

Community Information Exchange

All Presentations and Slides can be found
at:



Some of today's topics:

- Upcoming Events
- Spouse Employment
- Back to School

drum.armymwr.com



WE ARE THE ARMY'S HOME





Community Information Exchange



WE ARE THE ARMY'S HOME



Controlled by: HQ IMCOM

Controlled by: AMIM-G3

CUI Category: OPSEC

Limited Dissemination Control: DL ONLY

POC: richard.m.stepanek.civ@army.mil

September 6th, 2023

CIE

DHR, Soldier and Family Readiness Division
U.S. Army Installation Management Command

Welcome/Administrative Notes

COL Myer, Garrison Commander

Guest Speakers / Presentations

Leticia Zielinski, Employment Readiness Program

Nichol Borland, Employee Assistance Program, (SFRD)

Kirk Davis, Marketing Chief, (FMWR)

Al Janssen, Special Events Coordinator, (FMWR)

Elene Nemergut, Child and Youth Services, (FMWR)

Wendy O'Sullivan / Robin Banks, School Support Services, (FMWR)

Paul Walter, MEDDAC

Bill Van Orman, Suicide Prevention Program, (SFRD)

Tom Wojcikowski, Family Advocacy, (SFRD)

Kelly Bice, Army Family Team Building (SFRD)

Dani Reed, Army Volunteer Corps, (SFRD)

Dean Harrison, Fort Drum Mountain Community Homes

Agency Updates / Questions

Heather Robinson, Soldier & Family Readiness Manager (SFRD)

Closing Remarks

COL Myer, Garrison Commander



WE ARE THE ARMY'S HOME



Fort Drum Employment Readiness Program Leticia Zielinski

315-772-7581

leticia.zielinski.civ@army.mil



WE ARE THE ARMY'S HOME



[Search tips](#)

Fort Drum, New York
25 miles
Exclude remote jobs

[Remove all filters](#)

Viewing 1 – 25 of 45 jobs

Sort by Relevance

[Save this search.](#) We'll email you new jobs as they become available.

Practical Nurse
Military Treatment Facilities under DHA
 Department of Defense
 Fort Drum, New York

Starting at \$46,530 Per Year (GS 6)
 Permanent • Full-time

Open 09/15/2022 to 08/31/2023

Top filters

Series

Location [Help](#)

Distance within
 0 mi 200 mi
 25 miles
 Applies only to cities



**FORT DRUM MWR
HIRING EVENT**

September 20, 2023

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

INTERVIEWS
8 AM TO 11 AM

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
 Transportation documents, vehicle certification, valid driver's license, Government ID (or your license obtained by military dependent ID card), Social Security Card
 Required documents to support a claimed priority/in preference military status, veteran, etc.



**WE'RE
HIRING!
JOIN OUR TEAM**

We're hiring for multiple positions, including:

- Dental Assistant - starting salary approximately \$37,696.
- Practical Nurse - starting salary approximately \$42,022.
- Medical Technician - starting salary approximately \$46,696.
- Social Worker - starting salary approximately \$82,830.

...and much more.

Head over to <https://www.usajobs.gov/> and search "Fort Drum, NY" or use QR code to see all available positions.

U.S. Army Medical Department Activity
 Fort Drum, New York
Care Enough to Make a Difference.

[@FortDrumMEDDAC](#)

To include:

- CYS Program Associate Instructor
- CYS Facility Director
- CYS Training Specialist
- Practical Nurse
- Dental Assistant
- Medical Technician
- Social Worker
- Director Religious Education
- Heavy Equipment Mechanic



Volunteer Opportunities

- Add to your resume



USAJOBS Workshop

Where: 1000, Coffeen St, Watertown, NY

When: Tuesday, September 12th, 1pm-3pm

RSVP @ (315) 786-3687 or (315) 772-7581



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Fort Drum Employment Readiness Program

Military Spouse Support

Workshops and Seminars

- Federal Employment Workshop - educates jobseekers on the federal employment system
- Resume Start to Finish – development of civilian resumes for private sector careers
- Interview & Career Fair Preparation – how to best prepare for interviews, career fairs, and other networking events
- LinkedIn Seminar – the basics of LinkedIn, the world's largest professional networking platform

One-on-one assistance and services:

- **Resume & cover letter writing assistance – Virtual or In person**
- Job search assistance and counseling
- Interview preparation & mock interviews
- One on one Career counseling.
- Home Based Business (HBB) program

ERP is aligned under the Fort Drum - TAP umbrella of services.

- Military Spouse focused (also assisting transitioning service members and veterans)
- NYS License Renewal/Transfer
- Local area job boards

ERP Outreach Events:

- Post Exchange Information Tables
- Key To Connections Information Tables
- Monthly
- **Provide information sessions at unit trainings, FRG Meetings, and Steering Committee Meetings.**

Please call or send an email for an appointment or to sign up for any of our scheduled classes:

Leon Donelson
Program Manager
leon.d.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.james.ctr@army.mil
315-772-4767




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Call or email to Register
315-772-7581/6894
leticia.zielinski@army.mil
francesc.hardens.civ@army.mil

FEDERAL EMPLOYMENT WORKSHOP

ROOM C2-23
July 7th & 21st
August 4th & 18th
September 8th & 22nd
0900-1200
Clark Hall
10720 MT. BELVEDERE BLVD



Federal Resume Writing
USA Jobs.gov
Veteran & Spouse Preference
Federal Employment Benefits
Search & Application Process
Q&A with ERP Rep



Call or Email to REGISTER
315-772-3434
erijah.s.hansen.civ@army.mil
315-772-4767
bernadine.james.civ@army.mil
@Facebook.com/FortDrumEmployment

CIVILIAN RESUME WORKSHOP

ROOM C2-23
July 7th & 21st
August 4th & 18th
September 8th & 22nd
1300-1500
CLARK HALL
10720 MT. BELVEDERE BLVD



- REFERENCE SHEETS
- RESUME CONTENT AND FORMATTING
- COVER LETTER DEVELOPMENT



BUILDING YOUR LIVING RESUME SEMINAR

July 28, August 24, & September 15, 2023
9:30 am - 11:00 am
Clark Hall, RM: C2-23, 10720 Mt. Belvedere Blvd, Fort Drum, NY

SEMINAR DETAILS
Among other skills, you will learn how to best utilize LinkedIn to:

- Send pre-written cover letters and pre-written notes to hiring officials
- Use LinkedIn's free resources for Service Members, Spouses and Veterans
- Connect with professional talent search recruiters who want to offer you a job
- Highlight your skills and experience using easy and convenient online tools

The appearance of logos or brand names does not imply U.S. Army endorsement.

For more info contact Leticia Zielinski (315)772-7581 or email leticia.zielinski.civ@army.mil





Fort Drum Employment Readiness Program

OUR SERVICES

- Resume Writing Workshops
- Federal and Civilian
- Getting Job Fair ready
- One on one assistance

Sign up For LinkedIn Workshops

For more information, visit our table at the Exchange Food Court (Next to Starbucks)

September 11, 2023
September 22, 2023
10am - 2pm

FOLLOW US ON FACEBOOK @
Fort Drum Employment Readiness Program



Follow us on Facebook @ Fort Drum Employment Readiness Program!
We post hot jobs and employment relevant resources daily.



Soldier & Family Readiness Division (SFRD) Employee Assistance Program Nichol Borland

315-772-2597

Nichol.a.borland.civ@army.mil



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Soldier and Family Readiness Division

Employee Assistance Program

Your new Employee Assistance Program Coordinator!

Nichol Borland
Family Resource Center
11042 Mount Belvedere Blvd.
315-772-2597
Nichol.a.borland.civ@army.mil



Let's meet where you are at:
Meeting you in your footprint while
You continue to meet the MISSION!



Family and Morale, Welfare and Recreation (FMWR)

Kirk Davis

315-772-0789

kirk.c.davis5.naf@army.mil



Family and Morale, Welfare and Recreation

Dates to Remember

September 2023

9/9	ADK Extreme Adventure Course	7:30 a.m.	Outdoor Recreation
9/9	Soccer Tournament	9:00 a.m.	Sports, Fitness & Aquatics
9/10	Yankees vs Brewers	1:00 p.m.	Outdoor Recreation
9/11	9/11 Memorial 5K	7:00 a.m.	Sports, Fitness & Aquatics
9/16	Softball Tournament	9:00 a.m.	Sports, Fitness & Aquatics
9/16	Movie Matinee	12:30 p.m.	McEwen Library
9/20	K'Nex Night	5:00 p.m.	McEwen Library
9/23	Fishing Charter	7:00 a.m.	Outdoor Recreation
9/27	K'Nex Night	5:00 p.m.	McEwen Library
9/30	Fishing Charter	7:00 a.m.	Outdoor Recreation
9/30	McCauley Mt. Chair Lift Ride & Hike	8:00 a.m.	Outdoor Recreation
9/30	Fall Volksmarch	10:00 a.m.	Special Events



Family and Morale, Welfare and Recreation

Dates to Remember

October 2023

10/3	Indoor Soccer League Begins	6:00 p.m.	Sports, Fitness & Aquatics
10/4	K'Nex Night	5:00 p.m.	McEwen Library
10/6	ATV Ride	TBD	Outdoor Recreation
10/6	Ausable Chasm Camping Trip	8:00 a.m.	Outdoor Recreation
10/10	Blood Drive	1:00 p.m.	BOSS
10/11	Pink Out 5K	7:00 a.m.	Sports, Fitness & Aquatics
10/11	K'Nex Night	5:00 p.m.	McEwen Library
10/12	Pickleball Tournament	6:00 p.m.	Sports, Fitness & Aquatics
10/14	Fishing Charter	7:00 a.m.	Outdoor Recreation
10/14	Adirondack Rail Bike Ride	7:00 a.m.	Outdoor Recreation
10/18	K'Nex Night	5:00 p.m.	McEwen Library
10/19	Haunted Trail	7:00 p.m.	BOSS
10/20	Haunted Trail	7:00 p.m.	BOSS
10/21	Volleyball Tournament	9:00 a.m.	Sports, Fitness & Aquatics
10/21	Movie Matinee	12:30 p.m.	McEwen Library
10/21	Syracuse Fright Night	5:30 p.m.	Outdoor Recreation
10/21	Haunted Trail	7:00 p.m.	BOSS
10/25	K'Nex Night	5:00 p.m.	McEwen Library
10/27	Trunk or Treat	6:00 p.m.	Special Events
10/28	Spooky Dash	TBD	Sports, Fitness & Aquatics



Family and Morale, Welfare and Recreation

S Syracuse University
Office of Veteran
& Military Affairs

STARS & STRIPES TAILGATE

A Day for Celebrating Our Military
Service Members, Veterans and
their Families

**SEPT. 23,
2023**



Pre-Game Tailgate at Women's Building Field

(Two-Hour outdoor tailgate includes food,
cash bar, music, and activities)

FREE

Entry & Parking
Comstock Ave. Lot
& Colvin St. Lot

**Time TBD- Tailgate
begins three hours
prior to kick-off**

QUESTIONS?
Call Matthew Cunningham
315.443.5674

RSVP BY SEPT. 10, 2023

Please visit veterans.syr.edu/stars-and-stripes/

SYRACUSE UNIVERSITY | THE BEST PLACE FOR VETERANS™



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Family and Morale, Welfare and Recreation

Al Janssen

315-772-7864

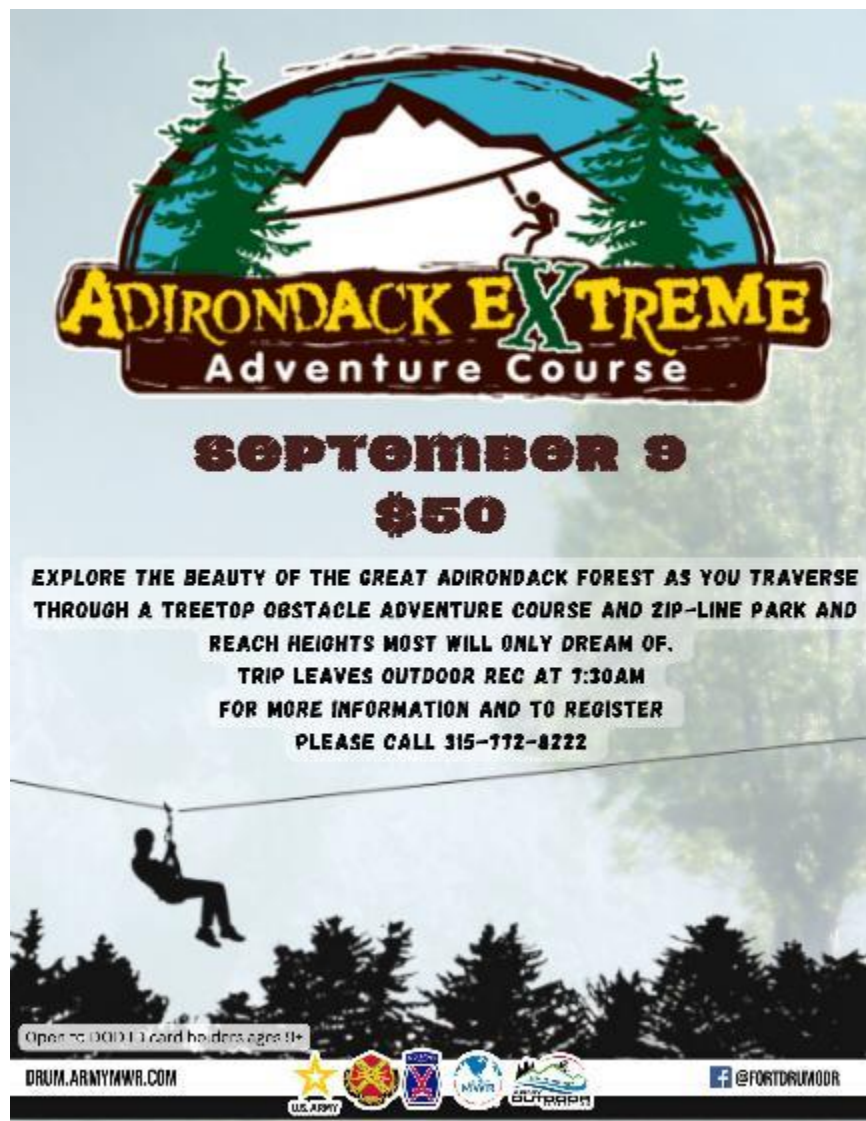
allen.y.janssen.naf@army.mil



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Family and Morale, Welfare and Recreation



The poster features a central logo for 'ADIRONDACK EXTREME Adventure Course' with a mountain and trees background. Below the logo, the date 'SEPTEMBER 9' and price '\$50' are prominently displayed. A paragraph of text describes the adventure course and zip-line park. At the bottom, there is a photo of a person zip-lining and a row of logos including the U.S. Army, Fort Drum, and various support units.






ADIRONDACK EXTREME
Adventure Course

SEPTEMBER 9
\$50

EXPLORE THE BEAUTY OF THE GREAT ADIRONDACK FOREST AS YOU TRAVERSE
THROUGH A TREETOP OBSTACLE ADVENTURE COURSE AND ZIP-LINE PARK AND
REACH HEIGHTS MOST WILL ONLY DREAM OF.
TRIP LEAVES OUTDOOR REC AT 7:30AM
FOR MORE INFORMATION AND TO REGISTER
PLEASE CALL 315-772-8222

Open to DD Form 1 card holders ages 18+

DRUM.ARMYMWR.COM

     @FORTDRUMAODR



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Family and Morale, Welfare and Recreation

GONE FISHING



\$105.00

PER PERSON

JOIN FORT DRUM OUTDOOR RECREATION FOR
A CHARTERED FISHING TRIP
WITH CAPTAIN MIKE AND HOOK'D FOR LIFE FISHING ADVENTURES.
FOR MORE INFORMATION, PLEASE CALL 315-772-8222

TRIP DATES

6 MAY	13 MAY	17 JUNE	24 JUNE	22 JULY
29 JULY	23 SEP	30 SEP	14 OCT	



Family and Morale, Welfare and Recreation



Fall Volksmarch

September 30 • 10 AM • Remington Park

.....
Food, drinks, music, games and fun for all!

\$15 for admission, Bratwurst on Brotchen, and a beverage.
 \$30 for admission, walking stick, Bratwurst on Brotchen, and a beverage.
 Day-of-event registration will be an additional \$5 fee. Children ages 5 and under are free.

Pre-register at Magrath Sports Complex, Monti Physical Fitness Center or Outdoor Recreation.

Call 315-772-5685 for details.

DRJMT.ARMYMWR.COM

[@DRJMTA](https://www.facebook.com/DRJMTA) | [@FORTDRUMWARR](https://www.instagram.com/fortdrumwarr)

Child and Youth Services

Elene Nemergut

315-772-3677

[elene.m.nemergut.naf @army.mil](mailto:elene.m.nemergut.naf@army.mil)



WE ARE THE ARMY'S HOME



Fort Drum Child and Youth Services

Youth Sports and Fitness

- **Taekwondo – All year**
 - Ages 5-17 years
 - \$70 per month – Tuesdays and Thursdays
- **Intramural Basketball – November 13 – December 21**
 - Grades 1-10
 - Registration starts September 11
 - \$25 per child
- **Fall Soccer League – September 11 – October 23**
 - Ages 4-5 years – Mondays, 5:30 PM – 6:30 PM - \$25 per child
 - Ages 6-12 years – Mondays and Wednesdays, 5:30 - 6:30 PM or 6:45 - 7:45 PM - \$45 per child
- **Fall Baseball League – September 12- October 24**
 - Grasshopper (ages 7-9 years) Tuesdays and Thursdays – 5:30 - 6:30 PM or 6:45 - 7:45 PM - \$45 per child
 - T-Ball (ages 4-6 years) Tuesdays – 5:30 - 6:30 PM or 6:45 - 7:45 PM - \$25 per child
- **Monster Dash – FREE – October 25 – 5:30 PM - 7:30 PM**
 - Ages 5 and up
 - Registration September 4 - October 23
 - Join us for some Halloween fun!



Fort Drum Child and Youth Services Hiring Event



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

INTERVIEWS

8 AM
TO
11 AM

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.)



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Fort Drum Child and Youth Services

Parent Advisory Board



Quarterly CYS

Parent Advisory Board Meeting

AT THE YOUTH CENTER

Free & open to parents with children registered in CYS

**Thursday
September 21**

11:45 AM – 12:45 PM

10788 Chapel Drive
Fort Drum, NY 13602

Your Opinion Matters!

Give input and feedback on our Child & Youth Services Programs.

Want to represent your child?
Contact their center director for more information.

We are looking for Parent Representatives for each program!

Call 315-772-8675 to RSVP by September 18.

 Parents who attend this meeting receive Parent Participation points. Points can be used toward childcare discounts, if a child is enrolled in a CDC or SAC program.

Have questions? Submit them to elene.m.nemergut.naf@army.mil

DRUM.ARMYMWR.COM



 @FORTDRUMCYS



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Fort Drum Child and Youth Services

Youth Services: Middle School/Teen Programs

- Anime Mondays – September 11, 18 and 25, 4:30 p.m. – 5:30 p.m. Expand your knowledge of Anime with staff guided lessons. Focus will be on the history of Anime and Pop Culture Anime.
- Back to School Bash – Saturday, September 9, 4 p.m. – 8 p.m. Celebrate the start of a new school year with the Youth Center. Bring a guest and let's have some fun!
- Hispanic Heritage Month Celebration – Friday, September 15, 3 p.m. – 6 p.m. Join us as we participate in activities that honor Hispanic Heritage. We will have Hispanic food and music.
- Parent and Youth Education – September 20, 5 p.m. - 6 p.m. Join us for our parent and teen communication-themed class – full of fun and interactive activities.
- Monster Bash – Special Saturday Opening – Saturday, October 21, 4 p.m. – 8 p.m.
- Please note that the Youth Center will be closed Monday, September 4, Friday, October 6, and Monday, October 9. We will start our normal school hours on Tuesday September 5.



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Fort Drum School Support Services

School Liaison Officers:
Wendy O'Sullivan, Robin Banks
315-772-3214; 315-772-0281

ena.w.osullivan.naf@army.mil
robin.d.banks3.naf@army.mil

Link to Events



WE ARE THE ARMY'S HOME



DOD-sponsored Free Online Tutoring

- Military and DOD civilian dependents
- Tutor.com offers over 150+ subjects, K-12 and college; 24/7 support
- Bilingual Spanish offerings in math, science, social studies, writing, study skills, and parent coaching
- College prep, college essays, SAT prep, resume writing
- Signing up is easy: How-to-Guide and Course List on School Support Services website



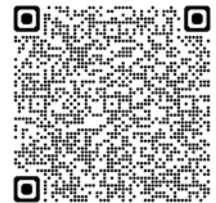
Tutor.com/military

Interstate Compact on Educational Opportunity for Military Children

- Uniform treatment of military children; PCS between public school districts and states
- Key Transition Issues: Enrollment · Placement and Attendance · Graduation

Military Family Life Counselors (MFLC)

- School-based counselors for IRCSD, CCSD and WCSD buildings
- Provide short-term, non-medical support
- **Parent permission slip required;** check your school packets



MFLC

NY Transitional J Teaching Certificate for Military Spouses

- POC: BOCES Regional Certification Officer/Labor Relations
- Multiple districts hiring; greatest need: Spanish teachers, bus drivers



- Provide stability to soldiers with family members in their junior and senior years of high school.
- <https://www.hrc.army.mil/content/High%20School%20Senior%20Stabilization%20Program>
**You must log in to the Army's HRC website to access webpage.
- **How to apply: Soldiers should use a Personnel Action Request (PAR).**
- **Documents required as attachments for the PAR:**
 - 1. DD Form 1172
 - 2. Letter from the school stating expected graduation date.
- Request for stabilization: no earlier than March 1 of the student's freshman year and no later than the start of the student's sophomore year (applying between March and September).
- A request for High School Senior Stabilization cannot be fully considered for an assignment/stabilization until the EFMP has been updated or closed.

Exception to Policy: Requests submitted later than the start of the student's sophomore year may be processed as an exception to policy and must include justification, signed by the first O6 in their chain of command, that supports the delay in submission of request.

High School Senior/Junior Stabilization Submission Dates:

Graduation year: 2026

Apply no earlier than: March 2023

Apply no later than: September 2023

Graduation year: 2027

Apply no earlier than: March 2024

Apply no later than: September 2024

Graduation year: 2028

Apply no earlier than: March 2025

Apply no later than: September 2025



- SCAN for all details and guidance for Expanded Senior Stabilization
- Login to the Army's HRC website is required to access webpage



Parent Square

- School notification system
- Ensure your phone and email is up-to-date with your child's school so they can contact you for emergencies, sick call pick up, early release, delays, closures and so much more.

Busing Inquiries

- Contact your school district's transportation office for inquiries on bus delays/ bus routes.
- Review the transportation policies as each district can have different policies.

Parent Teacher Organization (PTO)

- Being involved in your child's school PTO provides opportunity for you to take an active role in your child's experience at your child's school.
- Be a part of a group of parents, teachers and the community who work together to support social and academic initiatives.
- Be a part of building the bridge between families and school staff.

Other Information

- Black River Elementary School has openings in their Free Universal Pre-K Program.
- SLOs launching Parenting workshop series, details being finalized.



Fort Drum MEDDAC

Paul Walter

315-772-1609

paul.r.walter.civ@health.mil



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Back to School

School and Sports Physicals Now Available

- Call (315) 772-2778 or (888) 838-1303
- Schedule during your next in-person visit.



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

Guthrie.Tricare.mil
Care Enough to Make a Difference!



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We're Hiring



We're hiring for multiple positions, including:

- **Dental Assistant** - starting salary approximately \$37,696.
- **Practical Nurse** - starting salary approximately \$42,022.
- **Medical Technician** - starting salary approximately \$46,696.
- **Social Worker** - starting salary approximately \$82,830.

... and much more.

Head over to <https://www.usajobs.gov/> and search "Fort Drum, NY" or use QR code to see all available positions.



U.S. Army Medical Department Activity
Fort Drum, New York
Care Enough to Make a Difference!



@FortDrumMEDDAC



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TRICARE DENTAL program with United Concordia

Three ways to enroll:

- <https://milconnect.dmdc.osd.mil>
- www.uccitdp.com
- Phone:
 - CONUS** (844) 653-4061
 - OCONUS** (844) 653-4060



CLR

Are you military spouse or dependent (over 18 years of age), a Reservist, or a Soldier transitioning out of the military and looking for a new career in the rapidly growing healthcare industry?



HEALTH CAREER ARMY PATHWAYS PROGRAM (HCAPP)



Whether you know that a career in healthcare is what you want to do, or if you would like to find out, this program is for you! Supporting your transition from the military or the career interests of military spouses, dependents (over 18 years of age) and Reservists, we have adjusted the program to provide the optimal online experience, including:

- Health & Education Presentations
- Job Shadow Experience
- Career/Educational Advisement
- Care Connections & Networking

In partnership with local healthcare providers, HCAPP opportunities can be tailored to your background and interests to provide a virtual job shadow online platform, even if you have no background in healthcare. Explore traditional and non-traditional healthcare jobs, such as:

- | | |
|------------------------|-------------------------------|
| Nursing | Operating Room Technician |
| Nutrition/Dietary | Physical/Occupational Therapy |
| Information Technology | Social Work |
| Laboratory Technician | Administration/Management |
| Radiology Technology | ... and many more |

Upcoming Programs:

March 3-May 12, 2023

August 25-November 3, 2023

Now accepting applications!

**NO PRIOR HEALTHCARE
EXPERIENCE NECESSARY**



.....

**Want to apply or learn more
about the program? Here's how:**



ACTIVE DUTY SOLDIER APPLICATIONS: Available through the Army Career Skills Program

Contact: Wendy Brown, 315.774.3410, wendy.s.brown16.ctr@mail.mil
Lorilei Matteson, 315.772.1022, lorilei.a.matteson.ctr@mail.mil

INFORMATION, RESERVIST & SPOUSE APPLICATIONS: Available through the Fort Drum Regional Health Planning Organization. Follow this [LINK \(fdrhpo.org/hcapp\)](https://www.fdrhpo.org/hcapp), scan the QR code, or email/call workforce@fdrhpo.org or 315.755.2020 ext. 19 or ext. 25.

Rev. 12/2022



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Be Sure to Follow Us on Social Media



@FortDrumMEDDAC



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

Guthrie.Tricare.mil
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Soldier & Family Readiness Division (SFRD) Bill Van Orman Suicide Prevention Program 315-772-9018

William.c.vanorman.civ@army.mil



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Suicide Prevention Month Activities

STRONGER TOGETHER WORKOUT

BUILDING BONDS THROUGH STRUGGLE

WORKOUT MUST BE DONE WITH A BATTLE BUDDY

THE WORKOUT RX

- 220 METER ROW
- 1 BURPEE OVER ROWER
- 220 METER ROW
- 2 BURPEES OVER ROWER
- UP TO 22

THE WORKOUT SCALED

- 220 METER ROW
- 1 BURPEE OVER ROWER
- 220 METER ROW
- 2 BURPEES OVER ROWER
- UP TO 11 AND BACK DOWN (ONLY DO 11 ONCE)

AFTER YOU COMPLETE THE WORKOUT, WRITE YOUR NAME AND TIME ON THE SUICIDE PREVENTION RIBBON AT THE FRONT DESK, AND GET THE VOUCHER FOR YOUR T-SHIRT. (T-SHIRTS AVAILABLE WHILE SUPPLIES LAST)



FOR MORE INFORMATION CONTACT
SUICIDE PREVENTION PROGRAM MANAGER
BILL VAN ORMAN AT
WILLIAM.C.VANORMAN.CIV@ARMY.MIL



WHERE'S YOUR
HEAD AT?

MINDFULNESS PAINT

JOIN THE SUICIDE PREVENTION PROGRAM AND
FAMILY ADVOCACY PROGRAM AS WE PAINT WITH
AN INSTRUCTOR AND LEARN ABOUT EMOTIONAL
STATES AND HOW WE RECOGNIZE THEM.

SINGLE SOLDIERS
SEPT 15, 2023 5:30-7:30 PM
BOSS CENTER
10650 5TH ARMORED DIVISION DR.



COUPLES EVENT
SEPT 21, 2023 5:30-7:30 PM
SFRD ENRICHMENT CENTER
10262 4TH ARMORED DIVISION DR.



FOR MORE INFORMATION OR IF YOU ARE
UNABLE TO REGISTER ONLINE CONTACT
BILL VAN ORMAN AT 315-772-9018 OR
WILLIAM.C.VANORMAN.CIV@ARMY.MIL



Soldier & Family Readiness Division (SFRD) Tom Wojcikowski Family Advocacy Program 315-772-2279

thomas.d.wojcikowski.civ@army.mil



WE ARE THE ARMY'S HOME



Domestic Violence Awareness Month

DVAM Month Activities

- **October 3rd** – Mindful Mandalas
5:00 – 7:00 pm, the SFRD Enrichment Center
- **October 5th** – Journey to the Stars Family Space N
3:00 – 6:00 pm @ the CYS Sports Building
- **October 12th** – FAP Newlywed Game for all couple
6:00 – 8:00 pm @ the Multi Purpose Auditori
- **October 19th** – DVAM 5K
6:00 am @ McGrath Gym
- **October 24th** – Monster Pop in and Paint
3:00 – 6:00 pm @ the SFRD Enrichment Center



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

kelly.m.bice.civ@army.mil



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Spouses Connection - 2023 Dates

7 September

5 October

2 November

7 December



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





Army Family Team Building

LEARN ** GROW ** LEAD

Level I “Learn”

0900-1500

26 September,

3 & 24 October,

7 & 28 November

5-6 December

**Military Acronyms,
Chain of Command,
Resources and
Soldier Family
Readiness Groups**

0900-1500

Level II “Grow”

0900-1500

17 October

**Time Management,
Communication
Skills**

**Stress Management
Personality Traits**

**On-demand
Classes are
available!**

Level III “Lead”

0900-1500

18 October

**Leadership
development,
Meeting
development,
Facilitation**

**AFTB Instructor
Training**

0900-1500

5-6 December



**Welcome to Ft
Drum Nights**

at the IHG

13, 27 September

11, 25 October

8, 15 November

6, 13 December





Last Call! 30 September

Please join us for the last
AFAP: "Be The Change"

Focus Group
for
Fiscal Year 23

12 September
0930-1200
1800-2000

Family Resource Center
(Bldg. 11042)
Patio
Kids are welcome!

NEEDED!
Ideas, Suggestions &
Improvements



Fostering Satisfied, Informed and Resilient Army Communities

Let's Make Our Community Thrive!



Soldier & Family Readiness Division (SFRD) Army Volunteer Corps

Dani Reed

315-772-2899

daniel.j.reed3.civ@army.mil



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Volunteering Improving our World

- **WHO** can volunteer...YOU!
- **WHAT** can you do for volunteering...Should be fun!
- **WHEN** can I volunteer...schedule is flexible!
- **WHERE** can I volunteer...www.armyfamilywebportal.com
- **WHY** should I volunteer...giving back to the community!
- **HOW** do I get started...many different ways!



Volunteer Management Information System Training and Events



2023 Army Volunteer Corps Family Resource Center (FRC)

11042 Mt. Belvedere Blvd
Fort Drum, NY
315.772.2899



Learn where and how to volunteer on Fort Drum:

The Volunteer Management Information System (VMIS) can be found at the Army Family Web Portal:

www.armyfamilywebportal.com.



VMIS 101

Learn how to register, apply for positions, track your hours, awards and trainings.

3 January 1000	3 July 1000
9 February 1200	10 August 1200
13 March 1000	13 September 1200
13 April 1200	12 October 1200
1 May 1000	6 November 1000
8 June 1200	4 December 1000

VMIS Administration for Organizational Points of Contact

Learn how to navigate the system to accept volunteers, approve applications and certify hours.

18 January 1200	11 July 1000
22 February 1200	29 August 1200
9 March 1200	14 September 1200
18 April 1200	25 October 1200
23 May 1200	14 November 1000
12 June 1000	12 December 1000

Volunteer of the Quarter

1400hrs @ The Peak

10 February
12 May
11 August
3 November

Volunteer Advisory Council

1330hrs @ FRC

24 March
23 June
22 September
15 December

FRC VOLUNTEER ORIENTATION

Mandatory volunteer orientation for FRC volunteers
Call AVC to schedule your orientation

Please call AVC to register for trainings or inquire about additional date options.

Facebook.com/fortdrumarmyvolynteercorps



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Fort Drum Mountain Community Homes

Dean Harrison

315-955-6800

dean.harrison@fdmch.com



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Back to School

- All vehicles must stop for buses that display red flashing lights.
- Slow down and be patient with school buses and children.
- Drive carefully around bus stops and in the communities.
- On-street parking—please do not block sidewalks.



Fall Leaf Disposal

Place your leaves in
the wood line to
naturally decompose.



FALL FEST

A community event
full of family fun!

Friday,
September 29
4pm-6pm

Monument Ridge
Sledding Hill
Indigo Way

featuring the
10th Mountain
Division Band



FORT DRUM MOUNTAIN
COMMUNITY HOMES



Created by
lendlease





Back to School Pictures



Post a back to school picture of your little learners on our Facebook page by **Monday, September 18th** for a chance to win one of two **\$25 Target gift cards!**



**FORT DRUM MOUNTAIN
COMMUNITY HOMES**

Created by
lendlease

www.facebook.com/fortdrummch



Directorate & Agency Updates



- 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
- Directorate of Plans, Training, Mobilization and Security (DPTMS)- (315) 772-7288
- 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?



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BETTER

When you tell a
friend

Next Community Information Exchange
October 4th, 2023



Back-up Slides



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