

Please Note: The information contained in this handout is intended:

“FOR INFORMATION PURPOSES ONLY”.

Any reference to private organizations and/or their respective activities does not imply endorsement by the United States Government, Department of the Army, or Fort Campbell, Kentucky.

Information is also available for download from the MWR Website (Facilities & Programs) @ www.campbell.armymwr.com

INFORMATION EXCHANGE
08 January 2020 - **“Talking Points”**

| | | | |
|----------------------------|----------------------|---------------------|---|
| DPTMS, Major Events | Jovita Titman | 270-798-9710 | jovita.r.titman.civ@mail.mil |
|----------------------------|----------------------|---------------------|---|

10 JAN: 0900-1200 - American Red Cross Volunteer Orientation
17 JAN: DONSA
20 JAN: Dr. Martin Luther King Jr. Day
02 FEB: Super Bowl LIV Party @ Warrior Zone (age 18+ only)
14 FEB: DONSA
17 FEB: President's Day
29 FEB: Leap Day

| | | |
|------------|------------------------|---------------------|
| DHR | Scott Galbraith | 270-798-3511 |
|------------|------------------------|---------------------|

[Fort Campbell Career Center / Army Continuing Education System \(ACES\) / Army Substance Abuse Program \(ASAP\)](#)

FORT CAMPBELL CAREER CENTER: *Creating Unity of Effort & Synergy*

- Consolidation of all spouse employment services from four locations into one under DHR Leadership.
- Established 01 April 2019 Codified by MOU

➤ **EDUCATE**

Employment Preparation
Resume Preparation
Workshops

➤ **PREPARE**

Employment Assistance
Career Coaching
Career Skills Programs
Resume Critiques
Interview Techniques
Skills Assessments

➤ **CONNECT**

Weekly Hiring Events
Quarterly Hiring Events
Specialized Hiring Events

CAREER CENTER **"ONE STOP"** - Eliminating Barriers to Spouse Employment

1. Soldier For Life (SFL) / Transition Assistance Program (TAP)
2. Employment Readiness
3. USO Pathfinders
4. Campbell Strong/Workforce Partnership (CSWP)
5. Career Skills Program

Located in building 5668 Wickham Avenue. For additional information call: (270) 412-1720.

➤ Spouse Employment Opportunities 2020: **EMPOWERING WOMEN CAREER SUMMIT**

Connecting Military Spouses, Transitioning Soldiers and Veterans with Employment Professionals and Career Opportunities!

Date: 19 February 2020 Times: 9:00-11:00AM: Female-focused speakers and panels (topics to include resume gaps, salary negotiations, and more!) 11:00AM – 1:00PM: Lunch 1:00PM – 4:00PM: Career & Resource Fair



Empowering Women Career Summit
at
Valor Hall Conference & Event Center
105 Walter Garrett Lane, Oak Grove, KY 42262

Sponsored by:

Campbell Strong Workforce Partnership
USO Pathfinder
Wounded Warrior Project
Mini-Makeovers courtesy of: Ulta Beauty and Dress for Success

In partnership with: Fort Campbell Soldier for Life – Transition Assistance Program & Career Skills Programs.

ARMY CONTINUING EDUCATION SYSTEM (ACES)

Products and Services:

- Provide Access to Education Opportunities (classroom and distance learning college programs).
- Four Department of Defense approved on-post Colleges and Universities.
- Learning Resource Center: Computer lab with internet capability available for college course work.

- National Testing Center: CLEP/DSST testing and college proctored exams.

Family Resources:

- MyCAA: Financial Aid for spouses of E1-E5, W1-W2, 01-02, up to \$2,000 per year for 2 years (<https://mycaa.militaryonesource.mil>).
- Educational Opportunity Center (EOC): Free assistance with financial needs and locating schools for desired degree programs.
- Workforce Essentials Adult Education Classes: GED Preparation and English as a second language classes (ESL).
- Located at 202 Bastogne Ave (inside Gate 4). **Contact information: (931) 542-5040.**

ARMY SUBSTANCE ABUSE PROGRAM (ASAP)

Prevention and Readiness:

- The Drug Testing Program focus on deterrence and creating a “Drug-Free” workplace. Clients include Fort Campbell Soldiers and Army Civilians in testing positions. The Drug Testing Section cannot test Family Members, Retirees, or Army Civilians in non-testing positions.
- ASAP Specialist focus on suicide awareness and prevention education. ASAP primary clients include military units and Soldiers and can provide training and information to Family Members, Retirees, and Army Civilian



- Employee Assistance Program (EAP) focus on referrals, prevention education and team building. The EAP provides services to Army Civilians, Family Members, and Retirees. For EAP assistance, contact John Bergman at **270-412-0079** or visit **Bldg. 2553, 23rd Street**, Fort Campbell.



Fort Campbell Commissary

Charles Shropshire

270-640-4008

- ♦ The Scholarships for Military Children Program for the 2020 - 2021 school year is underway.

Deadline is 24 Feb '20.

For scholarship year 2020-21, Fisher House Foundation will award **500 scholarship grants of \$2,000 each**. The application, including essay questions, is available for download from the Scholarships for Military Children website.

- ♦ For more information on the newly expanded commissary privileges and access to service-connected disabled veterans, go to www.militaryonesource.mil/expanding-access or contact Veteran's Affairs (VA) @ **(877) 222-VETS**.
- ♦ The MyCommissary Online Portal is your gateway to extra savings! Create your account to access all of the site features and awards.

ACS

Gari Wild

270-956-2934

Installation Volunteer of the Year

- **April 21st, 2020 1800-2000 Cole Park Commons**
 - 5 Categories: Family Readiness Groups; Child Youth & School Services; Community Services; Other Agencies & Organizations and Outstanding Youth.
 - All nominees must be registered in the Volunteer Management Information Service System (VMIS), have a completed DD Form 2793 and have volunteered in the Fort Campbell Community during 2019.
 - Nominations packets **were sent out on 03 January** and are due back in **NLT 02 March**.
 - 1 Volunteer of the Year nomination per Battalion and Agency/Organization.

Garrison Chaplain's Office CH (LTC) Scott Nichols 270-412-5794 scott.e.nichols2.mil@mail.mil

- **Faith Based Resiliency Events**

➤ **CELEBRATE RECOVERY!**

A Faith Based Addiction Recovery Program that is based on The 12-Step Model.

Every Thursday beginning 16 January 2020 at 1800, Memorial Chapel, 3934 Indiana Ave.

POC: CH (LTC) Ramsey at paul.d.ramsey.mil@mail.mil/270-412-9972 or Bradford Smith at bradford.smith3@hotmail.com



Hurts, Habits and Hang-ups are welcome.

➤ **REBOOT RECOVERY**

Begins 16 January 2020, 1800, Liberty Chapel, 3111 Bastogne Ave. Meal and Childcare available.

This faith-based combat trauma recovery program helps the Soldier / Veteran in physical, mental and social well-being. The effectiveness of this program is published in the Military Psychology journal. It is a recurring 12-week course that relies on Christian principles to address whole-person wellness for those affected by combat trauma.

POC: CH (LTC) Ramsey at paul.d.ramsey.mil@mail.mil/270-412-9972 or Bryan Flanery at: bryan@rebootrecovery.com/574-386-1022



Montgomery County Government

Michelle Newell

931-648-8482

- General vs. the Mayor Annual Broomball Game

15 Jan '20 @ 6:00PM Downtown Commons Outdoor Ice Rink – 215 Legion Street, Clarksville

- Mayors Power Breakfast

14 Jan '20 @ 7:30AM Wilma Rudolph Event Center. RSVP to Jennifer Lawson (931) 245-4342 or jennifer@clarksville.tn.us **COST:** \$35.00 (member rate) \$40.00 (non-members)

- Formal Commission Meeting

13 Jan '20 @ 6:00PM Montgomery County Historic Courthouse, 1 Millennium Plaza, Clarksville

Armed Services YMCA

Jenifer Cooley 270-798-7422

jcooley@asymca.org

BY APPOINTMENT ONLY

Dress Boutique
3068 Reed Avenue
Fort Campbell, KY 42223
(270) 798-7422



Fort Campbell Spouses' Club

Brigette Burr (PAO)

fcscpublicaffairsofficer@gmail.com

Hollywood Glamour

Date: 15 January 2020

Time: 10:30AM – 1:00PM

Location: Joe Swing Event Center, Fort Campbell, KY



The Fort Campbell Spouses Club goes to Hollywood! This month's luncheon theme is Hollywood Glamour. Come walk the red carpet in your glitziest Hollywood dress. It is your time to shine, Hollywood style! Charity: Fort Campbell Chaplain's Food Pantry
Nonperishable food items requested.

Please RSVP on our website @ <http://fortcampbellspousesclub.org>

Hope to see you there!

MWR

Melissa Schaffner

270-798-7535

melissa.a.schaffner.naf@mail.mil

Parent's Night Out **11 Jan 2020, 6:00-11:00PM** TODAY IS REGISTRATION DEADLINE!

POLAR BEAR RUN and PLUNGE – NEW DATE

- **25 January 2020** - 9:00AM Registration, Run begins @ 10:00AM
- 5K or 1 mile and plunge into Gardner Indoor Pool
FREE!



New Year's Resolutions for **FITNESS**? We've got you covered!

Group Fitness Classes January 2020

| | Mondays | Tuesdays | Wednesdays | Thursdays | Fridays |
|-----------|--|--|--|--|--|
| MORNING | 9am Boxing 101 (KC) Sean 10am Aqua FIT Maria 10am **TRX® (Rig)** Katie 1030am Cycle Sean | 9am **Tabata** Katie 9am Boot Camp (KC) Sean 10am Power 60 Debbie 1030am Total Pump (KC) Sean | 9am W.O.D. (Workout of the Day) (KC) Sean 10am Aqua FIT Maria 10am **TRX® (Rig)** Katie 1030am Cycle Sean | 9am **Tabata** Katie 9am Zumba® (KC) Carla 10am Power 60 Maria (No Class 2 Jan) 1030am Total Pump (KC) Sean | 9am Boxing 101 (KC) Sean 10am Anything Goes Friday Maria (No Class 3 Jan) 10am **TRX® (Rig)** Katie 1030am Cycle Sean |
| MID DAY | 12pm Power Pump (KC) Sean | | | 12pm Boot Camp (KC) Sean | 12pm Power Pump (KC) Sean |
| EVENING | 6pm Zumba® (KC) Carla | 530pm Barre Emelia | | | 430pm Zumba® (KC) Angie *No Classes* January 1, 17 & 20 |
| Saturdays | | | | | |
| | 4 *Day of Renewal* 830am-1130am Multiple Classes, Multiple Instructors! Come join us for a Saturday morning full of multiple mini fitness classes! This is a great FREE opportunity to meet our fantastic instructors and try out a variety of fitness classes offered by MWR. | 11 830am Cycle Sean Fort Campbell Race Series 2020 Polar Bear Run and Plunge 10am 1 Mile Fun Run 1015am 5K | 18 830am Boxing 101 (KC) Sean 10am Cycle Sean | 25 830am Boxing 101 (KC) Sean 10am Cycle Sean | **Newly Added Classes** |

- All classes and instructors subject to change without notice.
- All classes are 60 minutes unless otherwise specified.
- Admission to land classes will not be allowed 5 minutes after class has started.
- There MUST be at least 3 participants in order for each class to be conducted.

Location
 Estep PFC
 Shaw PFC
 Gardner Indoor Pool
 "KC" Kids Allowed in Kids Corner

Individual Class at each facility \$3
 30 day unlimited pass \$30



For additional information, call (270) 798-4664

- Book your Hail & Farewell @ MWR. We cater to your needs. Just call (270) 798-4610 x319.

usarmy.campbell.medcom-bach.list.pao-users@mail.mil

<https://blanchfield.amedd.army.mil>
www.facebook.com/BACH.Fort.Campbell

Upcoming Events

Holiday Schedule

In recognition of the upcoming Martin Luther King Jr. holiday, BACH personnel will observe the federal holiday Monday, **Jan. 20**. Therefore, all primary and specialty care services and pharmacies will be closed. The Emergency Center, inpatient services, as well as supportive supplementary services will remain open to provide inpatient, acute and emergency medical care.

Health and Wellness

Fort Campbell AWC assists with you New Year's resolution

The Army Wellness Center features free health and wellness classes for service members, retirees, and family members, and Department of the Army civilian employees. For beneficiaries seeking to improve their diet, the AWC offers Fueling for Health, Meals in Minutes and Upping Your Metabolism. For beneficiaries who want to work on their physical fitness, AWC staff can develop a personal fitness plan, called a fitness prescription, based on individual fitness goals.

Beneficiaries will meet one-on-one with an AWC representative. The health counselor will then develop a customized routine. The center also offers classroom learning. New to the center is an Army Combat Fitness Test preparation and injury prevention program for Soldiers focused on preparing for the ACFT. For AWC assistance on your new year health and wellness goals, contact the center at (270) 461-3451.

Tobacco Cessation

The Army Wellness Center, 5662 Screaming Eagle Blvd., offers "Ready to Quit" every Tuesday from noon to 1 p.m. This briefing educates all TRICARE beneficiaries and DoD civilians about dangers of tobacco and assess readiness to join the Tobacco Cessation Program. The Tobacco Cessation Program is offered the 1st – 4th Wednesday monthly from noon to 1 p.m. For more information, call (270) 956-0100.

Cervical Health Awareness Month

Nearly 13,000 women in the United States are diagnosed with cervical cancer each year, but the disease is virtually always preventable with vaccination and appropriate screening (Pap and HPV tests). Screening can find changes in the cervix before cancer develops. It can also find cervical cancer early – when it's small, has not spread, and is easiest to cure. Another way to help prevent cervical cancer in the future is to have children vaccinated against human papilloma virus (HPV), which causes most cases of cervical cancer.

National Blood Donor Month

American Red Cross celebrates and recognizes the lifesaving contribution of blood donors. As we begin the New Year, considering resolving to roll up a sleeve to give this month and throughout 2020. On Fort Campbell, blood drives are scheduled routinely at the Main Exchange, Commissary and Blanchfield Army Community Hospital.

MHS Nurse Advice Line Beneficiary Portal

The Nurse Advice Line provides health care support to TRICARE beneficiaries 24/7. The Nurse Advice Line provides support to TRICARE beneficiaries at no cost to you. The team assists you in navigating your family's health care needs. Some of the services provided include:

- Health Care Advice
- Answers to Urgent Care Questions
- Assistance locating a Provider or Pharmacy
- Same and next-day appointment scheduling at military hospitals and clinics

Nurses who specialize in Pediatric, Behavioral Health and Obstetric care are available to support your family's needs. To support your continuity of care, we'll check back in on you and your family to ensure you're still confident in the nurse's recommended care plan.

Remember, if you have an emergency, call 911 or your local emergency service center. Visit the portal at <https://www.mhsnurseadvice.com/home>.

BACH General Information

Missed Drug Take Back Day?

Properly dispose of your expired, unused or unwanted medicine by dropping them in the Drug Drop Boxes placed inside the hospital's Main Pharmacy or Town Center Pharmacy during business hours. Accepted items include: prescription medications, controlled substance medication, over-the-counter medication, vitamins, medicated ointment/lotion, liquid medication in leak-proof containers and transdermal skin patches. *Items not accepted include: needles, thermometers, contraband drugs, infectious waste/medical waste, personal care products, business waste, hydrogen peroxide, aerosol cans, and inhalers.*

How do I schedule/cancel appointments?

If you need to make or cancel an appointment at any of the Soldier or Patient-Centered Medical Homes, you may go online at www.tricareonline.com or you may call (270)798-4677/ (931)431-4677 or if outside the calling area 1-866-524-4677. See the complete listing of Soldier and Patient-Centered Medical Homes below.

- Appointments can be made from 6 a.m. – 4:30 p.m., Monday - Friday.
- Appointments can be cancelled 24 hours a day, seven days a week by leaving a voicemail message.
- Advice nurses may be reached by calling the appointment line
- You can also schedule and cancel appointments online at www.tricareonline.com.

BACH 650 Joel Drive

Air Assault Family Medical Home (Team Apache, Team Blackhawk, Team Comanche, Team Huey)

Gold Family Medical Home

Young Eagle Medical Home (Team Flight or Team Soar)

Byrd 7973 Thunder Blvd.

Byrd Soldier or Family Medical Homes

LaPointe 5979 Desert Storm Avenue

Bastogne Soldier Medical Home

Rakkasan Soldier Medical Home

Strike Soldier Medical Home

Screaming Eagle Medical Home *Medical Office Building One,*
647 Dunlop Lane, Suite 301
(Community Based Medical Home in Clarksville, Tenn.)

Campbell Army Airfield Medical Home *7149 Black Sheep Run*