## FORT DETRICK <u>IS</u> CURRENTLY AT FPCON BRAVO. FOREST GLEN ANNEX IS CURRENTLY FPCON BRAVO.

If you have any article submissions, you would like considered for the Fort Detrick website please send them to usarmy.detrick.usag.mbx.pao@army.mil.

USAG Fort Detrick on social media - You can follow USAG Fort Detrick on social media for daily updates and information. On Facebook go to <a href="https://www.facebook.com/DetrickUSAG">www.facebook.com/DetrickUSAG</a> and "Like" us or follow us on Twitter: @DetrickUSAG.

As a reminder, all Army social media sites must be registered with the U.S. Army. For more information, contact the Public Affairs Office.

The Trusted Traveler Program is suspended until further notice. All visitors without Department of Defense ID or Personal Identity Verification (PIV) cards are required to be vetted at Nallin Farm Gate. This gate is open 24/7.

#### ANNOUNCEMENTS AND EVENTS

View our openings please visit USAJOBS or click on the link below.
 https://www.usajobs.gov/Search/Results?l=Fort%20Detrick%2C%20Maryland&d=AR&a=ARBA&p=1&s=agency

#### Retirement Ceremonies

USAG Fort Detrick conducts Quarterly Retirement Ceremonies honoring retiring Service Members, and Civilian employees and their families. These ceremonies take place on the second Thursday of the second month of each quarter in the auditorium, Building 1520 at 10 a.m. **The next ceremony is scheduled for May 11, 2023** 

Any Military at Fort Detrick or in the local surrounding community, or Civilian employees who wish to participate should contact Tom Yocklin with the Directorate of Operations by calling (301) 619-2503. The deadline for participants to be included is two weeks prior to the ceremony.

• Tax season is upon us. Military One Source is providing information free tax software and support.

The Defense Department offers MilTax software through Military OneSource. It's built to account for deployments, combat and training pay, housing and rentals, multistate filings, living OCONUS and more. If SM's have questions, they enlist free one-on-one help from

MilTax experts: tax pros with special training in military-specific tax situations. Call or chat anytime 24/7 to schedule a consultation or get in person support at a Volunteer Income Tax Support Assistance office location. Visit <a href="https://www.militaryonesource.mil/financial-legal/taxes/miltax-military-tax-services/">https://www.militaryonesource.mil/financial-legal/taxes/miltax-military-tax-services/</a>

Contact your Fort Detrick Financial Readiness Team at (301) 619-3455 or <u>usarmy.detrick.usag.mbx.acs-frp@army.mil</u> if you have any questions.

For FMWR News and Events, visit <a href="www.detrick.armymwr.com">www.detrick.armymwr.com</a>, Instagram us at #DetrickMWR, and like us on Facebook at <a href="www.facebook.com/DetrickMWR">www.facebook.com/DetrickMWR</a>.

Fort Detrick NAF Auction Site
 https://detrick.armymwr.com/calendar/event/fort-detrick-naf-auction/5896206/76045

#### **BARQUIST ARMY HEALTH CLINIC CLOSURES AND EVENTS**

- March 17: Barquist is operating on reduced hours due to staff training requirements closed at 11:30 a.m.
- March 27: Barquist will 'Go Live' with MHS GENESIS (\*delays are expected due to new electronic records system)
- April 21: Barquist is operating on reduced hours due to staff training requirements closed at 11:30 a.m.
- May 19: Barquist is operating on reduced hours due to staff training requirements closed at 11:30 a.m.

#### **NEW--Tuesday Evening Bible Study--NEW**



Join us on Tuesday, March 14, 6:30-7:30 pm at the Chapel for Bible study, fellowship, and new friendships.

The study is Women of the Word by Jen Wilkins. Light refreshments provided.

All women are welcome! Presented by the Ft. Detrick Chapel Protestant Women of the Chapel (PWOC) For more information call 517-474-2709.

#### **TRAININGS**

Local Hazards Training 2023

Location: Bldg. 1520, Classroom 3

Class Hours: 2-3:30 p.m.

#### Dates:

28 MAR 23	25 APR 23	31 MAY 23	26 JUN 23	24 JUL 23
29 AUG 23	26 SEP 23	30 OCT 23	27 NOV 23	19 DEC 23

**Description:** Local Hazards Training meets the intent of DoDI standard 6055.04 and AR 385-10, Chapter 11, Section 7. The course fulfills a requirement of the Army Traffic Safety Training Program (ATSTP) and is mandatory for all new civilian and military personnel. This briefing orients all newcomers to the local driving hazards, laws, and regulations of the surrounding areas.

Who Should Attend? All newly assigned Fort Detrick civilian and military personnel.

**Course Manager:** Mr. Humberto Rivera (301) 619-3295, usarmy.detrick.usag.list.installation-safety-management-office@army.mil

**Installation Safety Office Main Number: (301) 619-7318** 

**NOTES:** Individuals who require special services or accommodations due to a disability should advise this office immediately (wheelchair access, interpreter, etc.).



## Fort Meade Military Retiree Services

- Assistance with retired pay accounts (changes to allotments, accounts, addresses, tax paperwork, among others).
- Assistance with Survivor Benefit Plan account management (changes, former spouse issues, beneficiary death).
- Assistance with former spouse applications for a portion of retired pay.

Point of Contact:

Retirement Services Officer: Ms. Christine Hopke: 301-677-9603

Retirement Services Counselor: Ms. Karon Pouncy: 301- 677 -9434 Customer service hours: Monday - Friday - 1300-1500 (Walk-in's welcome)

To schedule an in-person appointment contact:

Ms. Pouncy at

301-677-9434 or email:

usag\_fmmd\_dhr\_mpd\_rso@army.mil







FOCUS (Families Over Coming Under Stress) provides resilience training to military children, families, and couples. It teaches practical skills to help families and couples overcome common challenges related to a military life. It helps build on current strengths and teach new strategies to enhance communication and problem solving, goal setting and creating a shared family story. Check out this 3-minute video to see if you think FOCUS is right for your family. There are dozens of sites and there is online availability for those who are remotely located.

https://www.focusproject.org/



THRIVE! The Thrive Initiative is designed to empower parents as they nurture their children from birth until their children reach 18 years of age. The Initiative consists of four age-specific, skill-building programs: Take Root (0-3 years), Sprout (3-5 years), Grow (5-10 years), and Branch Out (10-18 years). These universal programs are provided to you at no cost. Click to learn and practice effective strategies for raising healthy children!

https://parenting.lms.militaryfam ilies.psu.edu/



Should we break up?
You know your situation best, including how you feel about your partner. If you're in an unhealthy or abusive relationship, figuring out what to do next can be hard. It's important to make a decision that prioritizes your future, not the history you might have together. Read more by clicking on the link.

https://www.loveisrespect.org/resources/should-we-break-up/













www.detrick.armymwr.com www.facebook.com/DetrickMWR



#### **Community Volunteer Opportunity**

The Sakura Matsuri Committee and the Japanese American Society of Washington DC need your help in setting up and facilitating the largest cherry blossom festival in the United States. They are offering volunteer opportunities out to anybody and would love to have military personnel show up and assist the various sub committees to keep the event going for the two days. There is no obligation to commit to a full day shift, but volunteering regardless of the shift has perks.

#### Volunteer perks:

- 1. Skip the line! The lines to get in can stretch up to half a mile around the block, volunteer and skip the line that day
- 2. Free admission the day of the volunteer shift
- 3. Half day volunteers get 1 Japanese snack, 2 drinks, and a free t-shirt
- 4. Full day volunteers get 2 Japanese snacks, 2 drinks, a sandwich and a free t-shirt

Most shifts are 4-6 hours with plenty of breaks. Earliest shift starts at 0500 both days, and the end of the last shift is 2000 on both days. There is no uniform requirement other than being prepared to be outside for the entirety of your shift.

To register as a volunteer and to pick which committee you would like to assist visit <u>Volunteer - Sakura</u> Matsuri - Japanese Street Festival.

Directions for location and how to get to the event can be found at <a href="https://sakuramatsuri.org/about-the-festival/">https://sakuramatsuri.org/about-the-festival/</a>. Sub-committee chairpersons will reach out directly to their volunteers to provide additional details.

If you have any questions about the event itself, please go to https://sakuramatsuri.org/.



# PERSONAL READINESS

STRENGTHENING YOUR
WELLNESS CONNECTIONS

CONNECT TO PROTECT

17 JAN 2023

@ 1000

 https://dod.teams.microsoft.us/l/meetupjoin/19%3adod%3ameeting\_19301e01592548a8a956a4cadbebaa6c%40thre ad.v2/0?context=%7b%22Tid%22%3a%22fae6d70f-954b-4811-92b6-0530d6f84c43%22%2c%220id%22%3a%2225ead6ec-e598-4b32-bda4-926149c8303d%22%7d

14 FEB 2023

@ 1000

 https://dod.teams.microsoft.us/l/meetupjoin/19%3adod%3ameeting\_8bd12d0d56e94718b66b15a1fa52bb58%40threa d.v2/0?context=%7b%22Tid%22%3a%22fae6d70f-954b-4811-92b6-0530d6f84c43%22%2c%220id%22%3a%2225ead6ec-e598-4b32-bda4-926149c8303d%22%7d

21 MAR 2023 @ 1000  https://dod.teams.microsoft.us/l/meetupjoin/19%3adod%3ameeting\_1e950adeac1048ecb563318494d95712%40threa d.v2/0?context=%7b%22Tid%22%3a%22fae6d70f-954b-4811-92b6-0530d6f84c43%22%2c%220id%22%3a%2225ead6ec-e598-4b32-bda4-926149c8303d%22%7d



POC is the Fort Detrick/Forest Glen/NSAB Army Substance Abuse Program: ashley.d.bush5.civ@army.mil or jillian.d.farrow.civ@army.mil

# FINANCIAL READINESS CLASSES

# January | @ 9

- 10 True About Credit Cards
- 17 | Tax Prep
- 31 Debt Destruction

# Feburary | @ 9

- 07 | Tax Prep
- 14 LES and Reducing Your 2023 Taxes
- 21 | Investing in the Digital Age
- 28 | Home Buying the VA Way

## March

0 9

- 07 | Spending Plans That Work
- 14 TSP Review
- 21 | Car Buying Smarts
- 28 What's Your Net Worth?

#### **REGISTRATION INFORMATION:**

- CALL (301) 619-3455
- EMAIL USARMY.DETRICK.USAG.MBX.ACS-FRP@ARMY.MIL

\*CLASSES ARE SUBJECT TO CHANGE.

\*ELIGIBLE PARTICIPANTS ARE: ACTIVE DUTY, RETIRED MILITARY AND THEIR ID CARD FAMILY MEMBERS, RESERVISTS AND NATIONAL GUARD (ACTIVE DUTY) AND THEIR ID CARD FAMILY MEMBERS, SURVIVORS, AND DOD CIVILIANS.













# MILITARY HEALTH SYSTEM MHS GENESIS

Information for Barquist U.S. Army Health Clinic Beneficiaries

## COMING TO BARQUIST MARCH 25, 2023

MHS GENESIS is the new electronic health record for the Military Health System (MHS). It integrates inpatient and outpatient electronic health records across all military hospitals and clinics worldwide. You will be able to access your health records from any military health facility from anywhere at anytime. Barquist will transition to MHS GENESIS March 25, 2023.

#### How does this affect your access to health care?

As we transition to the new electronic health record system, our providers and staff will need time to adjust to the new work flows, procedures, and processes. *To continue to provide you with safe,* quality care during this transition, you may experience delays.

#### During this time, you can expect to experience:

- Extended time with your Provider
- Increased wait times for Pharmacy services
- Reduced appointment availability
- Increased wait times for Lab & Radiology results

## 5 Steps to Prepare:

- Make routine appointments in advance
- Request Prescription Refills in advance
- Verify information in DEERS
- Print any Medical Referrals
- Get a DS Logon

#### How will MHS GENESIS improve your overall experience?

MHS GENESIS allows you to securely access your electronic health records 24/7 and exchange messages with your military health care team *when and where it's convenient for your schedule*. It provides more efficient management of chronic, complex, and time-sensitive health conditions; provides automated, real-time clinical decision support for health care teams; and increases patient engagement capabilities that allow patients to communicate directly with providers.

#### How do I access the MHS GENESIS Patient Portal?

To access the MHS GENESIS Patient Portal, visit https://patientportal.mhsgenesis.health.mil or scan the QR code.



#### What can I do within the MHS GENESIS Patient Portal?



- Manage primary care medical and dental appointments
- Review clinical notes, referrals, and lab and test results
- Request prescription renewals
- Exchange secure messages with your health care team
- Monitor health information and view your portal profile
- Complete a pre-visit, dental health history questionnaire online
- Look up high-quality, provider-approved health information related to health issues, lab results, and medications

#### **Patient Support Numbers**

- Appt. line: 301-619-7175
- Patient Advocate: 301-619-0976
- Nurse Advice Line: 800-874-2273

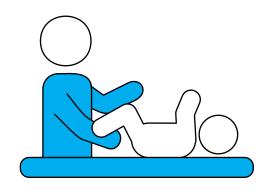






# INFANT MASSAGE

March 14 & 21, 2023 10:30 -11:30 am



Join Us For A Two-part Class And Learn The Many Benefits Of Infant Massage. These Benefits Include: Relaxation, Stimulation, And Communication. Please Bring A Blanket And Your Child As Well. If You Are Still Pregnant, No Worries, We Will Have Practice Babies Available For You. To Register, Please Email Antoinette Thompson At Antoinette.m.thompson3.ctr@army.mil Or Call (301) 619-0323 Or (785) 488-7238 (Leave Your Name And Phone Number).

Note: Please email or call to register for attendance.

Neighborhood Center • 6000 Ditto Ave. Frederick, MD 21702

















# Advanced Medical Monitor (AMM) Industry Day

March 16, 2023

The Johns Hopkins University Applied Physics Laboratory (APL), under an agreement with the US Army Medical Material Development Activity (USAMMDA), is hosting an Industry Day on Advanced Medical Monitor (AMM) capabilities. The AMM Industry Day is an opportunity for Industry to learn about the USAMMDA AMM program, funded through the Defense Health Agency (DHA), and share information about products relevant to medical monitoring with Services Users and product developers.

#### Focus: Advanced physiological medical monitoring products supporting the following objectives:

- Solutions which provide actionable information from point of injury (POI) through the care continuum, to enhance casualty triage, inform treatment and evacuation priorities as well as return to duty, monitor vital signs of patients receiving medical care, and facilitate transfer of patient data through Roles of Care.
- Solutions could include monitors and/or decision support algorithms.
- All items must be ruggedized or ruggedizable to withstand forward deployed, austere military field conditions.
- Items must be products of the presenting companies, not resale items.
- Low weight, cube, power requirement and maintenance are desired.
- Cybersecurity / Risk Management Framework (RMF) / Authority to Operate (ATO) will be required.
- Product maturity must be sufficient for the Technology Maturation and Risk Reduction (TMRR) acquisition phase, with a minimum TRL of 4 (see attachment for definitions). FDA clearance / approval should be planned for completion by no later than (NLT) mid-2027. Production capability must be available by end-2027.

#### Format:

- Government high level summary of AMM objectives and timeline
- Industry static displays and one-on-one discussions
- Industry briefings of products and capabilities (closed sessions)

#### **Pre-registration Requests:**

- Industry representatives must request pre-registration to reserve potential for approval to participate (one submittal per company; up to two reps per company under one registration)
- Registration does NOT constitute approval to participate, however you must pre-register to retain potential for approval. Your request will be reviewed and registrants will be notified of approval/disapproval.
- Participation by any company is solely at the discretion of members of the Industry Day review committee.
- Participation by a company does not in any way constitute approval of any product by any Service organization and all companies will refrain from advertising as such.
- Note: NO contracts will result from participation in this industry day nor is participation required for any potential future solicitation.
- Government and Industry pre-registrations are done separately see URLs at bottom of page.

#### **Criteria for Selection to Participate:**

- Product(s) applicability to AMM objectives, as noted under "Focus"
- Technical maturity of product(s)
- Regulatory maturity of product(s)

#### Timeline:

- Pre-registration by NLT 20 February 2023
- Approvals/disapprovals for participation by NLT 1 March 2023
- Participants list and agenda finalized and distributed to all Industry Day participants by 13 March 2023
- Set up at JHU/APL venue by 8:00am EDT, 16 March 2023
- Event concludes at 4:30pm, 16 March 2023

#### Pre-registration:

https://www.eventbrite.com/e/advanced-medical-monitor-amm-industry-day-industry-attendees-tickets-529592303837 (industry) https://www.eventbrite.com/e/advanced-medical-monitor-amm-industry-day-government-attendees-tickets-533138941927 (government)

Saturday, March 18

# BRAIN 10 a.m. - 2 p.m. AWARENESS DAY

# Explore the exciting world of neuroscience!

Join Department of Defense brain scientists, researchers, clinicians, and museum educators to enjoy interactive demonstrations and exhibits about the brain.
All ages welcome.

- Learn about prevention and treatment of traumatic brain injury.
- Discover how your brain works.
- Explore STEM career paths.





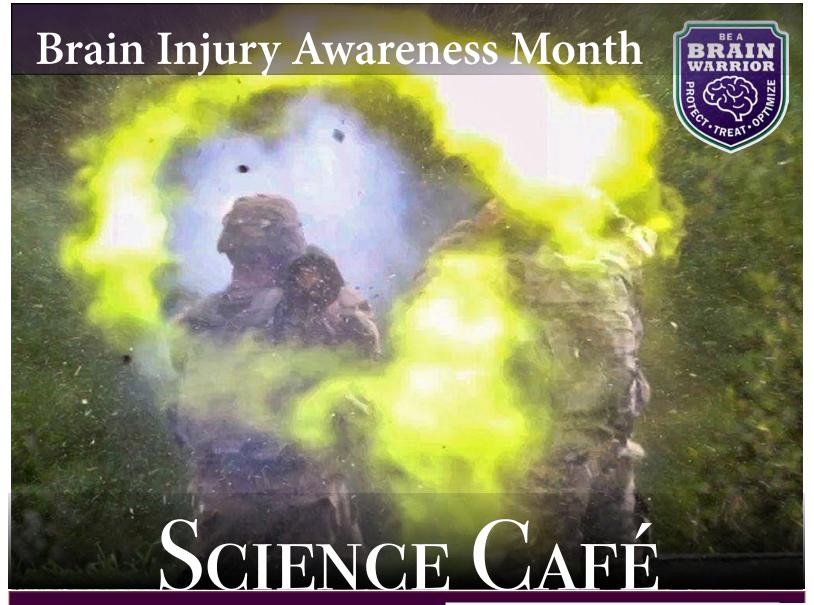
## This event is FREE.

Request ADA accommodations five business days in advance at (301) 319-3303 or by email to: USArmy.Detrick. MEDCOM-USAMRMC.List.Medical-Museum@health.mil





2500 Linden Lane, Silver Spring, MD 20910 (301) 319-3300 www.medicalmuseum.health.mil



# AT THE

Thursday, March 23, 2023, 6-7 p.m. ET

Military TBI: The History, Impact, and Future

Traumatic brain injuries are known as the "signature wound" of the Global War on Terrorism. Over the last 20 years, the Department of Defense invested resources and manpower to study and treat service member TBIs, leading to the establishment of what is now the Defense Health Agency Traumatic Brain Injury Center of Excellence. Join us to hear from Megan A. Lindberg and Elisabeth M. Moy Martin of TBICoE as they take a historical approach showcasing the evolution of TBI clinical care, starting with the American Civil War and leading up to the GWOT. The will also discuss congressional mandates directing and prioritizing research efforts to result in best practices from health care providers. Museum staff members will display related collections items prior to the start of the program.

# NATIONAL MUSEUM of HEALTH and MEDICINE





2500 Linden Lane, Silver Spring, MD 20910 (301) 319-3300 www.medicalmuseum.health.mil

USArmy.Detrick.MEDCOM-USAMRMC.List.Medical-Museum@health.mil

Photo Credit: U.S. Army, Sgt. M. Austin Parker

# GAINS IN THE EDUCATION OF MATHEMATICS AND SCIENCE (GEMS)

#### What is GEMS?

GEMS is a week long summer educational program focused on STEM based activities and hands on learning. There are 7 different classes that explore various types of science such as biology, earth science, and engineering

## Who can join?

Anyone in 4th through 12th grade is eligible to participate. The class you are eligible to participate in will depend on your grade level.

## How can I apply?

Applications are open and will close on April 9th Link to apply: https://cvent.me/x8m3AX For more information: https://cvent.me/2wv4Zr



# Gains in the Education of Mathmatics and Science (GEMS)

The Gains in the Education of Mathematics and Science (GEMS) program at Fort Detrick brings local students to the cutting-edge world of science for the U.S. Army Medical Research and Development Command (USAMRDC). The program is designed for current 4th through 12th grade students of all academic abilities in the 2022-2023 school calendar. GEMS promises a hands-on experience that will excite.

To Learn More: https://cvent.me/2wv4Zr To Apply: https://cvent.me/x8m3AX

# Engineering and Computer Science 1 (Battlebots)

Battlebots is for students who are currently in 5th-7th grade. Students will build their very own Lego robot. Throughout the week they will test their designs through activities such as a Ruck March, Parachute test and more. At the end of the week students will go head to head to see who has the strongest bot.

# Engineering and Computer Science 3 (Robotics)

Robotics is for students who are currently in 9th-12th grade. Students will build, train, and code their robot. Throughout the week students will go through a series of tests that help them evaluate their robot and make adjustments to create the best robot. At the end of the week students will complete a simulated bomb removal.

#### **Crime Scene Investigation (CSI)**

Crime Scene Investigation is for students who are currently in 6th-8th grade. Students will work with a partner to determine who killed the professor. Students will have to complete fingerprinting, hair/fiber analysis, DNA isolation and more to determine the killer. At the end of the week students will review all the evidence and present who they believe the killer is and explain what they think happened.

# Earth and Environmental Science

Earth and Environmental Science is for students in the 4th-5th grade. Students will learn more about their environment by performing soil and water analysis. They will learn about the ocean through a squid dissection and solar power by building a solar bug.

# Engineering and Computer Science 2 (Learn Play Code)

Learn Play Code is for students currently in 6th-8th grade. Students will learn about coding by creating animated character, designing games and fixing hacked code. Students will also learn about circuits by creating a LED card, test their design skills by building a toothpick and marshmallow structure and more.





#### **Intermediate Science**

Intermediate Science is for students in 7th-9th grade. Students will learn about the environment through a frog dissection, biomedical by creating a circulatory system and designing a candy "pill", chemistry by launching Alka-Seltzer Rockets and more.

#### **Advanced Science**

Advanced Science is for students in the 9th-12th grade. Students will determine if they have the PTC gene by performing a DNA extraction and gel elctrophorsesis analysis. Students will perform a fetal pig dissection and learn how to suture.



# Ft. Detrick **Association** 18 Hole Golf **Fundraiser**

Est. 2017

Warrant Officer

Mulligans - 1 for \$5 or 3 for \$10 Power Shot - 1 for \$10

Over the Shoulder Throw – 1 for \$5

Value Pack - All for \$20

Mulligans – Basically get a do over shot at the tee box. Power Shot – Shoot from next tee box up on PAR 5 only **Shoulder Throw** – Over the back throw if you miss the green

Other "Fun" Raising Opportunities

50/50 Raffle - 1 for \$5 or 3 for \$10 Winner Wins 50% of proceeds collected

Putt for Dough Raffle - 3 Balls for 10

Putts made get chance to win 50% of proceeds collected Par 3 Free Birdie Raffle – 1 for \$5 or 3 Tickets for \$10

Each ticket get chance for automatic Birdie on Par 3

Cheat **Codes For** Sale

> COST: \$75 Per Person includes:

- 18 hole green fees, cart fees, and range balls
- Lunch
- Prizes: Winning teams, closest to pin, longest drive.
- \$2500 Hole in One



To Register please contact one of the following WOA team members

- CW5(R) Jesus Tulud 910-779-5802
- CW4(R) Reginald Burrus 240-818-4415
- CW4(R) Jorge Magana 240-586-2679

To date the Fort Detrick Warrant Officer Association has donated over \$7,000 to local community schools and community programs providing resources to towards goals of education, mentorship, and community service. We look forward to hosting you as this year's donation will go towards sponsorship of Hagerstown YMCA Swim Team.



Please come out to support the Fort Detrick Chapter of the United States Army Warrant Officer Association.

25% of the Proceeds will go towards sponsorship of the Hagerstown YMCA Gator Swim Team







https://www.teamunify.com /team/mdhygst/page/home

Friday, May 5, 2023 0815 - Start Time Registration Begins @ 7am

# Glade Valley **Golf Club**

10502 Glade Rd, Walkersville, MD

Registration NLT 28 April 2023

**Prizes** 

0700: Check-in

Fun!

Fun!

Fun!

0810: Opening Remarks, Safety & Game **Rules Brief** 

0815: Move to Each Hole — Shotgun Begins

1300: Awards & Closing Remarks



Event Registration and Fundraising Purchase is available online using the following QR Code.



Note: When making purchase online please select your appropriate skill level ticket so we will be able to assign you and/or your team to the appropriate flights.

You can also contact one of the POC on the front of this flyer or your local Chapter member to submit in person.

Team Captain Nam	ne:			
Team Skill Level	Beginner	Novice	Good	
Dhono:				
Phone:			_	
Email:				
Player #2 Name:_				
Player #3 Name:				
Player #4 Name:				



# Glade Valley Golf Club

10502 Glade Rd, Walkersville, MD

Friday, May 5, 2023 0815 – Start Time

Ft. Detrick
Monocacy
Chapter
Warrant Officer
18 Hole
Golf Scramble
\$75

Registration NLT
28 April 23 is
required to
account for
Lunch count

Please submit your registration sheet to one of the POCs listed.

Thank you in advanced for your participation and support.

Monocacy Chapter – Warrant Officer Association



# Detrick and Frederick, Maryland

## Where: AUDITORIUM

Community Support Center, building 1520
Sign in begins at 9:45, event begins at 10:00

- February 15, 2023
- April 19, 2023
- May 17, 2023
- June 21, 2023

- July 19, 2023
- August 16, 2023
- September 20, 2023
- November 15, 2023

Please join us at the Fort Detrick Auditorium, building 1520 Freedman Drive. We have Frederick County community agencies joining our internal Fort Detrick agencies to provide information and an overview of their programs, activities, and upcoming events. There will be subject matter experts from all the entities and agencies which allows you to personally meet the individuals that are assisting you and your Family while here at Fort Detrick! This is a live and in person event, virtual

are assisting you and your Family while here at Fort Detrick! This is a live and in person event, virtual attendance is not an option.

For more information or to register, call 301-619-6364 or visit <a href="https://installation.detrick.army.mil/newcomers/index.cfm">https://installation.detrick.army.mil/newcomers/index.cfm</a>













**RESEARCH STUDY PURPOSE:** To study the physiological effects of sleep loss on human brain physiology

**COMPENSATION:** Up to \$10,821

#### **REQUIREMENTS:**

- 3-hour screening visit and 4-hour enrollment visit
- 15 days at-home wearing a wrist activity monitor and completing 4-6 reaction time tests each day.
- 14 days continuously in the lab with sleep restriction (5 hours per night)
- 20 days at-home wearing a wrist activity monitor and completing 4-6 reaction time tests each day.
- 04 days continuously in the lab with recovery sleep (8 hours per night)
- In lab phases include: performance testing each day, and multiple PET scans, MRI scans, and blood draws

**Note**: You must be ages 18-39, a non-smoker, and test negative for alcohol, nicotine, and illegal drugs. Men and women can participate. Women cannot be pregnant or breast-feeding. Active duty military and federal personnel must be off duty or on leave status during study activities. Compensation will be provided.



**STUDY LOCATION:** WRAIR Sleep Research Center

PRINCIPAL INVESTIGATORS: Vincent Capaldi, M.D. & Samantha M. Riedy, Ph.D.

# CALL 301-319-9287

Email: usarmy.detrick.medcom-wrair.mbx.sleep-research-center@health.mil

WRAIR Slees search Cer 01-319-92 WRAIR Slees search Cer 01-319-92 WRAIR Slees search Cer WRAIR Slees search Cer 01-319-92 WRAIR Slees search Cer 01-319-92	ter 7 7 7 7 7 7 7 7 7 7 7 7 7 7 7 7 7 7 7	WRAIR Sleep Research Center 301-319-9287 WRAIR Sleep Research Center 301-319-9287	WRAIR Sleep Research Center 301-319-9287 WRAIR Sleep Research Center 301-319-9287
--	---	--	--