

The U. S. Army War College and Carlisle Barracks is proud to host our

57th Annual Senior Citizens' Holiday Social

Thursday, December 6
12-3 pm at Letort View Community Center

Every year staff, faculty, students, and spouses work together to provide residents from local retirement homes a wonderful afternoon of holiday festivities. Please help spread holiday cheer to our senior community in the following ways:

Be an Escort: Escorts spread holiday cheer by spending the afternoon talking with their very special senior while enjoying the entertainment and refreshments. Contact Christine Connel, 703-855-5759 or christine.s.connel.ctr@mail.mil. **We need 125.**

Be an Entertainer: Entertainers bring joy to our guests by preparing holiday performances. Past performers have been singers, musicians, and comedians. **We need six to eight acts!** Please contact John Lapham 240-446-4013 or john.e.lapham.civ@mail.mil.

Be a Decorator: Paul Fellingner at 513-222-8745 or paul.fellinger@us.army.mil.

Donate Cookies: Please provide both regular and sugar free cookies in disposable containers. Cookie Coordinator is Trish Tenhaaf, 715-493-7494 or patricia.l.tenhaaf.mil@mail.mil. **We need 300 dozen.**

If you have questions regarding any of these volunteer opportunities and especially if you would like to volunteer to lead in any of these areas please contact Greg Jones at 585-545-5135 or gregory.e.jones.mil@mail.mil.



Sign up to volunteer at www.carlisle.army.mil/holidaysocial

Deadline to sign up – November 30

“Hello this is the Carlisle Barracks Mass Notification System”

TELEPHONIC MASS NOTIFICATION SYSTEM INSTRUCTIONS

IMPORTANT: When receiving a call from the Carlisle Barracks Telephonic Mass Notification System (MNS) there is a 3-5 second delay before the MNS message begins. This delay is very similar to a telemarketer call; **do not hang up** as the MNS is attempting to determine if it has a person or an answering machine.

1. **Immediately on answering the MNS call during the delay, say “Hello”** (or your normal greeting) to ensure the MNS identifies that it has contacted a live person and not an answering system.
2. **MNS - “This is the Carlisle Barracks Emergency Notification System, press any key for an important message now”**
3. **YOU - press any NUMERIC key** (Smartphone users must press a **NUMERIC** key to transmit a tone to the system), if you do not press a **NUMERIC** key the MNS will then default to leaving an answering system message, and may attempt to call you again on your secondary device(s)...repeatedly.
4. **MNS - For an actual notification call you would receive the message and further instructions at this point, such as the following:** *“This is the Carlisle Barracks Emergency Notification System, please call the 3700 line or check the USAWC page on Facebook for important information.”*
5. **MNS - “Do you want to repeat the message? Press ‘1’ for Yes, or ‘2’ for No”**
6. **YOU - Press ‘1’ to repeat the message, or ‘2’ to end the call.**
7. **MNS – “Thank you...Goodbye”**

ADDITIONAL NOTES:

1. For your notification status to be recorded as a **success (and for the MNS to quit calling you)**, you **MUST** press ‘2’ to end the call (or “1” to hear it one additional time), and you **MUST HEAR THE MNS SAY “THANK YOU...GOODBYE” prior to hanging up**. For actual notification calls the system may call you relentlessly until it achieves a successful call.
2. Due to the differences in phone services (particularly VOIP and some wireless services) the MNS may not function correctly.

NATIONAL AMERICAN INDIAN HERITAGE MONTH

**Storytelling:
Stories of
the First Nations**

Living in Many Worlds

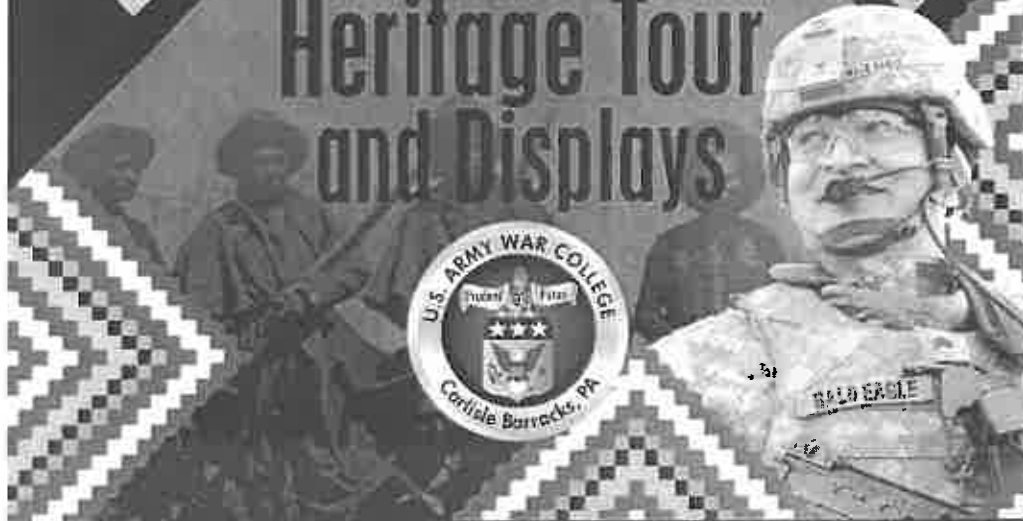
with Mr. Mitchell Bush
Onondaga/Iroquois Nation



Redhawk Dancers
**Cultural
Presentation**

**American Indian
Heritage Essay
Contest**

**American
Indian
Heritage Tour
and Displays**



WWW.USAHEC.ORG • 717-245-3972 • FOR DATES, TIMES, AND DETAILS

**Army Heritage and Education Center
announces
“American Indian Heritage Essay Contest”**

Theme: “American Indian Soldier Contributions to the U. S Army”

Who: Contest is open to school age children on Carlisle Barracks

Grand Prize: Four Tickets to Hershey Park Christmas Candy Lane

Please contact Jessie Faller-Parrett, 717-245-3641, with your questions.

Below are the rules and guidelines for the essay submission

- 1. Two page minimum, single spaced**
- 2. No images**
- 3. Related to theme (American Indian Soldier contributions to the U.S. Army)**
- 4. Submit to the USAHEC VES email (usarmy.carlisle.awc.mbx.ahec-ves@mail.mil)**
- 5. USAHEC staff will judge**
- 6. Due by Nov 20**
- 7. Winner announced at Nov 28 event**
- 8. Prize is four tickets to Hershey Park Christmas Candy Lane**



ARMY MEDICINE
Serving To Heal...Honored To Serve

Dunham U.S. Army Health Clinic

“CLIF Update”

Army Wellness Center (AWC)

- Location: AWC, 315 Lovell Ave.
- Appointment: (717) 245-4004
- Health Assessment Review
- Physical Fitness
- Healthy Nutrition
- Stress Management
- General Wellness Education
- Tobacco Education

Relay Health Secure Messaging

- Managing your healthcare from the web
- Communicate with your Primary Care Manager (PCM)/Care Team via email
- Visit Dunham to sign-up or contact MAJ Worsham at (717) 245-3630 / vanessa.worsham@amedd.army.mil for more information on her coming to your location to sign-up beneficiaries

Mammography

Location: Radiology, Dunham U.S. Army Health Clinic
Appointment: (717) 245-3400

- Hours:
0800-1100; 1330-1530 Monday and Wednesday
0800-1100; 1330-1500; 1600-1800 Tuesday, Mammography Night Clinic
0800-1100 Thursday and Friday

*Appointments are preferred to prevent patients from waiting; however, walk-ins are welcomed

Flu Vaccinations (Flu shots)

Location: Allergy and Immunizations, Dunham U.S. Army Health Clinic

- Hours:
0730-1130; 1300-1600 Monday, Wednesday, and Friday
0730-1130; 1300-1830 Tuesday
0730-1130 Thursday

RELAYHEALTH
OUR OFFICE IS ONLINE
Provide us with the information below to start managing your healthcare from the Web.

Name: _____
Email: _____
Date of Birth: _____
Provider: _____
Phone #: _____

We are contacting your email address; our records are up to date. If you have an alternate email address, please provide it in our secure communication network. Enrollment is optional. We will not disclose your e-mail address to others without your prior written consent.



Building health with Army Wellness Centers

The Army Wellness Center is a new concept in health care that provides a holistic approach to health care. It is designed to help Soldiers and their families achieve their health and wellness goals. The center provides a variety of services, including physical fitness, mental health, and substance use treatment. It also offers a range of support services, such as counseling and case management. The Army Wellness Center is a key component of the Army's health care system and is essential for ensuring the health and readiness of our Soldiers.

AWCs & Army units

- » Improve unit readiness and support physical fitness standards by targeting the physical fitness and performance of Soldiers.
- » Help avoid overtraining and related injuries—the right amount of time exercising yields optimal results.
- » Reduce lost- and limited-duty time due to injury.

AWCs & medical providers

- » Provide a tool to address lifestyle behaviors holistically and over time.
- » Programs are evidence-based and leverage technology to help clients succeed.
- » Allow for medical provider direction and oversight of patient progress through AHLTA documentation.

AWCs & you

You set the goals; the AWC staff puts you on the path to achieving them and walks the path with you.

Programs are individualized to address your current needs, motivation and confidence level.

Programs are free!

From private sources this testing would cost about \$3,000.



How the AWC Program works

The AWC Program is a Holistic Wellness Program (HWP) designed by the Army to help Soldiers and their families achieve their health and wellness goals.

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Core programs offered at AWCs

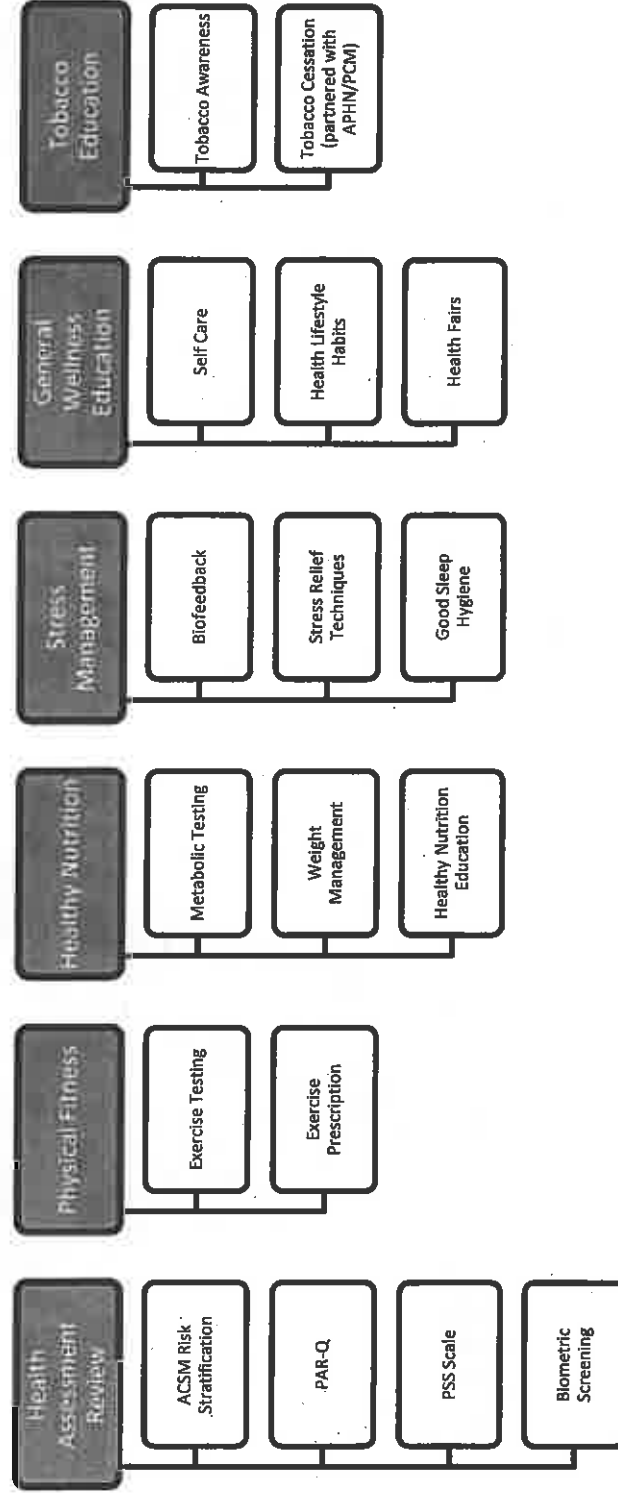
The AWC approach to service is holistic. AWC staff members take into account all of an individual's physical, psychological and social circumstances when providing services. A holistic approach is important because a person's health cannot be fully addressed unless we consider the whole person.

- » **Health assessment review:** An analysis of a person's health status, risk for disease, and ability to increase physical activity safely.
- » **Physical fitness:** Using state-of-the-art equipment, physical fitness level is assessed and used to create an individualized exercise prescription.
- » **Healthy nutrition:** Use of metabolic testing that synchronizes an individual's resting metabolic rate to provide tailored strategies for weight loss, gain or maintenance.
- » **Stress management:** Education in biofeedback and stress relief techniques, positive coping skills and good sleep habits.
- » **General wellness education:** Classes on topics such as healthy lifestyles, increased resiliency, preventing chronic disease through healthy living habits, and self-care.
- » **Tobacco education:** An assessment of an individual's readiness to change, a discussion of possible options for becoming tobacco-free, and provision of the appropriate tobacco cessation education.



Army Wellness Centers provide integrated and standardized primary prevention programs and services that promote enhanced and sustained healthy lifestyles to improve the overall well-being of Soldiers and Family Members.

The Army Wellness Center Carlisle Barracks will provide 6 Core Programs



Army Wellness Center
315 Lovell Ave., 717-245-4004