

Health & Wellness Newsletter

193RD WING – MIDDLETOWN, PA

JULY, 2012

SPECIAL INTEREST THIS MONTH

INTERVIEW WITH COLONEL GANN, COMMANDER, MEDICAL GROUP

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Health & Wellness

Hope Clever, WDPH

This past month we have been briefed on resilience. General Otterbein has taken a personal interest in seeing that all members of the 193rd are educated about resilience and its' importance in fully equipping airmen physically, mentally, socially and spiritually.

If you feel lacking at times, you are not alone. We care for you and your family. If you have some needs, please check with us and we will try to hook you up. Since starting the resilience program, many of you have stopped by to say hello or ask questions. Still others have stopped for chocolate (and this is good because



"The remarkable thing is that we really love our neighbor as ourselves: we do unto others as we do unto ourselves. We hate others when we hate ourselves. We are tolerant toward others when we tolerate ourselves. We forgive others when we forgive ourselves. - Eric Hoffer

the more you eat, the less I do :) Thank you for your visits.

For the upcoming UTA, we will still be trying to get in some more sessions on Resilience for those who haven't attended. We are about 50% complete so make sure you

attend a session. Lt. Col. Sue Stuck is managing this endeavor, and if you know what's good for you, YOU WILL BE THERE!

July UTA Resilience

Training:

At the Gap:

14 July 1:00 p.m.

15 July 10:00 a.m.

Blue Room:

14 July 9:00 a.m.

15 July 1:30 p.m.

Thanks go out to all the briefers! You know who you are. Thanks to Col. David Gann who is just AMAZING and a kindred soul when it comes to "Resilience."

THE LATEST RESEARCH

The Vanishing Mineral

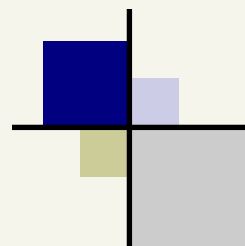
Magnesium is an essential nutrient that sustains every cell of the body. It helps power all cell functions, and it is critical to over 300 biologically active enzymes. New research stresses the value of magnesium in averting heart disease and stroke and calls outright for clinical trials of the mineral in preventing cardiovascular disease and curbing the

rise in metabolic disorders such as diabetes (Marano, 2012).

Asparagus, a perfect food?

So rich is it in so many nutrients and bioactive compounds that asparagus is often hailed as one of nature's perfect foods, and festivals around the world—at least two in the U.S.—celebrate the emergence of the asparagus crop each spring.

Asparagus contains more folic acid than any other fruit or vegetable. (H.E. Marano).



FOR YOUR INFORMATION

"Optimism is the faith that leads to achievement."
 "Nothing can be done without hope and confidence".
 Helen Keller

Upcoming Events:

Job Fair—To be held July 10, 2012, 11:00 noon till 4:00 p.m. at the Gap in Building 8-80. Members, including family are invited to attend. There will be approximately fifty vendors soliciting for jobs. Resume help available at fair.

Women's Leadership Group is being developed. A meeting is planned, Sunday, 5th of September (UTA).

Gap Visit—Hope will be out at the Gap July UTA, for appointments, please call 423-2508.

HELP! I WANT TO QUIT SMOKING

We care about you and want you to be around for a long time. Quitting smoking is very difficult, but worth the effort. Following are some facts on smoking:

Tobacco use has been cited as the chief avoidable cause of illness and death in our society and accounts for more than 435,000 deaths each year in the United States. Smoking is a known cause of multiple cancers, heart disease, stroke, complications of pregnancy, chronic obstructive pulmonary disease (COPD), and many other diseases. In addition, recent research has documented the substantial health dangers of involuntary exposure to tobacco smoke.

Despite these health dangers and the public's awareness of those dangers, tobacco use remains surprisingly prevalent. Recent estimates are that about 21 percent of adult Americans smoke, representing approximately 45 million current adult smokers. Moreover, tobacco use remains a pediatric disease. Each day, about 4,000 youth ages 12 to 17 years smoke their first cigarette, and about 1,200 children and adolescents become daily cigarette smokers. Successful treatment is a combination of medication and support by way of counseling.

Quitting smoking is a personal decision. If you are interested, please see following website:
<http://www.cancer.org/Healthy/StayAwayfromTobacco/GuidetoQuittingSmoking/index>.



"While one person hesitates because he feels inferior, the other is busy making mistakes and becoming superior."

Henry C. Link

RELATIONSHIPS – FYI

Marriage BustersDr. John Gottman

Criticism: Attacking or criticizing one's partner. People who fall for this temptation do not seem to understand the difference between a complaint (a statement about wanting something to change) and a criticism (a statement about wanting someone to change).

Contempt: Global criticism of the partner, showing disrespect, sarcasm. People who fall into this temptation seem to be carried away by their anger at their partner. When they show contempt, they are saying the partner has no value as a person.

Defensiveness: Doggedly battling every complaint from the partner. People who fall into this temptation seem to believe that to agree when someone criticizes them or complains about their behavior would be to lose something irreplaceable.

Stonewalling: Ignoring, withdrawing, and refusing to talk to the partner or try to negotiate. Stonewalling is giving the "silent treatment" in others words, silent contempt.

Sometimes a small change in one partner can derail the negative pattern and eventually bring about positive solution. Listen with respect, forgive and start again, try to have more good times than bad, even when your partner doesn't "deserve" it. Make up your mind that your marriage will not fail.



PARENTING

Getting a Little Help Around the House

by Bonnie Rice

Every member of the family needs to contribute to make the family work. If one person is doing most or all of the housework, it won't take long to burn out. Try these tips for getting help:

- Preschool age children seem to respond well to the Barney Clean Up Song. But, it is probably a good idea to pick a song that isn't annoying. Even older children enjoy playing music while cleaning up.
- Make sure your child is able to accomplish what you ask.
- Be specific and model the task.
- Label shelves or boxes with words or pictures.
- Work together, side-by-side. Sometimes good enough really is enough.
- When children learn how to clean up but they fail to continue, place these items in a box. They may redeem them by doing some extra chores. This isn't a punishment but an exchange of labor for you picking them up.
- Make it a regular event.
- Make a chore chart.
- Offer rewards for completing chores.

Having an uncluttered house where everyone can find their things is worth the effort. Give it a try!



Thank you for your
service!

QUESTION & ANSWER

Why People Change

When we talk about how you can have influence on people, it will help you understand some basic information about leadership. Psychologists at the University of New York at Binghamton, Dr. Bernard Bass and Dr. Bruce Avolio, have studied all kinds of leaders, successful ones and failures. Ironically, they found clearly that among the least effective leaders were those who primarily used anger and intimidation to have an influence on others. Usually such leaders have a negative influence. In other words, the workers would perform better without that manager.

In fact you will be more influential without anger. Great leaders are able to help people achieve high levels of performance. They do this with positive sources of influence: (1) caring—love—individual concern. Great leaders make people around them feel cared about, appreciated, and respected. (2) Personal example, great leaders walk the walk, (3) Self-interest: Great leaders appeal to our own self-interest. (4) Challenge and mastery of difficulty; great leaders present difficult challenges and give us feedback on how we are doing. (5) Self-disclosure: great leaders share their inner thoughts and feelings. Johnson, L.D.(2007).



Change your
thoughts, change your
life!

T H E I N T E R V I E W
P R O U S T Q U E S T I O N N A I R E

Guest: Col. David Gann, Commander

Which historical figure do you relate with?Thomas Jefferson

What living person do you most admire?Evangelist Billy Graham

What is your greatest fear?A life without hope

What is your idea of perfect happiness?Playing with my grandchildren

What trait do you deplore in yourself?Procrastination

What trait do you deplore in others?Self-centeredness

What is your greatest treasure?The love of my wife

What is your greatest regret?Wishing time away when life was challenging

What is your greatest achievement?Colonel/Commander

What is your motto?No fear!

What if anything would you like to change in yourself?Greater devotion to my faith

What is your favorite book?Son of the Morning Star; (Evan S. Connell)

Stigma Buster



Seeking help can be a positive thing. Seeing a counselor can help with your marriage if you are going through a rough spot. People aren't crazy for going to see a counselor, they are smart! Sometimes in a relationship, you can't see the forest for the trees. A counselor is able to be an objective ally who can put things in perspective. So, if you need help, it is only a step away.

Crew from Family Readiness

References:

Marano, H.E. (2012) A perfect food? *Psychology Today*. May/June.

Quitting Smoking see <http://www.cancer.org/Healthy/StayAwayfromTobacco/GuidetoQuittingSmoking/index>.

Rice, Bonnie. Getting help around the house, downloaded from <http://www.parentsplace.com/egi-bin/objects/gentemp2/getlife4.data>, 22 June 2012.

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CONFIDENTIALLY SPEAKING

Hope Clever, WDPH is located in Room 121. She is a strong advocate and stigma buster for mental health. You can come see her for any issues. She has a vast referral base of therapists for adults, couples and children for any number of issues. She is able to see you up to 3 times free of charge with very little paperwork for problem solving issues. Or you can choose to seek outside help with a referral counselor.

All information is kept confidential except for homicide/suicide ideation and child abuse.

If you would like some additional information or psycho-education for some of the topics mentioned, please don't hesitate to call.