

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
04 March 2020 - **“Talking Points”**

DPTMS, Major Events	Jovita Titman	270.798.9710	jovita.r.titman.civ@mail.mil
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04 MAR: Facebook Town Hall Live
06 MAR: 1000 - 1-506 IN Change of Command and Responsibility Ceremony
08 MAR: Daylight Saving Time Begins
13 MAR: American Red Cross Volunteer Orientation
14 MAR: USO Ten Miler
17 MAR: St. Patrick's Day
19 - 20 MAR: SFL – TAP Spring Job Fair
23 MAR: DONSA
23 - 27 MAR: Spring Break (CMCSS and FCKY)
27 MAR: American Red Cross Volunteer Recognition Ceremony
03 - 10 APR: CCSD Spring Break
10 APR: DONSA
10 APR: CMCSS No School
12 APR: Easter
13 APR: DONSA
21 APR: Volunteer of the Year 2020 Ceremony
24 APR: FTCKY No School

Garrison Chaplain's Office CH (LTC) Scott Nichols 270.412.5794 scott.e.nichols2.mil@mail.mil

Spring Religious Holiday Schedule

- Stations of the Cross (6, 13, 20, 27 March, 3 April)
6:00 p.m. – Catholic, Soldier's Chapel
- Jewish Passover (8 April)
7:00 p.m. – Seder, Memorial Chapel

➤ Triduum (9-11 April)

6:00 p.m. – Holy Thursday Mass, Soldier's Chapel

6:00 p.m. – Good Friday Mass, Soldier's Chapel

8:00 p.m. – Holy Saturday Mass, Soldier's Chapel

➤ Easter Sunday (12 April)

7:00 a.m. – Community Sunrise Service, 101st ABN DIV HQs

➤ Normal Chapel Services: <https://home.army.mil/campbell/>

➤ ALPHA

A casual conversation group building spiritual foundations based on Christian worldview.

Anyone who is interested in finding more about the Christian faith can come.

It is designed for non-church goes and new Christians. Our focus at Fort Campbell is for single Soldier growth. **Every Monday thru 06 April 2020 at 6:00 p.m., Warrior Zone, 3910 Indiana Ave.**

POC: CH (CPT) Burke at james.g.burke1@gmail.com (404) 788-0203.

➤ Reboot Recovery

A Faith based Combat Trauma Recovery Program helps the Soldier / Veteran in physical, mental and social well-being. **Every Thursday at 6:00 p.m., Liberty Chapel, 3111 Bastogne Ave.**

Meal and Childcare available. 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



➤ Celebrate Recovery

A Faith based Addiction Recovery Program that is based on The 12-Step Model. **Every Thursday at 6:00 p.m., Memorial Chapel, 3934 Indiana Ave.** POC: CH (LTC) Ramsey at (270) 421-9972 or paul.d.ramsey.mil@mail.mil or Bradford Smith at bradford.smith3@hotmail.com

Hurts, Habits and Hang-ups are welcome.



Installation Volunteer of the Year Ceremony

➤ Ceremony Specifics

- **Ceremony:** April 21, 6:00 p.m. Cole Park Commons
- **Tickets:** \$17ea, on sale **24 March - 14 April** at Cole Park Commons, Hooper Bowling, Leisure Travel Services or online @ <https://campbell.armymwr.com>
- **Unit Table Decorations:** April 21, 9:00 a.m. – 12:00 p.m.

MWR**Month of the Military Child Michelle King** michelle.a.king37.naf@mail.mil (270) 798-4643

Event Schedule

❖ **4 April 2020 10:00 a.m. – 2:00 p.m. Kidsfest at South Sports Complex**

Kidsfest is a four hour block of festival like activities where different agencies and organizations participate in celebrating Military Children to enjoy a day focused on them. There will be a concert featuring EduMusication, SKIES demos presenting Military Children, military vehicles that kids can explore, music, games, inflatables, laser tag, and even face painting. We will be closing out the celebration with a parade featuring floats created by our own Fort Campbell kids. A whole day focused just on them! Event is from 10:00 a.m.-1:30 p.m. with the parade closing out the day at 1:45 p.m.

❖ **17 April 2020 6:00 – 8:00 p.m. Screenagers at Taylor Youth Complex**

Screenagers is a family event designed for middle school and teenagers as well as their parents. The intent is to provide families an opportunity to spend time together with their Middle School/Teen discussing the diverse means of digital technology. This event will help build resiliency in our Teenagers as they overcome obstacles and navigate their way through today's digital world.

❖ **25 April 2020 09:00 – 10:30 a.m. Character Craw at Cole Park Commons**

Free family fitness event where families are invited to dress like their favorite characters. There will be a 1 mile and 2 mile fun run starting and finishing at Cole Park Commons.
Registration opens at 08:00 a.m.

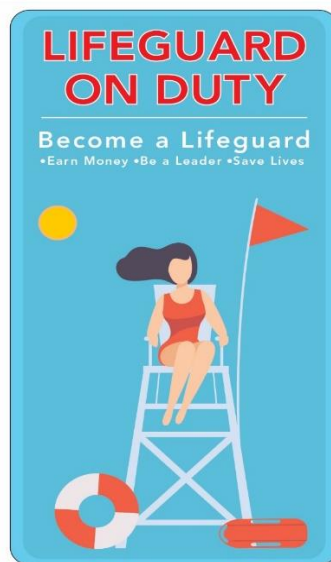
WE ARE HIRING!!

- ❖ Cashier, Lifeguard, Aquatic Fitness Contractor positions available.
- ❖ AMAZING Summer Job!
- ❖ Great way to gain professional and personal skills, knowledge and abilities.



Must be 15 Years old by the end of class – and - must successfully pass Lifeguard Course

- ❖ Lifeguard \$10.00/hour
- ❖ Cashier \$9.00/hour



LIFEGUARD CLASSES AVAILABLE NOW

\$65.00 per class

Classes taught at Gardner Indoor Pool
2191 Kentucky Avenue

LIFEGUARD CLASS SCHEDULE

Class	Dates	Time	Days of Week
Full Course	Mar 23-27	8:00a-4:00p	Monday-Friday
Blended	Apr 3-5	*5:30p-8:30p **8:00a-4:00p	*Friday **Saturday & Sunday
Blended	May 8-10	*5:30p-8:30p **8:00a-4:00p	*Friday **Saturday & Sunday

Must be at least 15 years old by last day of class.

For more information and to register call 270.798.6310



American Red Cross



It's almost time to change your clock, so it's time to get your batteries now!

While modern technology has made it such that we don't need to turn back every clock in the house, you should still continue to change the batteries in your smoke & carbon monoxide detectors.

Smoke & CO alarm tips:

- Test alarms at least **once a month** by using the test button.
- If you have an alarm with a removable battery, be sure to change the batteries **every six months**. If a battery is starting to lose its power, the unit will usually chirp to warn you. **Do NOT** disable the unit.
- Vacuum or blow out any dust that might have accumulated in the unit.
- **NEVER** borrow a battery from an alarm to use somewhere else.
- **NEVER** paint a smoke or CO alarm.
- Install at least one smoke alarm on **every floor** of your home, including the basement, and in, or near **each sleeping area**.
- Smoke alarms **should not** be installed near a window because drafts could interfere with their operation.
- Families should also **develop and practice** a home fire escape plan.
- **Always** follow the manufacturer's instructions for testing smoke alarms and replacing the batteries.

Please use your own social media to help spread the word and remind friends and family to change the batteries in their smoke and carbon monoxide detectors, **March 8, 2020**. Also follow us on Facebook for up to date current fire safety information! <https://www.facebook.com/fortcampbellfiredepartment/>

UPCOMING EVENTS

**Spring Boot Camp Xtreme
Registration Open**

- 2 – 7 March at Estep Physical Fitness Center
- 30 March – 18 May - Monday, Wednesday, Friday
 - Early Birds – 9am to 10am
 - Night Owls – 5:30pm to 6:30pm
- \$100 per person (Early Birds OR Night Owls)
- (270) 798-4664

Abandoned Vehicles and Auto Equipment Open Bid Auction

- 7 March
 - 8 a.m. – Registration
 - 9 a.m. – Auction begins
- Air Assault Auto
- No one under the age of 12 may attend.
- No babies, toddlers, strollers, carriers or pets.
- Any announcements made the day of the auction will supersede any previously marketed information.
- Auction will take place rain or shine.
- www.campbell.armymwr.com

Speedball Field Opening

- 7 March, 9 a.m. to 2 p.m.
- Outdoor Recreation Paintball Field
- Open to ages 12 and up.
- We provide all safety gear needed to participate.
- Closed toed shoes required.
- \$15 if you have your own equipment.
- \$35 if we supply the equipment.
- (270) 956-3118

Watch UFC #248 7 March

- Adesanya vs Romero – Middleweight Championship
- Warrior Zone
- Free admission
- You must be age 18+ to enter Warrior Zone.
- You must be age 21+ to purchase and consume alcohol.
- (270) 461-0603

Dive-In Movie

- 13 March, 5 p.m. to 8 p.m.
- Gardner Indoor Pool
- Family friendly.
- \$3 – DoD ID Card Holders
- \$5 – Non DoD ID Card Holders
- \$10 – to rent a Family sized float (optional).
- (270) 798-6310

Challenge Course Complex Open House

- 14 March, 8 a.m. to 3 p.m.
- \$15 for age 12 and up.
- \$5 for age 11 and under.
- Includes all safety gear and instruction.
- Age 5 and up can use the Alpine Tower and T-Wall.
- Age 12 and up can use the Odyssey.
- Must register for the Odyssey beginning at 8 a.m.. Odyssey requires one hour to navigate with time slots beginning hourly with the first one at 9 a.m. and the last one at 2 p.m.
- Closed toe shoes required.
- Signed waivers required to participate. Youth age 17 and under must be accompanied by an adult who can sign the waiver.

- Yard games and inflatables.
- (270) 412-7855

Parents' Night Out

- 14 March, 6 p.m. to 11 p.m.
- Infants thru Preschool at Gardner Hills CDC.
- Kindergarten thru 5th at Gardner Hills SAC.
- Child must be CYS registered.
- \$25 or 5 respite hours.
- Deadline to sign up is 11 March.
- (270) 798-0674

March Madness Watch Parties

- 15 March thru 6 April
- Warrior Zone
- Must be age 18+ to enter Warrior Zone.
- Must be age 21+ to purchase and consume alcohol.
- (270) 461-0603

Shamrock 'n Run

2020 Run Series Event

- 17 March
- 5:30 p.m. – Run Begins
- At Taylor Youth Center
- Family Friendly
- Leashed Pet and Stroller Friendly
- Free
- Register on-line or on-site.
- www.campbell.armymwr.com

R.F. Sink Library Book Sale

- 17 – 22 March
 - 17, 18 & 19 March, 9 a.m. to 7 p.m.
 - 20 March, 9 a.m. to 5 p.m.
 - 21 & 22 March, 12 p.m. to 5 p.m.
- Children's Books: \$0.25.
- Adult Paperbacks: \$0.50
- Bag of Books: \$5
- DVDs: \$1
- Books on CD: \$1
- (270) 798-5729

MWR Equipment Open Bid Auction

- 21 March
 - 8 a.m. – Registration
 - 9 a.m. – Auction begins
- MWR Property Warehouse, 5220 Desert Storm Avenue
- Must be registered to bid.
- Auction will take place rain or shine.
- Any announcements made the day of the auction will supersede any previously released information.
- No children under age 12 can attend.

- www.campbell.armymwr.com
- **Lifeguard Class**
23-27 March
 - Monday - Friday, 8 a.m. to 4 p.m.
- Gardner Indoor Pool
- Must be age 15 by the last day of class.
- Must pass a pre-course swim test before the first day of class.
- \$65 (includes book and CPR mask)
- Call to schedule a swim test and for additional information.
- (270) 798-6310

Spring Break Tech Camp

- 23-27 March
 - Monday – Friday, 10 a.m. to 12 p.m.
- R.F. Sink Memorial Library
- For ages 6 and up. Children age 10 and under must be accompanied by an adult.
- Children will be instructed in Robotics, Snap Circuits®, and Stop Motion.
- Free
- (270) 798-5729

Wood Sign Workshop

- 25 March, 5 p.m. to 7:30 p.m.
- Guenette Arts & Crafts Center
- Open to age 16 and over.
- \$28
- Learn how to paint, stencil and distress a wooden sign.
- Registration required.
- (270) 798-6693
- (270) 798-3094

Coffee and Canvas

- 27 March, 10 a.m. to 12 p.m.
- Guenette Arts & Crafts Center
- For age 16 and over.
- \$18
- Create an acrylic painting on an 11" x 14" canvas and enjoy coffee while you paint.
- Registration required.
- (270) 798-6693

Easter Brunch

- 12 April, 10:30 a.m. to 3 p.m.
- Smokehaus Restaurant
- (270) 798-4610/4993

Community One Pitch Softball Tournament

Registration Deadline

- 28 April at 4:30 p.m.
- Intramural Sports
- 16 team limit
- Games will be played on Saturday, 2 May starting at 8 a.m.
- Double Elimination Tournament (no rescheduled games)
- Entry fee per team is \$150.

- Prizes will include Championship and Runner-up awards.
- (270) 798-3094

Mother's Day Brunch

- 10 May, 10:30 a.m. to 3 p.m.
- Smokehaus Restaurant
- (270) 798-4610/4993

Fort Campbell Spouses' Club

Brigette Burr (PAO)

fcscpublicaffairsofficer@gmail.com



Kentucky Derby Luncheon!

Date: 18 March 2020

Time: 10:30 a.m. – 1:00 p.m.

Location: Cole Park Commons, Fort Campbell, KY

- Grab your cocktail dresses and Derby hats, we're saddling up for our March Kentucky Derby Luncheon! Join us on March 18th from 10:30 a.m.-1:00 p.m. at Cole Park Commons for a morning of bonding with your Army friends, the opportunity to shop with our wonderful vendors and maybe even a horse race or two! This month's charity is **FUEL for Kids** and we are requesting donations of Pop tarts, small boxes of cereal, pudding cups, Slim Jim's, Fruit cups and 100% juice boxes to provide food for local children over weekends and School holidays. Please RSVP for our luncheon on our website, fortcampbellspousesclub.org.

- Applications are now open for our 2020 scholarships and grants! Our scholarships are available to military-affiliated high school seniors and spouses pursuing secondary education, and we provide grants for local community organizations as well. For more information and the application documents, please visit our website @ fortcampbellspousesclub.org Scholarship and grant applications must be postmarked by **March 15th** to be eligible.

VICE Night 2020

We are so excited to announce VICE Night 2020, Denim and Diamonds, set for **Friday, April 24th** at the Wilma Rudolph Event Center! Get ready to dust off your cowboy boots and pull out your pearls for our largest charity event of the year, it's time to party, Nashville-style! Ticket are available now on our website: fortcampbellspousesclub.org



<http://www.uso.org/>

- ❖ Come join us on **07 March at 11:30 a.m.** for our Pre-Prom & Mom Kick-Off Event.
- ❖ The USO will be hosting its Ten Miler, 5K and Fun Run on **14 March**. Be sure to check out the USO Fort Campbell Facebook page for the most up to date program information.
- ❖ **24 March from 10:00 a.m. – 2:00 p.m.** will be our Military Spouse Networking Event

ACS/Family Advocacy Program

Child Abuse Prevention Month

(270) 412-5500

EVENT LINEUP

“Pinwheel Planting Party”- In Partnership with Community Schools.

- ❖ **April 04th** “Kids Fest” @ **08:00 a.m.** (Month of the Military Child Partnership)
- ❖ **April 06th** “BACH Outreach” from **11:00 a.m. – 1:00 p.m.**
- ❖ **April 07th; 14th; 21st & 28th** “Infant Massage” **10:00 - 11:30 a.m.** @ Instructional Programs (Formerly Skies Unlimited) 3411 Bastogne Avenue.
- ❖ **April 09th** “Commissary Outreach” from **11:00 a.m. – 1:00 p.m.**
- ❖ **April 14th** “Five Love Languages for Teens” from **09:30 a.m. – Noon** at ACS
- ❖ **April 16th** “Information Fair & Pinwheel Party” from **09:30 – 11:00 a.m.** during Playgroup @ Instructional Programs (formerly Skies Unlimited) 3411 Bastogne Avenue.
- ❖ **April 26th** “Day of Play” from **10:00 a.m. – 4:00 p.m.** (A Community Partnership at Wilma Rudolph Event Center)

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

<https://blanchfield.amedd.army.mil>

www.facebook.com/BACH.Fort.Campbell

March Monthly Health Theme

National Nutrition Month

In recognition of National Nutrition Month, BACH's Nutrition Care Division is scheduled to host a series of classes in the Nutrition Care Classroom (by Flo's DFAC) at 11:30 a.m., except as noted.

- **Bites for Brain Health**
 - March 3 – Food for Thought: Mind Diet
 - March 5 – Nutrition for TBI
- **Bites for Budget**
 - March 12 – Balling on a Budget with Balanced Nutrition
 - March 13 – Shop till your Blood Sugar Drops (11 a.m. to 1 p.m. at the Commissary)
- **Bites for Brawn**
 - March 18 – BACH Nutrition Jeopardy

For more information, call 270-798-8600 or visit the Nutrition Clinic

National Brain Injury Awareness Month

Most Traumatic Brain Injuries in the military and in the civilian sector are mild TBIs, also known as concussions. Army Medicine adopted an "Educate, Train, Treat, and Track" strategy to address concussions in 2009 and implemented a garrison concussion management policy in June 2013, which mirrors the DoD's deployed concussion policy. Concussions also affect the rest of the Army Family, including our young people. The Army is working to ensure Army parents are aware of the risks of concussion, understand what a concussion is, and what to do for their children if they've been involved in a potentially concussive event.

Soldiers and Family Members affected by TBI can be confident they will receive the world's finest treatment from our Army medical care community. This is accomplished through our continued collaboration with the Defense and Veterans Brain Injury Center (DVBIC), and sister Services. The DVBIC website (<http://dybic.dcoe.mil/>) provides beneficiaries and healthcare providers with numerous educational tools and resources about TBI (clinical practice guidelines, patient education, information on chronic traumatic encephalopathy, etc.).

Locally, Blanchfield Army Community Hospital offers an elite traumatic brain injury and psychological health care team through Fort Campbell's Intrepid Spirit. The multi-disciplinary team of providers and staff work collaboratively to offer both modern and ancient practices to help Soldiers return back to duty or greatly improve their function in society. This service is provided on a referral basis from primary care teams.

General Wellness

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.

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>.

Ongoing Support at Fisher House

The Fort Campbell Fisher House partners with Military Family Life Consultants & the DOD Warrior Care program to provide support groups for our Wounded, Ill and Injured Soldiers and their caregivers. Learn more at www.facebook.com/KYFisherHouse

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