



## AIR FORCE WOUNDED WARRIOR (AFW2) PROGRAM

# COMMUNITY PROGRAMS

# SPRING NEWSLETTER

Volume 2, Issue 2  
April 01, 2021

**APRIL-JUNE  
2021**

### Holidays:

**April Fools**  
April 1

**Mothers Day**  
May 15

**Armed Forces  
Day**  
May 15

**Memorial Day**  
May 31

**Fathers Day**  
June 20

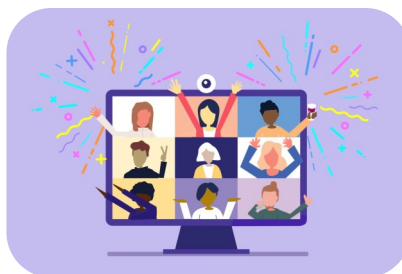


## **New Event: AFW2 SOCIAL HOURS**

Each month Community Programs: Warrior and Family Social Connections (WAFSC) will be hosting 2 to 3 virtual AFW2 Social Hours, every month, in various states.

AFW2 Social Hours were created to give warriors and their family members a chance to meet others within the AFW2 program, who live in their local area approximately a 3-hour drive away from each other.

During these Social hours you can expect introductions and an icebreaker (Q & A game) which will help



connect and find similarities amongst participants.

Our hope is, the connection made at an AFW2 social hour will

provide an opportunity for support and the possibility of attending future activities together. Building a AFW2 community in your local area.

In the future we hope to coordinate these AFW2 Social Hours in-person.

### **To Register:**

<https://einvitations.afit.edu/inv/anim.cfm?i=587209&k=0769450B7B5E>

## **Upcoming AFW2 Social Hour Schedule:**

- ◆ April 7, 2021 for N. Utah/S. Idaho @ Noon MST
- ◆ April 21, 2021 for Southern Alaska @ Noon AK
- ◆ May 5, 2021 for Kansas @ Noon CST
- ◆ May 12, 2021 for Iowa @ Noon CST
- ◆ May 19, 2021 for S. Carolina @ Noon EST
- ◆ June 16, 2021 for Hawaii @ Noon HAST



### On Mother's Day, Remember that Military Moms Serve, Too

We celebrate Mother's Day to honor and thank the women who brought us into the world – those who raised us and shaped us into the strong individuals we are today.

For mothers of American service members, this day of acknowledgment is especially important. Military moms tackle challenges that sometimes go unnoticed, and their sacrifices deserve our attention.

They are crucial members of the military community – and our nation.



## 2021 National Veterans Summer Sports Clinic

San Diego, CA, Sept. 19-24.

Application is open now through  
**May 1, 2021.**

Go to [www.summersportsclinic.va.gov](http://www.summersportsclinic.va.gov)  
to register today!

The National Veterans Summer Sports Clinic offers adventure sports and recreational activities such as sailing, surfing, kayaking, and cycling. Complimenting the therapy provided in daily rehabilitation programs, the Clinic shares a glimpse of the many exciting recreational opportunities awaiting those Veterans who accept the challenge.



## ★★ OUR ★★ MILITARY KIDS

Our Military Kids supports military children (ages 3 - 18) by funding sports, arts, and other enrichment activities when their parents are deployed overseas or Reserve or recovering from severe injuries sustained in a post-9/11 overseas mission. Participation in these activities helps military children cope with stress

and build self-confidence during an otherwise difficult time in their lives.

### **Contact info:**

Email:  
[okinquiry@ourmilitarykids.org](mailto:okinquiry@ourmilitarykids.org)  
Phone: (703) 734-6654  
Website: [www.ourmilitarykids.org](http://www.ourmilitarykids.org)

## Blinded American Veterans Foundation

Helping blind, low vision and sensory disabled military veterans attain their maximum potential through medical research, rehabilitation, and reemployment services.

Free sensory aids lead to greater mobility and independence.

**Email:**  
[info@bavf.org](mailto:info@bavf.org)  
**Web Site:**  
[www.bavf.org](http://www.bavf.org)



## SPRING CLEANING FOR YOUR MIND

As the weather warms up, many of us are opening our windows to let in the fresh air. Spring is a good time to think about the mental “clutter” like stress, anxiety, racing thoughts or negativity we might be holding on to. Here are three things you can do to start letting go of this mental “clutter”.



**1. Practice Mindfulness** it can help quiet your thoughts, relieve anxiety, and relax muscle tension.

**2. Move Your Body** it's a wonderful way to release stress, boost your mood, and improve health.

**3. Find Gratitude** So many of our thoughts can be focused on the negative which can affect the way we feel. Studies have shown being grateful can help increase positive thoughts and attitudes

helping us actually feel happier and enjoy better relationships.

You will find with regular movement, mindful breathing and a regular gratitude practice your well-being will increase and you will reduce your anxiety, negative thinking and stress.

-----  
For ideas on how to get started, reach out to our **Wellness and Resiliency Team** at: [AFPC.DPFW.WellnessTeam@us.af.mil](mailto:AFPC.DPFW.WellnessTeam@us.af.mil)

## ATTENTION ALL WARRIORS & CAREGIVERS

Community Programs has a plethora of information and resources we want to share with you and we want to know.... ***What is your preferred way to receive communication from us?***

***Let us know by emailing your preference to [AFPC.DPFW.AFW2CommunityPrgrm@us.af.mil](mailto:AFPC.DPFW.AFW2CommunityPrgrm@us.af.mil)***

Currently, our main communication tool is the Community Programs and WAFSC Facebook Page, where we share great information about events and trips for you and your families.

Previous communication suggestions have included:

- Monthly ZOOM talks
- Postings on website
- Signal APP group
- Periodic Emails

Let us know what you think so you don't miss out on all the great opportunities and resources shared!!!

HAPPY  
FATHER'S  
DAY!



## **A Salute to Military Dads for Father's Day**

As we look forward to this upcoming Father's Day, our admiration for military dads is so much stronger.

We realize that the military father's duties often overshadow his involvement with his own family.

He misses birthdays and other important family events while keeping us protected.

His sacrifices are not in vain.





## **Family Fun**

Spring has arrived and it's a great time to get out in the garden as a family! A home garden is a great way to work together in a playful, educational, and productive way, and the season for planting is upon us! Involve your child in preparing, planting and maintaining this space in your yard. It will help them learn more about plants and life and develop skills that will help them feel strong, confident and self-sufficient as they work on something the whole family can benefit from.



## **Community Programs Upcoming Events**

### **Virtual Pet Social**

June 9th @1730 CST



Zoom ID: 161 523 1021  
PW: AFW2

### **Virtual Scavenger Hunt**

June 25 – July 4th



For more info & to sign up email:

AFPC.DPFW.AFW2CommunityPrgm@us.af.mil

## **Looking for Resources, Look no Further!**

The Community Programs team would like to share with you our **Airman Resource Request** form to better assist you, our warriors and caregivers. If you are in need of finding/connecting with resources, please fill out the form:

<https://einvitations.afit.edu/inv/anim.cfm?i=580834&k=076942017853>

### **Areas we focus on:**

- Adaptive Sports/Equipment and Outdoor Recreation Opportunities
- Caregiver and Family Support Programs
- Home Modifications and Adaptive Devices
- Socialization Opportunities

## **For More Information on Community Programs Contact**

**Email:** AFPC.DPFW.AFW2CommunityPrgm@us.af.mil

### **Website:**

[www.woundedwarrior.af.mil/Programs-and-Initiatives/Community-Programs/](http://www.woundedwarrior.af.mil/Programs-and-Initiatives/Community-Programs/)

**Community Programs Calendar Link:** <https://www.brownbearsw.com/cal/afw2>

### **Follow us on Facebook:**

- [AFW2 Community Programs](#)
- [AFW2 Warrior and Family Social Connections](#)