

Community Information Exchange

All Presentations and Slides can be found at:



Some of today's topics:

Upcoming Events
Job Search

May 2024

drum.armymwr.com







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Agenda

Welcome/Administrative Notes COL Myer, Garrison Commander

Guest Speakers / Presentations Kirk Davis, Fort Drum Community Calendar

Chris Barton, Child and Youth Services

Al Janssen, Special Events Coordinator, (FMWR)

Leticia Zielinski, Employment Readiness Program

Amanda Wells, Transition Assistance Program

CPT. Whitbeck, MEDDAC-Dietitian

Dean Harrison, Fort Drum Mountain Community Homes

Ray Rainbolt, DPW, Natural Resources

Kelly Bice, Army Family Team Building (SFRD)

Brian Ladner, Relocation Readiness Program

Laura Wence, Thrift Shop

CPT. Cady, DES

Mrs. Anderson, Spouse Connections

Agency Updates / Questions

Closing Remarks COL Myer, Garrison Commander



Marketing Manager Kirk Davis 315-772-0789

kirk.c.davis5.naf@army.mil





Family and Morale, Welfare and Recreation Calendar of Events

home.army.mil/drum

drum.armymwr.com







Family and Morale, Welfare and Recreation Calendar of Events

May 2024

5/15	ATV Ride	8:00 a.m.	Outdoor Recreation
5/17, 24, 26, 27	Fishing Charter	7:00 a.m.	Outdoor Recreation
5/17	Mother's Day Paint & Sip	5:00 p.m.	The Peak
5/18	Soccer Tournament	9:00 a.m.	Sports & Fitness
5/18	Bad Art Day	11:00 a.m.	McEwen Library
5/22	Army 10Miler Qualifier	7:00 a.m.	Sports & Fitness
5/23	BOSS Social	5:30 p.m.	BOSS
5/31	Hike Club	8:30 a.m.	Outdoor Recreation

June 2024

6/1, 8, 15, 23	Hike Club	8:30 a.m.	Outdoor Recreation
6/1	Giant Game Day	11:00 a.m.	McEwen Library
6/4	Tennis League Begins	6:00 p.m.	Sports & Fitness
6/7	Riverfest	9:00 a.m.	Special Events
6/8	Basketball Tournament	9:00 a.m.	Sports & Fitness
6/9, 14, 15, 21, 23, 26	Fishing Charter	7:00 a.m.	Outdoor Recreation
6/10	Blood Drive	12:00 p.m.	BOSS
6/11	Army 10Miler Qualifier	7:00 a.m.	Sports & Fitness
6/12	Pet 5K	7:00 a.m.	Sports & Fitness
6/14	Midnight Madness	6:00 p.m.	Sports & Fitness
6/15	Family Yoga	11:00 a.m.	McEwen Library
6/20	Mountainfest	12:00 p.m.	Special Events
6/22	Flag Football Tournament	9:00 a.m.	Sports & Fitness
6/22	Summer Bike Ride	9:00 a.m.	Outdoor Recreation
6/28	ATV Ride	8:00 a.m.	Outdoor Recreation
6/29	Water Play Day	11:00 a.m.	McEwen Library







Child and Youth Service Chris Barton 315-772-7806

christine.s.barton2.naf@army.mil





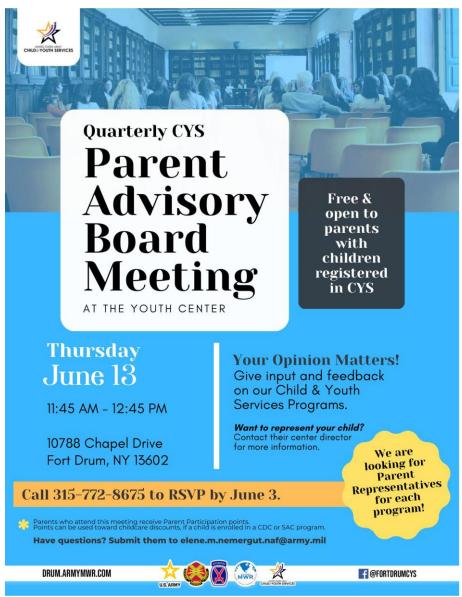
Child and Youth Services







Child and Youth Services







Child and Youth Services



YOUTH CENTER

10788 Chapel Drive, Fort Drum, NY 13602

HIRING FOR (but not limited to):

Child and Youth Program Assistant (CYPA)

- Benefited positions
- 50% discounted Child Care
- Commissary privileges

8 AM TO 12 PM

Set up your USAJobs.gov profile and pre-apply online for the listed openings.

Applicants present at the Hiring Event receive first consideration

APPLY ONLINE AT USAJOBS.GOV

Questions? Call Child Youth Services at 315-772-6715

WHAT TO BRING

Transcripts, diploma, and/or certificates listed in the announcement

Government ID (Driver's license, state-issued ID, Military Dependent ID, etc.)

Social Security Card

Optional Documents to support a claimed priority/preference (military spouse, veteran, etc.)









Family and Morale, Welfare and Recreation School Liaison Officers

Kindergarten Roundup

- Child must be 5 years old by 1 DEC 2024.
- May Kindergarten screenings—scan the QR code on Kinder Readiness Flyer.
- · Missed the April Screening date? SLO can assist.

Kinder Readiness Workshop: 15 MAY 1130-1300

- Workshop for CYS and Non-CYS parents.
- Open to all parents with eligible children for SY 2024-2025.

Universal Pre-K

- Check with your school district for application and availability.
- Free program.
- Child must be 4 years old by 1 Dec 2024.

PCS with School Aged Children

- Your Fort Drum SLO can connect you with SLO at your new duty station.
- Disenroll your children from their current NY school.
- Request unofficial copy of school records.
- Hand carry documents.









ALL YOU NEED TO KNOW ABOUT



With a little bit of advance preparation, the transition to Kindergarten can be a very positive one for parents and children. Enjoy this next stage in your child's life and in your life as a parent.



DRUM.ARMYMWR.COM



KINDERGARTEN SCREENING

- Testing done to identify services a child might need when school begins Child tested on cognitive ability, motor skills, speech, language and auditory/visual skills - following directions, recognition of colors/shapes/numbers etc.
 - Speech test also administered
 - Parents are notified of results
- Please have your child dress casually with sneakers or soft-soled shoes. - Screening is approximately 90 minutes to complete the various screening stations. - If your child has an IEP or 504, please bring a copy.

SCHOOL REGISTRATION CHECKLIST:

- ✓ Kindergarten Age Requirement for New York State: Age 5 by December 1 of Current School Year (i.e. 5 by December 1, 2024 for September 2024 Start Date)
- ✓ Register As Soon As Possible
- ✓ Completed School District registration packet (generally available online at the Student registration website or the registration office will email/mail it to you.)
- ✓ Proof of Residency
- Copy of Child's Birth Certificate or Proof of Age
- ✓ Any special needs documentation (IEP, 504)
- ✓ Immunization Records
- Medical Physical (completed within 1 year prior to the first day of school); Your child's school has the NY Physical form as part of the registration packet.

FOR A MORE DETAILED LIST OF SCHOOL REGISTRATION DATES VISIT DRUM.ARMYMWR.COM



HOW PARENTS CAN HELP WITH FIRST DAY JITTERS

- Establish a morning/afternoon routine
- Practice routines a week ahead
- Lay clothes out the night before
- Let child help pick out first day of school clothes
- Have a set place for backpacks, lunchboxes, shoes, coats, etc
- Be on time for school
- Plan transition times: before and after school
- Have a kindergarten buddy
- Let your child ride the bus on the first day of school.



CHILDREN'S BOOKS ABOUT STARTING KINDERGARTEN

"Curious George Goes to School" by M. Rey & H.A. Rey "First Day Jitters" by J. Danneberg "I am absolutely too small for school" by L. Child "I love school!" by P. Sturges & S. Halpern "Leo the Late Bloomer" by R. Kraus "Miss Bindergarten Gets Ready for Kindergarten" by J. Slate "Mr. George Baker" by A. Hest & J.J. Muth "The Kissing Hand" by A. Penn Will I Have a Friend?" by M. Cohen

Check out the Robert C. McEwen Library for a list of books or check out your local community library. drum.armymwr.com/programs/robert-c-mcewen-library

Have a question about school? Contact the Fort Drum School Liaison Officer. Wendy O'Sullivan, Robin Banks: 315-772-3214; 315-772-0281 ena.w.osullivan.naf@army.mil; robin.d.banks3.naf@army.mil











Fort Drum Parent Orientation on Kinder Readiness

Facilitated by Fort Drum School Liaison Officers and Child & Youth Services Special Needs Program Manager

Topics Covered:

Information on school registration and kindergarten screening.
 Important tips on getting your child ready for kindergarten.
 CCSD and IRCSD District registrars: registration process and enrollment for parents zoned for their districts.
 Transitioning from the Child Development Center (CDC) to Elementary School.

- Transitioning from the Child Development Center (CDC) to Elementary School
- Transitioning from the CDC to School Age Center (SAC).









Special Events Al Janssen 315-772-7864

allen.y.janssen.naf@army.mil











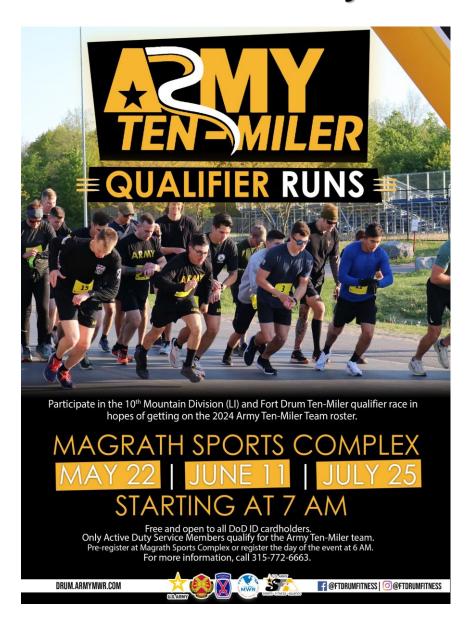
























Division Hill Activities

10th Mountain Live & Salute to the Nation Ceremony AmeriCU Salute to the Troops Tribute Concert

featuring Billy Currington with Special Guest Conner Smith

Featuring Midway Games and Activities, Food and Beverages, BOSS Car Show and More!



Patrons without a DoD ID must enter at the Lewis Ave. Gate, located off Route 26.

No alcohol, illegal substances, marijuana or any CBD/THC products, coolers, backpacks, glass containers, knives or weapons will be allowed through security checkpoints at Division Hill. Chairs, blankets, diaper bags and purses are permitted and are subject to search.

No pets other than certified service animals are permitted.

Visit drum.armymwr.com for more information

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Fort Drum **Employment** Readiness Program Leticia Zielinski 315-772-7581







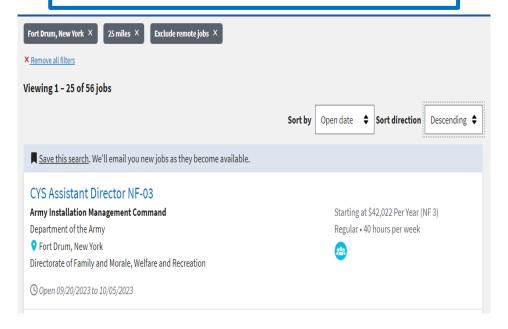


We're Hiring

To include:

- CYS
- **Supply Technicians**
- **MEDDAC**
- **MWR**

65 Open Announcements as of 16 April 2024











Fort Drum Employment Readiness Program **Military Spouse Support**





Seminars Offered

- Federal Resume Workshop
- Civilian Resume Start To Finish
- Career Fair Preparation
- LinkedIn Account Review



All seminars and virtual events are posted on our Facebook page.



Educate **Empower Employ**

Fort Drum ERP Team

Clark Hall 10720 Mt. Belvedere Blvd Suite B2-18 Fort Drum, NY 13602

Leon Donelson Program Manager leon.n.donelson.civ@army.mil 315-772-1090

Fran Lueders Program Specialist frances.t.lueders.civ@army.mil 315-772-6894

Elijah Tezeno Program Specialist elijah.k.tezeno.civ@army.mil 315-772-3434

Tina James Program Educator ernestine.b.james.ctr@army.mil 315-772-4767

Leticia Zielinski Transition Services Specialist Outreach Coordinator leticia.zielinski.civ@army.mil 315-772-7581

May Outreach

- **Community Resources Fair**
- **PX Food Court**
- **Spouse Connections**
- **TAP Career Fair**



Exchange Food Court (Next to Starbucks)

May 10, 2024 May 23, 2024 10am - 2pm

FOLLOW US ON FACEBOOK @ Fort Drum Employment Readiness Program









Transition Assistance Program Amanda Wells 315-772-3237

Amanda.I.wells21.civ@army.mil







Transition Assistance Program



16 May 2024

9AM - 1PM

The Peak

4350 Euphrates River Valley Rd. Fort Drum, NY 13602 Meet Employers

Network

Discover Careers

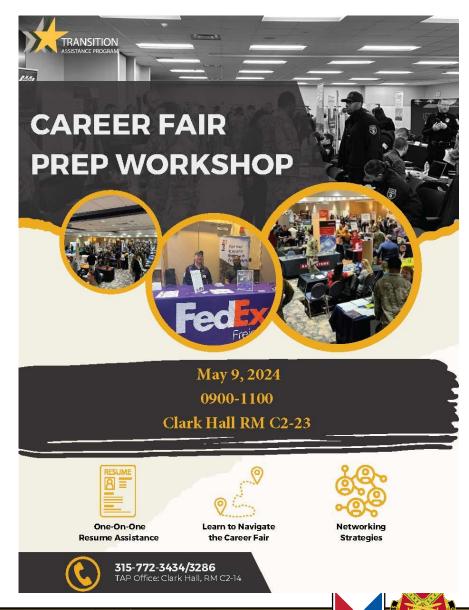
Local/Nationwide Employers

Spouses Welcome

Participants Register Here

https://tinyurl.com/48pz33vi

OPEN TO ALL DOD ID CARD HOLDERS!









Fort Drum MEDDAC

Nutrition

CPT Kimberly Whitbeck, Dietitian

315-772-6404

kimberly.m.whitbeck.mil@health.mil

Patient Advocate

Ms. Deborah Woods

315-772-4655

deborah.a.woods24.civ@health.mil







NutritionFood Insecurity Resources



- Screening for food insecurity at clinics
- Guide includes on- and off-post resources
 - Financial assistance
 - Food assistance programs
 - Food pantries
 - Soup kitchens
 - Non-profit resources
 - Community groups
 - Places for SMs to use meal card
 - Appendix with program flyers
- Updated quarterly by Nutrition & Population Health
- Nutrition Clinic Appointment Line: 315-772-6404





Nutrition

Food Insecurity Resources



GET YOUR MOTHERHOOD ESSENTIA S in 3 simple steps



Provice your insurance information



We verify your coverage and submit all required paperwork on your behalf



Choose from the curated breast pumps. maternity compression and postpartum recovery items covered by your insurance

Visit AeroflowBreastpumps.com Today! 844-867-9890



Locations:

Watertown

Bi-Monthly 1st & 3rd Tuesday 11am-12pm Watertown Flower Memorial Library

Leray

Bi-Monthi 2nd & 4th Tuesday 11am-12pm

WIC Office Leray Medical Center

Lowville

Bi-Monthly

1st & 3rd Thursday

11am-12pm

Lowville Free Library

"Like" us on

Facebook

North Country Breastfeeding

Peer Counselors

· Latch help

- Weight checks
- · An opportunity to have your questions answered
- · An opportunity to meet other moms

Toddlers, siblings, partners and other supportive loved ones are always welcome!

For more information: Watertown PC (315) 955-4148 Fort Drum PC (315) 836-6341 Lowville PC (315) 804-1723 Jefferson County Office (315) 782-9222 Lewis County Office (315) 376-6427



This institution is an equal opportunity provider.

MILK

Mothers. Infants. Love. Knowledge. A Breastfeeding Playdate



Looking for FREE mom-to-mom support?

Jefferson and Lewis County WIC offers a free breastfeeding support group for ALL moms in our areas! Pregnant, breastfeeding and breastfeeding-supportive moms are welcome to join us and receive:

- · Breastfeeding information (from pregnancy through

WIC BREASTFEEDING SUPPORT



Fruit & Vegetable Prescription Program

Cornell Cooperative Extension Jefferson County







Cornell Cooperative Extension of Jefferson County 203 N. Hamilton St. Watertown, NY 13601



What is it?

The goal of this program is to help you learn new, healthy ways to eat more fruits and vegetables to address health concerns.

How does it work?

- Your health care provider will write you a prescription based on diet-related chronic disease and food security needs.
- A nutritionist will invite you to a 6-week interactive workshop.
- · Participate in LIVE cooking demonstrations using in-season produce.
- · Connect to a local farmer(s) to fill your produce prescription.
- · Receive a \$20 youcher/gift card to cover the cost of the prescription (one per week of the 6-week workshop, total value of \$120).

Am I eligible?

At risk of or diagnosed with a diet-related chronic disease? Experiencing food insecurity? Receive a referral at your visit to get started. Ask your health care provider for more information.

> Contact: April Bennett Email: aln48@cornell.edu Phone: 315-788-8450 ext. 265

Cornell Cooperative Extension is recognized for valuing AA/EEO, Protected Veterons, and Individuals with Disabilities and offers equal program and employment opportunities. This material was funded by USDA & Supplemental Nutrition Assistance Program - SNAP.











Memorial Day Holiday Operating Schedule

MEMORIAL DAY OPERATING SCHEDULE

Half-Day Schedule

All Fort Drum Medical Activity clinics and services will operate on a half-day schedule, *Friday, May 24th, 2024*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 27th, 2024* in observance of Memorial Day.

Normal operations will resume Tuesday, May 28th, 2024

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://patientportal.mhsgenesis.health.mil/.









Fort Drum Mountain Community Homes Dean Harrison 315-955-6800

dean.harrison@fdmch.com



The Army would LCOVE to hear from you!

MARCH 4 - MAY 3

Please Complete Your Army Housing Tenant Satisfaction Survey





^{*} 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 20.







Are you a high school graduating senior living in a Lendlease community? The Lendlease Community Fund wants to help you prepare for college.

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

Applications are due May 27, 2024



COMMUNITY FUND



DPWNatural Resources Branch Raymond Rainbolt 315-212-6397

Raymond.E.Rainbolt.civ@army.mil



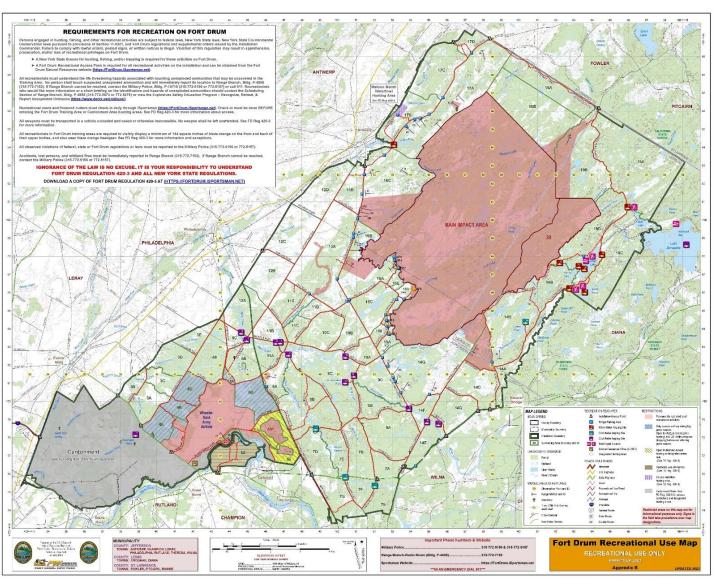




DPW-Natural Resources Branch

- > Fishing
- > Hunting
- > Hiking
- > Canoeing
- > Kayaking
- > Camping
- > Trapping
- **>** Biking **5**1 ⋅ 2

Etc.









DPW-Natural Resources Branch

2022

- 3 kayak launches installed on
- > Indian Lake
- > Indian Pond
- > Mud Lake





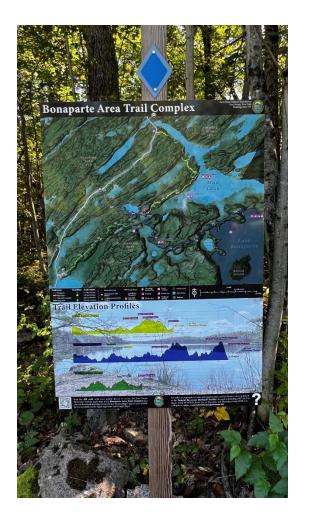




2023

New Hiking Trail System in TA19C









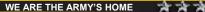
Recreation on Fort Drum

- **Get your FREE** permit at the web site
- Fort Drum Regulation 420-3 explains procedures



https://fortdrum.isportsman.net

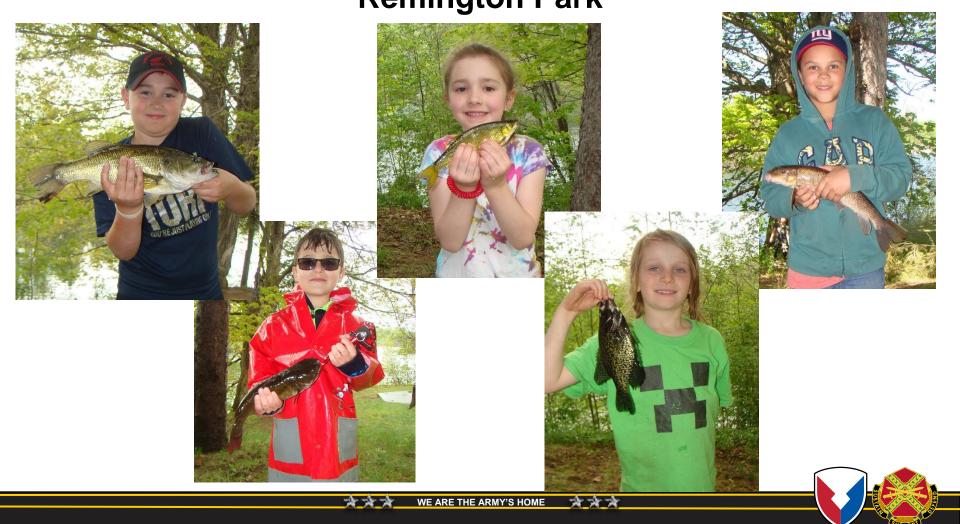






YOUTH FISHING DERBY

Saturday, May 18 1200 – 1600 Remington Park





OUTDOOR ADVENTURE DAY

Saturday, August 17 1000 – 1600

Natural Resources Outreach Facility / Fort Drum Museum











https://fortdrum.isportsman.net/outdoor-adventure-day.aspx





Soldier & Family Readiness Division Army Family Team Building Army Family Action Plan Kelly Bice 315-772-6710

kelly.m.bice.civ@army.mil







Army Family Team Building

LEARN ** GROW ** LEAD

Helping Military Spouses develop their Ruck Sack

SPRING MARATHON
7-9 May 0900-1300
Family Resource Center

LEVEL I - LEARN

- Master military language and customs.
- Build military language fluency
- Educate on military resources
- Connect to "Battle Buddies"

LEVEL II - GROW

- Develop skill sets that transfer to civilian careers
- Provide volunteer experiences for resume building
- Expand understanding and access to resources
- Create sustainable partnerships

LEVEL III - LEAD

- Transform professional skills to leadership skills
- Amplify your employability
- SynthesizeSFRGleadership skills
- Provide

 leadership level
 mentorship
 access
- resource
 networks and
 partnerships

INSTRUCTOR TRAINING

14 & 22 May 0900-1300 Location TBD

- Train to become an AFTB Level I instructor
- Increase leadership experience
- Mentor new spouses to build programming

Instructor Training Note:
Attendees must have completed
Level I and attend both days.

To register email: kelly.m.bice.civ@army.mil







AFTB Level I

4 June @ Family Resource Center
25 June @ Rhicard Hills Community Center
8499 Lewis Avenue. Ft Drum

Kids are welcome!





ARMY FAMILY TEAM BUILDING







"Military 101" Helping **DA Civilians Employees & Contractors Develop their Ruck Sack** of Military Knowledge

- ♦ Master military language
- **♦ Build** military language fluency
- **Educate** on military resources

Class times 0900-1200

Quarterly Classes are as follows:

8 Nov 2023, 14 Feb 2024,

15 May 2024, 14 Aug 2024, 12 Nov 2024

Workforce Development

P-219 Lewis Ave, Fort Drum, NY 13602

If you cannot make the quarterly offerings, participants may attend the Family Resource Classes on the first Tuesday of the month. On-demand classes are available as well for organizations with groups of five or more.





Army Family Action Plan

BE THE CHANGE

IMPROVING ARMY LIFE ONE IDEA AT A TIME

Do you struggle to find information?

Do you avoid Social Media but

want to stay connected?

Did you miss out on the Ball

and wonder why?

Army Family Action plan is asking you to help us brainstorm ways to communicate information to our Soldiers, Families and Retirees of all ages.

Join us
1000 16 May 2024
On the
Family Resource
Center
11042 Mt Belvedere
Blvd
on the Patio
Kids are welcome.

To register email kelly.m.bice.civ@army.mil

Fostering Satisfied, Informed and Resilient Army Communities







Be the Change

If you would like to submit a suggestion and cannot make an event please feel free to submit via: AFAP Submission forms, email (kelly.m.bice.civ@army.mil) or message us on Facebook through the QR Code.







Relocation Readiness Brian Ladner

315-772-6566

brian.d.ladner.civ@army.mil





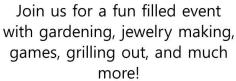
Soldier and Family Readiness Division

Join us at the Family Resource Center for...

Military Spouse Appreciation Day



May 10th, 2024 9AM-12PM 11042 Mount Belvedere Blvd. (315)772-6566



Let's celebrate all military Spouses!







Enjoy sessions and activities from:

Relocation Readiness Program

FMWR Outdoor Recreation

Family Advocacy

Operation Deploy Your Dress

Financial Readiness

Army Family Team Building

Employee Readiness Program

Exceptional Family Member Program

Library

Military & Family Life Counseling

DES Fire Station





FT DRUM THRIFT SHOP

Jana Gillman, Manager Laura Wence, Chairman 315-772-0021

> fdtsmanager@gmail.com fdtschairman@gmail.com







PLEASE DON'T DUMP YOUR TRASH IN OUR DUMPSTERS OR LEAVE UNUSABLE, BROKEN FURNTURE FOR US TO GET RID OF

- The Thrift Shop must pay for recycling and trash which is extremely expensive despite being on a military installation
 - Additionally, we must pay upwards of \$600 each time we have to clear items that don't fit
 in the dumpsters, like mattresses and large broken-down furniture
- When people come after hours to empty their non-donatable items (see pictures), it takes away from our budget that we could put towards scholarships and grants



SPECIAL
OPENINGS FOR
PCS DROP OFF:
APRIL 20TH
MAY 4TH AND 18TH
JUNE 1ST AND 15TH



All trash dumped in just this week!!





Congratulations +

Fort Drum Thrift Shop Community Grant Recipients

- Carthage Crusaders
 Baseball
- Sergeants Major Association
- Leah's Baskets
- Carthage XCountry

- Community Action
 Planning of Jefferson
 County
- Literacy of NNY
- Lewis County Pride









FORT DRUM THRIFT SHOP



LET'S CELEBRATE



STOP IN TO ENTER OUR RAFFLE FOR A CHANCE TO WIN A FREE

MOTHER'S DAY BASKET!

RAFFLE BEGINS ON 16 APRIL & ENDS ON 2 MAY

WINNER IS PICKED ON SAT, MAY 4TH

NO PURCHASE NECESSARY, ONE ENTRY PER DAY, PER







WE ARE THE ARMY'S HOME



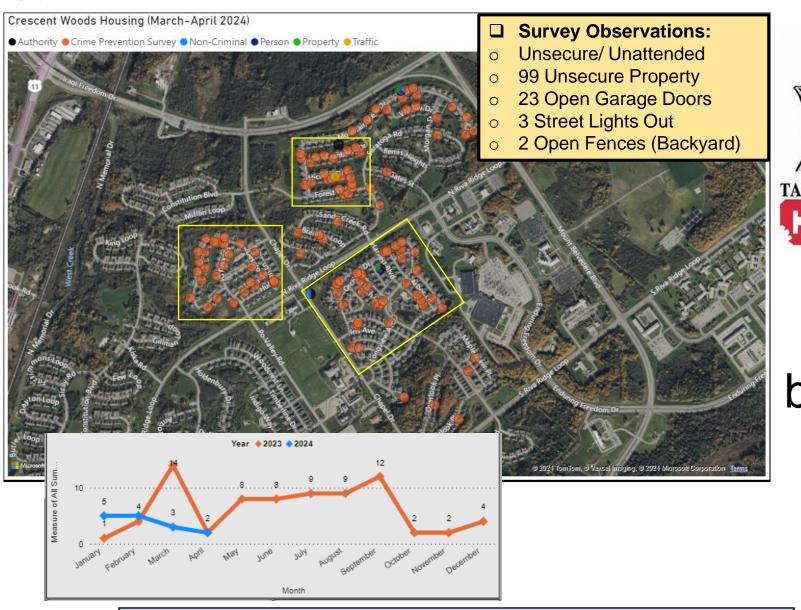
DES CPT Morgan Cady 315-772-1057

morgan.p.cady.civ@army.mil



\bigstar

U.S. ARMY DES: Potential Indicators of Crime





Avoid being a victim

Fort Drum TIPS Email: fdnympi@army.mil See Something Say Something: 1-866-SAFE-NYS (1-866-723-3697)





Spouse Connections Mrs. Luzane Anderson







Spouse Connections

1st Thursday of the Month 0930-1030



Spouses Connection - 2024 Dates
2 May
6 June

Connecting our Spouses with installation & community resources and fostering their network of support.

Family Resource Center 11042 Mt Belvedere Blvd ** Kids are welcome!





- AAFES (Army & Air Force Exchange Service)- (315) 773-0061
- American Red Cross- (315) 772-6561
- Commissary- (315) 774-9130
- Directorate of Emergency Services (DES)- (315) 772-3547
- Directorate of Family and Morale, Welfare and Recreation (DFMWR)- (315) 772-6071
- Directorate of Human Resources (DHR) Business Office- (315) 772-5849 / 4688
- <u>Directorate of Plans, Training, Mobilization and Security (DPTMS)- (315) 772-7288</u>
- Directorate of Public Works (DPW) Director- (315) 774-5839
- Directorate of Resource Management (DRM) Director- (315) 772-3902
- Fort Drum MEDDAC Appointment Line- (315) 772-2778 / (888) 838-1303 guthrie.tricare.mil
- Fort Drum Mountain Community Homes- (315) 955-6644
- Housing Concerns Hotline (315) 772-6666, choose option 1
- Public Affairs Office (PAO) Director- (315) 772-8286
- Thrift Shop- (315) 772-7189
- USO (United Services Organization)- (315) 777-8006





Questions?





Community Information Exchange



Next Community Information Exchange

June 5th, 2024





Back-up Slides





Salute to Life

Luis Marrupe, SPC

DoD National Marrow Donor Registry Recruiter for 10th MNT DIV/Fort Drum and US Army TRADOC 315-771-3666

luis.j.marrupegrueiro.mil@army.mil

Join the Registry



Directly Save a Life

Scan to Register





DoD National Marrow Registry Drive

DONATION METHODS

90%

STEM CELL DONATION

90% of all donations will be done through this method. This process is functionally identical to what is used when donating blood platelets for 5 days leading up to a PBSC donation, the donor will be given a drug called filgrastim to increase the number of bloodforming cells (also called blood stem cells) in your bloodstream. Blood is removed through a needle in one arm and passed through a machine that will collect only the blood-forming cells.

RECOVERY

Most donors can return to work, school and other activities within 3 to 5 days after donation. Side effects are mild flu like symptoms and aches.

10%

DIRECT MARROW EXTRACTION

This method constitutes only 10% of all donations. Only occurs if an infant is the recipient. A surgical procedure that takes place in a hospital operating room. Doctors use needles to withdraw liquid marrow (where the body's blood- forming cells are made) from both sides of the back of the pelvic bone. The donor will be given anesthesia and feel no pain during the donation. After donation, the liquid marrow is transported to the patient's location for transplant.

RECOVERY:

Most donors can return to work, school and other activities within 1 to 7 days after donation

