

# REUNION TIMES



ISSUE ONE

USAREUR MINISTRY TEAM

OEF/OIF

## DON'T WAIT!

### Successful reunion begins now!

- Waiting until you are on the bus, the plane, or walking down the ramp is neither the time nor the place to begin thinking about reuniting with family and friends
- Because you stepped out of the stream does not mean the stream stopped flowing
- There is no "cookie cutter" solution to reunion problems and issues
- Every family situation is different and every family has different skills and tools for managing changes

This series of newsletters is designed to help you to identify and manage the changes that have occurred since your deployment. You may be tempted to just focus on the military mission, equipment, and readiness pieces upon redeployment and ignore the human issues. They are easier to manage.

However, successful reunion and reintegration with family and friends requires all the effort and energy you can muster. The REUNION TIMES is one of many resources in that process.

WELCOME HOME!

*-The USAREUR CHAPLAIN'S OFFICE*

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- 2 Compare Army & Family Values

### NEXT ISSUE:

"Identifying Changers and Listening"

## What You Can Do NOW!

As you prepare to return to family and friends there is much that can be done. Phone calls and emails have been a great tool for reconnecting families. Digital cameras and webcams have given families the opportunity to see and hear in "real time" the events of the day. This is important. No longer do we wait for weeks for a card or letter, trusting in "snail mail" to reconnect.

Some hints:

- 1) Make a list of things to talk about so you don't forget stuff
- 2) Make sure every family member is included
- 3) Use lots of PRAISE for good things that have happened and minimize the negatives
- 4) Always end on a high and positive, encouraging note
- 5) Remember all special occasions and celebration
- 6) For children especially, try to ask questions that require some explanation rather than "yes" or "no" or "fine". For example, instead of "Are you doing your homework?" ask "What have you been studying about in history?"



**Who's your buddy?**

**VALUES** – definition [n] beliefs of a person or social group (family) in which they have and emotional investment (either for or against something)

## ARMY CORPS VALUES

### LOYALTY

- Bear true faith and allegiance to the U.S. Constitution, the Army, your unit, and to other soldiers

### DUTY

- Fulfill your obligations and commitments

### RESPECT

- Treat people as they should be treated

### SELFLESS SERVICE

- Put the welfare of the nation, the Army, and your subordinates before your own

### HONOR

- Live up to all the Army values

### INTEGRITY

- Do what is right legally, ethically, and morally even when nobody is around

### PERSONAL COURAGE

- Willingness to face an enemy, adversity, or challenge for the sake of good or the welfare of others

## SOME FAMILY VALUES

### LISTENING

- Value what your partner or family member has to say
- Encourage them and concentrate on what they are saying
- Avoid the temptation to solve everything, sometimes people just need to be heard and cared for
- Remove distractions

### DEMONSTRATING CARE

- Demonstrate the worth of each family member in thought, word, and action

### REKINDLING RELATIONSHIPS

- Family relationships require regular maintenance and upkeep
- Plan acts of kindness and tenderness

### SENSITIVITY

- Understand that each member in a family is unique and has different needs

### HONESTY

- Communicate honestly and openly about anxieties, misgivings, frustrations

### INTIMACY

- Plan times for each family member individually as well as group time

### PATIENCE

- Go slow and grow
- If you need help, contact your chaplain



**"I hate surprises!"**