

SEPT  
2021

MOODY INSIGHTS

# NEWS & STORIES



**Moody Family Housing**  
3131 Coney St. Moody AFB, GA 31699  
Phone: 229-333-0539  
Fax: 229-333-0502  
Facebook: Moody Family Housing

HELLO  
*September*

## Our President's Message



As PCS season begins to wind down, I am reminded of the feelings that go along with moving to a new duty station, adjusting to new neighbors, taking on a new role, and trying to find a sense of connection and community. The unique challenges and sacrifices of military families inspires us to continually improve our service delivery at Hunt Military Communities.

During September we will have several community-wide focuses. The first is Suicide Prevention Month.

This month we will be hosting several speakers and sharing important educational materials on this most important topic. On average, 22 active or retired service members take their own lives each day, and unfortunately I know this pain too well having lost several of my Marines to suicide. We can help those in need

by learning the warning signs and the appropriate resources available to help service members in need. Please look at the schedule of events you can attend and help us make mental health a priority for our military families.

The other notable event is the anniversary of 9/11. In memory of those who lost their lives and those whose lives are forever changed, we will be hosting Never Forget Walks in each of our communities. Additionally, we will have an opportunity for children to write a 100-word essay on "What It Means To Be A Patriot," to help them grasp the selfless commitment of their family service member. More information to follow on both of these important events. We look forward to your participation.

Thank you for allowing us the opportunity to serve you.

A handwritten signature in black ink, appearing to read "B. Stann".

Brian Stann  
CEO  
Hunt Military Communities



[HuntMilitaryCommunities.com](http://HuntMilitaryCommunities.com)



## Annual Helping Hands Event

It's that time of year again! This year our Annual Helping Hands Event will start on 27 September and run through 4 October 2021. We will be conducting a food drive to help any of our families in need here at Moody AFB. Please be sure to stop by our office, located in the Military Housing Office (Bldg. 320) to pick up your bag!

Once you have filled your bag, please drop it off at the designated location at our Community Center in Quiet Pines (1222 Apollo Way) no later than 4 October 2021.

If you are a family in need, please feel free to contact our office on 5 October to arrange a pick up time. We will happily meet you at the Community Center for you to pick up any items you need. Our office can be reached at 229-333-0539.

*"Helping one person might not change the world, but it could change the world for one person."*



**HUNT**  
**Helping Hands**

# COMMUNITY REMINDERS

We thank you for your continued patience and dedication in following the COVID-19 guidance and protocols over the past year. We recognize it has been a very challenging time for all and appreciate all that you do in helping to keep our communities safe.

- While business is being conducted virtually as much as possible, we are available in the office, **Monday – Friday 8AM – 5PM**. To make an appointment to come to the office, please call us at **(229) 333-0539**.
- **All URGENT and EMERGENCY Maintenance requests need to be called in!** Placing an Urgent or Emergency request through the website or Resident Portal App is automatically prioritized as ROUTINE. **You can call anytime, 24/7 at 229-333-0539.**
- **Balances Due:** All balances due must be paid in full within 30 days (with the exception of Payment Plans; please follow according to arrangement). Payments can be made via your Resident Portal App,.
- **Please continue Mowing and Edging your fenced yards!** Residents with fenced backyards are responsible for mowing the fenced area, as well as edging/trimming along fence line.
- **Preventative Maintenance has resumed!** Preventative Maintenance (PM) has resumed and will continue until all homes have been completed. Quiet Pines will be completed first.

**Please contact our office at 229-333-0539 with any questions.**

## ASTRO PEST CONTROL SERVICE

Astro Pest Control has resumed their regular pest control schedule! This month, they will be treating **OUTDOORS**. Magnolia Grove is scheduled for 8 September 2021, and Quiet Pines is scheduled for 9 September 2021.

If you require treatment in-between the scheduled dates, please contact our office at 229-333-0539.

**Call back for treatment is every Wednesday for both communities!**

# MOODY FAMILY HOUSING EVENTS for SEPTEMBER

**Facebook Events-** To stay up to date with any virtual events occurring, please be sure to follow our page at: <https://www.facebook.com/MoodyFamilyHousing2012>

**6 September** - Labor Day (OFFICE CLOSED); We will resume normal business hours on Tuesday, 7 September 2021.

**10 September** - World Suicide Prevention Day.

**11 September** - Patriot Day

**12 September** - Happy Grandparent's Day!

**15 September** - Valdosta Trivia Rama, Every Wednesday from 5:30PM - 9:00PM at Georgia Beer Co. For more info, call 229.588.4664

**17 September** - National POW/MIA Recognition Day.

**18 September** - Air Force Birthday!

**19 September** - National Wife Appreciation Day.

**22 September** - First Day of Fall & Football Team Contest Starts! Please visit our FB page for more information!

**25 September** - Farmer's Market in Hahira, GA, from 9AM - 12PM (Every Saturday).

**26 September** - Gold Star Mother's Day.

**27 September** - Helping Hands Food Drive event begins! Stop by the office to pick up your food drive bag!

**28 September** - National Sons Day/Football contest ends.

**29 September** - National Coffee Day!



Go to <https://www.VeteransCrisisLine.net> for this info

# Veterans Crisis Line



1-800-273-8255 **PRESS 1**

How to connect with a responder

## Call

**1-800-273-8255**

**and Press 1**

## Chat

**Connect online**

<https://www.VeteransCrisisLine.net/get-help/chat>

## Text

**838255**

**Support for  
deaf and hard  
of hearing**

**1-800-799-4889**



This free support is confidential, available 24/7 and serves All Veterans, All Service Members, National Guard and Reserve, their Family Members and Friends.

**VA**



U.S. Department of Veterans Affairs

Veterans Health Administration  
Sheridan VA Health Care System





# There is Hope. There is Help. Suicide is Preventable.

If you or someone you know is thinking of dying by suicide, get help immediately.

Call 911 or the National Suicide Prevention Lifeline at **1-800-273-TALK**  
or text "HOME" to 741741 to the Crisis Text Line.

## Things to Know and Say



Everyone's life matters.  
Help is available.

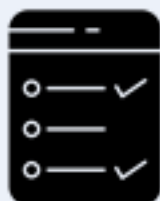


People do care.  
Treatment works.



Don't keep it to yourself.  
**Tell a trusted adult.**

## What to Do



- Identify trusted adults at school and home.
- Avoid drugs and alcohol.
- Consider downloading helping apps like Virtual Hope Box, MY3, or A Friend Asks.
- Recognize the warning signs in yourself, your friends, on social media.
- **Get help. You can't do it alone.**
  - Tell a school psychologist, counselor, teacher, parent, or other adult.
  - Call 911 or 1-800-273-TALK or text "HOME" to 741741.

## Reminders for Friends



- **Connect.** Listen, be accepting, don't judge.
- **Confirm.** Ask if they have thoughts of dying or of suicide.
- **Protect.** Take any threats they make seriously. **Do not agree to keep a secret!** Tell someone.
- **Stay.** Do not leave alone a person you are concerned about being at imminent risk. You might be their lifeline.
- **Act.** Call for help immediately!

## Risk Factors



- Feeling depressed, hopeless
- Deliberate self injury ("cutting")
- Prior suicidal thinking and behavior
- Having family members or friends who have attempted or died by suicide
- Loss of an important relationship (e.g., breaking up)
- Being isolated or alone
- Having been traumatized or abused
- Drug and alcohol use

## Warning Signs



- Suicidal threats, both direct ("I want to die") and indirect ("I wish I could go to sleep and not wake up")
- Suicide notes, plans, social media posts
- Making final plans; giving away favorite things
- Preoccupation with death or revenge
- Changes in behavior, sleeping, eating, appearance, thoughts and/or feelings
- Extreme mood swings, rage, withdrawal
- Sudden unexplained happiness

# Preventing Youth Suicide: Tips for Parents and Educators

If you or someone you know is suicidal, get help immediately via 911, the National Suicide Prevention Lifeline at 1-800-273-TALK or the Crisis Text Line (text "HOME" to 741741).

Suicide is preventable. Youth who are contemplating suicide frequently give warning signs. Do not be afraid to ask about suicidal thoughts. Never take warning signs lightly or promise to keep them secret.

## Risk Factors



- Hopelessness
- Non-suicidal self injury (e.g., cutting)
- Mental illness, especially severe depression, but also post traumatic stress, ADHD, and substance abuse
- History of suicidal thinking and behavior
- Prior suicide among peers or family members
- Interpersonal conflict, family stress/dysfunction
- Presence of a firearm in the home

## Warning Signs



- Suicidal threats in the form of direct (e.g., "I want to die") and indirect (e.g., "I wish I could go to sleep and not wake up") statements
- Suicide notes, plans, online postings
- Making final arrangements
- Preoccupation with death
- Giving away prized possessions
- Talking about death
- Sudden unexplained happiness
- Increased risk taking
- Heavy drug/alcohol use

## What to Do



- Remain calm, nonjudgmental and listen.
- Ask directly about suicide (e.g., "Are you thinking about suicide").
- Focus on your concern for their well-being
- Avoid being accusatory (e.g., don't say, "You aren't going to do anything stupid are you?").
- Reassure them that there is help; they will not feel like this forever.
- Provide constant supervision. Do not leave the youth alone.
- Remove means for self-harm, especially firearms.
- **Get help!** Never agree to keep suicidal thoughts a secret. Tell an appropriate caregiving adult. Parents should seek help from school or community mental health resources as soon as possible. School staff should take the student to a school-employed mental health professional.

## Reminders for Parents



After a school notifies a parent of their child's risk for suicide and provides referral information, parents must:

- **Continue to take threats seriously.** Follow through is important even after the child calms down or informs the parent "they didn't mean it."
- **Access school supports.** If parents are uncomfortable with following through on referrals, they can give the school psychologist permission to contact the referral agency, provide referral information, and follow up on the visit.
- **Maintain communication with school.** After an intervention, the school will also provide follow-up supports. Your communication will be crucial to ensuring that the school is the safest, most comfortable place possible for your child.

## 5. CARE OF HOMES

### 5.9 Pest Control

Resident acknowledges that good housekeeping prevents pest infestation and agrees to keep the Home in a clean and sanitary condition at all times. Resident will maintain the home in a manner to deny access, harborage, and sustenance to household pests.

Requests for treatment may be made by contacting **MOODY FAMILY HOUSING**. Depending on the type and severity of pest problem, the Resident may be charged for the service if Resident was at fault for causing the problem. If a Resident is allergic to common pesticides or has any reaction at all, notify **MOODY FAMILY HOUSING** immediately. Pesticides may be hazardous to infants under 3 weeks old, the elderly, pregnant, those with heart, liver or respiratory problems, people with allergies, and pets. Residents should inform the pest controller of any such situations, and he will advise of any special safety precautions required.

Resident shall immediately notify **MOODY FAMILY HOUSING** of the presence of pests around the outside of homes, including those in trees and shrubs.

Problems involving cockroaches, flies, wasps, bees, termites, ants, ticks, fleas, spiders, snakes, mice, rats and other crawling and flying pests should be reported to **MOODY FAMILY HOUSING**.







Happy  
fall y'all!