



Camp Darby

# VOICE

Community News for USAG Livorno

Army Community Services  
Bldg. 407  
USAG Livorno

Mon - Wed 8:00-5:00  
Thurs 11:00-5:00  
Fri 8:00-5:00  
Closed Weekends

Telephone  
DSN 633.7084  
CIV 050.54.7084

Service Member and Family Readiness Center (SFRC)  
Bldg. 428  
USAG Livorno

Telephone  
DSN 633-7946  
CIV 050.54.7946

AER/AFAS  
Telephone  
335-741-5973  
MFLC Telephone  
329-876-2168  
SARC Telephone  
335-771-4989

## Respite Care Offers Valuable Rest

Webster's Dictionary defines Respite Care as a "short time of rest, relief or temporary time away" for the caregivers who are usually the parents. The Army Family Action Plan (AFAP) has requested funding for the Exceptional Family Member Program (EFMP) to pay for Respite Care for our military Families.

In June 2007 the Department of the Army EFMP Respite Care Program was implemented, providing funding for the caregiver to step away, letting someone else care for their Family Member with special needs while they do something good for themselves.

Eligibility for the EFMP Respite Care will be based on enrollment in EFMP and qualifying medical and/or educational conditions. Qualified Family Members are eligible to receive up to 40 hours of EFMP Respite Care per child and/or adult with special needs per month at no cost to the Family. Family Members are required to meet eligibility criteria before being approved for the program.

The process begins by stopping by ACS to complete the EFMP Respite Care application. For more information contact Elaine Miles, EFMP Manager at 633-7084 or [elaine.miles@eur.army.mil](mailto:elaine.miles@eur.army.mil)



Back to School

This time of year can be stressful for all members of the Family. Stop by ACS to learn some stress-relieving techniques or different ways of shopping with and for your children.

## Become a COMMUNITY VOLUNTEER!

Learn how to apply and find opportunities. You can meet new people, receive recognition, build experiences and your resume for future employment.

Your volunteering hours stay with you at any installation. Visit [www.myarmyonesource.com](http://www.myarmyonesource.com) or visit ACS for more information.

## ENGLISH AS A SECOND LANGUAGE

English as a Second Language classes are offered to active duty military, civilians and spouses who want to increase their reading comprehension, vocabulary, and pronunciation.

Classes are appropriate for beginning, intermediate and advanced levels with individualized group instruction. Classes will begin on 8 Sept 2009.

Visit Us Online at [www.livornomwr.com](http://www.livornomwr.com)





## September 2009 RELOCATION READINESS

### Benvenuti at Camp Darby

September 8, 8:15 a.m. at SGM Shields  
Conference Room

New to Camp Darby and don't know where to go to get answers? Learn about Italian customs, culture, local shopping, paying Italian bills and more. Please sign up for the next Benvenuti session by calling ACS. Free childcare, but registration is required.

### Sponsorship Training

September 8, 9:00 a.m. - 10:00 a.m. at the SFRC

Learn what it takes to ensure you provide a smooth transition to Camp Darby. Please call 633-7084 to sign up.

### Smooth Move/Levy Briefing

September 9, 9:00 a.m. - 11:00 a.m. at the SFRC

Learn what it takes to have a stress-free move from Camp Darby.

### Scrapbooking

September 12, 9:30 a.m. - 1:30 p.m. at ACS

Bring your supplies, your photos and scrapbook with others who enjoy making the most of their memories. Come to as many sessions as you like!

### Multicultural Spouse Meeting

September 16, 11:30 a.m. - TBD at the SFRC

Obtain valuable information on medical services, employment, immigration and naturalization services, driver's license, ESL and much more.

## ARMY VOLUNTEER CORPS

### Volunteer Knowledge Training

September 10, 11:00 a.m. - 11:30 a.m. at the SFRC

Wanting to give a bit of your time to the Camp Darby Community but do not know where to start? Take this class to learn about the volunteer positions currently open and what steps have to be taken before working with the organization.

## EMPLOYMENT READINESS

### Resume Pointers

September 22, 11:00 a.m. - 11:30 a.m. at the SFRC

PSCing or trying for a new job on post and don't know how to word your resume? Come to the resume review board and work with other members of our community to perfect your resume.

**Intervene! Act! Motivate!**  
**24-Hour Sexual Assault Response**  
Phone number: 335-771-4989

## Military One Source

Military Onesource provides free private services and information:

- Counseling
  - Educational Materials
  - Interpretation/Translation
- Stateside: 1-800-342-9647  
Overseas: 800-3429-6477  
Overseas Collect: 484-530-5908  
TTY/TDD: 1-866-607-6794  
En Espanol: 1-877-888-0727



## FINANCIAL READINESS

### Budgeting 101

September 8, 11:30 a.m. - 12:00 p.m. at the SFRC  
Strengthen your marriage and your finances with this class.

### Insurance Basics

September 10, 11:30 a.m. - 12:00 p.m. at the SFRC  
Come in and ask questions, learn about the different types of insurance and check to see if you are properly covered.

### Consumer Rights and Obligations

September 17, 11:30 a.m. - 12:00 p.m. at the SFRC  
Learn what you the consumer are entitled to and what your responsibilities are during this quickie class.

### Thrift Savings Plan (TSP) Information

September 22, 11:30 a.m. - 12:00 p.m. at the SFRC  
Learn the benefits of TSP in this quickie class.

### Banking & Credit Union Services

September 24, 11:30 a.m. - 12:00 p.m. at the SFRC  
Learn the differences between banks & Credit Unions.

## FAMILY ADVOCACY

### New Parent Playgroup

Wednesdays, 11:00 a.m. - 12:00 p.m. in the SFRC  
An interactive and educational playgroup for service members and their families with children from birth-3 yrs.

### Anger Management (Adults)

September 3 & 17, 11:30 a.m. - 1:00 p.m. at the SFRC  
Provides information designed to support wellness, self-resiliency and enhance coping skills of the Service Member or Family Member.

### Breastfeeding Basics

September 8, 9:30 a.m. - 11:00 a.m. at the SFRC  
Provides education on proper breast feeding and the benefits for mother and child.

### Communication Miracles for Couples

September 11, 11:30 a.m. - 1:00 p.m. at the SFRC  
Learn effective communication skills in order to build or maintain positive relationships.

### Relaxation Techniques

September 14 & 28, 12:00 p.m. - 1:00 p.m. at the SFRC  
Learn the benefits of utilizing proper relaxation techniques such as progressive muscle relaxation and visualization.

### Introduction to Stress Management

September 21, 12:00 p.m. - 1:00 p.m. at the SFRC  
Learn to identify personal signs of stress and build positive coping strategies.

## AFAP Issue Submission

All issues for the next Army Family Action Plan Conference can be submitted via the web at [http://www.usag.livorno.army.mil/AFAP\\_Form.asp](http://www.usag.livorno.army.mil/AFAP_Form.asp). USAG Livorno AFAP Issue forms can also be picked up at ACS and dropped off to one of the black AFAP boxes around Post. For questions on how or where to submit your AFAP Issues, please call DSN 633.7084.