



Community Listening & Information Forum



7 March 2018

Welcome/Administrative Notes

Mr. Wagenaar

Dates to Remember Highlights

Ms. Donna Orvis

AFAP Issue

Directorate/Agency Updates

Guest Speaker/Presentation

Brain Injury Awareness Month

Ms. Emily Childs

Family Advocacy Program

Child Abuse Awareness Month

Mr. Derrick Ellis

Spouses Orientation – Facebook Live

Mrs. Scarlett Sharkey

Closing Remarks

Mr. Wagenaar



Dates to Remember- March



3/1-5/31 AER Campaign

3/7 Family Support Huddle/CLIF

3/11 Daylight Saving Time Begins

3/14 Women's History Month Observance

3/15 Volunteer of the Month Ceremony

3/16 St. Patrick's Day Luncheon

3/16 St. Patrick's Day Dinner

3/21 Family Night at the Commons

3/22 BOSS Invades Atkins

3/23 Retirement Ceremony

3/23 Right Arm Night

3/24 & 31 Maple Days

3/29 Mountain Wellness 5K Run/Walk

3/29 Holy Thursday

3/30 DONSA

3/30 Good Friday

3/30 Passover Seder

3/31 Easter Vigil

Now-2 April Army Emergency Relief Scholarship Applications accepted at www.aerhq.org

9:00am and 10am

The Commons

Spring Forward

3:00 pm – 4:00 pm

The Commons

11:00 am

The Commons

11:30 am

The Commons

5:00 pm – 9:00 pm

The Commons

5:00 – 7:00 pm

The Commons

10:00 am

Atkins FFF

3:00 pm

MPA

4:00 pm – 7:00 pm

The Commons

10:00 am – 3:00 pm 45th Infantry Drive Sugar Shack

6:15 am

Magrath Sports Complex

6:00 pm

Main Post Chapel

12 noon

Main Post Chapel

6:00 pm

Main Post Chapel

8:00pm

Main Post Chapel



Dates to Remember- April



Month of the Military Child/Child Abuse Prevention Mth/Sexual Assault Mth/Alcohol Awareness Mth

4/1	Easter Brunch at the Commons	Seating at TBA	
4/1	Community Easter Service	11:00 am	Main Post Chapel
4/2	DONSA		
4/2	Spouses Orientation Facebook Live	9:30-11:30 am	BOSS Ctr. 10650 5 th Armored Div. Rd.
4/4	Family Support Huddle/CLIF	9:00 am and 10 am	The Commons
4/5	Gold Star Spouses Day –Guided Painting Inst.	4:30-8:00 pm	SFAC Building
4/9-11	BOSS Symposium	9:00 am – 4:30 pm	Support Training Center
4/12	Volunteer of the Month Ceremony	11:00 am	The Commons
4/13	International Food Festival	4:30-8:00 pm	The Commons
4/15-21	Volunteer Appreciation Week		
4/17	6 th Annual Baby Palooza	9:00 am- Noon	The Commons
4/18	Family Night at The Commons	5:00–7:00 pm	The Commons
4/19	Annual Volunteer Ceremony	5:00-8:00 pm	The Commons
4/20	Retirement Ceremony	3:00 pm	MPA
4/20	Right Arm Night	4:00 pm	The Commons
4/23-27	Volunteer Appreciation Week		
4/21	Cooking with Maple Syrup Demo, International Spouses Club 10:00-12:00		ACS P-4330
4/23-27	Local School Spring Break		
4/24	Darkness to Light Child Abuse Awareness Event	1:00 pm – 4:00 pm	Bldg. 4405 PO Valley
4/24	Holocaust Days of Remembrance Obs.	11:30 am – 1:00 pm	The Commons
4/25	Administrative Professional Day		
4/26	Civilian of the Quarter Luncheon	11:30 am – 1:00 pm	The Commons
4/27	Arbor Day		
4/27	Hiking Club Brief	5:00 pm	Outdoor Recreation
4/27	DONSA		
4/28	Take a Soldier Fishing (Soldiers Only)	7:00 am-4:00 pm	Call 772-6071 to reserve a spot



Dates to Remember- May



5/1	Remington Park Opens for Season		
5/3	Family Support Huddle/CLIF	9:00-11:00 am	The Commons
5/1/-31	Riverfest Tickets on sale through the Units		
	Riverfest, June 14th	Price \$15.00AD \$5.00CH 5-12yrs.	
5/4	May the Fourth Be With You! Fun Run/Walk	7:00 am	Magrath Gym Complex
5/7	Non-Appropriated Fund Sale Viewing	11:00 am – 1:00 pm	T-79 Ordnance Road
5/8-9	Non-Appropriated Fund Sale	8:00 am – 4:00 pm	T-79 Ordnance Road
5/9	Army Ten-Miler Qualifier	7:00 am	Magrath Gym Complex
5/11	Military Spouses Appreciation Day	11:00 am – 2:00 pm	Remington Pond
5/13	Mother's Day Brunch	12:00 seating	The Commons
5/15	Armed Forces Day Luncheon	11:30-1:30 pm	The Commons
5/16	Asian American/Pacific Islander Heritage Obs	11:30-1:30 pm	The Commons
5/17	Volunteer of the Month Ceremony	11:00 am	The Commons
5/18	Retirement Ceremony	3:00 pm	MPA
5/18	Right Arm Night	4:00pm	The Commons
5/19	Armed Forces Day Parade	10:00 am	Downtown Watertown
5/21-23	Abandoned Vehicle Auction	10:00 am – 6:00 pm	Third St. E & Lewis Ave.
5/25	DONSA		
5/26	Baseball Hall of Fame Game, Noon Double Day Field, Cooperstown NY		
	FREE Tickets at FMWR HHQ Starting 7 May		
5/28	Memorial Day- Federal Holiday		
TBA	Mtn Remembrance Ceremony	4:30 pm	Memorial Park (T)



AFAP Updates



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AFAP ISSUES



Logistics Readiness Center (LRC)

Issue: Lack of qualified transportation companies/personnel

Scope: Companies are subletting moving companies to move Military personnel household goods. Theft, damages, etc are at a very high rate. Movers will arrive at the end of the day to begin the packing process, unacceptable.

Recommendation: Encourage more DITY moves or ensure the companies that have the back checks are the companies moving the household goods. Begin the packing process at the beginning of the work day, not at the end. No subletting to “shady” moving companies.

Issue Status: The government cannot dictate to the moving companies how they do business or if they sub-contract with smaller local companies. All employees of the moving companies go through a back ground check before they are authorized to enter Fort Drum. That can not be done off post.

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AFAP ISSUES – cont.

Logistics Readiness Center (LRC)

If a theft or other crime occurs, the police should be called.

All Soldiers or their family member are counseled of the following:

The TSP “Transportation Service Provider” representative determines the number of days required to pack/pickup shipment.

The TSP representative and you should negotiate pack, pickup, and delivery dates during the Pre-Move Survey.

The TSP can/will begin packing/pickup between 8:00 a.m. and 5:00 p.m. (If the TSP arrives outside of these hours the service member can refuse to allow them to start and tell them to come back the following day.

DPM moves are always an option and the service member is counseled that they are entitled to do it. This is not always an option however, especially with overseas, cross country or very large moves.

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Directorate/Agency Updates

Brain Injury Awareness Month & Traumatic Brain Injury Clinic

Emily Childs, MA
Regional Education Coordinator
Defense and Veterans Brain Injury Center



“Medically Ready Force...Ready Medical Force”

What is Concussion?

- A traumatic brain injury is a blow or jolt to the head that disrupts the normal function of the brain.
 - The severity of the TBI is determined at the time of the injury and may be classified as:
 - mild*
 - moderate
 - Severe
 - Injuries to the head, neck, or face may be associated with TBI.
 - May briefly 'knock you out' but does not always cause a loss of consciousness.

***Concussion and mild traumatic brain injury (mild TBI) are synonymous**

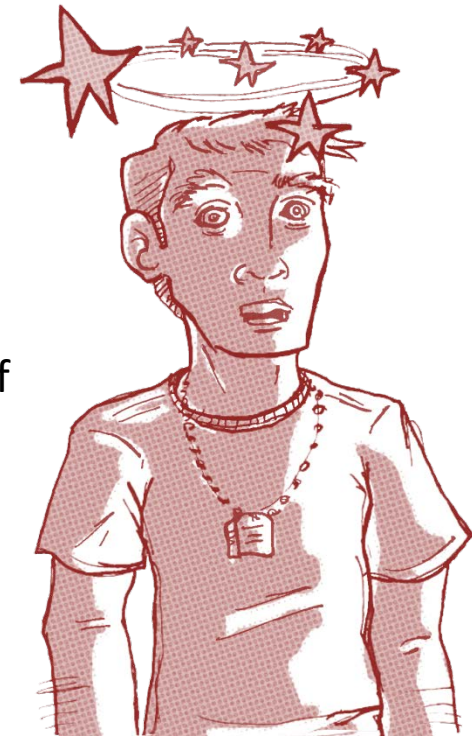


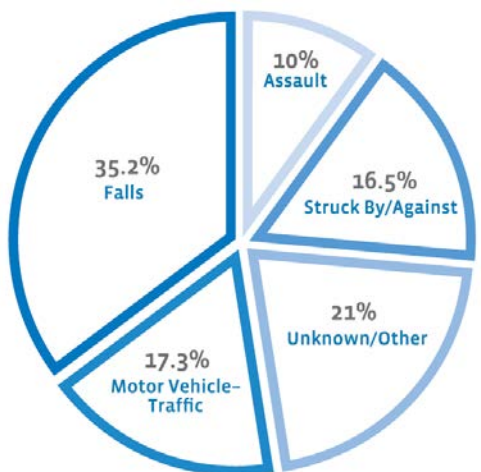
Illustration by Melanie Florencio-Sexton

Common Causes of TBI

Common Causes of TBI in Civilian

- Environments
- Falls
- Motor vehicle crashes
- Struck by or against an object
- Other
- Assault

ESTIMATED AVERAGE
PERCENTAGE OF ANNUAL
TBI BY EXTERNAL CAUSE
IN THE UNITED STATES
2002–2006¹



Courtesy of the CDC

Common Causes of TBI in Military Environments

- Falls
- Motor vehicle crashes
- Sports & recreational activities
- Military training
- Blasts (combat)
- Other

Symptoms of Concussion

Physical Symptoms	Cognitive Symptoms	Behavioral / Emotional	Sleep Issues
<ul style="list-style-type: none">▪ Headaches▪ Visual problems▪ Feeling dizzy▪ Loss of balance▪ Hearing difficulty▪ Ringing in ears▪ Sensitivity to light and/or noise▪ Nausea and/or vomiting	<ul style="list-style-type: none">▪ Attention▪ Memory problems▪ Poor concentration▪ Delayed processing speed▪ Difficulty finding words▪ Impaired judgment	<ul style="list-style-type: none">▪ Anxiety▪ Depression▪ Agitation▪ Irritability▪ Impulsivity▪ Aggression	<ul style="list-style-type: none">▪ Difficulty falling or staying asleep▪ Fatigue, loss of energy, getting tired easily

For most people, most concussion symptoms resolve within days or weeks.

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Concussion Impacting Your Work



Illustration by Melanie Florencio-Sexton

Impacts:

- Decreased marksmanship performance
- Decreased situational awareness
- Decreased ability to perform under pressure
- Decreased ability to multitask
- Increased performance difficulties that effect self-esteem and confidence
- Increased fear of performing in certain operational environments

Fort Drum Traumatic Brain Injury Clinic



- Medical Evaluation & Management
- Neurological Eval & Management
- Smart Equitest System/Balance Master
- DynaVision
- Videonystagmography (VNG)
- Behavioral Health Groups
- TBI Lecture/ TBI Education
- Cognitive Re-Education
- Life Skills
- Individualized Appointments
- Osteopathic Manipulative Medicine (OMM)
- Botox for Migraine Headaches
- Alpha-Stim
- Buffalo Concussion Treadmill Testing

Traumatic Brain Injury Clinic



- Provides comprehensive multidisciplinary strategies to facilitate the rehabilitation and reintegration of Service Members who have suffered a mTBI (concussion).
- A referral-based clinic, but self-referrals are allowed for all Active Duty Service Members.

Traumatic Brain Injury Clinic
Specialty Care Clinic
11050A Mt. Belvedere Blvd.
Ft. Drum, NY 13602
Phone: 315-772-8639
Fax: 315-722-8829



OPEN HOUSE
23 MARH
1400-1600



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Child Abuse Prevention Month (CAPM)

National Theme: Strong Communities, Strong Families

Family Advocacy Program
Army Community Service
April 2018

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Fiscal Year 2017

Total Number of Children of Army Sponsors & Child Abuse Incidents that Met Criteria

**Incidents can include the same victim more than once per year*

Fort Drum= 10,455 (Army= 339,859)

Fort Drum= 163 (Army= 2,908)

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Presented by the Fort Drum Family Advocacy Program

Scream Free Parenting *workshop*



The Scream Free way compels you to focus on *your* reactions to situations. By staying calm and connected to your child you can begin to build a happy and healthy life-long relationship. This class is for parents of children over 5 years old.

April 4-5, 2018

8:30am-3:00pm

**Po Valley Family Life
& Spiritual Center**

4405 Po Valley Road
Fort Drum, NY



For more information about this training
or to register please contact:
315-772-5914 or 315-772-ACS1
fortdrumacs.checkappointments.com

The FAP team will share the stage for two days and deliver a terrific Scream Free curriculum that's focus is on our reactions to situations.

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In partnership with over 25 vendors, there will be giveaways, information tables, mini-workshops and demonstrations.

Reserve your "Mini Baby Bundle Gift Bag" by registering online

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Save the Date!

6th Annual Fort Drum Baby Palooza



**Tuesday, April 17, 2018
9:00am-12:00pm
The Commons
4350 Euphrates River
Valley Road
Fort Drum**

**Giveaways * Information Tables
Mini-Workshops * Demonstrations**

Reserve your "Mini Baby Bundle Gift Bag" by registering online @ fortdrumacs.checkappointments.com

Call the Family Advocacy Program for more information:
315-772-5914 / 2658 / 4929



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Crafts, photo
both, music,
games, face
painting, and
balloon animals.

CID will be
present to
provide free
Child ID Kits.



Presented by the Fort Drum Family Advocacy Program

Under the Sea Family Night



April 18, 2018
5:00pm-7:00pm
The Commons

4350 Euphrates River Valley Road
Fort Drum, NY

Crafts * Photo Booth * Music * Games
Face Painting * Balloon Animals

CID will also be
present to provide
free Child ID kits



Dinner buffet available:
\$8- 8 yrs and older
\$4- 7 yrs and younger

For more information please contact:
315-772-5914 /6556
315-772-ACS1



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Darkness to Light

A training on child abuse indicators and prevention

Presented by the Fort Drum Family Advocacy Program

Featuring presentations from
the Watertown Police Department
and the Child Advocacy
Center of Northern NY



April 24, 2018

1:00pm-4:00pm

Po Valley Family
Life & Spiritual Center

4405 Po Valley Road
Fort Drum, NY

For more information about
this training or to register
please call:

315-772-5914 or 315-772-ACS1

In partnership
with WPD and
CAC, FAP is
providing a
training on child
abuse indicators
and prevention.

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Join Spiderman April 26th for a Super Hero Walk/Run

Planned Activities:
Division Band, K-9 Unit,
Fire Team Static Display,
Face Painting, Balloon Art,
Photo Booth, Rock Wall
Snow Cones, Popcorn

**Event open to the Public
On-Street Parking Only**

**Parents and guardians must
supervise their children at all times.**

**Meet at SAC
on Chapel Drive
for the Walk/Run
1:00-4:00 PM**

For more information call
(315) 772-5914



In recognition of
Month of the
Military Child and
Child Abuse
Prevention Month,
FAP has partnered
with CYS to provide
a fun afternoon of
activities to the Fort
Drum Military
Community.

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Additional April Happenings:

Scheduled Outreach

Mountain Wellness 5k Run/Walk- 29 March; 0630

PX- 1st & 3rd Friday; 1100-1330

Clark Hall- 2nd & 4th Wednesday; 0900-1100

Child Development Centers (CDC)- Wednesdays; 1630-1730

Blue Ribbon Magnets (Child Abuse Prevention) displayed on DES vehicles

Professional Trainings

Senior Leader Forum- 28 March

Round Robin Trainings- 11, 18, & 25 April

Mass Troop Trainings- 3 & 17 April

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**Army Community Service
Relocation Program
Ms. Scarlett Sharkey
315-772-6566
Katie.s.Sharkey.civ@mail.mil**



Are You New to Fort Drum?

Need to know about
Programs and Services
Available? Confused?

Learn what makes Fort Drum
“Home of America’s Light Infantry”!



Programs Represented:

- ♦ Army Community Service
- ♦ AER/Financial Readiness
- ♦ TriCare & Martins Point
- ♦ American Red Cross
- ♦ McEwen Library and Continuing Education Center
- ♦ Child and Youth School Services
- ♦ Commissary
- ♦ AFTB
- ♦ Military and Family Life Consultants
- ♦ Commissary

FACEBOOK LIVE
FORT DRUM RELOCATION READINESS
PROGRAM
MONDAY, April 2, 2018

Join ACS Relocation Readiness and get all your
questions about the North Country and Fort Drum answered!

Newcomer’s Get Together

LIVE at the BOSS Center

10650 5th Armored Division Road

9:30 am-11:30am



Like” Fort Drum Relocation Readiness Program”





Community Listening & Information Forum



QUESTIONS?



NEXT CLIF April 4th, 2018

Thank you for attending

All Presentations and Slides can be found at
www.drum.armymwr.com Community and Special Events/CLIF

If you would like to provide information for CLIF,
please email Donna W. Orvis, donna.w.orvis.civ@mail.mil