

OTHER ACS PROGRAMS

Army Emergency Relief (AER)

Army Family Action Plan (AFAP)

Army Family Team Building (AFTB)

Army Volunteer Corps (AVC)

Community Connection

Employment Readiness Program

Financial Readiness Program

Mayoral Program

Military and Family Life Consultants (MFLC)

Mobilization and Deployment Readiness

Outreach Program

Soldier and Family Assistance Center (SFAC)

Survivor Outreach Services (SOS)

Warrior Family Community Partnership (WFCP)

For more information or to register for upcoming events, please call (719) 526-4590.



Army Community Service (ACS)

ACS Center, Building 1526

6303 Wetzel Avenue, Fort Carson CO 80913-4104

TEL: (719) 526-4590 / DSN: 691-4590

TOLL FREE: 1-866-804-8763

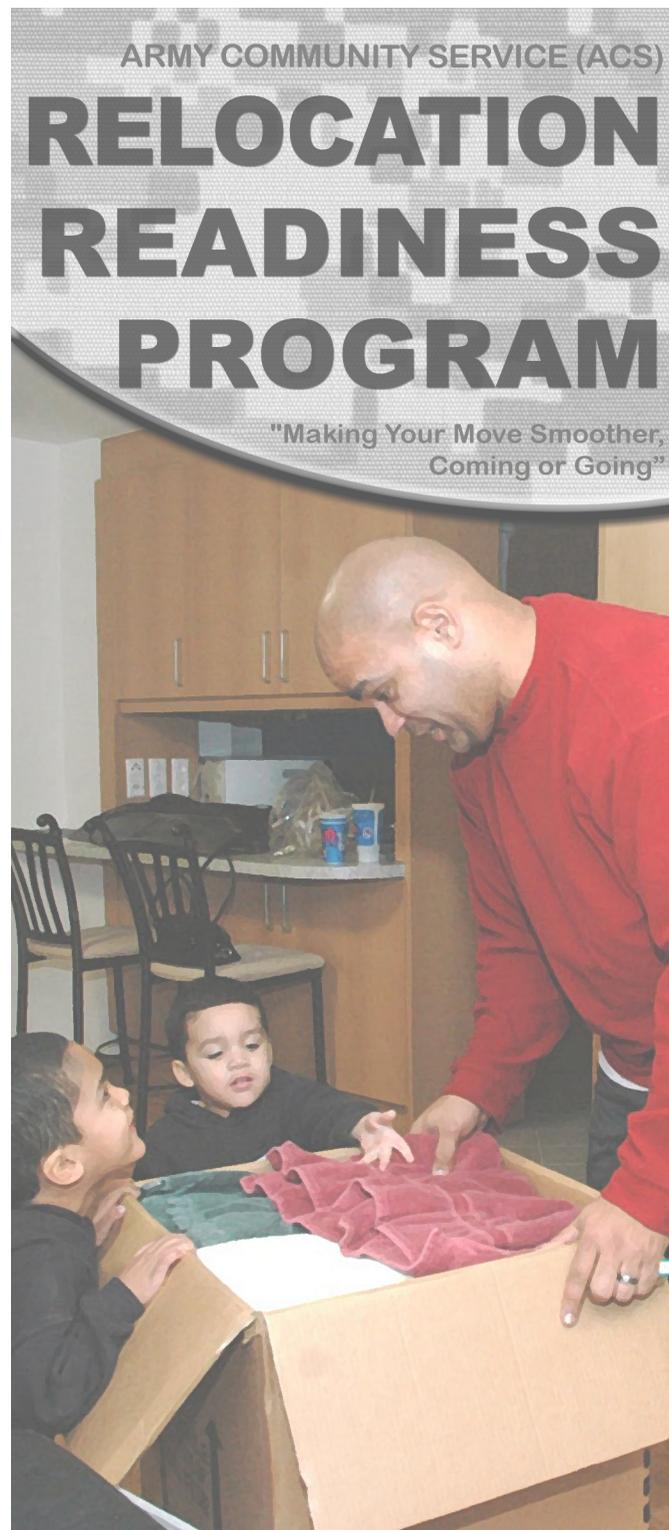
FAX: (719) 526-2637

VISIT ACS ONLINE

FACEBOOK: Fort Carson Army Community Service

TWITTER: Fort Carson ACS

Website: www.carson.army.mil/acs



THE COMMUNITY CONNECTION

Connecting Your Family With Ours

Are you new to Fort Carson or have you been here a while and can't find what you need? If so, come on by and let's get acquainted! Our facility is open Monday, Tuesday, Thursday and Friday from 8 a.m. to 4:00 p.m. and Wednesdays from 9:00 a.m. to 4:00 p.m. Our services include:

- Welcome Packets
- Community Networking Assistance
- Family Readiness Group (FRG) Information
- Kids Play Area
- Computer Lab with Printers
- Conference Room
- Personal Consultations
- Volunteer Opportunities
- Toy and Book Program

For more information, please call (719) 526-1070.

NEWCOMER ORIENTATION

This orientation is offered monthly, call us to find out the current schedule. Participants will have the opportunity to learn about the programs and services that are available at Fort Carson. Topics include TRICARE; DFMWR; Child, Youth & School Services (CYSS); volunteering; the Exceptional Family Member Program (EFMP); Financial Readiness and much more. Included is a van tour of the installation, refreshment's, free childcare (registration required) and the chance to meet new friends. Call and reserve your spot, (719) 526-1070. We look forward to meeting you!

NEWCOMER ASSISTANCE

- Fort Carson Post Guide and Telephone Directory
- Maps for Colorado Springs and Fort Carson
- Altitude Adjustment Tips
- Information on School Districts and Registration
- Colorado Springs Relocation/Visitors' Guide
- Child & Youth Services Information
- Community Recreation Information
- Religious Activities and Services
- Post/Community Resource Referrals
- Area Attractions

HOMEBUYER'S WORKSHOP

Sign up and attend our monthly Homebuyer's Workshop on the forth Wednesday of the month from 1300 to 1700. It is taught by licensed realtors and professional mortgage lenders. Participants receive a variety of information and learn about the process of buying a home and securing a mortgage. To register for an upcoming workshop, call (719) 526-1070.

LOAN CLOSET

Offers temporary household goods to ID card holders that are arriving/departing from Fort Carson. Items include:

- Hospitality Kits (pots, pans, dishes, glasses, etc.)
- Toddler Booster Seats
- Folding Tables and Chairs
- Portable Baby Cribs (Pack-n-Play)
- Irons and Ironing Boards
- Crock Pots and Electric Skillet
- Coffee Makers and Alarm Clocks
- Cots and Vacuums and much more.

MULTICULTURAL SERVICES

Call today to set up an appointment with our multicultural specialist to find a program that is right for you. Get involved with a cultural specific group, practice your english with friends, or get resources if english is your second language. Our multicultural support groups currently include German, Asian and Spanish. Groups meet throughout the month and participants enjoy socializing, exchanging recipes, speaking in their native languages and sharing common cultural issues. If you are interested in attending or would like to organize a support group representing your own culture, please call (719) 526-1070.

NURSING SUITE

Are you a nursing mom, looking for a quiet and private place to breastfeed or pump? Army Community Service Building 1526 has a nursing suite available during our normal hours of operation. Call (719) 526-4590 to inquire about reserving the space or availability.

SPONSORSHIP TRAINING

Have you completed your ACT training but still need your Fort Carson specific training? Call to get the current sponsorship training available at (719) 526-1070.

IMMIGRATION AND NATURALIZATION

Do you have questions on the citizenship process? Are you needing information on how to become a permanent resident? Are you wondering how to petition for a Family Member to come to the United States? Are you just not sure where to start? If so, call (719) 526-1127 and schedule an appointment (preferred, due to the high demand). Active Duty Soldiers are required to go to their S-1's for assistance.

TOY AND BOOK PROGRAM

This free program allows parents to bring their child (ren) by the Community Connection and pick out a book, a coloring book and crayons or a toy (i.e. jump rope, cards, puzzle). The primary mission of this program is to make the transition phase for parents and children easier while their personal items are being transported to and from Fort Carson. Call 526-1070.

RELOCATION READINESS PROGRAM

Not sure how to move? Need more information on where you are going? Stop by and visit us at the ACS Center, building 1526. Our primary mission is to assist you and your Family in the relocation process. We can provide you with the resources to make an informed relocation decision. Our services include but are not limited to:

- Out-bound consultations, individual or family
- Relocation-related educational classes
- Welcome packets/information (Stateside/Overseas)
- Foreign language tapes and videos
- Individual Deployment Planning
- Free auto maps & destination directions
- Waiting Families Program "Hearts Apart"
- English as a Second Language Resources

TRIP PLANNING ASSISTANCE

What's the quickest route? Are there any military installations along the way? Where's a good place to stop? These are all questions that we think about when traveling. Trip planning offers you step-by-step directions, maps, and much more. For more information, call (719) 526-1053.

REASSIGNMENT BRIEFINGS

If you are PCS'ing to a new location contact our Relocation for a destination class to prepare you for your next move. Call (719) 526-1053 to speak with our Relocation Specialist and to find a class for your next destination.

INSTALLATION PACKETS

Would you like information on your next duty station? Are you looking for phone numbers and not sure where to find them? If so, call (719) 526-1053 and request an installation packet, and don't forget to ask about your individual consultation.

WAITING FAMILIES HEARTS APART

This program provides resources and a support network to families who are geographically separated from their loved one. To learn more and register your family in this valuable program, contact the Relocation Readiness Program at (719) 526-1053.



GETTING ACCLIMATED

It won't take you too long to realize that Colorado Springs elevation sits at 6035 feet above sea level. The reduced oxygen in the air will leave you feeling winded and out of breath. Newcomers to the area

notice that exertion causes a bit of huffing and puffing, at least for a while. Headaches and difficulty sleeping are not uncommon. The key to getting used to the altitude is taking it easy at first and most importantly keeping your body hydrated.



Low levels of humidity can cause you to become dehydrated before you realize it. Perspiration does not soak your clothes the way it does in more humid climates, it just evaporates. Exercise in moderation and drink lots of water. Your skin will be drier out here so make sure you use plenty of lotion. Moisturizers and lip balm are best-sellers around here. Low humidity has its advantages too. Spills, rain, and snow evaporate quickly, and mosquitoes and most other insects are scarce.

Sunburn is another thing to watch out for at higher altitudes. With less atmosphere to screen out skin-damaging ultraviolet radiation, you can get a burn more quickly than you realize. Sunscreen should be applied more frequently than at lower elevations, and sunglasses are a must, especially in the mountains, around water, or while skiing.

COOKING AND GARDENING

The altitude will make a difference in your cooking and gardening but with a few minor adjustments your favorite recipes and garden crops will thrive.

When you bake you should use 25 percent less baking powder, two tablespoons less sugar per cup, and four tablespoons more water per cup. You should increase oven temperature by about 25 degrees. Mixes usually have adjustments printed on the package. Food takes longer to cook because water boils at a lower temperature. Call the Colorado State University (CSU) Extension Office at



(719) 636-8920 for more detailed information. Colorado cookbooks that take our altitude into consideration can be found at area bookstores, supermarkets, and kitchen shops.

Higher altitude also makes for a shorter growing season. The last killing frost occurs here, on average, about May 15, and

the first hard freeze usually hits in mid-October. Most locals will tell you that a good rule of thumb is to not plant before Mother's Day. Frequent watering of gardens, lawns shrubs, and trees is a necessity because of the dry climate however due to recent drought conditions, you may want to check with your local utilities on any water restrictions. The CSU Extension Office or the local Horticultural Art Society (475-0205) can advise you on the best varieties for Colorado gardening and how to care for them. Also check out the Colorado Springs Utilities' Xeriscape Demonstration Garden on Mesa Road north of Fillmore Street for water conserving landscaping ideas.

DRIVING TIPS

Not only does your body react to high altitude but your car will need some attention as well. Your vehicle may need carburetor and timing adjustments to run smoothly at the high altitude. Most fuel-injected, computer-controlled engines do just fine, although you may notice a bit less power. Drivers should also remember that major snowstorms can occur in Colorado Springs from early September to late May, and at any time in the mountains, especially on the higher passes. This explains why every other vehicle in Colorado seems to have four-wheel drive. For conventional cars, snow tires are a good idea.

Fortunately, snowy conditions usually dissipate quickly because of Colorado's low humidity and intense sun. But smart winter travelers keep an eye on weather reports to avoid heading out into blizzard conditions, and many carry emergency kits with blankets, food, and water. If you do end up getting stuck, it's almost always safest to stay with your vehicle and wait for help. For statewide road conditions call (877) 315-ROAD (7623) or visit www.dot.state.co.us.



CLIMATE

Colorado Springs, Colorado, gets 16 inches of rain per year. The US average is 37. Snowfall is 41 inches. The average US city gets 25 inches of snow per year. The number of days with any measurable precipitation is 89.

On average, there are 243 sunny days per year in Colorado Springs, Colorado. The July high is around 85 degrees. The January low is 16. Our comfort index, which is based on humidity during the hot months, is a 67 out of 100, where higher is more comfortable. The US average on the comfort index is 44. (source: www.bestplaces.net)

WEBSITE RESOURCES

If you have access to a computer, there are numerous websites that offer relocation assistance. Sites include:

- **Army Civilian Careers:** www.usajobs.gov
- **Colorado Department of Education:** www.cde.state.co.us
- **Colorado Springs Chamber of Commerce:** <http://coloradospringschamber.org>
- **Fort Carson:** www.carson.army.mil
- **Fort Carson ACS:** www.carson.army.mil/acs
- **Fort Carson MWR:** www.mwrfortcarson.com/
- **Military Installations Database:** www.militaryinstallations.dod.mil
- **My Army OneSource (ACS):** www.myarmyonesource.com
- **Pikes Peak Association of Realtors (PPAR):** www.ppar.com

EMERGENCY & FREQUENTLY CALLED NUMBERS

Army Community Service	(719) 526-4590
Army Emergency Relief	(719) 331-5278
American Red Cross	(719) 632-3563/
Toll Free Line	(877) 272-7337
BOSS	(719) 524-2677
Chaplain's Crisis Line	(719) 526-3400
DEERS / ID Cards	(719) 524-3704
Education Center	(719) 526-2124
Evans Army Hospital	(719) 526-7000
Finance	(719) 526-9233
Housing Support Office	(719) 526-2323
Joint Personal Property Shipping	(719) 554-9291
Lodging	(719) 524-8300
On-Post Driving Conditions	(719) 526-0096
Parent Central Information (CYSS)	(719) 526-1101
Suicide Prevention Hotline	(800) 273-8255
Vehicle Registration	(719) 524-1896
Veterinarian	(719) 526-3803
Victim Advocacy 24/7 Pager	(719) 243-7907



The Relocation Readiness Program is here to assist you...we can provide you with the resources to make an informed relocation decision.