

JBSA Family Advocacy Program

OCT - DEC 2016

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Our mission is to build healthy communities and improve mission readiness.

Family Advocacy Officer's Corner

BREAK THE SILENCE, STOP THE VIOLENCE!

Did you know that 1 in 4 women, and 1 in 7 men will be victims of severe violence by an intimate partner in their lifetime? This October, the JBSA Family Advocacy Program would like your help honoring Domestic Violence Awareness month by promoting peace in our own families, homes, and communities. In honor of the survivors of domestic violence and the continuous fight to combat violence in the home we will be promoting multiple events. The purple lighting of various buildings across all 3 bases will take place October 1st and continue throughout the month. October 4th is National Night Out! Make sure to stop by our table featuring "I Can, We Can", an interactive art project centered on ending abuse through unity. Family Advocacy is also hosting our annual 5k on October 22nd. The run will begin at the Community Aquatic Center 3548 Williams way JBSA- Ft. Sam Houston. Free registration begins at 0745, the run begins at 0830. Runners can show awareness by wearing a purple top. We are collecting new baby clothes, white towels, white twin size sheets, new socks, and new undergarments for women and children of all sizes. All donations will go to women and children shelters. As we spread awareness this month, the FAP team encourages you to take advantage of our family support services.



9 Health and Safety Tips!

1 Wash your hands often.

Keeping hands clean is one of the most important steps you can take to avoid getting sick and spreading germs to others. Wash your hands with soap and clean running water for at least 20 seconds. If soap and clean water are not available, use an alcohol-based product.

2 Travel safely.

Whether you're traveling across town or around the world, help ensure your trip is safe. Don't drink and drive, and don't let someone else drink and drive. Wear a seat belt every time you drive or ride in a motor vehicle. Always buckle your child in the car using a child safety seat,

booster seat, or seat belt according to his/her height, weight, and age. Get vaccinations if traveling out of the country.

3 Manage stress.

The holidays don't need to take a toll on your health. Keep a check on over-commitment and overspending. Balance work, home, and play. Get support from family and friends. Keep a relaxed and positive outlook. Get enough sleep.

4 Stay warm.

Cold temperatures can cause serious health problems, especially in infants and older adults. Stay dry, and dress warmly in several layers of loose-fitting,

tightly woven clothing. Check on children, the elderly and pets.

5 Get check-ups & vaccinations.

Exams and screenings can help find problems early or before they start. Vaccinations help prevent diseases and save lives. Schedule a visit with your health care provider for a yearly exam. Ask what vaccinations and tests you should get based on your age, lifestyle, travel plans, medical history, and family health history. Schedule a visit with your health care provider for a yearly exam. Ask what vaccinations and tests you should get based on your age, lifestyle, travel plans, medical history, and family health history.

Did you know?

Our New Parent Support Program (NPSP) provides information, support and guidance to parents as they care for their newborns, infants and toddlers up to 3 years old! Contact NPSP for more information at 210-808-6469 (FSH), 210-292-5967 (LAK).

Events

Family Advocacy will be at National Night Out on October 4, 2016. Come by our table featuring "I Can, We Can" art project to kick off domestic violence awareness month of October.

- Oct. 1- Purple Lighting
- Oct. 4- National Night Out
- Oct. 22- 5K Run/Walk

Flu Shots

Flu vaccination is mandatory for all active duty members and all hospital employees. Flu shots will be available at the WHASC beginning Sept. 26. The hours of service are M-F, 0730-1600. For more info, contact 292-4278.

JBSA Hotlines

DOD Safe Helpline:

877-995-5247

Suicide Prevention:

800-273-Talk (8255)

Sexual Assault Hotline:

210-808-SARC (7272)

Domestic Abuse Hotline:

210-367-1213

Duty Chaplain:

210-221-9363

Ask what vaccinations and tests you should get based on your age, lifestyle, travel plans, medical history, and family health history.

6 Watch the kids.

Children are at high risk for injuries. Keep a watchful eye on your kids. Keep potentially dangerous toys, food, drinks, household items, choking hazards (like coins and hard candy), and other objects out of kids' reach. Learn how to provide early treatment for children who are choking. Develop and reinforce rules about acceptable and safe behaviors for all electronic media.

7 Prevent injuries.

Injuries from falls and fireworks often occur around the holidays.

Use step stools instead of furniture when hanging decorations. Leave the fireworks to the professionals. Most residential fires occur during the winter months. Keep candles away from children, pets, walkways, trees, and curtains. Never leave fireplaces, stoves, or candles unattended. Don't use generators, grills, or other gasoline- or charcoal-burning devices

8 Handle and prepare food safely.

As you prepare holiday meals, keep you and your family safe from food-related illness. Wash hands and surfaces often. Avoid cross-contamination by keeping raw meat, poultry, seafood, and eggs (including their juices) away from ready-to-eat foods and eating surfaces. Cook foods to

the proper temperature. Refrigerate promptly. Do not leave perishable foods out for more than two hours.

9 Eat healthy, and be active.

With balance and moderation, you can enjoy the holidays the healthy way. Choose more vegetables and fruit. Select just one or two of your favorites from the host of tempting foods. Find fun ways to stay active, such as dancing to your favorite holiday music. Be active for at least 2½ hours a week. Help kids and teens be active for at least 1 hour a day.

Source: <http://www.cdc.gov>



Leadership Highlights

Family Advocacy Outreach Managers are responsible for training all commanders and first sergeants at the beginning of the new fiscal year beginning October 1, 2016. It's time again! Please contact your assigned outreach manager to schedule your FAP training at 292-5967 (LAFB/FSH) or 652-6308 (RAFB).

Did you know ChildSafe welcomes the opportunity to provide off-site child abuse prevention and education training to community groups? They will provide lunch and a Walmart gift card. Take advantage of this great training resource by contacting your Family Advocacy Outreach Manager.

Victim Advocates

The JBSA Family Advocacy Program has Domestic Abuse Victim Advocates (DAVAs) available 24 hours a day and seven days a week! Our DAVAs provide comprehensive services that center on awareness and prevention education, victim advocacy and overall system response. If you or someone you know has experienced domestic violence, you are not alone. Contact our DAVA crisis hotline at 210-367-1213 for assistance.

Fort Sam FAP has a New Home!

We will soon be in our new building located at 2270 Stanley Rd Bldg. 198, JBSA Fort Sam Houston TX 78234-2646.



We Offer FREE Classes!

Family Advocacy offers self, couple, and family enrichment classes. Call for dates, times, and locations. Registration required! 292-5967 (LAFB/FSH) or 652-6308 (RAFB).

Parent Education

- Love and Logic
- Active Parenting of Teens
- Dad's the Basics
- Scream-Free Parenting
 - 1-2-3 Magic

Relationships/Singles

- Marriage L.I.N.K.S.
- Scream-Free Marriage
 - PICK

Self Improvement

- Anger Management
- Women's Empowerment Group
 - Change Step