



# THE MOUNTAIN POST COMMUNITY INFORMATION EXCHANGE March 2015 Newsletter

## GARRISON COMMANDER BRIEF

- 11 and 12 March: "Hiring our Heroes" Military Spouse Reception and Job Fair
  - 624 Resumes were received and 298 Spouses were hired by 55 Employers/Service Organizations. In addition, 68 Volunteers/Interns were also recruited to help out in the community
- Commissary
  - Full Deli and Bakery Services – tentatively scheduled to be back under a new contract approximately the first week of May but reduced selection for both are available in the interim
- AAFES Gas Station at Prussman and Chiles
  - Parking lot temporary gravel fix is completed and is scheduled to be paved later this year. Access to the parking lot should not be an issue any longer
- Good Neighbor Award
  - District 8 Superintendent Ms. Cheryl Serrano will be recognized at the Good Neighbor Luncheon Ceremony next month as this year's recipient for this award

# Director and Partner Updates

## MEDDAC

### National Patient Recognition Month ("Committed to Your Well-Being")

- Army Medicine remains committed to patient-centered care, focused on quality and the highest standards in providing safe care. Evans ACH continues to enhance its commitment to becoming a high reliability organization, leading the way in creating a culture of safety in medical care and zero preventable harm.



Evans ACH is fully accredited by **The Joint Commission (TJC)**, an independent, non-profit, hospital accrediting body.



Four clinics recently earned or recertified with "Level 3" certification from the **National Commission for Quality Assurance (NCQA)**, recognition reserved for top performers in patient experience and clinical quality!



The **National Surgical Quality Improvement Program (NSQIP)** provided a semi-annual report of surgical quality outcomes (2014) at EACH with four surgical outcome measures identified as "exemplary!"

### Preventive Tests/Exams (HEDIS)

"Help us help you – stay current on these screenings"

- Breast Cancer Screening Mammogram – **83% current**
  - Required every other year, females ages 50-74
- Cervical Cancer Screening Exam (pap) - **77% current**
  - Required every 3 years, females ages 21-64
- Diabetes Management Lab Screenings - **88% current**
  - Diabetic patients require annual A1c and LDL tests
- Colorectal Cancer Screening - **82% current**
  - Required baseline sigmoidoscopy or colonoscopy at age 50, and then every 5-10 years (or annual fecal occult blood test (FOBT))

363 overdue

2,421 overdue

144 overdue

953 overdue

# Director and Partner Updates

## MEDDAC

### Preventive Tests/Exams (HEDIS)

“Help us help you – stay current on these screenings”

- Well Child Visits (min. 6 visits in first 15 mo.) – **79% current**
  - 2-5 days, 2 weeks, 2, 4, 6, 9, 12, 15 month visits
- Chlamydia Screening in Women - **60% current**
  - Required annually, females ages 16-24
- High Risk Cholesterol Management Screening- **77% current**
  - LDL required annually for patients with history of cardiovascular disease

### Appointment Access and ER Services

- **Over 1/3 of emergency room visits are from patients with non-emergent primary care needs**
- Our Actions:
  - During peak cold/flu season (Feb/Mar), we increase the % of appointments dedicated to acute care needs
  - More appointments offered on Mondays and after long weekends, but high demand still a challenge
- How You Can Help:
  - For non-acute (routine) appointment needs, call later in the week when patient demand is less
  - Utilize TRICARE Online (appointment scheduling) and Relay Health (secure messaging)

# Director and Partner Updates

## MEDDAC

### Security Enhancements

- Evans ACH made changes to night time and weekend access to provide better control/visibility and improve the safety and security of staff, inpatients, and visitors during the night.
- Between 10 p.m. and 5 a.m. on weekdays and weekends, access is now limited to the Emergency Room entrance.

The ER entrance is on the hospital's north side and remains open every day and night, seven days per week.



Change went into effect in February 2015

### Pharmacy Co-Payments

- New copayments for prescription drugs covered by TRICARE went into effect February 1, 2015. The Fiscal Year 2015 National Defense Authorization Act (NDAA) required TRICARE to increase most pharmacy copays by \$3.
- Your prescription costs depend on where you fill your prescription and the type of drug (generic, brand name, or non-formulary)



- Drugs from military pharmacies have **\$0** copayment and you can get up to a 90-day supply for most prescription drugs.
- Generic drugs from TRICARE Pharmacy Home Delivery also still have **\$0** copayment. Brand name drugs are \$16 and non-formulary are \$46 (Express Scripts: 1-877-363-1303).
- Using a network pharmacy for generic drugs costs \$8, brand name are \$20 and non-formulary are \$47. If you want a 90-day supply from a network pharmacy, you will pay the cost for each 30-day supply (i.e. 90-day of generic will cost \$24).

# Director and Partner Updates

## MEDDAC

### Please Complete Your Surveys!

- **Patient Satisfaction Surveys (APLSS and TRISS)**

We want to hear about your great experiences and when our staff exceed your expectations! We have a great team and your feedback matters. Help us recognize the superstars on the Evans ACH team by submitting your APLSS/TRISS surveys. 😊



Find us online: <http://evans.amedd.army.mil>

Follow us on Facebook:

<https://www.facebook.com/EvansArmyCommunityHospital>

## DENTAC



# DENTAC

## 1 PATIENT SAFETY FIRST



### March Events:

- **DENTAC Patient Safety Awareness Week**

- **Patient Safety Awareness Week for MEDCOM/DENCOM** - Promotes awareness in our patients and staff and ensure patients make informed decisions on treatment plans

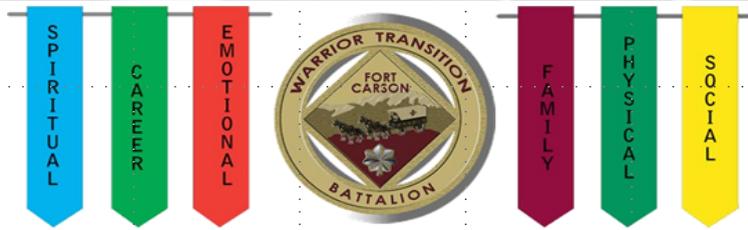
- **Dental Assistant Recognition**

- **Go First Class Update**

- Fort Carson now over 56% Dental Wellness (Dental Class 1)

# Director and Partner Updates

## WARRIOR TRANSITION BATTALION



ALTIUS

FORTIUS

CITIUS

## SOLDIER'S INITIAL NOMINATION PACKET

- Commander referral letter endorsed by BN & BDE CDR
- Updated medical profile
- ERB/ORB- Must not be flagged (only transferable flag- PT/HT/WT)
- Send this information to WTB S-1 at:  
usarmy.carson.medcom-each.list.wtu-acceptance-packet@mail.mil

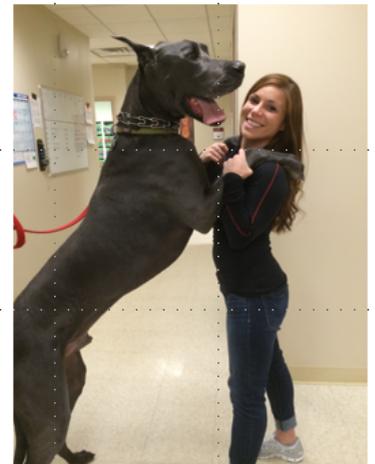
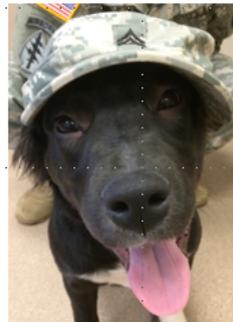


[www.facebook.com/FtCarsonWTB](http://www.facebook.com/FtCarsonWTB)

[www.evans.amedd.army.mil/wtu](http://www.evans.amedd.army.mil/wtu)

## VETCOM

- **Soldier and Family awareness of VETCEN**
  - We provide pet care for Active Duty Soldiers, Reservists, National Guard, 100% Disabled Veterans, and Retirees.
- **Services**
  - PCS Health Certificates and Pet preparation for OCONUS
    - We are a great resource for Soldiers and their Families for PCS moves.
  - Wellness Exams and Preventative Medicine
    - Vaccines, microchips
  - Sick Call Examinations and Long Term Healthcare
    - Chronic medical conditions, geriatric care, acute care
  - Surgical and Dental procedures
    - More that just spays and neuters
  - Advanced Imaging
    - X-rays, ultrasound, endoscopy
- **Location**
  - Right across from main PX
  - 1535 Sheridan Ave., Bldg 6190
  - For appointments call 526-3803/4520



<https://www.facebook.com/pages/Fort-Carson-Veterinary-Center/635589406570582>

# Director and Partner Updates

## VETCOM

UNITED STATES ARMY

### The best pet care for America's best!

The staff at Fort Carson Veterinary Center would love to take care of your pets. We want to ensure that all Soldier's and their Families are aware of the services that we provide for their animal Family members. Please call us today for any additional information. You can also check out our new Facebook page.

Call and book your appointment today!



### FORT CARSON VETERINARY CENTER

1535 Sheridan Avenue  
Building 6190  
Fort Carson, CO 80913  
Phone: 719-526-3803/4520  
Fax: 719-524-4116

JUST SOUTH OF THE MAIN PX!



Visit us on Facebook!

<https://www.facebook.com/pages/Fort-Carson-Veterinary-Center/635589406570582>



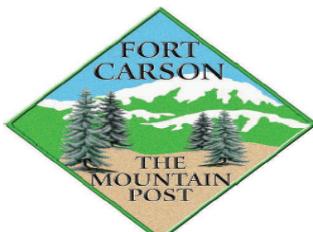
### Fort Carson Veterinary Center

Tel: 719-526-3803/4520

## STEADFAST AND LOYAL to those loyal to you!

### Hey Soldiers!

Did you know that there is a veterinary center right here on Fort Carson? We are located directly across from the AAFES PX on Sheridan Avenue. We would love to take care of your furry Family members and provide them with excellent care from our knowledgeable and friendly staff! The best pet care for America's best!



### Who's pets do we see?

We provide pet services for Active Duty, Reserves, National Guard, Retirees, and 100% Disabled Veterans.

### What services do we provide?

We conduct wellness exams and provide preventative medical care, such as vaccinations and microchips. We are here to register your pets on the installation. We provide care for sick patients, elderly patients, and any other medical care your pet might require. We perform spays, neuters, and dentals for all pets as well as a multitude of other surgical procedures. We have the ability to take x-rays, perform ultrasounds, and conduct other types of advanced imaging.



### BUSINESS HOURS

MONDAY - FRIDAY  
7:30 AM to 4:30 PM  
CLOSED ON FEDERAL HOLIDAYS

The clinic will follow any Red Status closures, delayed reporting, or early releases in conjunction with the installation's severe weather policy. This information can be found on the Fort Carson website at [www.carson.army.mil](http://www.carson.army.mil).

# Director and Partner Updates

## SAFETY

- Spring Weather Safety
  - Potential for heavy rains, and possible heart attack snow. Heart attack snow is laden with moisture making it extremely heavy.
  - Thunderstorms will bring lightning and the possibility of heavy hail. Stay out of low lying areas, and do not enter roadways with even the slightest moving water.
  - Hail can be severe and cause major damage to property and homes. Conduct a roof shingle inspection. Think about “blue tarps” as a temp solution to a severely damaged roof.
- Fire safety
  - Extremely dry winter is going to bring volatile fire conditions this spring and summer. Clear your outer home from these hazards.
  - Keep fire safety foremost in your mind and have a fire evacuation plan in place i.e. for your home, camping, etc...
  - Cool temps does not reduce the fire hazard or your responsibility.

## SUPERINTENDENT SCHOOL DISTRICT #8

### Planning for Summer Moves for Families with School-Aged Children

- Check with your local school to find out when you can check your child out of school and receive final grades
- Stay until the end of the school year when possible
- Leaving early may result in grades of “incomplete”
- Receiving school may have to determine whether to promote if your child does not finish the year
- Request records – receiving school will request records.
- Resources available when searching for new school include:
  - State Education and School Websites
  - Military Impacted Schools Association (MISA) <http://militaryimpactedschoolsassociation.org>
  - Military Interstate Children’s Compact Commission (MIC3) <http://www.mic3.net/>
  - Military Child Education Coalition (MCEC) <http://www.militarychild.org/>

# Director and Partner Updates

## Directorate of Family and Morale, Welfare and Recreation

- Armed Forces Wrestling – 27 & 28 March at the SEC
- Month of the Military Child - April is the Month of the Military Child. Various Activities at various Locations, check the website
- ACS Survey – Assessments to make see if ACS is meeting the needs of the Fort Carson Community, 15 April – 17 June and can be filled out online
- Easter Brunch – 5 April, 10:30 am and 12:30 pm at the ECC
- 4ID and Fort Carson Sexual Assault Awareness Month
- Boat Race – 10 April, 3:00 - 6:00 pm at Iron Horse Pool
- National Volunteer Week and 5 K Run – 15 April at the SEC
- Spartan Race – 2-3 May, Training area 7 North Side Village
- Color Fest – 16 May, 10:00 am – 3:00 pm, Iron Horse Park



[Facebook.com/CarsonDFMWR](https://www.facebook.com/CarsonDFMWR)



[Instagram.com/CarsonMWR](https://www.instagram.com/CarsonMWR)



[Twitter.com/CarsonMWR](https://twitter.com/CarsonMWR)



[MWRFortCarson.com](http://MWRFortCarson.com)

# Director and Partner Updates

## DIRECTORATE OF EMERGENCY SERVICES

### ACCESS CONTROL CHANGES

According to new DoD policy, all non-DoD ID card holders must either be escorted, or have an NCIC-III (National Criminal Information Center – Interstate Identification Index) check performed prior to being granted access to Fort Carson per HQDA guidance

Beginning 1 February 2015

- Visitor Control Center (VCC) will be open from 0500-2100 hrs. 7 days a week at Building 6012 (old vehicle registration office outside Gate 1).
- All visitors, vendors, contractors, and small commercial vehicle (<26,000 lbs. GVW) operators may report to the VCC to have their NCIC-III check completed.
- The VCC issues passes based on the requirement for unescorted access.
- Until 01MAY15, customers may still gain access through gates 1 and 3 without a pass (using their driver's license); however, without a pass the customer is more likely to have their vehicle searched.

Beginning 1 May 2015

- VCC opens for 24/7 operation.
- All visitors, vendors, contractors, and small commercial vehicle operators must report to the VCC where they will have their NCIC-III check completed.
- In lane NCIC-III checks begin at Gate 3 only for large (> 26,000 lbs. GVW) commercial delivery vehicle operators. This check is valid for one time access and no passes are being issued at this location. Customers requiring extended passes must report to the VCC.

Other Information

- FC form 2036-E required for all passes issued at the VCC. Extended passes (> 24 hours) require a digital signature from the certifying official.
- Access Control recommends that DoD ID card holders avoid Gate 3 on/after 01MAY15 due to anticipated traffic delays caused by the commercial vehicle screening and vetting.
- Goal is to safeguard the Fort Carson community and to bring Fort Carson in compliance with DoD regulatory guidance.
- Family members visiting for an extended period may be sponsored by the Soldier or spouse.
- Family care providers, respite care providers, volunteers, FFC District 8 employees, and FFC District 8 non-DoD affiliated parents may receive a pass for up to one year.
- Access control cards (long term passes) will be issued for access periods lasting 90-365 days. Paper passes will be issued for access periods lasting 2-89 days.

# Director and Partner Updates

## DIRECTORATE OF PUBLIC WORKS

### Cultural Resources Management

Over 8600 cultural resources have been recorded on Fort Carson and the Pinon Canyon Maneuver Site, spanning 12,000 years ago to modern day

680 sites are eligible for the National Register of Historic Places

Approximately 1300 sites are currently protected – either off limits or restricted to dismantled training only



Resources include:  
Prehistoric camp sites, rock art drawings and carvings, stone circles

Historic buildings, structures or objects, historic roads and trails

Native American sacred sites and traditional cultural places

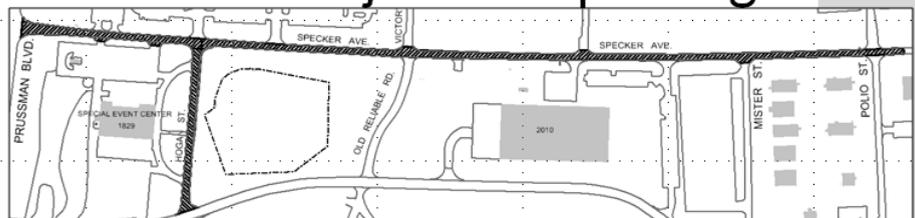
... and associated artifacts

**Requirement to protect and respect cultural resources. It's the law and also our history!**

## Summer FY15 Road Projects: Apr-Aug

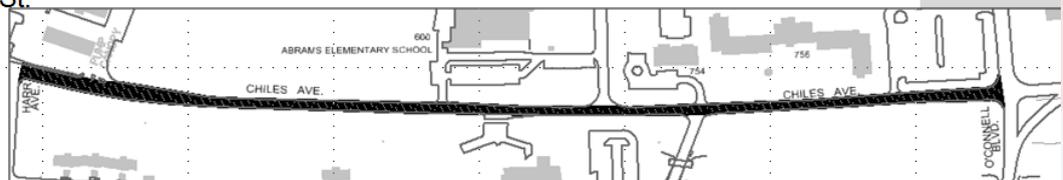
### Specker

Full Depth Repair: One lane of traffic to remain open 24/7 with access to all facilities within work zone. To be completed in 60 days. Project also includes mill and overlay of Hogan St.



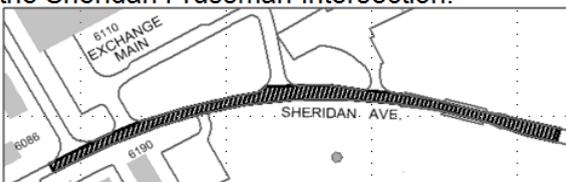
### Chiles

Mill and Overlay from Gate 3 to O'Connell St, starting late April though August (60 days).



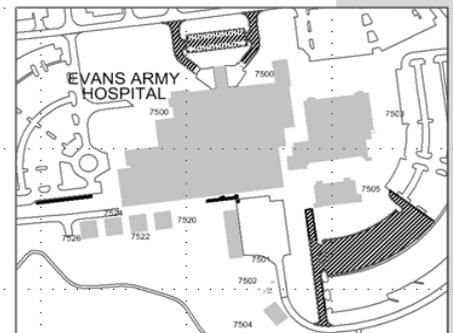
### Sheridan

Mill and Overlay from Prussman blvd to Lindstrom, just south of the Exchange. Project (30 days). Traffic signal sensors to be placed at the Sheridan Prussman Intersection.



### Hospital

Mill and Overlay includes the Emergency Room Access Road and Parking Lot (30 days). Project also includes sidewalk and stairs replacement on the south and west sides of the Hospital.



# Director and Partner Updates

## BALFOUR BEATTY COMMUNITIES

# IMPORTANT NEWS!

**Celebrate the Red, White, and Blue...**

**We Want You!!!**

**Balfour Beatty Communities is now leasing to Retirees, DOD Civilians, Single Soldiers\*!**

**\*Select Neighborhoods \*E6 and above**

Utilities Included\*  
 Pet Friendly\*  
 NO Pet Deposit or Fees for Single Soldiers  
 NO Application Fee for Single Soldiers  
 NO Deposit for Single Soldiers  
 Curbside Trash & Recycling  
 Washer/Dryer Hook-ups  
 Walking/Biking Trails  
 24-Hour Emergency Maintenance  
 Gated Community  
 Friendly and Professional Onsite Management  
 Free Landscaping Service  
 Recreational Courts  
 3 Fitness Centers  
 Free Resident Activities



## COMMUNITY INFORMATION



Terra Cycle is a company that takes recyclable waste and makes it into usable items. They get the items by having people collect Brigades and send them in to trade for donations. Balfour Beatty Communities at Fort Carson will be donating to [The Boy Scouts of America, Fort Carson Troops](#).

We need you to help us collect as much as we can!!!! We will get a penny for every item we send, and those pennies will add up!! It is easy, just look at what we are collecting, put your donations in a bag and give them to Kris Spiller at the main office located at 6800 Prussman Blvd. She will then pack them up and ship them out to Terra Cycle.

Help us collect for the following Brigades:

- Solo Cups ( #6)
- Drink Pouches( Capri Sun)
- Beauty Product Packaging
- Snack Bag Packaging Frito Lay
- Cell Phones
- Go Go Squeeze
- Lap Tops
- Inkjet/Toner Cartridges



# Director and Partner Updates

## BALFOUR BEATTY COMMUNITIES

### UP AND COMING EVENTS!



Family BINGO Night: March 20<sup>th</sup> Spring Fling!!

Papa John's Pizza Tour: March 21<sup>st</sup>

Adult Only Craft Time: March 26<sup>th</sup> Easter Banner RSVP

Weekly Craft Time at both Community Centers, every Tuesday.

The Mountain Post Running Club: Check in every Wednesday at the Exchange from 4-6pm. Come run a fun 5/10K!!

The Easter Bunny is Coming to Town: April 2<sup>nd</sup> 3-5pm at our South Center, Bldg. 7790 on Titus. Family Pictures and Egg Hunt while supplies last.

### SCHOLARSHIP OPPORTUNITY

BBC Foundation Now Accepting Scholarship Applications.

Balfour Beatty Communities Foundation is accepting scholarship applications from high school seniors and undergraduate students, attending accredited educational/technical institutions, of our military family housing residents for the 2015 - 2016 academic year. Each year we've had 2-3 Fort Carson Families chosen! You should be the next!!

To apply for these scholarships go to the Foundation's website and print out, complete, and submit the application and all required materials to:

Beatty Communities Foundation  
One Country View Road  
Malvern, PA 19355



Applications must be postmarked by April 15, 2015.

### IMPORTANT REMINDERS!

#### Freezing Weather Tips for on Post Housing to Help Prevent Pipes Bursting

Never turn off your heat completely, even if you go on vacation.

Keep your heat set to 65 degrees at the lowest.

Unhook your hoses from all outside spigots

Turn your inside faucets to a slow drip

Open your cabinets to allow warm air flow



Please bring in your pets during freezing weather!!

Self Help has ice melt available for our Residents.

Find us on Facebook listed under fort carson family housing for daily updates and information.

# Director and Partner Updates

ARMY AND AIR FORCE EXCHANGE SERVICE

## **FORT CARSON** **Easter Fashion Show**

### Easter Fashion Show

WHERE: Ft. Carson Main Exchange

DATE: March 28th 2015

TIME: 1200

*The first Jimmy John's Gourmet Sandwich will be opening on Fort Carson at the Gate 20 Express on 24 March. It will be open 7 days a week from 10:00 am to 9:00 pm and adding 1 hour on to the closing time for deliver only.*

### COMMISSARY

#### Upcoming Events

Deli/Bakery open with limited service

Upcoming Case Lot Sale April 30 - May 1 & 2 from  
0900-1700

Smucker's/Mission Breakfast For The Entire  
Installation on June 24

#### Issues

**EARLY BIRD** - Shopping, 20 items or less  
Monday - Friday from 0700-0900

# Director and Partner Updates

## USO



April 1<sup>st</sup> and 2<sup>nd</sup>- Hoops for Troops NBA and PlayStation Event

April 4<sup>th</sup> 1pm at USO CS Easter Party

April 15<sup>th</sup> 3:00pm at USO CS Month of the Military Child Event

\*Please join us for Crafts for Kids every Saturday at the USO Colorado Springs from 12pm to 2pm

As always, the USO is open 7 days a week for soldiers and their families to come enjoy a snack and take advantage of the great services offered at the USO Colorado Springs.

## RED CROSS

A poster for National Volunteer Week 5k Run/Walk. The poster is framed by a decorative border of red footprints. At the top, the text "National Volunteer Week" is written in a large, bold, black font, with "5k Run/Walk" below it in a smaller, bold, black font. Below the text are several logos: the USO logo, a heart with "RED CROSS" written inside, and the American Red Cross logo. The text "Wednesday, April 15, 2015" is followed by "Eventbrite.com - Pre-register 2:00 pm - Registration on site 3:30 pm - 5k Run/Walk". Below this, it says "FREE event tickets for the first 300 registrants Special Events Center Fort Carson, CO". At the bottom, there is a silhouette of a person running with arms raised, and the text "Army Volunteers- Hands that Serve, Hearts that Care". At the very bottom, there is a small logo and the text "Sponsored by the Fort Carson Army Volunteers Group and the American Red Cross in celebration of National Volunteer Week 2015. For more information, contact Joy Barstis at (719) 526-1082 or the Gaby at (719) 556-9333."

March is Red Cross Month

Check the [Pikes Peak Chapter Facebook](#) for local events

15 April 2015 Volunteer Week 5K

Be Red Cross Ready Courses offered to groups free of charge! Call 720-556-9333

# Director and Partner Updates

## MOUNTAIN POST SPOUSES CLUB

### Spring Fundraiser

- Denim and Diamonds
- April 17<sup>th</sup> at the Elkhorn from 6-10 PM



### Welfare Applications

- Welfare Applications are due by April 1<sup>st</sup>
- Find the applications on our website at [www.mpsc.us](http://www.mpsc.us)

## FORT CARSON PARENT TO PARENT

### Military Week Family Camp at Trail West

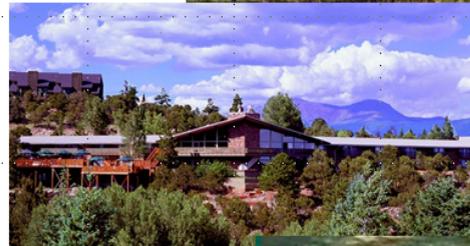
Who: Active Duty Soldiers & Families

What: *Military Week* Family Camp

When: 24-30 May, 31 May-6 June,  
9-15 Aug 2015

Where: Trail West - Buena Vista, CO

How: Apply at [www.militaryfamilycamp.younglife.org](http://www.militaryfamilycamp.younglife.org)



# Director and Partner Updates

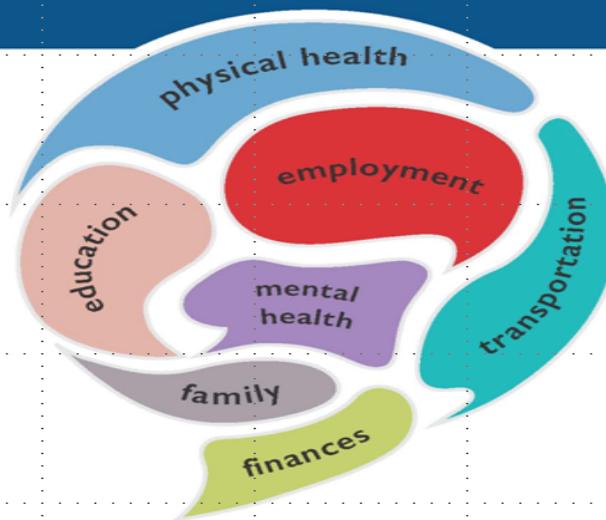
## MILITARY CAREGIVER PEER

### Are you a military caregiver?

Please join us in a conversation with your peers.

The **Caregiver Peer to Peer Support Initiative** wants to hear from you to:

- » **Learn** of the issues impacting your day-to-day;
- » **Hear** what your needs are; and
- » **Connect** you with other military caregivers.



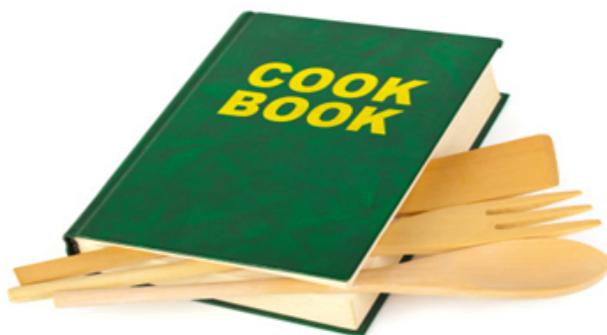
**DATE:** 24 March,

**TIME:** 1:30-3:30 pm

**LOCATION:** SFAC, 1481 Titus Blvd. Bldg. #7492

**PLEASE CONTACT:** [p2pfortcarson@gmail.com](mailto:p2pfortcarson@gmail.com)

## 4<sup>th</sup> ID COOK BOOK



The 4<sup>th</sup> ID Cook Book is now available. Cost is \$15.00 per book and you are able to purchase the Cook Book at the 4<sup>th</sup> ID Gift Store located in the HUB on Specker Avenue, open Tuesday and Thursday from 11-2. The 4<sup>th</sup> ID Cook Book is also available for purchase at the Tumbleweeds Gift Shop located at 1510 Chiles Avenue (in the same building as the Wing Stop), open Monday through Friday from 10:00 am to 2:00 pm.

## **You asked ... We Responded**

### **Questions and Answers from the March 2015 CIE**

#### **Comment for Evans Army Community Hospital:**

“Your appointment desk is telling people to go to the Emergency Room when there is no same day appointments left. Computer appointments are not helping because connection to the system takes too long and the computers are kicking people off line before the person can get an appointment”

#### **Comment Response from Evans Army Community Hospital:**

On Friday, 16 January 2015 TRICARE Online (TOL) deployed a completely redesigned Appointment Center. The intent behind this upgrade was to make it easier and faster for patients to book, cancel, and get reminders for PCM appointments, select self-referral appointments, and patient education classes. Unfortunately, during the upgrade process TOL experienced several issues with log-ins and slowing of the system. As of 23 March 2015, TRICARE Online was back on-line and fully operational for our patient population to enjoy the new user friendly web page design with all of the features anticipated in the upgrade. We truly appreciate your patience with this upgrade and hope that you will use the updated TRICARE Online as it offers a great opportunity to book next or same day appointments as well as access to additional patient information.

If anyone has an individual concern or difficulty scheduling, please contact the patient advocate office at (719) 526-7256 for assistance.

Fort Carson website, we invite you  
to take a look:

<http://www.carson.army.mil/>

**4th Infantry Division & Fort Carson**  
DIV FRSA 503-0025

**Army Community Service (ACS)**  
Director 526-0443

Family Advocacy Pgrm Mgr 526-4590  
Army Volunteer Corps Pgrm Mgr 526-1082  
Family Enrichment Pgrm Mgr 526-0460  
Exceptional Family Member Pgrm Mgr 526-0446  
Carson Cares 526-1949  
Survivor Outreach Services 526-0442  
Warrior Family Community Partnership 526-8747  
AFAP / AFTB 526-4590 / 526-8636

**American Red Cross**  
526-7144 <http://chapters.redcross.org/co/ftcarson>  
**Information:**  
Main Office 526-2311  
Hospital Office 526-7144

Wounded Warrior Programs 526-2311

**Army and Air Force Exchange Services**  
AAFES Manager 576-6174

**Army Education Center** 526-4104

**Army OneSource**  
303-818-6242 , [www.myarmyonesource.com](http://www.myarmyonesource.com)

Free entrance to CO National Parks with DV ID  
SJA advancements—pro bono benefits

Key Partnership Forum

**Balfour Beatty Communities**  
491-8026

**Information:** Mountain Post Running Club every  
Wednesday from 4-6pm at The Hub.

**Big Brothers/Big Sisters of Pikes Peak Region**  
457-8404 [www.bebigpikespeak.org](http://www.bebigpikespeak.org)

**BOSS**  
524-2677, Office located at The Hub

**Civilian Personnel Advisory Center (CPAC)**  
Fort Carson Employment Information  
Bldg. 1118, Rm. 161 (AF), Rm 142 (NAF)  
526-6972 / 526-0478 / 526-5316

**Colorado Military Family Alliance (CMFA)**  
[pcstvn@aol.com](mailto:pcstvn@aol.com)

**Commissary**  
Store Manager 503-8300

**Customer Service Management**  
**USAG Plans, Analysis & Integration Office**  
Customer Service Manager 526-1706  
<http://www.carson.army.mil/cms/>  
<https://ice.disa.mil/>

**Directorate of Emergency Services**  
Director 526-1453  
Non-Emergency Dispatch 526-2333

**Directorate of Family and Morale, Welfare  
and Recreation (DFMWR)**  
Director 526-6452  
Complete Calendar at [www.mwrfortcarson.com](http://www.mwrfortcarson.com)  
**Business Division Chief** 526-6933  
Elkhorn Catering and Conference Center 576-  
6646

**Child, Youth and School Services**  
**Coordinator** 526-1333  
**Recreation Division Chief** 524-4417  
Sports and Fitness 526-2151  
**Events and Entertainment Coordinator** 526-  
4495 [www.facebook.com/CarsonMWRevents](http://www.facebook.com/CarsonMWRevents)  
[www.mwrfortcarson.com](http://www.mwrfortcarson.com)

**Directorate of Public Works** Director 526-3415

**Family Readiness Center 526-5199**  
[usarmy.carson.forscom.mbx.family-readiness-center@mail.mil](mailto:usarmy.carson.forscom.mbx.family-readiness-center@mail.mil)

**Fountain-Fort Carson School District 8**  
Superintendent 382-1310

**Military Child Education Coalition/ Parent to Parent**  
375-0548. [Co\\_parent2parent@yahoo.com](mailto:Co_parent2parent@yahoo.com)

**Mountain Post Spouse's Club**  
[MPSpousesClub@gmail.com](mailto:MPSpousesClub@gmail.com)  
**Info:** Submit board position nominations to above email.

**Pikes Peak Area Council of Government**  
<http://pikespeak.networkofcare.org>  
Military impact planning, Service Directory, Library, Social Networking, Legislate, Assistive Devices, Nation- wide News

**Protestant Women of the Chapel**  
[pwocadmin@gmail.com](mailto:pwocadmin@gmail.com),  
[fortcarsonpwoc.wordpress.com](http://fortcarsonpwoc.wordpress.com)

**Religious Support Office** 526-5279

**School Liaison Officers:**  
School Dist: School of Knowledge, Inspiration, Exploration & Skills Unlimited 524-2896  
School Dist: 12, 20, Private & Parochial 526-3362  
School Dist: 22, 23JT, 28, RJ-1, 60-JT,200, Douglas  
County, 53JT 526-1071  
School Dist: 2, 3, 8, 14 524-0642

**Thrift Shop**  
Bldg 305 on Tevis St.  
Tues-Thurs 1000-1430, and First Saturday of the month Jul – Sep

**USA MEDDAC Fort Carson**  
MEDDAC CDR 526-7500  
Appointment Line: 524-/526-CARE (2273)

**USO Manager** 579-9699  
1625 Ellis St., Bldg 1218  
**Information:** Mon-Fri: 1100-2100, Sat: 1200-1800  
Lunch: 1100- lunch runs out  
Dinner: 1800- 2030, Hot dogs, brats or burritos  
WiFi Internet Café, Movie Theater, TV Lounge, Snack Bar & Patio, Karaoke and Special Events, Gaming Areas, Xbox, Pool Table, Poker Tables, Conference Room, Children's learning center and more...

**United States Postal Service** 360-9667  
Fountain Post Office 382-4625  
Security Post Office 570-5450  
Cheyenne Mountain Post Office 570-5472

**VETCOM**  
Vet Treatment Facility NCOIC 526-9841  
Microchip and register all pets 526-3803

**Next CIE**  
**Thursday, 30 April 2015**  
**Time: 9:30 pm – 11:00 am**  
**Location: The SEC**