ARMY COMMUNITY SERVICE
ACS
Real-Life Solutions for Successful Army Living

I Need Assistance With...Directory

1 May 2014

SB = Schofield Barracks
FS = Ft. Shafter
AMR = Aliamanu Military Reservation
HMR = Helemano Military Reservation
TAMC = Tripler Army Medical Center
WAAF = Wheeler Army Air Field

Army Community Service
Schofield Barracks 655-4ACS/ Toll Free 1-877-406-2148
Fort Shafter Outreach Ctr. 438-4ACS/ Survivor Outreach Services 438-4ACS
Soldier & Family Assistance Center 655-7171

Military & Family Life Consultant (MFLC) 222-7088
Child & Youth Behavioral MFLC
SB 228-9160 / 351-4571 / 221-3910 FS 220-7323 AMR 366-4694

MWR Website
http://himwr.com

USARPAC Website
www.usarpac.army.mil

Military OneSource 1-800-342-9647
www.militaryonesource.com

EMERGENCY

Military Regional Dispatch Center (RDC) for Military Police, Fire Department or Ambulance
471-7117

Military Police
SB 655-7114
FS 438-7114
Emergency 911

Fire Department, Federal
471-7117
Emergency 911

American Red Cross
TAMC 433-6631
24 Hrs 1-877-272-7337 AER non-duty hrs

Suicide & Crisis Hotline
(808) 832-3100 HI State
Suicide Prevention Hotline
1-800-273-TALK (8255) National
1-800-SUICIDE (784-2433) VA

Installation Information

Military Directory Assistance
449-7110
Military Operator
449-1110

Installation Access Pass Office
SB 655-1620

Military ID Cards / AG ID Cards
https://rapids-appointments.dmdc.osd.mil
SB 655-4104

Travel Services

Leisure Travel Services
SB 655-9971 FS 438-1985

Space A Website
Travel Info & Documents 449-6833
www.amc.af.mil/amctravel/

Military Passport / Citizenship
655-7182 www.travel.state.gov

Child/Parent Care

Child, Youth & School Services

CYS Parent Central Services
SB 655-5314/8380
AMR 833-5393
Kids on Site 655-8628
Child Development Centers
SB 655-7106 HMR 653-0724
SB Bowen 655-5293
SB Peterson 655-1569/1570
FS 438-7361/1151
AMR 833-5102/ 5570
Family Child Care, SB 655-8373
School-Age Youth Centers
SB 655-6476 HMR 653-0717
FS 438-6470 AMR 833-4932
Middle School/Teen Centers
SB 655-0451 AMR 833-0920
Youth Sports
SB 655-6465 AMR 836-1923
SKIES 655-9818

ACS New Parent Support Program
SB 655-4ACS
Family Advocacy Prevention Ed
SB 655-4ACS

Exceptional Family Member Program
ACS SB 655-4777 FS 438-4ACS
TAMC 433-4441

Child & Adolescent Assistance Ctr.
SB 433-2778 ext 363
TAMC 433-6418 Child Psychiatry and Child Psychology
TAMC 433-1323 Adult Psychology

Legal Assistance Office

Power of Attorney, Wills
SB 655-8607 FS 438-6725
Tax Assistance Office
SB 655-1040

Legal Aid 536-4302 (non-military)

Health Care

Tripler Army Medical Center ***Emergency***
Information Line 433-3422
Emergency 911

Tripler Army Medical Ctr. Information Center
433-6661 / 6662 / 6663
Central Appointment System 433-2778

U.S. Army Health Clinic, Schofield Barracks
Online services http://www.tricareonline.com
Dial 433-2778 plus extension number listed

Primary Care
Family Practice Appt ext 12
Family Practice Patient Assistance ext 3111
Family Practice Allergy/Immunization 3113
Pediatrics ext 312
OB/GYN Appt ext 3, ext 4
Troop Medical Clinic ext 322
Troop Medical Clinic Annex ext 321
Aviation Medicine Clinic Appt ext 323
Deployment Health Clinic Appt ext 321
Warrior in Transition Clinic Appt ext 331

Specialty Clinics
Acute Care Clinic SB, 433-8850, M-F 7a.m.-6:30 p.m.
Audiology/Hearing Conservation ext 381
Occupational Health 433-8391
Warrior in Transition Occ Health 433-8198
Occupational Therapy 433-8011
Orthopedics/Podiatry/Cast Clinic ext 351
Optometry ext 3821
Physical Exam ext 325
Physical Therapy (PT): Main ext 3521
Warrior in Transition PT: ext 333
SB Army Public Health Nurse Clinic ext 384

Other Services
Pharmacy ext 302,
Laboratory 433-8303
Radiology 433-8355
Customer Relations
SB 433-8504
TAMC 433-6336
Health Benefits Advisor:
SB Health Clinic 433-2778 ext 392
TAMC 433-3422

TRICARE
UnitedHealthcare 1-877-988-9378
www.uhcmilitarywest.com

Financial

Army Emergency Relief (AER)
SB 655-4227

Non-duty Hrs AER Emergency:
American Red Cross
1-877-272-7337

Financial Resiliency Center
ACS 655-1866

125th Financial Management Co.
Customer Service
655-1244

Defense Military Pay Office
FS 438-1875 or 1-888-332-7411

WIC

Wahiawa Office 622-6458
Kalihi-Palama Office 841-0011

Pets

Veterinary Needs
SB 655-5889 FS 433-2271
Off Post 24 Hr 484-9070

MWR Pet Kennel
368-3456

Abuse/Neglect

Child Abuse / Neglect Reporting
Military Police
SB 655-7114 FS 438-7114

State Child Protective Services
(CPS) 832-5300

Domestic Violence Advocate
24/7 Response 624-SAFE(7233)

Sexual Assault Advocate
24/7 Response 655-9474

Housing / Relocation

Island Palm Communities (Leased housing on-post)
North Regional Leasing Office 275-3700 (SB, HMR)
South Regional Leasing Office 275-3800 (FS, AMR, TAMC)

Joint Personal Property Shipping Office (JPPSO)
Household Goods Inbound and Outbound 473-7750

DOL Personal Property & Transportation (PP&T)
SB. 655-1868, Bldg 750 FS 438-3276, Bldg 330
Deployment Household Goods Storage 655-1868, Bldg 750

ACS Relocation Assistance & Lending Closet
SB 655-4ACS FS 438-4ACS

Schools

HI State Dept of ED.
Central Oahu District
627-7478

USAG-HI School Liaison Office
655-8326

School Behavioral Health Team
TAMC 433-1264

Marital / Family / Individual

Warrior Behavioral Health Service 433-2778 ext 361, Bldg 687, SB
Concussion Clinic (TBI) 433-8199 , Bldg 672, SB

SB Family Member Assistance Center 433-2778 ext 362, Bldg 681
SB Child Assistance Center 433-2778 ext 363, Bldg 681, SB

Family Life Chaplain
North Community 655-9355 / Family Life Center 655-6646
South Community 833-2904

Garrison Chaplain 655-4406
SB Main Post Chapel 655-9307
After Duty Hours Chaplain Reached through IOC: 656-3272

Army Substance Abuse Program (ASAP) Front Desk 655-9113
Prevention Coordinator 655-4655
Installation Biochemical Testing Coordinator 655-6048
ASAP Clinic & Counseling Service 655-8610
Adolescent Substance Abuse Counseling Services 655-9944
Risk Reduction Coordinator 655-0996
Suicide Prevention Program Specialist 655-4655
Employee Assistance Program (EAP)
EAP Coordinator 655-6046 EAP Specialist 655-6047

Families Overcoming Under Stress (FOCUS) 257-7774

ASAP PREVENTION UPCOMING EVENTS

DATE	TIME	LOCATION	TITLE	TOPIC
23-27 JUN	09-1630	Bldg 2091/896	BUPL	Initial UPL Certification
26 JUN	09-1500	Bldg 896	ACE-SI	Suicide Prevention
04 JUL	07-1700	Bldg 2091/556	INDEPENDCE DAY	CLOSED
07 JUL	09-1100	Bldg 2091	Advanced UPL Course	UPL Re-certification
08-09 JUL	09-1600	Bldg 896	Prime for Life	Prevention Education
21-25 JUL	09-1630	Bldg 2091/896	BUPL	Initial UPL Certification
24 JUL	09-1500	Bldg 896	ACE-SI	Suicide Prevention
04 AUG	09-1100	Bldg 2091	Advanced UPL Course	UPL Re-certification
05-06 AUG	09-1600	Bldg 896	Prime for Life	Prevention Education
25-29 AUG	09-1630	Bldg 2091/896	BUPL	Initial UPL Certification
28 AUG	09-1500	Bldg 896	ACE-SI	Suicide Prevention
01 SEP	07-1700	Bldg 2091/556	LABOR DAY	CLOSED
08 SEP	09-1100	Bldg 2091	Advanced UPL Course	UPL Re-certification
09-10 SEP	09-1600	Bldg 896	Prime for Life	Prevention Education

Updated: 1 July 2014

POC: john.m.miller5.civ@mail.mil

ARMY CAREER AND ALUMNI PROGRAM

673 Ayers Ave., Bldg. 750, Room 136
Schofield Barracks, HI 96857
(808) 655-1028
acap.schofield@serco-na.com

ACAP
Army Career & Alumni Program
Army Strong for Life

23 OCT 2013

CAREER READINESS STANDARDS

Local Soldiers on Schofield Barracks call 808-655-1028 to make appointments to start the process. Remotely stationed Soldiers complete the following either virtually by registering on the ACAP Online Homepage at www.acap.army.mil, accessing the ACAP Virtual Center at: https://www.acap.army.mil/virtual/, or Face-to-Face at the Schofield Barracks ACAP Center, Building 750, Room 136. Soldiers who are deployed or are remotely located from an ACAP center will use the ACAP website or will coordinate to receive support from STATE ARNG, USAR RSC, or their unit S1/G1/J1.

PHASE I

1. Reserve Affiliation Orientation
2. DD FORM 2648 Preseparation Briefing
3. eBENEFITS Registration
4. Initial Counseling
5. Individual Transition Plan

START

Mon – Fri, 0800-1100
Bldg. 750, Room 136

NLT 12 months before SEP

PHASE II - TAP WEEK

1. Transition Overview
2. MOS Crosswalk
3. VA Benefits Briefing I
4. DOL Employment Workshop
5. Financial Planning Seminar
6. VA Benefits Briefing II

12 to 6 months before SEP

PHASE III - 2-DAY SPECIAL TRACKS

1. ITP Review
2. Education Track
3. Employment Track
4. Entrepreneurship Track

12 to 4 months before SEP

PHASE III A

1. Transition Services:
2. Retirement Services
3. Physical Exam

Disclaimer: ACAP does NOT provide any of these services. Visit garrison.hawaii.army.mil/dhr/default.htm for requirements. You must contact the appropriate office to make an appointment.

6 - 3 months before SEP

PHASE IV - ACCESS RESOURCES

1. Career Counseling
2. ACAP Plus
3. Job Fairs
4. Hiring Events
5. Computer Use
6. Resume Writing: Workshop and appointment with your ACAP counselor

12 to 4 months before SEP

PHASE V - CAPSTONE

CAPSTONE is the mandatory final QC to ensure completion of the CRS. Soldier MUST bring: Gap Analysis, Budget, ITP, Resume, school or job application, and signed DD Form 2958 for counselors signature.

NLT 120 days before SEP

PHASE VI
SEPARATION CLEARING – Bldg. 2020

1. DD Form 2648 (AC) or DD Form 2648-1
2. DD Form 2958
3. Online Survey

10 Days before SEP

Follow the Arrows to Success

EVENT SCHEDULE

The events mandated for completion of the Career Readiness Standards are scheduled on a recurring basis as listed below. Changes can occur to the schedule on short notice. Always check with the ACAP Center prior to the scheduled appointment to verify the appointment time, date, and location; or possible cancellations: 808-655-1028. The Transition GPS Course is also available on JKO: https://jkodirect.jten.mil. Bring the certificate(s) upon completion to the ACAP Center to receive credit for the courses. If you need any technical assistance with JKO, contact the JKO Help Desk, jkohelpdesk@jten.mil, 757-203-5654 or Mr. Bill Shanley, william.d.shanley.civ@mail.mil, 757-203-5538.

EVENT	DAY	FREQUENCY	TIME	LOCATION
PHASE I – PRESEPARATION BRIEFING				
Reserve Affiliation Orientation	Tuesday	Weekly	TBA	Bldg. 750, Annex
DD FORM 2648 Preseparation Briefing	Monday – Friday	Daily	0800-1100	Bldg. 750, Room 136
eBENEFITS	Included as part of Preseparation Briefing			
Initial Counseling				
Individual Transition Plan				
PHASE II – TAP WEEK				
Transition Overview	Monday	Weekly	0800 - 0900 0900 - 1000	Bldg. 750, Rm 123 Bldg. 560, Rm 207
MOS Crosswalk	Monday	Weekly	0900 - 1100 1000 - 1200	Bldg. 750, Rm 123 Bldg. 560, Rm 207
VA Benefits Briefing I	Monday	Weekly	1200 - 1600	Bldg. 750, Rm 123
DOL Employment Workshop	Tuesday through Thursday	Weekly	0830 - 1600 0900 - 1700	Bldg. 750, Rm 123 Bldg. 560, Rm 207
Financial Planning Seminar	Wednesday	Weekly	0800 - 1400	Bldg. 750, Rm 123
VA Benefits Briefing II	Friday	Weekly	1400 - 160	Bldg. 750, Rm 123
PHASE III - TRACKS				
ITP Review	TBA	TBA	TBA	TBA
Entrepreneurship Track	Wednesday through Thursday	Quarterly	0900 - 1630	Bldg. 560, Rm 207
Education Track	TBA	TBA	0900 - 1630	Bldg. 560, Rm 207
Employment Track	TBA - FY 14	TBA	0900 - 1630	Bldg. 560, Rm 207
PHASE III A – SPEIAL REQUIREMENTS FOR OTHER AGENCIES				
Transition Services	Monday through Friday	Daily	0730-1600	Bldg. 750, Rm 103
Retirement Services	Monday through Friday	Daily	0730-1600	Bldg. 750, Rm 122
Physical Exam	Individual Appointment	Daily		TAMC
PHASE IV – RESOURCE ACCESS				
Advanced Resume Writing	Thursday	Monthly	1300 - 1600	Bldg. 750, Annex
ACAP Plus	Thursday	Weekly	1000 - 1200	Bldg. 750, Annex
Job Fairs	As announced	Annually	TBA	TBA
Hiring Events	As announced	Quarterly	TBA	TBA
PHASE V– CAPSTONE				
CAPSTONE	Individual Appointment	Daily	0730-1600	Bldg. 750, Rm 123

REFERENCES: The Career Readiness Standards must be completed prior to separation IAW Chapter 58 of Title 10, United States Code sections 201-256 of Public Law 112-56, DoD Directive 5124.02, OSD DTM 12-007 21 November 2012, SECARMY Policy Memo 29 August 2011, and Army EXORD 054-12, 29 Dec 2011.

DAMPS-OCOTCS

USAG Hawaii SRPM offers TCS orders training in DAMPS for Unit S-1 Representatives

Location: Conroy Bowl, Building 555, Schofield Barracks

Multiple classes available

Please email to schedule:

Ms. Laura Horn, laura.l.horn8.civ@mail.mil

Commercial 808.655.1086 or DSN 315.655.1086

New Requestor/ Refresher Training

Thursday, 10 July 2014

Thursday, 24 July 2014

Thursday, 14 Aug 2014

Thursday, 4 Sep 2014

Thursday, 25 Sep 2014

2014 FRG Training Schedule

Tuesday, April 8	FRG 101/Key Caller/Fund Mgmt	9:00 a.m. – 1:00 p.m.
Tuesday, April 22	FRG 101/FRG Leader	5:30 p.m. – 8:30 p.m.
Saturday, May 3*	FRG 101/FRG Leader/Social Media	9:00 a.m. – 2:30 p.m.
Tuesday, May 13	Key Caller/Social Media	9:00 a.m. – 12:00 p.m.
Tuesday, May 27	Treasurer/Fund Management	5:30 p.m. – 8:30 p.m.
Thursday, May 29	FRSA/FRL Day 1	9:30 a.m. – 4:00 p.m.
Friday, May 30	FRSA/FRL Day 2	9:30 a.m. – 2:00 p.m.
Tuesday, June 10	FRG 101/FRG Leader	9:00 a.m. – 12:00 p.m.
Wednesday, June 25	Key Caller/Social Media	5:30 p.m. – 8:30 p.m.
Saturday, June 28*	Key Caller/Treasurer/Fund Mgmt	9:00 a.m. – 2:30 p.m.
Tuesday, July 8	Treasurer/Fund Management	9:00 a.m. – 12:00 p.m.
Saturday, July 12*	FRG 101/FRG Leader/Social Media	9:00 a.m. – 2:30 p.m.
Wednesday, July 23	FRG 101/FRG Leader	5:30 p.m. – 8:30 p.m.
Tuesday, August 12	Key Caller/Social Media	9:00 a.m. – 12:00 p.m.
Wednesday, August 13	Treasurer/Fund Management	5:30 p.m. – 8:30 p.m.
Thursday, August 28	FRSA/FRL Day 1	9:30 a.m. – 4:00 p.m.
Friday, August 29	FRSA/FRL Day 2	9:30 a.m. – 2:00 p.m.
Tuesday, September 9	FRG 101/FRG Leader	9:00 a.m. – 12:00 p.m.
Tuesday, Sept 16	Key Caller/Social Media	5:30 p.m. – 8:30 p.m.
Saturday, Sept 27*	Key Caller/Treasurer/Fund Mgmt	9:00 a.m. – 2:30 p.m.
Tuesday, October 14	Treasurer/Fund Management	9:00 a.m. – 12:00 p.m.
Saturday, October 25*	FRG 101/FRG Leader/Social Media	9:00 a.m. – 2:30 p.m.
Tuesday, October 28	FRG 101/FRG Leader	5:30 p.m. – 8:30 p.m.
Tuesday, November 18	Key Caller/Social Media	9:00 a.m. – 12:00 p.m.
Tuesday, November 18	Treasurer/Fund Management	5:30 p.m. – 8:30 p.m.
Tuesday, December 2	Key Caller/Social Media	5:30 p.m. – 8:30 p.m.
Thursday, December 4	FRSA/FRL Day 1	9:30 a.m. – 4:00 p.m.
Friday, December 5	FRSA/FRL Day 2	9:30 a.m. – 2:00 p.m.
Tuesday, December 9	FRG 101/FRG Leader	9:00 a.m. – 12:00 p.m.
Saturday, Dec 13*	Key Caller/Treasurer/Fund Mgmt	9:00 a.m. – 2:30 p.m.

*Class will break for lunch

Recommended courses for:

- **New to the Army and/or Family Readiness Groups:** FRG 101
- **FRG Leaders:** FRG 101, FRG Leader, Key Caller, Social Media, Treasurer, Fund Management
- **FRG Key Callers:** FRG 101, Key Caller, Social Media
- **FRG Treasurers:** FRG 101, Treasurer, Fund Management
- **Commanders:** FRG 101, FRG Leader, Key Caller, Social Media, Fund Management

FRG 101 – mission and purpose, regulations governing FRG program, roles and responsibilities

FRG Leader (NEW) – establish an FRG, maintain rosters, select effective volunteers, choose meeting topics, plan appropriate events, prepare continuity books, VMIS

Key Caller – create connections, share information through email and phone calls, dispel rumors, handle crisis calls, VMIS

Social Media and FRG (NEW) – Army's social media policy, OPSEC, vFRG, e-Army Family Messaging

Treasurer (NEW) – set up ledger, create monthly reports, prepare for handover and annual audits, VMIS

Fund Management – fundraise and spend FRG informal funds, including USAG-HI policies

FRSA/FRL – two-day course designed for the new FRSA/FRL and his/her commander; covers roles and responsibilities, volunteer recruiting, fund management, Care Response Teams (CRT), Survivor Outreach Services (SOS), ACS and installation resources, marketing, HR/employee info, and more

Rear Detachment – available upon request with two weeks notice; roles and responsibilities, deployment, trauma in the unit, CRT, SOS, AFTB, ACS resources, and more

To register: call Army Community Service at 655-4ACS (4227)

July 2014

FrontLine Employee

Wellness, Productivity, & You!

Vital Nutrients: Are You Missing Any?

A recent study found Americans are lacking several nutrients vital to maintaining good health and helping prevent serious illness. Are you at risk? Women in particular are lacking calcium for good bone health. You can get it from dark, leafy vegetables; dairy products; and finfish. Fiber is also missing from diets. Get it from vegetables, fruits, legumes, and nuts. Fiber promotes good heart health and cuts your chances of developing diabetes. Magnesium helps you maintain healthy muscle and nerve function, and it helps in bone development. Get yours from bran, nuts, seeds, and fish like halibut. Make sure you get plenty of potassium to help keep blood pressure in check. Good sources include bananas and yogurt.

usda.gov (Search bar: "What we eat in America.")

Employee Assistance Program - Hawaii
Contact: 808-655-6046/6047

FREE CONFIDENTIAL SERVICES FOR DAC

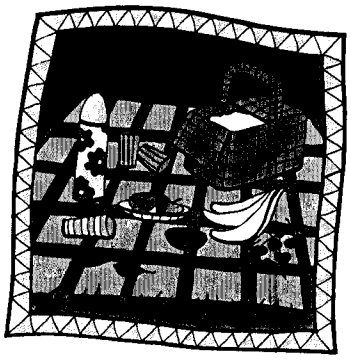
Building 2091 Kolekole Avenue
(rear of Army Community Service)
Schofield Barracks, Hawaii 96857
www.garrison.hawaii.army.mil/asap

Manage Stress to Protect Your Memory

Many factors may contribute to memory loss as we age, but researchers continue to make news by understanding the harm and impact of cortisol, a stress hormone. It's critical to our "fight or flight" survival but damaging to the brain, with chronic exposure resulting from relentless and acute stress. The following interventions reduce cortisol: reducing caffeine; drinking water to stay hydrated; reducing processed foods, white bread, candy, cakes, and non-whole-wheat pasta; drinking black tea; and eating more fish. Even meditation has been shown to reduce cortisol levels.

Source: www.uiowa.edu (Search bar: "Stress Hormone")

Take a Memorable "Staycation"



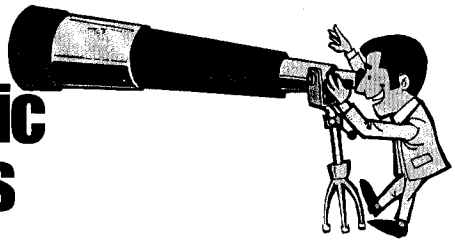
You can have an awesome stay-at-home vacation, but planning is the key. Structure the week and get it all down on paper. With no plan, you will slip into habits like plopping in front of the TV, surfing the Web, and dilly-dallying in the morning, eating up the day before finally getting in gear. Visit your local travel information center and AAA travel office to see what's new. They'll have the latest scoop on one-day events, specials, and new offerings. Pack it all in—from breakfast at the park to evening ice cream outings with great activities in between. Don't forget the camera!

Information in *FrontLine Employee* is for general informational purposes only and is not intended to replace the counsel or advice of a qualified health or legal professional. For further help, questions, or referral to community resources for specific problems or personal concerns, contact a qualified professional. Add "http://" to source links to follow. Links titles are case sensitive.

Overcoming Emotional Impact of Physical Illness

When you're diagnosed with a serious medical condition, both emotional effects and physical symptoms will contribute to your distress, and the emotional part can be the more difficult. It's normal to have negative feelings about your diagnosis, including anger, fear, depression, and guilt, but working through these feelings will help you better manage your condition and possibly improve your prognosis. Indeed, studies have shown that managing difficult feelings and emotions can develop hope, something critical in overcoming a serious condition. Talk about your anger with the people you love. Anger can mask other feelings, like fear, and talking with patient, loving listeners will help you find solutions to what's troubling you the most. Overcome fear by learning all you can about your condition, the treatment options, and ways to cope with it. And don't try to soldier through depression. Ask your doctor about medication, or see a professional counselor for support. Don't overlook the idea of a support group. Hundreds of support groups exist for almost every medical condition, and even online forums can provide you with a surprising level of support if you can't locate a specific type of group nearby. The right one can be the most powerful coping strategy of all.

In Search of... Enthusiastic Employees



If there is one thing employers desire, it's enthusiastic employees. Some will hire employees with less experience just to get more enthusiasm. Enthusiasm is infectious in the same way a bad attitude can affect others, and it inspires a host of other positives, like engagement, cooperation, innovation, high productivity, and fun at work. Demonstrate enthusiasm by doing what you are asked, doing it without delay, and doing it the way your boss wants it done. Pitch in to do things others avoid. When your supervisor asks who would like to volunteer to straighten the staff kitchen, raise your hand. See problems as "opportunities" first, not roadblocks designed to make life unhappy. Think a little bit like an entrepreneur when problems arise in order to discover solutions faster. And demonstrate loyalty. Avoid gossip about your supervisor (or others), and steer conversations away from negativity. Adopt these tips and your career may skyrocket along with your love of the job.

Volunteering as a Family

Teach your kids the value of helping others this summer by participating in family volunteer opportunities. It's a great to use of the down time and have fun in a way you may not have considered before. Volunteering as a family is a powerful way to increase self-confidence and self-esteem in children and teens while passing on the value of community giving. Working together as a family also brings you closer together. You can find community projects for your family in a variety of places, like churches, your favorite charity, or hospitals. Consider a one-time event before you commit to an ongoing project. Look for projects that match your family's interest level and skill. Pet lovers can volunteer at the local animal shelter. If you are handy with tools, try giving an organization like Habitat for Humanity a call. Gardeners can help keep a park or roadway looking beautiful. See expertly reviewed websites that are family friendly, made available to the public by Tufts University. You'll find them at www.cfw.tufts.edu. Use the keyword "volunteering" to pull up a ton of opportunities and ideas.

Romance at Work?

Romantic relationships between coworkers are legendary for their unique stress. While your feet are still on the ground, consider a self-analysis to empower you to make the right choice before beginning a romance at work. Start with the following questions: Will the relationship adversely affect either of you professionally? Depending on your positions, is the relationship ethical? Will you keep it secret? (This often increases stress.) Could the relationship force a transfer to another part of the organization? Does either of you possess vital company information that can't be shared? If personal issues arise, will they affect your work? How will you manage inevitable criticism by others? Some employers have policies prohibiting romantic relationships. Does yours? If your relationship ends, will you be able to remain cordial and professional?

JUNE 2014

For more information, contact your local ASACS Counselor at the main office: 655-9944 or at their school locations:

Justin Fienhold
Wheeler MS
622-6525

Priscilla Smith
Leilehua HS
305-3020

Linda Lassiter
Aliamanu MS
655-9944

Mary Schwing
Radford H S
655-9944

Matt Gregory
Mililani HS
655-9944

Sara Hill
Bldg.647
Schofield Barracks
655-5080

Parent Update: Safe Summer

Teen Focus with ASACS

DID YOU KNOW...?

Summer break is a great time for teens to enjoy some free time and a more relaxed schedule from the school year. But as research shows, for many teens too much free time, unstructured time and limited supervision can lead to juvenile crimes and other high risk behaviors such as drinking alcohol, using drugs, or engaging in unprotected sex. Summertime can also be a time of major transition for teens due to graduation from middle school or high school and with friends leaving for vacation or permanent moves. During times of transition some teens might feel more stress or uncertainty which might make them more vulnerable to engaging in high risk behaviors they normally would not do. Many teens, and some parents, believe that adolescents no longer need much supervision but it's actually a critical time for parents to continue to monitor their child's activities to help keep them safe and making good choices.

Teens want to be independent but they might be more receptive if they hear parents saying it's out of love and not a lack of trust that they want to know how their teen is spending his/her time.

WHAT CAN YOU DO?

Here are some ways you can help keep your teen from engaging in risky behaviors this summer:

Write a list of what they can do without permission such as what activities and locations are okay. Make a condition that they leave a note or send you a text that tells you where/what they are doing, with whom, the time of departure and their estimated time of return.

Get to know all of your teen's friends personally. Know their faces and their voices and interact with them when possible.

Know what's in the cabinets. If you have alcohol or medications in your house, make sure you keep track of types and amounts. Even if your child is not usually tempted to use those substances, it will help him or her avoid peer pressure to do so if they know you monitor them.

Establish with your teen that throughout the day you must "talk". Not text, but talk so you can tell if there is a change in your child's voice to know if something doesn't seem right. Follow up with statements that don't sound right such as "It's not mine" or "I'm just keeping it for a friend." Never believe these kinds of statements outright. Talk to that friend's parents. Trust your instincts.

Parent Checklist:

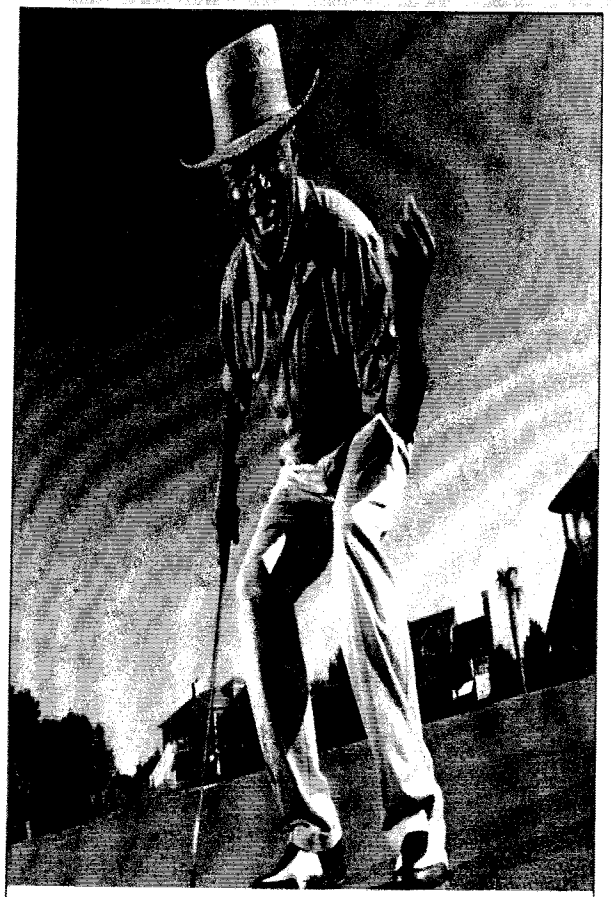
Help your teen schedule activities:

- Youth or Teen Center
- Summer classes, sports or lessons
- summer job doing lawn work, babysitting or pet sitting

Take time each morning and evening to talk with your teen about their plans for that day and help them create some structured time with regular adult supervision

For more information check out:

http://www.narconon.org/drug-abuse/keeping-teens-safe.html



SLEEP 8 TO REJUVENATE

- Quality sleep reduces the risk of chronic conditions such as obesity, heart disease, and diabetes.
- You need 7–8 hours of quality sleep every night to be at your best.
- Creating and maintaining a consistent bedtime and wake time routine can help you overcome sleep problems.
- Talk to your healthcare provider if you are having trouble getting regular sleep.

Performance TRIAD

Make Sleep a Priority

U.S. ARMY

LEARN MORE ABOUT THE PERFORMANCE TRIAD: SLEEP, ACTIVITY AND NUTRITION AT HTTP://ARMYMEDICINE.MIL

ARMY FAMILY

BE A PART OF THE SYSTEM FOR HEALTH

GET HEALTHIER TODAY WITH THE PERFORMANCE TRIAD!

Health is personal and each of us defines it in our own way. Health is more than the absence of illness; achieving better health means taking a proactive approach to your well-being. This includes regular activity, good nutrition and quality sleep. Combined, these elements make up the Army Performance Triad and can apply to everyone!

What does health look like to you? Share your thoughts with us at http://armymedicine.mil.

Health is more than meets the eye. It looks like:

- 8 is great! Current Army guidance is 7-8 hours of sleep per 24-hour period for effective performance. The first step to getting a full night's sleep is to maintain a consistent, regular routine.
- 10,000 steps per day and regular exercise (at least 150 minutes per week) that fits your lifestyle.
- 8 is great! Eat 8 servings of fruits and vegetables a day. Healthy nutrition and nutrient-rich food choices support muscle growth, recovery, tissue repair, and immune function, and improve mental and physical performance.

Are you up for the challenge to stay healthy? Visit http://armymedicine.mil to choose a challenge and prove it! Get your family or a group of friends to participate.

- 10,000 steps per day for 30 days
- Eat 8 servings of fruits and vegetables for 8 days
- Sleep 8 hours per day for 8 days

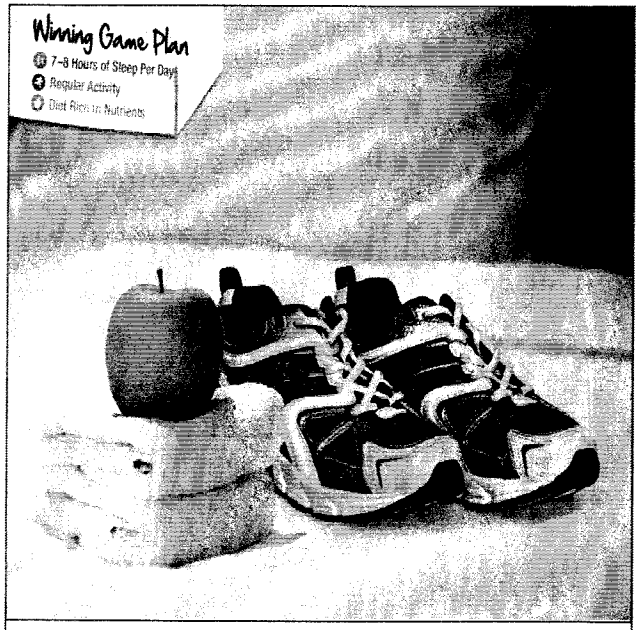
Stick with the challenge by setting SMART goals.

Specific
Measurable
Action-focused
Realistic
Time-bound

U.S. ARMY

Professional SOLDIER ATHLETE

Performance Triad Campaign



SUSTAIN HEALTHY HABITS WITH THE PERFORMANCE TRIAD

Retiring from the Army means you'll have lots of changes in the next phase of your life.

Creating a healthy balance of Sleep, Activity, and Nutrition

Can help ease your transition to retirement.

Prioritize your health with the Performance Triad!

Sleep, Activity, and Nutrition Tips for Army Family Members

The Performance Triad is a comprehensive plan to promote Sleep, Activity, and Nutrition among Army Family Members in order to improve health and wellness. The Triad engages Army Family Members through various modes of messaging (social media, educational materials, etc.).

- **Sleep.** Sleep is vital for health, performance, and wellbeing. That is why proper sleep hygiene practices (i.e., that promote optimal sleep duration and quality) are important for everyone. You need at least 7-8 hours of sleep every night. The better the sleep, the greater its benefits.

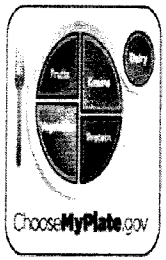
- Activity. Physical activity is more than just "exercise" or "working out" - it's living an active lifestyle. Choose activities you enjoy and focus on moving as much as possible during your daily routine.

  - **Adults need at least:**
    - 150 minutes of moderate-intensity aerobic activity per week (e.g., brisk walking)
    - 2 days of muscle strengthening activities per week (e.g., weight/resistance band training, calisthenics, yoga)
    - 10,000 steps throughout a daily routine

- Nutrition. Eating healthy plays an important role in your daily life. Healthy nutrition provides energy, helps manage weight, and reduces your risk of chronic conditions (such as high blood pressure and type 2 diabetes).

  - **A balanced meal consists of:**
    - Fruits and vegetables
    - Whole grains
    - Lean proteins (such as skinless poultry, lean beef, low-fat milk and yogurt)
    - Healthy fats (unsaturated fats such as olives, walnuts, avocados)

  - Your plate should be proportioned like MyPlate.... EVERY MEAL, EVERY DAY!



Your health is critical to the wellbeing of your family. Take time to get quality sleep, activity, and good nutrition.

Performance TRIAD

Learn more about the Performance TRIAD at HTTP://ARMYMEDICINE.MIL

Practical tips:

⇒ Include a variety of nutrient rich foods from each food group. Use MyPlate as a guide.

⇒ Keep a bowl of fresh fruits and vegetables readily available in the refrigerator.

⇒ Serve water, low or fat-free milk at meals. Serve sugary beverages for "special occasions."

⇒ Grow a family garden and include the fresh fruits and vegetables as part of your meals.

⇒ Protect your teeth by eating less processed food and beverages. Drink more water and eat foods such as nuts, raw vegetables, plain yogurt and chew sugar-free gum.

⇒ Good nutrition plays an important role in your daily life. A well balanced and nutritious diet is part of the foundation of maintaining good health.

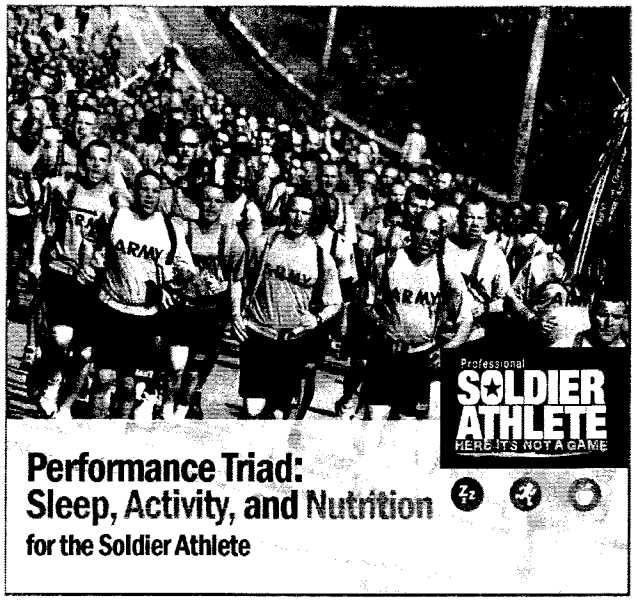
⇒ Aim to improve your eating habits by controlling your portions, making healthy food decisions, preparing meals ahead of time and snacking smart.

Eat Together As a Family.

⇒ Research shows family meals promote healthier eating and give families time to talk, listen, and build relationships,

⇒ Children who eat with their families are better nourished, maintain a healthier weight, have better grades, and are less likely to smoke, drink, or use marijuana.

⇒ Eating together helps improve connections to one another



Technology

⇒ Your Smartphone is a powerful partner in enhancing your performance and personal readiness.

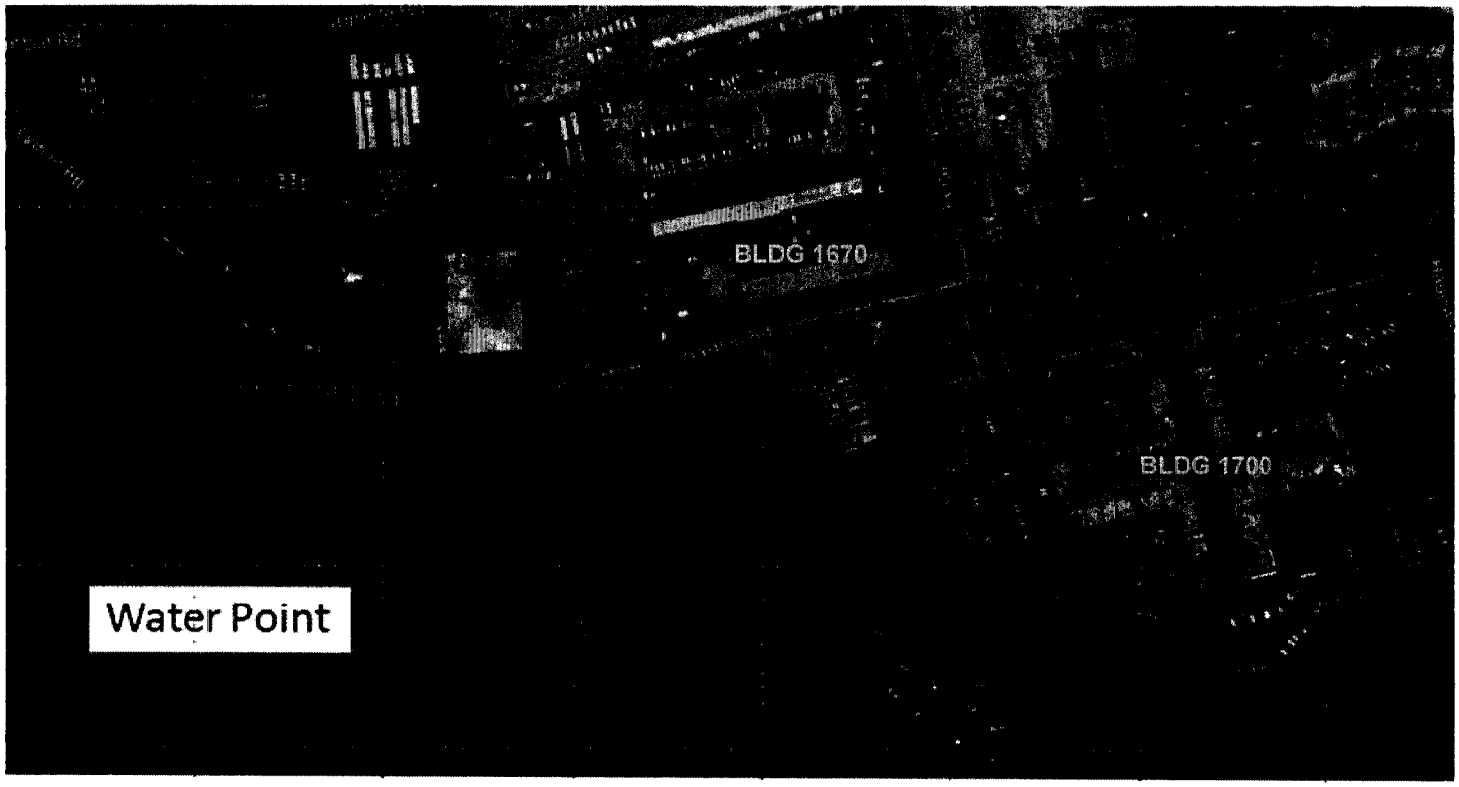
⇒ Social media can be very helpful in reaching your health goals. Researchers found that those who use online podcasts, read daily health-related tweets, and post daily updates on their weight loss goals lost more weight. On average, the participants lost 0.5% body weight for every 10 daily tweets they posted about their diet and weight loss.

⇒ Army fit is a new interactive social media resource to help you and your family reach your health and wellness goals. It was developed by Comprehensive Soldier and Fitness (CSF2) and is free for you and your family. You can enroll in ArmyFit once you complete annual Global Assessment Tool (GAT)

⇒ ARMY H.E.A.L.T.H. is a web and Smartphone app that helps promote performance nutrition and exercise. It was developed using AR 600-9 and Army Physical Fitness Test Standards and the expertise from nutrition, fitness, and behavior experts. ARMY H.E.A.L.T.H. is designed to help you maintain or lose weight and improve your fitness by providing personalized nutrition and fitness plans. The plans will be updated as you meet your goals. Your family can use it too!

LOCATION OF WATER FILL POINT AT SCHOFIELD BARRACKS

Need to fill water buffaloes or other equipment?
The designated water fill point is located at the Leader's Reaction Course (LRC) on Schofield Barracks. (See Location Map Below.)

Filling from fire hydrants must be authorized by the Directorate of Public Works (DPW) Plumbing Shop – to avoid delays, please use the water fill point.

If you are unable to use the water fill point, contact the DPW Service Order Desk at 656-1275 to request the use of a fire hydrant. A backflow preventer will need to be checked out from the DPW Plumbing Shop. The DPW Plumbing Shop will contact you to pick up the backflow preventer. **Please do not connect hoses or equipment to hydrants without using a backflow preventer.**