

Community Information Forum – JAN 2022

**COL Paine, Garrison Commander** 

Ms. Megan O'Donoghue

Director
Family and Morale, Welfare and
Recreation



#### **PURPOSE**

## **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.







#### **AGENDA**

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

Community Information Forum ICE – Questions/Comments

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





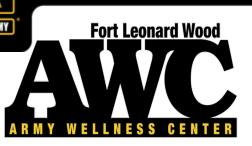


# Community Information Forum / Fort Leonard Wood JANUARY TOPIC

# NEW YEAR, NEW YOU WELLNESS







Body Composition Analysis
Metabolic Testing
Weight Management
Nutrition Education
Wellness Coaching
Health Assessments
Fitness Testing
Exercise Prescriptions
Stress Management
Sleep Education

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



Ready for a healthy lifestyle this New Year?

FLW AWC has all the services you need to make this goal achievable!

The best part?
Our services are
FREE!

Monday-Friday 0700-1050, 1150-1600 Staff Training Friday 1300-1600

Call to schedule: (573) 596-9677

14122 Third Street BLDG 350







#### GLWACH - NUTRITION CARE DIVISION

- Military nutrition environment assessment tool (mNEAT) results
  - FLW scored **53%** with 20 venues included in assessment
- Plans for improvement (2022)
  - Commissary engagement
  - Food availability and behavioral design across FLW
  - Continued social media promotion
- Registered Dietitians available by appointment with no referral needed
  - Reasons to see a dietitian: weight loss goals, healthy eating and planning meals, specific dietary needs, immune health, performance nutrition
- InBody 770 machine
  - Goes beyond the scale
  - Walk in hours to use machine and review results with dietitian every Friday from 0800-1000
- Nutrition Clinic is located in the basement of GLWACH, Rm 012 and appointments can be made by calling 573-596-1762













#### DFMWR / ARMY COMMUNITY SERVICE

- Army Community Service (ACS) invites you into a world of education, opportunity and discovery while offering programs and services that promote selfreliance, resilience, and stability during war and peace.
- The Mission of ACS is to: Facilitate commander's ability to provide comprehensive, standardized, coordinated, and responsive services that support Service Members, DA Civilians and Families regardless of geographical location.



- Army Emergency Relief (AER)
- Employment Services
  - Resume Drafting (Civilian/Federal)
  - Military Spouse Employment
- Exceptional Family Member Program(EFMP)
  - Briefs for Query, Enrollment and Services
  - Support Groups and Classes for Autism, IEP
- Family Advocacy Program
  - Stress and Anger Management Classes
  - Marriage/Parenting Classes
- Financial Planning Classes/Training
  - Budgeting; TSP
- Information and Referral (I&R)/ Relocation Readiness
  - Community Resources Information
  - Lending Closet
- On Call Victim Advocate Services 573-528-5784
- Relocation Assistance (i.e. Lending Closet)







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



### Come challenge yourself in the water while visiting Egypt!

Swim Across Egypt will be held in the DFC Indoor Pool the month of January during lap swim hours.

From the airport, you'll swim 10.1 miles to the Mosque of Muhammad Ali, then 12.9 miles to the Great Sphinx of Giza, and finally 399.6 miles to the Mortuary of Hatshepsut.

Grab your pamphlet for information about each stop, plus a recipe from Egypt!

Lap Swim Hours: Monday - Friday

6:30 am - 7:30 am 11:30 am - 1 pm 4:30 pm - 6 pm For more information call +1 (573)596-3529.

Cost: Free to enter - just have a lifeguard write your name on the tracker, and update your mileage totals as you go.





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





Noontime League Beginning Jan 6 2022, 11:30 am - 12:30 pm

Daugherty Bowling Center on Thursdays beginning 6 January.

2-person teams, 2 games each for 16 weeks. Open to ages 18 & up.

> Cost: \$3 per game Regular rate for shoe rental

Register @ Daugherty Bowling Center or call (573)596-1498 for more information.

#### Are you group fitness and CPR AED certified?

MWR Sports, Fitness, and Aquatics is looking for energetic people to be strength and conditioning coaches, personal trainers, group fitness instructors, yoga instructors, and certified self-defense instructors.

Must be willing to work nights and weekends. Must have current certification.







#### RELIGIOUS SUPPORT OFFICE

### For Financial Wellness



Orientation Sessions FEB 2 or 9 @ 1800-1845 Or 16 FEB@ 1730 on the first night of Christ Fit Main Post Chapel Rm 162

## Marriage Wellness Event



Friday 4th or Sat 5th

1800 Dinner and Program
24 Couples each Evening
Make reservations with
POC Martha Strong



Spiritual Fitness for the Family
Faith, Food, Fellowship
WEDS 16 FEB – 27 APR
1730 Dinner 1815 Classes
Main Post Chapel Classrooms
Variety of topics for men, women and
children. Watch Care, too.
Info at :https://www.facebook.com/
fortleonardwoodRSO



Protestant Women of the Chapel Kick Off! Tues 11 Jan Main Post Chapel



Friday, 11 FEB at 1800-2030 PM Inside Main Post Chapel

Come see the 1<sup>st</sup> movie in the series. During WWII four siblings travel through a closet to an amazing world of talking animals and adventure. Free Popcorn

# King Court

Kids 1<sup>st</sup> – 5<sup>th</sup> Grade Starting 24 Jan

Mondays, 4:15-6pm Bldg 590 corner of N. Dakota & Iowa

#### Family Life Chaplain,

CH Andrew Spriensma 6-2695 or

<u>andrew.t.spriensma.mil@usa.army.mil</u> for counseling issues for mental wellness

**POC Martha Strong, DRE** 

martha.a.strong.civ@army.mil or 6-0089







#### **CATHOLIC WORSHIP**

Catholic Mass

Soldier Memorial Chapel (SMC) 0900 - Sunday

Adoration

Soldier Memorial Chapel (SMC) 1800-1900, 1st Friday each month

Confessions

Following 0900 Mass Sundays - SMC

**Baptisms** 

By appt: 573-596-3913

Catholic Baptism Class

4th Sunday following 0900 Mass

Daily Mass

Soldier Memorial Chapel 1140 - Tuesday - Thursday

## SUNDAY PROTESTANT WORSHIP

**Gospel Protestant** 

1000 - Central Iowa Chapel

**Traditional Protestant Service** 

1030 - Soldier Memorial Chapel

Crossroads Community Contemporary Service

Service

1100 - Main Post Chapel

#### OTHER SERVICES

Jewish Shabbat

1900 - Fridays Main Post Chapel, Rm 162

**Buddhist Service** 

1900 - Thursdays Specker Chapel

Islamic Service

1200-1400 - Fridays Main Post Chapel

#### RELIGIOUS EDUCATION

Catholic Confraternity of Christian Doctrine (CCD)
1100–1230 (Sep to Apr)
(1st – 8th, Confirmation)
(Iglion Class for Adults (RCIA) & Religion Class for Children (RCIC)
Blda 6501, 3307 Indiana Avenue (YREC)

**Christ Fit** 

(For Family, Faith & Fellowship) Main Post Chapel (MPC) Wednesday, 1730-1930 Spring session is 16 Feb-27 Apr.



#### WORSHIP/STUDIES

Protestant Women of the Chapel (PWOC) Tuesday, 0900 - 1145 For more information on PWOC studies: pwocflw@gmail.com or https://www.facebook.com/fortleonardwoodp

Catholic Women of the Chapel (CWOC) Weds, 1730 at MPC 16 Feb -27 Apr POC: Ingrid Bochonok 540-840-4480

Catholic Women's Bible Study Sundays: 1100-1230, (during CCD) Bldg 6501, 3307 Indiana Avenue (YREC)

Knights of Columbus – Catholic Men 2nd Tues/ea month, 1800 Bldg 590 (SMC Annex)

Gospel Bible Study at Christ Fit Wednesday, 1730-1930 Main Post Chapel

Officer Christian Fellowship (OCF) Thursdays, 1145 – 1245 Thurman Hall Room 1432 POC: LTC Runyon, 515-291-7338

USACBRNS Bible Study 2<sup>nd</sup> & 4<sup>th</sup> Weds of each month 1200 – 1300, MSCoE Thurman Hall Rm 1165 POC: CH Southard, 828-390-9020

Buddhist Meditation Training Saturdays, 1500-1600 Specker Chapel (seating limited)

Latter Day Saints Study Tuesdays, 1900 at South Iowa Chapel POC: CH Sharp, 6-1465 Navigators Bible Study Fridays, 1900 – 2000, Specker Chapel F CH Lee, shawn.s.lee3.mil@mail.mil or Facebook https://www.facebook.com/ flwgnavs

Marine Corps Bible Study Wednesdays, 1130-1230 Specker Chapel

#### YOUTH

Kids 4 Christ, 1-5 grade Mondays, 1600-1800 Bldg 590 Tuesdays, 1600-1715 Zoom Club (Virtual)

Youth of the Chapel, 6-12 grade Wednesday, 1815-2000 Bldg 6501, 3307 Indiana Avenue (YREC)

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

Facebook:

https://www.facebook.com/fortleonardwoodRSO/

Website:

http://www.wood.army.mil/newweb/garri son/chaplain.html

For IET specific services, contact your Unit Ministry Team (UMT)

SNAIR Black/Red: No services and no Religious events/classes
SNAIR Amber: Religious services still happen if roads/parking areas are available.
Religious events/classes are postponed/moved to new date.





**GARRISON SAFETY** 

Well Being + Safety + Culture = Wellness!







#### **AAFES**



**January 23-28** the Exchange will be conducting our year end inventories.

Overall customers should see no interruptions in service.

These facilities will be closing early:

North Express (Dunkin Donuts 23 January Closing at 2000

South Express (Slim Chickens) 24 January Closing at 2000

Class 6 25 January Closing at 1900

Main Store
27 January Closing at 1700
All other facilities have no changes

#### **DECA**



#### Scholarships for Military Children applications are open.

For scholarship year 2022-23, Fisher House Foundation will award 500 scholarship grants of \$2,000 each. The selection process will begin immediately following the application deadline of February 17, at 11:59 p.m. PST.

All rules and requirements for the Scholarships for Military Children program, as well as links to frequently asked questions are available at <a href="https://www.militaryscholar.org">www.militaryscholar.org</a>.

**The Special Olympics.** Procter & Gamble is offering their 42nd Annual "Special Olympics" promotion worldwide Jan. 3-30. P&G will distribute a BrandSAVER coupon booklet in major U.S. newspapers with over 37 coupons and 110 digital coupons located on the Rewards Card throughout the month, worth a combined savings of over \$360. In addition to the coupon booklets being available, P&G will donate \$75,000 to Special Olympics.

The Nabisco Military Big Game Football Sweepstakes. This contest runs from Jan. 4 to Feb. 13 and is sponsored by Mondelez Global. This sweepstakes is offered to military patrons stateside only. Entries will be accepted by text and online. The grand prize winner will receive a \$250 Commissary Gift Card and a \$250 Exchange Gift Card. There will be eight first prize winners that will receive a \$50 Commissary Gift Card and a \$50 Exchange Gift Card





#### **ASYMCA**



- Sent 63 kids to residential summer camp.
- 260 athletes in our 5-17 youth basketball league.
- Served over 100 families with our Operation Little Learners parent/child playgroups.
- Re-Launched Help Me Grow and Help Me Learn Early Learning programs. Served 72 families.
- Sent 24 service member and family members home for the holidays through Operation Ride Home.
- Launched a new Music and Me parent/child music and movement program. - May



- Remembering 9/11 Patriot Day Festival September
- Re-launched Operation Hero at Thayer Elementary October
- Field of Heroes November
- Gave away turkeys for Thanksgiving. November
- Breakfast with Santa December
- Santa Boots Awarded 3 families at Fort Leonard Wood gifts for the holidays. - December



















#### COMMUNITY INTEREST



Bldg. 805 lowa Ave

### **Hours of Operation:**

Thursday - Sunday: 8:30 a.m. - 4:00 p.m.

#### FYI's:

\*If road conditions are RED, the USO will close.

Registration for all USO events occur online. Please call the center to get more information regarding when RSVP's open for events:

HTTPS://MISSOURI.USO.ORG SITE

(573) 329-2039



## Transitions uso.org/transition

\*Now Remote\* 785.492.9207

JANUARY WORKSHOPS
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10 JAN	Education Kickstart
20 JAN	Transition to the Trades
25 JAN	Career Kickstart ft. Pratt & Whitney

ALL WORKSHOPS ARE VIRTUAL. REGISTER AT USO.ORG/TRANSITION.

#### **NEED A RESUME?**

Through USO Transitions partners, you can have a Federal and/or civilian resume written for you for FREE. Register at uso.org/transition & meet

with a Transition Specialist to get connected.







## **Next Community Information Forum**

#### **Topics**

- January New Year Healthy You (Wellness)
- February Community Resources
- · March Transition Services
- April Month of Military Child (Family Focus)
- May Summer Fun
- June Welcome to FLW
- · July Back to School
- August
- September Community Resources
- October Domestic Violence Awareness / ASAP
- November SNAIR / Winter Safely
- · 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 <a href="https://ice.disa.mil/index.cfm?fa=card&sp=145057&s=447">https://ice.disa.mil/index.cfm?fa=card&sp=145057&s=447</a>
 Or click the QR code







## Information is Key

#### **Topics**

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

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















### **BACK UP SLIDES**





DFMWR / Child & Youth Services

## Child & Youth Services

Child & Youth Services (CYS) recognizes the challenges of our Soldiers and their Families. By offering quality programs for children, youth and students, CYS supports the Army Family by reducing the conflict between mission readiness and parental responsibility. Whenever you need it and wherever you are, CYS is prepared to make life better for Army Families.

#### **Child Development Center**

We provide quality full-time childcare for children 6 weeks through 5 years of age.

#### **School Age Center**

SAC provides affordable before-school and after-school care in a quality program that meets the needs of the youth and their Families. In addition to before and after school care, separate SAC camps are operated during fall, winter and spring breaks. During the summer months. SAC operates a full day camp.

#### **Family Child Care**

Family Child Care (FCC) offers a warm, nurturing Family environment for children 4 weeks to 12 years of age.

CYS Needs Brigade Sensing Sessions coming in January 2022

#### **Parent and Outreach Services**

Monday-Friday 0730-1630

13486 Replacement Ave.

Bldg. 470 Rm 1126

573-596-0238/0421





and Deployment Support

- School Transition
- Special Education
- Youth Sponsorship Parent Education and Educator Education
- Youth Resilience Ensure Compact



Postsecondary **Transitions** 

- Scholarship Opportunities
- College Application Process
- College and Career



**Home School** Support

- Homeschool Resources
- Access to support services
- · Information on state



**Installation School** Communication

- school, community and installation
  - Enhancement STEM
- Impact Aid Grant Opportunities
  - STARBASE · Family/Community
    - School Outreach

Partnerships in

Education

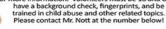
Support Services Building Community





#### YEAR-ROUND YOUTH COACHES NEEDED!

Make a difference in the life of a child! Coaches receive a discount that allows their children to participate at no cost in the sport they coach. Contact Mr. Nott at the number below for more information. Volunteers must be 18 and older,





















## DHR / ARMY SUBSTANCE ABUSE PROGRAM



## **New Year New Me**

Thinking about cutting back on drinking? Find great tips at Own Your Limits on cutting back or taking a break from drinking.

<a href="https://www.ownyourlimits.org/responsible-drinking/">https://www.ownyourlimits.org/responsible-drinking/</a>

**Do you need more help getting started?** Substance Use Disorder Clinical Care (SUDCC) now has confidential treatment options for Service Members. Call to find out more, **SUDCC 573-596-0522** 

Civilians can contact the Employee Assistance Program (EAP) at <a href="mailto:guy.r.caley.civ@army.mil">guy.r.caley.civ@army.mil</a> 573-596-7199





#### **DPW**

#### **For Awareness**

- New Director effective 25 Oct 2021
- · We are here to help
  - For more information, call (573) 596-0840.

#### Challenges/Initiatives

- Communication
- Working together to address issue(s)

#### In the Works

Update web page

**Community Interest** 

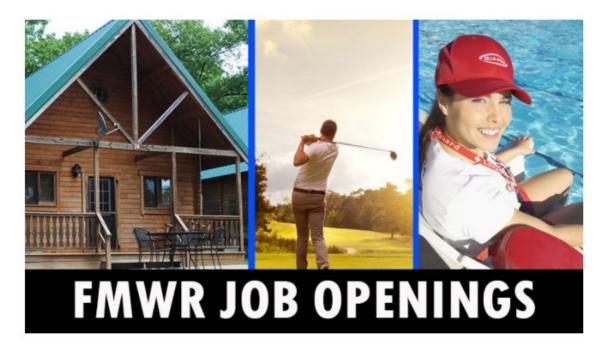
- Division information
- · Service Order
- Work Order





## 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>www.leonardwood.armymwr.com/happenings/family-mwr-job-openings</u>
- Apply online at <u>www.usajobs.gov</u>
- Contact the NAF HR Office at <u>(573) 596-0283</u> for more information.





#### 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:

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

### Easy as 1,2,3

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

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

**STEP 3**: Turn in the Application: Once you've completed your paperwork, submit the application to your Family and MWR, 13486 Replacement Ave, Bldg. 470, Suite 1104. You may also mail your HBB application and supporting documents to megan.j.odonoghue.naf@mail.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 approved.

CHILD CARE in your on-post home you MUST be register with CYS Family Child Care (FCC)

13486 Replacement Ave, Bldg. 470, Ste. 1125 573-596-0185





Interactive Customer Evaluation (ICE)



ICE:: Fort Leonard Wood (disa.mil)



