

quote >>>

"Optimism is a happiness magnet. If you stay positive, good things and good people will be drawn to you." — Mary Lou Retton



OCTOBER 2024

M&FRC NEWSLETTER

MacReadiness

Upcoming Events:

- Oct 3 — Newcomers Briefing
- Oct 7 — Interview Skills Workshop
- Oct 7 — Resume 101
- Oct 10 — Let's Talk Credit
- Oct 10 — Federal Employment
- Oct 11 — CLOSED
- Oct 15 — Bundles 4 Babies
- Oct 16 — Spouse Reintegration
- Oct 17 — Career Fair
- Oct 17 — Home Buying
- Oct 27 — Quantum Leap

To Register for Classes

Call: (813) 828-0145 or email
FSC.Frontdesk@us.af.mil

Military & Family Readiness Center

<https://macdillfss.com/military-family-readiness/>



Bldg. 18

Phone: 813-828-0145

8105 Condor Street

FSC.Frontdesk@us.af.mil

Hours Of Operation

Mon., Tues. Wed. & Fri. 8am-4pm
Thurs. 11am-4pm

IMPORTANT NOTICE

OFFICE RELOCATION

Effective **01 NOV 2024** The Military and Family Readiness Center will temporarily relocate to our Annex in Bldg. 38.

The EFMP Family Support Team and School Liaison will relocate to the Education Center.
The MFLC team will relocate to the Chapel.

In the Know

MacDill AFB Career Fair

THURSDAY, 17 October 2024

11AM - 2PM (ET)

***OPEN TO ALL ACTIVE DUTY, GUARD/RESERVE, DOD CIVILIANS,
VETERANS & FAMILY MEMBERS WITH ACCESS TO INSTALLATIONS***

BREAKAWAY EVENTS CENTER, BLDG #499
7315 BAYSHORE BOULEVARD MACDILL AFB, FL 33621
--Job seekers do not have to register__



Meet 80+ Local and International Employers!

FIND MORE INFO AT:
MACDILLFSS.COM

FOLLOW US @ MACDILLFSS  
OR EMAIL:

[6mss.employments@us.af.mil](mailto:6mss employments@us.af.mil)



In the Know



2024 DOMESTIC VIOLENCE PREVENTION MONTH

OCTOBER



Self Registration



CLASSES

Registration link: <https://booknow.appoint-plus.com/db3gm9xe/>
For Family Advocacy classes, please call 813-827-9172 to register.

- 2 OCT, 1330-1530, Anger Management 4 part series provided by Family Advocacy (Parts 2, 3, and 4 are 9, 16, and 23 OCT) @ Professional Development Bldg, Bldg 53
- 3 OCT, 1130, Life Coach Orientation Session @ Military & Family Readiness
- 4 OCT, 0900 and 1400, Self Defense Class, Fitness Center, Group X Room
- 7 OCT, 1130, Interpersonal Problem Solving via Zoom
- 9 OCT, 0900, Cyberstalking, 927 ARW HQ Bldg, Room 119
- 10 OCT, 1800, Cyberstalking via Zoom
- 17 OCT, 0800, Bystander Intervention for Interpersonal Violence, 927 ARW HQ Bldg, Room 119
- 21 OCT, 0900, Financial Abuse via Zoom
- 24 OCT, 1130, Good Listening via Zoom
- 28 OCT, 0900-1130, Marriage Workshop...Healthy Communication Skills provided by Family Advocacy @ Professional Development Bldg, Bldg 53
- 30 OCT, 1130, Financial Abuse, 927 ARW HQ Bldg, Room 119



Zoom access

ACTIVITIES



1 September - 15 October

You've Got a Friend in Me 30 Mile Run/Walk Challenge. You have 6 weeks to run or walk 30 miles with a friend, family member or pet in support of Suicide Prevention. Contact the IRO to sign up.

1 September - 31 October

#MacDill Rocks, find the inspirational rocks around the base, take a selfie, upload to the MacDill Integrated Resilience Facebook page to be entered for prizes.

2 October, 0730

Pinwheels and Signs, come help the Integrated Resilience Office put out the pinwheel and sign displays at the park by the Bayshore gate!

Check out our **display tables** around the base, **Pinwheels** by the Bayshore Gate and the **signs along our main routes!**



For more information, contact the Integrated Resilience Office at
6ARW.MACDILL.IRO@US.AF.MIL OR CALL 813-828-9338/9339.



Calendar


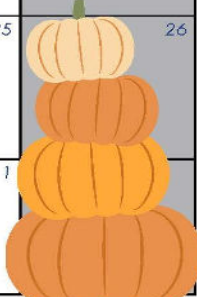

OCTOBER

CHILDREN/FAMILIES
EMPLOYMENT
PERSONAL FINANCES
RELOCATION
READINESS/DEPLOYMENT
TRANSITION (TAP)
VOLUNTEER (VOL)

MILITARY & FAMILY READINESS
macdillfss.com/military-family-readiness

  @macdillfss • (813) 828-0145



SUN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT
		1	2	3	4	5
			REINTEGRATION 10AM	NEWCOMERS BRIEF 7:30-11:45AM PRE-DEPLOYMENT/REMOTE TOUR BRIEFING 1-2PM	REINTEGRATION 9AM	
6	7	8	9	10	11	12
	REINTEGRATION 9AM TAP PRE SEP (SEP) 12-3:30PM INTERVIEWING SKILLS 10 11:30AM RESUME WRITING - PRIVATE INDUSTRY 1-3PM	CKSP INITIAL TRAINING 9-10:30AM	REINTEGRATION 10AM TAP PRE SEP (RET) 12-3:30PM	LET'S TALK CREDIT 11AM-12PM PRE-DEPLOYMENT/REMOTE TOUR BRIEFING 1-2PM FEDERAL EMPLOYMENT WORKSHOP 1-3PM	CLOSED: AMC FAMILY DAY	
		8-9: CAREER & CREDENTIAL EXPLORATION - 8AM - 4PM				
13	14	15	16	17	18	19
	CLOSED: HOLIDAY	BUNDLES 4 BABIES 8:30AM-12:30PM	DORM DEPARTURE 9-10AM REINTEGRATION 10AM SPOUSE REINTEGRATION 1-2PM TAP PRE SEP (RET) 12-3:30PM EFMP PARENT CONNECT 12-1PM	PRE-DEPLOYMENT/REMOTE TOUR BRIEFING 1-2PM CAREER FAIR 11AM-2PM HOMEBUYING 11AM-12PM	REINTEGRATION 9AM LINKEDIN 9AM-4PM	
		15-16: BOOTS TO BUSINESS - 9AM - 4PM				
20	21	22	23	24	25	26
	REINTEGRATION 9AM TAP PRE SEP (SEP) 12-3:30PM	QUARTERLY CKSP TRAINING 6-7:30PM	REINTEGRATION 10AM TAP PRE SEP (RET) 12-3:30PM	PRE-DEPLOYMENT/REMOTE TOUR BRIEFING 1-2PM	REINTEGRATION 9AM	
	21-23: TAP WORKSHOPS - 8AM - 4PM			24-26: EMPLOYMENT TRACK - 8AM - 4PM		
27	28	29	30	31	1	
EFMP MILITARY FUN DAY: QUANTUM LEAP FARMS 1:30-3:30PM	REINTEGRATION 9AM TAP PRE SEP (SEP) 12-3:30PM		REINTEGRATION 10AM TAP PRE SEP (RET) 12-3:30PM	PRE-DEPLOYMENT/REMOTE TOUR BRIEFING 1-2PM		
	28-30: TAP WORKSHOPS - 8AM - 4PM			31-NOV 1: EMPLOYMENT TRACK - 8AM - 4PM		

CHILDREN/FAMILIES

- 8 Oct, Commander's Key Support Program Initial Training, 8:30AM-3PM
Initial training for appointed key spouse.
- 16 Oct, EFMP: Parent Connect Group 12-1PM
Caregivers of family members with special needs and adults with special needs get to meet, network, and connect with others.
- 22 Oct, Quarterly Commander's Key Support Program Training, 6-7:30PM
Communication and network opportunity for appointed Wing Key Spouse Mentors with MacDill leaders and each other.
- 27 Oct, EFMP Military Fun Day: Quantum Leap Farms, 1:30-3:30PM
All ages welcome.

EMPLOYMENT

- 7 Oct, Interviewing Skills, 10-11:30AM
This workshop helps you learn the techniques involved in the interviewing process and how to handle salary issues and questions.
- 7 Oct, Resume Writing 101 Private Industry, 1-3PM
This workshop helps you create a resume that will get you the interview. Learn the basic resume constructions and different formats for targeting good employment opportunities and cover letters that get the employer's attention.
- 10 Oct, Federal Employment Workshop, 1-3PM
This workshop helps you create a resume that will get your resume to the hiring manager's desk! Learn the basic resume constructions and different formats for targeting good employment opportunities and learn how to navigate the USA Jobs website from beginning of application to submission and beyond.
- 17 Oct, Career Fair, 11AM-2PM
Major recruiting event with over 75 employers participating. Bring your federal resume, dress or success, and come prepared with an elevator pitch.
- 18 Oct, LinkedIn, 9AM-4PM
Unlock the secrets of LinkedIn by building and maximizing a profile and learn how to job search and network effectively through the #1 professional networking social media site. Professional and complimentary head shot is included.

PERSONAL FINANCES

- 10 Oct, Let's Talk Credit, 11AM-12PM
How much do you really know and understand about Credit? Join the M&FRC as we discuss the ins and outs of Credit Cards, interest and how to pay them off. This class is for military and civilians.
- 15 Oct, Bundles 4 Babies, 8:30AM-12:30PM
Representatives from multiple base agencies will provide information and services to assist participants in preparing for the arrival of their new baby. During this workshop, you will receive a Bundle of information, resources, and a special gift. Satisfies the Birth of First Child Financial Readiness Touchpoint.
- 16 Oct, Dorm Departure, 9-10AM
Are you planning to move out of the dorms in three, six, or even 12 months? This class is designed to assist you in researching, saving, and planning for your new space.
- 17 Oct, Homebuying, 11AM-12PM
Topics discussed would include choosing a realtor, VA Homebuying, and financing your future home.

RELOCATION

- 3 Oct, Newcomers Orientation, 7:30AM-11:45AM
Mandatory briefing for new personnel arriving to MacDill Air Force Base. This briefing covers information specific to MacDill AFB, the local community, and provides helpful resources. Spouses are highly encouraged to attend.

READINESS/DEPLOYMENT

- Pre-Deployment/Remote Tour Briefing is offered Thursday's, 1-2PM
This briefing covers multiple topics to include, emotional cycles of deployment/unaccompanied tour, family, and support services offered to deployed/remote tour members and their families. Spouses are highly encouraged to attend our weekly briefings. Email 6FSS.FSH.MFReadiness@us.af.mil to register.
- Reintegration occurs every Mon, Fri 9AM and Wed 10AM
Location is the Public Health conference room. Member will schedule through Public Health. This briefing covers successful strategies on return/reintegration, along with instructions on how to complete the checklist.
- Spouse Reintegration Occurs every 3rd Wednesday of the month, from 1-2PM
The purpose of this briefing is to discuss reintegration strategies.

TRANSITION ASSISTANCE PROGRAM (TAP)

- To start TAP visit: macdillfss.com/tap-start/ or email: 6fss.fsh.tap@us.af.mil.
- Initial & Pre-Separation Counseling
Every Monday (SEP) & Wednesday (RET.) from 12PM - 3:30PM
- TAP Workshops
Oct 21-23 & Oct 28-30 from 8AM - 4PM
- Employment Track
Oct 24-25 & Oct 31-Nov 1 from 8AM - 4PM
- Career and Credential Exploration Track
Oct 8-9 from 8AM - 4PM
- Entrepreneur Track (Boots to Business)
Oct 15-16 from 9AM - 4PM

VOLUNTEER PROGRAM (VOL)

- Initial Volunteer training occurs every second Friday of the month at 1PM at M&FRC. Train on VMIS procedures and volunteer program guidance.

To Register for Classes Call: (813) 828-0145.

Events

INTRODUCTION TO SELF- DEFENSE WORKSHOP

Instructed by Detective Kevin Chambers



Location: Fitness Center Group X Room
Pre-registration required
Waiver must be signed before class starts

❖ **Friday, 4 October 2024, 0900
and 1400**

Scan QR Code to register for a session



In support of Domestic Violence Awareness Month:

The Integrated Resilience Office will be hosting a self-defense workshop in collaboration with Security Forces.

There will be two "Introduction to self-defense workshops". Each session will cover Krav Maga principles and life-saving skills in a controlled hands-on format. Krav Maga is a military based self-defense fighting system utilized by the Israeli Defense Force (IDF). It is derived from a combination of techniques from boxing, wrestling, Jiu-Jitsu, Aikido, Karate and Judo. Unlike mixed martial arts and other sport-based systems, Krav Maga is known for its reality-based applications and incomparable effectiveness.

Workshops are open to both male and female participants, ages 18 and older. Please wear loose athletic type clothing and don't forget to bring water!



Events



EFMP & HEARTS APART CALENDAR OF EVENTS

SEPTEMBER 24

6- YOGA LOFT CONNECT EVENT (ADULTS & TEENS)
11- SKYZONE (ALL AGES) 6:30-8:00 PM

OCTOBER 24

8- HCPS RESOURCE FAIR @ MACDILL BREAKAWAY CENTER
23- FL AQUARIUM CONNECT EVENT- 11:15- 1:30 PM (ALL AGES)
27 - QUANTUM LEAP FARMS MILITARY FAMILY FUN DAY
(ALL AGES) 1:30-3:30 PM

NOVEMBER 24

2- ZOO TAMPA CONNECT EVENT- 10:00- 2:00 PM OPEN TO ALL AGES
14 -DRIP ART STUDIO (ADULTS & TEENS) 6:30-8:30 PM
16- TGH ICEPLEX CONNECT EVENT (OPEN TO ALL AGES) 6:15-7:15 PM

DECEMBER 24

6- SENSORY FRIENDLY MACWONDERLAND 5:00-7:00 PM
8 - QUANTUM LEAP FARMS MILITARY FAMILY FUN DAY-
HOLIDAY PARTY 1:30-3:30 PM

TO REGISTER EMAIL: 6FSS.FSH.EFMP@US.AF.MIL

PLEASE INCLUDE DOD ID #



Events



Hillsborough County
PUBLIC SCHOOLS
Preparing Students for Life

Military Parent **LUNCH & LEARN**

Sponsored by: Suncoast Credit Union

TUESDAY, OCTOBER 8
11AM - 1PM

Breakaway Center
7351 Bayshore Blvd. Tampa, Fl
MUST HAVE BASE ACCESS TO ATTEND

**DROP IN, GRAB LUNCH, AND MEET SCHOOL DISTRICT AND
MAFB REPRESENTATIVES AND COMMUNITY PARTNERS.**



PROGRAMS & RESOURCES



*Magnet Schools, School Choice, Academic Services, School
Liaison Program, EFMP, Military Family Life Counselors, Canvas,
Early Childhood, Virtual Schools, STEM, myON, GuidEd, Early
Learning Coalition, & Transportation.*

Registration is sponsored by
GuidEd



Events

EFMP Families welcome!



SOCCENT POTFF!!



**CREATURES OF THE
NIGHT AT ZOO TAMPA**

**October 11th 4:00
-10:00 PM**

food vouchers provided

Open to all SOCCENT personnel on active orders. Priority will be given to those who, within 6 months have deployed or will be deploying.

Events

Afternoon at the Florida Aquarium

FOR EFMP & HEARTS APART DEPLOYED
AFFECTED FAMILIES ONLY
LIMITED SLOTS AVAILABLE



TO REGISTER
EMAIL: 6FSS.FSH.EFMP@US.AF.MIL
PLEASE INCLUDE INCLUDE SPONSOR INFO & NUMBER OF PARTICIPANTS.

**EVENT
RESCHEDULED DUE
TO WEATHER
WED 23 OCT 2024,**

WED 25 SEPT 2024, 1130 - 1300

1115-1300



EFMP Family Support



2024 EFMP SUPPORT GROUPS

Caregivers of family members with special needs and adults with special needs get to meet, network, and connect with others.

12:00PM - 1:00PM

Get connected!
Register today to receive details on location & link to virtual access at EFMP-Family Support org box 6fss.fsh.efmp@us.af.mil

JAN 17
FEB 07
MAR 06
APR 17
MAY 15
JUN 12



JUL 17
AUG 21
SEP 18
OCT 16
NOV 06
DEC 11

Register today to receive details on location & link to virtual access at EFMP-Family Support org box 6fss.fsh.efmp@us.af.mil



Events

Sponsored by:

The Lalligaggers



Quantum Leap Farm

* Equine-Assisted Therapies *

Please join us for our

Military Family Fun Day

OCT 27, 2024 | DEC 08, 2024 |

1:30-3:30

Register at <https://www.quantumleapfarm.org/ffd>

(If EFMP or Deployed Affected families, please include RSVP to 6fss.fsh.efmp)

★ pony rides

★ arts and crafts

★ pony painting

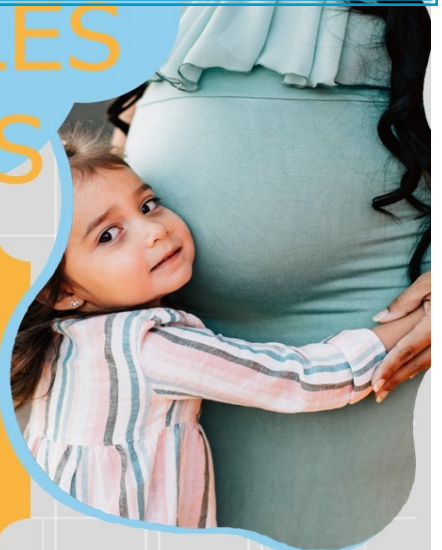
★ lunch provided



Quantum Leap Farm | 10401 Woodstock Road Odessa, FL 33556 | 813.920.9250

Events

BUNDLES for BABIES



2024 DATES

~~FEB06~~ ~~AUG06~~
~~APR02~~ OCT 15
~~JUN25~~ DEC10

8:30 AM-12:30 PM
 MILITARY & FAMILY
 READINESS CENTER, BLDG 18

Representatives from multiple base agencies will provide information and services to assist participants in preparing for the arrival of their new baby. During this workshop, you will receive a bundle of information, resources, and a special gift (if eligible)!
****NOTE: The Bundles 4 Babies workshop satisfied completion of the DoD Financial Readiness Common Military Training touchpoint.**

REGISTER TODAY:

MACDILLFSS.COM/MILITARY-FAMILY-READINESS



RESUME WRITING 101 PRIVATE INDUSTRY 2024

M&FRC BUILDING #38 TRAINING ROOM • 1PM - 3PM

~~JANUARY 29~~ ~~MAY 20~~ ~~SEPTEMBER 16~~
~~FEBRUARY 12~~ ~~JUNE 17~~ OCTOBER 07
~~MARCH 18~~ JULY 30 NOVEMBER 04
~~APRIL 15~~ ~~AUGUST 26~~ DECEMBER 16

This workshop helps you create a resume that will get you the interview. Learn the basic resume constructions and different formats for targeting good employment opportunities and cover letters that get the employer's attention.

TO REGISTER CONTACT:
 6MSS.employments@us.af.mil • (813) 828-0145



FIND MORE INFO AT:
MACDILLFSS.COM
 FOLLOW US @MACDILLFSS



@MACDILLFSS



FEDERAL EMPLOYMENT WORKSHOPS 2024

M&FRC BUILDING #38 TRAINING ROOM • 1PM - 3PM

~~JANUARY 10~~ ~~MAY 20~~ ~~SEPTEMBER 19~~
~~FEBRUARY 15~~ ~~JUNE 18~~ OCTOBER 10
~~MARCH 21~~ ~~AUGUST 1~~ NOVEMBER 14
~~APRIL 18~~ ~~AUGUST 29~~ DECEMBER 19

This workshop gives tips and advice on how to write a federal resume that will get you the interview. Also, learn the ins and outs of USA Jobs and how to navigate the application process.

TO REGISTER CONTACT:
 6MSS.employments@us.af.mil • (813) 828-0145



FIND MORE INFO AT:
MACDILLFSS.COM
 FOLLOW US @MACDILLFSS



FIND MORE INFO AT:
MACDILLFSS.COM
 FOLLOW US @MACDILLFSS



INTERVIEWING SKILLS 2024

M&FRC BUILDING #38 TRAINING ROOM • 10 AM- 11:30AM

~~JANUARY 29~~ ~~MAY 30~~ ~~SEPTEMBER 16~~
~~FEBRUARY 12~~ ~~JUNE 17~~ OCTOBER 07
~~MARCH 18~~ ~~JULY 30~~ NOVEMBER 04
~~APRIL 15~~ ~~AUGUST 26~~ DECEMBER 16

This workshop helps you learn the techniques involved in the interviewing process and how to handle salary issues and questions.

TO REGISTER CONTACT:
 6MSS.employments@us.af.mil • (813) 828-0145

Events

JOIN
US!

FREE
LIVE BAND!

SEASCAPES

ESM
WELCOME!



Oktoberfest

SATURDAY, 19 OCTOBER 2024

Apple Strudel Oktoberfest Band 6-9PM

German-Style Music on the Deck!

German Food & Drink Specials!

SeaScapes Full Menu Available for Purchase

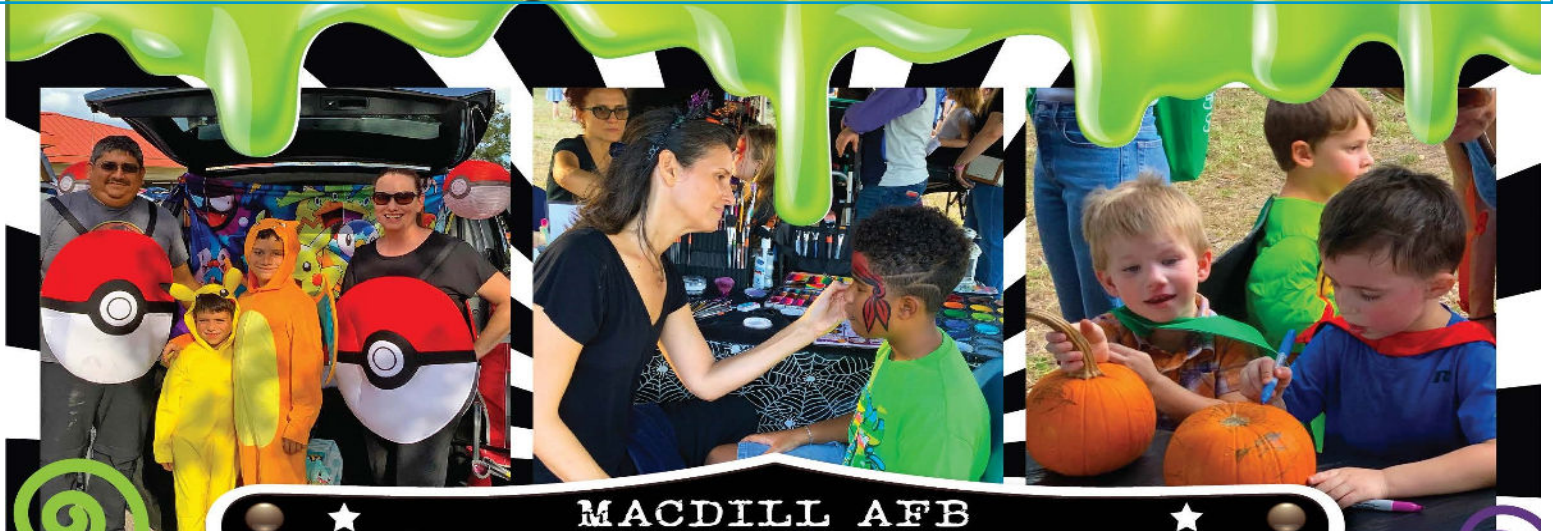
Food Served 3-8PM

(813) 840-1451

MACDILL AIR FORCE BASE
FORCE
SUPPORT SQUADRON

macdillfss.com

Events



MACDILL AFB

Fall Festival

OPEN & FREE TO ALL WITH BASE ACCESS!

OCT 25 5-8PM

Youth Center & Field Across the Street

DJ/Music | Face Painters | Halloween Displays | Sponsor Booths
 Haunted House (Beetlejuice themed) put on by Arts & Crafts Center
 Petting Zoo | Pumpkin Decorating | Kidz Crafts | Trunk-or-Treat
Lots of Candy!

Food Trucks & Beverage Garden Menu Items Available for Purchase
 (Pamz Pizza Conez, Jimmys Slider, Triple Ceez, Vamos!, Flip'n Tasty,
 The Fishin Chicken, Kona Ice | Beer & Water)

PRIZES! Best Decorated Trunk/Vehicle

1st, 2nd & 3rd Place
 \$400, \$200 & \$100
 FSS GIFT CARDS



To Sign-Up for the Trunk-or-Treat Contact
 the Youth Center at (813) 828-7956
 or email 6fss.fsy.jp@us.af.mil



SCAN ME

Thank You to Our Sponsors:



No federal endorsement of sponsorship intended.

Events

MACDILL LANES AND FAMILY FUN CENTER

AIR FORCE



BOWLING

HALLOWEEN BOWLING



THU, 31 OCTOBER

Enjoy Cosmic Bowling Open to Close!

Kids in Costume Receive 2 FREE Games – 3-9PM
(15 & younger)

MACDILL AIR FORCE BASE



MACDILLFSS.COM/MACDILL-LANES-BOWLING/

(813) 828-4005

Resources

Health & Wellness Center Mission and Vision

Mission:

Provide top quality health & fitness services, increase military readiness, reduce health risks, decrease health care demands, & enhance quality of life.

Vision:

Transforming health for a ready and resilient MacDill Community

All services/programs are available to active duty, family members, retirees, and DoD civilians

Biometric Screenings

Micro Smokerlyzer®: When inhaled, carbon monoxide (CO) competes with oxygen in the bloodstream, starving body tissues of the ability to repair and regenerate. This quick, easy assessment shows the levels of CO inhaled as well as the % of oxygen that has been replaced in the bloodstream.

Blood Pressure: Walk in blood pressure screening daily during normal operating hours.

We Will Come to You!

Fit Stops (Mini Health Fairs): Mobile health screenings or briefings conducted at units/squadrons upon request. These are customized to address the specific needs of the unit's population and potential health risks.

CC Call Briefings: 15-minute briefings on selected topics. Includes "Optimize Your Sleep," "Align Nutrition with Training," "Activate Your Life," and "What's Up at the HAWC?" Tailored briefings offered at CC's request.

Annual observances: Healthy Weight Month, Great American Smoke-out®, National Nutrition Month®, National Sports and Fitness Month, National Running Month, Tobacco-Free Living, Suicide Prevention, Diabetes Prevention and many more...

Wellness

AF Body Composition Program

BEST S.E.L.F.

This lifestyle wellness program balances **Right** nutrition, exercise principles, and techniques for lifestyle and behavior changes. Using the InBody® scale or Bod Pod®, our professionals will develop your customized program to ensure your operational readiness!

Choose to Quit (C2Q) Tobacco/Nicotine Cessation

"Kick the habit" for good! Our 3-week class provides guidance on developing and following your quit plan!

Facilitated by former smoker, and experts in health education, stress management, nutrition & exercise

Optimizing Sleep:

Build Better Sleep Habits – Catching ZZZ's may be the key to unlocking a healthier you!

HeRO: The Air Force Health and Readiness Optimization Program

Fosters a culture and environment that values health and wellness! This will improve mission readiness and productivity of the military community, while contributing to the physical, mental, and emotional well-being of all Airmen.

Resources

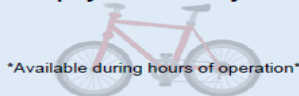
Resource Library: Pick up some pamphlets and booklets on topics of interest.

Exercise Equipment: Our staff will be happy to assist you with using our selection of cardiovascular and strength training equipment including the Precor FTS Glide® Functional Trainer and Octane® Elliptical with cross fitness kit.

Tanita® Body Composition Analyzer: Calculates body fat, estimated muscle mass and base metabolic rate. Shows separate body composition for right/left arms/legs and trunk. Results are provided on a printed ticket.

Bike-It!

Get fit the fun way! Come check out a bike at the HAWC to get in your daily physical activity!



Available during hours of operation

We are available 24/7! Find out about all the Health Promotion programs, services, calendar of events, and more at:

1. www.facebook.com/MacDillHAWC
2. Download the [USAF Connect](#) app

Fitness/Human Performance

S.N.A.P. to It!

Strategic Nutrition for Apex Performance

Introductory Nutrition / Lifestyle education for those who did not pass or are struggling to pass their PT test.

Running Clinic

Improve your run time! Learn about running mechanism, injury prevention, and performance enhancement. Get a shoe analysis, footwear recommendations, and more...

Supplements-they are NOT all created equal

Learn how to make educated decisions on which supplements are best for you.

Fuel to the Max!

Release the athlete within you! Fuel your body, get strong, and optimize performance with your individual plan from our Sports Dietitian.

Bod Pod® or InBody® 570

Assess and track body composition! The BOD POD® uses Air Displacement and the InBody® uses multi-frequency Bioelectrical Impedance Analysis (BIA) to provide very accurate measurements.

Metabolic Testing System

Want the big picture for you and your body? Obtain a true metabolic measurement in a matter of minutes!

Must meet eligibility requirements



Leading the way to a strong, healthier tomorrow by providing
Trusted Care, Anywhere

Programs and Services Fit Fighters Healthy Families

Hours of Operation:

Mon – Fri 0730-1630
Outreach Hours: Variable

Contact us:

8115 Cypress Stand St Bldg 303
MacDill AFB, FL 33621
(813) 828-4739

Shane Warye, Director, Health Promotion
Shane.e.warye.civ@health.mil
Chandler Falcon, Dietitian, Health Promotion
Chandler.h.falcon.ctr@health.mil

www.facebook.com/macdillhawc

Sabal Park Clinic

Choose to Quit (C2Q) Tobacco/Nicotine Cessation

"Kick the habit" for good! Our 3-week class provides guidance on developing and following your quit plan!

Topics include stress management, exercise, mouth care, nutrition & exercise.

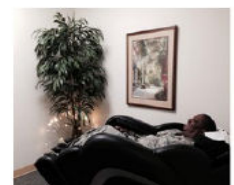
Facilitated by behavioral specialists and physicians

Stress LESS at the HAWC



Private Relaxation Room

Come enjoy a relaxing massage chair and water feature in a private, soothing environment.



De-Stress

Pick up a deep relaxation CD in our resource area.

Resources



**PRAY FOR ME
CHAPLAIN**

CONFIDENTIAL PRAYER REQUESTS

We are honored to support you and your families through prayer. Scan the QR code to submit a confidential prayer request. We have your back.



Your Macdill Chapel Team

LEGAL ASSISTANCE

8208 Hangar Loop Dr.

Building 299

(813) 828-4421

6arw.ja.generallaw@us.af.mil

Walk-in Hours for Notary and Power of Attorney:

Mon., Tue. & Thu. (0900-1500)

Wed. (1300-1500)

Fri. (0900-1100)

Wills and Legal Advice:

By Appointment Only

<https://aflegalassistance.law.af.mil/las/las.html>

**FOR LIFE, LIMB, EYESIGHT THREATENING
EMERGENCIES:**

Call 911 or go to the nearest ER.

All Other Urgent Medical Needs:

Call 813-828-2273 (APPT)

Prior Authorization is needed for all
non-emergency care .

patientportal.mhsgenesis.health.mil

1-800-477-8227



CareerSource

HILLSBOROUGH PINELLAS

@ MacDill AFB

Ted Davis, FCWP1, USMC

Business Manager/Career Coach/MacDill AFB



Davist@CareerSourceHP.com

C: (813) 599-7184

www.CareerSourceHillsboroughPinellas.com

Resources



in partnership with



Because no one should go hungry.

Service to Service

Drive-through food pantry tackling food insecurity within the military and first responder community.

Every 4th Wednesday
5 pm to 6:30 pm

Keeney Chapel
United Methodist Church
7736 Destin Drive Tampa, FL 33619
www.TheBautistaProjectInc.org

DoD

Safe Helpline

Sexual Assault Support for the DoD Community

safehelpline.org | 877-995-5247

AMERICANS CAN VOTE. WHEREVER THEY ARE.

Did you know that Service members, their families, and overseas citizens can vote when away from their voting residence?



HOW TO VOTE FROM ANYWHERE

WHEN YOU'RE IN THE MILITARY OR LIVING OVERSEAS

STEP
1

Register and request your absentee ballot at FVAP.gov

STEP
2

Fill out and send in your ballot when it arrives

Get everything you need to vote absentee at FVAP.gov

MACDILL AFB

SCHOOL LIAISON PROGRAM

DEPARTMENT OF THE AIR FORCE



SCHOOL LIAISON PROGRAM

PHONE: (813) 828-0146

DSN: 987-0146

cell: (813) 597-6061



macdillfss.com/school-liaison-program
venetia.waters@us.af.mil



Military Family Readiness Center
8105 Condor St. Bldg #18
MacDill AFB, FL 33621



MACDILL AIR FORCE BASE

FORCE

SUPPORT SQUADRON

Please Contact
The Installation Voting
Assistance Officer
At Macdill.voting@us.af.mil
with any question.

Resources

MILITARY
ONE
SOURCE

ONE SOURCE CONNECTING YOU
TO YOUR BEST MILLIFE.

MilitaryOneSource.mil | 800-342-9647



**MILITARY & FAMILY
LIFE COUNSELING**

@ the MFRC

Amity Mainridge 813-210-7822
Kim Peters 813-816-3061

(Will temporarily relocate to the Chapel 01 NOV 2024)



**6 ARW Chaplain
Corps**

Bldg. 355 (813) 828-3621

**After hours through the
Command Post:(813) 828-4361**

Come join the fun!



**BLUE STAR
FAMILIES**

**HIRING OUR
HEROES**

U.S. CHAMBER OF COMMERCE
FOUNDATION

**Military Spouse Fellowships
Information Session**

October 2, 2024 at 3:00 PM - 3:30 PM EDT

<https://www.hiringourheroes.org/>

**FREE PERSONAL
FINANCIAL COUNSELOR**
@ THE MFRC

**JOSHUA MELCHOR,
CFP**

813-486-2835

PFC.MACDILL@MAGELLANFEDERAL.COM

RETIREMENT PLANNING, TSP,
ESTATE PLANNING, ETC.

Resources

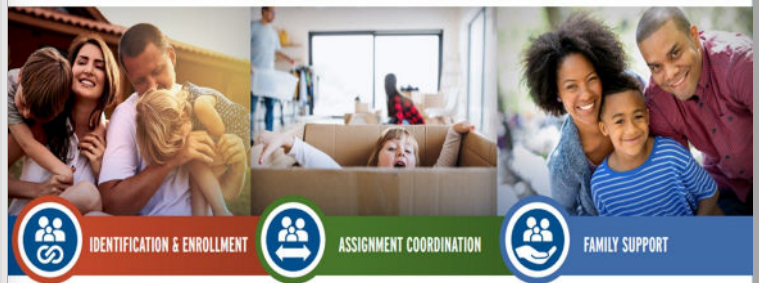
FAMILY ADVOCACY PROGRAM

Strengthening our community one family at a time



6th Medical Group
2nd Floor
813-827-9172

EFMP Triad



<https://macdillfss.com/efmp/>



Join our FB group at:
MACDILL AFB EFMP

(Will temporarily relocate to the Education Center 01 NOV 2024)

MacDill Resident Advocate

ADVOCATE



VOICE OF RESIDENTS TO BASE COMMANDER: Chain of Command is Direct to CV/CC

IMPROVE NEIGHBORHOODS: Detect Trends and Recommend COAs

RESIDENT VOICE COUNCIL: Quarterly with Reps, 6 ARW/CC/CCC, 6 MSG, 6 CES, Harbor Bay

CUSTOMER SERVICE



OFFICE: Building 17 (near Post Office/Military & Family Readiness Center)

PHONE: (813) 828-2377



VIRTUAL: Facebook Messenger, Microsoft Teams, Zoom, Email

OUTREACH



SOCIAL MEDIA: (Daily) Provide Information; Monitor for Trends

NEIGHBORHOOD WALKS: (Monthly) Direct Eyes-On Residences; Social Interaction

TOWN HALL MEETINGS: (Oct/Apr) Open to ALL; Direct Interaction w/ Base Commander

Resources



**MILITARY & FAMILY
LIFE COUNSELING**



School Military Family Life Counselors (MFLC)
If your school is NOT listed: Use Hillsborough VTC

School	MFLC Name	MFLC Phone
Ballast Point Elementary	Mariza Telleria	813-460-8454
Barrington Middle	April Johnson	813-392-8737
Bevis Elementary	Bea Hilbrands	813-310-6765
Coleman Middle	Mckenzie Liskey	813-629-2099
Collins Elementary	Bea Hilbrands	813-310-6765
East Bay High School	Gabby Naccarato	813 853-9515
Eisenhower Middle	Gabby Naccarato	813 853-9515
FishHawk Creek Elem	Jacqueline Gibb	210-740-8834
Hillsborough VTC	Mckenzie Liskey	813-629-2099
Lanier Elementary	Mariza Telleria	813-460-8454
Plant High School	Wafa Alkoka	813-392-8924
Newsome High School	Manuel Gomez	813-388-0937
Newsome High School	Lee Waters	813-244-5816
Randall Middle	April Johnson	813-392-8737
Riverview High School	Luz Rivera	813-293-3289
Stowers Elementary	Frederick Potter	813- 695-3142
Summerfield Crossings Elementary	Frederick Potter	813- 695-3142
Sumner High School	Allison Terrell	813-310-8133
T.R. Robinson High School	Wafa Alkoka	813-392-8924
TINKER K-8	Lauren Bush	813-285-0115
TINKER K-8	Michael Hull	813-293-1888
Warren Hope "Dawson" Elementary	Jacqueline Gibb	210-740-8834
WestShore Elementary	Mckenzie Liskey	813-629-2099

FOR MORE INFO:

macdillss.com/school-liaison-program
Dr. Venetia D. Waters, School Liaison Program Manager
 813-828-0146 VENETIA.WATERS@US.AF.MIL

