

Summer 2012 Newsletter

Summer 2012, Issue 8
Topic: Positivity

Photo courtesy of Jason Boynton



Legends say that hummingbirds float free of time, carrying our hopes for love, joy and celebration. Like a hummingbird, we aspire to hover and savor each moment as it passes, embrace all that life has to offer and to celebrate the joy of everyday. The hummingbird's delicate grace reminds us that life is rich, beauty is everywhere, every personal connection has meaning and that laughter is life's sweetest creation...Papyrus

Air Force Families Forever

“Ensuring that the families of our fallen Airmen are never forgotten by providing immediate and long-term compassionate support.”

Please know that we are not attempting to endorse any company, service or product, nor are we attempting to impose any beliefs on you. We are simply giving you options to explore as you desire.



Self-improvement

Self-improvement is an internal process that requires inner work. The goal is to live a better, happier, and healthier life...

"He who asks of life nothing but improvement of his own nature is less liable than anyone else to miss and waste life." ~Henri Frederic Amiel

Guidance for self-improvement and growth

1. Look around you and watch how people behave in various circumstances. Watch the people you meet at home, work, and out in public. Also watch and learn from people interviewed on TV and movies.
2. Watch how people talk, walk and react, and how they are consequently treated by others.
3. Pay attention to the way people use their voice and how they react to others' voices. Pay attention to how you feel and act when people use different tones or volume. Watch what happens when people get angry, restless or upset, and what happens when they are calm and relaxed.
4. If you do not like what you see, analyze what and why you do not like it, and then analyze your own behavior to find out if you behave in a similar way. Be honest and impartial in your analysis.
5. If you discover that you possess some of these undesirable traits of character and behavior, affirm to yourself that every time you express these habitual ways of acting, you are going to be aware of them and do your best to avoid them.
6. Do not be disappointed or frustrated if you do not attain fast results. It does not matter how many times you fail or forget to act as you would have liked. Preserve with your efforts and never give up, and you will begin to see how you and your life changes.

What does changing a habit look like?

"I really want to change this bad habit."

"Shoot, I did it again!"

"That was close - I almost did it!"

"I remember when I used to do that."



CONSTRUCTION



Motivation is a **driving force**. In order to accomplish anything, you need a driving force, otherwise nothing will happen. A wish is not strong enough to make you take action. A wish is a weak desire. Only a **strong**, felt desire can drive you forward to act, to accomplish aims and achieve goals...

Use the following tips to get motivated!!!

1. Think, meditate and ponder what you *really* desire. Is it worth your time and effort?
2. Make your goal(s) very clear. Writing it down will help.
3. Think often about your goal and desire. ***Imagine...***
4. Visualize your goal as already accomplished, and close your mind to contrary thoughts.
5. Read books or articles about the subject of your goal. Immerse yourself!
6. Read about people who have achieved success.
7. Think often about the benefits you will gain by achieving your goal.
8. Visualize, and think about how you will feel after achieving your goal.
9. Read positive affirmations such as: "I have the desire and inner strength to achieve my goal." Repeat this affirmation often, with faith and strong conviction.
10. Start with doing something small toward your goal. Even tiny successes will lead to greater successes!

"The present is the ever moving shadow that divides yesterday from tomorrow. In that lies hope." ~Frank Lloyd Wright





Affirm Yourself!

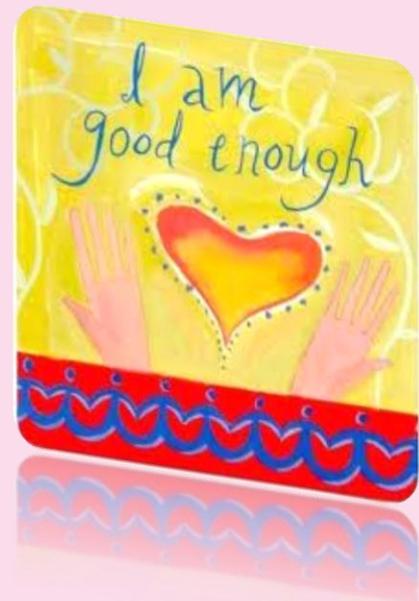
Often, people repeat negative statements in their minds without even being aware of what they are doing. Do you keep thinking and telling yourself that you cannot do something, you are too lazy, lack inner strength, or that you are going to fail? Your subconscious mind accepts as true what you keep telling it, and eventually attracts corresponding events and situations into your life, irrespective of whether they are good or bad for you,,, so why not choose only positive self-talk?

The power of affirmation can help you transform your life. By stating what you want to be true in your life, you mentally and emotionally see and feel it as true, regardless of your current circumstances, and thereby attract it into your life...

It is advisable to repeat positive affirmations that are not too long, and are easy to remember. Repeat them whenever your mind is not engaged in something important...

Examples:

- ~I am healthy and happy*
- ~Wealth is pouring into my life*
- ~I am beautiful*
- ~I am smart*
- ~I can do anything I put my mind to*
- ~I am successful in whatever I do*
- ~Everything is getting better everyday*
- ~I have the perfect job for me*
- ~I am surrounded by love*
- ~I am worthy of great things*



Appreciation & Gratitude



Being constantly aware of the good things in your life, and feeling grateful for them, can have a huge impact on the quality of your life. When you are filled with appreciation, it quite literally changes the dynamic of your reality...

Let's look at some practical ways where you can start incorporating gratitude into your life so you can start enjoying the benefits immediately:

1. Have a morning gratitude review... make it a daily ritual to take a couple minutes at the start of your day to think of all the people and things in your life that you are grateful for (there are great smart phone applications for this).
2. When you are having a hard day, make a gratitude list... that means you will need to step away from the stressor(s), and focus on your list.
3. Instead of getting mad at somebody, show gratitude... this can be extremely challenging, since when we're angry or irritated with someone we generally can't see past the feelings. Instead of saying something out of anger, find something about that person you admire/appreciate, and focus only on that reason to feel grateful for them. Slowly your mood should begin to shift away from the anger towards them with compassion.
4. Instead of criticizing, show gratitude... everyone has something good about them, so take the opportunity to highlight that something. This usually makes them want to do more things to please you!
5. When you face a major challenge, be grateful for it... see it as an opportunity to learn and grow.
6. Express gratitude to others at every opportunity. Don't forget to say "thank you!"
7. Focus on what you have, and not what you don't have.

"It's not having what you want. It's wanting what you've got." ~Sheryl Crow

THANK
YOU

Family's Sharing Space...

We would like to thank all of you for your willingness to share significant dates related to your loved ones, as well as sharing those special memories you hold dearly in your hearts...

Happy Birthday:

Judy Gentz would like to wish her son, Joel Gentz, a Happy Birthday on 9 July

Chrissy Matthews would like to wish her son, Ryan Matthews, a Happy Birthday on 17 July

Michele Threlkel would like to wish her husband, Robin Threlkel, a Happy Birthday on 23 July



Accomplishments:

Thad Forester would like to congratulate his brother, Mark Forester, on being awarded the Silver Star

Ryan Matthews would have served 4 years in the U.S. Air Force in June 2012



Wedding Anniversaries:



Jeremy & Michele Nelson met when they were 11 years old... 2 June 2012 would have been 18 years of marriage

Joel & Kathryn Gentz would have celebrated their 4th anniversary on 7 June 2012

Gone, but never forgotten...

Joseph Hamski – 1 year (26 May 2012)

Joel Gentz – 2 years (9 June 2012)

Jermode Pharr – 3 years (4 July 2012)

Jeff Hill – 2 years (28 July 2012)



Family's Sharing Space cont'd...

We would like to thank you all for your willingness to share significant dates related to your loved ones, as well as sharing those special memories you hold dearly in your hearts...



I thought of you today, but that is nothing new. I thought about you yesterday, and days before that too. I think of you in silence, I often speak your name. All I have are memories and a picture in a frame. Your memory is a keepsake, from which I'll never part. God has you in His arms. I have you in my heart...

~Chrissy Matthews will always remember how much her son, Ryan Matthews loved the outdoors, especially hunting.

~Rachael Hill remembers everyday with her husband, Jeff, being a new adventure, and his constant witty comments always keeping everyone giggling and on their toes. "He was the epitome of living everyday to its fullest!" ~Rachael Hill

~Hattie Lou Stapleton says her brother, Thomas Perkins, never met a story he couldn't embellish.

~Mary Ellen Winston will always remember her son, Joseph Hamski, even as a grown man, whether on base or at war, always ending every conversation with "I love you Mommy." "I love you too babe." ~Mary Ellen Winston

~Judy Gentz remembers her son, Joel Gentz, as being humble yet a strong leader... "He'd never ask someone to do something he wasn't willing to do himself." ~Judy Gentz

~Linda Ambard will never forget the way her husband's, Phil Ambard, eyes lit up when she entered the room, or all the accents he used to make her laugh... "He spoke 10 languages." ~Linda Ambard

Resource Center

Note: The following resources are intended to provide additional information that may be useful or interesting. Air Force Families Forever, however, cannot attest to the accuracy or value of the information provided. By providing these resources, Air Force Families Forever is not attempting to endorse a program or resource, its only intent is to contribute potentially helpful information.

Counseling Sources:

Military One Source (MOS) - Provides face-to-face counseling, telephone consultation, online consultation (instant messenger), and financial consultation. www.militaryonesource.mil

Department of Veterans Affairs (VA) - Offers bereavement counseling to parents, spouses, and children of service members; also available to reservists and National Guardsmen who die while on duty. www.va.gov

TRICARE through Military Treatment Facilities (MTF) - Appointments with Social Workers, Psychologists, and/or Psychiatrists through referral from primary care physicians (health plan options and costs for TRICARE vary based on the sponsor's military status when he/she died; if surviving family member is a spouse or child) . www.tricare.mil

Education and Employment:

Fisher House Foundation Scholarships for Military Children - A scholarship program for children of military members. www.militaryscholar.org/

Pat Tillman Scholarship - A scholarship intended to cover tuition, fees, books, room and board, as well as child care for spouses of Active Duty and veteran service members. Partners with existing education benefits. <http://www.pattillmanfoundation.org/tillman-military-scholars/apply/>

Folds of Honor Foundation - Provides scholarships to spouses and children of service members disabled or killed as a result of their military service. www.foldsofhonor.org/

USA Jobs - A job search site to help military spouses find careers with the Federal Government. Also gives the opportunity to use preference as a surviving spouse; preference also applies to surviving children. www.usajobs.com

Career One Stop - Helps military spouses with career planning, training, and job search resources. www.careeronestop.org/militaryspouses

Resource Center cont'd

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Support Groups/Organizations:

Tragedy Assistance Program for Survivors (TAPS) - Offers peer mentoring, 24/7 information line, publishes quarterly newsletters, hosts online community of survivors (chat rooms, message boards, peer group discussion sites), sponsors military survivor seminars for adults and Good Grief Camps for children). www.taps.org *The U.S. Air Force proudly endorses the **TAPS** organization*

American Widow Project (AWP) – Emphasis on healing through sharing stories over blogs, getaways, and conventions. www.americanwidowproject.org

Grief Share - Offers weekly grief recovery support groups throughout the U.S. and Canada, and many other international locations. www.griefshare.org

Airmen and Family Readiness centers at DoD installations - Offers a number of services to military members and their families. Services include, but are not limited to: transition assistance, employment readiness, and financial management, relocations, etc. www.afas.org

Air Force Aid Society - Provides emergency financial assistance and education assistance programs to spouses and dependent age children of Air Force personnel who die on Active Duty.

Compassionate Friends - Offers support groups in cities throughout the U.S. and online for bereaved parents, siblings, and grandparents. www.compassionatefriends.org

Men's Bereavement Network - Offers support groups throughout the U.S. for men grieving the loss of a spouse, specifically designed to address the unique way in which men grieve. www.mensbereavement.org

Air Craft Casualty Emotional Support Services (ACCESS) - An air disaster bereavement network dedicated to connecting those who lost a loved one in a plane crash. www.accesshelp.org

The Dougy Center for Grieving Children & Families - An organization that helps grieving children in centers located throughout the U.S. www.dougy.org/

American Gold Star Mothers - A community of mothers who have lost a child while serving on Active Duty. Chapters located throughout the U.S. www.goldstarmoms.com

Gold Star Wives of America - A community of widows and widowers who have lost a spouse on Active Duty. Chapters located throughout the U.S. www.goldstarwives.org



Air Force Families Forever

Contact Information:

Sadiqa Moore, Family Support Coordinator

302-677-2393

sadiqa.moore@us.af.mil

<http://www.mortuary.af.mil/library/familiesofthefallensupportbranch/index.asp>

Air Force Families Forever

Mailing Address:

c/o Sadiqa Moore

116 Purple Heart Drive

Dover AFB, DE 19902

References used for newsletter:

www.successconsciousness.com

www.ehow.com

www.advancedlifeskills.com