#### **Community Information Exchange**

All Presentations and Slides can be found at:



Some of today's topics:
Upcoming Events
Housing
AAFES

May 2025 drum.armymwr.com

#### **Agenda**

Welcome/Administrative Notes Garrison Commander

Presentations Family and Morale, Welfare and Recreation (FMWR)

**MEDDAC** 

**FDMCH** 

TAP

**Education Center** 

Religious Service Office (RSO)

**AAFES** 

Relocation Readiness Program (RELO)

Army Emergency Relief (AER)

Questions/Closing Remarks Garrison Commander

Contact Marketing Office: 315-772-5686

## Family and Morale, Welfare and Recreation Dates to Remember

#### May 2025

5/15	Army 10-Miler Qualifier	7:00 a.m.	Sports & Fitness
5/16	Guided Wheeler Trip	8:00 a.m.	<b>Outdoor Recreation</b>
5/16	Floating Bingo Night	5:00 p.m.	Aquatics
5/17	Hook'd 4 Life Fishing Charter	8:00 a.m.	Outdoor Recreation
5/17	Soccer Tournament	9:00 a.m.	Sports & Fitness
5/17	Community Art Project	9:30 a.m.	McEwen Library
5/17	Open Play Paintball	10:00 a.m.	Outdoor Recreation
5/25	Hook'd 4 Life Fishing Charter	8:00 a.m.	Outdoor Recreation
5/28	Parent Tea	10:15 a.m.	McEwen Library
5/31	Open Play Paintball	10:00 a.m.	<b>Outdoor Recreation</b>



## Family and Morale, Welfare and Recreation Dates to Remember

#### **June 2025**

6/2	Pickleball Tournament	6:00 n m	Sports & Eithors
-		6:00 p.m.	Sports & Fitness
6/3	Family Craft Night	5:00 p.m.	McEwen Library
6/3	Tennis League Begins	6:00 p.m.	Sports & Fitness
6/4	Army 10-Miler Qualifier	7:00 a.m.	Sports & Fitness
6/6	Guided Wheeler Trip	8:00 a.m.	Outdoor Recreation
6/6	Midnight Madness Softball	8:00 p.m.	Sports & Fitness
6/8	Hook'd 4 Life Fishing Charter	8:00 a.m.	Outdoor Recreation
6/11	Sidewalk Chalk Contest	1:00 p.m.	McEwen Library
6/12	Riverfest	9:00 a.m.	Special Events
6/13	Summer Story Time Begins	11:00 a.m.	McEwen Library
6/13	Sunset Cruise w/ Sail Ontario	TBD	Outdoor Recreation
6/14	Pet Run	9:00 a.m.	Sports & Fitness
6/15	Hook'd 4 Life Fishing Charter	9:00 a.m.	Outdoor Recreation
6/17	Family Draw-a-Thon	5:00 p.m.	McEwen Library
6/20	Dive-In Movie	5:00 p.m.	Aquatics
6/20	Sunset Cruise w/ Sail Ontario	TBD	Outdoor Recreation
6/21	ODR Rentals at Remington Park	10:00 a.m.	Outdoor Recreation
6/21	Summer Reading Program Party	10:00 a.m.	McEwen Library
6/21	Sunset Cruise w/ Sail Ontario	TBD	Outdoor Recreation
6/22	Hook'd 4 Life Fishing Charter	8:00 a.m.	Outdoor Recreation
6/24	Minion Day	2:00 p.m.	McEwen Library
6/24	Disc Golf Tournament	6:00 p.m.	Sports & Fitness
6/26	Mountainfest	12:00 p.m.	Special Events
6/27	End of School Year Celebration	4:00 p.m.	Pine Plains Bowling
6/28	Lazy River Float	9:00 a.m.	Outdoor Recreation
	E - 10		



### Family and Morale, Welfare and Recreation Calendar of Events

home.army.mil/drum

drum.armymwr.com





## **COMING SOON!** ICE CREAM We are hiring Food & Beverage Attendants for this business! Apply at the QR code!







## Child and Youth Services

Contact CYS Administrator: 315-772-6715

Child & Youth Services

#### **Meaningful Interactions at Home**

#### Turn Everyday Moments into Opportunities for Learning

A free in-person workshop for families brought to you by the CYS and Teachstone\* partnership.



#### Meaningful Interactions at Home Workshop:

Join us for an in-person workshop and hear from an early childhood expert on easy ways you can help your child learn and grow at home.





Each registered family will receive a set of materials to support trying out the new strategies at home within two weeks of your workshop training date.

#### Choose from the following dates and times:

- Wednesday, April 23, 4:30 PM 5:30 PM at North Riva Ridge
- Wednesday, May 14, 11:45 AM 12:45 PM at North Riva Ridge
- Thursday, June 5, 11:45 AM 12:45 PM at the Youth Center (during Parent Advisory Board)

Earn Parent Participation Points for attending.

Use QR Code to sign-up!



Let's Talk! 877.401.8007 T teachstone.com S







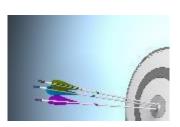
CYS Sports & Fitness

#### Enrollments for Summer programs are now open.

#### Programs include:

- Summer Dodgeball and Kickball Camp July 7, 8, 10
- Summer Archery Camps July 14-17; August 4-7
- Summer Volleyball Camp July 14-17
- Adventure Camp July 21-24; August 18-21
- Pickleball Camp July 21-24
- Soccer Camp July 28-31
- Wrestling Camp July 28-31
- Basketball Camp August 4-7
- AND MORE!

Registration open until program start date.







Youth Center

Youth Center is currently open Monday through Friday from 2:30 p.m. to 7:00 p.m. All youth in grades 6 through 12 are invited to join for free.

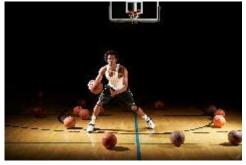
#### **Upcoming Events:**

- Youth Sponsorship Program May 13 from 4:30 p.m. to 5:30 p.m.
- Special Saturday Opening June 7 from 12:00 p.m. to 8:00 p.m. Sports Day!
- Cooking Club, Art Club, Dungeons and Dragons, and more!
- Summer Hours will start the week of June 30.

#### Youth Center will be closed:

- May 26 (Federal Holiday)
- June 19 (Federal Holiday)
- June 20 (Staff Development Day)
- June 26 (Mountainfest)





## Thank you from Carthage Central School



#### Your Voice Makes a Difference!

- \*\document{\psi} 40\% of our students are military connected students (approx. 1250 kids).
- Our school budget and capital projects have a direct impact on military connected students.
- Proposed project highlights:
  - Increase in mental health suites
  - New STEAM labs
  - Increase space for JROTC program

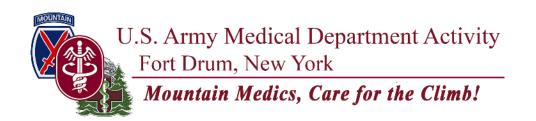
- Expand Carthage Area Clinic spaces
- o Improvements to athletic facilities (i.e. new gym)
- o Infrastructure upgrades, storage, and parking
- Annual Budget Vote: May 20, 2025; Location: Aux Gym; Time: 12:00 noon- 8:00 pm
  - o 3% decrease in taxes
  - o Additional social worker, HS SS teacher, SPED teachers and admin support at the elementary level
- We appreciate your support!
  - The strength and excellence of our District are deeply rooted in the partnership with our Fort Drum families, whose time and support empower us to consistently deliver exceptional programs and a superior school experience for their students.





## Fort Drum MEDDAC Commander

315-772-4022



## Fort Drum OB/GYN Care Transition

To ensure continued safe and quality care for beneficiaries, Fort Drum MEDDAC obstetrics (OB) care is adjusting to meet the demands of the community while working with constrained resources:

- All prenatal OB & labor and delivery care will transition to the local TRICARE network:
  - Starting in May for dependents
  - Starting in July for Active-Duty Service Members
- Upon confirmation of pregnancy, PCM will refer the beneficiary to the network via Humana Military.
- After delivery, care for both mom and baby will return to Guthrie AHC and/or troop medical clinic.
- Beneficiaries always have a choice in their healthcare and can work with Humana to find the right OB to meet their needs.

## Armed Forces Wellness Center

315-772-4608/4528

#### **Target Population**

 Soldiers, Family Members (18+), Retirees, and Civilian Employees

#### **Establishing an Appointment**

 Referral by a Provider, Health Professional, Unit, or Self-referral



WHY VISIT THE AFWC?				
WEIGHT LOSS/ABCP ASSISTANCE	GENERAL NUTRITION GUIDANCE			
IMPROVED PHYSICAL PERFORMANCE	LEARN TO DEAL WITH STRESS EFFECTIVELY			
EXAMINE BEHAVIORS TO IMPROVE SLEEP	DECREASING RISK OF OVERALL DISEASE			
ALL SERVICES ARE <u>FREE</u> !!				

#### **CLASSES** (IN-PERSON OR VIRTUAL)





**RETIRE STRONG MEALS IN MINUTES FUELING FOR HEALTH STRESS MANAGEMENT HEALTHY SLEEP HABITS UPPING YOUR METABOLISM STAYING FIT- HOME AND AWAY PERFORMANCE OPTIMIZATION (ACFT)** 



#### **Individual Assessments**

\*IN-PERSON OR VIRTUAL

**BODY COMPOSITION ANALYSIS** 

**HEALTH COACHING\*** 

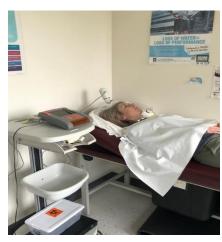
METABOLIC ASSESSMENT\*

**INDIVIDUAL STRESS MANAGEMENT\*** 

FITNESS ASSESSMENT

**EXERCISE PRESCRIPTION\*** 



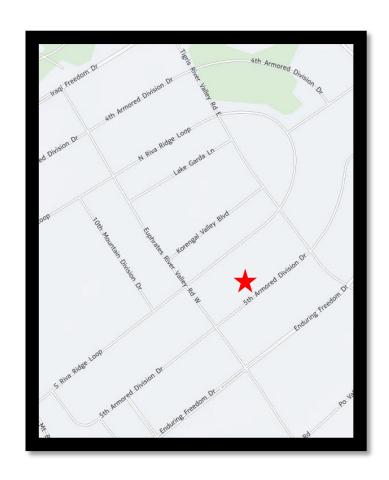




#### BLDG 10550 5TH ARMORED DIVISION DRIVE

315-772-4608/4528

MONDAY	0700-1530
TUESDAY	0700-1530
WEDNESDAY	0700-1530
THURSDAY	0700-1700
FRIDAY	0700-1530



# Fort Drum / MEDDAC Ombudsman Program

315-772-6466

## Fort Drum MEDDAC Ombudsman Program What is an Ombudsman?

**Definition:** A person who hears and investigates complaints and mediates fair settlements, especially between aggrieved parties such as consumers and institutions or organizations.

- a. Cut through the red tape by linking Soldiers and Family Members with resources to answer questions, resolve issues, obtain accurate information and expedite services
- b. Act as independent, neutral and impartial mediator who utilize administrative, organizational and problem-solving skills

## Fort Drum MEDDAC Ombudsman Program Benefits of the Ombudsman Program

- Early conflict resolution has been key to resolving issues without escalating issues to any formal process for resolution – Nowadays soldiers and families can reach some senior people in a push of a button
- Honest Broker "Someone who speaks to both sides involved in an argument or disagreement and tries to help the two sides to agree"
- Alternative Dispute Resolution: Assists in reframing issues and developing and helping Soldiers and Families evaluate options.
- When an individual is unable or unwilling to surface a concern directly, we can assist by helping give voice to the concern and /or creating an awareness of the issue among appropriate decision-makers on the installation.

## Fort Drum MEDDAC Ombudsman Program Contact Information

Guthrie Army Health Clinic 11050 Mt. Belvedere Blvd. Rm 1864 Fort Drum, NY 13602-5005 Office: 315-772-6466

Cell: 315-405-6249

john.m.maniscalco.civ@health.mil

## Patient Advocate Memorial Day Closure

### MEMORIAL DAY OPERATING SCHEDULE

#### HALF-DAY SCHEDULE

All Fort Drum Medical Activity clinics and services will operate on a half-day schedule, *Friday, May 23, 2025*.

All clinics and services will *CLOSE* at *12 p.m.* 

#### **CLOSED**

All Fort Drum Medical Activity clinics and services will be *CLOSED* to patient care on *Monday, May 26, 2025*, in observance of Memorial Day.

Normal operations will resume Tuesday, May 27, 2025.

If you have a medical emergency, please call 911. Should you still require assistance, please call the MHS Nurse Advice Line at 1-800-TRICARE (874-2273) or go to https://my.mhsgenesis.health.mil/.





# Fort Drum Mountain Community Homes

315-955-6800

Pamper Yourself - You deserve it!

VVIN A \$50

GIFT CARD

TO ULTA!

Visit our Facebook page to enter.





\*Exclusive event for Residents of Mountain Community Homes.



### INTERIOR DECORATING

#### CONTEST

#### **Calling all decorators!**

Show us how you have turned your house into a place you call "home"!

Submit your photos by May 19

\* Contest exclusively for Residents of Mountain Community Home





#### **COMMUNITY WIDE**

### YARD SALE

Come out and see what great deals you can find in every community!

SATURDAY & SUNDAY

**JUNE 7 & 8** 

Monument Ridge & Rhicard Hills

SATURDAY & SUNDAY JUNE 14 & 15

Adirondack Creek & Crescent Woods

8 a.m. - 2 p.m.



To keep our community looking good:

- · Please attach all signage to a stake and place in the ground
- · Promptly remove after sale is finished.
  - Do not tape signs to light poles and mailboxes.





Are you a graduating high school graduating senior living in a Centinel community?

The Centinel Community Fund is here to support your college journey!

The BlueStar Scholarships program offers up to \$5,000 to graduating seniors.

Applications are due May 27, 2025



## Transition Assistance Program

315-772-3237

#### **Transition Assistance Program**



#### CAREER AND EDUCATION FAIR

Presented by the Fort Drum Transition Assistance Program and the Fort Drum Education Center

- **ii** 15 May 2025
- O 9am 1pm
- THE PEAK

  4350 EUPHRATES RIVER VALLEY RD
  FORT DRUM, NY 13602
- © CONTACT THE TAP OFFICE FOR MORE INFORMATION

315-772-3433/3286

Open to ALL DOD ID Card Holders!

#### FIND YOUR OPPORTUNITY

- · Over 90 employers
- Nationwide & local job opportunities
- 30+ education institutions
- And More!



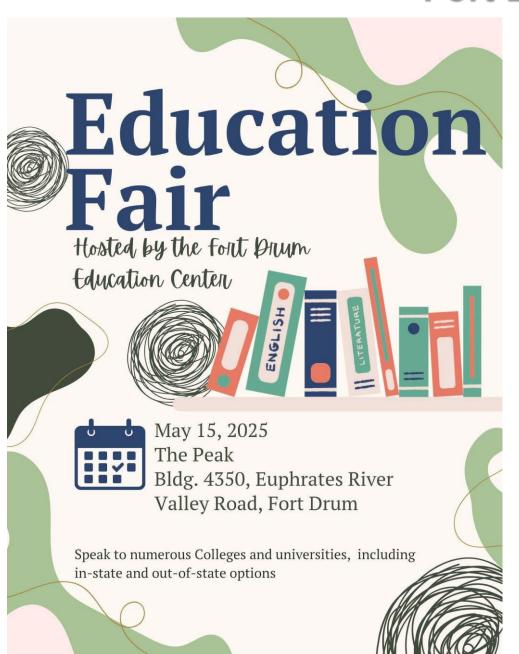


https://tinyurl.com/ye23w7ra

### Fort Drum Education Center

315-772-6878

#### Fort Drum Education Center



- Bring your high schoolers!!! Great opportunity to talk with college representatives about their programs.
- ❖ 50 + colleges attending
- Swag bag giveaways every hour.
- In conjunction with the Career Fair!
- ❖ Hours: 0900-1300

## Religious Support Office 315-772-5591

### **Religious Support Office**



POC: PAUL.D.RAMSEY.CIV@ARMY.MIL

## **Religious Support Office**

Please access the QR code below for our regularly scheduled services.



# **AAFES** 315-772-5631

#### **Army & Air Force Exchange Service**

What is Happening at the Exchange?



- ➤ As of May 1<sup>st</sup>, all Legacy Military Star Cards have been decommissioned.
  - Balances will transfer to the new card
- New cards were sent by mail.

Military Star Contact Center 1-888-983-STAR (7827)

Western Union Services will no longer be available at the Exchange



Shop & Save 24/7: shopmyexchange.com

Follow us on social media: facebook.com/FtDrumExchange instagram.com/exchangefortdrum/

## **Army & Air Force Exchange Service**

What is Happening at the Exchange?

#### **Amazon Counter Program**

Pickups and Returns now available at complete at the Fort Drum Exchange Customer Service Counter with no charge or cost to the customer.

- QR or pickup code from Amazon.
- Packages must be picked up within 7 days of delivery.
- The item cannot be larger than 18 x 18 x 18" and weigh more than 30lbs.



Questions on refunds or your order
1 (888) 280-4331
Amazon.com/contact-us

# Army Community Service Relocation/AFTB

315-772-6710 (AFTB)

315-772-6566 (RELO)



#### Guest Resource: Education Center



## Army Family Team Building Relocation Readiness

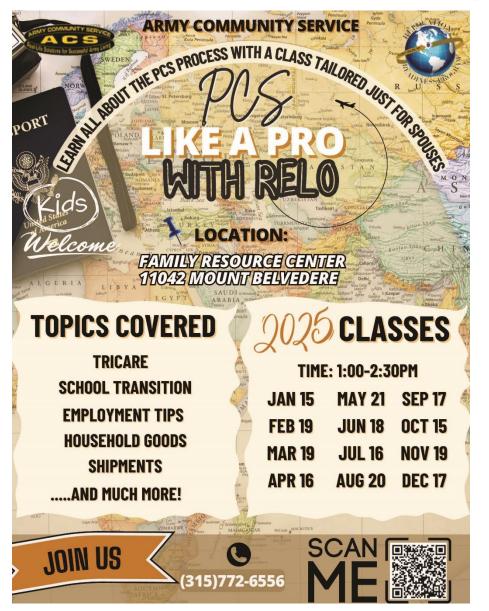
**Spouse Connections** 



Please join us on the first
Wednesday of the month for
Spouse Connection
0900 @ The Peak
Or

1800 @ the Family Resource Center Kids are welcome!

# Relocation Readiness PCS Season's Upon Us – Briefings/Supports



Come join us for the Spouse PCS like a Pro Class!
May 21, June 18, July 16 & Aug 20



#### Relocation Readiness Enrichment Classes

May 9, 2025

**Army Community Service** Presents: **MILITARY SPOUSE FUN FACT:** APPRECIATION DAY In 1999, Congress officially made Military Spouse Appreciation Day a part of National Military Appreciation Month to recognize 9 MAY 2025 the many sacrifices Military Spouses make as they put their personal and professional aspirations aside for their Soldier. 0900-1200 11042 MT BELVEDERE BLVD Join us for a fun-filled event featuring mindful walks, games, grilling, yoga, ball gown give-a-ways and much more! Kids are welcome! 315-772-6556 315-772-6566

May 29, 2025



# Army Emergency Relief

315-772-5196

## **Army Emergency Relief**



#### You can now apply for Army Emergency Relief Assistance Online!

Go to https://www.armyemergencyrelief.org or SCAN the QR code below to access the portal for the online application.



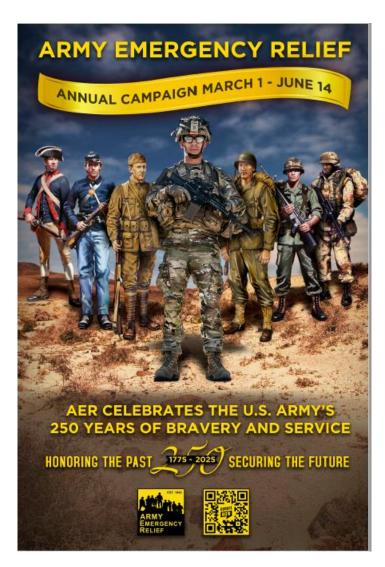




## Army Emergency Relief Annual Campaign Update

## CY 2024 AER Assistance

Brigade	Cases	Dollars
1st BCT	231	\$322,297.49
2 <sup>nd</sup> BCT	231	302,980.99
10 <sup>th</sup> CAB	125	\$176,351.26
10 <sup>th</sup> DSB	116	\$188,343.15
DIVARTY	47	\$64,466.03
Tenant Units	50	\$66,279.07
Total	800	\$1,120,717.99



## CY 2025 AER Campaign Donations

Brigade	Donations	Dollars
1st BCT	14	\$1042
2 <sup>nd</sup> BCT	1	\$30
10 <sup>th</sup> CAB	5	\$465
10 <sup>th</sup> DSB	3	\$140
DIVARTY	6	\$365
Tenant Units	6	550
No Unit Provided	6	\$385
Total	41	\$2,977

AAFES (Army & Air Force Exchange Service) (315) 773-0061	Directorate of Public Works (DPW) Director (315) 774-5839
American Red Cross (315) 772-6561	Directorate of Resource Management (DRM) Director (315) 772-3902
Commissary (315) 774-9130	Fort Drum MEDDAC Appointment Line (888) 838-1303 guthrie.tricare.mil
Directorate of Emergency Services (DES) (315) 772-3547	Fort Drum Mountain Community Homes (315) 955-6644
Directorate of Family and Morale, Welfare and Recreation (DFMWR) (315) 772-6071	Housing Concerns Hotline (315) 772-6666, <i>Option 1</i>
Directorate of Human Resources (DHR) Business Office (315) 772-5849 / (315) 772- 4688	Public Affairs Office (PAO) Director (315) 772-8286
Directorate of Plans, Training, Mobilization and Security (DPTMS) (315) 772-7288	Thrift Shop (315) 772-7189
Soldier & Family	Readiness Division (SFRD)

Soldier & Family Readiness Division (SFR (315) 772-6556/6557 // (315) 772-5447

### **Community Information Exchange**



**Next Community Information Exchange** 

June 4th , 2025

# Back-up Slides

#### Family and Morale, Welfare and Recreation

# School Support Services

Contact School Liaison Officer 315-772-3214 / 315-772-0281



#### Family and Morale, Welfare and Recreation

School Support Services

#### **PCS** with School Aged children

- Your Fort Drum SLO can connect you with the SLO at your new duty station.
- Disenroll your children from you current NY school.
- Unofficial copy of school records request.
- Hand Carry documents.
- Attend Spouses PCS workshop, see flyer for details.

#### **Kinder Readiness Workshops:**

- Open to all parents with 2025-26 School Year Kinder eligible students (5 by December 1, 2025).
- May 20: 11:30 a.m. 1:00 p.m.; CYS School Aged Center.
- Flyer on social media.

#### Kinder Roundup for the 2025-26 School Year:

- Child must be 5 by December 1, 2025.
- School district dates for May Kinder Screenings; Check CYS School Support Services website for details.

#### **Advocating for Your Child Workshop:**

- Open to all parents transitioning with school-age children.
- · Laws and resources to help you advocate on your child's behalf.
- · Effective communication with your child's school personnel.
- May 27: 12:00 p.m. 1:00 p.m. held at Robert C. McEwen Library

#### **Patient Advocate**

**Patient & Family Partnership Council (PFPC)** 

# SPEAK UP! YOUR VOICE MATTERS

Volunteer to be on the Patient and Family Partnership Council



The Patient and Family Partnership Council (PFPC) captures the voices and insights of patients and families to improve the overall healthcare experience.

#### WE WANT TO HEAR FROM YOU.

To volunteer, call (315) 772-4655 or scan the QR code.





U.S. Army Medical Department Activity Fort Drum, New York

Care Enough to Make a Difference!



# Patient Advocate Improvements Made Due to PFPC Involvement

- Six designated post-operative parking spots lab, radiology, two at the end of the walkway of the vestibule for Soldier Specialty Care, PCC entrance, and the Pharmacy entrance.
- Improved the EFMP process utilizing PFPC volunteer suggestion.
- Informational MEDDAC CIE Townhalls.
- APHN flu rodeo held on October 26<sup>th</sup> and November 23<sup>rd</sup>.
   Completed 453 flu vaccinations.
- Offered back to school and sports physicals, August 9<sup>th</sup>, 16<sup>th</sup>, and 23<sup>rd.</sup> Completed 180 physicals.
- Improved the referrals process adding LPNs to decrease the referrals backlog.
- PAO developed MHS GENESIS Tutorial & uploaded on social media.
- Appointment line improvements.