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Pentagram

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Pentagon moves to Health Protection Condition Charlie

By C. Todd Lopez DOD News

Due to recent increases in COVID-19 positivity case numbers, the Defense Department headquarters has moved to Health Protection Condition Charlie, Pentagon Press Secretary John F. Kirby said during a briefing Monday.

"Due to the recent increasing spread of COVID-19 ... this morning the Pentagon officially went to HPCON Charlie, to protect our workforce, their Families, our communities and our support to the absolutely critical mission of this department," Kirby said.

Officials continue to monitor COVID-19 conditions in the community surrounding the Pentagon, Kirby said, and any additional changes in health protection conditions will be based on an analysis of those conditions.

DOD has five "health protection conditions," beginning with 0, or "routine," and then to Alpha, Bravo, Charlie and Delta. When the HPCON is C, or "Charlie," an area is experiencing "sustained community transmission."

Under HPCON Charlie, employees can expect cancellation of in-person gatherings, a restricted ability to travel and severely restricted access to military installations.

As a result of the move to

HPCON Charlie, a number of measures were put in place at the direction of Michael Donley, the director for administration and management at the Pentagon.

Included among those measures are that organizations within the building are expected to maintain occupancy rates of less than 25% of what is considered normal.

Individuals in the building, regardless of vaccination status, must wear masks at all times except if they are alone in a closed

office, while eating or drinking or when pulling the mask down for identification purposes.

The memorandum also said that COVID-19 vaccinations, including booster shots, remain available at the Dilorenzo Pentagon Health Clinic, which Kirby said the department continues to recommend to all personnel.

"We continue to encourage all DOD employees and their eligible



Photo by Wesley Farnsworth

A technician loads a syringe with the COVID-19 vaccine for inoculating personnel at Wright-Patterson Air Force Base, Ohio.

Family members to get a booster shot, and obviously ... to get fully vaccinated," he said.

Right now, COVID-19 vaccinations are a requirement for all U.S. military personnel, while booster shots are not required. Kirby told reporters that no decision has yet been made about making booster shots a requirement.

"We are still in discussions here at the Pentagon about the booster shots and there's been no ... decision made about making them mandatory," he said. "But as the secretary has said many times to the force ... If you're eligible, if you meet the criteria, we absolutely encourage those members of our workforce to get the booster shots because it really does help lessen the effects if, in fact, one contracts the virus."

TUSAB celebrating 100 years



Courtesy photo

This year, The United States Army Band "Pershing's Own" celebrates 100 years of service. TUSAB is proud to have honored the nation's heroes for 100 years in Arlington National Cemetery. In this photo, the first known special bugler, Victor Christensen, sounding taps as President Franklin Roosevelt and Gen. John Pershing pay tribute to the Unknown Soldier in 1936.

National Blood Donor Month: Turn day around by giving blood

By Jeanette Brown Vantage Point

With the start of a new year, you, your friends and family can make a big difference by pledging to give blood twice in 2022 to help save lives and in the process — you can turn your day around through this simple, essential and lifesaving act.

Why donate? The nation's blood supply depends on altruism in the form of blood donations from a diverse pool of donors. All blood types are needed. It takes 24-48 hours to process, test and prepare a pint of blood for transfusion.

Someone requires blood every two seconds. Doing so ensures the availability of the nation's blood supply for veterans and patients in need. America's blood centers — and its community blood centers around the country — depend on a diverse pool of donors of all ethnicities to maintain the nation's blood supply to meet the needs of the 1 in 7 patients entering a hospital that requires a blood transfusion.

While veterans and active-duty military members know the importance of blood donation, we ask that you help spread awareness of the need for blood donors among those who may not realize their own ability to impact patients throughout the U.S. Beginning in January with the arrival of National Blood Donor Month, the national community is encouraging all eligible individuals to commit to donating blood at least twice throughout 2022.

Blood shortages have become a national epidemic with communities throughout the U.S. experiencing these shortages more frequently and for prolonged periods of time nationwide due to disruption caused by the COVID-19 pandemic. Now is the time for you to make a difference.



Courtesy graphic

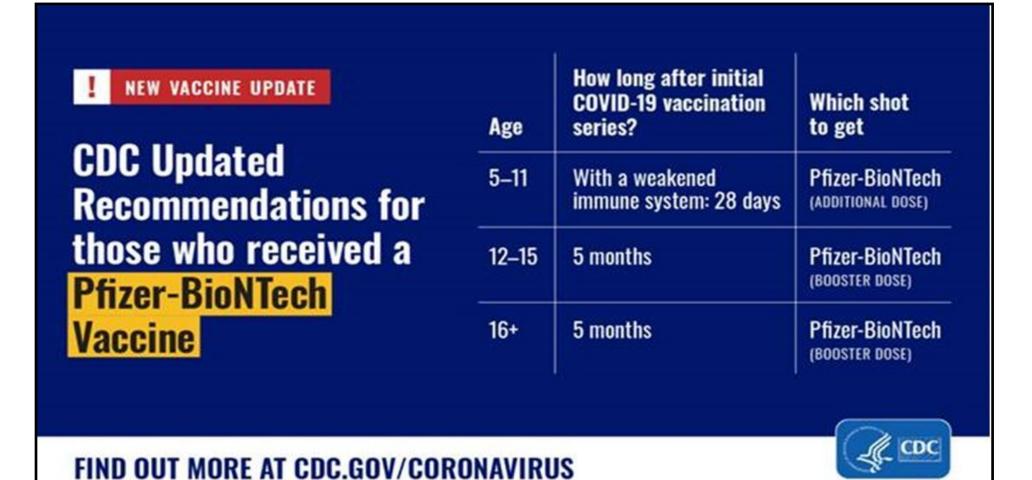
The nation's blood supply depends on altruism in the form of blood donations from a diverse pool of donors.

If every eligible individual pledge and also follows through on donating blood at least one more time than they did in 2021, blood shortages would be eliminated. It is safe and easy to donate blood. All eligible individuals are encouraged to schedule an appointment to help maintain the nation's blood supply for its availability whenever and wherever it is needed.

This National Blood Donor Month, we thank you, all current and future blood donors, for your resiliency, reliability and commitment to turn your day around by making an appointment to donate blood, assisting blood centers in performing their essential, lifesaving missions.

During emergencies, it is the blood on the shelf that has been donated, collected, tested and processed that saves lives. Do your part and help to stabilize your local community's blood supply to prevent hospitals from potentially being forced to alter treatment for some patients or cancel patient surgeries.

More than 33,000 daily donations are required throughout the U.S. to meet patient needs. Be the difference in potentially saving a life by making blood donation a habit this January for you, your friends and family, and committing to donating blood at least twice this year.



Pentagram



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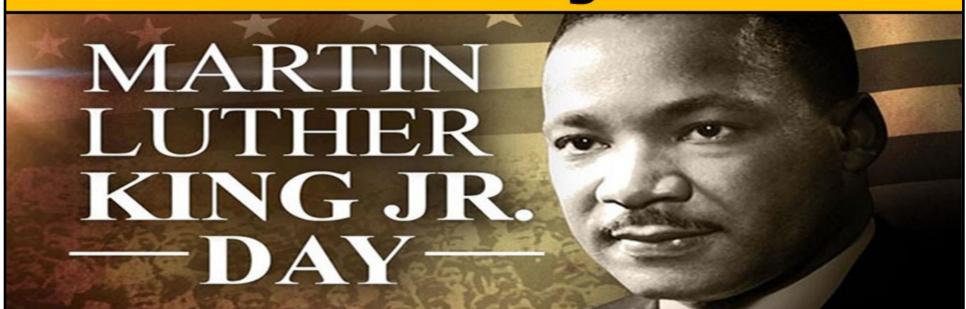
Community.

Mission continues despite winter snow



Photo by Spc. Laura Stephens This wintery weather may stop many things, but it doesn't stop the 3d U.S. Infantry Regiment (The Old Guard) from honoring the nation's heroes.

MLK holiday hours



AAFES

Myer Express

8 a.m. to 6 p.m.

Panda Express

Precision Tune

8 a.m. to 4 p.m.

10 a.m. to 4 p.m.

Henderson Hall

American Clipper Barbershop

11 a.m. to 3 p.m.

Car wash

Open 24/7

Marine Corps Exchange

10 a.m. to 6 p.m.

Smith Gym

8 a.m. to 1 p.m.

The Vineyard Wine and Spirits

10 a.m. to 6 p.m.

DeCA

Commissary

8 a.m. to 4 p.m.

MWR

Myer Physical Fitness Center

7 a.m. to 3 p.m.

McNair Physical Fitness Center

24/7 operations



Financial readiness training

First term Soldiers must attend a financial readiness training upon arrival at JBM-HH, which is mandated by AR 608-1, 4-38, c. This training reviews how to develop a budget, credit-building strategies, making sense of the Thrift Savings Plan and more. Soldiers may elect to attend a group session or a one-on-one appointment.

To schedule training or for more information, contact Cheyanne Pace at Cheyanne.n.pace.civ@mail.mil or call (703) 696-3510.

Find support with JBM-HH ACS

At Army Community Service, people will find all kinds of programs and services that combine fun with self-improvement. The joint base ACS office continues to serve in person and virtually. To learn about available opportunities, call (703) 696-3510. All JBM-HH ACS programs support Soldiers, civilian employees and Families in maintaining readiness by coordinating and delivering comprehensive, responsive services that promote self-reliance, resiliency and stability.

Army Emergency Relief is here for Soldiers, Families

Army Emergency Relief is an invaluable resource for Soldiers and Families. Financial help is given in the form of an interest free loan, grant, or combination of the two. If a Family has a financial need, the Soldier should call ACS at (703) 696-3510. AER is open Monday through Friday from 7:30 a.m. to 4 p.m. Please note that documentation is required to justify the dollar amount for loans.

Access to Tricare Online Patient Portal materials just got easier

By MHS Communications

Last month, the Defense Health Agency announced that Tricare Online Patient Por-

tal outreach materials will be accessible without login on TOL PP.

The portal was expanded to make access of TOL PP outreach materials more accessible for patients and military medical treatment facility administrative staff.

To access, beneficiaries need to go to the prelogin page, click the menu icon on the top left corner and choose the Patient Portal Outreach option. TOL PP users and stakeholders may then browse information on topics such as adding attachments to a secure message, adding prescriptions without having an account, and logging onto their TOL PP account.

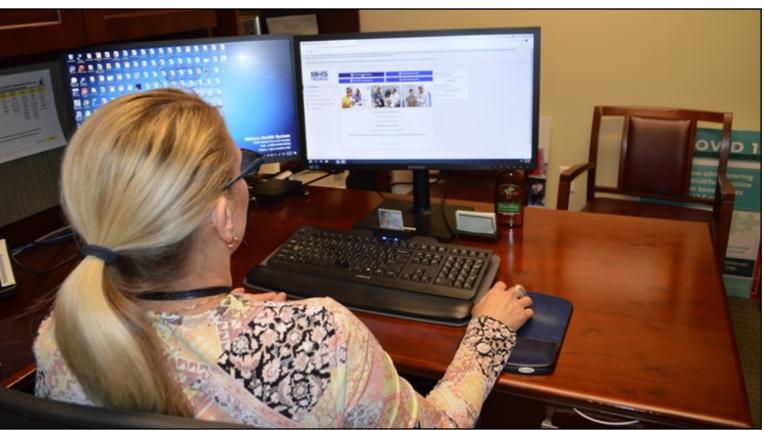
"The TOL PP is a wealth of patient resources and I always tell our MTFs to get their patients to

TOL PP to learn more about their health care and engaged with their providers," explained Regina Julian, DHA chief of clinical business operations and experience.

TOL PP is the current secure patient portal that gives registered users access to online health care information and services at MTFs.

The TOL PP team has a goal of elevating the military health system health care experience for paAdditionally, beneficiaries may access COVID-19 information, book COVID-19 related medical appointments and securely com-

services can we continue to deliver vital information to our patients to make their health care experience better," added James



Courtesy photo

Beneficiaries may access outreach materials by clicking the Tricare Online Patient Portal Outreach option on the menu.

tients. TOL PP provides patients with information across systems and initiatives to assist them with their healthcare needs. Patients may securely communicate with their provider, book appointments, fill prescriptions and review their health record data.

municate with their provider on COVID-19 related matters. They also have access to MHS GENE-SIS information, and all of this information is available from a laptop or phone.

"Only with a strategic view of working collaboratively with our

Copeland, SDD portfolio manager for TOL PP.

To access materials on TOL PP through the Tricare website, visit https://tricare.mil/Military-Hospitals-and-Clinics/Types-of-Military-Facilities/SecurePatientPortal.



Anonymous

support for sexual assault survivors in the military

safehelpline.org | 877-995-5247

Chaplain's Corner

Joint Base Myer-Henderson Hall upgraded in restrictions to HPCON Charlie. This requires that JBM-HH Religious Support Office limit its capacity to chapels. The Old Post Chapel is limited to no more than 50 personnel in the sanctuary. Memorial Chapel is limited to no more than 100 personnel in the sanctuary.

Attendees will need to register for Catholic services. For more information and to register, visit jbmhhmcc.com. Preregistration isn't needed for other services, but parishioners will need to sign in before entering the chapel.

Masks are required while in the chapel facility regardless of vaccination status.

Catholic Mass Saturday at 5 p.m. and Sunday at 9 a.m.

Protestant Service Sunday at 10:30 a.m.

Gospel Service Sunday at noon

Samoan Service Held the first Sunday of every month only at

2:30 p.m.

The RSO now livestreams the following Sunday services via the JBM-HH Religious Support Facebook page:

Protestant 10:30 a.m.

Gospel Service noon

The Fort Belvoir Jewish Congregation host Saturday services and religion education opportunities for Families. For information about Saturday services and programs at Fort Belvoir, contact the Jewish coordinator, Sara Astrow by email at saralyn.astrow.ctr@ mail.mil or phone at (703) 806-3393.



Hogan activates Maryland National Guard for state of emergency due to COVID-19 surge

By Capt. Benjamin Hughes **Maryland National Guard Public Affairs Office**

At the direction of Gov. Larry Hogan, up to 1,000 Soldiers and Airmen of the Maryland National Guard will be activated to assist state and local health officials with the state's COVID-19 re-

Guard members will support the Maryland Department of Health and other state agencies with missions for COVID-19 testing, supporting local hospitals and skilled nursing facilities and assisting with nonlife-threatening patient transport during the state of emergency due to a surge in COVID-19 hospitalizations.

The MDNG support will be tailored to the needs at each site and the mission details are in the process of being set with MDH and the local medical facilities.

"If one characteristic has epitomized the Maryland National Guard's response to COVID-19, it has been adaptability," said Maj. Gen. Timothy E. Gowen, adjutant general for Maryland. "Time and again, we have rapidly pivoted to meet the needs of the community as new challenges arose. This activation is no different."

Forty MDNG Soldiers already on duty supporting the Vaccine Equity Task Force were reassigned to support COVID-19 testing sites at the University of Maryland Upper Chesapeake Health in Bel Air and at Luminis Anne Arundel Medical Center in Annapolis Dec. 30, 2021. Additional members began mobilizing last



Photo by Master Sgt. Chris Schepers

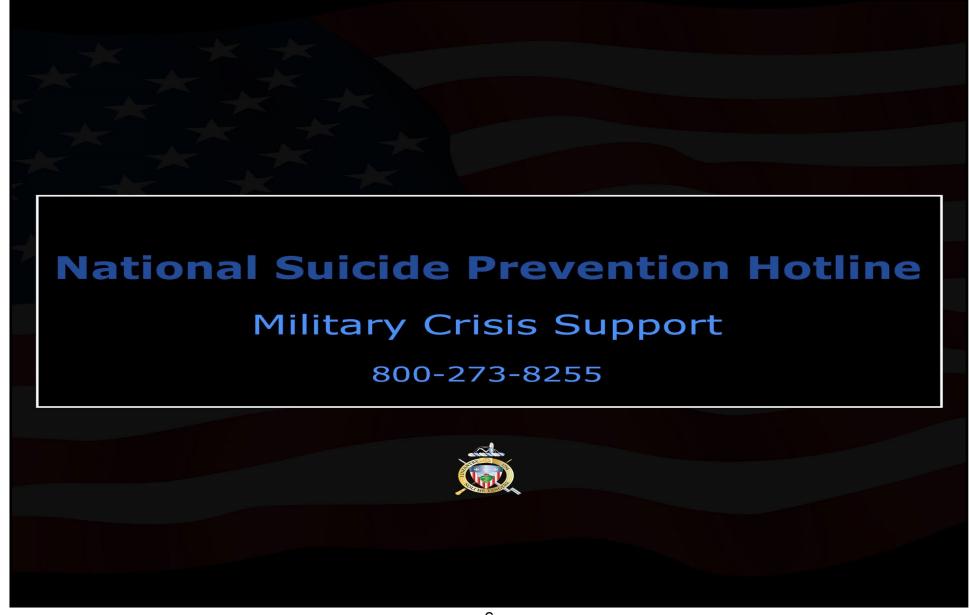
Maj. Gen. Timothy Gowen, the adjutant general of Maryland, speaks at a press conference at the Coordinated Highway Action Response Team Statewide Operations Center in Hanover, Maryland, Jan. 4. Gov. Larry Hogan activates up to 1,000 Soldiers and Airmen of the Maryland National Guard to assist state and local health officials with the state's COVID-19 response.

week, and will soon begin training relating to their specific assignments.

The MDNG will assist with opening 20 hospital-adjacent testing sites across the state to help divert people from visiting hospital emergency rooms and to meet the rising demand for COVID-19 testing. Support at each location will be tailored to meet the needs onsite.

Last year, Guard members supported the state's COVID-19 response at mass vaccinations sites throughout the state, at local health department sites with mobile vaccination support teams and through the Vaccine Equity Task Force, which ensured the equitable distribution of the COVID-19 vaccine. Soldiers also supported testing sites across Maryland.

"This is our third calendar year battling this virus and we are very prepared to take on these missions," said Brig. Gen. Adam Flasch, director of the MDNG Joint Staff. "Our Soldiers and Airmen will help create some additional bandwidth for the frontline medical workers, who are out there doing a tremendous job supporting Marylanders.'



US troops in Iraq remain at risk, retain right of self-defense, press secretary says

By Jim Garamone DOD News

Even though the mission of U.S. forces in Iraq has changed, the troops are still in a hazardous environment and retain the ability to defend themselves, Pentagon Press Secretary John F. Kirby told reporters Jan. 4.

The mission of U.S. forces shifted from combat to advise and assist three weeks ago, per an agreement between the United States and Iraq. Yet troops advising and assisting Iraqi forces are at risk.

Forces launched strikes against rocketlaunching sites near Green Village in Syria and shot down two armed drones targeting forces in Al Asad Air Base. There were no casualties among friendly forces.

The strikes against the rocket-launching sites were not airstrikes, Kirby said. Forces hit the sites to ensure rockets were not launched against coalition forces.

But that begs the greater question of if U.S. personnel are at risk in the mission.

"They clearly are at risk in the region," Kirby said. "I mean, one of the reasons why these sites were hit was (that) we had reason to believe that they were going to be used as launch sites for attacks on Green Village. So clearly, our men and women remain in harm's way. And we have to take that threat very seriously. We always have the right of self-defense." Kirby would not say who manned these rocket-launching sites.

"That said, we continue to see threats against our forces in Iraq and Syria by militia groups that are backed by Iran," he said. "But again, I don't have specific attribution on who was responsible for these specific sites." Iran is a major player in Iraq and U.S. officials have been consistently concerned about the threats to U.S. forces in the region.



Courtesy photo

Qasim al-Araji, national security advisor of Iraq, and Iraqi Staff Lt. Gen. Abdul Amir al-Shammari, deputy commander, Joint Operations Command for Iraq, inspect body armor during a visit to Al-Asad Air Base. The Iraqi officials visited the base to get a firsthand look at how the new advise and assist relationship between U.S. and Iraqi forces is working.

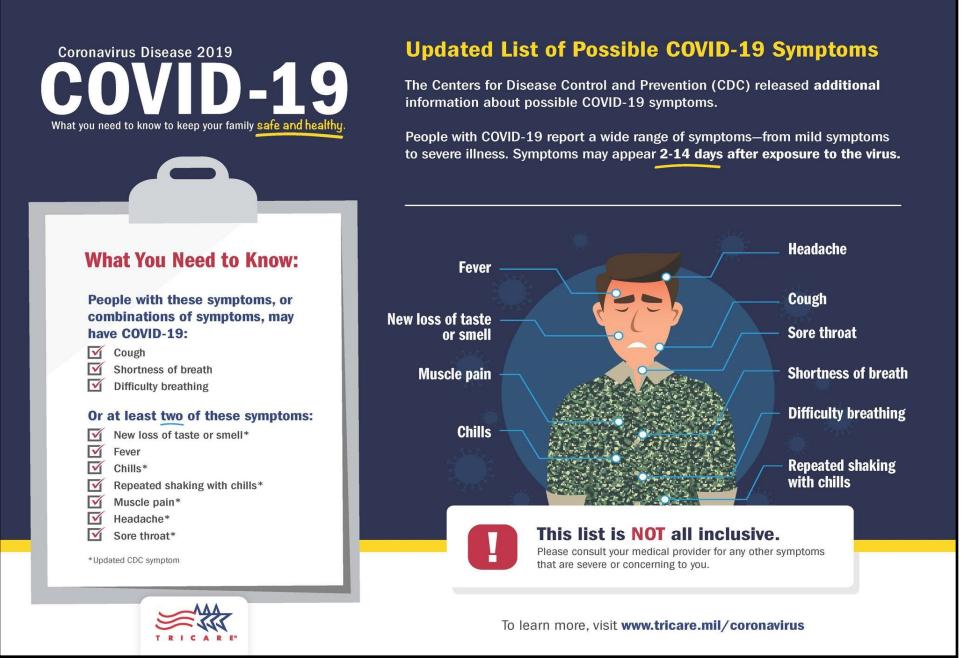
"That is not a new concern," Kirby said.
"And I think we've seen in just the last few days, that there have been acts perpetrated by some of these groups that validate the consistent concern that we've had over the safety and security of our people."

On Russia, Kirby said should NATO allies ask for more U.S. capabilities in Europe, "we would be positively disposed to consider those requests." Still, he noted, the United States has a "very large and robust footprint" in Europe

that complements the sizable capabilities that European allies possess.

"There already exists a lot of capabilities (in Europe)," he said. "And some of those capabilities could be moved around — if that was, in fact, the request and was decided that would be the most prudent thing to do."

There are many options that President Joe Biden has if Russia decides to launch another incursion into Ukraine, Kirby said, but nothing has been asked for yet.



Soldiers continue to motivate battle buddies during winter months



Photo by Cpl. Gabriel Bacchus

It can be tough to stay motivated throughout the winter months, especially up north where the days are cold and short. Leaders think the best way to stay motivated is to work out with a buddy even if it means carrying them along.

Are you a parent? A teacher? A student? We would like to introduce you to "The 100 Schools Challenge." In celebration of The U.S. Army Band's centennial year, "Pershing's Own" is committed to connecting with at least 100 schools through free educational outreach that uses music to teach STEM, SEL, communications and diversity. For more information, visit https://www.usarmyband.com/



Cold, flu season: Tips to keep medicine out of young children's reach

By StatePoint

A recent study found that approximately three in four emergency visits for accidents related to over-the-counter cold and flu medicines among young children were made after a child got into the medicine on their own. Are all of your medicines kept somewhere safe? With a potentially tough cold and flu season upon us, experts are urging parents and caregivers to remember to keep medicines up and away and out of sight and reach of young chil-

"During cold and flu season, seven in 10 people will reach for over-the-counter medicines to treat fevers, sinus headaches and other unwelcome symptoms," said Mary Leonard, managing director, Consumer Healthcare Products Association Educational Foundation. "That's a lot of additional medication in the home. Kids are curious, so parents and caregivers should take care to put medicines up and away, out of reach and sight of young children — after every dose."

The Up and Away campaign is an initiative of the Centers for Disease Control and Prevention and its PROTECT Initiative, in partnership with the Consumer Healthcare Products Association Educational Foundation. The campaign aims to prevent accidental ingestion of medicine in young children by reminding families to follow these tips:



Never leave medicines or vitamins out on a counter, table or at a sick child's bedside.

- Keep medicines, including those carried in purses, bags, pockets or pill organizers, in a safe location that is too high for curious, young children to reach or see.
- Never leave medicines or vitamins out on a counter, table or at a sick child's bedside. To a young child, pills can look like candy and liquid medicines can look like

sugary drinks.

- At home or away, keep medicines in child-resistant containers until right before you take them.
- If your medicine has a locking cap that turns, twist it until you can't twist any more or hear the "click."
- Teach children what medicine is and why you or another caregiver must be the one to give it to them.
- Remind babysitters, houseguests, and visitors to keep purses, bags, suitcases or coats that have medicines in them up and away and out of sight when they're in your home.

Save the Poison Help number (800) 222 -1222 in your phone, so you have it when and if you need it. Make sure that babysitters, older children, grandparents and frequent family visitors have this information too, in case there's an emergency when Courtesy photo they're in charge. Call Poison Help right away if you think your child might have

gotten into a medicine or vitamin, even if you are not completely sure. You can also visit poison.org. To learn more and for additional free resources, visit upanda-

This cold and flu season and yearround, keep children safe by keeping medicine up and away and out of the sight and reach of young children.



News Notes

JBM-HH changes HPCON, update to services

Joint Base Myer-Henderson Hall returned to Health Protection Condition Charlie, with much of the JBM-HH workforce on telework status. Some services will be offered virtually, some will operate under reduced hours and others will be closed entirely. The priority remains to protect the force, preserve readiness and mitigate the risk of transmission among personnel.

Services closed/canceled

The Directorate of Family, Morale Welfare and Recreation sports programs and fitness classes are postponed until further notice.

The Myer Flyer Shuttle Service is cancelled.

DFMWR Community Activities Center and Leisure Travel Services will close until Jan. 21.

Virtual services only

All Army Community Services activities will be 100% virtual. Call ACS at (703) 696-3510.

Out processing for ACS, CYS and MWR is 100% virtual. For ACS call Trina Reliford at (703) 696-8435/3510; for MWR call Blane R. Butler at (703) 459-5137; and for CYS call Ann Daffin at (703) 696-7620 or (703) 964-4950.

Reduced hours and services

Child and Youth Services will reduce services and hours of operation. Services will be provided only to mission essential personnel, verified through the CYS administration office. Reduced hours of operation are from 7 a.m. to 5 p.m.

The Myer Fitness centers will be available for active duty and emergency personnel only. Reduced hours of operation are from 5 a.m. to 6 p.m. Monday through Friday.

The McNair Fitness Center will continue 24/7 availability for enrolled patrons.

Auto detailing is available by reservation by calling (703) 696-7863.

Library services will be available for pickup/drop off only.

The bowling center will remain open with limited operations and capacity. Call the bowling center at (703) 528-4766 to confirm availability.

Patton Hall will reduce group size catering operations. Reservations are required; call (703) 524-0200.

The installation supply support activity will remain open under normal operating hours.

The dining facility will be open for eat-in for active-duty personnel only. All others will have to use the carry-out option. Hours of operation will not change.

Chapel services

There is no change to the current schedule of in-person chapel services; however, the Old Post Chapel will operate at a maximum capacity of 50 people and Memorial Chapel will accommodate 100.

Due to high demand, all Catholic services will require online registration ahead of time. No preregistration is needed for the other services, however, parishioners will need to sign in before entering the chapel, so chapel personnel can control the number in the building.

Virtual Services may be offered; check JBM-HH Facebook at https://www.facebook.com/jbmhh/for the virtual services.

For registration and questions, please call the JBM-HH Religious Support Office at (703) 696-7668. **Other**

Some services by the Directorate of Public Works, while remaining under normal operations, may experience a delay for routine requests and work orders as DPW focuses on the safety of personnel.

There may be additional changes to hours, reduction in services or closures in the coming days as the joint base transitions back to HPCON Charlie. Leadership will keep the community updated via email, social media and the Pentagram.

For any services not specifically listed here, leadership recommends calling ahead to verify service availability and hours of operation.

AAFES inventory closings

Jan. 31 marks the AAFES fiscal year end of 2021. The Exchange's annual inventories are conducted by its associates in January. Staffing shortages continue to be a challenge for the Exchange. In order for the Exchange to get an accurate count and best results for its inventories, the store will be closing some of the facilities on the day of their inventories.

Fort Belvoir, Joint Base Myer-Henderson Hall, Andrews AFB, Joint Base Anacostia-Bolling and Fort Meade Exchange stores will be closed on their inventory day. The following are the dates and times AAFES stores will be closed for inventory: Sunday, Fort Belvoir Military Clothing Store will be closed; Wednesday, Fort Belvoir PX will be closed, but the food court and mall concessions will be open; Jan. 22, Fort Myer Express will close at 9 p.m., but gas pumps will be available 24/7; Jan. 24, Fort Myer MCS will be closed; Jan. 25 Fort Myer PX will be closed, but Starbucks, Subway and concessions will be open; Jan. 27, Fort Belvoir SP Express will close at 8 p.m., but gas pumps will be available 24/7; and Jan. 28, Fort Belvoir NP Express will close at 10 p.m., but gas pumps will be available 24/7.

JBM-HH face mask policy

According to the Centers for Disease Control and Prevention, Washington, D.C., and Arlington County are now "substantial" transmission areas for COVID-19 and the Omicron variant. Face coverings are now required in all indoor settings on Myer, McNair and Henderson Hall — regardless of vaccination status. The mask mandate remains in place

for all unvaccinated individuals — indoors and outdoors.

Civilian leave assist

JBM-HH Directorate of Emergency services employees Ashish Sangroula, Danpats Mwesigwa and Brian Sutton, Directorate of Public Works employees Huey Vample, Wanda Scott and Lisa Barnes have been approved to receive leave under the Volunteer Leave Program. Department of the Army civilian employees who would like to donate annual leave can fill out form OPM630a, "Request to Donate Annual Leave to Leave Recipient Under the Voluntary Leave Transfer Program (Within Agency)," at www.opm.gov/ forms/pdf fill/opm630a.pdf.

For federal government civilian employees outside the Department of the Army who would like to donate annual leave, please complete form OPM 630b, "Request to Donate Annual Leave to Leave Recipient Under the Voluntary Leave Transfer Program (Outside Agency)," at www.opm.gov/forms/pdf fill/ opm630b.pdf. individuals have to do is show up in their PT gear and wear a mask -COVID-19 safety protocols are maintained during the class.

Virtual transition services

The JBM-HH Transition Assistance Program wishes to remind the joint base community that all services are currently virtual. The TAP facility, located in Bldg. 404, is currently under construction. The building is closed to public access at this time. Employees who wish to enter the building in the interim must report to the trailer south of Bldg. 404, near the loading dock, to receive the proper personal protective equipment.

The U.S. Army is People First. So are we. - 4 Million Soldiers and Families served - \$2 Billion distributed as 0% interest loans, grants & scholarships - 30+ categories of assistance such as childcare, PCS assistance and more AER