



WELL-BEING
CENTER, ASAP
3415 MINER RD
FT. SILL, OK 73503

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WORKFORCE PRIDE

DHR, ASAP, EAP Newsletter

VOLUME 1, ISSUE 2

22 OCTOBER 2010

Workforce Engagement: The Time is Now

Effective 1 Oct 2010, the Fort Sill Workforce Engagement SOP was implemented into the Garrison Command. This SOP is the first to be developed and adopted by any Army Installation. Based on the book "First, Break All the Rules" by Buckingham and Coffman, this SOP was erected by Mr. Jay Khalifeh, ADCO and supported by Mr. James Miller, Director, Human Resources. It was recognized that more is needed for an employee to want to excel at work. In order to achieve excellence, a roadmap for success had to be put into practice. For those that work within DHR, this workforce engagement initiative is not new.



This SOP has been in effect since 2009 within the DHR community. It has proven that with supervi-

sory effort, employee engagement is obtainable.

WHAT IS AN ENGAGED EMPLOYEE?

An engaged employee is an employee that is emotionally and intellectually connected to their work. Engaged employees desire success for their organization because they feel connected emotionally, socially, and even spiritually to its mission, vision, and purpose.

WORKFORCE ENGAGEMENT

The workforce engagement program is intended for managers and supervisors of one or more DA employees. Workforce engagement is a continual process that provides every employee the opportunity to be successful and to recognize their full contribution to the organization through their employment.

CIVILIAN WELL-BEING OFFICERS

A big role within the workforce engagement initiative is filled by the Civilian Well-Being Officer. This person is very important in the organization as they will be trained and certified to ensure that Garrison engagement initiatives are executed at the organizational level. The CWBO will work closely with the ASAP and various garrison support offices to ensure that organizations optimize opportunities for engagement and life enrichment.

A BETTER PLACE

The engagement initiative is to nurture an intrinsic desire and passion to excel because of the manager's ability to capture an employee's mind and heart. When one feels as if they matter in the workplace, a better environment is created instantly.

Month of Increased Awareness



October is the month of awareness for Breast Cancer and Drugs. Therefore, this month's newsletter is decked out in red and pink in honor of Red Ribbon Week and Breast Cancer Awareness Month.

BREAST CANCER AWARENESS



National Breast Cancer Awareness Month is celebrating 25 years of awareness,

education, and empowerment. Visit www.nbcam.org for more information regarding breast cancer.

RED RIBBON WEEK

The Red Ribbon Campaign was started when drug traffickers in Mexico City murdered DEA agent Kiki Camarena in 1985. This began the continuing tradition of displaying Red Ribbons as a symbol of intolerance towards the use of drugs. The mission of the Red Ribbon Campaign

is to present a unified and visible commitment towards the creation of a DRUG-FREE AMERICA. Read more about Ft. Sill's Red Ribbon Week Activities inside. Visit www.nfp.org for more Red Ribbon Information.



Be Aware. Don't Share. Lock Your Meds.



National Family Partnerships has orchestrated and

produced this Lock Your Meds campaign to run in conjunction with his year's Red Ribbon Week. The target audience for Lock Your Meds™ is 20-80-year-old adults with the primary focus on keeping prescription and over-the-counter pharmaceuticals away from drug abusers. Many adults may be unwitting suppliers and by making adults aware of the problem we can curb the abuse by others. Quite frequently youngsters merely open the medicine cabinet and there before them is a variety of drugs available for the taking: pain pills for post

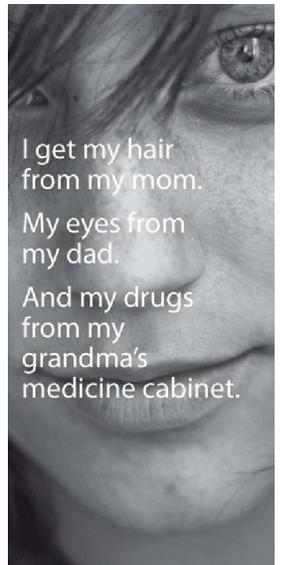
gum surgery; sleeping pills from an overseas airplane trip; cough medicine from last season's flu. The time to act is now. You are the key to your child's drug-free future.

TIPS

- Take the following preventative steps:
- Remove drugs from your medicine cabinet and hide them, lock them up or take them out of your house.
 - Safeguard all medicines that have to remain at home by monitoring quantities and controlling access.
 - Take inventory by writing down the names and amounts of medications you currently have and regularly check to see if anything is missing.
 - If your child is on prescribed medication, monitor the dosages and refills. Set clear rules, such as, not sharing and

- always following proper dosages.
- Warn your youngsters that taking prescription or OTC drugs without a doctor's supervision can be just as dangerous and potentially lethal as taking street drugs.
 - Supervise your child's Internet use: many pharmacy sites are not regulated and will sell your child medications without prescriptions.
 - Properly dispose of old, expired or unused medicines in the trash. Hide or mix them with cat litter or coffee grounds before throwing them away in an empty can or bag. **DO NOT** flush medications down the drain or toilet, unless the label indicates it is safe to do so.

For more information regarding safeguarding your medication, visit www.lockyourmeds.org



I get my hair from my mom.
My eyes from my dad.
And my drugs from my grandma's medicine cabinet.



ASAP Red Ribbon Week Activities

Get your calendar out, save the dates, and don't miss out on these great events that will be great for you and your family to attend. They are as follows:

- 23-31 Oct-** Red Ribbon Week
- 23 Oct-** Big Green Lawton Community Soccer Field Red Ribbon Campaign
- 23-25 Oct-** Chapel Worship Services

- 25 Oct-** Elgin/Fletcher Public Schools (McGruff)
- 26 Oct-** Geronimo/Cache Public Schools (McGruff)
- 27 Oct-** RTC Static Display
- 27 Oct-** Ft. Sill Sheridan/Geronimo Schools (McGruff/K9 Units)
- 28 Oct-** OK Bureau of Narcotics & Comanche Nation Police at Bldg 2871 Craig Rd for community training

- 28 Oct-** Lawton Academy of Arts and Sciences (McGruff)
- 29 Oct-** Lawton Public School's Substance Abuse Awareness training stand-down
- 29 Oct-** Brockland Elementary School (McGruff)
- 29 Oct-** Lawton Boys & Girls Club

For more detailed information on Red Ribbon Week Activities, contact Robert Dodrill, Suicide Prevention Program Manager (580-442-4205)



EAP INSPIRATION STATION



~Children Learn What They Live~

- | | |
|--|--|
| If a child lives with CRITICISM ,
He learns to CONDEMN . | If a child lives with PRAISE ,
He learns to APPRECIATE . |
| If a child lives with HOSTILITY ,
He learns to FIGHT . | If a child lives with FAIRNESS ,
He learns JUSTICE . |
| If a child lives with RIDICULE ,
He learns to be SHY . | If a child lives with SECURITY ,
He learns to have FAITH . |
| If a child lives with SHAME ,
He learns to feel GUILTY . | If a child lives with APPROVAL ,
He learns to LIKE HIMSELF . |
| If a child lives with TOLERANCE ,
He learns to be PATIENT . | If a child lives with ACCEPTANCE
and FRIENDSHIP ,
He learns to LOVE in the world. |
| If a child lives with ENCOURAGEMENT ,
He learns to be CONFIDENT . | |



Monthly Breast Exams are key for early detection.

Breast exam tips

1. You can do a portion of the exam while you are in shower. Incorporating it into a normal activity can make it easier to do, and less of a time constraint. Remember to mark your calendar every month as a reminder.

2. Do the self breast exam every month at the same time. Menstruating women should perform it a few days after their period. Women taking oral contraceptives should do the exam on the first day of starting a new pack of pills.

3. Report any changes to your physician, even if you feel it is minor.

4. You can also choose a friend who will be your BSE (breast self exam) Buddy. She can remind you and vice versa to do the exam monthly.



Awareness through Q & A

BREAST CANCER

Q: What is breast cancer?

A: Breast cancer is cancer that forms in tissues of the breast, usually the ducts (tubes that carry milk to the nipple) and lobules (glands that make milk). It occurs in both men and women, although male breast cancer is rare.

Q: How many new cases of breast cancer were estimated in the United States in 2009?

A: According to the American Cancer Society (ACS), an estimated 192,370 new cases of invasive breast cancer are expected to be diag-

nosed among women in the United States last year. Approximately 1,910 new cases are expected in men. The ACS also reports that an estimated 40,610 breast cancer deaths are expected in 2009 (40,170 women, 440 men).

Q: How common is breast cancer in the United States?

A: Breast cancer is the most common cancer in women, aside from skin cancer.

TREATMENTS

Q: What are the treatments for breast cancer?

A: The basic treatment choices for breast cancer are surgery, radiation, chemotherapy, and hormonal therapy, which may or may not be included in the treatment regimen, depending on hormonal involvement in the growth of the tumor. Local treatments such as breast surgery and radiation therapy are focused on the breast itself to remove or destroy the cancer cells confined to the breast. Systemic treatment such as chemotherapy aims to destroy the cancer cells that may have spread throughout the body.

Risk Factors for Breast Cancer

The most common risk factors:

- **Sex.** The highest risk factor for breast cancer is being female; the disease is about 100 times more common among women.
- **Age.** The risk of breast cancer increases as a woman grows older. The risk is especially high for women age 60 and older. Breast cancer is uncommon in women younger than age 35, although it does occur. There is some evidence to suggest young African American women are at greater risk for breast cancer than young Caucasian women.
- **Personal History.** Women who have had breast cancer and women with a history of breast disease (not cancer, but a condition that may predispose them to cancer) may develop it again.
- **Family History.** The risk of developing breast cancer increases for a woman whose mother, sister, daughter, or two or more close relatives have had the disease. It is important to know how old they were at the time they were diagnosed.
- **The Breast Cancer Genes.** Some individuals, both women and men, may be born with an "alteration" (or change) in one of two genes that are important for regulating breast cell growth. Individuals who inherit an alteration in the BRCA1 or BRCA2 gene are at an "inherited" higher risk for breast cancer. They also may pass this alteration on to their children. It is very rare. Scientists estimate that only about 5-10

percent of all breast cancers are due to genetic changes. One out of two women with these changes are likely to develop breast cancer. Women with a family history of breast cancer are encouraged to speak to a genetics counselor to determine the pros and cons of genetic testing.

- **Having an early menarche (first period or menstrual bleeding).**

Women who begin menstruating before age 12 are at increased risk of developing breast cancer. The more menstrual cycles a woman has over her lifetime, the more likely she is to get the disease.

- **Having a first pregnancy after age 25 or 35.** Although early pregnancies may help lower the chances of getting breast cancer, particularly before the age of 25, these same hormonal changes after age 35 may contribute to the incidence of breast cancer.

- **Having no children.** Women who experience continuous menstrual cycles until menopause are at a higher than average risk.

- **Use of Hormone Replacement Therapy (HRT).** Based on the Women's Health Initiative Study (2002), women do appear to have an increased risk of breast cancer while they are on HRT and a short time thereafter, compared to those who have never used postmenopausal HRT. This is based on a study of 16,000 healthy postmenopausal women aged 50 to 79 who were taking either estrogen plus

progesterin as HRT or a placebo (an inactive pill).

- **Use of Oral Contraceptives (OCs) and Breast Cancer.** Current or former use of OCs among women ages 35 to 64 did not significantly increase the risk of breast cancer. The findings were similar for Caucasian and African-American women. Data also show that former OC use does not increase the risk of breast cancer later in life.

RECOMMENDED LIFESTYLE CHANGES

- **Decrease your daily fat intake - especially saturated or hydrogenated fats.**
- **Increase fiber in your diet.**
- **Eat fresh fruits and vegetables**
- **Limit alcohol.**
- **Stay active**
- **Don't smoke**

For additional information on risk factors, refer to the American Cancer Society's [Breast Cancer Facts and Figures](#), 2006.

Reference:
www.nbcam.org

OCTOBER 2010

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23 
24 	25 	26 	27 	28 	29 	30 
31 						

FEDERAL HOLIDAYS
 TRAINING HOLIDAYS
 CG WALK (1330- Polo Field)
 RED RIBBON WEEK

NOVEMBER 2010

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

Mark Your Calendars, It's ASAP Training Time!

Oct 27 (1500)- I/414th BN Classroom Combined Training Event
 Oct 27-29- ASAP Community Training (Location Bldg 2871 Craig Rd)
 Oct 28 (1000)- Installation Prevention Team Meeting (location: Well-Being Center, ASAP Conference Room)
 3 Nov (0830)- UPL Recertification (location: Well-Being Center, ASAP Training Room)
 1-2 Nov (0830)- ADAPT Training (location: Well-Being Center, ASAP Training Room)



8-9 Nov (0830)- CWBO Training (location: Well-Being Center, ASAP Training Room)
 15-19 Nov (0830)- UPL Certification (location: Well-Being Center, ASAP Training Room)
 16-17 Nov (0900)- ASIST (location: RTC)

For more detailed information on Combined Training, contact our Risk Reduction Team, Dorian or Krystal at 580-442-4205



October ASAP Community Training

Plan to come out to this month's ASAP Community Training. You are sure to get a GREAT training and leave wanting more! This month we have a special treat with the OK Bureau of Narcotics and the Comanche Nation Police providing training on Thursday, 28 Oct 10. IAW AR 600-85 (CH 2-20 paragraph g.) and TRADOC Reg 350-70 civilian personnel will receive a minimum of 2 hours of prevention education per year. Attendance at

one of the provided classes will ensure that this standard is met successfully.
[Wednesday, 27 October 2010](#)
 Location: Bldg 2871 Craig Rd 1200-1400, Employee Assistance Program (EAP) 1400-1600, Building Healthy Workplace Relationships
[Thursday, 28 October 2010](#)
 Location: Bldg 2871 Craig Rd

0900-1100, Identification of Drug Trends in Oklahoma 1300-1500, WARNING: Meth Labs in Your Backyard
[Friday, 29 October 2010](#)
 Location: Bldg 2871 Craig Rd 0900-1100, Supv. Workforce Engagement Training 1200-1400, Personalities 1400-1600, Communication Skills/ Conflict Resolution



Community Training is open to Civilians, family members, retirees, and soldiers. Come out, learn a lot and have tons of fun!!



Suicide *focus*

Suicide Prevention Awareness Training is now mandatory for every Soldier and Civilian to attend Annually .



ASIST

Applied Suicide Intervention Skills Training (ASIST) training provides valuable tools in which to help intervene when encountering a person at risk of suicide.

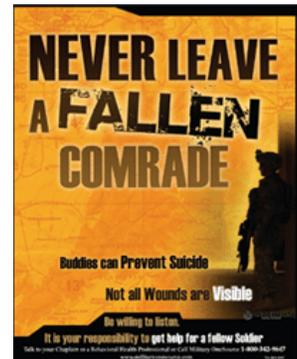


2 Day Training available on these dates:

- 18-19 Jan 2011
- 15-16 Feb 2011
- 15-16 Mar 2011
- 19-20 Apr 2011
- 17-18 May 2011
- 21-22 June 2011
- 21-22 July 2011
- 16-17 Aug 2011
- 20-21 Sept 2011

Location: RTC

Who can attend: Open to everyone



ASIST is the Army approved training for Suicide Intervention Skills Training for Gatekeepers. The key learning objective is to equip personnel with awareness and intervention skills.

EAP Mental Health Minute: Stress & Memory

Maybe you're forgetful during periods of high stress, or maybe your brain "freezes." Or, perhaps taking a test causes you to blank on everything you've learned. Maybe you're at your worst during a job interview (when you want to be at your best). When you're stressed out, the anxiety and stress hormones affect your brain functioning and communication skills. Impaired thinking ability and learning skills are common during stressful moments. Research shows that stress impairs brain functioning, which

leads to poor learning skills and memory loss. Scientists have long known that long-term stress impairs brain cell communication, but they're just now learning that even short-term stress – such as a few hours of anxiety – can negatively affect cognitive skills.

How Short-term Stress Affects Memory

Cortisol is a stress hormone that circulates through your body when

you're stressed or anxious. Researchers at the University of California found that there's another stress hormone called corticotropin that disrupts how our brains collect and store memories.

Read more at Suite101: [How Stress Affects Your Memory: The Relationship Between Short-term Anxiety & Brain Functioning](http://www.suite101.com/content/how-stress-affects-your-memory-) <http://www.suite101.com/content/how-stress-affects-your-memory->



On the Move: DHR Official Mail and Distribution Center

CHANGE TO FORT SILL OFFICIAL MAIL AND DISTRIBUTION ROUTE

The installation Official Mail and Distribution Center (OMDC) is relocating from Building 930 to Room #G05, Building 4700. This move is tentatively scheduled for the last week in October 2010. Most agencies and activities that they currently deliver to, conduct business in Building 4700 on daily or weekly basis and will now be able to visit the OMDC more routinely and pick up their distribution.

DISTRIBUTION

Effective 1 November 2010, daily distribution runs will be limited to Taylor Hall and McNair Hall with a full distribution run on Thursdays in support of Cannoneer delivery requirements. Customers can use the loading dock entrance located at the west of the south side of the build-

ing. All outgoing mail must be received by 1445 to be processed the same day. Incoming official mail and distribution can be picked up Monday thru Friday from 0730-1600.

POINT OF CONTACT

For more information please contact Mr. Darrell Williams, Chief, ASD and 442-3892.

OMDC is relocating to B4700. This move will be beneficial to the Ft. Sill Community as this is the central location for most business on the installation.



A New Place for DHR Records Holding Area

The newly reestablished Fort Sill RHA is tentatively scheduled to reopen the first week of November at our new location, 930 Fort Sill Boulevard, Suite 200 (on the right side of the Fort Sill Post Office). The RHA facility will provide efficient records management for up to 1,800 boxes of hard copy records post-wide. An organization may retire their inactive transfer hard-copy records to the RHA facility where their records will be maintained until the files are either eligible for destruction or retirement to a

Federal Records Center (FRC). Transfer records may be retired to the RHA when no longer needed for conducting business. However, since most records need to remain in the current files area (CFA) for reference purposes for about 2 years, records should not be transferred from the CFA until after that time. In addition to providing disposition and retention services, the RHA will also provide an organization access to their records by completing a DA Form 543, Request for Records. If an organization

has boxes that need to be retired to the RHA, we offer assistance to records custodians by providing on-site consultation prior to records being transferred to the RHA. If your organization currently has boxes that need to be transferred to the RHA, please contact Heather Crawford, Records Holding Area Manager, at 580-442-5168, for assistance.



RHA has a new location at 930 Ft. Sill Blvd Suite 200

Do You Know ARIMS?



The Army Records Information Management System, also known as ARIMS, is a system created by the Army to properly manage information from its creation through final disposition according to Federal laws and Army recordkeeping requirements.

ARIMS is governed by Army Regulation 25-400-2. This regulation furnishes the only legal authority for destroying non-permanent Army information. It provides life cycle management instructions for the systematic identification, maintenance, storage, retrieval, retirement, and destruction of Army information recorded on any medium (paper, micro-forms, electronic, or any other).

WHO SHOULD KNOW?

A basic knowledge of ARIMS is essential for everyone working on Fort Sill. Soldiers, Contractors, and Civilian employees will need to know the function of ARIMS; not only while on Fort Sill, but at every Army Installation they go to.

HOW CAN YOU LEARN?

ARIMS Classes are held quarterly by the Garrison Records Manager/ Garrison Records Holding Area Manager. These classes are tailored to help proponents understand the basic function of ARIMS, how to create Office Record List (ORL), folders, and labels IAW AR 25-400-2. This class also helps better prepare individuals for Record Management Inspections and covers procedures on turning in records to the Installation Records Holding Area. Please contact 580-442-6573 to reserve a seat for an upcoming ARIMS class.

WHEN IS TRAINING?

Class Schedule:

13 January 2010
7 April 2010

Did you know? CONTRARY TO STEREOTYPE, OLDER WORKERS ARE LINKED IN Social Networking among internet users aged 50+ has nearly doubled, according to a 2010 Pew Survey. "One in five (20%) of adults aged 50-64 say they use social networking sites on a typical day, up from 10% one year ago...."

EAP FUNNY CORNER



Bob's whine cellar

Military Personnel Division ID Cards Facility Information

The ID Card Section is presently operating on an appointment system. All customers are encouraged to call and schedule appointments on Mondays, Tuesdays, Wednesdays, and Fridays from 0800 to 1130 hours and 1230 to 1530 hours. The facility is closed from 1130 to 1230 hours daily for lunch. To receive additional information on required documents that you may need to bring to the appointment and to schedule an appointment call (580) 442-5010.

The facility has designated Thursday as

walk-ins for from 0800 to 1130 hours and 1230 to 1530 hours.

EMERGENCIES WILL BE HANDLED ON CASE-BY-CASE BASIS, routinely within 24hrs, but often the same day.

The ID Cards facility is closed on ALL Federal and Training Holiday.

The ID Cards facility is located in building 4700 Mow-Way Road. For more information, call (580) 442-5010.

Other Sources of Information:

Social Security Office 1-800-772-1213

Medicare 1-800-Medicare or www.medicare.gov (Enrollment)

Tricare 1-800-444-5445
DEERS 1-800-538-9552 (Change Address)



Workforce Development: Accountability in the Midst of a Disaster



ARMY DISASTER PERSONNEL ACCOUNTABILITY and ASSESSMENT SYSTEM (ADPAAS)

The Army Disaster Personnel Accountability and Assessment System (ADPAAS) is a web-based, user-friendly application designed to augment the disaster accountability process by aiding in the determination of the statuses and whereabouts of all Army affiliated personnel (Military, DA civilians, NAF employees, & OCONUS Contractors) and their Family members when directed by the Secretary of Defense. (While strongly encouraged, inputting data or reporting on civilian employee family members is currently required only in the particular circumstance described below; there is no current requirement to report CONUS contractors.) ADPAAS is the official tool for personnel accountability in conjunction with natural or manmade disasters. The information in ADPAAS provides DOD and Army leadership a means of determining the status of Army personnel and Family members in an affected area and facilitates the decisions on allocating resources for recovery and reconstitution.

Information on civilian employees is imported into ADPAAS from DOD and Army data systems so no registration is required. Civilian employees not in ADPAAS can be entered by the organization managing their accountability. On occasion, civilian employees may be required to review their information in ADPAAS for accuracy and update as necessary. Also, when directed, all DoD-affiliated personnel within an identified geographic area affected by a disaster are required to report their status and whereabouts. [DoDI 3001.02, para 4.3] Employees have the option of reporting their status to their chain of command, using ADPAAS to self-account, or calling the Army Information Hotline (1-800-833-6622). This reporting requirement may also occur during an accountability

training event where no disaster has occurred but where reporting via ADPAAS or other means are expected.

According to Chairman Joint Chief of Staff Manual (CJCSM 3150.13), DoD civilian employees who are receiving benefits associated with being evacuated to an authorized safe haven are obligated to report the status/location of Family members as a condition of evacuation benefits payments. [See, also, DoDI 3001.02, para 5.5.1.6] Civilian employees who are not receiving “safe haven” benefits are not presently required to provide data on their Family members nor are they required to report on their Family members’ status/whereabouts if they are present in the geographic area affected by a disaster. However, employees are encouraged to voluntarily provide Family member data [DoDI 3001.2, para 5.5.1]. Doing so prior to a natural disaster may prove extremely beneficial where such a disaster occurs and certain entitlements for “safe haven” benefits are dependent upon the proper accounting of family members.

ADPAAS web link: [HTTPS://ADPAAS.ARMY.MIL](https://ADPAAS.ARMY.MIL)



Ft. Sill’s Biochemical: Best in the West!!



“Fort Sill biochemical drug testing collection point has shipped over 40, 000 military urine samples in FY 10 with one of the lowest reported rejected specimens in the Army.”

The reports are in and it is well noted that the Ft. Sill Biochemical testing section has surpassed all expectations. Ft. Sill ranked #1 in the West and #2 by 0.03% in the entire Army for the lowest discrepancy rates of specimen turn-in. This is a great accomplishment that is worth much recognition. When possible, reach out to say CONGRATULATIONS to Sandra Jefferson and her staff.



Resiliency Training Campus: Open Events



26 Oct 10- RTC Body Fitness presents Exercise and Diabetes (1500-1600)

Attend this course and receive up to date information on how increased activity can dramatically DECREASE/PREVENT diabetes symptoms. Learn about:

- Different types of Diabetes
- What is a target glucose level and why is it so important
- The science behind why increased activity improves glucose uptake
- When is it safe to exercise and at what intensity
- Why conscious eating is important to you in maintaining your overall health..... and much more!

27 Oct 10- RTC Body Fitness presents Prevention of Injuries to Spine and Extremities (0800-0900)

This service is designed to teach the most common causes of pain in the neck, low back, knee, shoulder, ankle and hip. Course participants will learn how to avoid pain in each joint and how to determine when to go to the doctor for a problem. The course is not designed to diagnose or treat those with existing pain.

27 Oct 10- ACS Prevents AFTB level I: Army Family Team Building (0800-1200)

Army 101 for dependents and employees new to the army



28 Oct 10- RTC Body Fitness presents Exercise and Weight loss (0800-0900)

The purpose of this course is to provide an introduction to the wellness and health benefits of exercise. The course will cover the recommended frequency, duration, type and intensity of an activity program designed for weight loss/maintenance. This course will not provide a personalized work-out, however, each participant will leave with a solid foundation on which to build a well rounded exercise plan.

4 Nov 10- RTC Body Fitness presents Work Station Ergonomics (1500-1600)

Better understanding your work station and how it affects your musculoskeletal system is imperative for improving day to day performance, thus allowing your body to work less so that you can accomplish more. Learn how to best utilize the tools already available to you in everyday circumstances so that you can perform better and more efficiently while at work and home.

9 Nov 10- RTC Body Fitness presents Running Shoes (0800-0900)

Improper or worn-out running shoes have been implicated as possible contributors to the development of overuse injuries among runners. This class will discuss differences in foot type and running shoes, how to select a running shoe, proper fit and when to consider replacing your shoes.

9 Nov 10- ACS Autism Workshop

EFMP is hosting a workshop given by Autism Concepts. The subject is behavior intervention plans. This event is open to both parents and providers. Interested participants must call ACS at 580-442-4916 to register.

16 Nov 10- RTC Body Fitness presents Exercise and Weight Loss (1430-1530)

17 Nov 10- RTC Body Fitness presents Injury Prevention (1500-1600)

This service is designed to teach the most common causes of pain in the neck, low back, knee, shoulder, ankle and hip. Course participants will learn how to avoid pain in each joint and how to determine when to go to the doctor for a problem. The course is not designed to diagnose or treat those with existing pain.

18 Nov 10- RTC Body Fitness presents Injury Control During Pregnancy (1430-1530)

Fifteen percent of women of childbearing years exercise regularly. During this class we will discuss the physiological changes that occur during pregnancy and the benefits and contraindications for exercise during pregnancy. We will also discuss the current ACOG guidelines for exercise during pregnancy and list the positive and negative effects of maternal exercise on the fetus. We will identify different methods to prevent, minimize or eliminate low back pain during pregnancy and demonstrate various prenatal/postnatal stretching and strengthening exercises.

20 Nov 10- One day seminar with 15 different classes (0830-1530)

An open, family friendly event

23 Nov 10- RTC Body Fitness presents Exercise and Diabetes (1500-1600)





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>

RaShonda M. Labrador, MS, EAPC

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.



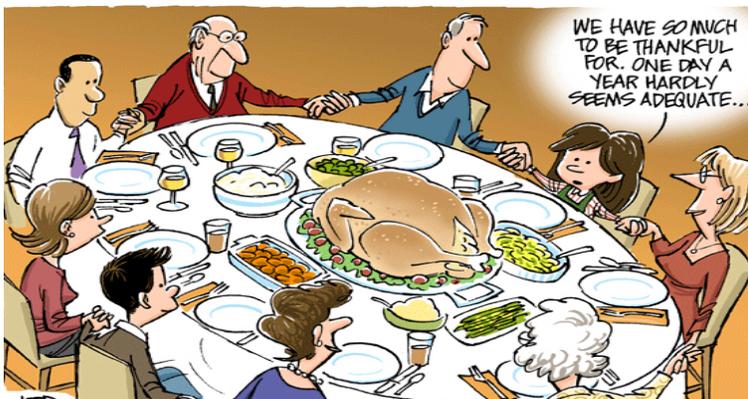
Sneak peek: What to expect next month

HAPPY HOLIDAYS

The holiday season is fast approaching and there are many aspects of our life that can be effected by this time of year. Next month, I will emphasize the importance of keeping your mind, body, and spirit healthy and happy during the holiday season.

NOVEMBER EVENTS/ TRAININGS

- 4 Nov– CG Walk (Polo Field)
- 17-19 Nov– ASAP Community Training (1200-1600)
- 19 Nov– (0900-1100) Workforce Engagement Supervisory Training



Please contact the EAPC with any request that you may have for upcoming newsletter articles.

Email: Rashonda.labrador@us.army.mil

Rashonda.labrador@us.army.mil