



Joint Base Myer Henderson Hall *America's Post*

Serving Forts Myer and McNair, and
Henderson Hall
Feb. 23, 2021

home.army.mil/jbmhh



JBM-HH E-NEWSLETTER

Fort Myer / Henderson Hall / Fort McNair



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For daily JBM-HH
updates check out
www.facebook.com/jbmhh

Get the latest news,
including the virtual
Pentagram Thursdays at
home.army.mil/jbmhh.

New

USO Harvest Market rescheduled for Thursday

The February USO Harvest Market has been rescheduled to Thursday, Feb. 25 due to inclement weather.

The event provides free fresh produce, nonperishable goods to active duty military, veterans, retirees, and Family members.

Thursday's event will take place at the JBM-HH Community Center from 11:30 a.m. to 12:30 p.m. for active duty service members and their Families, and from 12:30 to 1:30 p.m. for veterans, retirees and their Families. The goods will be prepackaged and delivered via contactless drive-through or walk-up service lines at the community center.

Signs will be posted and volunteers will be on site to direct customers on where to line up. Customers are asked to arrive no earlier than 11:15 a.m. Be advised that Tri-Services Park-

ing lots B and C, across from the community center, will be closed on the designated Thursdays to accommodate the USO's Harvest Market event.

The USO Harvest Market takes place monthly, the third Thursday of each month, so there are many opportunities to participate.

Please contact Dencil Harrison at dharrison@usometro.org or Carla Moss at (703) 655-6091 for any additional information.





Raincheck town hall Thursday

The next JBM-HH Virtual COVID-19 Town Hall is set for 1 p.m. Thursday, Feb. 25. This is a raincheck as the last two town halls were postponed due to inclement weather.

Joint Base Commander Col. Kimberly Peeples hosts guest panelists from the Andrew Rader U.S. Army Health Clinic, Clinic Commander Lt. Col. Jessica Milloy, and the medical officer in charge of occupational and environmental medicine, Dr. Kimberly Beck.

Go to the JBM-HH Facebook page at <https://www.facebook.com/jbmhh> to ask questions in advance and to view the live-stream the day of.

You may also ask questions anytime by reaching out by email to the public affairs office at usarmy.jbmhh.asa.list.pao-all@mail.mil.

Important JBM-HH face mask update

Effective immediately, in accordance with the Secretary of Defense guidance, all individuals on JBM-HH will wear face coverings and masks at all times other than at home, following the most current CDC guidelines. Individuals must wear face masks continuously while on JBM-HH **except:**

- (1) when an individual is alone in an office with floor-to-ceiling walls with a closed door;
- (2) for brief periods of time when eating and drinking while maintaining CDC distancing guidance;
- (3) when the mask is required to be lowered briefly for identification or security purposes;
- (4) when necessary to reasonably accommodate an individual with a disability.



Keep
JBM-HH
safe



Distance



Masks



Hygiene

Rader COVID-19 vaccination update



2021 ANDREW RADER U.S. ARMY HEALTH CLINIC COVID-19 VACCINATION CAMPAIGN



Who: Patients aged 75 and older who **receive primary care** at Rader Clinic

What: COVID-19 Vaccine (Moderna)

Rader Clinic is currently providing the Moderna vaccine in line with the Department of Defense population phases. We are currently in **phase 1b** vaccinating patients aged 75 and older who **receive primary care** at Rader Clinic.

To schedule an appointment please visit www.tricareonline.com or send a secure message to your provider through Tricare Online at www.tolsecuremessaging.com.

Please note, vaccine administration is **NOT** occurring within Rader Clinic at this time. Those 75 and older **AND ENROLLED** at Rader Clinic for primary care can expect to receive a letter via U.S. postal mail, an automated phone message with additional information on where to go to receive your vaccine. This information will also be provided at the time of booking.

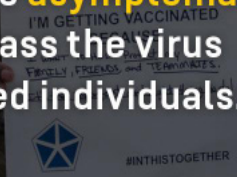
Second dose of the vaccine will only be provided to those who received first dose with Rader Clinic.

For the most up-to-date information on the Rader COVID vaccination clinic, please use the COVAX automated hotline at (703) 696-2994.

IF I GET THE VACCINE, CAN I STOP WEARING A MASK AND SOCIAL DISTANCING?

No. It takes several weeks after your second shot before you have a protective level of antibodies.

Even then, we don't know that you cannot become **asymptotically infected** and pass the virus to unvaccinated individuals.



CAN I GET COVID-19 FROM THE VACCINE?

No. The only vaccines currently available in the United States use messenger RNA (mRNA) technology, which means they do not contain any actual virus. Therefore, **COVID-19 cannot be transmitted through the vaccine.**



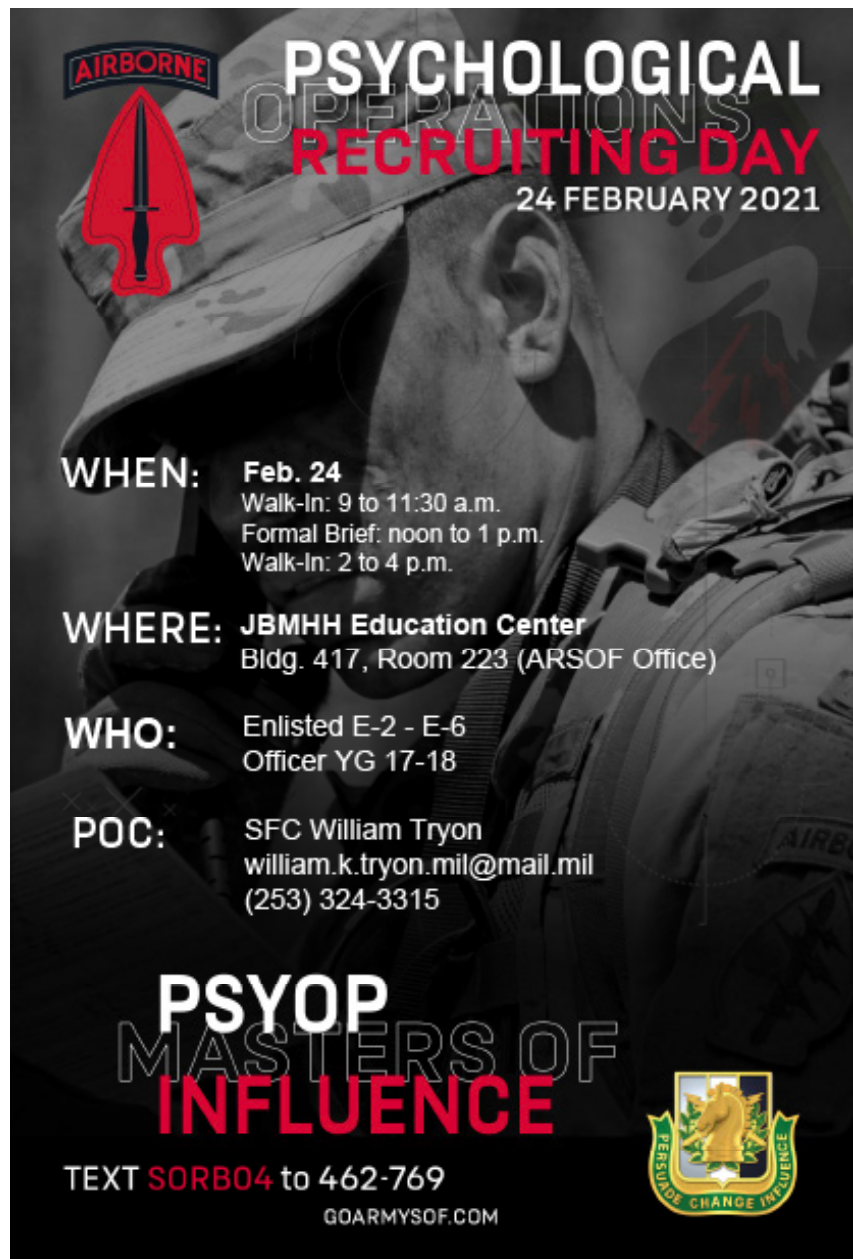
Army Substance Abuse Prevention training

New

The afternoon of February, 24 from 1 to 2 p.m. the JBM-HH Army Substance Abuse Program office will provide an opportunity for all assigned JBM-HH Army military and civilian employees to complete the annual substance abuse training requirement.

The ASAP training will be provided through the Teams platform link at <https://teams.microsoft.com/l/channel/19%3a4d91877ea8a44da3ba406c0fb8b668e4%40thread.skype/ASAP%2520Training?groupId=8a7da92e-c4ef-409b-b4ce-15c07a669603&tenantId=21acfb3-32be-4715-9025-1e2f015cbb9>.

Individuals with questions, or in need of assistance may reach out by email to prevention coordinator George Suber at george.a.suber.civ@mail.mil.



PSYCHOLOGICAL OPERATIONS RECRUITING DAY
24 FEBRUARY 2021

WHEN: Feb. 24
Walk-In: 9 to 11:30 a.m.
Formal Brief: noon to 1 p.m.
Walk-In: 2 to 4 p.m.


WHERE: JBMHH Education Center
Bldg. 417, Room 223 (ARSOF Office)

WHO: Enlisted E-2 - E-6
Officer YG 17-18

POC: SFC William Tryon
william.k.tryon.mil@mail.mil
(253) 324-3315

PSYOP MASTERS OF INFLUENCE

TEXT **SORBO4** to 462-769
GOARMYSOF.COM



Education Center briefs

The JBM-HH Education Center has several virtual briefings coming up. For links to the training below, contact Jennifer Souza at jennifer.s.souza2.civ@mail.mil.

VA Education System brief
March 4 from 1 to 2 p.m.

Credentialing Assistance brief
March 4 and April 9 at 10 a.m



Your JBM-HH FMWR Library Presents

WINTER 2021

READING CHALLENGE

Log your reading minutes from January 31 to February 28, and win a prize for completing the challenge!

Join the Library for some cozy Winter Reading!

Sign up here:

<https://jbmhpost.beanstack.org/reader365>

JBMHH EDUCATION CENTER (HUB)

Fort Belvoir

Fort Meade

Fort Myer



Join us on Teams



3 March 2021

@1300

RSVP

<https://www.surveymonkey.com/r/WQDXLLP>

Uniformed Services University

“America’s Medical School”

Presented by
Tyrone Willis, MBA
Recruiter Diversity Officer
Office of Associate Dean of Clinical Affairs
Uniformed Services University
Bethesda, MD 20814



How do I become a military medical officer?

Health Profession Scholarship Program (HPSP)

- ☐ No Tuition Cost
- ☒ Unlimited Career Potential

Uniformed Services University (USU)

- ☐ USU's Graduate Programs
- ☒ Over 15 programs (PhD & Master's)



What type of physicians do we train?

- ☐ Family Medicine to Neurosurgery
- ☒ 20+ Medical Specialties/Sub-specialties

RSVP

<https://www.surveymonkey.com/r/WQDXLLP>

Scan the QR code and see our Facebook page for login info



New

Black History Month observance

The theme of African American/Black History Month is “The Black Family: Representation, Identity and Diversity” – to highlight the African American Family, leadership, and service.

Watch a local African American/ Black History virtual observance put together jointly by JBM-HH Equal Opportunity Office, the Old Guard Equal Opportunity Office, Fort Meade and Fort Belvoir Equal Opportunity offices via Facebook.

The observance can be seen on the joint base Facebook page by visiting <https://www.facebook.com/FtMeade/video->



Rewatch Army COVID-19 Town Hall

On Monday, Feb. 22 a Facebook town hall took place to provide Soldiers, Army civilians, Family members and contractors an opportunity to hear directly from Army senior leaders and build trust and confidence in the COVID-19 vaccine. Watch at <https://www.facebook.com/US-army/videos/1050733445448805>.

Honoring African American History

The 3d U.S. Infantry Regiment (The Old Guard) recognizes African-American History Month and Capt. Lauren Glover, the first female drill commander of the United States Army Drill Team.

In an interview with The Pentagonam, Glover said she is proud to walk in the steps of those African-American women who served their country against all odds. She recalled a time when an older African-American woman hugged her and whispered in her ear, “this is why we sat on those buses.”

“I’m assuming she was sharing her experience during the Civil Rights Movement,” said Glover. “All I could do was thank her. Without her and others like her, there would be no me.”



Wearing a mask that fits tightly to your face can help limit spread of the virus that causes COVID-19

In lab tests with dummies, exposure to potentially infectious aerosols decreased by **about 95%** when they both wore tightly fitted masks



Cloth mask over medical procedure mask



Medical procedure mask with knotted ear loops and tucked-in sides



Mask fitter



Nylon covering over mask

Other effective options to improve fit include:

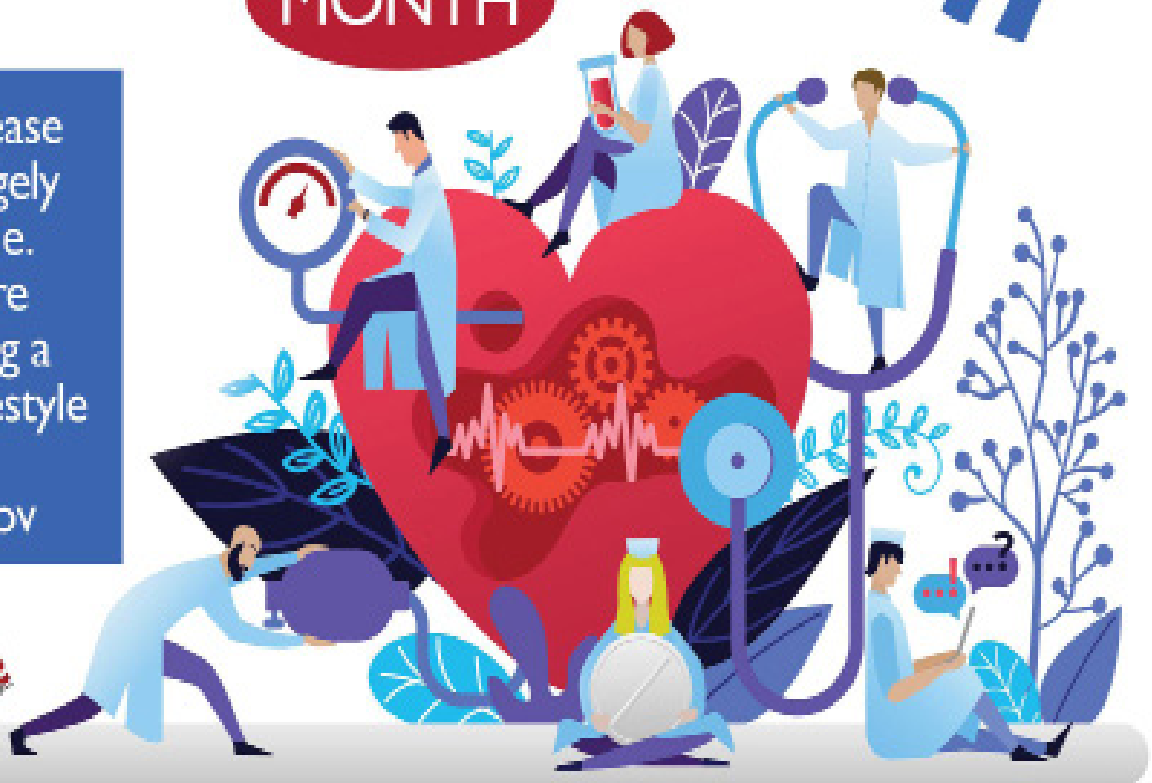
CDC.GOV

bit.ly/MMWR21021

MMWR

HEART HEALTH MONTH

Heart disease can be largely preventable. Learn more about living a healthy lifestyle by visiting nhlbi.nih.gov



JBM-HH tax center 2021 changes

The JBM-HH Consolidated Tax Center is now open. The service will be remote in compliance with Centers for Disease Control and Prevention COVID-19 social distancing guidance. The service will be available only to active duty and reservists who have been on active status for the past 30 days or longer, and Gold Star Families.

To participate, customers need a .mil account. Gold Star Families without a .mil account are an exception to the requirement. Contact can only be made through the tax center's .mil email address at usarmy.jbmhh.mdw.mbx.legal-taxcenter@mail.mil.

Prior to an appointment, the IRS Volunteer Income Tax Assistance form Form 13614 must be completed. The form can be found on the center's Facebook page at <https://www.facebook.com/MYERTAXCENTER>.

Based on IRS publications 4491 and 4012, and due to budgetary and personnel constraints,

the below bullet points are out of scope for the tax center.

People with any of the following issues **cannot** be seen at JBM-HH and it is recommended for them to seek civilian professional tax assistance.

- Taxpayers not on active duty status
- Taxpayer is an lieutenant colonel with over 15 years of service or higher
- Taxpayers with gross income of greater than \$100,000
- Income and expenses related to paid household employees
- Taxes related to business or self-employment including home-based businesses (with the exception of on-post child care providers and Lyft/Uber drivers), such as:

- Expenses for employees or 1099
- Use of home as a business
- Actual vehicle expenses costs – not mileage
- Depreciation of business assets
- Entity issues – partnerships, S corporations, LLCs

- Capital gains and losses issues
- Any partnership schedule or Form 1099 K
- Self-employment insurance deductions
- Inherited property from a person who died before 2010 (unless the taxpayer knows the basis)
- Sale of home if ever used as rental property
- More than one rental property
- Retirement IRA rollovers which are not tax free
- Retirement ROTH IRAs with excess contributions
- Non deductible traditional IRA contributions
- Foreign income or foreign tax credits over \$300
- More than 10 stock market transactions
- Non cash charitable contributions exceeding \$500
- Adoptions

JBM-HH only prepares tax returns for the 50 states. JBM-HH reserves the right not to prepare a tax return that we feel we are not trained to do, even if the same return was prepared here in a prior year. We reserve the right to not prepare a tax return that is incomplete or inaccurate.



MILTAX: TAX SERVICES FOR THE MILITARY



This tax season, start with MilTax from Military OneSource and the Department of Defense. MilTax free tax services include tax prep and e-filing software and personalized support that address the realities of military life – deployments, combat and training pay, housing and rentals, multistate filings, living OCONUS and more.



Attention JBM-HH employees

**Sign up for or update
ALERT! messaging**

Go to
<https://alert.csd.disa.mil/SelfServiceDOD/>

JBM-HH uses the "ALERT!" system to push mass warnings and notifications to Soldiers, civilian personnel and contractors. To be effective, ALERT! requires your updated contact information. If you are unable to self-register, please contact your emergency management coordinator for assistance.

Community weather alerts

Make sure you get the latest winter weather information for the joint base. Download the Digital Garrison App, select JBM-HH as your home installation and enable push notifications.

To enable push notifications, open the app and change your installation to JBM-HH (location icon underneath your name), secondly select the notification bell in the upper left corner, thirdly click the settings wheel in the upper right corner, then click on push notifications and select installation notifications, lastly click the 'I agree' box at the bottom.



Commuting during winter weather

During winter weather, DOD shuttles servicing the Pentagon and Mark Center will operate based on the Office of Personnel Management operating status. For example, if the OPM operating status is two hours delayed arrival, the DOD shuttle schedule will also be under a two-hour delay. Shuttle schedules and frequency may be further adjusted based on road conditions.

During the COVID-19 pandemic, additional service changes may apply. Updates will be shared on the Washington Headquarters Services' Transportation Management Program Office website and social media

Cemetery Metro closure

The Addison Road and Arlington Cemetery Metro station are closed for platform reconstruction and station improvements.


The work will continue through Sunday, May 23, to allow for platform reconstruction and other station improvements, including the installation of more energy-efficient LED lighting, slip-resistant tiles and new digital signage to improve customer communication.

Shuttle buses will replace trains at the two closed stations for the duration of the project, with no Blue Line service. Additional Yellow Line trains will operate from Franconia-Springfield to Mt Vernon Square; however, weekend service adjustments may be necessary due to other scheduled track work.

For more information, view the full news release at <https://www.wmata.com/about/news/Spring-platform-reconstruction.cfm>.

Station Closures February 13—May 23, 2021



- Arlington Cemetery
- Addison Rd
-  Service temporarily suspended

Learn more at [wmata.com/platforms](https://www.wmata.com/platforms)

Updated

JBM-HH on site services

JBM-HH Religious Services are back up and running on a weekly basis at Memorial Chapel. Attendance is limited to no more than 50 personnel in the chapel, so individuals must register to attend.

To view service updates, including weather related service updates, please visit the Religious Support Office Facebook page at <https://www.facebook.com/jbmhrso/> or email the Religious Support Office at usarmy.jbmhh.usag.mbx.memorial-chapel@mail.mil.

To register for Catholic Mass, contact the Catholic coordinator by email at info@jbmhhmcc.com.

Catholic Mass

Saturday, Feb. 27 at 5 p.m. and
Sunday, Feb. 28 at 8:30 a.m.

Protestant Service

Sunday, Feb. 28 at 10:30 a.m.

Gospel Service

Sunday, Feb. 28 at 12:30 p.m.

Samoan Service

Held only the first Sunday of every month at 2:30 p.m.

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.

JBM-HH virtual services

The JBM-HH Religious Services Office now streams the following Sunday services via the JBM- HH Religious Support Facebook page.

The page is free to access online at www.facebook.com/jbmhrso.

8:30 a.m. Catholic Mass

10:30 a.m. General Protestant

12:30 p.m. Gospel Service.



New

Engineers Week

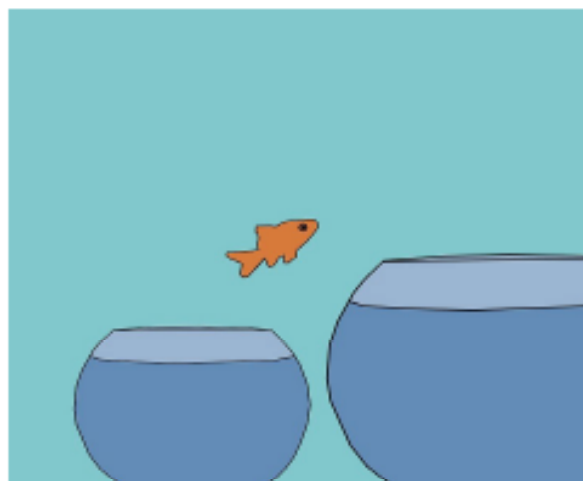
Each year in recognition of DiscoverE's nationwide Engineers Week, the Washington Headquarters Services, Facilities Services Directorate and the Office of the Under Secretary of Defense for Research and Engineering host an event for Department of Defense employees to celebrate the importance of engineering as a profession.

Save the date for the 16th annual Engineers Week event Wednesday, Feb. 24 from 1:30 to 3 p.m. The event will be live-streamed from the Defense Visual Information Distribution at <https://www.dvidshub.net/webcast/25602>.

Featured speakers include Dr. Vivek Lall, chief executive, General Atomics Global Corporation, Dr. Daniel Ragsdale, acting director of Defense Research and Engineering for Modernization, and Dr. David Pittman, director, U.S. Army Engineer Research and Development Center, and director of Research and Development and chief scientist, U.S. Army Corps of Engineers

Attendees can submit questions to featured speakers before or during the event by emailing WHS.Environmental@mail.mil. For more information, visit the Washington Headquarters Services Environmental, Sustainability, and Energy Branch website at <https://my.whs.mil/services/environmental> or contact ESEB at WHS.Environmental@mail.mil.

Army Community Service Family Advocacy Program March 2021



Event: Virtual Baby Bundles

Date: Scheduling upon request by expecting Family

Place: Virtual Platform/Telephonic

Call for more information or to schedule (571) 550-9052

Description: Prepare your home and relationship for the changes that are needed when your baby arrives. A brief overview of the labor and delivery process, newborn care, and baby proofing your home will be discussed. Individuals will receive a gift bag of free baby care and safety items.

Event: Virtual Play Morning

Date: Thursdays, March 4 through 25

Time: 10 to 10:30 a.m.

Place: Virtual Platform (Webex)

Call for more information or to register (571) 550-9052 or (703) 614-7208

Description: Join the Fort Myer and Henderson Hall New Parent Support Program every Thursday morning for sing along and story time for preschool children up to 5 years old.

Event: Anger Management 101

Date: March 9

Time: 11 a.m. to 1 p.m.

Place: Virtual Platform (Teams)

Email Megan Read for more information or to register at megan.w.read.ctr@mail.mil

Description: Individuals will receive information on emotions management and the impact of unmanaged anger, as well as the basics of identifying stressors in their life and how to create their own anger management plan. Registration required.

Event: Conflict Resolution

Date: March 17

Time: 11 a.m. to 1 p.m.

Place: Virtual Platform (Teams)

Email for more information or to register: megan.w.read.ctr@mail.mil

Description: Learn how to identify conflict and ways to manage it in the future.

Event: Stress Management

Date: March 24

Time: 11 a.m. to 1 p.m.

Place: Virtual Platform (Teams)

Email for more information or to register: megan.w.read.ctr@mail.mil

Description: Individuals will receive information on emotions management and the impact of unmanaged stress as well as the basics of identifying stressors in their life and how to create their own stress management plan. Registration required.

Joint Base Myer - Henderson Hall Family Advocacy Program jbmhh.armymwr.com



JBM-HH remains at HPCON Bravo

The U.S. Army Military District of Washington commanding general announced conditions are now appropriate to transition to Heath Protection Condition Bravo. In response, Joint Base Myer-Henderson Hall will implement its phased recovery plan in close coordination with the Military District of Washington and the Andrew Rader U.S. Army Health Clinic.

Please continue to follow the joint base commander's policy regarding the use of face coverings and maintaining social distancing. We will continue to monitor the downward trend of positive cases, the capacity to test, ability treat, and to conduct contact tracing within the National Capital Region.

JBM-HH gyms

Forts Myer and McNair Fitness Centers are now open for all eligible patrons. To ensure the safety of patrons, the showers and lockers in these facilities are closed at this time.

All patrons must wear masks at all times in the JBM-HH gyms. Occupancy at both gyms is limited to 50 patrons at a time on a first-come, first-served basis.

The Fort Myer Fitness Center is open Monday, Wednesday, and Friday from 5 to 7:30 a.m., 11 a.m. to 1 p.m., and 4 to 6 p.m. The Fort McNair Fitness Center is open Monday, Wednesday, and Friday from 5 to 10 a.m. The Patton Hall Pools remain closed.

The Smith Gym is open to active duty only. Zembiec Pool is closed due to an issue with the heat in the facility.

Clinic updates

Rader Clinic regularly posts updates on Facebook at www.facebook.com/raderclinic. Make sure to check the page for the latest community updates from the clinic.

Facility updates

Due to the recent rise in COVID-19 cases in the region, please be advised of the following facility updates.

The AAFES Food Court dining area is currently closed. Food options are still be available for takeout. Masks and social distancing are required.

Patrons of all JBM-HH Gyms must now wear face masks at all times, to include during active exercise.

SAFETY STARTS WITH YOU

JBM-HH Guidelines for reporting injury or illness

Your safety is our priority!

Please report accidents or injuries to the JBM-HH Installation Safety Office by phone at (703) 696-0828 or by email at: usarmy.jbmhh.osa.mha.soc@mail.mil

What is a work-related injury or illness?

An injury or illness must be considered a work-related event or exposure if the work environment either caused or contributed to the resulting condition, or the event significantly aggravated a preexisting injury or illness.

When to report an accident or incident:

The Occupational Safety and Health Administration and Army Regulation AR 385-10 requires organizational leaders to report any unplanned event, accident or illness, of military and DA civilian personnel (AF and NAF) to the Installation Safety Office that results in:

- Death (Class A)
- Days away from work (Class B/C)
- Restricted work or job transfer (Class C)
- Medical treatment beyond first aid (Class D)
- Loss of consciousness (Class C)
- Any significant injury or illness diagnosed by a physician or other health care provider (Class D or higher)
- Property damage greater than \$5,000 (Class E or higher)

Accident Notification and Reporting:

Personnel involved in or aware of an accident, injury or illness must report it immediately to the supervisor or person directly responsible for the operation, material, or person involved.

Supervisors or leaders will report an accident, injury or illness to the JBM-HH Installation Safety Office within one hour of being notified of the event or immediately after it is safe to do so.

The Installation Safety Office is required to capture all reported, work-related events on the organization's OSHA 300 log within seven working days of being notified of the event. All Army Class A, B and C incidents must be reported immediately to the U.S. Army Combat Readiness Center for both military and civilian personnel.

If the event results in the death of a civilian employee, the organization must report the fatality to OSHA within eight hours of the event taking place for civilian personnel.

If the event results in the in-patient hospitalization of one or more employees, an amputation, or loss of an eye, the organization must report the event to OSHA within 24 hours of the event taking place.

How to report a work-related injury or illness:

Immediate or initial notification of a work-related injury, illness, or Army accident can be made by phone or email to the ISO. If the event triggers a Commander's Critical Incident Report, all notifications shall also be made per CCIIR notification and reporting requirements in addition to reporting the event to the ISO.

The Army Ground Accident Report: Shall be used to report all recordable military and Army civilian incidents. A fillable AGAR Form can be at: <https://armysubs.arms.mil/ProductSupport/Forms/D4forDDA488>

All AGARs shall be completed by the supervisor of the impacted employee and submitted to the ISO within seven working days from the date the incident occurred.

Federal Employee's Compensation Act:

All Federal employees or contractors who have sustained a work-related injury or illness should file a claim for benefits if eligible based on employment status.

Appropriated Fund Employees can directly file under the FECA Employee Compensation Operations and Management Portal. Once an employee has filed a claim, their supervisor will be notified directly by the ECOMP portal. Employees are required to report all incidents regardless of a claim being filed.

Non-Appropriated Fund Employees can file under the Contract Claims Services, Inc. website. NAF employees are also required to notify their supervisor in the event of an incident. Management will collect employee information and file a claim for the employee through the CCS website.

AF: WWW.ECOMP.DOL.GOV / NAF: WWW.CCSAPPS.COM

Army Accident and Incident Classification:

An Army accident is defined as an unplanned event, or series of events, which results in one or more of the following:

- Occupational illness to Army military or DA civilian personnel
- Injury to Army military on or off duty
- Damage to Army property
- Damage to public or private property and/or injury or illness to non-Army personnel caused by Army operations.

Accident classes are used to determine the appropriate notification, depth of investigation and reporting procedures. Army accident classifications are as follows:

Class A

- An injury or occupational illness which results in a fatality or permanent disability.
- An Army aircraft is destroyed, missing, or abandoned
- Property damage resulting in \$2 million or more

Class B

- When one or more personnel are hospitalized as inpatient as a result of a single occurrence.
- An injury or illness the results in a permanent partial disability
- Property damage resulting in \$500,000 to less than \$2 million.

Class C

- An injury or illness that results in a temporary disability of any kind and/or is a days away from work case.
- Property damage resulting in \$50,000 to less than \$500,000.

Class D

- An injury meeting the requirements of an OSHA recordable case that does not result in death, disability or days away from work.
- Property damage resulting in \$20,000 to less than \$50,000.

Class E

- Property damage resulting from a ground accident of \$5,000 to less than \$20,000

COVID-19 OSHA-Recordable:

If an employee has contracted COVID-19 the employer must make "reasonable" efforts to take into account all available evidence to determine if the illness was contracted at work.

- Employers should ask the employee how they think they contracted the COVID-19 illness, discuss the out-of-work activities, and review the employee's work environment for potential exposure.
- Evidence in the work area that the employee contracted the illness at work:
 - Confirmed close contact with a positive or potentially positive COVID-19 case while at work.
 - Lengthy and frequent exposure to the general public with ongoing community transmission
- Evidence that the employee did NOT contract the illness at work:
 - The employee has had close contact with someone who (1) has COVID-19; (2) is not a coworker, and (3) exposes the employee during the period in which the individual is likely infectious.
 - Is the only employee to contract COVID-19 in their vicinity and the job duties do not include having frequent contact with the general public, regardless of the rate of community spread?

If, after the reasonable and good faith inquiry described above, the employer cannot determine whether it is more likely than not that exposure in the workplace played a causal role with respect to a particular case of COVID-19, the employer does not need to record that COVID-19 illness.



Civilian leave assist

New employee added

JBM-HH Directorate of Operations employee Johanna E. Martinez, Directorate of Emergency services employee Marla A. Curry and 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.

Please be sure to populate the form with the recipient's name specifically. Send completed form to Maribel Rodriguez at maribel.rodriquez.civ@mail.mil.

Workforce Development Training



March 2, 2021, 8:30 to 10 a.m.
Virtual via Microsoft Teams

Team Sites and Turf Wars: Going from a Me to We Mindset
Mr. James Bird Guess, International Success Academy

June 10, 2021, 8:30 a.m. to 4 p.m.
Face to Face (tentative)

FERS Retirement Planning Seminar
Planning, Inc.

July 20, 2021, 8:30 a.m. to 3:30 p.m.
Face to Face (tentative)

Leading From the Middle
Mr. James Bird Guess, International Success Academy

Sept. 8, 2021, 8:30 a.m. to 3:30 p.m.
Face to Face (tentative)

Excuses, Blame and Unmet Expectations
Mr. James Bird Guess, International Success Academy

Training is open to all JBM-HH civilian employees.

To register, please contact the workforce development office specialist Kathy Feehan at (783) 696-3520 or by email at kathryn.k.feehan.civ@mail.mil.



Commissary

At the beginning of the COVID-19 pandemic the Defense Commissary Agency experienced a high volume of traffic to our stores. For that reason, DeCA implemented a no visitors or guest policy. We no longer have the high volume of foot traffic. Therefore, effective immediately, DeCA will allow guests/visitors back in our stores.

Patrons are now allowed to bring reusable bags from home, on the condition that those using reusable bags package their groceries at check out. Patrons are reminded that the Fort Myer Commissary is not recycling bags at this time and leaving used bags at the store is not permitted.

The commissary is carefully following social distancing guidance measures, allowing a limit of 65 people in the building at one time. For the safety of customers and employees, face coverings are required.

The hours are Monday to Friday from 8 a.m. to 7:30 p.m., Saturday from 8 a.m. to 6:30 p.m. and Sunday, from 8 a.m. to 6 p.m. Customers are encouraged to minimize the use of cash to help reduce the spread of germs.

Curbside pick up ends at Marine Corp Exchange

The Henderson Hall Exchange has announced that the curbside pick-up program is no longer available. The Marine Corps Exchange remains open for in-person shopping.

The MCX continues to protect the health and safety of Marines, their Families and all customers and employees. For assurance the MCX has instituted measures including:

- Enhanced cleaning protocols
- Mandatory face coverings for all employees and patrons
- Plexishields at all point of sale locations
- Social distancing requirements of 6 feet apart
- Sanitation stations at entrances and elevators

The Marine Corps Exchange is open from 9 a.m. to 7 p.m. Monday through Saturday and from 10 a.m. to 6 p.m. Sundays and holidays, to include the Vineyard. All three levels are open. The Marine Corps ID Card Center continues to serve, by appointment only, at Marine Corps Exchange on the third

floor. The hours of operation are from 9 a.m. to 5 p.m. Monday through Friday, with a daily closure from 11 to 11:30 a.m. All personnel are required to book appointments at <https://idco.dmdc.osd.mil/idco/locator>.

The carwash service remains open.

For more information, visit <http://www.mccshh.com/mcx/>.

Destress with Henderson Hall

Stressful situations, if not dealt with effectively, can contribute to mental and physical health problems. Henderson Hall has produced a eight session video series to help members reduce their stress levels by teaching healthy coping strategies and increase support from peers and leaders. Watch the first session at <https://www.facebook.com/mccsHH/videos/146377853890954>.



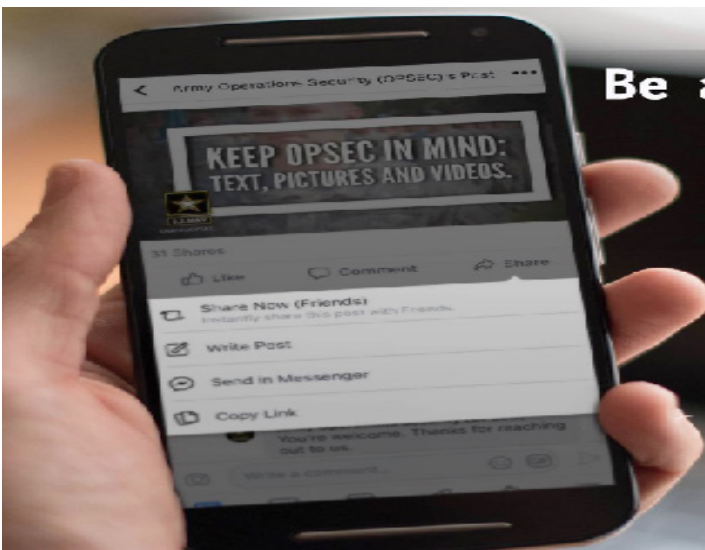
STAY VIGILANT
Report concerns to Base Defense Operations
Usarmy.jbmhh.id-sustainment.mbx.dptms-bdoc@mail.mil
(703)696-5113/5662 Together, keeping JBM-HH safe.
Dial 911 in emergencies. For non-emergency dispatch, call (703)588-2800/2801.



[illegible]

How to report suspicious activity:

iWATCH Army is a community program to help protect Army communities from terrorist activities. Any member of the Army community can report behaviors and activities that make them feel uncomfortable and do not look right (suspicious behaviors). iWATCH Army is a program and partnership between the community and the local Military Police/law enforcement. Visit the iWATCH Army website at <https://iwatcharmy.org/index.html>.



Sharing info from official Army accounts is safe. Be careful sharing from other sources.

Keep OPSEC in mind when you share information on- and offline.

Sharing a post, picture or video may reveal too much information about you and others.



Joint Base Myer-Henderson Hall Dining Facility



February 22 to 26

Breakfast \$3.50 Lunch \$5.65 Dinner \$4.90 Brunch \$6.30 Supper \$7.70

Daily Breakfast Menu

Eggs and Omelets to Order - Scrambled Eggs - Hard Boiled Eggs - Pork Bacon - Pork Sausage - Turkey Bacon
Home Fried Potatoes - Creamed Beef w/ Biscuits Oatmeal - Grits - Waffles, French Toast, or Pancakes - Fresh
Fruit Assorted Breakfast Pastries

Daily Short Order Menu

Grilled Hamburgers - Grilled Cheeseburgers - Grilled Cheese - Grilled Cheese - Chili-Baked Beans - Hot
Dogs One Short Order Specialty Item (i.e. Pizzas, Chicken Tenders, Mozzarella Sticks, etc.) Sandwich Bar

Main Menu

Monday

Baked Ziti with Sausage - Chicken Parmesan - Grilled Salmon - Long Grain & Wild Rice - Scalloped Potatoes
Peas with Mushrooms - Stewed Tomatoes - Italian Pasta Salad - Oatmeal Raisin Cookies - Yellow Cake with
Chocolate Icing - Cheesecake with Strawberry Topping - Vanilla Pudding

Tuesday

El Rancho Stew - Chicken Enchiladas - Spicy Baked Fish - Mexican Rice - Black Beans - Corn O'Brien - Steam
Broccoli - Macaroni Salad - Chicken Quesadilla - Mexican Cornbread - Cherry Pie Chocolate Cake with
Chocolate Icing - Sugar Cookies - Jell-O

Wednesday

Yakisoba - Asian Barbecue Turkey - Peppered Shrimp - Pork Fried Rice - Stir Fried Noodle - Oriental Blend
Fried Cabbage - Vegetable Egg Rolls - Cucumber and Onion Salad - Wing Bar - Dinner Rolls Apple Pie
White Chocolate Macadamia Nut Cookies - Spice Cake with White Icing

Thursday

Savory Baked Chicken - Fried Pork Chops with Gravy - Lemon Pepper Cat Fish - Hopping John - Macaroni
& Cheese - Southern Style Collard Greens - Corn on the Cob - Mustard Potato Salad - Sweet Cornbread
Muffins Peach Pie - Peanut Butter Cookies - Banana Pudding

Friday

Stew Beef - Curry Chicken - Fried Plantains - Tyme Rice - Caribbean Style Rice & Beans - Steam Carrots
Mix Vegetable - Fruit Salad - Dinner Rolls - Lemon Meringue Pie - Chocolate Chip Cookies
Angel Food Cake - Jell-O