Community Listening & Information Forum

September 5th, 2018

Welcome/Administrative Notes	COL Harrison
Dates to Remember Highlights	Ms. Donna Orvis
AFAP Issues Update	Ms. Karin Sikirica
Directorate/Agency Updates	
Guest Speaker/Presentation	
Child and Youth Services Update	*Ms. Karin Sikirica*
Upcoming Holiday Season Events	*Ms. Becky Morgia/Ms. Donna Orvis*
TRICARE Changes	*Mr. Kory Wells*
MBAT – Mindfulness-Based Attention Training	*CPT Robles*
Closing Remarks	COL Harrison

Dates to Remember- September

*** Watertown Farmers Market Shuttle: Wednesdays & Saturdays from Outdoor Recreation, $5/person**
*** Free pizza every Thursday at BOSS 11:30 am – 1 pm (single Soldiers only)**
*** BOSS Bowling resumes every Tuesday from 5 to 9 pm at Pine Plains Bowling Center – free for single Soldiers**

9/5	FSH/CLIF	9 – 11 am	The Commons
9/4 or 5	**Local schools open for the year**		
9/6	**ACS Super Sign Up**	**11 am – 2 pm**	**The Commons**
9/7	**Registration closes for Memorial to Monument Run**	**Eventbrite.com**	
9/8	Home Run Derby	9 am	Magrath Sports Complex
9/11	**9/11 Commemorative Ceremony**	**8:30 am**	**Clark Hall**
9/11	9/11 Remembrance Run	7 am	Magrath Sports Complex
9/12	Family Night at The Commons	5 – 7 pm	Winner's Circle
9/14	Blitz 5K	7 am	Magrath Sports Complex
9/19	**Hispanic Heritage Month Observance**	**11:30 am – 1 pm**	**The Commons**
9/20	Volunteer of the Month Ceremony	11 am	The Commons
9/21	Retired Warrior Fitness Challenge	6 pm	Atkins Function Fitness
9/22	Retiree Appreciation Day		
9/26	Gold Star Mother's and Family Day	4:30 – 8 pm	SFAC
9/28	Retirement Ceremony	3 – 4 pm	MPA
9/28	Right Arm Night	4 – 6 pm	The Commons
9/29	**Memorial to Monument Run**	**9 am start**	**Memorial Park, Fort Drum**

Dates to Remember October

*** Free pizza every Thursday at BOSS 11:30 am – 1 pm (single Soldiers only)**
*** BOSS Bowling every Tuesday from 5 to 9 pm at Pine Plains Bowling Center – free for single Soldiers**

10/3	FSH/CLIF	9 – 11 am	The Commons
10/3	Oktoberfest Dinner	5 – 9 pm	The Commons
10/5	DONSA		
10/5	CYS Facilities closed for training	All CYS locations	
10/6	Turkey Shoot	9 am	Outdoor Rec Shooting Complex
10/7	**Army Ten-Miler**		
	Washington, D.C.		
10/8	**Columbus Day Federal Holiday**		
10/13 & 27	BOSS Haunted Crawl	7 pm	Behind The Commons
10/15–17	Abandoned Vehicle Auction	9 am – 5 pm	Auto Skills Center/Vehicle Lot
10/17	Family Night at The Commons	5 – 7 pm	The Commons
10/18	Volunteer of the Month Ceremony	11 am	The Commons
10/19	**Mountain Monster Mash**	**6 – 9 pm**	**Magrath Sports Complex**
10/24	Trick or Treat with ACS	10 am – 12 pm	ACS Building
10/25	Civilian of the Quarter Luncheon	11:30 am – 1 pm	The Commons
10/26	Retirement Ceremony	3 – 4 pm	MPA
10/26	Right Arm Night	4 – 6 pm	The Commons
10/31	On Post Trick or Treating	5 – 8 pm	Mountain Community Homes

Dates to Remember November

*** Free pizza every Thursday at BOSS 11:30 am – 1 pm (single Soldiers only)**
*** BOSS Bowling every Tuesday from 5 to 9 pm at Pine Plains Bowling Center – free for single Soldiers**

11/7	FSH/CLIF	9 – 11 am	The Commons
11/8	Veterans Day Wreath Laying Ceremony		Memorial Park
11/9	DONSA		
11/12	**Veterans Day Federal Holiday Observed**		
11/14	**American Indian Heritage Month Obs.**	**11:30 am – 1 pm**	**The Commons**
11/15	**Turkey Lunch Buffet**	**11 am – 1 pm**	**Winner Circle**
11/15	Volunteer of the Month Ceremony	11 am	The Commons
11/21–23	Macy's Thanksgiving Parade Trip		ODR/NYC
11/21–23	Local School Thanksgiving Holiday		
11/22	**Thanksgiving Day – Federal Holiday**		
11/22	**BOSS Home for the Holidays**	**1 pm**	**USO – to be confirmed**
11/23	DONSA		
11/29	Trees for Troops/Tree Lighting	5:15 pm	The Commons
11/30	Mustache Dash 5K	7 am	Magrath Sports
11/30	Retirement Ceremony	3 – 4 pm	The Commons
11/30	Right Arm Night at the Commons	4 – 7 pm	The Commons

AFAP Issues Update
Directorate/Agency Updates

AFAP ISSUES

Child and Youth Services

ISSUE: The availability of hourly day care is very poor

SCOPE: The at home Spouse is not able to do anything during the day with out the child.

RECOMMENDATION: Provide more rooms for hourly day care.

ISSUE STATUS: FCC is opening 2 new homes that will have additional hourly care spaces available.

Child and Youth Services
(CYS)

Karin S. Sikirica
CYS Coordinator
315-772-9470

TOPICS

- ✓ Full Day Care – Priority for Care
- ✓ Hourly Care – Hours of Operation Update
- ✓ School Support Services - Education Information Workshop:

  "Navigating High School and College Preparation in New York State".

Questions?

Unit Holiday Rental Packages
1-23 December 2018

Available at Outdoor Recreation

Packages include:

- Santa Chair
- Santa Suit/Elves Suit
- 20 tables/200 chairs
- Popcorn machine
- Corn hole Game
- Bounce House/Blower
- Inflatable Movie Screen (speakers/projector/DVD player)

Reduced rate of $250.00 per package – Unit Funds may be utilized

Possible venues to hold unit celebrations:

- Commons Ballroom
- Winners Circle
- Hillside Lodge
- Dirty Harry's
- Lloyd's Landing
- Bowling Center
- Unit areas

To reserve holiday package contact Outdoor Recreation at 315-772-8222

Tree Lighting/Trees for Troops

WHO: Religious Support Office (RSO), Directorate of Family and MWR.

WHAT: Opening remarks, the lighting of the tree and menorah, singing carols, holiday snacks, acceptance and distribution of Trees for Troops.

WHERE: The Commons, Fort Drum, NY.

WHEN: 29 NOV 2018 5:00-8:00 pm and 30 NOV Friday 1000am – 2pm

WHY: To celebrate 10th Mountain Division Soldiers, Families and community

•**Contact the Garrison Chaplain Office at 315-772-6904 for tree ticket information**

POC: Jennifer Berry, 772-7864, Jennifer.l.berry30@naf@mail.mil/Michelle Winter, 315-772-0789, michelle.m.winter3.naf@mail.mil/SFC Robert Gulbrandsen, Robert.s.gulbrandsen.mil@mail.mil, 315-772-6904

Family and MWR Holiday Celebration

This Holiday Celebration will provide the military and civilian community the opportunity to form a cohesive bond with their fellow Soldiers and Families for the holiday season and to serve as a unifying focal point for the community.

WHAT: Each Brigade will enjoy their own timeslot with Santa where they will have the opportunity to receive a toy, food and beverage, and entertainment.

WHERE: The Commons, Fort Drum, NY.

WHEN: Saturday 1 Dec. from 1000-1830

WHY: Holiday Celebration of the winter holiday season for the Fort Drum community.

POC: Jennifer Berry, 772-7864, Jennifer.l.berry30@naf@mail.mil/Michelle Winter, 315-772-0789, michelle.m.winter3.naf@mail.mil

Updated July 2018

MHS Introducing TRICARE Open Season

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TODAY'S AGENDA

#takecommand

TRICARE IS CHANGING

Introducing TRICARE Open Season
Choices During TRICARE Open Season
Who is Eligible to Participate?
Qualifying Life Events
Introducing FEDVIP

ARE YOU READY?

Prepare today!

Introducing TRICARE Open Season

#takecommand

Open season is an annual period when you can enroll in or change a health insurance plan for the next year.

- TRICARE beneficiaries will experience TRICARE Open Season for the first time **Nov. 12–Dec 10, 2018**.
- Enrollment changes made during TRICARE Open Season will go into effect on **Jan. 1, 2019**.

Choices During TRICARE Open Season

#takecommand

During TRICARE Open Season you can:

1. **Do nothing**. You'll keep the same coverage through 2019 or as long as you remain eligible.
2. **Enroll in a plan**. You're eligible for TRICARE Prime or TRICARE Select and want to enroll for 2019 coverage.
3. **Change plans**. You're already enrolled in TRICARE Prime or TRICARE Select, but you want to switch plans for 2019 coverage.
   - You may also change your type of enrollment (for example switching from individual to family enrollment).

Who is Eligible to Participate?

#takecommand

- TRICARE Open Season is open to anyone eligible to enroll in or continue enrollment in TRICARE Prime or TRICARE Select.
- TRICARE Open Season doesn't apply to beneficiaries using TRICARE For Life or those enrolled in the following premium-based plans:
  - TRICARE Retired Reserve
  - TRICARE Reserve Select
  - TRICARE Young Adult
  - Continued Health Care Benefit Program

Qualifying Life Events

#takecommand

- If you want to enroll in or change enrollment in TRICARE Prime or TRICARE Select outside of the TRICARE Open Season period, you may only do so within 90 days after you or a family member experience a **Qualifying Life Event** (QLE).
- The following are TRICARE QLEs:

Military Changes	Activating, Deactivating, Deploying , Moving, Injured on Active Duty, Separating from Active Duty, or Retiring
Family Changes	Getting Married, Getting Divorced, Having a Baby or Adopting, Moving, Children Going to College, Children Becoming Adults, Gaining/Losing Other Health Insurance, Becoming Medicare-Eligible, or Death in Family

Introducing FEDVIP

#takecommand

- The TRICARE Retiree Dental Program (TRDP) is ending Dec. 31, 2018.

Eligible beneficiaries must take action to enroll in FEDVIP to continue dental coverage. There is **no automatic enrollment** for current TRDP enrollees.

- With FEDVIP, some TRICARE beneficiaries are now eligible for FEDVIP vision coverage.
- Eligible TRICARE beneficiaries can:
  - Enroll in FEDVIP during Federal Benefits Open Season for dental and/or vision coverage starting Jan. 1, 2019.
    - Federal Benefits Open Season runs from **Nov. 12–Dec. 10, 2018**.
  - Choose from 10 dental carriers and four vision carriers.
- Visit **https://tricare.benefeds.com** for more information.

PREPARE TODAY!

#takecommand

- Prepare for the changes now by:
  - Updating your contact information in the **Defense Enrollment Eligibility Reporting System (DEERS)** for you and your family
    - Go to **www.dmdc.osd.mil/milconnect**
    - Call **1-800-538-9552** (TTY/TDD: **1-866-363-2883**)
    - Fax updates to **1-831-655-8317**
  - Visiting the **TRICARE website** or **FEDVIP website** and signing up for email updates:
    - TRICARE Open Season: Go to **www.tricare.mil/openseason**
    - Federal Benefits Open Season: Go to **https://fedvip.benefeds.com**

UNIVERSITY OF MIAMI

Invitation to Military Spouses! Research Project: Fall, 2018

MBAT
MINDFULNESS-BASED ATTENTION TRAINING
MILITARY SPOUSES

Goal of the Project:

Assess the effectiveness of a training program designed for military spouses to promote a *sharper mind, keeping calm with others, coolness under pressure*, and *sound judgment*.

Overview of the Mindfulness Based Attention Training (MBAT) Spouse Program

Computerized Testing (1)

- One 2-hour session

Tentative Dates

- Week of October 8th

4-Week Training Course

- 8 hours of training total with daily home practice (10-15 minutes)

Tentative Dates

- October 15nd - November 9th

Computerized Testing (2)

- One 2-hour session

Tentative Dates

- Week of November 12th

If you are interested or have any questions, please contact the Jha Lab:

Phone: (305) 284-8148

E-mail: mbat.spouse@gmail.com

Website: http://www.amishi.com/lab/mbat-spouse/

Facebook page: MBAT Spouse

In-Person Information & Sign-Up!

***9/6/18*, 11:00am-2:00pm** = The Commons for AVC Annual Super Sign-Up!
***9/7/18*, 9:00am-6:00pm** = First Brigade Training Annex

Compensation:

⇒Offering $40 for two testing sessions ($10 per hour, for civilian participants).
⇒Childcare expenses during testing and training will be reimbursed.

NEXT CLIF October 3rd

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