











WE ARE THE ARMY'S HOME

COL Christopher Midberry Garrison Commander United States Army Garrison – Fort Campbell U.S. Army Installation Management Command





Agenda

- Welcome/Opening
- Garrison Commander COL Midberry
- BACH Updates COL Preston
- Preparing for the Holidays and Winter Weather

Housing update – Winter Preparedness
 DES - Personal Safety
 FES - Turkey Safety
 MWR - Tree Lighting/Trees for Troops

- Questions
- CSM Stackpole Closing Comments
- Community Information Fair



Opening Comments



COL Midberry Garrison Commander



Blanchfield Army Community Hospital Updates Col. Preston





Pharmacy Script Center service Locker

system to pick up <u>new</u>prescriptions from the hospital's A lobby 24/7.

Q-Anywhere at Town Center

Pharmacy - Allows activation of New prescriptions/refills. Text "GET IN LINE" to 855-803-4165 or scan





DOD has no higher priority than caring for the wounded, ill, and injured service members who show unmatched and

inspiring courage, strength, resilience, and commitment. #WarriorCareMonth https://warriorcare.dodlive.mil/

<u>Updates</u>

- 1. Overview of update today
- 2. Flu Vaccine campaign
- 3. No Shows
- 4. Holiday Stress Maintain a Healthy Balance
- 5. Holiday Stress Resource Links
- 6. STI Active-Duty Walk-in Clinic
- 7. BACH Info tables today:
 - Armed Forces Wellness Center
 - Public Health Nursing



BLANCHFIELD ARMY COMMUNITY HOSPITAL PULSE OF THE EAGLE





Community Walk-in Flu Vaccine Events

- Three events held at Cole Park Commons, Oct. 28-30
- Last community flu event Cole Park Commons, Nov. 12, 8 a.m.- 4 p.m.

Flu Vaccine offered: Patient Centered Medical Homes

 Air Assault, Gold, Screaming Eagle, and Young Eagle Medical Homes via a walk-in basis:

Monday-Wednesday, and Friday, 8 a.m.-2:30 p.m.

 Patients with scheduled appointments can also receive the flu vaccine during their visit.

Soldier Centered Medical Home

 Soldiers assigned to Fort Campbell should reach out to their units for seasonal influenza vaccination dates.





Fort Campbell Appointment No-Shows (Apr-24 - Sep-24)



Fort Campbell - Other Beneficiaries 25000 12% '////// ////// 9///// um and a start and a start a st 10% 20000 7.2% 7.2% 7.1% 7.1% 8% 6.3% 6.3% 15000 6% 10000 4% 5000 2% 0 0% Aug-24 Apr-24 May-24 Jun-24 Jul-24 Sep-24 111110 OTH # NO SHOW **OTH NO SHOW %** TARGET OTH TOTAL APPTS

| Active Duty | | Aug-24 | Sep-24 | Diff | Higher No-Show rates for May and June occurred around Graduation weekends, holidays, PCS, and Summer (vacation). If unable to come to your appointment, cancelling and rebooking your | | |
|------------------------|------------------|-------------|--------|--------|---|------------|--------------------------|
| | Total Appts | 28,392 | 32,333 | 3,941 | | | |
| | Appts No-Show | 1,960 | 1,990 | 30 | appointment allows other patients to utilize that time. | | |
| | No-Show % | 6.46% | 5.80% | -0.66% | What would change if this month's No-Show rate occured last month? | 596 | Appointments Retained |
| Other Beneficiaries | | Aug-24 | Sep-24 | Diff | | | |
| | Total Appts | 21,664 | 21,137 | -527 | Estimated Primary Care FTE Impact due to No-Shows | 8.6 | Providers Lost |
| | Appts | 1,655 1,430 | 1,430 | -225 | | | |
| | No-Show | - | 1,430 | | Financial Impact due to Current Month No- | \$ (i | 397,472.40) |
| | No-Show | 7.10% | 6.34% | -0.76% | Show Appointments | | |
| | % | | | | | | Latest Month |



Holiday Stress – Maintain a Healthy Balance

Holiday Stress Healthy Options

- Realistic, manageable expectations of yourself.
- Prioritize what's important to you and your family. Focus on them.
- Have a suitable budget for the holiday season. Remember that good memories made together may bring you joy.
- Think through the questions that may make you feel uncomfortable. Decide how you will answer them before they are asked.
- Be patient with family members when they ask questions, as they are likely just curious and want to learn more about your experience.
- Identify typical causes of stress so you can be prepared to cope with them.
- Maintain a healthy balance between socializing and down time.







Holiday Stress – Maintain a Healthy Balance

Holiday Stress Healthy Options

BACH Behavioral Health Services



- BACH Child and Behavioral Health Services
- <u>Clarksville Vet Center</u>
- <u>Mental Health Phone Apps for Veterans and</u>
 <u>Family</u>
- Doctors on Demand Humana Military



BLANCHFIELD ARMY COMMUNITY HOSPITAL PULSE OF THE EAGLE



UBLIC HEALTH **ACTIVE DUTY** S.T.I. WALK-IN CLINIC

Bldg 2576 23rd Street Mon-Fri: 8-11 a.m. Thurs: 9-11 a.m. More than 340 encounters as of Oct. 24, 2024

(since May 20, 2024, the clinic began offering walk-in STI Active-Duty Services)



Preparing for the Holidays and Winter Weather



Housing update – Winter Preparedness
 DES - Personal Safety
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Campbell Crossing – Fall & Winter Housing Tips



Keep exterior and garage doors closed as much as possible to stop cold air from penetrating inside your home.

Set your thermostat at 68 degrees F or higher and maintain even if you will be out of the home for an extended period.



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Campbell Crossing – Fall & Winter Housing Tips







PREPARE FOR WINTER WEATHER

Don't wait until it's too late! Winter weather will quickly approach and make sure you are prepared to commute safely without the hazards of slips and trips.

- Get your shovels early! Be prepared to shovel your sidewalks and driveway when winter weather hits.
 Keep these surfaces with as much traction as possible.
- Stay prepared for long away trips. Keep emergency products in your car such as a blanket, water, brush, and ice scraper. Always inform your community office of extended away time and get a volunteer to watch your home.
- Keep emergency food storage ready at home. You never know when school or post may be closed due to weather. Keep extra food available for unexpected snow days. Stay inside as much as possible when weather gets harsh.



INSPECT FOR SUCCESS

Closed doors and windows all winter long cause stale air in the home. Here are some tips to prevent hazards and protect you and your

family. Small steps can increase efficiency, reduce energy consumption, and keep you and your family warm and safe this winter season.

- Change out your air filters every 30-days. Keep the air in your home as filtered and clean as possible to reduce allergens, increase efficiency, and allows your system to heat your home properly and reduce energy bills.
- Replace the batteries in your smoke detector and carbon monoxide detectors every six months. Test the detectors to ensure they are also working properly. Be sure to call maintenance if you feel there are any issues with these products in your home so we can help.

Please contact Maintenance Solution Center at (931) 431-3966 should you experience any issues with your home.





Download the Campbell Crossing App!



SUBMIT & SCHEDULE ROUTINE SERVICE REQUESTS THROUGH THE APP!

With the Lendlease US Communities app you can:

- Submit and schedule routine service requests
- Track your service request status and view history
- Receive notifications when a technician is on their way to your home

DON'T HAVE THE APP YET? NO PROBLEM!

Download the app now by scanning the QR code:

If you have any questions or need assistance with logging in or submitting a maintenance service request, please contact your Maintenance Solution Center at



Maintenance Solution Center at (931) 431-3966.

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www.campbellcrossingllc.com

Get Started TODAY!

Simply complete a one-time registration and email verification to activate this new feature in your existing Lendlease US Communities app.





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Holiday Season Personal Security



MAJ Tyler Shimandle DES Operations Officer (270) 798-7644 tyler.j.shimandle.mil@army.mil





Safety for the Holiday Season

Your Home:

- Always **lock your residence**, to include garages and storage areas.
- Report suspicious activities you observe in your neighborhood or other areas on post.
- If you travel, use light timers for your home and make arrangements for mail.
- Have a trusted neighbor conduct security checks while away.

Your Vehicle:

- Always <u>lock your vehicle</u>! Most larcenies occur with no forced entry because the owner simply left the car unlocked.
- Do not leave packages/valuables visible to those passing by.





Shopping Safety

In person:

- Make sure you can carry the load easily or use a cart.
- If carrying a large sum of cash to and from stores, stow it in an inconspicuous location.

<u>Online:</u>

- Avoid being one of the 11 million "porch pirate" victims:
 - Ensure lighting works.
 - Track packages & network w/ neighbors.
 - Leave specific drop-off instructions.
 - UPS/FedEx offer secure location pick-up.







- The majority of DUIs occur between midnight and 0300.
- The fact you are sober doesn't mean the person on the road with you is too.
 Practice defensive driving.
- If hosting, then always provide nonalcoholic beverages.
- Bad friends let friends drive drunk.







Holiday Fire Safety



Robert Coonce Fire Chief (270) 798-4198 robert.j.coonce.civ@army.mil





Turkey Frying Tips

- The National Fire Protection Association strongly discourages deep frying turkeys.
- Ensure turkey is thoroughly thawed and dry prior to deep frying.
- Never use water to cool down oil or extinguish oil fire.



- Have a multipurpose, dry-chemical fire extinguisher on hand.
- Keep fryer at least 10' away from the house.



Thanksgiving Day Fires

- Top day for home cooking fires
- Three times more likely to have a fire than any other day of the year
- Unattended cooking is the lead contributing factor to home fires and fire deaths
- Cooking causes 49 percent of all reported home fires









Kitchen Cooking Safety

- Never leave cooking unattended.
- Keep combustibles away from stovetop
- Keep lid nearby when cooking to smother small grease fires



In the event of an oven fire, turn off the heat and keep the oven door closed.

Regardless of the type or size of the fire: ALWAYS call 911!



Holiday Fire Safety Tips

- Fresh cut the tree trunk before placing in tree stand.
- Water live trees daily.
- Ensure Christmas light sets are marked with a UL label tag and have no broken or cracked sockets, free of frayed or bare wires, or loose connections.







Holiday Fire Safety Tips

- Use extension cords wisely & sparingly.
- Space Heaters
 - Buy a unit with a tip-over safety switch.
 - Keep 3 feet away from anything that can burn.
- Use battery-operated flameless candles, which can look & smell like real candles.
- Make sure you have working smoke detectors & carbon monoxide alarms.
- Review fire escape routes with your family.
- Closed doors can slow fire spread.





MWR November Events





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MWR – November & December Events



NOVEMBER 1 – NOVEMBER 21 Thanksgiving Turkey Shoot Hooper Bowling Center Winners pick up turkey Nov. 22

SUNDAY, NOVEMBER 10

2pm Fall Themed Door Wreath R.F. Sink Memorial Library

TUESDAY, NOVEMBER 12

5:30pm Book Page Pumpkin Decorating R.F. Sink Memorial Library

THURSDAY, NOVEMBER 28

11am-2pm Single Soldier Free Thanksgiving Lunch Free | Warrior Zone (age 18+)

December

MWR

DECEMBER 1 - DECEMBER 21

Holidays at Hooper Hooper Bowling Center Find the secret code each day on MWR social media and bring to Hooper for a gift and entry into the grand prize giveaway. *Grand prize drawing on Dec. 21.

FRIDAY, DECEMBER 6

3pm Holiday Market R.F. Sink Memorial Library (Parking Lot)

4:30pm Inaugural Holiday Parade hosted by Campbell Crossing

5pm Tree Lighting Ceremony T-39 Indiana Avenue

6pm Photos with Santa R.F. Sink Memorial Library

SATURDAY, DECEMBER 7

10am Jingle Bell Jog R.F. Sink Memorial Library |1 & 2 mile routes Registration at 9:00 am Run begins promptly at 10:00 am

SATURDAY, DECEMBER 7

12pm Trees For Troops® Division Parade Field 12-2pm Junior Enlisted 2-4pm Open to all Active Duty *DOD IDs required

10am-3pm Arts & Crafts Super Saturday (Holiday Themed) Cole Park Commons

SUNDAY, DECEMBER 8 2pm-3pm Holiday Sock Gnomes R.F. Sink Memorial Library

SATURDAY, DECEMBER 14

9am-4pm Santa Paws Fort Campbell Dog Kennels

DECEMBER 19 - DECEMBER 22

Christmas Turkey Shoot Hooper Bowling Center Winners pick up turkeys on Dec. 20

SATURDAY, DECEMBER 21

9am-1pm Breakfast & Bowling with Santa Hooper Bowling Center *Pre-registration required

TUESDAY, DECEMBER 24

4pm-7:30pm Christmas Eve Free Dessert Bash Warrior Zone (age 18+)

WEDNESDAY, DECEMBER 25

11am-2pm Single Soldier Free Christmas Lunch Warrior Zone (age 18+)

DECEMBER 31

8pm-12am Bowl in the New Year Hooper Bowling Center (Family-friendly)

Scan me for more information



Events, dates and times are subject to change. Please check our website for updated information.

Holiday

Holiday *

Wonderland

FORT CAMPBELL

Campbell.ArmyMWR.com













Closing Comments

CSM Stackpole

Garrison Command Sergeant Major







Join us at the next Community Town Hall: 5 February 2025 1000 – 1130 Cole Park Commons





https://home.army.mil/campbell/index.php/community-town-hall



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