



*McGhee Tyson ANG Base, TN
Family Program Newsletter
May 2009*



The McGhee Tyson Family Readiness Group (FRG) represents the 134th ARW, 119th CCS, 228th CBCS, 572nd AF Band & the Training and Education Center (TEC).

McGhee Tyson families visited the base during both the April and May UTAs. Above, TSgt Mike Anderson and Zachary collect eggs while Col Tommy Cauthen welcomes everyone to our annual Family Readiness Easter Egg Hunt. Below, Lt Col John Tereshko enjoys Family Day while TSgt Jason Murphy entertains the crowd with juggling and magic.



Military OneSource Increases Free Counseling Sessions

Effective 1 April 2009, MOS will increase the number of non-medical Behavioral Health counseling sessions offered for service members and their families from six to 12 sessions per person per issue. The new 12 session limit applies to face-to face counseling through our Affiliate Providers, Short-Term Solution-Focused Telephonic Consultations, and Online Consultations. MOS is developing an aggressive roll-out plan to ensure the information about this new guideline is appropriately reflected throughout their operational systems, information platforms, policies and procedures, marketing materials, and communications. For participants already authorized for six sessions of counseling before 1 April 2009, requests for six additional sessions will be authorized on a case-by-case basis when the Network Affiliate Provider requests the additional sessions. MILITARY ONESOURCE 1-800-342-9647 or www.militaryonesource.com

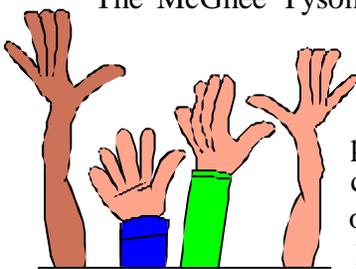
MISSION READINESS THRU FAMILY READINESS

Family Readiness is your responsibility. It takes time and effort to make sure your loved ones are ready for family separation, whether it's due to training or mobilization. That effort is rewarded with the peace of mind that comes from knowing your loved ones and your property are secure. Every Guard member can benefit from making plans and arrangements for:

- *care of loved ones
- *financial matters
- *legal matters
- *medical needs

Readiness can improve your quality of life. You can spend more time and energy on the job at hand when you are freed from worries about the future. Less stress can mean better health- for you and your loved ones!

YELLOW PAGES



**VOLUNTEERS
NEEDED**

The McGhee Tyson Family Readiness Group would like to know your area of expertise in order to help family members when their spouses are on deployments or an extended TDY. You can help by becoming part of our Family Readiness Services Yellow pages. If you know electrical, plumbing, auto mechanics, air conditioning, sprinkler system, how to mow a lawn, computers, or just an overall handyman, we want your number. We are looking for people who will provide a free or discounted service to our unit members in need during a deployment or an extended TDY. If you would like to become a part of our Yellow Pages, please contact Steve Latham in the Family Program Office or call 985-3107. (This information will be used by the Family Program Coordinator and not for general distribution.)

Sesame Street DVD Packets Available to Help Families during Deployment

Sesame Street DVD packets, which include a Parent/Caregiver magazine, a child activity poster, and a DVD entitled "Talk, Listen, Connect: Helping Families during Military Deployment," are available now through Military OneSource at www.militaryonesource.com. The DVD is intended for children ages 2-5 years. The kits are bilingual, and will help military families and their young children cope with feelings, challenges, and concerns experienced through the phases of deployment: pre-deployment, deployment, and homecoming.

Family Readiness Group Mission

To improve the quality of life and enhance readiness by assisting the military family. This assistance will include; providing information, education & training to family members and empowering the family to handle their personal affairs in times such as deployment, separation and hardship!

