

ROBINS REV-UP

NOVEMBER 17, 2017

SUCCESS HERE = SUCCESS THERE!



Because of the Thanksgiving holiday, the Robins Rev-Up will not be posted next week. The next issue will be posted on Dec. 1.



Navigating Disasters

FEMA works with Team Robins to mitigate emergencies

ROBINS REV-UP

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NOVEMBER IS NATIONAL DIABETES MONTH

Want to know more about Diabetes? Here's a lot of useful information.

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78TH SAFETY BREAK

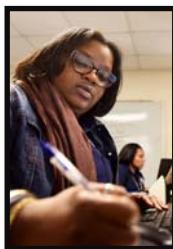
New hazard reporting tool coming in January!

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HOLIDAY HOURS

Services, AAFES and Med Group offer limited services during holidays.

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ON THE COVER

Sharon Fraley, Federal Emergency Management Agency finance cost unit lead, tracks operation costs for FEMA activities at the agency's base of operations. Robins serves as the overall hub of operations for 350 FEMA staff spread throughout the state as they provide public assistance, individual assistance and mitigation. For more information, see page 3. (U.S. Air Force photo/TOMMIE HORTON)

COMMANDER'S ACTION LINE

ROBINS.ACTIONLINE@US.AF.MIL DSN 468-2886

The Commanders Action Line is an open-door program for Team Robins personnel to give kudos, ask questions or suggest ways to make Robins a better place to live, learn, work and play. The most efficient and effective way to resolve a problem or complaint is to directly contact the responsible organization.

That gives the organization a chance to help you, as well as a chance to improve its processes. If you do contact the Commanders Action Line, please fully explain whom it is you want to recognize and why, what you have a question about, or your suggestion. Discourteous or disrespectful submissions will not be processed. Commander's Action Line items of general interest to the Robins community will be printed in the Robins Rev-Up.

78th Comm Group First Response Center – 478-926-4357 or DSN 468-4357

78th Civil Engineer Service Call Desk – 478-327-7447 or DSN 497-7447

78th Force Support Squadron CC– 478-926-5023 or DSN 468-5023

78th Medical Group Patient Advocate – 478-327-8475 or DSN 497-8475

78th ABW Safety Office — 478-926-6271 or DSN 468-6271

78th Security Forces Squadron CC – 478-926-3212 or DSN 468-3212

Civilian Personnel Customer Service – 478-222-0601 or DSN 472-0601

Comptroller Front Office – 478-926-4462 or DNS 468-4462

Family Housing – 478-926-3776 or DSN 468-3776

Equal Opportunity – 478-926-2131 or DSN 468-2131

Household Goods – 478-222-0114 or DSN 472-0114

Inspector General Complaints – 478-222-0818 or DSN 472-0818

Inspector General Inspections – 478-327-5523 or DSN 497-5523

Sexual Assault Response Coordinator (SARC) – 478-327-7272 or DSN 497-7272

Vehicle Dispatch (Transportation) – 478-926-3493 or DSN 468-3493

SUBMISSION GUIDELINES

Submissions must be received by 4 p.m. Wednesday, the week prior to the requested Friday publication. They should be emailed to 78abw.pa.office@us.af.mil

Submissions should be of broad interest to the base populace. For information, call 478-926-2137.

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(U.S. Air Force photos/TOMMIE HORTON)

Chief Master Sgt. Emilio Hernandez, 78th Air Base Wing command chief and Col. Lyle Drew 78th ABW commander meet with Tom McCool, Federal Emergency Management Agency federal coordination officer, during a visit to the agency's base of operations at the complex. Robins serves as the overall hub of operations for 350 FEMA staff spread throughout the state as they provide public assistance, individual assistance and mitigation. (U.S. Air Force photo by TOMMIE HORTON)

Navigating Disasters

FEMA works with Team Robins to mitigate emergencies

By JONATHAN BELL
Robins Air Force Base

This year's natural disasters have been brutal for many in the United States.

Georgia, Alabama, South Carolina, Mississippi, Florida, Texas, the Virgin Islands and Puerto Rico have all been directly affected by hurricanes in 2017.

And by the way, California was on fire.

A team from the Federal Emergency Management Agency, the Georgia Emergency Management Agency and other disaster relief experts gathered to help the people of the Peach State navigate through their tough time.

Being in the southeastern U.S., many people in coastal Georgia are used to the effects of hurricane season. However, this year, Hurricane Irma tracked up the west coast of Florida and right into the heart of Georgia.

Because of the higher than normal amount of storms and various tracks across the map, Georgia Governor Nathan Deal declared a state of emergency for all 159 counties in Georgia. Tom McCool, FEMA federal coordination officer, explained how exceptionally rare that is.

"In the last 11 months, the state of Georgia has received six presidential disaster declarations," he said. "That's almost unprecedented, and what is unprecedented is all 159 counties being declared under this presidential disaster.

"The cooperation with GEMA and the emergency management staffs at the county level has been second to none," he added. "We could not have done our job without the support of the people on those staffs, my hat goes off to them."

Being able to work together with the Department of Defense and GEMA was a key element to coordination for future planning on potential disasters that are yet to come.

"Being co-located on Robins Air Force Base with GEMA has been integral this hurricane season to FEMA's response to Harvey, Irma, Maria and to Nate," McCool said. "We couldn't have done it without the support of the DOD."

In addition to about \$20,000 a month in facilities fees that is being saved by basing operations on a military installation, Robins serves as the overall hub of operations for 350 FEMA staff spread throughout the state as they provide public assistance, individual assistance and mitigation.

Robins also offers a key logistical benefit to FEMA – its location. "We reached out to all DOD installations in Georgia, and our ideal target was Robins because it is centrally located within the state," said McCool.

FEMA's primary purpose while in Georgia is to support Gov. Deal, the county commissioners, the mayors, the local governments and citizens of Georgia.

The FEMA staff currently has a timeline in place that will see them finishing up assistance operations in Georgia by late spring to early summer of 2018.

NOVEMBER IS NATIONAL DIABETES MONTH

National Diabetes Month is observed every November to draw attention to diabetes and its effects on millions of Americans.

This year the National Institute of Health's National Diabetes Education Program 2017 theme is a reminder that You Are the Center of Your Diabetes Care Team.

Almost 30 million children and adults in the United States have diabetes and another 86 million have prediabetes, a condition in which blood glucose levels are higher than normal but are not high enough for a diagnosis of diabetes. People with prediabetes are at increased risk for developing type 2 diabetes, as well as, for heart disease and stroke.

Type 2 diabetes usually develops in middle-aged and older adults but can appear in young people. Many people with diabetes are not aware they have diabetes because the symptoms seem more like annoyances than signs of a dangerous condition.

The 10 most common early warning signs of diabetes are:

- Numbness**
- Increased Urination**
- Unexplained Weight Loss**
- Increase in Appetite**
- Blurry Vision**
- Itchy, Dry Skin**
- Unexplained Fatigue**
- Unquenchable Thirst**
- Slow Healing Cuts or Bruises**
- Irritated Gums**

So what is diabetes?

Diabetes is a group of metabolic diseases characterized by high blood sugar, or glucose, levels resulting from defects in insulin secretion, or its action, or both.

It was first identified as a disease associated with "sweet urine" and excessive muscle loss in the ancient world because elevated levels of blood glucose, or hyperglycemia, lead to spillage of glucose into the urine.

Normally, glucose levels are tightly controlled by insulin, a hormone produced by the pancreas, and the insulin lowers the blood glucose level.

When blood glucose elevates (for example, after eating food), insulin is released from the pancreas to normalize the glucose level by promoting the uptake of glucose into body cells; however, in patients with diabetes, the absence



of, insufficient production of or lack of response to insulin causes hyperglycemia.

Diabetes is a chronic medical condition, meaning that although it can be controlled, it lasts a lifetime. There are three main types of diabetes:

Type 1 diabetes – Your body does not make insulin. This creates problems because you need insulin to take the sugar (glucose) from the foods you eat and turn it into energy for your body.

Type 2 diabetes – Your body does not make or use insulin well. In this case you may need to take pills or insulin to help control your diabetes. Type 2 is the most common type of diabetes.

Gestational diabetes – Some women get this kind of diabetes when they are pregnant. Most of the time, it goes away after the baby is born but, even if it goes away, these women and their children have a greater chance of getting diabetes later in life.

Things to keep in mind if diagnosed with diabetes:

You are the most important member of your health care team! If diagnosed with diabetes, you are the one who will manage your diabetes daily so talk to your doctor about how you can best care for your diabetes to stay healthy.

Some others who can help are:

- Dentists**
- Certified diabetic educators**
- Dietitians**
- Eye doctors**
- Foot doctors**
- Pharmacists**

Learn more about diabetes!

Take classes to learn more about living with diabetes. To find a class, check with your Primary Care Manager or contact the Health Promotions Office at 478-327-8480 to see what classes are available in the local area.

Join a support group, in person or online, to get peer support with managing your diabetes.

Read about diabetes online by checking out www.YourDiabetesInfo.org

Take diabetes seriously!

You might have heard people say that they have "a touch of diabetes" or that their "sugar is a little high." These words suggest that perhaps diabetes is not that serious but, that is not correct. Diabetes is serious, but you can learn to manage it very effectively. People with diabetes need to make healthy food choices, stay at a healthy weight, move more every day, and take their medicine even when they feel good. That may sound like a lot to do, but, it's worth it!

Why take care of your diabetes?

Taking care of yourself and your diabetes can help you feel good today and in the future and when your blood sugar (glucose) is close to normal, you are likely to:

- have more energy**
- be less tired and thirsty**
- need to pass urine less often**
- heal better**
- have fewer skin or bladder infections**

You will also have less chance of having health problems caused by diabetes such as: **heart attack or stroke; eye problems that can lead to trouble seeing or going blind; pain; tingling or numbness in your hands and feet caused by nerve damage; kidney problems that can cause your kidneys to stop working; and teeth and gum problems.**

Important actions you can take: **Ask your doctor what type of diabetes you have; learn where you can go for support; learn how caring for your diabetes helps you feel good today and in the future; and follow your care plan carefully and follow up.**

For more information on local diabetic education or support programs please talk with your primary care provider or contact Stuart Bapties or Marita Radloff at 478-327-8480 to enroll in the upcoming Diabetes self-management class starting Dec. 13.



Resource Fair!



Robins will host a CATCH Kids resource fair Nov. 20. The event, which will take place from 2 - 3:30 p.m. in Bldg. 827 on Robins, will provide parents, grandparents, and caregivers an opportunity to meet members, and ask questions, of the team that is dedicated to providing help and assistance to our families, while letting the kids pick up educational materials on topics ranging from healthy eating and physical activity to drug use prevention and awareness.

CATCH KIDS facilitators will also be on hand keeping kids active with several fun games and physical activities where they can win


prizes for participating.

Robins' Health Promotions Department, the Family Advocacy Program, the Drug Demand Reduction Office, Robins' School Liaison Officer, Robins' Exceptional Family Member Program Coordinator, the Airman and Family Readiness Center, the 78th MDG, and Navicent Health Children's Hospital staff members will be available to answer questions and provide assistance.

The Med Group's dental professionals will be providing school screenings, along with children's dental health information.

The free event is available to all families with access to Robins.

Editor's note: For more information, contact Air Force Health Promotions at 478-327-8480.



No matter how hard the winds blow ...
No matter how tough the challenge ...

Like steel, I rise.

If you need help, it's only a phone call away

Finances & Work-Life Balance — 478-926-1256

Work, personal or Family Issues — 800-222-0364

Work Stress, Psychological Issues — 478-327-9803

Mental Health & Substance Abuse — 478-922-4281

78th MDG Mental Health Clinic — 478-327-8398

Suicide Prevention Lifeline — 800-273-8255

Sexual Assault & Victim Advocacy — 478-926-2946

WORKLIFE4YOU



Care for Yourself

Caring for an ill, injured, or disabled loved one can be both rewarding and exhausting. For family caregivers who are already juggling many priorities, it can take a lot out of you. Sometimes you may be left feeling rundown or sick. Work-Life4You can help you take care of yourself as you care for others. Here are five tips for avoiding burnout:

Learn about the condition or illness affecting the person you care for. Learn as much as possible about the condition and how it could change over time. This can help you be better prepared.

Having an idea of what to expect can lower your stress level.

It will help you plan for future medical needs. It might also give you time to learn skills you will need later.

Some health problems may cause your loved one to act out, say harmful things, or not even remember who they are. Staying educated about the illness can help you understand when this is a symptom and not act negatively toward it. Remember, sometimes your loved one is not sure how to deal with it either.

Do not be afraid to ask for help. Think positively about the hard work you do, but remember that it is OK to ask for help.

Make a list of tasks you would like help with and people you can call.

Ask a trusted neighbor to pick up some items for you from the store.

Ask family members to assist with household chores, paperwork, or research. You might be surprised at how willing they are to help.

Contact your local area agencies or volunteer groups for assistance. Many groups offer meal delivery, transportation, and respite care. WorkLife4You specialists can connect you to these services and other resources.

Take breaks. Find some time each day when you can safely step away — for example, when you have respite care or a trusted friend or family member visiting. During your break you can:

Go outside for a walk.

Go for a bike ride.

Read a book.

Listen to music.

Chat with a friend.

Schedule weekly or monthly respite care to give yourself breaks.

Even if you only have a few free minutes, give yourself a much-needed breather.

Take care of your health, too! To give the best care possible, you need to stay in good health. Your overall wellness is essential to your ability to keep providing for those you care for.

Eat healthy meals and snacks.

Engage in daily physical activity. It can help lower stress, increase your energy, and help keep your heart healthy.

Get regular health and dental checkups, and any health screenings you may need annually.

Make sure you get your annual flu shot and other appropriate immunizations.

Try to maintain regular sleeping patterns as much as possible.

Connect with other caregivers who may be going through the same thing. Your mental health is important too.

Stay positive! Be realistic about what you can and cannot do. This can help you keep a positive attitude, which can lighten the duties of caregiving.

Even if the person you care for is not able to show happiness or appreciation, you can feel good about the care you are giving and the love he or she is receiving. You may not be able to make the person you care for better, but you can protect his or her dignity and do your best to help them feel safe and loved. There are many things you cannot control, but you can control your actions. Learn to recognize the things you cannot control, and do not lose time worrying about how you cannot change them.

Being a family caregiver can be challenging; there is no doubt about it. You are there to support your loved one, and we are here to support you. Call Work-Life4You today for expert guidance and resources that can help you take care of yourself.

WorkLife4You is a voluntary and confidential employee benefit available to you and your family at no cost. Contact a work/life expert today.

Connect with us
 24 HOURS A DAY
 (800) 222-0364
 TTY: (888) 262-7848
 WorkLife4You.com
 Registration Code: usaf

78th Safety Break



SAFETY FIRST

New hazard reporting tool set to launch Jan. 1

BY Kat Blakely
78th Air Base Wing Safety Office

The new version of the Robins Air Force Base Hazard Reporting Tool, or HRT, will be rolling out Jan. 1. The new version is designed to streamline the process by ensuring hazards are addressed at the proper level. The tool provides a simple and easy way to report hazards, and ensures personnel and their concerns are screened by the appropriate agency. The new version has a questionnaire to help direct the

report to the qualified person or unit for review.

That may include bringing it to the attention of the supervisor, facility manager or the appropriate safety office.

The HRT program will also allow more accurate data for agencies to mitigate and or correct hazards in a timely manner.

The ICON for the HRT program can be found on the desktop of Robins AFB 2-K users.

An example of the ICON is shown to the right.



Editor's note: For more information, contact the 78th Air Base Wing Safety Office at 468-6271.

What's Happening

78th FSS

Give Parents a Break/ Hourly Care

Saturday
1 – 5 p.m.
CDC East/SAP - 478-926-5805
or DSN 468-5805

Midnight-in

Saturday
5 p.m. 12 a.m.
Ages 9 – 18 (in high school)
\$5, Drinks and food will be served
Youth Center - 478-327-6836

Membership Dinner

Nov. 20
Members & Family Only
5 to 7 p.m.
Country Dinner
Heritage Club Ballroom
Chicken Fried Steak, Fried Chicken, Mashed
Potatoes and Gravy, Vegetables, Tossed
Salad & more
Heritage Club - 478-926-2670
or DSN 468-2670

Kids Bowl Free

Nov. 20
Ages 17 and under bowl two games free
(rental shoes do not apply)
Bowling Center - 478-926-2112
or DSN 468-211

Dollar Day

Nov. 21
All games are \$1 all day
Bowling Center - 478-926-2112
or DSN 468-211

Movie Day at the Robins Lanes

Nov. 22
2 to 4 p.m.
Movie: "Cars"
\$6 per person includes three games of bowling, rental shoes and popcorn!
Bowling Center - 478-926-2112
or DSN 468-211

Family Day Bowling Special

Nov. 24
Rent a lane for only \$10 per hour
Bowling Center - 478-926-2112
or DSN 468-211

Black Friday Special

Nov. 24
Play 18 holes of golf for a coupon rate of \$25
include golf cart and show golf receipt, receive
20 percent discount on any golf shop purchase!
Pine Oaks Golf Course—478-926-4103
or DSN 468-4103

Stamp a Stack Card Making

Nov. 27
5 to 7 p.m.
\$25
Register now – Nov. 24
Arts & Crafts - 478-926-5282-7864 or
DSN 468-5282

Stash & Dash

Nov. 30
Registration starts 8:30 a.m.
Race starts 9 a.m.
Fitness Center Track
Main Fitness Center – 478-926-2128 or
DSN 468-2128

Thanksgiving Themed Craft at the Base Library

During the month of November
Base Library 478-327-8761 or
DSN 497-8761

College Football

Saturdays
3 to 10 p.m.
Bar & Food Specials (Burger, fries & drink)
Wings Lounge
Heritage Club Lounge - 478-222-7897 or
DSN 4472-7897

NFL Sunday Ticket

Sundays
Doors open at Noon
Bar & Food Specials
Wings Lounge
Heritage Club Lounge - 478-222-7897 or
DSN 4472-7897

Ladies Day at the Pine Oaks

Every Wednesday
9 a.m. & 4 p.m.
Members pay their regular rate
Non-Members Ladies golf for \$12 – 9 Holes or
\$24 – 18 Holes
Pine Oaks Golf Course - 478-926-4103 or
DSN 468-4103



Happy THANKSGIVING day

Thanksgiving Day Holiday Hours

	Wed. Nov. 22	Holiday Thurs. Nov. 23	Family Day Fri. Nov. 24	Sat. Nov. 25	Sun. Nov. 26	Mon. Nov. 27
After Burner	530-1030	Closed	Closed	Closed	Closed	Normal
Cafeteria	Closed	Closed	Closed	Closed	Closed	Normal
Fast Food (Limited)	0600-12:30	Closed	Closed	Closed	Closed	Normal
2	Closed	Closed	Closed	Closed	Closed	Normal
3	Normal	Closed	Closed	Closed	Closed	Normal
4	Normal	Closed	Closed	Closed	Closed	Normal
5	Normal	Closed	Closed	Closed	Closed	Normal
6	Normal	Closed	Closed	Closed	Closed	Normal
91	Closed 1300	Closed	Closed	Closed	Closed	Normal
91 Nights	Closed	Closed	Closed	Closed	Closed	Normal
645	Closed	Closed	Closed	Closed	Closed	Normal
640	No Deli Closed 1300	Closed	Closed	Closed	Closed	Normal
376	Closed	Closed	Closed	Closed	Closed	Normal
125	Closed 1300	Closed	Closed	Closed	Closed	Normal
125 Nights	Closed	Closed	Closed	Closed	Closed	Normal
300 Hallway	Closed	Closed	Closed	Closed	Closed	Normal
301	No Deli Closed 1300	Closed	Closed	Closed	Closed	Normal
140	No Deli Closed 1300	Closed	Closed	Closed	Closed	Normal
300 Foyer	Closed 1300	Closed	Closed	Closed	Closed	Normal
210	No Deli Closed 1300	Closed	Closed	Closed	Closed	Normal
QUICK TURN	No Deli Closed 1300	Closed	Closed	Closed	Closed	Normal

ROBINS AFB EXCHANGE

	Wed, 22 Nov	Thurs, 23 Nov	Fri, 24 Nov	Sat, 25 Nov	Sun, 26 Nov
Main Store	0900-1900	CLOSED	0600-2000	0900-2000	1000-1800
Main Store Firearms Counter	1000-1800	CLOSED	1000-1800	0900-2000	CLOSED
Dunkin Donuts	0600-1600	CLOSED	0500-1600	0800-1500	1000-1500
QDOBA	1030-1800	CLOSED	1030-1900	1100-1700	1030-1600
Burger King	0530-1800	CLOSED	0800-1500	0800-1500	1030-1600
Subway	0700-1900	CLOSED	0700-2000	0900-1900	1100-1700
Popeye's	1030-1900	CLOSED	1030-1900	1100-1800	1100-1700
Charley's	1030-1700	CLOSED	1030-1800	1100-1600	1100-1600
Military Clothing	0900-1800	CLOSED	1000-1400	1000-1400	CLOSED
Service Station	0900-2000	CLOSED	0700-2000	0800-2000	1000-1800
Express	0630-2000	CLOSED	0800-2000	0900-2000	0900-1700
CONCESSIONS:					
Wireless Phone Kiosk	0900-1900	CLOSED	0600-2000	0900-2000	1000-1800
Optical Center	0900-1800	CLOSED	0900-1800	0900-1800	1100-1700
Alterations	0900-1800	CLOSED	0900-1800	0900-1600	CLOSED
Laundry/Dry Cleaners	0900-1800	CLOSED	0900-1800	0900-1600	CLOSED
Firestone	0700-1800	CLOSED	0700-1800	0700-1800	CLOSED
Barber Shop	0800-1800	CLOSED	0900-1800	0900-1800	1100-1700
Beauty Shop	0900-1800	CLOSED	0900-1800	0900-1800	CLOSED
GIFT SHOP	0900-1800	CLOSED	0900-1800	0900-1800	CLOSED
GNC	0900-1800	CLOSED	0900-2000	0900-2000	1100-1700

78th Medical Group Holiday Hours

The 78th medical Group will be closed for the following holidays and Air Force Materiel Command family days:

Nov. 23 - CLOSED (Thanksgiving)

Nov. 24 - CLOSED
(AFMC Family Day)

Dec. 25 - CLOSED
(Christmas)

Dec. 26 - CLOSED
(AFMC Family Day)

Jan. 1 - CLOSED
(New Years Day)





Parting Shot

The Robins Air Force Base Pharmacy Team "Phamily" is comprised of active duty, civilian employees, contractors and volunteers. The team fills close to 1,000 prescriptions and typically has around 800 patient encounters each day. The pharmacy's most congested days are Fridays following training day when customer interactions skyrocket to 1,500. (U.S. Air Force photos by Raymond Crayton, Jr.)