



A DHR, ASAP, EAP WELL-BEING TEAM PRODUCT

INSIDE THIS ISSUE



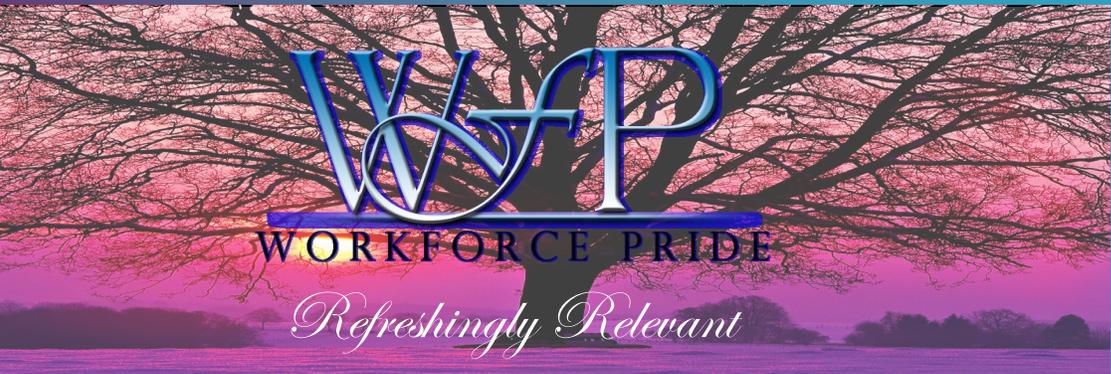
HELP TO THRIVE IN AGING AND RETIREMENT 2



STRESSED? TOUCH DON'T YELL 5



THE "SKINNY" ON MANAGEMENT 9



Soldiers Gather to Strengthen Resiliency, Combat Stress



Butch the Resiliency Builder

KHOWST PROVINCE, Afghanistan (Dec. 14, 2012) - Chaplains from the 3rd Brigade Combat Team "Rakkasans," 101st Airborne Division (Air Assault), gathered in a briefing room at Forward Operating Base Salerno, Afghanistan, for an extensive two-day training event aimed at increasing individual resiliency, Dec. 5. Seven religious support teams, or RSTs, made up of chaplains and their chaplain assistants from across Paktya and Khowst provinces, came together. These RST's work hard to provide moral, ethical and spiritual leadership to their units. On a weekly basis, they care for hundreds

of Soldiers from diverse backgrounds and provide counseling for issues ranging from interpersonal relationships to combat stress. They can often be found caring for the wounded and offering encouragement during crises. "Whether a Soldier is religious or not is irrelevant," said Staff Sgt. Eric Esposito, the brigade chaplain's assistant. "There is a misconception that chaplains only help Soldiers of certain faiths. We're here to take care of all of our Soldiers, no matter what they believe." Chaplains and their assistants serve as the first line of defense for the emotional and spiritual needs of Soldiers deployed in combat. That responsibility can take a toll. Most of these RST's are constantly on the road, visiting troops spread out over an area the size of Vermont. "Many chaplains serve as machine-like caregivers," said Capt. Willie Newton, the chaplain for 3rd Special Troops Battalion, 3rd BCT. "Sometimes we need a hiatus from operations." During this two-day event, the RST's received focused instruction in self care to help sustain them through the remaining months of their deployment. Classes were taught by other chaplains, the brigade's behavioral health

provider, physical therapist and the master resiliency trainer. "Compassion fatigue and burnout is a very real problem," said Capt. Justine Majeres, the brigade psychologist. "Chaplains are always caring for others, so who cares for the caregiver?" Majeres provided the RST's with in-depth assessment tools and training designed to help maintain a sense of satisfaction and energy in their work. "We walk a real tight-rope in our work," said Capt. Erik Alfsen, a chaplain from 3rd Battalion, 187th Infantry Regiment, 3rd BCT. "We want to pour everything we have into our Soldiers, but we need to have something left to give." "Maintaining our own spiritual, physical, mental and emotional health is the key. Training like this gives us the chance to refocus and take a knee," he said. "As spiritual leaders we need to remember that when life brings us to a knee, we're in the perfect position to pray. (from www.army.mil)

2013: Welcome to Increase

Although we have said goodbye to 2012, we are now experiencing the aftermath of the holidays. Increased debt, increased anxiety, and increased payroll taxes!! Wow! What a way to start the new year! Well, we can't avoid the changes, so I suggest that we wallow in the increase. Let's make a deal to increase our resiliency, our financial stability, and our skills embracing the abundance of a new year!! Join me and kick back to learn how to do so within this edition of Workforce Pride.



Winter Health

CDC Says "Take 3" Actions To Fight The Flu

Flu is a serious contagious disease that can lead to hospitalization and even death. CDC urges you to take the following actions to protect yourself and others from influenza (the flu):

Take time to get a flu vaccine.

- CDC recommends a yearly flu vaccine as the first and most important step in protecting against flu viruses.
- While there are many different flu viruses, a flu vaccine protects against the three viruses that research suggests will be most common. (See upcoming season's [Vaccine Virus Selection](#) for this season's vaccine composition.)
- Everyone 6 months of age and older should get a flu vaccine as soon as the [current season's vaccines](#) are available.
- Vaccination of [high risk persons](#) is especially important to decrease their risk of severe flu illness.
- [People at high risk of serious flu complications](#) include young children, [pregnant women](#), people with chronic health conditions like asthma, diabetes or heart and lung disease and [people 65 years and older](#).
- Vaccination also is important for [health care workers](#), and other people who live with or care for high risk people to keep from spreading flu to high risk people.
- [Children younger than 6 months](#) are at high risk of serious flu illness, but are too young to be vaccinated. People who care for them should be vaccinated instead.



Take everyday preventive actions to stop the spread of germs.

- Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash after you use it. Wash your hands often with soap and water. If soap and water are not available, use an [alcohol-based hand rub](#).
 - Avoid touching your eyes, nose and mouth. Germs spread this way.
 - Try to avoid close contact with sick people.
 - If you are sick with flu-like illness, CDC recommends that you stay home for at least 24 hours after your fever is gone except to get medical care or for other necessities. (Your fever should be gone without the use of a fever-reducing medicine.)
 - While sick, limit contact with others as much as possible to keep from infecting them.
- See [Everyday Preventive Actions](#) and [Nonpharmaceutical Interventions \(NPIs\)](#) for more information about actions, apart from getting vaccinated and taking medicine, that people and communities can take to help slow the spread of illnesses like influenza (flu).



Take flu antiviral drugs if your doctor prescribes them.

- If you get the flu, antiviral drugs can treat your illness.
- Antiviral drugs are different from antibiotics. They are prescription medicines (pills, liquid or an inhaled powder) and are not available over-the-counter. Antiviral drugs can make illness milder and shorten the time you are sick. They may also prevent serious flu complications. [For people with high risk factors](#), treatment with an antiviral drug can mean the difference between having a milder illness versus a very serious illness that could result in a hospital stay.
- Studies show that flu antiviral drugs work best for treatment when they are started within 2 days of getting sick, but starting them later can still be helpful, especially if the sick person has a high-risk health or is very sick from the flu. Follow your doctor's instructions for taking this drug.
- Flu-like symptoms include fever, cough, sore throat, runny or stuffy nose, body aches, headache, chills and fatigue. Some people also may have vomiting and diarrhea. People may be infected with the flu, and have respiratory symptoms without a fever.



Visit CDC's website to find out [what to do if you get sick with the flu](#) and how to care for someone at home who is sick with the flu.

It's a New Year so Bring It!



Thomas M. Easterly

Congratulations, Happy New Year, welcome to 2013. The end of one year and the start of another bring with it the opportunity and inspiration for new goals and objectives. Most people will start the year off with thinking in terms of happiness and relationships, our careers, and lifestyles. Things such as I want to: quit smoking, manage my money better, lose some weight, spend more time with the family etc... These are all great goals for the New Year. However, how do we keep them as a priority throughout the New Year? I hope these ideas help you to do just that. Think smaller achievable objectives each month. These will keep us on track to get

to our goal.

We must first start the year off on a positive note. Wow, it's a new year and I am pumped up. This is a good thing we are going to plan ahead for the full year. We are going to know "how to get there from here" based on a set of objectives that we design and can really follow. So, when you sit down and consider what objectives to set your goal let's focus on what may hinder you from achieving your goal and mitigate it immediately. For instance smoking, normally smokers hang out together during breaks at work. You will have to let your fellow smokers, friends, and family know that you have chosen to quit smoking and to respect your decision. For losing weight the same rules apply, let people know you want to lose weight and to be mindful of your decision and not ask you to go to place that do not have a "lite" menu. Small attainable objectives will get you to your New Year's goal. Every month set something aside as a reward for making it through that month successfully. What I do is set up my calendar and/or send a text to myself to remind me of things to help me meet my objectives. I wish every an awesome 2013 and may you accomplish all you have set out to do this year.

Tom works in the Garrison's Plans, Analysis & Integration office as a Senior Management Analyst. He is currently pursuing a Doctorate of Education.



Aging and Retirement for Dummies

Date: Wednesday, 30 Jan 2013

Time: 1300-1600

**Location: Reserve Center Bldg
3955 Cannoneer Field Road,
Room 129/130**

If you or someone you love is moving a little slower and if each new day brings new aches and pains, then this is the class for you. As we get older many of us face the same concerns regarding what the future may hold beyond employment and during the golden years. The ASAP has brought together experts to share advice, techniques, and strategies to help people stay vigorous and healthy as they grow older. They will explain how people can embark on a healthy lifestyle that will enable them to feel young, both mentally and physically, even as they're getting older. It covers tips and advice on choosing the ideal physician; starting an exercise program; learning to meditate; taking the right vitamins and herbs; dealing with or preventing heart disease, cancer, and dementia; replacing negative thinking with positive thinking; and building memory and learning skills. The talks will be followed by our panel of experts who will answer any lingering questions you may have. Learn to age youthfully by keeping a healthy mind, body, and finances. Be prepared to learn thrive at any age.

To reserve your spot in this special session, please RSVP at 2-4205/6306 or rashonda.labrador@us.army.mil



How Oklahoma Became a State



We know we belong to the land, and the land we belong to is grand!" - lyrics from Rodgers and Hammerstein's "Oklahoma!"

Oklahoma was acquired by the United States in the Louisiana Purchase of 1803. At the time, it was inhabited by Native American tribes such as the Arapaho, Caddo, Kiowa, Osage, Quapaw, and Wichita, among others. In the 1830s, Native Americans in the Southeastern regions of the United States, including what were known as the "Five Civilized Tribes" (Cherokee, Choctaw, Creek, Chickasaw, and Seminole) were forced from their lands and relocated via the "Trail of Tears" to what is now known as Oklahoma. The controversial Indian Removal Act of 1830 designated this area, along with anything west of the Mississippi but not part of Louisiana, Missouri, or Arkansas Territory, as Indian Territory. By 1890 more than thirty tribes inhabited land in Indian Territory. In 1889 the US government decided to open parts of the "Indian Territory" to settlers, and held several land runs through 1895. The most prominent of these was the Land Rush of 1889, which legally began at high noon on April 22, 1889. Two million acres were made available during that first land run and an estimated 50,000 people lined up for their share. However it was often found that prime selections of land had already been occupied by people who entered unclaimed territory before it was officially opened for settlement. The people who staked their claim prematurely came to be known as "sooners." In 1905, leaders from the Five Civilized Tribes met at a constitutional convention in an attempt to seek statehood. This convention assembled on August 21, 1905 in Muskogee. The Native American leaders who attended that convention were: General Pleasant Porter, General Chief of the Muskogee Creek Nation William C. Rogers, Principal Chief of the Cherokees William H. Murray, Chickasaw Representative Chief Green McCurtain, Choctaw Representative Chief John Brown, Seminole Representative Charles N. Haskell, Creek Representative

Convention members submitted that they should become a sovereign state, independent from that of the Oklahoma Territory, to be called Sequoyah. During this convention, a constitution was drafted, along with a plan for the governmental body and outlines for counties. Delegates were elected to petition the U.S. Congress for statehood. This proposal was denied by the federal government. After the first attempt at statehood failed, Murray suggested that the Indian Territory work with the Oklahoma Territory and try again. Another constitution was drafted, using much of the original Sequoyah constitution, and the government was petitioned once again to grant statehood, this time to Oklahoma. On November 16, 1907, President Theodore Roosevelt signed the proclamation that designated Oklahoma as the 46th state in the Union. Oklahoma still retains much of its rich heritage. The name Oklahoma itself is a derivative of two Choctaw words, "okla," meaning people and "humma" meaning red. Additionally, the nickname of Oklahoma is the "sooner state," referencing those who jumped the gun during the land runs of the late 1800s. Over 250,000 Native Americans from over 67 tribes live in Oklahoma, giving this state the largest Native American population in the country.

Ref: helium.com

Holiday Spending Recovery

By Stephanie Armel, Ft Sill TRADOC Risk Reduction Coordinator

Historically, January and February are known for months of high financial difficulty as the holiday bills come rolling in. This can cause stress at home and work and possibly contribute to many other unhealthy behaviors with impact the Army Mission. According to the experts at Thrifty Times, there is light at the end of the tunnel. Despite our resolve to "spend less next year," most of us overspend during the holiday season. Perhaps it's the twinkling lights that distract us from our bank balance, or the sugar high that makes us open our wallets with no thought to next year's finance charges. Whatever the reason, most of us will be paying for those stocking stuffers well into spring, and some of us will carry this year's splurges into the next season. Here are nine tips for a speedy recovery from holiday spending, and how to prevent overspending next year:



1. Return What You Don't Need or Want

Rather than hold on to duplicate gifts or gifts you do not want or need, exchange the gifts for items you need now or may need in the coming months, such as a birthday gift, or something your run out of regularly. Of course you can always return an unwanted gift for cash, and use it to pay down those hefty credit card bills.

2. Double Your Credit Card Payments

Finance charges add up faster than you can blink, and you may end up paying \$50 for a pair of socks before you're through paying off your cards. The best solution is to pay off the balance of your cards when the statement comes this January, but that is not possible for many families. Instead, curb enough expenses to double your payments each month, at least until the holiday expenses are covered.

3. Put a Cap on Entertainment Expense

Holiday movies, concerts, pageants, and the ubiquitous DVDs and other media gifts are enough entertainment to last you – and your kids – for more than a little while. In order to raise some cash to pay off your cards, put a moratorium on going out to dinner, movies, and purchasing unnecessary items, at least through January. Instead, institute game night, book club, or an outdoor activity. Replacing the same old expensive fun with exciting new (free) fun helps to take the sting out of staying on budget.

4. Do Your Taxes

If you are one of the lucky few that actually receives a refund each year, do your taxes as soon as you receive all of your forms from employers, investment companies, and banks. Use the refund to pay down debt, or, if you have a good handle on that already, use it to invest in next year's holiday.

5. Do Your Spring Cleaning Early

Spend a weekend sorting through all of those tucked away boxes and bags and pull out anything you haven't used in a while, or don't want anymore. Take digital photos of the gently used items and put them up on eBay for auction. For larger items, such as furniture, exercise equipment, or even collectibles, you could also post an ad for free on Craig's list and sell it locally. Another benefit of spring-cleaning is all of that "found money" lying about. Use the proceeds of your cleaning adventure to pay down holiday debt.

6. Hit the Sales

If you have a little extra cash (not credit), sit down with the sales circulars and make a list of items you may need for next year. Post-holiday sales can save you as much as 75%, which will help you keep costs down next year. Pick out next season's holiday cards, purchase ornaments, gloves, and hats as gifts; and stock up on lights, decorations, and wrapping paper.

7. Make a Plan

Holiday spending can get out of hand when you don't have a plan. Chances are, you will have the same people to buy for next year, so make a plan now for how much you would like to spend and ideas for gifts. In the coming months, take advantage of sales and pick up gifts on your list as you go. Your spending will be spread out, and you are less likely to pay full price for certain items. Remember to pay cash!

8. Revive The Christmas Club

The first free moment you have in January, go to your bank and open up a Christmas club savings account. It may sound old fashioned, but it is a simple way to save for the holiday. The bank will take out any amount you specify, as often as you like; usually once a month. Even if it's only fifty dollars a month, by December you will have saved \$600 towards your holiday expenses.

9. Set Up A Family Exchange for Next Year

Gifts for extended family can get way out of hand, and we rarely budget for it in advance. Start talking with your family now about cutting costs. A family exchange is a fun solution most people would agree to. Each family is matched up with another family, and is given a dollar amount to spend. It takes the guesswork out of deciding how much to spend, and it can be fun to see what everyone comes up with!

The holidays are a time to celebrate traditions and family. Financial stresses put a cloud over the festivities, and make it difficult for you and your family to enjoy the season. By taking steps to plan for the holidays financially, you can keep the focus on what is important, relax and have fun and become financially responsible for your future.

JANUARY 2013

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Well-Being Center (WBC) is located at 3415 Miner Road		1  Gambler's Anonymous (WBC, 1800)	2  Alcoholics Anonymous (WBC, 1900)	3	4	5
6	7	8  Gambler's Anonymous (WBC, 1800)	9  Alcoholics Anonymous (WBC, 1900)	10	11	12
13	14	15  Gambler's Anonymous (WBC, 1800)	16  Alcoholics Anonymous (WBC, 1900)	17	18	19
	ADAPT (WBC 0800-1600)				Training Holiday	
20	21  Federal Holiday	22  Gambler's Anonymous (WBC, 1800)	23  Alcoholics Anonymous (WBC, 1900)	24	25	26
27	28	29  Gambler's Anonymous (WBC, 1800)	30  LJPL Recert (0830) Alcoholics Anonymous (WBC, 1900)	31		
Sunday Brunch, Patriot Club, 1000hrs		ASAP Community TRAINING (Well-Being Center, ASAP 0900-1600)				

Click to join ASAP on Facebook



Click to visit our ASAP Website

For more news, check out the Cannoneer!

the **Cannoneer** Online
sill-www.army.mil/cannoneer

Winter Quarter ASAP Community Training

Tuesday, 29 Jan 2013 (location: Well-Being Center, ASAP 3415 Miner Road, Room 106)
0900-1100: Employee Assistance Program
1330-1530: Suicide Prevention

Wednesday, 30 Jan 2013
0900-1100: Leadership Lesson: Trending Styles (location: Well-Being Center, ASAP 3415 Miner Road, Room 106)
1300-1600: Aging and Retirement for Dummies (location: Reserve Center, 3955 Cannoneer Field Road Room 129/130)

Thursday, 31 Jan 2013 (location: Well-Being Center, ASAP 3415 Miner Road, Room 106)
0900-1100: Workforce Engagement: Motivating the Unmotivated
1330-1530: Healthy Sleep: Your Body Deserves it!

For more community events, activities, and trainings, check out the MWR and ACS websites: (click on logos)



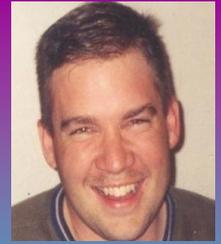
Looking for more to do?



Check out the Community Calendar.

Technology Assists with Stress Management

Life focus



SUICIDE PREVENTION PROGRAM COORDINATOR (SPPM)
ROBERT DODRILL

Is your temper short? Are you anxious? Find it hard to concentrate? What about your sleep habits — sleeping too much or too little? How about your mood — family and friends say you're pleasant to be around? Your answers to these questions may reveal a level of stress that needs attention.

Everyone experiences stress at times. The demands of life can be overwhelming, and the unique challenges common to military life adds even more pressure. In addition to external factors that can lead to stress (job demands, relationship difficulties, increased family responsibilities, financial issues), it's important to know that stress can be self-generated (negative self-talk, unrealistic expectations, always needing to be in control, seeking perfection). Whatever might be causing you stress there are steps you can take now to help reduce its harmful effects on your emotional and psychological health. Keeping that in mind, here are three mobile apps from **National Center for Telehealth and Technology (T2)** to help you manage and cope with stress effectively:

1. Identify and track stress with "T2 Mood Tracker"

Understanding your stress is easier when you identify triggers contributing to feelings of stress and anxiety. With the "T2 Mood Tracker" app, you can monitor, track and reference your moods and behaviors throughout a period of time, allowing you to see how environmental influences and life stress may be impacting your psychological health. Unique features make it easy to keep a record of your emotional experience for your own awareness, or to share with your therapist or health care provider. "T2 Mood Tracker" is available for **Apple** and **Android** devices.



2. Release stress with "Breathe2Relax"

Deep breathing releases the stress from your body because it helps activate the body's relaxation response. The "Breathe2Relax" app demonstrates and guides you through a series of breathing practices to help you physically calm yourself, providing relief for stress, tension and anxiety when you're in stressful situations. Practice the exercises regularly on their own or in tandem with clinical care directed by your health care provider. "Breathe2Relax" is available for **Apple** and **Android** devices.

3. Manage stress with "Tactical Breather"

Gaining control over your mental and physical responses to stress is eased through breathing techniques taught in the "Tactical Breather" app. This customizable stress management tool introduces you to the benefits of controlled breathing through tutorial and guided exercises. Primarily created for service members during intense combat situations, the app teaches you how to gain control of your heart rate, emotions, concentration, and other psychological and physiological responses to your body during any challenging situation in life. "Tactical Breather" is available for **Apple** and **Android** devices.

Everyone experiences stress differently, but we can all benefit from identifying sources of our stress and working to release and manage it effectively. For more healthy ways to deal with stress,

If you are in crisis: Call the toll-free National Suicide Prevention Lifeline at 1-800-273-TALK (8255), available 24 hours a day, 7 days a week. The service is available to anyone. All calls are confidential.

Outreach Center at 866-966-1020, **re-**
sources@dcooutreach.org or **live chat** and receive resources for free.

Avoid a Winter 'Brrr'eakdown



AAA releases holiday roadside assistance projections

Here are a few things to add to your list before heading out for your winter drive:

- **Antifreeze.** Check antifreeze annually to ensure it will withstand the winter cold. A 50/50 mixture of coolant and water will protect against freezing.
- **Windshield wipers and washer fluid.** Replace wiper blades if they do not clear the glass in a single swipe without streaking. Fill the windshield washer reservoir with winter detergent fluid to prevent freeze up.
- **Tires.** A tire loses about a pound of pressure for every 10-degree drop in temperature, so check the pressure frequently and maintain the recommended levels found on the driver's door jamb. Motorists should never reduce tire pressure in an attempt to increase traction on snow and ice. This does not work, and when the roads dry out it can cause excessive tire wear and vehicle handling problems.
- **Battery.** Oklahoma's summer heat puts auto batteries to the test, while our state's winter temperatures can quickly sap the energy that's left. Batteries don't always give warning signs before they fail, so test its strength and ensure connections are tight and free of corrosion to avoid an unexpected failure. **AAA Mobile Battery Service** comes to members for on-the-spot testing and installation.
- **Belts and hoses.** Replace drive belts that are cracked, glazed or frayed, as well as coolant hoses that are visibly worn, brittle, bulging or excessively soft. Check for leaks around hose clamps and at the radiator and water pump.

While preventive measures help keep motorists driving safely on the road, unexpected weather or vehicle problems may still arise and leave them stranded. AAA encourages motorists to update their **emergency roadside kit** for winter to include a mobile phone and car charger, blankets, a flashlight with extra batteries, a first-aid kit, drinking water, a small shovel, a sack of sand, cat litter or traction mats, windshield scraper and brush, battery booster cables, paper towels and emergency flares or reflectors.

Motorists seeking a trustworthy repair shop to help prepare their vehicle for winter driving are encouraged to visit one of **AAA's Approved Auto Repair** facilities. To find the closest facility, [click here](#).



DEAR FRAN

Dear Fran,
I am the sole provider for my aging mother. She seems to be having a harder and harder time remembering things. Last week, she did not even remember her grandkids. I think she is deteriorating fast and I just don't know how best to help her.



Fran Alltizer,
LCSW, ASAP Supervisor

Dear losing,
Thank you for sharing a problem that is fast becoming one of the most stressful events in family life. If you are lucky enough to have your parents live a long life, you have an opportunity to share an event that neither you, nor your parents ever wanted to face. More attention is being directed toward this problem due to the increasing numbers of parents who are living longer, but often at the expense of their children in terms of stress, coping skills and financial burden. I recently heard that many families opt to move their parents into their homes due to financial burden while trying to hold together any assets the parents might have been able to accumulate. Our current system of care for elders was designed years ago with a plan that only included 3 years of interventions once the senior could no longer safely live alone. Statistics are currently showing an average of 10 years and that in increasing due to technology which may increase life, but not necessarily, quality of life. One technique that may help you cope with the "loss" of the parent you use to know is to put yourself in their shoes. If you are stressed, imagine how it must feel to go from the "center of power" to very little, if any power. Often, concerned children make such a fuss over their parents continuing to have an active lifestyle, which it actually defeats the parent's ability to feel they can make wise choices. They consent to slow down to please their children, and it contributes to the slow-down of all brain and physical functions. That old adage of "use it or lose it" is not just an old saying. It has been proven many times over, that a brain and body has to stay active to function well. So, as frightening as it is for you, imagine how she must feel as she goes in and out of recognition and memory. Take a deep breath, have a long talk with your children about what is going on, and try to keep your surroundings as calm and stable as possible. Keep your mom's favorite things handy for her so she does not feel more disoriented than necessary. Remind her she is loved for all the time and effort she put into your life (if she didn't, that is a whole different letter) and have more patience than you would with your very best friend. Get her the best health care she can afford, make sure she takes her medications as prescribed (hide those from your kids) and stay informed about what the doctor is prescribing. Many symptoms, including forgetfulness in seniors, is caused by medications prescribed in incorrect dosing or combinations. There are many support groups in our area that deal with aging/coping with diminished capacity in loved ones. As you deal with your mother's issues, special attention should be paid to your own future aging. How do you plan to deal with the same issues for yourself? We have an Employee Assistance Program that can give you many more resources. Call us at 442-6069. Better yet, come to one of our special community trainings that focus on issues such as yours. The Well Being Center at 3415 Miner Road is presenting a special workshop on Aging and Retirement for Dummies on 30 January. It is a three hour presentation focused on how to make "aging in place" a reality when you find "seniorhood" is not just coming, but has arrived. Thanks for your question and please call if I can help you further.



Fran

If you have any questions or concerns that you would like Fran to address, please contact Fran through our ASAP Facebook page:



Busted!



Newsman **Sam Donaldson** is making headlines of his own. The former ABC News anchor was arrested on suspicion of DUI earlier this month in Lewes, Del., E! News has confirmed. Per local authorities, on Dec. 1 police stopped the 78-year-old shortly before 8 p.m. following a traffic violation, and an officer determined that the veteran newsman was intoxicated. Donaldson, a resident of McLean, Va., subsequently failed a field sobriety test and was arrested for driving under the influence before later being released. No word yet on when he's due back in court. Although Donaldson has officially retired from ABC News, he still occasionally contributes reports and commentary to the network's news programs.



ASAP Testimonial

I was sober for 7 years prior to Thanksgiving 2011. I was living one day at a time when suddenly loneliness set in. I was disconnected from my family, and I realized how being 3,000 miles away from my wife was really affecting me. It all started with a "feeling sorry for myself" drink. Then, a year later it escalated to a 1/5 of liquor nightly! I was exhausted, and I couldn't take it anymore. So, I went to a co-worker that I trusted, and they suggested that I go and speak with the Employee Assistance Program Coordinator. RaShonda Labrador referred me to inpatient treatment immediately and even found a place that provided a ride to their facility. I entered treatment, detoxed, and attended group sessions. Upon discharge, I received aftercare follow-up with the EAP. My experience with ASAP saved my life. And helped me to regain focus. RaShonda helped with a plan to start "virtually" chatting with my family online, meeting my family "halfway", and encouraged me to look for employment back at home with my family to help with my lonely feelings. Thanks to ASAP, my AA sponsor, and the support of my co-workers, I am sober again and plan to remain this way everyday!!





TEAM SPOTLIGHT



George Wolkow,
DPTMS Administrative Assistant

Favorite word: Thank you!

What is your least favorite word? Not my job!

What turns you on? Snow in Oklahoma during the Christmas holidays.

What turns you off? Lazy people.

What sound or noise do you love? Helicopters flying at Fort Sill.

What sound or noise do you hate? Car engine knocking.

What profession other than your own would you like to attempt? Professional photographer.

What profession would you not like to do? Police Officer.

Person you admire most, and why? Any person willing to help out without being asked to do so. In today's society, many people have an angle, want special recognition, or just are afraid of getting involved.

What is your ideal vacation?

Taking a few days and fishing with a friend.



January Brainteaser

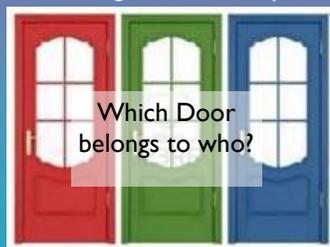
" Three children live at houses with different colored doors. What color door do they each have, what Number House do they live at and on what Road?

Child: George, Jake, Sophie

Door: Blue, Green, Red

Number: 1, 2, 3

Road: Bridge Street, Cherry Close, Sandy Lane



Which Door belongs to who?

[Answer in next month's issue](#)

Brainteaser



December Brainteaser Answer

Four angels sat on the Christmas tree amidst other ornaments. Two had blue halos and two - yellow. However, none of them could see above his head.

Angel A sat on the top branch and could see the angels B and C, who sat below him. Angel B, could see angel C who sat on the lower branch. And angel D stood at the base of the tree obscured from view by a thicket of branches, so no one could see him and he could not see anyone either. Which one of them could be the first to guess the color of his halo and speak it out loud for all other angels to hear? Answer

Solution 1

If angels B and C had aureole of the same color, then angel A must have immediately said his own color (other than theirs)

Solution 2

If angels B and C had different colors, then angel A must have been silent and that would have been a signal for angel B, who could know (looking at angel C) what his own color is (the other one then C had).

Ft. Sill Talks Back

WHAT IS YOUR NEW YEAR'S RESOLUTION FOR 2013?

To continue advancing in my military career. Be the best husband to my wife and best father to my son.



SGT Garcia, Felipe
B 2-4



Focus on spending more quality time with my family.

SGT Andrews, Sabreen
C Tab 26 Far

My New Year's resolution is to finish furnishing my house before my wife returns to the states.



SGT Spaulding, Charles
A 1-14 FA



To stop smoking- For the health of my children. Be debt free-Peace of mind and prepping my spot of gold for retirement. Communicate with my wife more efficiently -For the safety of our marriage and a better way of life.

SSG Ramos, Ruben

Wellness Window

10 Tips on How to Workout at Home



It's been endorsed by every major health organization in the U.S. as one of the most beneficial things you can do for your body. A half hour of moderate physical activity a day is the key to better health, experts say. The best diet in the world can only go so far in helping weight loss. To really see the effects of changing your eating habits (in having a tighter belt, that is), you need to rev up your body with physical exercise. So why does the word "exercise" bring a collective groan to dieters around the world? Maybe it's our mistaken impression that exercise is a chore, and a tedious, painful one at that. Here are 10 ways to exercise that should get rid of that impression once and for all, and make exercise something you can look forward to:

1. Take a walk through/around/in a favorite place.
2. Go out and play a game of tag with your children.
3. Go swimming.
4. Join an exercise class and turn exercise into a social activity
5. Find an exercise buddy.
6. Play ball.
7. Get a trampoline.
8. Go for a bike ride.
9. Start up a new active hobby..
10. Challenge yourself.

For more information regarding the **IMCOM & DOD Wellness Program** please click the following links:

[IMCOM WELLNESS](#)
[DOD WELLNESS](#)

Reference: www.chetday.com

Cooking Excellence

Cheese, Potato, and Smoked Sausage Casserole

Ingredients

- o 3 cups idaho potatoes, peeled, boiled and cut into cubes when cool, approx. 1 lb
- o 4 tablespoons butter
- o 4 tablespoons flour
- o 2 cups milk
- o 1/2 teaspoon salt
- o 1/4 teaspoon pepper
- o 1/2 lb Velveeta cheese, diced
- o 1/2 cup sharp cheddar cheese, shredded
- o 1 lb skinless smoked sausage (Eckrich is my favorite brand)
- o 1/8 teaspoon paprika



Directions

1. Cut skinless smoked sausage in half, lengthwise, and then chop into 1/2 inch "half moon" cuts. Cook in a frying pan for about 15 minutes, turning frequently to SLIGHTLY brown.
2. Meanwhile, put cooked & diced potatoes in 2 quart casserole. Add cooked meat and give it a gentle toss.
3. Mix all remaining ingredients (except for shredded cheddar cheese & the paprika) in a saucepan over medium heat until warm, melted and smooth. (Use a whisk and stir constantly.).
4. Pour white/cheese sauce over potatoes and meat. Sprinkle shredded sharp cheddar cheese on top, and then sprinkle paprika evenly over the top.
5. Bake in preheated 350°F oven for 35-45 minutes (watch, until golden brown on top).

NOTE: You can substitute: 1/2 lb. hot dogs, sliced into 1/2-inch slices OR 1/2 lb. ham diced into 1/2-inch dices OR 12 oz. can of Spam diced into 1/2-inch dices, instead of the smoked sausage.

PEACEFUL PLAZA: Make Time for Relaxation



Don't get so caught up in the hustle and bustle of life that you forget to take care of your own needs. Nurturing yourself is a necessity, not a luxury.

Set aside relaxation time. Include rest and relaxation in your daily schedule. Don't allow other obligations to encroach. This is your time to take a break from all responsibilities and recharge your batteries. Click to [RELAX NOW!](#)

Connect with others. Spend time with positive people who enhance your life. A strong support system will buffer you from the negative effects of stress.

Do something you enjoy every day. Make time for leisure activities that bring you joy, whether it be stargazing, playing the piano, or working on your bike.

Keep your sense of humor. This includes the ability to laugh at yourself. The act of laughing helps your body fight stress in a number of ways.



Take time to click [RELAXATION](#) to relax and communicate with your body through this body awareness guided imagery exercise.

Click: [RELAXATION](#) to relax and enjoy this month's featured "Peaceful Plaza Guided Imagery segment as provided through healthjourneys.com

Reference: the grindstone.com



By Jay Khalifeh

Manager's Memo: Time of Year to Get Leaner, Good for your "Wasteline!"

Not too many years ago manufacturers were enamored with another management technique called "Lean Management" It eventually married up with Six Sigma to be known as Lean Six Sigma and in the process became so complex and convoluted in alienated some. If your services are being rendered with consistent quality then a manager can put aside the "six sigma" part and focus on the "Lean" part to help in amazing and immediate

ways. Lean Management gave managers an opportunity to reduce costs, improve quality and speed of delivery of products and services by eliminating non-value added activity in any process by identifying and eliminating waste. Waste is defined as any activity that the customer is unwilling to pay for or one that does not change the form, fit, or function of a product or service. When managers have an opportunity to step back and examine a process they discover (according to some research) that up to 90% of the process is immersed and non-value added activities unimportant to the final customer.



How to fix it.

Take a process, let's say you manage an office that produces ID Cards for authorized recipients.. The process would consist of ; **verifying the individual is authorized to receive a card using DEERS, examining two forms of ID, taking a photo, fingerprinting, sequencing, printing a draft ID, having s customer review ID paper version, laminate, and issue the card.** Looking at that process a manager identifies eliminates non-value added steps.

Where waste is typically found:

Overprocessing-Say that we add more value to the card than the customer wants or needs. Say we make the card able to withstand temperatures of 50 degrees below zero. Most Oklahomans would neither need or want this and to insist on it is wasteful.

Motion-Let's say the ID card clerk does not have all the materials and equipment handy and must get up and search and gather items needed to issue a card. Any unnecessary movement of a person is non-value added and wasteful and managers would do well to minimize and/or eliminate it. The waste can be overcome by sorting what is needed and keeping it all within reach of the clerk.

Transportation- Any unnecessary movement of materials and equipment used to produce the card would be considered non-value added. This fits hand-in-hand with motion. For example, if supplies had to be transported supplies to the ID card office storage, when you can have it delivered directly to the individual..

Excess inventory- Having many ID cards in a Work In Progress (WIP) state or having money tied up in too many required supplies and the associated storage costs are an example of this. waste

Waiting- Say, in this example if before I entered the data the system was down or sequenced for 20 minutes and our customer had to wait before it was complete finding way to speed up the sequencing and authorizing will minimize delays and save you and the customer time.

Defects- If the ID card came out crumpled or badly smudged the ID will have to be re-printed taking time and money. Eliminating or minimizing mistakes will make the process faster and smoother.

Over -Production-Say the ID Card issuer decides that he/she will make ID cards for all of a unit, even if all unit members do not need one. This would result in the waste known as s overproduction.

Unused Employee Creativity-Losing time, ideas, improvements by not listening to the ideas of your ID Card issuer to improve the process. May also find us not making efficient use of the resource of labor

Getting leaner does not have to be so convoluted a process. Many quick wins can be made by simply taking time to know your customer needs, and looking carefully at any existing process to reduce waste. It could help your organization start the new year leaner and minimize the impact of staff shortages.

Workplace Etiquette 101:

Kitchen faux pas: Who ate my yogurt?

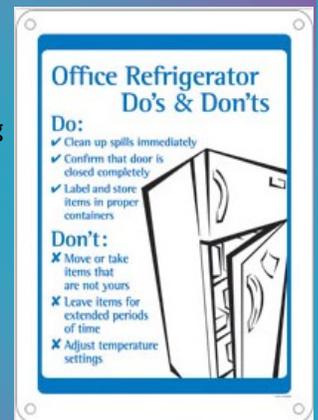
Some employees can tolerate co-workers' swearing and rude behavior, but don't even dream of touching their yogurt or ham sandwiches. The most offensive thing an office worker can do is steal colleagues' food from the office fridge, says a TheLadders.com survey of 2,500 U.S. employees.

A full 98% agreed that fridge raiding was unacceptable workplace etiquette. Respondents also cited, in order: bad hygiene, bad habits, drinking on the job, swearing, wasting paper, cooking smelly food in the microwave and using a BlackBerry in meetings.

Help everyone keep the fridge clean

The greatest mystery in many workplaces is what's lurking in the office refrigerator. Go beyond scheduling regular "use it or lose it" deadlines. Follow these tips:

- 1. Post a copy of the clean-fridge policy** on the refrigerator door, so no one will have any excuses.
- 2. Make it easy for people to label containers** with their names and expiration dates by keeping a marking pen and tape in the kitchen.
- 3. Promote safe food storage** by posting the USDA's cold storage chart.



It is Tax Time!!!

Capt. Joe Levin, Fort Sill Income Tax Assistance Center



FORT SILL, Okla.-- As 2013 begins, it is time to start thinking about filing income tax returns. The Fort Sill Income Tax Assistance Center (ITAC) will again assist Soldiers, retirees and their eligible family members with free preparation of federal and state tax returns and electronic filing. Filing returns electronically, or e-filing, means tax refunds will be directly deposited into bank accounts in as little as 10 days.

The military community is highly encouraged to use this free service, which will provide fast payment of tax refunds without the high cost of commercial tax preparer fees. Each year the free tax services at the ITAC save the Fort Sill community hundreds of thousands of dollars in tax return preparation fees while ensuring taxpayers receive every credit, deduction and exemption to which they are entitled.

The ITAC, located in the Welcome Center, Building 4700 Mow-Way Road, will hold a grand opening ceremony Jan. 17.

Operating hours will be Mondays through Fridays from 9 a.m. to 4 p.m. and Saturdays from 9 a.m. to 1 p.m. From the opening of the tax center through Feb. 22, returns will be prepared on a walk-in basis. Anyone signed in by 4 p.m. will be seen that day. Appointments begin Feb. 25. Scheduling an appointment is a great way to avoid the long lines that may occur on walk-in days. For those planning to come Saturdays they should expect a longer waiting time.

The ITAC is intended to serve the entire Fort Sill community. If you have complex tax returns, make sure you come prepared with all appropriate documents. The ITAC is prepared to complete tax returns for owners of rental property who have a depreciation worksheet with appropriate documentation. Tax center volunteers can also handle stock sales as long as the cost basis of the stock is known, and it is not a wash sale. The ITAC can process Schedule C-EZ and C returns up to \$5,000.

There are some limitations on the ITAC's ability to process tax returns for business owners and those who are self-employed with subordinate employees, inventory or seeking to report losses from the business. This should affect a small minority of clients, and individuals are encouraged to contact the ITAC if they are unsure if this would apply to them.

All ITAC customers must show a valid military ID card to receive service and should ensure they have all their information before filing tax returns, including a copy of their prior year's tax returns if possible.

For more information, call the client services office at 442-5058/5059.



Reference:

Looking for a Quick Lunch Pick-up?



Impact Zone has reopened their drive-thru window!! Andrew Duffy picks up his lunch from Patricia Arnold at the Impact Zone's newly reopened drive-thru window Jan. 4. The window is open from 7:30 a.m. to 1:30 p.m. Monday through Friday. Call 442-6630 and place your lunch order and then use the pick-up window to save time and traffic hassles. Anyone ordering breakfast at the window who says they read about it in the Cannoneer will receive a free coffee with their breakfast.



EAP FUNNY CORNER



What is going on? Click [HERE](#) to see!!
Thanks to Just for Laughs you won't be disappointed.

Reference: Youtube.com

US ARMY GARRISON FORT SILL



MISSION

To provide Soldiers, Civilians, Retirees and their Families with a secure installation, consistent and efficient services, and quality facilities and infrastructure .

VISION

With current fiscal reality, to maintain our quality services and infrastructure across the installation. To maximize available resources and to foster positive relationships with those living and working on Fort Sill as well as with our surrounding communities.

INTENT

To develop an environment that becomes a model for integrating organizations into common footprints, thereby becoming true stakeholders of the installation. To empower Organizations by instilling pride in ownership and providing a voice. To transform the Garrison while capturing efficiencies and promoting fiscal responsibility. To maintain an environment that enhances safety, well-being, and readiness; a place of limitless opportunities to develop both personally and professionally.

Stay Financially Fit with Money Making Options

DALLAS (CBSDFW.COM) – Although Congress voted to keep Americans from going over completely over the fiscal cliff, with income tax increases targeting only the country's top earners, there is one tax increase almost every American household will see. It's one many taxpayers didn't even know was on the horizon. At the first of the year, a tax rate passed during the Obama administration will expire, and it will add up to less money in the paychecks of every American worker. Social security deductions and payroll taxes are going up, while take home pay will go down. Greg Carver, an employer tax specialist for Ernst and Young explains that every American worker received a two-percent cut in the payroll tax two years ago thanks to the Obama stimulus plan. That reduction expired this week. "If an individual earns 50-thousand a year, you'll see an increase of 100-dollars a month," he says. Yearly, an average of 12-hundred dollars extra will be deducted. So while most workers were spared an income tax increase, they will be hit with another tax that will reduce the amount of money in their paychecks. Now that the President and Congress have reached a tax deal to avert the "fiscal cliff", many Americans are breathing a sigh of relief as most income tax rates will remain in place and certain benefits on which many Americans have depended have been extended or made permanent. Still, one major perk has gone away -- the payroll tax cut for most U.S. workers expired on December 31. This year, workers will see a two percent increase -- from 4.2 percent to 6.2 percent - in their payroll taxes from 2012 levels. This amounts to a reduction in an annual income of \$1,000 for the typical U.S. family earning \$50,000 a year. In addition, those workers who have been laid off in recent months or had work hours cut are certainly feeling a pinch. If you are among them -- or worried that you soon may be -- the start of the New Year is a great time to take the future of your financial situation into your own hands. Start searching now for ways to make extra cash to simply pay for the increasing expense of just living. These strategies and "side gigs" may help you ease any financial strain:



1. Cash in gift cards. Tired of shopping? Don't need any more gifts? You may be used to holding onto gift cards for months - or years. Maybe you even used gift cards to purchase presents over the holidays. But if you need some extra cash, resale companies are happy to take them off your hands. At Card-Pool.com, you can get up to 92 percent of the card's value - and you don't have to pay a fee. Also check out PlasticJungle.com, which will also pay you for your gift card, either by check or a deposit into a PayPal account.



2. Work extra hours at a part-time job.



Snaga-Job.com is just one of the great resources for finding part-time jobs, offering opportunities for work on an hourly basis. Pay generally ranges from \$10-\$11 an hour. Just because the holidays are over doesn't mean there are not jobs out there, especially in retail. Restaurants and food services, health-care and personal care are other top industries for hourly workers, according to SnagaJob.com.

3. Putting More Cash in Pocket: Epperson Sharon Epperson looks at other ways you can earn extra cash as Americans brace for higher tax rates in light of the fiscal cliff deal. If you're in a big city, check out TaskRabbit.com to find odd jobs that can help you to earn extra cash. Task Rabbit is a service offered in about a dozen major metropolitan areas that connects people who are willing to pay for jobs with people who have the skills to perform them. Here's how it works: Someone who needs a package hand-delivered posts the task on Task Rabbit. You bid on the job, and if you're the lowest bid, you'll be assigned to make the delivery. You get paid by the person who hires you, minus a service fee.

4. Start an online store. Turn your hobby, skills or expertise into a part-time business. Set up your own "online store" by selling products on Amazon.com, eBay.com or relative newcomer Etsy.com, an online marketplace for handmade jewelry, crafts and other goods, as well as vintage items. Etsy charges 20 cents to list an item for four months. When your item sells, you'll pay a 3.5 percent transaction fee. You can customize your shop with a banner, profile, shop policies and more. You'll get your own URL for your Etsy shop, based on your user-name.



5. Hold a virtual garage sale. Post your listings for furniture or whatever you'd like to sell online or on a smartphone mobile app like Geoli.st. Essentially a Craigslist for your mobile phone, Geoli.st is a free app that offers virtual classified ads on the best deals near your location. Geoli.st deploys a location-based technology so that people in your area will see your product for sale (photo, description and price). Since you're selling to buyers in your area, you can avoid shipping to far away places and get paid in person.



6. Sell your knowledge. Calling all teachers! Sell your original lesson plans, exams, teaching guides and worksheets. TeachersPayTeachers.com is a website that lets you upload your original files to its catalog and set your own price. Basic membership to join the site is free and you'll get a 60 percent royalty on gross sales, paid to you quarterly through Paypal. Another way to sell your smarts is to take up tutoring. Peer2Peer (part of AristotleCircle.com), matches students and tutors (ages 16 years old or older). Pay ranges from \$12-\$15 an hour and, generally, you have to be able to work at least three hours a week. You can take tutoring and teaching to a whole new level at Udemy.com, a website that lets you post a video of your course and pays you for your offerings. You set the price for your course and keep 70 percent of the sales. With an audience that has grown from fewer than 100,000 users to over half a million in the past 12 months, it can pay a pretty penny. A course on the art of black and white photography, one of about 6,000 offered, has about 1,000 students and the instructor of the course has made over \$30,000, according to Udemy COO Dennis Yang. The instructor for Copy Writing 101 made over \$40,000 and "How to become a web developer from scratch" is such a popular course -- with over 5,000 students -- the instructor quit his day job to teach full-time and has made over \$300,000.

Less Than Half of 65-year-olds Are Fully Retired



Among Baby Boomers born in 1946 who turned 65 in 2011, "almost twice as many ... stated that they were fully retired as were working full-time at age 65 (45% versus 24% respectively)," according to a 2012 MetLife report. MetLife. (2012). Transitioning into retirement: The MetLife study of Baby Boomers at 65. from www.metlife.com.

Eight out of Ten Small Business Owners Say Older Workers Are as Productive as Younger Workers

Among small business owners in Canada, "eighty-five per cent say that workers 65 years and older are just as productive as younger workers" and 79 per cent concur that senior workers have the required level of energy and ambition for their jobs," according to a 2012 survey by the Investors Group. Retrieved from www.investorsgroup.com



EAP INSPIRATION STATION:

Strength, Courage, and Confidence



Joel Osteen
Joel Osteen

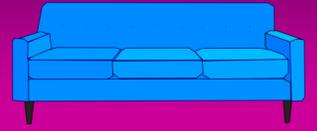
For most people, a new year brings two ideas of what the year might hold — two opposing forces that wage war in your head. One is “I can” and the other is “I can’t.” “I can’t” is one we all know very well. I can’t lose weight. I can’t see a way out of my situation. I can’t get that promotion. I know I’ve personally heard my share of those thoughts. But today I have good news. God has designed a full year of new dreams for you, fresh possibilities and unseen potential. I want to give you two words that can change the course of your life. Today, I want you to say this out loud: I can! You can see your long-standing dream fulfilled. You can overcome

that obstacle. You can climb to new heights. You can realize your destiny. I’m not talking about bragging in your own abilities, and I’m not talking about merely a self-help technique. I’m talking about knowing who you are in Christ and trusting what He says in His Word is true. Philippians 4:13 says: I can do all things through Christ who strengthens me. As a child of the Most High God, “I can” is your promise. As a believer in Christ, you have the Spirit of the Living God inside of you. There is an “I can” in your future! When the Apostle Paul wrote, I can do all things through Christ who strengthens me, he wasn’t in a church or a fancy cathedral. He wrote one of the boldest, most encouraging promises in Scripture from a jail cell. Paul chose to declare, “Through Christ, yes, I can.” The same is true for you today. The obstacles that are in your life, the things you think you can’t do, are just new opportunities for God to display His power in you. What “I can’t” will you turn into an “I CAN!” in 2013? Remember, through Christ and the strength, courage and confidence He gives you, you can accomplish anything.

I can do
All Things
 through
Christ who
STRENGTHENS
 me

- Philippians 4:13

The “Character” Couch: Faith



Part of Speech:

noun

Definition:

Complete trust or confidence in someone or something. Strong belief in God or in the doctrines of a religion, based on spiritual apprehension rather than proof.

Synonyms: belief, trust, confidence, credence, credit

Weight Loss Inspiration



I had weight loss surgery in September 2011 at age 47. I’ve lost 174 pounds since my highest weight and 142 pounds since surgery. I go to monthly support group meetings and have been asked by my doctor to lead a support group in my area for his patients and patients of another bariatric surgeon in his area. I’m

working on becoming a board certified bariatric counselor and I’m often asked about my weight loss journey.

There’s so much to say that I don’t even know where to start and what to include. My weight has been a source of pain for me for many years, going back to my childhood. I was a teenager when I attempted my first official diet, which was Weight Watchers. I went on to attempt Weight Watchers several more times before having weight loss surgery. I also attempted two physician-directed weight loss programs. To make a long story short, my weight loss with each of these programs was unsuccessful. I would either maintain weight without losing or lose weight so incredibly slow that I became frustrated and lost interest. I remember visiting with my endocrinologist about my thyroid disease and asking him to increase my thyroid medication to help me lose weight. He told me that I had been dealt a bad card in life, and if I lost ½ pound a week I needed to be happy and accept it. He stated that he could not increase my thyroid medication due to fear of toxicity. Long before that visit with my endocrinologist I would pray almost nightly that God would help to get the weight off. At one point I became so frustrated that I vowed to never diet again and just maintain the weight. However, when I stopped focusing on losing weight I gained weight. It seemed that everything was hopeless.

I don’t remember when I first heard about weight loss surgery. I do remember thinking “no way, I like eating too much,” and “who would ever do that?” I also thought people who had weight loss surgery were risking death, that there was no guarantee, and that these people would just gain back what they had lost. Obviously I wasn’t where I needed to be in my head to have weight loss surgery for many years. However, I continued to pray almost nightly for help.

I often tell people that no one wakes up one morning and decides to have weight loss surgery. However, if God is involved in the process all along the answer does seem to come in the blink of an eye, when He knows that you are ready to receive it. That’s what happened to me. I truly believe that if it wasn’t for God I wouldn’t be where I am today. However, my journey isn’t over. God gave me the help I so desperately needed. Now it’s my turn to live a healthy lifestyle. Thank goodness I’m not in it alone.



Anonymous

YOU CREATE
beauty WITH
YOUR ATTITUDE
YOUR BEHAVIOR
YOUR ACTIONS
IT'S ALL UP TO YOU

START A NEW TRADITION IN 2013

PAY IT
FORWARD



Always pay it forward and never forget to pay it back. It's how you got here and it defines where you're going...

COME VISIT US AT:

Well-Being Center, ASAP

3415 Miner Road
Ft. Sill, OK 73503

Phone: 580-442-4205
Fax: 580-442-5704

E-mail: rashonda.labrador@us.army.mil

Facebook: <http://www.facebook.com/pages/Lawton-OK/Fort-Sill-Army-Substance-Abuse-Program/115638415119642>

Website: <http://sill-www.army.mil/USAG/DHR/ASAP/>

YOUR EAP IS READY TO SERVE

EAP Services to Employees and Supervisors:

- Assessment, problem identification, and short-term counseling/intervention.
- Referral for treatment and rehabilitation to appropriate community counseling/treatment resources.
- Follow-up services to aid an employee in achieving an effective readjustment to his or her job after treatment.
- Training and education for supervisors and employees about alcohol and drugs.

EAP Services to the Installation Organization:

- Training and consultation for supervisors and managers on how and when to make proper use of EAP services for improving employee performance and conduct.
- Consultation to management about trends in employee needs, work groups, and related concerns dealing with work/life/wellness support programs.

Sneak Peek: What to Expect Next Month

LOVE IS IN THE AIR

COME JOIN THE FUN!

ANGRY?SOMETHING ON YOUR MIND?



February always provides a refocus on love. In turn, love kindles the blossom of spring. I just "adore" this time of year!! The next edition of Workforce Pride will be focused on getting ready for the upcoming seasonal growth in self, relationships, and finances. 2013 is well on it's way to being a FANTABULOUS year!!

I hope to see you out at the Winter Quarter ASAP Community Training that will be held 29-31 Jan 2013. Please check out Page 4 for more details.

Then contact us to use your anger positively. contact us if you HAVE ANY SUGGESTIONS!! Your comments will be greatly appreciated!!! Contact me at 580-442-4205/6306 or at rashonda.labrador@us.army.mil.

I look forward to hearing from you!!

[RaShonda M. Labrador, MS, CEAP](mailto:rashonda.labrador@us.army.mil)
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rashonda.labrador@us.army.mil

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