

CSWC-SL

MEMORANDUM FOR RECORD

SUBJECT: Community Health Promotion Council/Well Being Board (CHPC-WBB)  
Minutes, 11 May 2015

Meeting Attendance:

**Membership**

Chair, CHPC/WBB\*  
CSM, USAWC  
Director, SLDR, USAWC\*  
Chief of Staff, USAWC  
Commander, DAHC\*  
Commander, DENTAC\*  
Commander, USAG\*  
CSM, USAG\*  
G3\*  
CBks Ministry\*  
  
DAHC/Behavioral Health\*  
DAHC Community Health RN  
USAG Human Resources\*  
Public Affairs Office\*  
Army Community Service\*  
Military Family Life Coordinator  
DPTMS, USAG\*  
Safety Office\*  
ASAP\*  
MWR\*  
SKIES Specialist  
DHR\*  
SLDR, USAWC  
SLDR, USAWC  
SLDR, MFP  
EEO, USAG  
Army Wellness Center  
Security Manager  
DPW – Chief Army Housing

**Present/Represented**

COL David Funk  
  
Dr. Thomas Williams  
Mr. Keith Norris  
  
CPT Joshua Waldron (rep)  
LTC Kimberly Peeples  
  
COL Robert Wade  
CH (COL) Gregory D'Emma  
CH (LTC) William Barbee  
CH (LTC) Gerald DuBose  
Dr. Ines Roe  
Ms. Jo Stepp  
  
Mr. Tom Zimmerman  
Ms. Rebecca Myers  
  
Mr. John Knowles  
Ms. Liz Knouse  
Mr. Robert Suske  
  
Ms. Dee Connelly  
Mr. Joseph Mallis  
Ms. Lisa Riley  
  
Ms. Jennifer Caywood

\* Positions requiring attendance or designated representation.

1. Opening remarks from Chair, CHPC-WBB: COL Funk opened the meeting by welcoming CH (LTC) Gerald DuBose, the Garrison Deputy Chaplain. He emphasized the importance of first impressions for the incoming AY 16 class and DDE students arriving this summer. This is the time of the academic year to reset and prepare for the new resident student and family arrivals in July.
2. The 8 April 2015 CHPC-WBB meeting minutes were reviewed and accepted as written.
3. Old Business: An AAR/Update of the April, May, June and July CHPC-WBB themed events and activities was completed.

#### April

COM: Carlisle Barracks History & Physical Fitness - Jim Thorpe Sports Days (JTSD) The JTSD events were very well run and highly praised by the participating War Colleges.

COM: Month of the Military Child (ACS, CYSS) – The Family Fun Fair date was changed this year to coincide with the final day of JTSD which worked very well. Ms. Myers reported over 500 participants. G3 will coordinate with MWR on the date for the AY16 event.

PROG: Child Abuse Prevention Month (ACS) - Educational information was incorporated into the Family Fun Fair.

PROG: Alcohol Awareness Month with Alcohol Screening Day (ASAP) – Fourteen teens attended an alcohol awareness presentation for middle school and high school students on 9 April. National Alcohol Screening Day, offering a self-screening on-line opportunity, was held 10 April with good advertising provided by Mr. Tom Zimmerman. ASAP continues to promote alcohol awareness during prom and graduation season. COL Funk asked about providing a DUI crashed car display at the Claremont Gate area during the spring season, as is done in the autumn, to serve as a visual reminder during prom and graduation time. LTC Peeples and Mr. Knowles will look into this.

#### May

COM: Performance Triad & Stress Management (DAHC) – Ms. Caywood, Army Wellness Center, will coordinate with Mr. Zimmerman to push out the Performance Triad calendar on Facebook, the Banner, and place a link on the USAWC homepage, emphasizing the Performance Triad themes of sleep, nutrition, and physical activity. The AWC plans to add the Performance Triad logo to their marketing materials once approval is received from Public Health Command.

COM: Army Heritage – AHEC will host Army Heritage Days on 16 & 17 May.

COM: Motorcycle Safety Awareness Month – Mr. McCormick is working with the PA Motorcycle Training Program to partner with the Installation Safety Office. The Motorcycle Simulator will be forwarded to PA through the DRMO process. They have agreed to provide simulator training to our customers as needed. The Safety Office is currently enrolling service members to take various motorcycle training at no cost to the student or the government including those with out of state licenses. Mr. McCormick would like to invite Mr. Hector Eide, SME on the simulator, to the next CHPC-WBB .

PROG: High Blood Pressure Education Month - DAHC and the Army Wellness Center offer BP screening on a walk in basis and provide educational handouts.

PROG: 101 Days of Summer – The Safety Office will continue to send safety information through social media via PAO. The Safety Office is coordinating with Environmental Health to promote heat injury prevention. Industrial Hygiene and the Safety Office will conduct workplace inspections to prevent heat injury. Most of these are outdoor activities such as mowing and landscaping. The Safety Office briefed the USADHC on summer safety during their quarterly meeting. Bicycle helmets will continue to be distributed as needed. There are approximately 15 left. The Universal Substance Abuse Awareness (ASAP) – ASAP plans a series of educational articles, classes and signage from Memorial Day through Labor Day emphasizing safe alcohol use with summer activities. There is Alcohol and other Drug Prevention Training (ADAPT) planned for 10 & 18 June from 0830-1500 at the Education Center and a Lunch and Learn, “Responsible Alcohol Use” class on 23 July 1200-1330, also at the Education Center.

### June

COM: Family Transition and Sponsorship –The Carlisle DCA will provide community information bags to incoming students and staff through ACS. These were provided last year and well received. COL Funk reminded the board of the two Distance Education (DDE) classes taking place in June and July. LTC Peeples will reach out to the DDE project officers to identify any gaps in the information provided to these groups.

Ms. Knouse reported that the Welcome to Carlisle book has been updated and will be provided to incoming students, staff and faculty.

COM: Army Profession (Army Birthday) - Living the Ethic- The Heritage Foundation will host an Army birthday dinner on 13 June at AHEC. COL Wade will have the G3 office check on a daytime event for the Army birthday celebration. This may be delayed a week to coincide with the DDE class schedule.

COM: Summer Safety – DAHC will be publishing articles on tick and skin cancer prevention, pool and grilling safety, as well as men’s health issues in its newsletter. The DAHC HEDIS nurse will organize displays and educational materials. YS will hold a Bike Rodeo. There will be a DES Open House in August.

## JULY

PROG: Distracted Driving Campaign (DES) - Detective Shepard is planning activities. ASAP will offer classes in conjunction with YS summer camp sessions. Ms. Stepp has a resource person who can provide a presentation on first-hand experience with family tragedy involving distracted driving. COL Funk felt this would be a valuable resource to utilize with the incoming class families. Ms. Knouse is currently working on a contract for a driver's education course provided by Youth Services. High school students would be given class credit for participating.

PROG: Family Health and Fitness/Outdoor Rec Activities (FMWR/CYSS/ODR) – Outdoor Rec has many activities planned throughout the summer months including hikes, bike rides, kayak trips, and various other trips listed on the IMC. These activities have been highly praised by participants.

### 4. New Business:

a. The Integrated Master Calendar (IMC) Report: 90 Day Well Being "Significant Events" was reviewed. LTC Peeples asked for a data pull of SIGACTS through June of 2016. This, as well as the AY16 academic calendar, will be emailed to all board members to assist in future event planning.

b. Behavior Health Working Group update: Risk reduction data from the previous quarter was reviewed. COL Funk asked the group to begin to track trends in data to evaluate increases or decreases. Ms. Myers reports seeing an increase in financial concerns usually in the summer months. She will track this data to determine trends. The USAWC will host a two session SHARP summit tailored to our specific audience. The SHARP program used at West Point is a good resource. Mr. Knowles stated that ASAP will be presenting a Gambling Awareness class for DENTAC on 21 May. This class will be given by Mark Bennett of the Perry/Cumberland County Drug & Alcohol Commission and covers compulsive & problem gambling as well as recovery programs and support groups.

c. Physical Fitness Working Group update: Ms. Caywood reported Army Wellness Center (AWC) statistics. The number of initial AWC visits in April 2014 was 128, in April 2015 it increased to 165. Follow-up AWC visits in April 14 were 56 and April 15 they increased to 91. Ms. Caywood has been promoted and will be leaving the AWC in June at assume leadership of many AWCs at Aberdeen Proving Ground.

d. Spiritual Fitness Working Group: COL Funk thanked LTC (CH) Barbee for all his work and contributions to the board as he retires. The Catholic parish will host a celebration of CH (COL) D'Emma's 45<sup>th</sup> anniversary of ordination to the priesthood with a brunch at LVCC on Sunday, 17 May, following a mass celebrated by Bishop Gainer.

e. Ms. Knouse reported on IMCOM funding which will be providing new equipment at the gym, updates to the Tiki Bar, new golf carts and additional trees at the golf course, outdoor patio furniture at AHEC, renovations to the bowling alley eating area, and a major playground upgrade at CDC.

f. Appointment orders for CHCP-WBB members were read by COL Funk.

5. COL Funk provided closing remarks, thanking everyone for their continued support.

6. With no other issues before the board, a motion was made and seconded, and the meeting adjourned at 1600.

7. Next CHPC/ WBB Meeting: Wednesday, 10 June 1330-1430, CCR.

DAVE FUNK  
COL, IN  
Chair, WBB/CHPC