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# Fort Carson Community Information Exchange

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31 January 2012  
0930-1100  
The Hub



# January Agenda



- Call to Order & Introductory Comments
- Hails and Farewells
- Deputy Garrison Commander
  - On-going Garrison Initiatives
  - Follow-Up to Last Month's Q&A
- Advisor/Unit Alibis
- MEDDAC Update
- Special Briefs
  - Community Resource Guide / Spouse Master Resiliency Training
    - Fort Carson Health Promotion Officer
  - Red Cross new class offerings on post and MA program applications
    - Senior Station Manager
  - Military Adoption Workshop
    - Warrior Family Community Partnership Coordinator
- Question & Answer Period with Garrison Executive Officer



# **Ft Carson Volunteers of the Quarter**

## **4<sup>th</sup> Quarter, FY12**

### **Fort Carson Directorate /Organization:**

**Denise**

Soldiers' Memorial Chapel  
Religious Support Office (RSO)

### **Family Readiness Group: Erin**

3<sup>rd</sup> Battalion, 10<sup>th</sup> SFG(A)

### **Private Organization: Mary**

Fort Carson Thrift Shop

### **Youth Volunteer:**

**Josiah**

Army Community Service



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Deputy Garrison Commander  
526-9865



# Garrison Updates



- Army-wide civilian hiring freeze
  - Exceptions for mission critical positions
  - CYSS childcare availability impact if not able to hire
- Release temporary employees
- Term employees will not be extended
- Cutting Sustainment Restoration Modernization (SRM) budget \$30M
- Reduce base operations support (BOS) 30% from FY12
- Curtail TDYs and non-mission critical training
- Civilian furloughs tool of last resort
- USAG leadership engaging with employees



# November/December Q&A Follow-Up



## **Q. What is the current rule for benefits for 21 yrs older?**

A. Army Regulation provides entitlements up to 21 years of age, and up to 23 years for full-time college students. The National Health Care Plan also reaches up to 26 year olds through Tricare.

## **Q. How do we get wild animals out of the housing areas?**

A. Call 526-2333.

## **Q. Why is the wait for housing through BBC 1 year?**

A. Wait times are estimates; there is no guarantee that a resident will submit a notice to vacate.

- Dependent upon type of waitlist. (ex. 4-bedroom lists are the highest in demand for every rank)
- Homes are not offered down the list in numerical order, but based on a service member's availability date. (ex. if a home is available for FEB, the people at the top of the list who also have December availability dates will be contacted)

## **Q. How can we find out more about Operation Purple?**

A. <http://www.militaryfamily.org/our-programs/operation-purple/> - 2013 applications for Family Retreats and Healing Adventure Camps are now being accepted.



# MEDDAC Update

COL McGrath  
526-7500





# Key Points

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- Budget Cuts
- Open Access
- APLSS
  - 93.7%



# Primary Care Saturday Clinic



Proposed Dates: 16 Feb 13; 30 Mar 13 and 25 May 13

- February and March: assist the ED with acute/non-urgent patients (cold and flu months) along with 3-5 well baby exams (decrease RN OT)
- May 25: breast cancer screening, DM labs, cervical cancer screening, and well child/school and sports physical exams. Schedules will open mid April
- Hours and required staffing: 0900-1500, 1 MD and 2 NP/PAs, 6 medics and 1 RN for Feb/Mar. Staffing TBD for May
- Templates/schedule: all acute 20 minute appointments from 0900-1500



# Self-Care Program



- Access to over-the-counter (OTC) medications.
- **Required: Self-Care Card**
  - Required Education regarding self-care principles and medication
    - Self-Care Program classes are held **every third Wednesday** of the month in the **Cochrane Hall**, in the Evans Hospital's second floor, from 1:00 - 1:30 PM (no reservation required)
    - May be coordinated for groups by calling 719.526.2939.
  - An additional option is to view the online presentation ([Self-Care Program Online Presentation](#)), print and present the last slide of the presentation to ANY of the EACH pharmacies or bring it to the Preventive Medicine Department's front desk
- After obtaining your Self-Care Program card, present it along with the [Self-Care Medication Request Form](#) at ANY Evans Army Community Hospital pharmacies, to include the Premier Army Health Clinic off-post
- **Limited to ONLY four medications per family per month.**
- Self-Care Program cards issued by other military treatment facilities are honored at Evans Army Community Hospital pharmacies.



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# **Community Resource Guide / Spouses Master Resiliency Training**

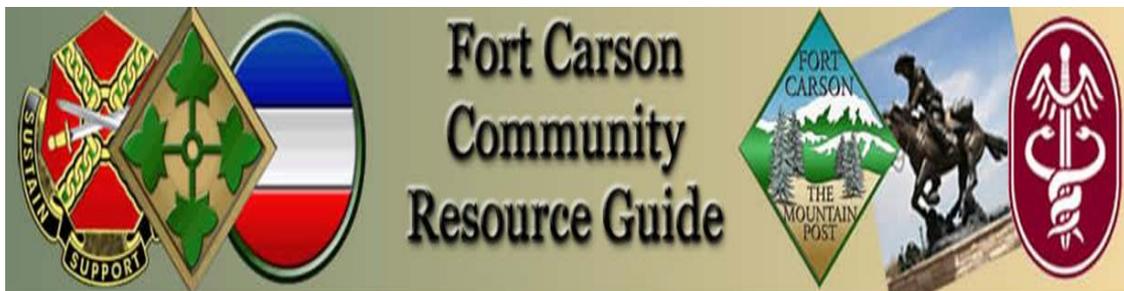
**Michelle Teets**  
**4ID & Fort Carson Health Promotions**  
**526-8586**



# Fort Carson Community Resource Guide



<http://carspublic.carson.army.mil/fcrg/default.aspx>



Home Page
A
Academic Counseling
Air Program
Alcohol and Drug Related Issues
Annual Fire Extinguisher Inspections
Aquatics/Water
Army Emergency Relief (AER)
Army Family Action Plan (AFAP)

**EMERGENCY 911**  
Police  
Fire  
Ambulance  
Medical

**Emergency Phone Numbers**

Rocky Mountain Poison Control	(800)332-3073
Police Non-Emergency	(719) 526-2333

**EMERGENCY 911**  
Police - Ambulance  
Fire - MP - Medical

**EMERGENCY INFO**

Evans Army Community Hospital ER:  
(719) 526-7111

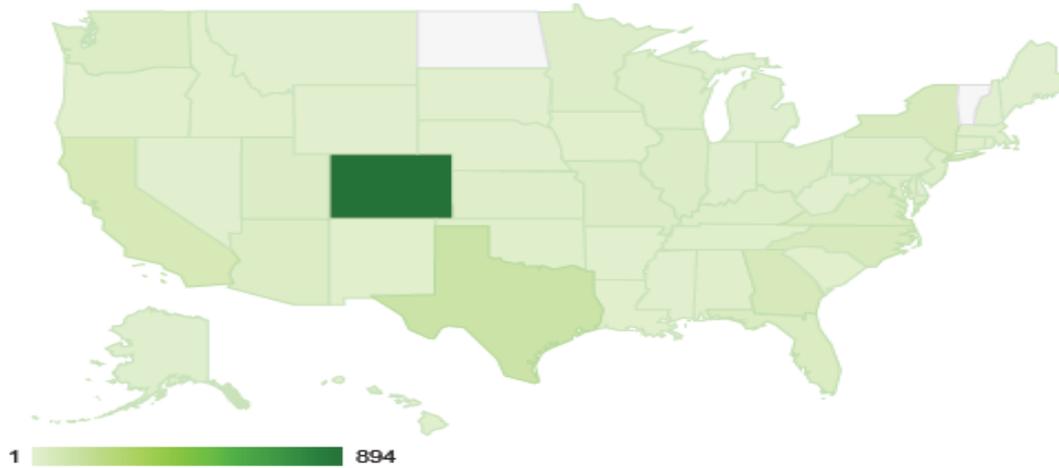
Rocky Mountain Poison Center  
1 (800) 332-3073

Domestic Violence / Sexual

Country / Territory	Visits
1. United States	1,711
2. Germany	21
3. Afghanistan	3
4. South Korea	3
5. Belgium	2
6. Italy	2
7. (not set)	2
8. Canada	1
9. Switzerland	1
10. Ecuador	1



# Fort Carson Community Resource Guide



<b>Visits</b> <b>1,711</b> <small>% of Total: 97.66% (1,752)</small>	<b>Pages / Visit</b> <b>3.03</b> <small>Site Avg: 3.04 (-0.32%)</small>	<b>Avg. Visit Duration</b> <b>00:02:23</b> <small>Site Avg: 00:02:24 (-0.34%)</small>	<b>% New Visits</b> <b>85.97%</b> <small>Site Avg: 86.07% (-0.12%)</small>	<b>Bounce Rate</b> <b>51.37%</b> <small>Site Avg: 51.14% (0.45%)</small>
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Region	Visits	Pages / Visit	Avg. Visit Duration	% New Visits	Bounce Rate
1. <a href="#">Colorado</a>	894	3.53	00:03:18	78.19%	46.76%
2. <a href="#">Texas</a>	105	2.40	00:01:21	98.10%	50.48%
3. <a href="#">California</a>	64	1.72	00:00:59	89.06%	70.31%
4. <a href="#">Georgia</a>	50	3.48	00:01:04	100.00%	42.00%
5. <a href="#">North Carolina</a>	49	2.45	00:00:52	100.00%	55.10%
6. <a href="#">New York</a>	48	2.23	00:00:38	87.50%	64.58%
7. <a href="#">Virginia</a>	41	2.39	00:01:03	95.12%	51.22%
8. <a href="#">Florida</a>	35	2.17	00:01:17	91.43%	60.00%
9. <a href="#">Arizona</a>	27	2.67	00:01:21	100.00%	55.56%
10. <a href="#">Washington</a>	26	2.77	00:03:36	100.00%	50.00%



# Fort Carson Community Resource Guide



## Fort Carson Community Resource Guide

- Link to Fort Carson Explorer Community Resource Guide:  
<http://carspublic.carson.army.mil/fcrg/default.aspx>
- Community Resource Guide link is available on the main Fort Carson website
- Please review the Fort Carson Community Resource Guide and provide feedback/recommendations for additions.
- POC for Community Resource Guide: [kiti.t.hall.ctr@mail.mil](mailto:kiti.t.hall.ctr@mail.mil) or 719-503-0912

Fort Carson - Windows Internet Explorer  
http://www.carson.army.mil/

File Edit View Favorites Tools Help

Fort Carson

Fort Carson  
"The Best Hometown in the Army - Home of America's Best!"

As of 0200hrs 19 September 2012

WFCP IMCOM FORSCOM NETCOM CENTCOM AMC MEDCOM Army Home DefenseLink Weather AKO SEARCH

Home Units Services Families Retirees Medical Services Contacts

Phone Directory  
Mission Statement  
Newcomers  
Leaders  
Directorate & Support  
Public Affairs  
Military OneSource  
Carson Personnel  
Pinon Canyon  
NEPA Documents  
Housing

Headlines  
SHARP  
New website and information available for victims of sexual harassment/assault.  
Fort Carson WFCP  
Fort Carson Community Resource Guide  
WWW.WFCP.CARSON.ARMY.MIL

Social Media  
facebook flickr  
twitter

Carson in Action!  
Events

Spotlight  
Off limits Memorandum

Trusted sites | Protected Mode: Off



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# **Red Cross Classes and Programs**

## **Senior Station Manager, Fort Carson**

### **526-2311**



# Interested in a Career as a Medical Assistant?



**The Fort Carson American Red Cross is offering an Introduction to Medical Assisting Training Course!**

**Class is FULL-TIME, 22 Apr - 28 June, 8am-4:30pm  
Class Size: 10 students.**

Applications available at Fort Carson Red Cross Hospital Office, Rm 1033

**\*\*Application Deadline- Wednesday February 6 at 4:30 PM\*\***

Applicants must have a military I.D. card, a high school diploma/GED equivalent, and be at least 18 years or older and a US citizen.

**Interviews will be conducted Thursday Feb 14, 8am – 4pm  
*21 Interviews will be granted.***

**For more information call 719-526-7144**



**American  
Red Cross**



## Veteran Transportation

- Used to transport service members, veterans or their immediate family for medical appointments or vocational trainings
- Must be ambulatory, if use mobility assistance device, such as wheelchair, it must be foldable and fit into the trunk
- Transportation is provided via a SUV
- Boundaries are currently within 2 hours of the Denver office
- Requests must come from a referring agency and cannot come from the beneficiary. (i.e., AW2; Commander)

## Rooms for Troops

- Used to provide hotel accommodation for service members, veterans or support network who traveled for medical appointments
- Paid directly to hotel, not the client, and cannot be used retroactively
- Must be receiving medical treatment within CO
- Requests must come from a referring agency and cannot come from the beneficiary. (i.e., AW2; Commander)

## Preparing for our next fire season!

- American Red Cross Pikes Peak office holds FREE training courses
- Those interested in becoming **Ready When the Time Comes Volunteers** call 719-632-3563 for details

## Health & Safety

- Community CPR/ AED/ First Aid courses back on Fort Carson
- 12 Feb 2013 – Lay Responder two year certificate
- Sign up at Fort Carson office, 1675 Ellis Street Bldg 1217, room 112 to receive promotional code



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# Military Adoption Workshop

## 526-8558



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# Discussion & Questions