

Major home building and renovation project progressing at Fort Wainwright

Eve Baker

U.S. Army Garrison Alaska, Fort Wainwright Public Affairs

Construction is moving along rapidly on 36 new homes on Fort Wainwright. In addition, 156 homes plus the historic garrison commander's quarters are being renovated.

North Haven Communities, the Army's privatized housing partner in Interior Alaska, is overseeing all phases of the two projects. The framing and walls are already in place for the new homes, which will be two-story fourplexes designated for junior NCOs. According to NHC, some of the homes will be ready as early as June or July 2021, with project completion expected by October 2021.

Eight of the fourplexes are being constructed in the Bear Paw neighborhood, which is conveniently located close to one of the garrison's child development centers and across the street from the gas station and food market. The remaining fourplex is located in the Southern Cross neighborhood.

Also taking place in the Southern Cross neighborhood are interior renovations to 98 homes.

"The renovation scope of work includes new cabinets and countertops; new



Significant progress has been made on the construction of new homes on Fort Wainwright for junior NCOs with families. All homes are expected to be ready for occupancy by October 2021. (Photo by Brian Schlumbohm, U.S. Army Garrison Alaska, Fort Wainwright Public Affairs)

doors (interior) and hardware; new LVP flooring in all living areas to include kitchens and bathrooms; new carpet on stairs and in bedrooms; new plumbing fixtures to include sinks; new lighting fixtures, smoke detectors and ceiling fans; new mirrors; new appliances to include range, hood, dishwasher and refrigerator; and new paint," said

Lisa DeCambra, senior marketing manager for Lendlease, NHC's parent company.

Lendlease expects work to begin on that portion of the renovation project early this month.

In the Chena Bend neighborhood, NHC will replace the roofs of 58 homes and renovate them in the same comprehensive way as the

houses in the Southern Cross neighborhood. The work has already started in Chena Bend, and 32 homes have been completed thus far.

COVID-19 health precautions are in full effect at all construction and renovation sites.

"NHC and our Lendlease design-build contractor have made the Lendlease,

Fort Wainwright, and State COVID-19 mitigation measures a pre-condition to working on site. These have been incorporated in all of our subcontractor contracts. Our NHC and Lendlease design-build contractor safety personnel are on-site and ensure compliance with these mitigation measures," said Ron Johnson, project director for NHC.

A lighthouse in the storm: 176th Wing director of Psychological Health is here to help

David Bedard

176th Wing Public Affairs

A single COVID cell is no more than 140 nanometers in diameter — about 1/500th the width of a human hair — but it has come to dominate daily life the world over.

Beyond its physical health impact, Diann Richardson, 176th Wing director of Psychological Health, said the invisible microorganism also has psychological health impacts as Airmen, civilian employees and family members have been forced to change their daily habits such as looking after and teaching children who would otherwise be at school.

Like COVID, emotional and psychological struggles are invisible. Richardson said, like the virus, the mental health impact can range from mild to health-threatening.

Having recently moved from her office at the 176th Wing headquarters to Building 10480, Richardson said she is ready to serve anyone who is looking to make positive change.

"My role, in a nutshell, is to be a mental health resource for members, for the command, and for consultation with family members — I have worked with all facets of the wing including service member's



Diann Richardson, 176th Wing Director of Psychological Health, regularly works with therapy dog, Bolt, as part of the licensed clinical social worker's outreach to the wing. Following several months of socialization and training, the golden retriever became a nationally certified therapy dog. (Photo by David Bedard, 176th Wing Public Affairs)

children and spouses," she said. "I do a lot of triage. I ascertain what type of assistance someone needs. Sometimes, I just link someone to a useful podcast or stress management app. Sometimes, I teach a useful anger management strategy. If someone needs more

intensive therapy, I link them with a provider who would be a good fit for their unique situation."

Holding a master's degree in social work from Florida State University, Richardson is a walking, social-work practicing encyclopedia of numerous resources,

techniques and tools.

"After working in the field of clinical social work for over thirty years, I have seen many problems, which are overwhelming to people that are relatively manageable to deal with if they



National Preparedness Month: Red Cross research shows older adults more vulnerable in disasters

Red Cross shares new tips for older adults and their families to get ready for disasters during the coronavirus pandemic

Cari Dighton

American Red Cross of Alaska

According to new research from the American Red Cross Scientific Advisory Council and the American Academy of Nursing, older adults are more vulnerable and experience more casualties after a natural disaster compared to other age groups. That's why this National Preparedness Month, the Red Cross of Alaska encourages everyone, especially older adults, to get ready for emergencies.

Being prepared for disasters is important for people of all ages. But there are several factors that make older adults more vulnerable during a natural disaster:

- Older adults may have more chronic conditions and medication concerns.
- They may be more dependent on assistive devices like walkers and eyeglasses, and support from caregivers.
- Living in social isolation can also make them more vulnerable.

"We all care deeply about the older adults in our lives, and during the pandemic they are more vulnerable than ever," said Jennie Schrage RN, Red Cross of Alaska Disaster Health Services Lead. "Now is the time to ask if they need help assessing their needs and making a plan, before an emergency occurs."

Prepare in advance

To be prepared, older adults should think about what they would do during a disaster before it occurs. Understand how your medical,

Nutrition Corner: Nutrition 101

Did you know that fiber offers more health benefits than keeping our gastro-intestinal tract healthy? The recommended amount of fiber for men and women ages 19 to 50 are 25 grams and 38 grams, respectively. Most Americans only consume one-half to two-thirds of the recommended amount. “So what, it’s just fiber. What is the big deal?” The truth is, fiber is often overlooked as an essential nutrient. Consuming adequate fiber generally promotes GI health by preventing constipation and diverticulosis. As part of a healthy diet that is low in

saturated fat and sodium, it can also help reduce cholesterol levels and blood pressure. If you are trying to reduce your weight, think about increasing your fiber. Fiber helps you feel more satisfied after eating a meal and helps you stay satisfied for a longer period of time. In my experience, those who eat adequate amounts of fiber tend to refrain from overeating on a regular basis. To increase your fiber, include plenty of plant based products in your diet. Start by making half of your plate vegetables, no matter what the entree. Not only does the fiber in

vegetables help fill you up, it will leave less room for the higher calorie starches and meats. Incorporate fruits, nuts and nut butters with your snacks. Include beans in your recipes and salads; you can sneak them in almost anywhere. Attempt to make half of your grain whole grains, they contain more fiber.

Featured Food: Flaxseed

Flaxseed contains two to three grams of fiber per tablespoon. It can be added to hot or cold cereal, yogurt, smoothies and baked goods. The options are endless.

Not only is flaxseed a good source of fiber, it contains heart healthy omega-3 fatty acids. You get all that nutrition packed into only about 55 additional calories.

Recipe Spotlight: Banana Oat Breakfast Cookies

Yield: Serves 14 (serving size: 1 cookie). Each serving contains approximately 125 calories and 6g protein, 2g fiber and 85mg sodium.

INGREDIENTS:

3 bananas
1 tablespoon maple syrup
1 teaspoon vanilla ex-

tract
1 1/2 cup rolled oats
1 tablespoon of ground flaxseed
1/4 teaspoon of salt
1/4 cup chopped walnuts

PREPARATION: Preheat oven to 350°F. Place bananas in a bowl and mash well. Add remaining ingredients to bananas. Stir well. Line a baking sheet with parchment paper. Press 2 tablespoons of the mixture onto the parchment paper. Bake at 350°F for 22 to 25 minutes or until cookies are golden brown. Allow to cool before serving.

CROSS

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physical and cognitive needs may affect your ability to respond if you had to stay in your home for two weeks or more, or if you had to evacuate. Building a support network and identifying helpers such as family members, friends, neighbors and caregivers who may be able to assist is vital. Older adults should meet with these supporters and decide how to communicate in an emergency.

Additional research findings and resources, including our new Disaster and Emergency Preparedness for Older Adults checklist and booklet, are available at redcross.org/olderadults.

Disasters during a pandemic

Preparing for emergencies is a little different this year, but the three basic action steps remain the same for everyone: Build a Kit, Make a Plan and Be Informed. Assemble two kits of emergency supplies (a stay-at-home kit and an evacuation kit) and a one-month supply of prescription medication. Include personal hygiene items, cleaning and disinfectant supplies and cloth face coverings. Some supplies may be hard to get due to the pandemic, and availability may worsen in a disaster, so start gathering supplies now.

Disasters can force people to leave their homes, even in areas under stay-at-home mandates. By having an emergency plan, your

family can react quickly if a disaster strikes.

- Ask friends or relatives outside your area if you would be able to stay with them.

- Check and see if they have any COVID-19 symptoms or have people in their home at higher risk for serious illness. If they do, make other arrangements.

- Check with hotels, motels and campgrounds to see if they are open and if pets are allowed.

- Due to the pandemic, stay current on advice and restrictions from your state and local public health authorities as it may affect your actions, available resources and shelter facilities.

- Learn first aid and CPR skills so you’ll know what to do until emergency help arrives.

- Download the free Red Cross Emergency App for weather alerts and information on what to do before, during and after disasters.

- Additional resources for preparing during the COVID-19 pandemic are available at redcross.org/coronavirus.

Volunteers needed

As you prepare for disasters, the Red Cross is preparing too. We encourage people to join us by volunteering in their local community. A variety of positions are available including disaster shelter and health supervisors. Find out more at redcross.org/volunteer.

MEDDAC Minute

Important Phone Numbers

Emergency: 911
24 Hour Nurse Advice Line: 1-800-874-2273 Opt. 1
Appointment Line: 361-4000
Behavioral Health: 361-6059
Benefits Advisor: 361-5656
Immunizations: 361-5456
Information Desk: 361-5172
Patient Advocate: 361-5291
Pharmacy Refills: 361-5803
Tricare On-Line: www.tricare-online.com
Health Net: www.tricare-west.com, 1-844-8676-9378

Stay Vigilant

As COVID-19 numbers continue to climb, it is important to know many new cases cannot be traced to another COVID-19 positive person. This means community spread is here and it is important to be diligent whenever outside the home. Wash hands. Wear a mask. Avoid crowded areas.

Body Composition Testing

Take a quick body composition test to determine body fat percentage and work with our Army Wellness Center to track progress.

Call 907-361-2234 to schedule an appointment.

Over The Counter Medications

Bassett Army Community Hospital Pharmacy offers beneficiaries the ability to receive free over the counter medications. Items such as fever/pain reducers, antibiotic cream, cold and allergy remedies, lice treatment and vitamin D are available. Medicines are subject to availability and families are restricted to a maximum of four items per week. A full list of medications is available at the pharmacy.

Appointments From Home

In partnership with TRICARE, PM Pediatrics is offering virtual appointments for TRICARE beneficiaries from birth through 26 years old. Visit with a pediatrician using your smart phone, tablet or computer from anywhere. Common illness that can be treated are sprains and strains, respiratory infections, coughs, skin rashes, sinus infections and pink eye. Get started by downloading the PMP. Anywhere app or by visiting pmpediatricsanywhere.com.

WING

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had the right tools,” she said. “And, at this point in my career, nothing really surprises or shocks me about human behavior — I have no problem talking about very uncomfortable subjects with people.”

Though she said her role in the wing does not involve therapy to the wing’s 1,500 members and family, she is knowledgeable of how to provide a “warm handoff” to help, ranging from an online resource to a mental health provider.

“We talk about a way forward,” Richardson said. “It might be as simple as visiting a website. Others have issues stemming many years from childhood, so a deeper dive might be helpful. I am making recommendations for the next steps, but the person in my office is in the driver seat of their mental health care.”

In a profession where Guardsmen can be separated from family for months and can find themselves in harrowing situations overseas, sometimes greater interventions are called for. Even setting the unique challenges of military service aside, seeking help for restless feelings is more common than one might think.

“Roughly 20 percent of the population in America has some sort of anxiety disorder,” Richardson said. “Just Google the word anxiety, and 400,000,000 results emerge. How is someone supposed to process relevant and helpful information specifically for their or a family member’s needs from that amount of data? When people contact me, I can gear them to what’s effective for their situation — either techniques they can do on their own or perhaps a counselor who specializes in anxiety disorders.”

She said she often serves as a sounding board for members who come to see her.

“Sometimes venting about an issue is super helpful, and they don’t need any other resource,” Richardson said. “Particularly in this time of COVID, some people are experiencing and believing things that further isolation and disconnection. When I consult with members during this time, I see a lot of similarities in people’s experiences. Just knowing you aren’t alone goes a long way.”

The pandemic has posed an unusual challenge to many whose healthy outlets for venting may have been cut off or compromised.

“We don’t have any blueprints on how to deal with this because it’s never happened in our lifetime,” Richardson said. “Even the strongest among us are struggling. It is tough to continually thrive in a vice of uncertainty. We are having a lot of grief and loss mourning the way it was before COVID.”

She said everyone needs to be honest with themselves about their mental state, and they need to get creative about alternative ways to cope. Richardson said she had this conversation with herself.

“I have self-awareness of the things I need to do to be better, to be happy, to be healthy and thrive, to be a nurturing mother to my children and a kind partner to my husband,” she said. “In COVID, I have to tweak former coping tools. I didn’t ask for the world to change so rapidly and have some strong feelings about all the resulting adaptations needed, but I also want to be a thriving person, so I am choosing adapting.”

She recommends learning stress management, learning a new coping skill, or learning mindfulness, and she said she is happy helping members with those resources.

“There are some interesting and fun ways we can all do better,” Richardson said. “For instance, playing a drum can greatly reduce anxiety and pain. Engaging in a creative hobby is a way to learn mindfulness.”

The move of Richardson and the entire 176th Wing Wellness Center to the other side of the airfield serves the purpose of consolidating wellness experts like the chaplain and Yellow Ribbon Program coordinator. It also overcomes the perceived stigma of seeing wellness professionals.

“Even people who willingly wanted an external perspective to a personal dilemma said they did have some concerns being seen by senior leadership when my office was in HQ,” she said. “Visiting the wellness center is an opportunity to get out of the headquarters building or a hangar and come to a neutral place, and we’re all bound by confidentiality over here.”

One not-so-secret weapon Richardson deploys is her partner, Bolt, a golden retriever perhaps better known throughout the wing than his owner. Bolt is a highly trained, nationally certified therapy dog.

ALASKA POST

The Interior Military News Connection

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Worship Services on Fort Wainwright

Good Shepherd Catholic Community

Mass: Sundays, 9 a.m., SLC
 Holy Hour Adoration: Thursdays, 6 p.m., SLC
 Catholic Women of the Chapel: Wednesdays, 9 a.m., SLC

St. George Anglican Parish

Holy Communion: Sundays, 11 a.m., SLC

Mid-Week Holy Communion: Wednesdays, noon, BACH

Cornerstone Protestant Community

Worship Service: Sundays, 11 a.m., NLC
 Protestant Women of the Chapel, Wednesdays, 10 a.m., NLC
 Cornerstone Youth, Sundays, 1 p.m., NLC

Congregación Protestante Piedra Angular

Servicio de adoración: Domingos, 1 p.m., SLC

Fort Wainwright Religious Support Office, 353-6112
 Southern Lights Chapel (SLC), 8th St & Neely Rd.
 Northern Lights Chapel (NLC), Luzon & Rhineland Avenues

Army and Air Force Exchange Service launching 12 weeks of savings for holiday shopping

Carina DeCino
 Army and Air Force Exchange Service Public Affairs

Military shoppers looking to get a head start on holiday shopping while avoiding crowds can turn to the Army and Air Force Exchange Service's 12 Weeks of Savings.

From Sept. 4 through Nov. 25, shoppers will find Black Friday prices in-store and on ShopMyExchange.com on electronics, clothing, jewelry, sporting goods and more. New deals and specials will roll out each Friday for 12 weeks.

The 12 Weeks of Savings campaign moves up the traditional holiday shopping period, launching Sept. 4 and running through Black Friday

weekend. Shoppers can enjoy weekly Black Friday prices in store and online without having to wait until November and can also avoid traditional holiday shopping crowds by taking advantage of buy online, pick up in store and curbside pickup contactless options.

"The Exchange understands this holiday shopping will look different during the COVID-19 pandemic," said Fort Wainwright Exchange general manager Gloria Sylvia. "Soldiers and military shoppers expect the value the Exchange is known to provide as well as safe, secure, sanitized environments."

Military shoppers can find these weekly deals by picking up the sales flier at

their local Exchange or by visiting ShopMyExchange.com and clicking on HYPERLINK "https://www.shopmyexchange.com/savings-center/weekly-ads" Weekly Ad.

Veterans using their Exchange benefit can take advantage of 12 Weeks of Savings too. The 2020 holiday shopping season will mark the first for in-person shopping for veterans with service-connected disabilities. Additionally, all honorably discharged veterans will find tax-free shopping and military exclusive pricing at ShopMyExchange.com. Veterans can find out more about their shopping benefits at Exchange's community Hub page at HYPERLINK "https://bit.ly/Vets4Life" https://bit.ly/Vets4Life.



Commander urges families to anchor large furniture to protect children

USAG Wiesbaden Public Affairs

U.S. Army Garrison Wiesbaden Commander Col. Mario Washington issued a memo Aug. 24 to residents of Army Family Housing in reference to the National Defense Authorization Act for fiscal year 2020, which provided guidance for residents on anchoring furniture items in their homes.

The guidance encourages family members to anchor large furniture that may pose a risk to children if it were to tip over.

According to the NDAA, "the Secretary of Defense shall allow a resident of a military family housing unit to anchor any furniture, television, or large appliances to the wall of the unit for purposes of preventing such

item from tipping over without incurring a penalty or obligation to repair the wall upon vacating the unit."

A report conducted by the U.S. Consumer Product Safety Commission showed that between 2000 and 2018, there were 459 reported tip-over-related deaths involving children 17 years old and younger.

To prevent a tip-over incident, follow these safety tips from the U.S. Consumer Product Safety Commission in any home where children live or visit:

- Anchor furniture to the wall – install low-cost anchoring devices that can prevent TVs, dressers, bookcases and other furniture or appliances from tipping.
- Always place TVs on a sturdy, low base

and push the TV as far back as possible, particularly if anchoring is not possible.

- Avoid displaying or storing items, such as toys and remotes, in places where kids might be tempted to climb up to reach for them.

- Store heavier items on lower shelves or in lower drawers.

- If purchasing a new TV, consider recycling older ones not currently used. If moving the older TV to another room, be sure it is anchored properly to the wall.

- Keep TVs and cable cords out of reach of children.

- Supervise children in rooms where these safety tips have not been followed.

For information on properly anchoring items, visit www.anchorit.gov.

The U.S. Consumer Product Safety Commission offers tips on how to properly anchor furniture at www.anchorit.gov.

A United Way Member Agency

Election season do's and don'ts for DOD personnel

Katie Lange
Defense.gov

It's election season again – that time when federal, state and local political campaigns kick into high gear. Whether you're extremely involved in politics or you aren't even registered to vote, the Defense Department has expectations for the way its military service members and civilian employees conduct themselves during this time.

Here are some of the most notable guidelines:

Voting

Active-duty military and civilian employees are encouraged to take part in their civic duty by voting. In fact, DOD voting assistance is provided through the Federal Voting Assistance Program.

Attending Events

Service members can attend rallies, debates, conventions, political club meetings and fundraising events – but only as a spectator. Members of the Armed Forces – active-duty, Reserve or retired – cannot wear their uniforms at these events, unless they're members of the color guard at a national convention.

Opinions/Donations

DOD employees are also allowed to make personal monetary donations and express their personal opinions on candidates and issues, but service members just can't do so as a representative of the Armed Forces.

Employees can write letters to the editor of a news outlet expressing their personal views – as long as

they're not part of an organized letter-writing campaign or are soliciting votes for a party, cause or candidate. Most importantly, the letter must make it clear that the views expressed are solely the writer's and NOT those of the DOD.

Signage

DOD personnel can put their favorite party, cause or candidate's bumper sticker on their car, but no large political signs, banners or posters can be displayed on their car or home. This includes those who live on a military installation in a privatized housing development.

Prohibited Activities

Service members and civilian employees are to refrain from partisan political activities. Any political activity they take part in should – as stated above – clearly avoid implying DOD sponsorship, approval or endorsement of a candidate, campaign or cause.

Prohibited activities include:

- Campaigning for a candidate
- Soliciting contributions
- Marching in a partisan parade
- Writing signed partisan political articles, letters or endorsements in an attempt to solicit votes
- Performing any duty for a political committee or candidate during a campaign

Social Media

Your actions online can affect your career and the DOD just as much as they can in person. That's why the department also issues guidelines for active-duty service members, active-du-



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ty National Guardsmen and federal employees.

DOD employees are allowed to express their own views on issues and candidates, like in a letter to a news outlet. However, if they are identified on their account as active-duty, the post MUST say that the views expressed are their own and not those of the DOD.

DOD personnel shouldn't participate in partisan political activities online, either, which includes posting direct links to a political party, candidate, campaign, group or cause. That's considered the equivalent of distributing literature on behalf of those entities, which is prohibited.

Similarly, service members and civilian employees can "friend," "follow" or "like" a political party, candi-

date or cause, but they can't engage in political activities on those pages. For example, they can't suggest that others "like," "friend" or "follow" that page, and they can't forward an invitation or solicitation from that page to others.

Active-duty members are subject to additional restrictions based on Joint Ethics Regulations, the Uniform Code of Military Justice and service-specific rules.

Service member who aren't on active-duty are NOT subject to the above restrictions, but they are required to make it clear that their actions are their own and not endorsed, approved or sponsored by the DOD.

When Can Candidates or Officials Visit Military Facilities?

Political candidates and

other elected or appointed officials may access DOD installations and facilities to conduct official business or various other activities. However, they are NOT allowed to engage in campaign or election-related activities, including:

- Town hall meetings
- Speeches
- Public assemblies
- Fundraisers
- News conferences
- Post-election celebrations or concession addresses

This restriction applies to overseas installations and areas under control of U.S. military combat or peace-keeping forces.

For more in-depth do's and don'ts concerning political activities, check out DOD Directive 1344.10.

Make A Plan

Ready Army

Make and practice a family emergency plan. Consider the range of potential emergencies and all the places you and your family might

be. Some emergencies require different responses than others, but a family communications procedure will be helpful in any case. Knowing how to keep in touch and find one another will help your family stay safe and cope with the confusion and fear that come when emergencies strike.



Make a Plan

Making a plan is simple...just think of the 5 W's!

Who: Gather input from all members of your family to consider all possibilities and make them more likely to remember important steps when an emergency happens. Choose a contact person, a family member or friend living somewhere else whom you can all contact in the case of an event.

What: Plan for all hazards that could affect your family, considering potential hazards and weather patterns in your region. Think through each possible emergency situation, and determine how your family should respond.

Where: Think about all the places you and your family may be throughout the day, such as home, office, school and in transit. Establish meeting places and discuss situations to use them.

When: Because emergencies can happen at any time, make your family emergency plan immediately. Review the plan annually and whenever there are major changes in your family situation, schedule or activities.

Why: Emergencies are unpredictable and scary. By establishing and practicing a family emergency plan, you and your family are more likely to find each other quickly and help one another get through the emergency situation safely and with less worry.

Practice Your Plan

Making an emergency plan is just the first step; you should practice it at least twice a year. Describe to family members a hypothetical event and tell them to follow the family emergency plan. Practice gathering your emergency kit and important documents, communicating with one another and meeting at a designated place. Afterwards, discuss the actions you took and how the plan would change in a different type of emergency.

Special education legal support now available to EFMP families

Devon L. Suits
Army News Service

Families in the Exceptional Family Member Program now have more resources to reach out to when they have legal questions about their rights.

Close to 40 Army legal practitioners recently completed additional training to better support families with special education-related needs, said Melissa Halsey, legal assistance policy division chief for the Office of the Judge Advocate General.

"Education is important," she said in an interview Tuesday. "Understanding that a child has received the education that they're entitled to" dictates a family's quality of life. "Sometimes, that requires help from a legal assistance attorney to advocate on your behalf."

Tied to a larger Department of Defense-led initiative to bolster legal assistance for all EFMP families, the Army now has a knowledgeable legal representative at 22 of its installations, spread throughout 15 states and parts of Germany, Halsey added.

Locations include: Alabama, Alaska, California, Colorado, Washington, D.C., Georgia, Hawaii, Louisiana, Missouri, North Carolina, New York, Oklahoma, Texas, Virginia, and Washington. Nine of the states currently support the



Families in the Exceptional Family Member Program now have more resources to reach out to when they have legal questions about their rights. Close to 40 Army legal practitioners recently completed additional training to better support families with special education-related needs, said Melissa Halsey, legal assistance policy division chief for the Office of the Judge Advocate General. (Photo by Spc. Robert Vicens Rolon)

Army's largest EFMP populations.

In total, more than 140 service attorneys, paralegals and EFMP family support providers from all the military services completed a weeklong William & Mary Law School online training course about special education law in June, Halsey said.

"The vast majority of the attendees had no experience in this area of law before taking the course," she said. After the course, they reported feeling that they've significantly expanded their knowledge in this area of the law and were better prepared to assist clients in need, she added.

The Army plans to continue with this type of training to gain further competence in this area.

"The Army's legal as-

sistance attorneys are well-versed in family law, estate planning, and things of that nature," she added. "Special education law is different ... and is not a typical subject an attorney would learn in law school. [Attorneys] can go months without seeing a client with questions in this area."

Halsey emphasized that all EFMP parents living in other locations will also have access to legal services tied to their special education rights. Through a partnership with the American Bar Association, Army legal representatives can now connect eligible families to a volunteer attorney.

"The 22 legal assistance offices that now have a practitioner trained in this area are prepared to provide a more in-depth level

of service," she said. "However, all legal assistance offices can provide resources or point clients in the right direction to get more information."

Through a pro bono military program, Soldiers at the rank of staff sergeant and below can gain access to a volunteer attorney in their community. For more information, Soldiers should contact their installation's EFMP family support office or legal office for further assistance.

"The JAG Corps is focused on making life better for Soldiers and families, wherever the Army takes them," said Lt. Gen. Charles N. Pede, the Army's JAG. "We constantly seek ways to enhance the legal support we provide to commanders, Soldiers and family members."

Army Suicide Prevention Month

The Army is committed to the health, safety and well-being of its Soldiers, Civilians and Families. To emphasize this commitment, the Army is joining the nation in observing September as National Suicide Prevention Month.

Each one of us has a responsibility and commitment to reach out and help our fellow Soldiers, Civilians or Family members who need The Strength of the Army. Together, we will make a difference by helping those at risk and prevent suicides.

Effective suicide prevention requires everyone to be aware of the risk factors for suicide and know how to respond. If a Soldier seems suicidal, the time to take action is now. Talk to the Soldier before it is too late. Be direct and talk openly. Listen. Allow them to express their feelings. Battle buddies are the front line in surveillance and detection of high-risk behavior. Be a buddy, learn the warning signs of suicide and find out how to help someone threatening suicide.

Suicide Warning Signs

Do you know the warning signs for suicide? If anyone you know exhibits these signs, get help as soon as possible by contacting a mental health professional or by calling the National Suicide Prevention Lifeline at (800) 273-TALK.

- Threatening to hurt or kill oneself or talking about wanting to hurt or kill oneself.
- Looking for ways to kill oneself by seeking access to firearms, available pills or other means.
- Talking or writing about death, dying or suicide when these actions are out of the ordinary for the person.
- Feeling hopeless.
- Feeling rage, uncontrolled anger or seeking revenge.
- Acting reckless or engaging in risky activities.
- Feeling trapped.
- Increasing alcohol or drug use.
- Withdrawing from friends, family and society.
- Feeling anxious, agitated; unable to sleep or sleeping all the time.

•Experiencing dramatic mood changes.

•Seeing no reason for living or having no sense of purpose in life.

Ask, Care, Escort, or ACE, is an easy-to-remember acronym that any Soldier, leader, Family member or DA civilian can use. Together we can keep each other, and our Army, mentally fit.

Ask your buddy

•Have the courage to ask the question, but stay calm.

•Ask the question directly, "Are you thinking of killing yourself?"

Care for your buddy

•Remove any means that could be used for self-injury.

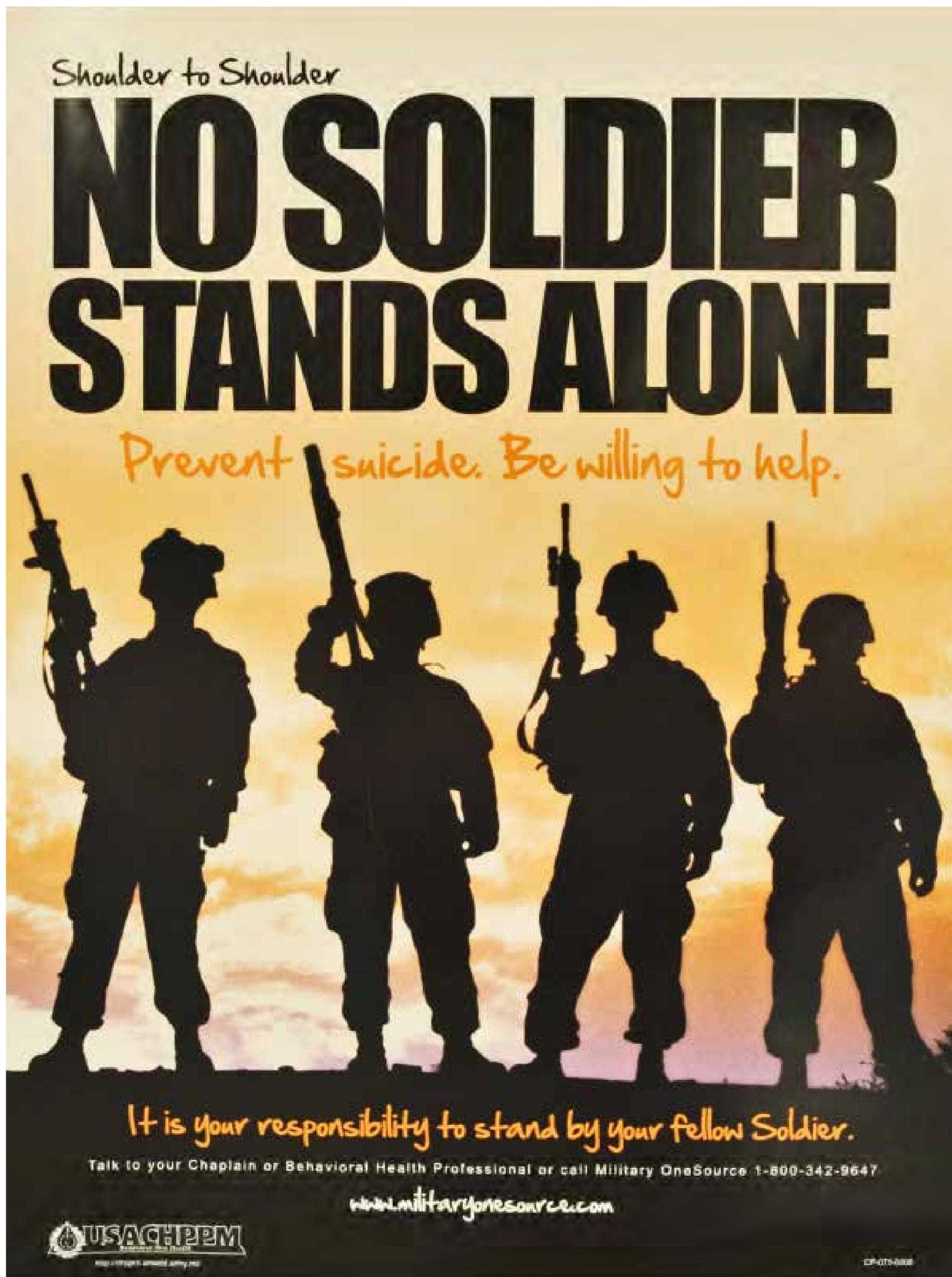
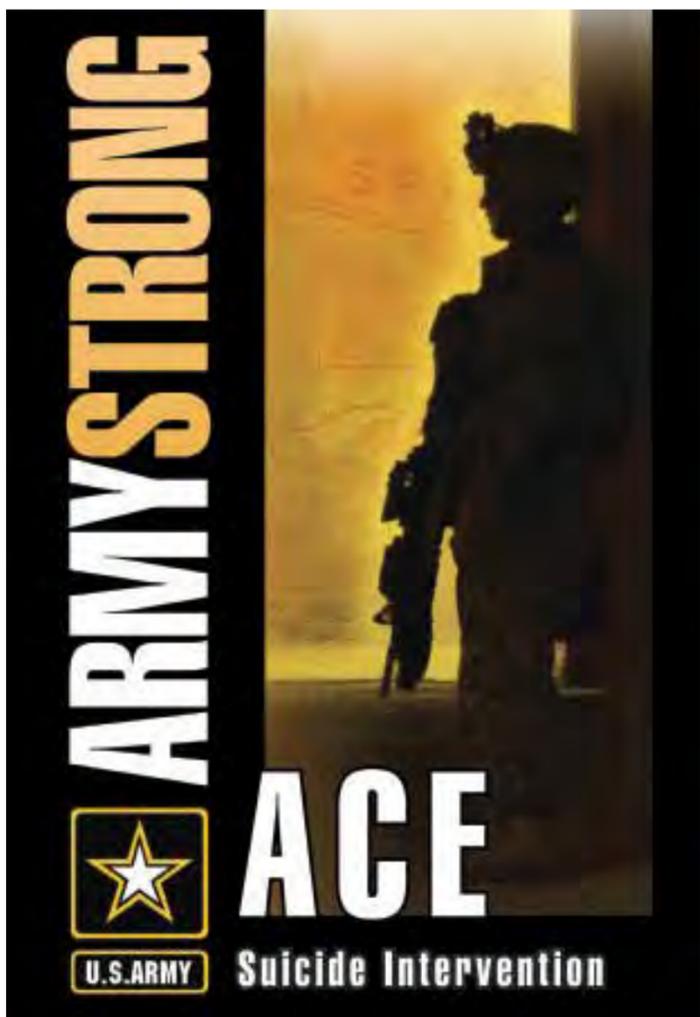
•Calmly control the situation; do not use force.

•Actively listen to produce relief.

Escort your buddy

•Never leave your buddy alone.

•Escort to the chain of command, a Chaplain, a behavioral health professional or a primary care provider.



Weekly Events

September 5 - 12

5 Youth Sports & Fitness Scavenger Hunt
September 5 - 18
Varies

Youth Sports & Fitness is running a Scavenger Hunt until September 18! Find the clues on the Wainwright MWR Facebook page, find the location on Fort Wainwright, and submit your photos to the Facebook Event.

Youth Sports & Fitness, Bldg 1045
Call 353-7482

5 Tanana River Float
Registration deadline: September 5
9 a.m. - 5 p.m.

Paddle the Tanana River with ODR September 12! This is an all-day float and is a fantastic opportunity to experience floating a glacier fed river! This program will cover all that you need to know about boating on Glacier Rivers all while offering very scenic views of Interior Alaska.

Outdoor Recreation Center, Bldg 4050
Call 361-6349/361-6350, registration required

6 Women in the Wilderness:
Chena Fly Fishing
Registration deadline: September 6
7:30 a.m. - 8:30 p.m.

Join Outdoor Recreation on September 13 for this women's only class for fly fishing! All skill levels are welcome. All equipment and instruction is included in the sign-up fee.

Outdoor Recreation Center, Bldg 4050
Call 361-6349/361-6350, registration required

10 Army Family Action Plan Discussion Board
September 10
Noon - 1:30 p.m.

Discuss and identify any issues within the Garrison and go over the recommended corrective action.

Army Community Services, Bldg 3401
Call 353-4332

11 The Dreaded Orange Ball
September 11 - 13
8:30 a.m. - 4:30 p.m.

The Dreaded Orange Ball Event is a 4 person event held at Chena Bend Golf Course. Participate any day between September 11 - 13 to be entered into the tournament.

Chena Bend Golf Course, Bldg 2090
Call 353-6223, registration required



Try out the new Mizuno equipment, September 11 & 12. For more information, go to wainwright.armymwr.com.
@WainwrightMWR #WainwrightMWR

PLEASE VISIT WAINWRIGHTARMYMWR.COM FOR A COMPLETE EVENT CALENDAR



@WainwrightMWR

#WainwrightMWR

**Disasters Don't Wait.
MAKE YOUR PLAN TODAY.**



September 2020

WEEK 1

Week 1 September 1-5: Make A Plan

Talk to your friends and family about how you will communicate before, during, and after a disaster. Make sure to update your plan based on the Centers for Disease Control recommendations due to the coronavirus.

WEEK 2

Week 2 September 6-12: Build A Kit

Gather supplies that will last for several days after a disaster for everyone living in your home. Don't forget to consider the unique needs each person or pet may have in case you have to evacuate quickly. Update your kits and supplies based on recommendations by the Centers for Disease Control.

WEEK 3

Week 3 September 13-19: Prepare for Disasters

Limit the impacts that disasters have on you and your family. Know the risk of disasters in your area and check your insurance coverage. Learn how to make your home stronger in the face of storms and other common hazards and act fast if you receive a local warning or alert.

WEEK 4

Week 4 September 20-26: Teach Youth About Preparedness

Talk to your kids about preparing for emergencies and what to do in case you are separated. Reassure them by providing information about how they can get involved.



POC Name:	Mr. Mardola, Jody
POC Number:	907-808-9700
POC Email:	jody.m.mardola.civ@mail.mil

Army Resilience director urges Soldiers to report incidents of misconduct

Devon Suits
Army News Service

The lead official for the Army's Resilience Directorate emphasized the use of reporting procedures Tuesday for incidents of sexual harassment and assault to ensure the service is a safe environment for all.

While the chain of command and other Army agencies exist to maintain the safety and well-being of the force, the Sexual Harassment/Assault Response and Prevention program has specific measures in place to assist victims, said James Helis.

Reaching out for support will help stop misconduct, he added, and allow the Army to hold perpetrators accountable for their actions.

Sexual harassment

Harassing behavior can be a precursor to sexual assault, according to SHARP officials, and should be immediately addressed to deter escalation.

"The first step is to take care of the victim," Helis said. "The second step is to make the harassment stop."

Individuals subject to sexual harassment can lodge an informal, formal, or anonymous complaint to a range of official reporting agencies for support, Helis said.

- These include:
- Chain of command
 - Victim advocate or sexual assault response coordinator
 - Inspector general
 - Judge advocate general office
 - Military police or a criminal investigation division, or CID
 - Health care provider

Soldiers can always reach out to a military chaplain for support,



The lead official for the Army's Resilience Directorate emphasized the use of reporting procedures Tuesday for incidents of sexual harassment and assault to ensure the service is a safe environment for all. (Graphics from Sexual Harassment/Assault Response and Prevention program)

but chaplains cannot take formal harassment complaints, Helis explained. "The chaplain is there to support a Soldier and help them understand what their options are. They can help connect them with the resources they need."

Outside the complaint process, individuals can always speak to their harasser directly, Helis said. In some cases, the harasser will stop once confronted.

If a Soldier or civilian is less inclined to speak to a harasser directly, they can employ an indirect communications method by sending the harasser a written message or lodging an informal complaint.

Submitting an informal complaint will not trigger an official investigation, Helis said.

An individual can seek assistance before confronting a harasser. The informal complaint process enables a third party to step in on the individual's behalf to try and end the negative behavior.

Sexual harassment victims can also submit an anonymous complaint, which will be reviewed by the applicable chain of command. Other personnel who witnessed some form of sexual harassment can also lodge an informal or anonymous complaint, Helis said.

An individual's chain of command may or may not be able to act on the anonymous complaint, depending upon the information provided, he added.

Formal complaint

If the informal process is unsuccessful, or if a Soldier wants to lodge a formal complaint, they must fill out a Department of the Army Form 7746, or Sexual Harassment Complaint, and submit it to an official reporting entity.

The complaint reporting process "is not a sequence," Helis explained. "Individuals can go directly to a formal complaint if they feel comfortable."

Once a formal complaint is submitted, the chain of command has three calendar days to

act, SHARP officials said. Soldiers who file a claim against an individual within their chain must be referred to a higher authority.

The commander or appointed investigating officer will then have 14 calendar days to investigate the allegations. They will then meet with the victim to discuss the outcome and results.

Once the findings are released, the complainant will then have seven calendar days to appeal the decision, officials said. If a higher authority within the chain of command is dissatisfied with the investigation results or disciplinary actions, they can launch a new investigation. They have 14 calendar days to complete this process.

Final decisions on complaints rest with the general court-martial convening authority, officials said.

Sexual assault reporting

Anyone who is a victim of sexual assault, or suspects an assault, should not be afraid to seek immediate care, Helis said.

However, these individuals should understand the difference between restricted and unrestricted reporting, he added.

Individuals looking to file a restricted

report can only do so through a sexual assault response coordinator, victim advocate, or health care provider, Helis said. A victim can confidentially disclose a sexual assault to a health care provider while still retaining the option to file a restricted report with a SARC or victim advocate. They will then have access to medical treatments, advocacy services, counseling, and the option for a forensic exam.

Communication between these entities is considered confidential and will not trigger an investigation.

Communication with a chaplain is also considered privileged and confidential. Soldiers can reach out to a chaplain for support, but not to report an incident, SHARP officials said.

In addition to the chaplain, personnel can call the Department of Defense Safe Helpline at 877-995-5247 or go to their website for confidential and anonymous services. The helpline is available worldwide at any time.

CATCH program

An individual will also have the option to enter their restricted report information into the DOD Catch a Serial Offender program, or CATCH, Helis said.

Soldiers can enter as much information that they can remember or feel comfortable sharing in the CATCH database, he added. Information can include names, ranks, or other distinguishing factors such as height or tattoos.

If the program identifies a serial offender, all victims connected to the perpetrator will receive a notification from a SARC. An investigation will be launched if the victims agree to change their reports to unrestricted.

"Sexual assault is a crime, and punishable under the Uniform Code of Military Justice," Helis said. "If a Soldier files a restricted report, they can change it to an unrestricted report at any time ... they feel ready to participate in an investigation."

Unrestricted reporting

Soldiers who choose to file an unrestricted report can seek assistance through their chain of command, CID, judge advocate general, SARC or victim advocate, or through their health care provider, Helis said.

If a Soldier reaches out to their chain of command or through a law enforcement agency, they waive their option to file a restricted report. Upon reporting, victims will receive the necessary care and support, along with the option for a protective order against the other party, SHARP officials said.

"First-line supervisors and junior leaders are at the tip of the spear when it comes to preventing sexual assault and sexual harassment," Helis said. "They are responsible for building cohesive teams that do not tolerate behaviors that are harmful to other Soldiers."

"If a Soldier approaches them and says 'I'm having an issue with a sexual assault or sexual harassment,' they need to listen and take appropriate action."