

Heart Link
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Air Force spouses can make new friends, learn about the Air Force and understand their importance to the Air Force team — that's the goal of Luke's Heart Link program.

Air Force spouses did not take an oath or attend classes in basic training that explained Air Force procedures and customs. Yet, spouses are affected when Airmen deploy and go to new duty stations. Such changes can leave spouses feeling lost and overwhelmed.

In 2001, the Air Force recognized the need for a spouse orientation program and through research and pilot programs, the Heart Link program was born.

“Heart Link's aim is to strengthen military families and enhance mission readiness through increasing spouses' understanding about the Air Force and their role as Air Force spouses,” said Deborah Iverson, 56th Mission Support Group Airman and Family Readiness Center director. “The Heart Link program is a fun-filled day that includes a briefing from Brig. Gen. Kurt Neubauer, 56th Fighter Wing commander, and members of other key base organizations that directly impact spouses and their families.”

Besides the briefings, the day's topics include you and the Air Force; where you fit in; introduction to the Air Force family; toolkit for preparedness; communicating within the Air Force; healthy families and the vital importance of the Air Force family. Spouses also play games such as Spouse Jeopardy and Whose Agency is it Anyway.

“Even though Heart Link was created for new Air Force spouses, all spouses are encouraged to attend,” Deborah Iverson said.

Free childcare is provided by a base certified childcare provider. Spouses also receive a complimentary breakfast, lunch and a \$25 grocery gift card at the end of the day.

The next Heart Link orientation is 8 a.m. to 2 p.m. Mar 19. Spouses can register by calling the Airman and Family Readiness Flight at (623) 856-6550.