

ATWC-D

MEMORANDUM FOR RECORD

SUBJECT: Well Being Board/Community Health Promotion Council (WBB/CHPC)
Minutes, 8 January 2014

1. Meeting Attendance:

Membership

Director, SLDR, USAWC*
Commander, DAHC*
Commander, DENTAC*
Commander, USAG*
G3*
CBks Ministry*
CSM, USAG*
DAHC/Behavioral Health*
USAG Human Resources*
Public Affairs Office*
Army Community Service*
DPTMS, USAG*
Safety Office*
ASAP*
MWR*
DHR*
SLDR, USAWC, MFP
SLDR, USAWC
SLDR, USAWC
EEO, USAG
Army Wellness Center
Security Manager
DPW – Chief Army Housing

Present/Represented

Dr. Tom Williams
COL Rebecca Porter
COL Michael Garvin
Ms. Elaine Leist
COL Brogan Farren

Ms Ginger Wilson-Gines

Mr. Tom Zimmerman

Mr. Chris Fenton
Mr. John Knowles
Ms. Laurel Cioppa
Ms. Dee Connelly
Mr. Joseph Mallis

Mr. Cory Erhard
Ms. Tonya Heinbaugh
Mr. Bif Coyle

* Positions requiring attendance or designated representation.

The WBB/CHPC Board members approved the 13 November 2013 meeting minutes, as written.

2. Old Business:

- a. AAR/Update of WBB/CHPC themed events held during November and December:

NOVEMBER

- COM (ACS): Military Family Month- The social event for spouses was well attended. A Volunteer Recognition event will be held in April. Funding will determine the level of this activity.
- PROG (DAHC): Great American Smoke Out - A promotion was held by the Army Wellness Center. Few took advantage of turning in their tobacco products for a Subway sandwich. More students seem to be using smokeless tobacco but numbers of users are not compiled. Smoking cessation classes were advertised.
- PROG (DAHC): Warrior Care Month- iRest Warrior Yoga Classes are offered on an ongoing basis by the Army Wellness Center. This offers yoga as well as individual classes on guided imagery.
- COM (DAHC): American Diabetes Month- Seven participants took the group Diabetes Class offered at DAHC. These classes are offered several times per year.

DECEMBER

- COM (Chapel/ACS): Holiday Theme Giving/Charities - A chapel representative was not present. ACS serviced 90 families from the greater military communities with holiday gift baskets for Thanksgiving and Christmas as well as checks to Giant food stores.
- COM (ASAP): Drinking and Drugged Driving Prevention Month – An article was placed in the Banner, digital signage, post wide banners, as well as a crash vehicle were displayed during the month. A class on the monthly topic presented at LEAD had 31 attendees and same class at Carlisle Barracks had five attendees.
- PROG (DAHC): National Hand Washing Month – Posters were displayed in DAHC atrium and hand sanitizer was distributed by clinic staff. Monthly topic was addressed at the CLIF. The hand washing signage in restrooms around post was well received.
- PROG (DAHC): Overeating Awareness – MAJ Giese, DAHC dietitian, published an article in the Banner.

b. Projected WBB/CHPC Themed Events.

JANUARY

- COM (DAHC/MWR/Chapel): Health, Fitness, Spiritual Resolutions - COL Porter's Commanders Message in the DAHC newsletter emphasized refocusing goals for 2014. MWR is sponsoring the 90 Day Challenge. An article on SLDR's Strength for Wisdom Campaign will be published in the Banner. MWR's First Choice Magazine published an article on setting attainable resolutions. Ray Porter will present a financial class at the post chapel over 18-19 January weekend. SLDR's MFP will offer a series of five NTLs on Family Finance in February.
- PROG (DAHC): National Birth Defects Prevention Month – Poster and pamphlets will be displayed in DAHC atrium beginning 13 January.
- PROG (DAHC): National Glaucoma Awareness Month – Poster and pamphlets will be displayed in DAHC atrium. Glaucoma screenings are available in the Optometry Clinic.

FEBRUARY

- COM (DAHC): American Heart Month, Wear Red Day–Signage will encourage the Carlisle Barrack's community to wear red on 14 February, American Heart Association's National Wear Red Day.
- COM (DAHC): Wise Health Consumer Month, "Health Smart Items"-
- PROG (Dental Clinic): National Children's Dental Health Month - the Dental Clinic will provide tours and toothbrushes to the children in CDC.

MARCH

- COM (DAHC) National Nutrition Month, National School Breakfast Week- DAHC's dietitian will promote this activity with articles, poster, and signage.

- COM (DAHC/BH): Mental Health and Brain Injury (TBI) Awareness, National Sleep Week- Posters, signage, a Banner article, and sleep education classes are planned. There will be TBI screenings offered at DAHC.
 - PROG (DAHC): National Colorectal Cancer Awareness Month – Poster and pamphlets will be displayed in DAHC atrium. DAHC staff will wear reminder label pins and the clinic phone line will contain message reminders to encourage screening.
- c. Ready and Resilient Campaign (R2C) –Dr Williams provided an update on the R2C.
3. New Business:
- a. The Integrated Master Calendar Report: 90 Day Well Being “Significant Events” was reviewed. Dr. Williams asked for any changes by COB 9 January.
 - b. STRATCOMM Themes- Per MG Cucolo’s guidance all WBB/CHPC efforts should integrate with the Carlisle Experience with emphasis on developing innovative ways of getting the information to students, staff, and the Carlisle Barracks community. WBB/CHCP “Wellness Themes” will be provided to the ACOM for Outreach for inclusion in the STRATCOMM meeting for coordination/collaboration.
 - c. Dr. Williams provided a brief presentation of the GAT 2.0 and Army Fit Rollout January 2014, explaining some of the new additions to the original GAT, such as physical health and RealAge. Completing the GAT is a USR requirement.
 - d. Dr. Williams discussed the four hour Executive Resiliency Course currently being offered as a four part NTL series. This is geared towards brigade level commanders and senior leaders/spouses as they become familiar with what the Master Resiliency Training covers in their units.
4. The meeting was adjourned at 1425.
5. Next WBB/CHPC Meeting: 19 February, 1330-1430, CCR.

DAVE FUNK
COL, IN
Chair, WBB/CHPC