

ACS NEWSLETTER



JUNE 2016



Join the AFTB instructors and ACS employees for an informative session all about the **Army Family Team Building Program**. We will be discussing future days and times for classes, online class options with enrollment instruction, how you can benefit from the

Information Session

program, and how you can be an instructor!

Refreshments will be served. Previously trained instructors, anyone who has taken an AFTB course previously, all Spouses and Children are welcome.

Call 533-2330 to Register



**Wednesday June 1, 2016
9 am - 10 am
Mountain Vista
Community Center
102 Davis St.**

14 JUNE: Two hundred forty-one years ago, our nation's leaders established the Continental Army. Today, the Army is the strategic land power of the joint force; called upon to prevent, shape, and win against our adversaries.

The U.S. Army's 241st Birthday is June 14, 2016, a day we celebrate the Total Army Force comprised of multi-component Soldiers and Department of the Army Civilians and their contributions to national defense. The American Soldier trains, deploys, engages, and destroys

241st
**ARMY
BIRTHDAY**
THE AMERICAN SOLDIER—ALWAYS READY, ALWAYS LEADING



enemies of the United States in combat operations as the world's premier land force.

***The American Soldier—
Always Ready,
Always Leading***

Today, as in years past, Soldiers serve as the

cornerstone of the Army Profession. As Army Professionals, we are grateful for the opportunity to maintain the trust and confidence of the American people while adding to our legacy of 241 years strong.

EFMP & the Overseas Screening Processes – What ALL Soldiers Need To Know

With PCS season in full swing, the **ACS Exceptional Family Member Program (EFMP)** would like to highlight an important requirement impacting ALL Military Families traveling OCONUS (including Alaska and Hawaii).

When a Soldier NOT enrolled in the EFMP receives an OCONUS Assignment, they also need to know that the EFMP impacts them as well.

ALL Soldiers reassigned OCONUS seeking Command Sponsorship must complete Medical EFMP Overseas Screening even if family members aren't currently enrolled in the EFMP.

WHY?

Many OCONUS locations have limited access to specialized care or special education services and the Overseas Screening process ensures family member needs are identified and can be accommodated by the gaining command before family travel is authorized.

Soldiers completing the On Line Levy Briefing are required to submit an electronic DA Form 7415, EFMP Querying Sheet. Not all Students can access the On Line Levy Briefing so it's important that they get the word from their leaders about the Overseas Screening requirement.

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Upon receipt of the emailed DA 7415, our ACS EFMP System Navigator provides an emailed response to Soldiers that includes information on the Overseas Screening process, appointment scheduling procedures, and contact information for the

Raymond W. Bliss Army Health Center (RWBACH) EFMP Coordinator.

DON'T WAIT. This should be one of the first things you do when notified of OCONUS Assignment Instructions. Delays can occur if Family Members require updated physical examinations or have other medical related issues. There is only one Medical EFMP representative to complete the required forms so, if the representative is away from the office for an extended period, the process is further delayed.

If you have medical related EFMP questions or need to initiate Medical Overseas Screening contact the **RWBACH EFMP Special Needs Advisor at 533-9035**. You can also obtain instructions and related forms for Overseas Screening at <http://rwbach.huachuca.amedd.army.mil/efmp.html>. For more information about this process or how ACS EFMP can assist EFMP Families transition to their next duty station, contact ACS at 533-2330.

SLEEP HYGIENE: CAN I “really” GET a GOOD NIGHT’S SLEEP?

According to Sleep Hygiene.org, the simple definition for sleep hygiene is behavior and habit. They point out that sleep hygiene is a variety of different practices that are necessary to have normal, quality nighttime sleep and full daytime alertness.

So exactly how can we change sleep behavior and habit? The experts say it can be done – it isn’t easy - but a few changes can help facilitate a healthy night’s sleep.

To begin exploring possibilities, let’s consider circadian rhythm. Circadian rhythm is that biological process that seems to manage the cues that impact sleep patterns. Circadian rhythms are “built in,” so this “internal clock,” tends to control awake time and sleep time. The Valley Sleep Center describes circadian rhythm as the body’s “Outlook Calendar.” It schedules sleep, energy levels, and hunger. When the body’s internal clock is operating on schedule, everything works the way it should. However, when the “calendar” isn’t working efficiently, it can be disturbing.

Most of us know what it’s like to travel across time zones. It throws the body out of synch, and we recognize this phenomenon as “jetlag.”

When the body experiences jetlag, it can change sleep patterns, and in turn other patterns like eating and exercise can be affected.

Essentially our bodies are programmed to wind down when the sun begins to set, and we become wakeful when the sun comes up. Technology alters those “natural” tendencies. Television lights and computer screens trick the body into thinking that it’s daytime, and they seriously alter natural circadian rhythm. The good news is: Circadian rhythms are manageable.



Here are few ways to reset your internal clock:

Consistency: Going to bed around the same time every night, and setting the alarm to wake up around the same time every morning. Uniform habits help reset the body’s internal clock. It might take a few days to get into the routine, but persistence works.

Stage the environment: Create “your” ideal surroundings. Close the curtains to block light, and reduce disturbing noise as much as possible (if you live in a noisy neighborhood, consider earplugs or a fan).

Monitor food and drink: If you go to bed after eating a big meal, you might feel discomfort that keeps you awake. Nicotine, caffeine and alcohol can stimulate or impact sleep and they all take several hours to wear off. However, a light snack is a good idea. You might trade a heavy snack for crackers and cheese or a cup of popcorn.

Get comfortable: Help your body to unwind and get ready for sleep. Your mattress and pillow can contribute to better sleep. Since the features of good bedding are subjective, choose what feels most comfortable to you. If you share your bed, make sure there’s enough room for two. If you have children or pets, try to set limits on how often they sleep with you

We know that “one size” doesn’t fit all, and there are numerous individualized techniques to consider as you explore sleep hygiene. Discussing sleep concerns with your doctor is a good first step. Remember that Army Community Service offers a 4-week sleep hygiene group.

Our next group cycle begins in June with one afternoon session and one evening session. ***To join June’s cycle please call ACS (520) 533-2330 to register.***

Financial Readiness Program: Money on the Move and More!



Come to ACS for financial education classes! **Financial classes for June and July** are offered at ACS from 0900-1130 unless otherwise specified. To register call ACS at 520-533-2330/2967.

June 1: Money Management 101-Basics of banking, budgeting, credit and credit reports, and debt management

June 9: Investing Basics-Do you want to invest, but don't know how to begin? First,

get your finances in order, and then pick a strategy that's right for you (1000-1100)

June 15: Consumer Awareness and Protections-Getting the most for your money, buying insurance, and Identity Theft prevention

July 6: Money Management 101-Basics of banking, budgeting, credit and credit reports, and debt management

July 14: Money on the Move-Tips for preparing and saving money during your PCS move (1000-1100)

July 20: Consumer Awareness and Protections-Getting the most for your money, buying insurance, and Identity Theft prevention

For Financial Assistance Call 533-2967

14 JUNE: National Flag Day is when Americans celebrate the meaning of their nation's flag, honor the traditions associated with its care, and educate those around them to its significance. The Flag of the United States is to be honored and carries with it both history and tradition.

On June 14, 1777 the Flag Resolution was signed, making the current stars and stripes the National Flag of the United States of America. On May 30, 1916, President Woodrow Wilson called for the nation-wide observance of Flag Day. In 1949, President Harry S. Truman signed congress' decree, making June 14th of each year National Flag Day.



Employment Readiness Program (ERP)

The next Federal Resume class is scheduled for Tuesday, June 14th, 2016 (8:30 am to noon) in our ACS Conference Room. Pre-Registration is required (520-533-2330).

ACS ERP Services, including job list emailing, will be limited until a full Time ERP representative is hired. Our ACS FB Page will continue to provide employment information.

General Information (Employment Welcome Packet) is available at the ACS Front Desk and local support agency information is posted on the JOB Information Board at ACS.

Sierra Vista Employment Resources: (Employment Workshops, Job Boards and More):

- ◆ Goodwill Job Connections (520-895-5993) – 2015 E. Fry Blvd (rear of Goodwill Retail Store)
- ◆ Arizona @ Work (520-458-9309) – 1843 Paseo San Luis

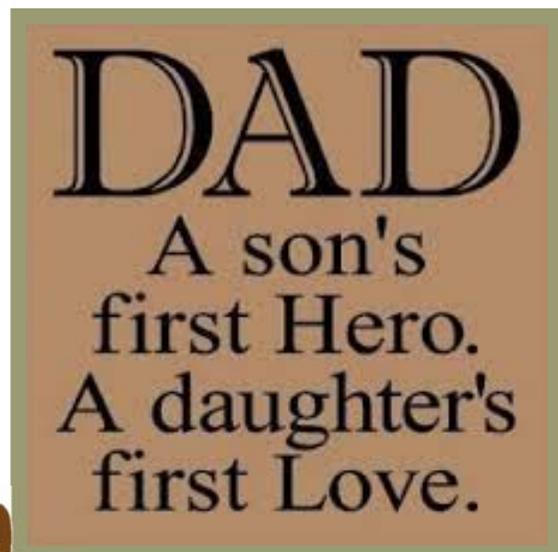
Arizona Job Connection:
<https://azjobconnection.gov>

Priority Placement Program Information: If a spouse fully qualifies for a federal position, they may be eligible for non-competitive placement authority if certain requirements are met. Questions about the Priority Placement Program (PPP)? Call our Civilian Personnel Advisory Center (520-538-6102) or contact ACS ERP for more information.

Passport Career is a portal offering access to 20 million jobs, city to city, county to county, state to state, and country to country! Visit www.passportcareer.com for more information. Pick up an ERP Welcome Packet that includes FREE registration information for this site at the ACS Reception Desk.

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<https://www.usajobs.gov/>



19 JUNE: Father's Day is the day to recognize, honor and celebrate the sacrifices and accomplishments of fathers. In 1910, the Washington State Governor declared Father's Day on the 19th of July. It then became a permanent federal holiday in 1972 when President Richard Nixon proclaimed that the third Sunday in June would be further known as Father's Day. On this day, children celebrate their fathers and father figures to show their love and appreciation. Father's Day was created to complement Mother's Day.

Army Emergency Relief 2016 Campaign Report

The ***Army Emergency Relief 2016 Campaign*** has come to an end. Fort Huachuca raised a total of **\$106,227.70**, just \$5772.30 shy of this year's goal of \$112,000. All in all, we had a successful campaign. Unit Coordinator's diligently solicited donations while informing their units,

battalions, and co-workers on the benefits and importance of AER. Active duty, retirees and civilians here on Fort Huachuca contributed by checks, cash, or allotments. Campaign donations are strictly voluntary. Those who contributed understand that life circumstances and

situations are unforeseen. These donations help our active duty, retirees and dependents in emergency situations. On behalf of HQ AER, and the Fort Huachuca community, thank you for supporting this year's campaign and helping the Army take care of its own! ***ARMY STRONG!***

ACS Relocation Helps You Make Your Move!

There are trained Relocation professionals on every installation whose job it is to assist you and your family with all aspects of your move. An initial visit to them will save you money, reduce the stress of the unknown, and promote productivity. Remember, every move is different depending on the family situation and the destination. The Relocation personnel

will direct you to the offices and personnel you need to visit to facilitate your move. For example, they will send you to the Transportation and Housing offices with instructions on what questions to ask and helpful tips on finding new housing, booking your shipments, and departing your current assignment. They will inform you of the processes that these offices use and they

will stay in touch with you to assist you if you encounter any information you do not understand. Traveling Overseas with your Pet? Do you know the restrictions, requirements and shipping process?

Talk with your Relocation Manager at 533-5919 to get the information on PCS moves to include benefits and allowances.

19 JUNE: Juneteenth, also called Freedom Day and Emancipation Day, celebrates the abolition of slavery in the United States. On June 19, 1865, Union soldiers arrived in Texas to deliver news that President Lincoln has issued the Emancipation Proclamation, freeing the enslaved.

Although Lincoln's Proclamation was issued on January 1, 1863, it took nearly two and half years for word to travel from Washington to Texas. By then, Texas had amassed more than 250,000 slaves. Since 1865, Juneteenth has been informally celebrated throughout the country

however in 1980, Texas became the first state to recognize it as an official holiday. Shortly thereafter, other states also proclaimed the holiday. Today, Juneteenth is a celebration of African-American freedom, heritage and culture observed through songs, communal cookouts and parades.

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THE WHOLE INSPIRATION OF OUR LIFE AS A NATION FLOWS OUT FROM THE WAVING FOLDS OF THIS BANNER. ~AUTHOR UNKNOWN

AVAILABLE AT ACS!

Military & Family Life Counselor Program

MFLCs provide short term, situational, problem-solving counseling services to Service Members and their Families.
Call 520-559-0604

ACS Mission

“The mission of the ACS center is to facilitate commander’s ability to provide comprehensive, coordinated, and responsive services that support readiness of Service Members, civilian employees and Families. Maximize technology and resources, adapt to unique installation requirements, eliminate duplication in service delivery, and measure service effectiveness.”

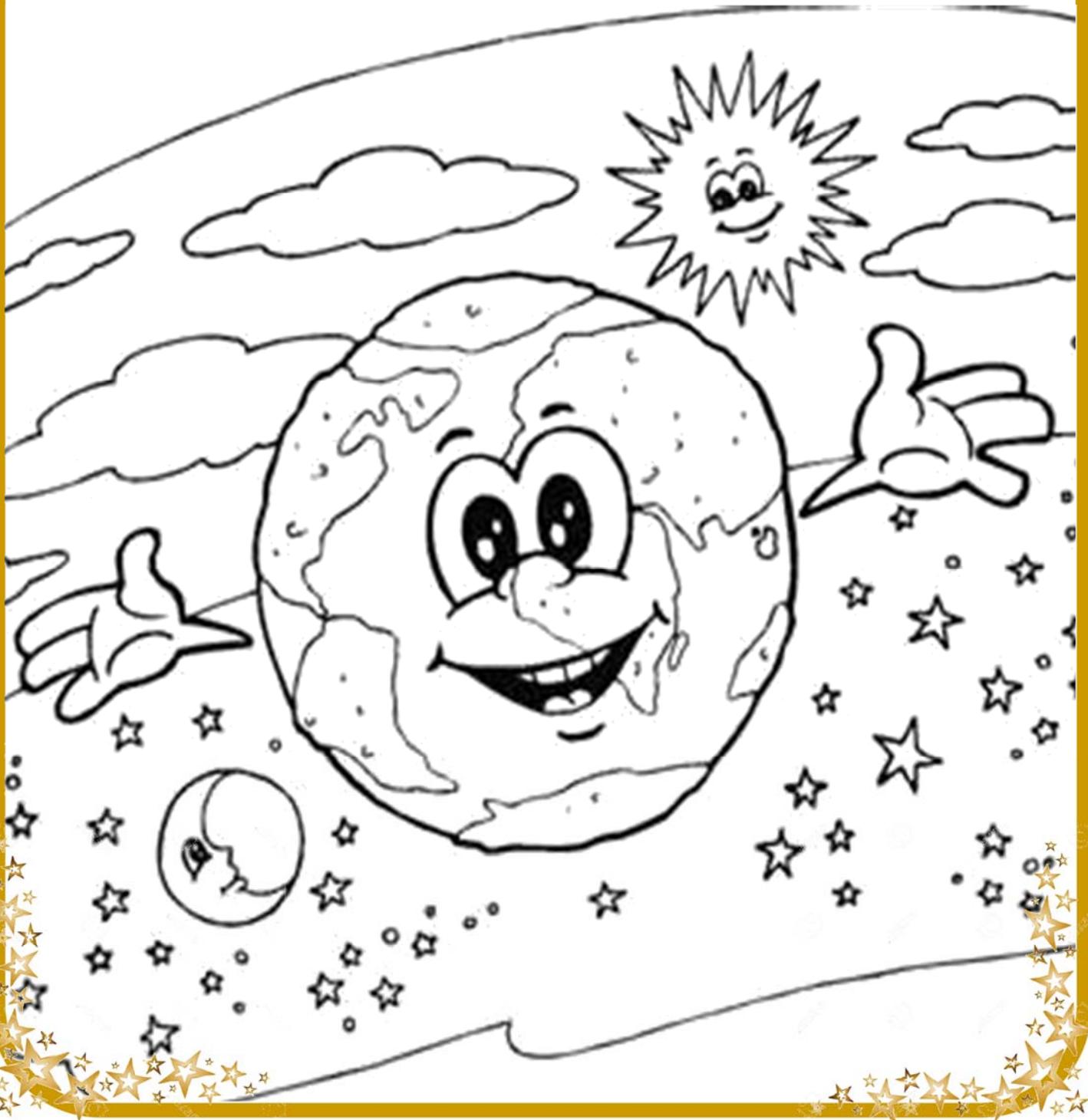
**Army Community Service
Building 50010, Smith Avenue
MON - WED, FRI 0800 - 1630
THU 1000 - 1630
(520) 533-2330**

We know the system—we can help!
ACS is *not* only for emergency situations. We offer information and referral services as well as a wide variety of programs and trainings.

Check us out on Facebook:
FORT HUACHUCA ARMY COMMUNITY SERVICE
<http://www.huachuca.army.mil/pages/acs/index.html>

Summer Fun Facts For Kids:

20 JUNE: The Summer Solstice marks the beginning of the summer season in the Northern Hemisphere. On this day, the North Pole is tilted towards the Sun at the highest degree of angle. Places in the Northern Hemisphere experience the longest hours of sunlight throughout the year on this day.





ARMY COMMUNITY SERVICE PROGRAMS:

Army Emergency Relief (AER)

Assistance is provided in the form of interest-free loans, grants or a combination of both during time of emergency to relieve distress of Soldiers and their Family members. AER offers scholarships for dependent children through the web site www.aer.hq.org

Army Family Action Plan (AFAP)

A grassroots-level process that identifies issues of concern of the global Army Family. AFAP is an annual conference that allows everyone in the Army the opportunity to influence his/her own quality of life and standard of living.

Army Family Team Building (AFTB)

An Army-wide program for all Family Members associated with the military. Classes are available at ACS or online at myarmylifetoo.com. There are three levels of classes: Level I: the basics of military life to include entitlements & benefits, impact of the mission, acronyms, customs and courtesies, etc. Level II & III: self-enhancement. Perfect for the FRG volunteer. Classes include conflict resolution, personality traits, time management, etc.

Army Volunteer Corps (AVCC)

The Army Volunteer Corps is a central point of contact for those wishing to volunteer in the community. Volunteering offers job skills, training, references and networking opportunities. Volunteers may earn certificates of appreciation, Military Outstanding Volunteer Service Medals (MOVSM), etc.

Employment Readiness Program (ERP)

Employment Readiness is intended to maximize opportunities for initial and continued employment by providing employment counseling, job information, skills training, and referral services. The ERP is intended to assist Service Members, Family Members, retirees, as well as DOD civilians.

Exceptional Family Member Program (EFMP)

Is a mandatory enrollment program that coordinates with military and civilian agencies to provide community support, housing, education, medical and personnel services to Families with special needs. The special need could be physical, emotional, developmental, or intellectual. Examples of special needs are: asthma, allergies, diabetes, epilepsy, hemophilia, limited mobility, language difficulties, depression, or developmental delays. The program also offers systems navigation services for community resources.

Family Advocacy Program (FAP)

The Family Advocacy Program is designed to preserve Family wellness through prevention. Prevention is accomplished through awareness, education and support. These goals are achieved through distribution of written material, support groups and classes. Unit presentations may be arranged to meet group specific requirements.

Family Advocacy Programs

***Domestic Violence Program / Child Abuse Prevention
Sexual Assault Prevention / Family Violence Prevention
Victim Advocacy & Transitional Compensation***

FAP New Parent Support Program (NPSP)

This voluntary program provides educational and supportive services and in-home services to military families with children up to three years old, including Families who are expecting a baby. Focusing on Family support, NPSP attempts to increase Family well-being through community education and the promotion of healthy Family functioning.

Survivor Outreach Services (SOS)

SOS is a multi-agency approach to delivering services to survivors. SOS will allow the Army to better identify the needs of others touched by the loss of a Soldier. The SOS Mission is to expand and improve services to Survivors.

Information, Referral and Follow Up (IR&F)

IR&F provides ready access to information that will assist Service Members and their Families in meeting needs and improving quality of life. It also establishes and maintains cooperative relationships with private, public, military and volunteer information and referral agencies.

Financial Readiness Program

The Financial Readiness Program educates Service Members, Family members, and the Fort Huachuca community about their consumer rights. Financial assistance is given in spending plans, budgeting, debt liquidation, credit concerns, security clearance concerns, Family Supplemental Subsistence Allowance, Service Members Civil Relief Act, etc. Unit training is available, as well as one-on-one appointments.

Mobilization and Deployment

The Mobilization Deployment Specialist will support the Deployment and Mobilization mission by assisting the command, Service Members and their Families throughout the deployment cycle. Unit training as well as one-on-one assistance is available. Areas of assistance include, but are not limited to: Rear Detachment Training, pre-deployment, post deployment, reunion workshops, Family Care Plan Assistance, Operation R.E.A.D.Y. training, Family Readiness Group training and assistance, and Family "survival" strategies throughout the deployment cycle.

Relocation Readiness Program (RAP)

RAP will assist in easing the burden of moving. Assistance offered; official installation packets, welcome packets, Lending Closet, overseas briefings, sponsorship training, and various resources.

**CALL 520-533-2330 FOR MORE
INFORMATION!**

