000 Military Savers who have already committed to save. When you take the pledge, you can choose to receive text message tips and reminders to help you save towards your goals. Need some inspiration to save automatically towards your goals? Here's how.

Share Your Savings Goal

Take part in the 2017 #ImSavingFor photo contest. Share a selfie or video that shows what you're saving for on Facebook, Twitter, or Instagram. Then check AmericaSavesWeek.org in early 2017 to learn more about contest entry details and prizes. Savings never looked so good.

Make Your Savings Social

Are you on Twitter or Facebook? Join Military Saves in encouraging your friends, family, and colleagues to save this week. Better yet, join one of the many Twitter chats, events, and activities that Military Saves will be a part of this week to get real-time savings tips and advice.

Military Saves Week is coordinated by Military Saves. The Week is an annual opportunity for organizations to promote good savings behavior and a chance for individuals to assess their own saving status.

Call us for more information: (803) 895-1253

Tips for Returning Home After Deployment

source: <http://www.militaryonesource.mil/>

Your deployment is over and now you are returning home — let reality set in. Next it's time to reconnect with your family and friends and return to your "normal" life. There can be challenges during the reintegration process but these helpful reminders can make the transition a little smoother:

- Communicate with loved ones
- Be patient and go slow
- Focus on the positive
- Know when to seek help
- With these and many more tips, your homecoming can be rewarding for you and those you love.

Understanding reintegration

It can sound so simple to return home, but it takes time to adjust. Here are some tips to help you:

Communicate details of your return plan. You might leave a day early or later than planned. Keep your loved ones informed so your welcoming party is there when you arrive.

Take your time and be patient. You may feel out of sync with your loved ones or friends. You might feel disconnected immediately, or even days or months after returning home. Go slow and talk. Fatigue, confusion and a change in pace can lead to a short temper. If you have children, be prepared for your toddler to throw a tantrum or for your teenager to give you some attitude. Kids are forever testing parents. Remember everyone is adjusting — be patient, keep the lines of communication open and remember there is no "right" way. Do what is best for you and your family.

Make time in your schedule for family activities. Include one-on-one time with your partner and each of your children.

Focus on the positive. Individually, tell your family members you are proud of them, and you appreciate them.

Watch your spending. There is nothing wrong with going out and celebrating your return. However, be careful not to overdo the celebrations — stay on track with finances.

Know when and where to seek help. If you, your spouse or other family members are feeling signs of physical or emotional stress it's important to seek help — the earlier the better. While leaning on a comrade might be helpful, sometimes it's not enough.

For confidential help, contact your installation's Military and Family Support Center, Military OneSource at 800-342-9647, Defense Centers of Excellence at 866-966-1020, or the Department of Veterans Affairs at 800-905-4675 EST or 866-496-8838 PST. You may also visit the Real Warriors website for additional support.

Remember, it's normal to go through an adjustment period post-deployment, and it is OK to seek help. Taking care of your country is your job, but don't forget to take care of yourself and your family. Contact one of the experts above for help.

Shaw AFB Military Family Life
Counselor -
Free, confidential counseling
(803) 465-7291

Assigned as a Sponsor? eSponsorship is your key to assisting...

source: <http://www.militaryonesource.mil/>

Being the new guy is no fun. But now, you can help that guy out. As a sponsor, you are the go-to resource for all the insider information on your duty station. You'll want to take your sponsorship duties seriously, and the new, interactive eSponsorship Application and Training can help. Hosted on My Training Hub, the eSAT can:

- Provide you with the most up-to-date information and tools for sponsorship
- Help you create a customized welcome packet for your newcomer
- Customize your training so you can best address your newcomers' needs
- With the eSAT course, you'll get all the vital resources and information you need to be a successful sponsor.

The eSponsorship Application and Training
As a sponsor, you are key to a service member's successful move. But, where do you begin? The eSponsorship Application and Training will walk you through your sponsorship duties and help you find the resources and information your newcomer is going to need.

Here's what you'll get with the eSAT:

Easy access — You can access the eSAT course 24 hours a day, seven days a week through My Training Hub using your Common Access Card.

Details about your role as a sponsor — You'll learn all about your new responsibilities and find what you need for effective sponsorship.

The most current tools and resources — The eSAT course has the most up-to-date information and resources, so you can be confident in what you're passing along.

Customizable resources — Through the eSAT training, you can access and download a sponsor checklist, a newcomer needs assessment and customizable letters and emails.

A certificate of completion — Once you've finished the eSAT course, you can download and print your completion certificate. My Training Hub even stores your completed course information so you can keep track of all your trainings.

Sponsorship for your family — Families can be an important part of the sponsorship process. If your family members want to learn more about it, they can access the eSAT course through My Training Hub with an email address and password.

As a sponsor, you're a direct representative of your unit and installation. With the new eSAT, you can approach those duties with confidence knowing you have the latest information and resources.

Access My Training Hub at the following link:
<https://myhub.militaryonesource.mil/MOS/?p=SIS:2:0>



FEBRUARY 2017 A&FRC

TAP-GPS

Preseparation Counseling
Feb 2, 21, 23, 28 - 1300

TAP-GPS Workshop
Feb 6-10, 13-17

EMPLOYMENT

Resume Building
2 Feb - 1300-1500

Spouse Federal Hiring
23 Feb - 0900-1100

Employment Panel
27 Feb - 0730-1630

MARCH PREVIEW

Car Buying Workshop
6 March
1400-1500

Bundles for Babies
8 Mar
09000-1100

NEWCOMERS

Right Start - Newcomer's
Orientation
Feb 10, 24 - 0800-1230

FAMILY LIFE

Initial Key Spouse Training
21 Feb - 0845-1630

HeartLink
27 Feb - 0830-1400

MILITARY SAVES WEEK
27 FEB - 04 MAR

**A&FRC Staff members will be in your
squadron to provide you with important
financial readiness information.
Your organization will provide the
date & time for our visit.
We look forward to serving you!**

To register for a class or workshop, please call (803) 895-1253

MILITARY
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Saves\$
START SMALL. THINK BIG.

