## Community Information Forum March 2025



\*\*\*

DP

Ms. Megan O'Donoghue Director, Family and Morale, Welfare and Recreation U.S. Army Installation Management Command





## Community Outreach

The Fort Leonard Wood Community Information Forum is designed to be an information exchange and dialogue between the Garrison and the Fort Leonard Wood community on a range of topics and interests.

The intent is to gain a better understanding of community issues, share information, upcoming events, and network to improve quality of life for Service Members, Families, Civilians and Retirees.







- Opening Remarks / Garrison Commander or Representative
- Panel Speakers
- Brief by Exception
- Open Forum to follow / Questions & answers



If you have any questions, you would like addressed, you can submit them through ICE at

https://ice.disa.mil/index.cfm?fa=card&sp=145057&s=447 Or click the QR code





# MARCH THEME IS... Make a Difference





🛧 🛧 🖌 WE ARE THE ARMY'S HOME 🛛 🛧 🛧





# 2025 FUNDRAISING CAMPAIGN



AAA WE ARE THE ARMY'S HOME AAA





# **ARMY EMERGENCY RELIEF (AER)**



# AER Annual Campaign March 1 through June 14

## - ARMY and AER linking Army 250<sup>th</sup> birthday and AER Campaign

- ARMY goals: 100% awareness of AER Assistance
   25% donation rate from Soldiers (Army wide)
   \$5 per mo/\$60 per yr from every Soldier (Army goal)
   Celebrate Army's 250<sup>th</sup> birthday through AER
- FLW goals: 90% donation rate from Soldiers (88.7% in 2024)
   \$25,000 from each BN
   \$250,000 raised for the Army 250<sup>th</sup> birthday

#### - Goal is to be #1 AER Campaign in TRADOC and ARMY for 5th year

#### Our motto: "Five-Peat" for the 250th"





#### 2024 ARMY EMERGENCY RELIEF PROGRAM



AER assisted 36,000 Soldiers with \$53 million Army-wide in 2024

In 2024 Fort Leonard Wood assisted:

\$829,603 assistance provided to 489 soldiers

\$126,100 in scholarship grants to 36 spouses & children

\$301,127 donations raised from Soldiers in 2024

AER has given **\$955,703** in aid to Fort Leonard Wood community in **2024 \$3.15 in assistance for every \$1 donated** to **2024** campaign at local level.

AER has given \$6,184,809 to 3338 Soldiers and Retirees since 2018

The 2025 Campaign goal of **90%** donation rate is **ONLY 170 more** donations (The 2024 Campaign attained **88.7%** Soldier donation rate)





#### ARMY EMERGENCY RELIEF CAMPAIGN



### **RECOGNIZE THE 2024 CAMPAIGN TOP PERFORMERS**

## AER HONOR UNIT STREAMERS FOR OVER 90% DONATION RATE

1<sup>ST</sup> ENG BDE UNITS 3<sup>RD</sup> CHEM BDE UNITS 14<sup>TH</sup> MP BDE UNITS TENANT COMMANDS

The 2024 Campaign Brigade Streamers

2024 AER Campaign Coordinator Recognition

SFC KIM HOOPER

2025 AER Ceremonial Leadership Donations

"Five-Peat for the 250th" let's be #1 in the Army







## DHR-ARMY SUBSTANCE ABUSE PROGRAM

MAKE A DIFFERENCE... KEEP OUR COMMUNITY SAFE

ASAP: BLDG. 486, 573-596-0938 // EAP: BLDG 486, 573-596-7199



Lethal Means Safety:

- Family Checklists
- CDR Checklists
- Free Firearm Cable Locks (ASAP Office, BLDG 486)
- Medsafe disposal box (GLWACH main pharmacy) .







- Education/Campaigns: Substance Misuse/ Suicide Prevention
- Service Members:

Annual Training (Substance Misuse AR 600-85)/ Suicide Prevention (AR 600-92)/ ACE-SI Tier 2/ Leadership Training/ Unit Deterrence Leader (UDL)/ADAPT: Prime for Life

- <u>Family Members</u>: ACE Circle of Support/ REACH/Campaign Awareness Tables at SFRG events/BSRT events EAP Services for adult family members of SMs/Retirees
- <u>Civilians:</u> Annual Training-Personal Readiness/Supervisor Training/EAP Services to organizations and individuals





**CRG**: List resources for FLW community, located on FLW Homepage or link:

https://crg.health.mil/guides/tradoc/ leonardwood/Pages/default.aspx





## DFMWR / CHILD & YOUTH SERVICES

Let's make a difference with our youth!







#### **CYS Volunteer Opportunities**



BRING YOUR FAMILY AND LIGHT UP THE NIGHT! Come whe with us and enjoy activities, denoing, and snacks! FREE and han for the whole family! Registration encouraged by caling or visiting Parent Outreach Services.



<u>Sports: Krystyle.m.hayes.naf@army.mil</u> 573-596-4277

Teens: brandy.j.bonnette.naf@army.mil 573-596-0209

CYS :Jennfer.l.chapman24@army.mil 573-596-0238



Megan O'Donoghue / 573-596-0118 / megan.j.odonoghue.naf@army.mil

WE ARE THE ARMY'S HOME 🔆 🔆 🔆

\*\*\*



#### **DFMWR / BUSINESS & RECREATION**









#### **DFMWR / BUSINESS & RECREATION**













The Better Opportunities for Single Service Members (BOSS) Program supports the overall quality of life for the single Service Members and helps to maintain and improve Soldier readiness.

Call (573) 596-6913 or find us on Facebook and Instagram at Fort Leonard Wood BOSS



6 & 20 Mar – BOSS Board Prep @ BOSS 6 & 20 Mar – BOSS Meeting @ BOSS **14 Mar** – Dru Pippin Event (volunteer) 29 Mar – Oklahoma City NBA Game Sa & Su Mar – Animal Shelter (volunteer)

PLENTY OF MOMC VOLUNTEER OPPORTUNITIES





\*\*\*





\*\*\*





### **GLWACH – PHARMACY SERVICES**

 Ambulatory Care Clinical Pharmacists

Disease state and medication management (Diabetes, Hypertension, Anticoagulation, Battlefield Acupuncture)

- ScriptCenter Automated
   Dispensing
   Refill Pickup at GLWACH Hospital
- MedSafe Medication Disposal Within patient waiting area of GLWACH Pharmacy
- DHA Naloxone Initiative Screening and prescribing naloxone for indicated patients















- ✓ VO2 Testing
- ✓ BODY COMPOSITION
- ✓ WEIGHT MANAGEMENT

- ✓ NUTRITION
- ✓ STRESS MANAGEMENT
- ✓ And more....

\*\* services are open to all service members, retirees, DOD civilians, and dependents of active duty\*\*

## Find your motivation with the help of the Armed Forces Wellness Center!













\*\*\*



Call 573-596-9677 to Schedule!







# Make a Difference

In IRISH folklore, leprechauns are said to "make a difference" by guarding pots of SAFETY, which could be seen as a symbol of health and prosperity. Although, catching one to access this treasure is considered nearly impossible due to their mischievous nature and agility; we've made that happen by catching two Leprechauns for today's CIF! These two represent the idea of SAFETY and RISK MANAGEMENT as keys to health and prosperity!



\*\*\*

#### Leprechaun Treasures

\*\*\*



### Harry S. Truman Army Education and Personnel Testing Center College and University Center



#### Save the Date! Upcoming Events at the Truman Education Center



8 APR at 1400 AMEDD Virtual Brief at the Truman Education Center



7 MAY at 1800 Lincoln University Pinning Ceremony at Lincoln Hall Auditorium



5 JUN from 1000-1300 Annual Education Fair at the Mini Mall



8 AUG 40<sup>th</sup> Annual Combined Colleges and Universities Graduation Ceremony at Lincoln Hall Auditorium





### SPOUSES RESOURCE CENTER

## Brave Hearts and Strong Homes

- This is a informal, friendly an inclusive group that offers open discussions and mutual support among parents and peers.
- Join us to explore common challenges that all parents may face.
- Gain access to resources, strengthen family bonds, and enhance parenting skills through a variety of resources and diverse topics.

#### Do you want some Support?

Fort Leonard Wood and partnering agencies will be hosting a FREE parental support group for service members and spouses.

Day: Fourth Thursday every month (Beginning March 27th, 2025) Time: 11:30 - 12:30 Location: Bldg 470 RM 2222 (Spouse Resource Center

## FALLOUT SHELTER ESCAPE ROOM EXTRAVAGANZA

WHEN: MARCH 6TH 2025 TIME: 6:00 PM WHERE: SPOUSES RESOURCE CENTER BIDG, 470, RM 2222 FORT LEONARD WOOD, MO 65584 (PLEASE ENTER BIDG, THROUGH SECOND FLOOR)

CAN YOU WORK WITH YOUR FELLOW SPOUSES TO CRACK THE MYSTERY? DON'T MISS THE FREE SPOUSES ESCAPE ROOM EXTRAVAGANZA. COME JOIN US FOR AN EVENING FILLED WITH FUN, LAUGHTER, AND MYSTERYU. ( OPEN TO SPOUSES, PARTNERS, AND FRIENDS)





#### SPOUSE C NTER

At the Spouses' Resource Center, we understand the unique challenges and opportunities that come with being a military spouse. Our mission is to provide you with the resources, support, and community you need to thrive.

#### **"EMPOWERING MILITARY** SPOUSES WITH RESOURCES AND COMMUNITY"



#### EDUCATION

Provide guidance, and professional growth development through workshops. and seminars.

6 573-596-3196/6066



EMPLOYMENT

Offer workshops on creating or improving resumes, cover letters, interview techniques, and dress for success.

Building 470, Room 2222

\*\*\*



#### COMMUNITY

Collaborate with installation, local, and government agencies to expand the range of resources and opportunities.









American Red Cross

Missouri and Arkansas Region

#### Fort Leonard Wood Office:

13486 Replacement Ave, Bldg. 470,

Suite 1130, Fort Leonard Wood, MO 65473

POC: Jill Eaves 573-337-2589 Jill.Eaves@RedCross.org Leonardwood@RedCross.org

### Hero Care Call Center: 1-877-272-7337

Other ways to contact the Hero Care Center:

Submit a request online

Download the Hero Care App from the App Store or Google Play

Text "GETHEROCARE" to 90999

Both in Person and Virtual Volunteer Opportunities Available:

Scan with cell phone

#### **Turn Compassion Into Action!**

#### Become a Red Cross Volunteer Today!

Volunteers carry out 90% of the humanitarian work of the Red Cross. Whether helping one displaced family or thousands, providing care and comfort to an ill or injured service member or veteran, or teaching others how to respond to emergencies, it's through the efforts of ordinary people that we can do extraordinary things. The Red Cross responds to an emergency every 8 minutes, and our vital work is only possible because of people like you.

Disaster Response Hospital Volunteer State Veteran Home Resiliency Facilitator Event Based Volunteer Education and Outreach Animal Visitation Volunteer Family Follow up Case Worker Dental Assistant Student Volunteer Restoring Family Links Caseworker International Humanitarian Law Instructor Be Red Cross Ready – Prepare with Pedro \*Working on developing Pharmacy Technician Student Volunteer



20



#### **RELIGIOUS SUPPORT OFFICE**



# **Faith Skills**

Spiritual Fitness for the Family Faith, Food, Fellowship WEDS 26 Feb – 7 May 1730 Dinner 1815 Classes

Main Post Chapel Classrooms Class topics are posted on the RSO Facebook page & group.

Watch care available

Info at :https://<u>www.facebook.com/</u> fortleonardwoodRSO and https://<u>www.facebook.com/group</u> <u>s/46</u>9901548537005

# **Military Kids Thrive**



Saturday, 29 March 0900 - 1030 Main Post Chapel Donuts & Army Life! Challenges of being Military Kids

Donuts for the family
Remember support builds resilience
Identify support resources as a family and discover ways to support others
RSVP by 24 March to DRE Martha Strong, Martha.a.strong.civ@army.mil, 573-596-0089 or text 715-572-4324

POC: Martha Strong 573-596-0089/ Martha.a.strong.civ@army.mil







# Fort Leonard Wood

5 March 2025



CATHOLIC MASS & ASHES 12:00 P.M. Main Post Chapel 6:30 P.M. Main Post Chapel (*IET Welcome*)

PROTESTANT SERVICE with Imposition of Ashes 12:00 P.M. NORTH Iowa Chapel

PROTESTANT IET SERVICES with Imposition of Ashes Units may elect to attend closest chapel 7:00 P.M. North Iowa Chapel (3rd CHEM BDE) 7:00 P.M. Central Iowa Chapel (1st EN BDE) 7:00 P.M. South Iowa Chapel (14th MP BDE) 7:00 P.M. Specker Barracks Chapel (FLW East Units)

POC: Religious Support Office, 573-596-2127



🗶 🖈 🗶 WE ARE THE ARMY'S HOME 🛛 🗶 🌟

22







**Our Muslim Community** observes Ramadan during the month of March POC: CH Bey 596-2711 Jamal.r.bey.mil@army.mil



**Celebrate Purim** with the Jewish Community

When: Friday, 14 March, 1900 Where: South Iowa Chapel

We will read the Megillah, spin groggers, enjoy Hamantaschen, dress up in your favorite Purim costume, and celebrate a thankful and joyous affirmation of Jewish survival!

# Easter Journey



Saturday, 12 April 0900 - 1300



Families of toddlers through 5th graders Visit stations about Easter week including a Palm Sunday parade, taste food prepared for the **Passover**, visit the **Garden of** Gethsemane where Jesus prayed, meet a soldier who was at the cross on Good Friday and meet Mary at the tomb on Easter morning.

Also, Crafts, Snacks & Egg hunt Sign up for your tour time https://www.signupgenius.com/go/8050C4 AA9AB22A0FE3-48266661-flweaster Tour Groups of 20 begin every 20 mins

0900 to 1200, tour takes about 45 min





#### **RELIGIOUS SUPPORT OFFICE**

#### CATHOLIC WORSHIP

Catholic Mass Bidg 590 - Until further notice 0900 – Sunday

Adoration Soldier Memorial Chapel-Educ Wing 1730, 1<sup>st</sup> Friday of each month

Confessions 0830 (Prior to Mass) Sundays and Mon-Fri after 1200 Weekday Mass

Baptisms By appt: 573-596-2657

Catholic Baptism Class 4<sup>th</sup> Sunday following 0900 Mass

Weekday Mass Soldier Memorial Chapel-Educ, Wing 1200, Mon – Fri (except training/Federal holidays)

\*\*Holy Day of Obligation masses will be offered at 1200 and 1800\*\*

#### SUNDAY PROTESTANT WORSHIP

Gospel Protestant 1000 – Central Iowa Chapel

Traditional Protestant Service 1030 – North Iowa Chapel until further notice

Crossroads Community Contemporary Service 1100 – Specker Chapel (Bidg 1712)

Resurrection Anglican Fellowship 0900 – Sundays South Iowa Chapel

Church of Jesus Christ of Latter-day Saints Sacrament Meeting (IET) 1300-1500 – Sundays South Iowa Chapel

#### **OTHER SERVICES**

Buddhist Service 1900-2000 Thursdays North Iowa Chapel

Islamic Religious Education 1300- 1500 – Sundays Central Iowa Chapel

Islamic Friday Prayer 1215-1245 – Fridays Fellowship Room-Central Iowa Chapel

Jewish Shabbat 1900-2000 Fridays South Iowa Chapel

Pagan Service Every other Sunday (Eff 2 March) 0800-0900 North Iowa Chapel

#### **RELIGIOUS EDUCATION**

 $\begin{array}{l} \mbox{Catholic Religious Education Classes}\\ 1030 - 1200 Sundays (Sep-May)\\ Bidg 608 - Main Post Chapel\\ K - 8^n \mbox{grades}, Confirmation \end{array}$ 

Religion Class for Adults (OCIA) 1015 Sundays (Sep-May) Bidg 608 – Main Post Chapel POC: CH Stephen Cotter, 573-596-2657

Faith Skills (For Family, Faith & Fellowship) Main Post Chapel (MPC) Wednesdays, 1730-1930 POC: DRE - Martha Strong 596-0089 Email martha.a.strong.civ@army.mil Spring Session: 19 Feb - 7 May 2025

\*\*\*\*This Worship Schedule is for permanent party services. For IET, please see your BDE Chaplain.\*\*\*

#### STUDIES

Protestant Women of the Chapel (PWOC) Tuesdays, 0900-1130, Main Post Chapel For more information: pwocflw@gmail.com or https://facebook.com/fortieonard/woodpwoc/

Catholic Women of the Chapel (CWOC) @ Faith Skills, Spring 19 Feb-7 May POC: Marielle King @ 734-904-1933 or email cwooffw@gmail.com

Navigators Bible Study Weds, 1800-2000, Specker Chapel POC: Chief Chrisman, 573-596-4948, matthew.d.chrisman.mli@army.mil Facebook: https://www.facebook.com/flwnavs

Crossroads Men's Study Fridays – 1730 Specker Chapel POC: Chief Chrisman, matthew.d.Chrisman.mil@army.mil

Buddhist: Mindfulness Stress Reduction Fridays, 1200 – 1240 GLWACH Chapel

Rosary – Catholic Prayers Thursdays, 1200 – 1240 GLWACH Chapel



#### YOUTH

Warriors 4 Christ, 1 – 5 Grade @ Faith Skills, Spring 19 Feb-7 May

Youth of the Chapel, 6-12 Grade Weds, 1800-2000 Bidg 608 – Main Post Chapel POC: Patrick Smiley psmiley@clubbeyond.org, 405-906-9994 Sponsoring Chaplain: CH Darrell Burriss 573-596-2695

#### For more information on religious services and events please visit our websites.

Facebook: https://www.facebook.com/fortleonar dwoodRSO/

Website: http://www.wood.army.mil/newweb/g arrison/chaplain.html







# **AAFES**



WE ARE THE ARMY'S HOME 🛛 🛧 🛧 🛧

\*\*\*



# Make a Difference on your next Grocery Shopping Trip **@** Your FLW Commissary



COMPARE & save with store brands!









# Additional Savings when you buy a Meat Power BOX!









Household







\*\*\*







WE ARE THE ARMY'S HOME 26

Pantry



Month of the Child Military

Contest and

prise to April winners. April

12th 1300

April

The Month of

the Military

Child

Coloring

#### Main Store Events/Holiday

Spring Fashion Show Saturday March 22nd @ 1300. Sign up sheets will be at front of the store starting March 1st.



Easter Fashion Bhow April @1300



\*\*\*

\*\*\*



#### ASYMCA

## AN EVENING TO REMEMBER FATHER DAUGHTER DANCE



#### **Open to Military & Civilians**

The Father-Daughter relationship is a powerful first exposure to self-esteem. It sets the scene for how girls feel they should be treated, making fathers critical to their daughter's early self-worth. The Father Daughter Dance is an opportunity for fathers to spend precious time with their daughters, strengthen the father-daughter bond, and create memories that last a lifetime.



APRIL 25TH, 2025 5:30-8:00 pm The Ark Community & Sports Center 25625 Highway 17 Waynesville, MO 65583 Cost: \$25/per person Under 2 Free

REGISTER

fortleonardwood.asymca.org 573-329-4513

ARMEDFORCESBANK



Children are often the most impacted by the lengthy separation and op-tempo of military duty. Not only do military children endure the duty-related absence of one of the most important people in their lives, they may also feel the impact of additional stressors affecting their parents.

LET FORT LEONARD WOOD ASYMCA GIVE YOUR CHILD THE GIFT OF COMFORT WITH THEIR OWN PERSONAL LITTLE BUG LOVIE

SUPER SOFT, MACHINE WASHABLE MATERIAL



These animals have a pocket where parents can put a shirt, or article of clothing into the back of the stuffed animal, making the animal smell just like the child's loved one! The pocket also makes a great space for older kids to keep important items safe and secure. Make distance easier by assuring your child that their loved one is never more than a snuggle away.

PORT LEONARD WOOD ASYNCA 13500 REPLACEMENT AVENUE | FORT LEONARD WOOD, MO 573-229-4513 FORTLEONARDWOOD ASYNCA, ORB-SERVICES/OPERATIONKIDCOMFORT









#### **Next Community Information Forum**

#### 2025 Sessions

- January New Year, Healthy You (Wellness)
- February Transition Services
- March Make a Difference
- April Month of Military Child (Family Focus)
- May Fitness and Sports Month (STRONG Bands)
- June Summer Fun
- July Welcome to FLW
- August Back to School
- September Community Resources
- October Awareness Month
- November SNAIR / Winter Safety
- December (NO Forum due to HBL)

Community Information Forum ICE – Questions/Comments

 If you have any questions, you would like addressed, you can submit them through ICE at <u>https://ice.disa.mil/index.cfm?fa=card&sp=145057&s=447</u> Or click the QR code













#### Information is Key



#### **Topics**

- Fort Leonard Wood Web Page
   <u>home.army.mil/wood/index.php</u>
- Fort Leonard Wood Facebook facebook.com/fortleonardwoodmissouri/
- Family & MWR Web Site
   <u>leonardwood.armymwr.com/</u>
- Family & MWR Facebook
   <u>facebook.com/mwr.ftwood</u>
- AAFES
  - shopmyexchange.com/
- DECA

commissaries.com/shopping/store-locations/fort-leonard-wood

Fort Leonard Wood Religious Support Office <u>facebook.com/ortleonardwoodRSO</u>







# **Backup Slides**



🛧 🛧 🔆 WE ARE THE ARMY'S HOME 🛧 🛧 🛧



#### HOME BASED BUSINESS



Are you operating a Home-Based Business (HBB) on Fort Leonard Wood?

If the answer is YES, is your business REGISTERED?

HBBs include but are NOT limited to:

- · Hairdressing and hairstyling
- Home baking and meal preparation
- Pet grooming and pet sitting
- Massage therapy
- · Multi-level sales activities
- · Retail sales from home

**<u>STEP 1</u>**: Complete the HBB Application and any additional documentation (like licensing or certifications).

**<u>STEP 2</u>**: Complete the HBB Lease Addendum – if you need assistance or have questions reach out to your housing POC.

<u>STEP 3</u>: Turn in the Application: Once you've completed your paperwork, submit the application to your Family and MWR, 13486 Replacement Ave, Bldg. 470, Room 1104. You may also email your HBB application and supporting documents to megan.j.odonoghue.naf@army.mil

Keep a copy of the completed application for your own records.

Family & MWR will route to the Garrison for approval and notify you once a decision is made.

In order to provide **on-post in home CHILD CARE**, you must be Registered through the Family Child Care (FCC) Program Bldg 470, Room 1125, (573) 596-0185





WE

NE

#### Interactive Customer Evaluation (ICE)



# Be a Superhero Today! Sustain or Improve? Tell us what you think.

\*\*\*





WE ARE THE ARMY'S HOME 34

\*\*\*





## Join the Family & MWR Team & Make a DIFFERENCE!

Family & MWR is hiring! We want you to join our dynamic team!



#### WHERE TO APPLY

- Links to Jobs listed here on the MWR Web page at <u>leonardwood.armymwr.com/happenings/family-</u> <u>mwr-job-openings</u>
- Apply online at <u>usajobs.gov</u>
- Contact the NAF HR Office at <u>hr1@opm.gov</u>

