Thanksgiving Holiday Hours Inside!

Robins Rev-Up

November 17, 2017

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
NOVEMBER IS NATIONAL DIABETES MONTH
Want to know more about Diabetes? Here’s a lot of useful information.  

78TH SAFETY BREAK
New hazard reporting tool coming in January!

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

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)

COMMISSIONER’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 DNS 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.

Contents of the Rev-Up are not necessarily the official views of, nor endorsed by, the U.S. government, Department of Defense or Department of the Air Force.

The appearance of hyperlinks does not constitute endorsement by the Department of Defense, Department of the Air Force.

HOW TO CONTACT US
Robins Public Affairs, Bldg. 270
Robins Air Force Base, Georgia, 31098
Fax 478-926-9597
Phone: 478-926-2137
Email: 78abw.pa.office@us.af.mil
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.
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 glucose cause the symptoms that 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

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.

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.
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
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. WorkLife4You 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 feel 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 WorkLife4You 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
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.
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
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<td>Normal</td>
</tr>
<tr>
<td>210</td>
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<td>Normal</td>
</tr>
<tr>
<td>QUICK TURN</td>
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</tr>
</tbody>
</table>
### 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.)