



Java Jolt & a Movie (14 November)

Join us for a Social Hour with coffee & donuts from 8-9am followed by FREE movie tickets to the Westgate AMC Theater. To sign up for this event please call the Airmen & Family Readiness Flight at 623-856-6550

NLT 3pm on 13 Nov.

Spouse Social (17 November)

Want to talk? This will be an open forum to just get to know other spouses that are going through similar situations. I encourage those of you that are veterans to come out and provide tips to those that may be going through this separation for the first time. We will provide an Asian inspired lunch featuring lumpia, pancit, and BBQ ribs. The social will be held at the Airman & Family Readiness Center from 11am-1pm. Please call 623-856-6550 to RSVP.

Military & Family Life Consultant

Need to talk? Military & Family Life Consultants (MFLCs) are here to listen. MFLCs are available to help service members, spouses, family members and DoD employees with concerns such as deployment/reintegration issues, marriage and relationship issues, parenting/sibling & family issues, communication challenges, stress and anxiety, depression, grief and loss, daily life issues. Consultations and trainings are free and anonymous. No records are kept. After-hours and weekend appointments are available and off-site meetings can be arranged. Call 623-236-4123.

H1 N1 Influenza: What You Need to Know

Emergency Warning Symptoms

- **Children:**
 - **Fast breathing or trouble breathing**
 - **Bluish or gray skin color**
 - **Not drinking enough fluids**
 - **Severe or persistent vomiting**
 - **Not waking up or not interacting**
 - **Being so irritable that the child does not want to be held**
 - **Flu-like symptoms improve but then return with fever and worse cough**
- **Adults/Adolescents:**
 - **Difficulty breathing or shortness of breath**
 - **Pain or pressure in the chest or abdomen**
 - **Sudden dizziness upon standing**
 - **Confusion**
 - **Severe or persistent vomiting**
 - **Flu-like symptoms improve but then return with fever or worse cough**

Important actions to take if you think you have the flu

- **Stay home and avoid contact with other people.**
- **Contact your health care provider if you have any questions or if you or a family member is at high risk for flu complications. Patients enrolled to Luke AFB should call 623-8856-2273**
- **Seek emergency medical care if you develop emergency warning symptoms**

GIVE PARENTS A BREAK

Free childcare is offered once a month for families who register with the Airmen & Family Readiness Flight. This is a great program and gives the spouse a break while the military member is away. This FREE childcare is offered one Saturday a month from 11:00am-5:00pm. Registration is required and spouses are authorized to use this program until the member returns. Reservations must be made directly to the Child Development Center or Youth Center by noon the Thursday prior to the program date. Air Force Aid Funds this program, participants must be families of Active Duty Air Force. You will need a current shot record and a TB test before using the program. Please contact the Youth Center (for school ages) @ 856-7471 and the CDC (for infants up to 5 years) @ 856-6339.

The following date is currently available: **14 November.**

ATTENTION SPOUSES: MORALE CALL PIN NUMBERS

If you have not received your Morale Call Pin Number, please call the Airmen & Family Readiness Flight for assistance at 623-856-6550. If you have problems placing calls after hours, please call the operator at 623-856-1110.

REUNION INFORMATION

Reunion is a very critical phase in the deployment cycle. Role adjustment is a major stressor for everyone! Many tasks that were done by the member before deployment were done by their spouse and children during the deployment. We at the Airmen & Family Readiness Center want to ensure that you are adequately prepared to make a successful transition back to normal family life! **Please join your spouse in attending our Post Deployment Briefing** once he/she returns they receive valuable information from on base agencies to include Wing Leadership. In addition, just for **attending, spouses will receive a “FREE” gift card**; our way of saying “Thank you” for your sacrifices! So be sure to tell your spouse when they return from deployment to include you to this appointment.

**NEXT POST-DEPLOYMENT BRIEFING IS 19 November
FROM 11:30 AM – 1:30 PM @ AIRMAN & FAMILY READINESS FLIGHT**

TRY THIS QUICK AND EASY THANKSGIVING DESSERT

CRAN-APPLESAUCE SUNDAES [Recipe courtesy Rachael Ray, 2007](#)

Ingredients:

- 1 1/2 cups all natural apple sauce
- 1/2 cup good quality whole berry cranberry sauce (recommended: Ocean Spray)
- 2 pinches ground cinnamon
- 2 teaspoons orange zest
- 2 pints French vanilla ice cream
- Whipped cream
- 1/4 cup chopped toasted pecans

Directions: For dessert, warm the apple and cranberry sauces in microwave or in a small pot over low heat and season with cinnamon and orange zest. Place a little cranapple sauce in the bottom of a sundae dish, top with 2 scoops ice cream, more sauce and whipped cream, garnish with chopped pecans.

The Family Readiness Manager is assigned to the Airmen & Family Readiness Flight to work directly w/ spouses/families during separation.

Please feel free to contact SSgt Nicole Eisenbarth @ 856-6834.