



American Red Cross
Service to the Armed Forces

If unassigned or troop/company unknown, simply put down your Squadron/Battalion from your orders

Vilseck & Grafenwoehr Station

Contact Card Information

The American Red Cross provides a variety of services to members of the military, veterans and their families. Please fill out the below contact card form below to ensure we have up to date information.

Legal Name: _____
(Last, First, Middle Initial)

Sex M/F: _____

Branch of Service: _____

Rank: _____

Military Unit: _____
(Full Unit information to include company/troop)

APO Zip Code: _____

Date of Birth (DDMMYY): _____

Phone Number:

Personal Email Address: _____

Not work email!

If you do not have a working phone # yet, please leave blank, or add your WhatsApp/Signal #.

Vilseck: 09112
Graf: 09114



American Red Cross
Service to the Armed Forces
USAG-Bavaria, Germany
serving
Grafenwoehr, Vilseck, Hohenfels, Garmisch

American Red Cross

What are Emergency Communication Messages?

- An RCM (Red Cross Message) is an emergency communication from the American Red Cross on behalf of a Soldier or family member to inform someone of a crisis.
- They are 24/7/365 and will arrive through your Battalion/Squadron Staff Duty.
- **Anyone** can initiate the process (including healthcare professionals).
Situation must:
 1. **Be an Emergency.**
 2. **Require Service Member's immediate action.**
 3. **Involve an immediate family member (there are exceptions to this).**
 4. **Be verifiable.**

How Emergency Communications Work



Family
Emergency
Occurs (Illness,
Death, High
Risk Birth,
etc.)



Soldier or
Family
Contacts
American Red
Cross (ARC)
Hero Care



ARC Verifies
Emergency &
Informs
Service
Member's
Command

Emergency Communication Messages

Required Info

Service member information

- Full legal name
- Rank/rating
- Branch of service (Army, Navy, Air Force, Marines, Coast Guard)
- Social Security number or Date of Birth
- Military unit address
- Information about the deployed unit and home base unit (for deployed service members only)

Information about the emergency

- Name and contact for the immediate family member experiencing the emergency (could be spouse, parent, child/grandchild, or grandparent)
- Nature of the emergency
- Where the emergency can be verified (hospital, doctors office, funeral home)

Emergency Communication Messages

- Emergency communication messages **do not** replace normal communications
- Starting a message **does not guarantee** that the service member & family will be granted emergency leave
- American Red Cross **partners with Military Aid Societies for Financial Assistance.** During normal business hours, walk into ACS to request AER funds. After hours, call ARC.

Financial Assistance Through Hero Care

Get Immediate Assistance

If your family needs emergency assistance, you can [submit a request online](#) or call the American Red Cross.

1-877-272-7337

saf.redcross.org/css



Who is Eligible for Financial Assistance

Call the American Red Cross Hero Care Center at 1-877-272-7337 (toll-free) if you are:

- An active duty service member
 - A member of an activated National Guard or Reserve unit
 - An immediate family member of a service member in the above two categories
 - A military retiree or spouse/widow(er) of a retiree
-
- Hero Care exists to assist Soldiers and their families undergoing a crisis. This either takes form of a grant or loan, funded through partner Military Aid Societies. Upon occurrence of an emergency, if Financial Assistance is necessary, contact the ARC to begin a case.

OCONUS Emergency Travel Assistance Grant

This **limited-time program provides \$500 grants** to active-duty military members (including activated National Guard/Reserve members) who:

- Are stationed Foreign OCONUS
- Have been granted emergency leave or ordinary leave under emergency conditions.

Call the American Red Cross Hero Care Center at +1-877-272-7337 to speak to a specialist who'll help you apply.



OCONUS Emergency Travel Assistance Grant

Aligning with the American Red Cross mission of helping military members prepare for, cope with, and respond to the challenges of military service, Service to the Armed Forces (SAF) is implementing the OCONUS Emergency Travel Assistance Grant.

This program will provide financial assistance to military members, including National Guard and Reserve, actively serving Foreign Outside the Continental United States (F-OCONUS) who have been granted emergency leave.

All categories of emergency leave are eligible for this grant. Eligible service members will be awarded a \$500 grant.

The OCONUS Emergency Travel Assistance Grant will be available for a limited time based on the availability of funds.



Hero Care Center:

1-877-272-7337

Website:

[RedCross.org/HeroCareNetwork](https://www.RedCross.org/HeroCareNetwork)

American Red Cross

THE RED CROSS HERO CARE NETWORK
PROVIDES EASY ACCESS TO EMERGENCY
ASSISTANCE AND CRITICAL COMMUNITY
SERVICE 24/7/ 365
HERO CARE CENTER: 877-272-7337



DSN 526-1760
CIV 09641-70-526-1760
GRAFENWOEHR@REDCROSS.ORG



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VILSECK@REDCROSS.ORG



American Red Cross-USAG Bavaria Grafenwoehr & Vilseck

1.7K likes • 1.9K followers

Send Email

Liked

Message

Follow us for updates about classes, activities, and
other info: www.facebook.com/ARCGRAFVILSECK



Training Classes

Adult and Pediatric First Aid/CPR/AED

Basic Life Support

CPR Instructor Training

Babysitter Training

American Red Cross

Volunteer Opportunities

(For Spouses *and* Service Members!)

Current Available Positions:

- Event Support Volunteer
- CPR/BLS/Babysitting Instructor
- Office Support
- Community Relations & Outreach Program Lead
- Youth Preparedness Lead
- Hero Care Case Management Lead
- Volunteer Engagement Lead
- Youth Engagement Lead / Red Cross Club Advisor
- Vilseck Veterinary Clinic Volunteer
- Health Clinic Volunteers (Medical, Dental, Behavioral Health, etc.)
- Resiliency Workshop Facilitators
- Social Service Interns
- Media Engagement
- Animal Visitation Program (Morale Dogs)

**New to life overseas?
It can feel lonely,
but you're not alone.
Volunteer, connect,
and make a difference.**



Volunteering as a Soldier

Give back: Support the community that supports you.

Leadership development: Take initiative and grow beyond your rank.

Set the standard: Show what right looks like.

Flexibility. Skill-building. Recognition.

Serve Beyond the Uniform


Volunteer with the Red Cross!



Work on the MOVSM (Military Outstanding Volunteer Service Medal)

- (AR) 600-8-22
- A ribbon worn on your dress uniform
- Based on your commander's discretion to consider the quality of service and the number of hours (100 to 300 hours is standard).

Volunteering with the Red Cross aligns with the military core values like **selfless service** and **personal courage**.

Even a small amount of time can make a big difference. Choose volunteer roles that fit your schedule and balance with your military duties.



Sign up here:  

Disaster Action Team (DAT)



Healthcare Champions Network





American Red Cross



Resiliency Program

FREE

Reconnection Workshops are facilitated group discussions that are 60 to 90 minutes long with 3 to 12 participants

• **Adult Workshops:**

- *Effective Communication
- *Stress Solutions
- Trauma Talk
- Defusing Anger
- Emotional Grit
- *Connecting with Kids

• **Child/Teen Workshops**

- are guided age-appropriate group activities.
- Roger That! Communication Counts
 - Confident Coping

Workshop Logistics

- **Locations:**
 - Community events
 - Red Cross buildings
 - We can come to you!
- **We can provide snacks & drinks!**

*Workshops are available virtually

Mind-Body Workshops

are facilitated group discussions and mind body practices for 60 to 90 minutes with 3 to 12 participants.

- Introduction to Mind-Body Skills
- Using Mind-Body Skills

Scan to request a workshop



Coping with Deployments

are Psychological First Aid (PFA) workshops that are classroom styled presentations for 45 to 60 minutes with 3 - 40 participants.

- Introduction to Psychological First Aid and Resilience
- Using Psychological First Aid and Building Resilience in Military Children



Email us at Vilseck@redcross.org for questions



Mindful Movement

FREE classes

Learn how to help reduce your stress levels

Option 1: Family Class

- Connect & have fun with your children as you partner up to learn helpful skills

Option 2: Adult Class

- Activities are easy for all levels of fitness
- Pairs well with training
- Counts for PT/Resiliency



To Sign Up:



<https://forms.office.com/r/3VchFVnvyc>



In these free **45-minute sessions**, you'll learn how to de-stress & unwind whether you're at work, school, home, or anywhere. Explore breathing techniques, gentle stretches, & mindfulness practices to help you stay present & feel great.

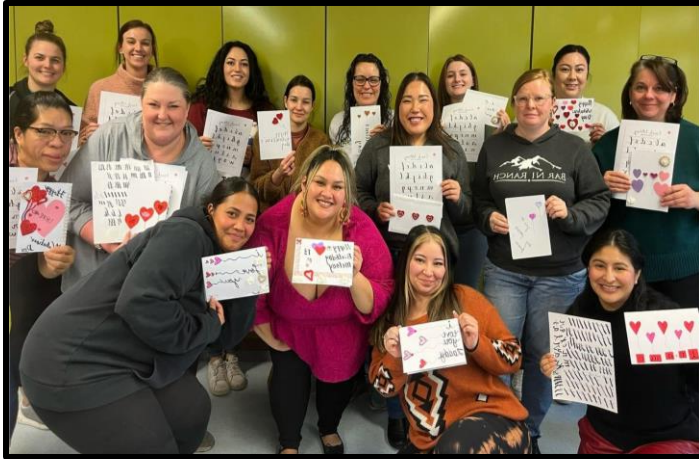
- Please bring water & yoga mat or large towel.
- Free refreshments available by request.
- An adult must accompany each child.

Contact our Red Cross office with any questions

Phone: 09641 70 599 1760/09641 70 526 1760

Email: Vilseck@RedCross.org

Crafting Workshops



Lots of Fitness Opportunities

Find us at the TB Main Gym on Wednesdays 1200 to 1300 or the TB Classroom for Family Zumba last Fridays of the month.



Animal Visitation Program (AVP)

Request an animal visitation for any military occasion.

OR

Get your dog certified through us to join our program!



Rose Barracks, Bldg 162,
DSN: 314-599-1760, CIV 09662-83-1760

Tower Barracks, Bldg 124 (in front of USO)
DSN 314-526-1761, CIV 09641-70-526-1761

Email: Vilseck@RedCross.org

Emergency Messages: call 24/7: 1-877-272-7337 or
visit redcross.org/herocarenetwork

Facebook: ARCGRAFVILSECK

All info here: <https://linktr.ee/AmericanRedCrossBavaria>

American Red Cross



[Linktr.ee/AmericanRedCrossBavaria](https://linktr.ee/AmericanRedCrossBavaria)