

COMMUNITY CORNER

Volunteering important to communities, new commander says

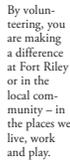
By Col. William Clark
GARRISON COMMANDER

On July 26, I had the opportunity to participate in my first volunteer appreciation ceremony at Fort Riley. We honored more than 60 volunteers who participated in activities as wide ranging as assisting in tornado recovery efforts in Joplin, Mo., to volunteering to serve as coaches for youth sports teams.

Volunteers are an essential part of military life and can be found helping out across the installation and in their off-post communities as well.

In our current cost-conscious environment, volunteers fill roles necessary to completing many missions.

Volunteers help keep our communities running, and for that, I personally am thankful.



Col. Clark

By volunteering, you are making a difference at Fort Riley or in the local community – in the places we live, work and play.

Quite often, you are making a difference in the lives of many, whether you know it or not. I encourage you to find an area where you think you can make a difference and volunteer.

Not only are you benefiting the community, but you might find volunteering is a great way to meet new people. It's also a great way to build skills that can benefit you in your professional life. And, I hope, it will give you great personal satisfaction as well.

As a new school year nears and growth continues on post, volunteer opportunities abound at Fort Riley. I'd like to highlight just a few.

CROSSING GUARDS

Fort Riley is seeking volunteers to serve as crossing guards. These individuals, who can volunteer in the mornings and afternoons, ensure our children make it to school and home safely.

As a crossing guard, you would help manage traffic at key intersections on post. Safety is one of my top priorities as your garrison commander, and I hope that you will aid me in meeting this important need in our community.

To learn more about becoming a crossing guard, contact Becky Willis, Army Volunteer Corps coordina-

tor, at 785-239-4593 or becky.d.willis.civ@mail.mil.

FRGS

FRGs are a great place to volunteer. And while you're helping out, you'll be keeping up with the latest information on your spouse's unit.

Sharing information and helping to guide newer spouses is a rewarding experience. Contact your FRG to find out what opportunities are available.

RECREATION

USO Fort Riley is always looking for volunteers to supplement its efforts.

The USO center in Building 6918 on Custer Hill is open 365 days a year and is staffed by volunteers.

Volunteers also help run all of USO Fort Riley's programs,

including its No Dough Dinners.

Warrior Zone

A new Warrior Zone will open in August. Located on Normandy Drive on Custer Hill, volunteers will be needed to help staff the facility and assist with special events.

The new Warrior Zone, which is adjacent to Barlow Theater, will be 27,000-square-foot and stretch 4.73 acres. It provides entertainment opportunities for Soldiers.

HEALTH CARE

American Red Cross
The American Red Cross at Fort Riley is an active organization that is always seeking volunteers. Often well known for its blood drives, the Red Cross also is essential in emergency notifications, emergency recovery efforts and education

programming, like first aid and CPR training.

Medical clinics

Irwin Army Community Hospital, outlying medical, dental and even the Fort Riley Veterinary Clinic all rely on volunteer support to remain operational. Many opportunities exist to make a difference, especially for those interested in the medical profession.

To learn more about any of the volunteer opportunities listed above and others, contact Willis at 785-239-4593 or becky.d.willis.civ@mail.mil.

If you would like to comment on this article or suggest a topic for Community Corner, email ryle.post.newspaper@conus.army.mil.

'Together Counts' challenges Families to eat, live healthier

By Shari Lopatin
TRIWEST HEALTHCARE ALLIANCE

"For the first time in our history, American children may face a shorter expected lifespan than their parents."

That quote, taken directly from the Partnership for a Healthier America's website, explains the essence of a growing obesity problem across the U.S. The partnership, which is headed by First Lady Michelle Obama, says that obesity rates have tripled in the past 30 years.

Obese and overweight children are more likely to suffer academic, social and financial burdens throughout life. So, what can be done to prevent this from happening to children?

TOGETHER COUNTS

TriWest Healthcare Alliance, the company which administers Tricare in 21 western states, believes together, ev-

eryone can make a difference. That's why TriWest joined forces with Together Counts, a nationwide program that inspires active and healthy living. As part of Together Counts, everyone is challenged to:

- Eat at least one healthy meal each week.

- Do at least one Family activity each week.

That's it – just one. It can be as simple as cooking dinner together and then going for a walk. Or, for those who have children, let them choose a fun activity. How about a picnic and game of Frisbee at the park? A barbecue followed by a few hours in the pool? Because, what it may boil down to is, this nation needs to move again.

WHAT CAUSES OBESITY?

According to the Centers for Disease Control and Prevention, obesity now affects 17 percent of all U.S. children

and teenagers.

The CDC listed these as the most common causes of obesity:

- Energy imbalance. This means eating too many calories and not getting enough physical activity to burn them off.

- Genetics, which also affects metabolism – how fast one digests food; behavior – staying up late and sleeping in; environment – nowhere and no time to exercise; culture; and socioeconomic status.

- One's behaviors and environment play the largest roles in causing obesity. These also represent the best areas for prevention and treatment.

WANT MORE INFORMATION?

Learn more about Together Counts by visiting www.TogetherCounts.com. Find more healthy living tips on TriWest's Healthy Living Portal, at www.triwest.com/HealthyLiving.

Personal touch helps Tricare beneficiary take on cancer

By Mike Walbert
TRIWEST HEALTHCARE ALLIANCE

The diagnosis sent Jerry and Kim Browning reeling: Cancer.

It was 2009, and it had been a while since Jerry Browning, a retired service member, went to the doctor. When he did, his doctor ran several tests on him, including a biopsy.

"And the biopsy came back cancer," he said.

Soon after Jerry's diagnosis, the Brownings were contacted by Carol Ann Goodenough, a TriWest Healthcare Alliance

case manager, who would help them through the physically and mentally challenging battle against the disease. TriWest manages the Tricare program for the 21-state West Region.

It started with some phone calls. Carol Ann checked in on how Jerry was doing and to see if there was anything she could do for the couple.

The relationship gradually developed into one of trust and communication, with Carol Ann guiding the Brownings on how to make informed decisions about Jerry's cancer treatments.

"She's really, really helped

us," Kim Browning said.

With assistance from Carol Ann, Jerry Browning underwent surgery earlier this year to remove the cancer. Without Carol Ann's help, the Brownings said, there is no telling how things would have turned out.

"I would only have probably a year or so left," Jerry Browning said recently. "But now, I've got a future."

Watch video of Jerry and Kim Browning's story and learn more about TriWest's "Mission to Serve" at www.triwest.com/missiontoserve.

Shopping the Exchange pays dividends, according to AAFES

AAFES PUBLIC AFFAIRS

DALLAS – The Army and Air Force Exchange Service is paying dividends in more ways than one as troops exercising their benefit by dining and shopping at Exchange facilities last year generated a dividend of \$261.1M. These funds are critical to Army, Air Force, National Guard, Marine Corps and Navy Morale, Welfare and Recreation efforts, according to Chief Master Sgt. Jeffrey Helm, the Exchange's senior enlisted adviser.

"The Exchange's dual mission is to provide goods and services at competitively low prices and generate earnings to support MWR programs," Helm said. "As a result, the dollars that troops and their fami-

lies use to shop the Exchange or make a purchase from a catalog generates a healthy return by directly improving quality of life efforts."

This dual benefit goes beyond clothes, electronics or consumables, Helm said. In fact, worldwide purchases made in the past 10 years have provided more than \$2.4 billion to military morale, welfare and recreation programs, including Youth Services, post functions and aquatic centers.

Historically, roughly two-thirds of Exchange earnings are paid to quality of life programs, he said. In addition to funding these efforts, Exchange earnings are used to build new stores or renovate existing facilities without expense to the Federal government. Funds to contract

DISTRIBUTION

The FY 2010 dividend of \$261.1 million was distributed as follows:

- Army – \$158.1 million
- Air Force – \$90.6 million
- Marines – \$11.4 million
- Navy – \$11.0 million
- Total – \$261.1 million

these new or replacement facilities also come entirely from sales of merchandise and services, Helm said.

Exchange support to the military in Fiscal Year 2010 was not limited to Soldiers and Airmen. Because the Exchange operates at Marine and Navy locations, funds also were returned to Marines and Sailors.

FOR YOUR HEALTH

TriWest Healthcare recommends breathing tips when stressed out

By Brian P. Smith
TRIWEST HEALTHCARE ALLIANCE

You're watching the phone, waiting to hear if you got that job. You're sitting in the audience as your daughter starts her first piano recital. You're waiting for the daily email from your deployed spouse.

You're walking through the mall, still trying to get used to crowds after deployment.

These can all be stressful situations. Stress is a part of everyday life for service members, veterans and Families dealing with multiple deployments, homecomings and all the other demands of a military life.

TAKE A DEEP BREATH

When you are stressed, do you ever focus on your breathing?

Most of the time, it's an automatic process. Slowing

down and concentrating on your breathing can help you react in stressful situations. During stress and times of anger, the body's first reaction is to inhale and hold your breath. Breathing out slowly helps take the body out of the "fight or flight" mode.

The Defense Centers of Excellence for Psychological Health and Traumatic Brain Injury, www.dcoe.health.mil, works to promote the resilience and recovery of military members and their Families.

Their research shows that breathing exercises can help decrease the body's "fight or flight" response to stress. Certain types of breathing exercises can also help control anger and anxiety.

THERE'S AN APP FOR THAT

Your smartphone can help you learn these exercises and improve control over your

body's reactions to stress. The National Center for Telehealth and Technology is a part of the DCoE that develops technology. They've created tools to help you to manage your breathing, along with handy phone apps to track your mood and teach you about post-traumatic stress. Visit www.t2health.org/apps to learn more about their tools and apps.

PACE YOURSELF

Find more tips just like this on triwest.com. The Behavioral Health Resource Center, triwest.com/BH, is an online library with articles about stress, parenting, relationships and other issues. You can read articles on a wide range of topics, find links to the latest relevant information and take self-assessments when it's convenient for you.

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