

The JBLE - Eustis CHPC Quarterly Newsletter, Vol. 1 Issue 4

Senior Commander's Corner

With this being my first Commander's Corner, I wanted to start off by saying that I feel very fortunate to be a part of the JBLE community. There are so many dedicated and caring individuals across the community that are actively involved in a number of initiatives that help our service members, civilians, and family members in so many ways. I am truly proud and appreciative for being part of such a great team.

The CHPC is one of those organizations that does so much for so many. The men and women of CHPC do a fantastic job in promoting healthy, active lifestyles and resiliency. The health and welfare of our military community is, and will remain, one of my top priorities during my tenure here.

There have been a number of events that epitomize the CHPC's efforts. The most recent event I was fortunate to be a part of was the kickoff for the Civilian Fitness Commander's Cup Challenge which took place on January 7. The intent of the Challenge is to promote health and wellness by providing opportunities for people to take time from their busy

day to work out or attend classes with friends. It's a chance to get in better shape and also to encourage better awareness of physical activities and health practices in general. The Challenge is one of those events that will pay big dividends to all who participate. I would ask our participants to keep up the great effort, we are proud of you.

Across the services, we need to continue to emphasize the importance of health. A tool to use in doing this is the Army Performance Triad which can serve as a health-oriented guide for individuals. The Triad consists of balancing enough sleep, nutrition and physical fitness in daily lives. If everyone strives to make these three elements a part of their life, it will most assuredly help lead to a better overall quality of life for you. Victory Starts Here! For more information on the Performance Triad, see <http://armymedicine.mil/Pages/performance-triad.aspx>



SHARP

757-268-8967

Family Advocacy Program (FAP)

757-878-0807

Military Family Life Consultants (MFLC's)

757-817-9333

Army Emergency Relief (AER)

757-878-1118

Survivor Outreach Services (SOS)

757-878-38871

DOD Safe Hotline

1-877-955-5247

DOD Child Abuse Safety and Violation Hotline

1-800-336-4592

Red Cross

1-877-995-5247

Suicide Prevention Lifeline

1-800-273-8255

Army OneSource

www.ArmyOneSource.com

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Performance Triad

Using the Performance Triad to Set Your New Year's Goals

Are you looking for a starting point to improve your health? Americans will often set New Year's resolutions with the goal of eating better or exercising more. Unfortunately, many do not maintain these changes in their lifestyles because they do not establish measurable goals. The Army's Performance Triad provides a sensible solution to making these resolutions a permanent part of your lifestyle. It is a comprehensive approach that focuses on making better choices in the areas of Sleep, Activity, and Nutrition. The Performance Triad establishes goals in each of these areas that can improve your fitness level, reduce the risks for chronic health problems, and optimizes both physical and emotional health. Here are examples of measurable Performance Triad goals that will improve your

health and quality of life:

Sleep

Allow 30 minutes of time to transition to sleep. This time should consist of a quiet activity such as reading or listening to relaxing music and should be absent of electronic media such as television, internet surfing, and video games. Make it a goal to get 7-8 hours of sleep each night. Getting a good night's rest improves concentration, creativity, and attention span.

Activity

Get moving! Make it a goal to take 10,000 steps each day and to be active throughout the day and not focused on a specific exercise. This amount of activity is consistent with reducing the risk for cardiovascular disease and improves the ability to maintain a healthy bodyweight.

Nutrition

Make it a goal to eat at least 8 servings of fruits and vegetables each day. Consuming

this amount on a routine basis has many benefits that can lead to the prevention of many of chronic health diseases such as diabetes and obesity.



Civilian Fitness Commander's Cup Challenge

The Civilian Fitness Commander's Cup Challenge was an initiative brought out of the Physical Resiliency Working group which is a part of the Community Health Promotion Council. The program was designed in with the Army Performance Triad which emphasizes physical activity, nutrition, and sleep. The program was intended to encourage civilians to improve their overall health and wellness by participating in physical and wellness activities. It will run for 6 months and is open to DoD civilians and dependents. Included in the Commander's Cup Challenge are monthly lunch and learn seminars, fitness assessments, two 5K Walk/Runs, and an awards ceremony on June 29, 2016. The Challenge is off to a great start as has received an overwhelming amount of support from both civilian and military leadership. The first 5K Walk/Run kicked off on January 07, 2016 had had 83 participants that completed the event. Registration is continuing to grow well beyond expected numbers. For more information concerning the Com-

mander's Cup Challenge contact the Health Promotion team via email at civilianfitnessjble@gmail.com or by phone at 757-501-7043 or 757-501-7983.



February: American Heart Month

The Centers for Disease Control and Prevention (CDC) reports that heart disease is the leading cause of death for both men and women in the United States which accounts for 1 in every 4 deaths each year (approximately 610,000 deaths every year). While heart disease includes several different heart conditions, the most common type is coronary heart disease, accounting more than half of the deaths due to heart disease (370,000 deaths annually).

Coronary heart disease (CHD) is caused by the buildup of plaque that hardens and narrows the artery eventually leading to lack of blood flow or even the rupture of built-up plaque which can cause a heart attack.

Although there are non-modifiable risk factors for CHD to include family history, race/ethnicity, and aging, there are also risk factors that can be modified with our lifestyle changes. These risk factors include high blood pressure, high cholesterol, obesity (or even overweight), and smoking.

Quit Smoking – There are various resources within our community and medi-

cal facilities to include medications to help quit smoking.

Exercise Regularly – Sedentary lifestyle is a risk factor. Regular exercise helps to maintain a healthier weight. We recommend a 30 minute walk 7 days a week.

Eat Healthy – Look for essential nutrients while decreasing food that contain saturated fat. The World Health Organization website provides recommendations and a healthy diet fact sheet. The CDC Division of Nutrition, Physical Activity and Obesity website provides tips as well. Overeating is equally troublesome, even if it consists of healthy food.

Set a Goal for a Healthy Weight – This is one of the most important factors, as most medical conditions described below are resolved or improved with decreasing weight to a healthy level. Many physicians try weight reduction before starting medications for diabetes or high blood pressure. The National Heart, Lung, and Blood Institute offers tips for healthy weight manage-

ment, tools, and recommendations to maintain a healthy weight. Control Chronic Medical Conditions – Prevention is the key, but if you already have a condition such as diabetes, high blood pressure, overweight or high cholesterol, it is important to optimally manage them. Manage your Stress – Excess stress can cause behaviors that can increase the risk of overeating, smoking, and drinking heavily which can lead to high cholesterol and high blood pressure. The Internal Medicine clinic at McDonald Army Health Center recommends being proactive with your heart health. Reduce your risks with lifestyle changes. If you are in need of assistance or have questions, talk with your primary care provider for ways to lower risks.

THE AMERICAN HEART ASSOCIATION'S "LIFE'S SIMPLE 7" STEPS

Get Started Now

The infographic is titled "THE AMERICAN HEART ASSOCIATION'S 'LIFE'S SIMPLE 7' STEPS" and "Get Started Now". It features seven icons arranged in two rows, each with a corresponding label below it. The first row includes: a person jumping rope labeled "GET ACTIVE"; a target with an arrow and a hash symbol labeled "CONTROL CHOLESTEROL"; a pear, wheat stalk, and fish labeled "EAT BETTER"; and a blood pressure cuff labeled "MANAGE BLOOD PRESSURE". The second row includes: two silhouettes of a man and a woman labeled "LOSE WEIGHT"; a downward arrow and a blood drop labeled "REDUCE BLOOD SUGAR"; and a cigarette with a red 'X' over it labeled "STOP SMOKING".

WHAT ARE YOU DOING FOR YOUR HEART?

A vertical red banner with a blue border. The text "WHAT ARE YOU DOING FOR YOUR HEART?" is written in white, bold, capital letters, stacked vertically. There are six white heart icons of varying sizes scattered along the banner.



Real Life Management

For the past 3.5 years in my work as a Chaplain, I have utilized a system called Real Life Management (RLM). This system helps me to offer useful, practical counsel based on an individual's unique wiring. It has helped countless individuals gain a greater understanding of themselves and those around them in both personal and professional relationships.

RLM teaches that 80% of our choices are driven by our attitude and beliefs. RLM begins by taking a brief "3 Minute Survey" to derive one's "attitude" pattern. Participants circle personality traits (listed in four separate columns) they feel describe themselves. When the survey is complete, a letter pattern is simply calculated and represented by the letters T, R, I, and M.

- T = Tactical: Emphasize structure and planning
- R = Rational: Emphasize analysis and big picture
- I = Independent: Emphasize fun and spontaneity
- M = Mellow: Emphasize love and care for others

This letter pattern provides a great deal of insight about an individual. From finances to communication to health issues, RLM helps me to understand how a person ticks and what stresses them out.

With RLM, I can respond to individuals based on their unique patterns. I can use RLM to help resolve conflicts between a ISG and a Squad leader and within marriages. I can recommend battle buddies who balance each other, Soldiers who would be good for certain jobs, and I can recognize a Soldier in distress that may be suicidal. I have found RLM to be an immensely practical, accurate and useful tool and I would be glad to share more about it with you. If you would like to take the 3 Minute Survey please visit: www.ArmyChaplain3MINSurvey.com and select my name, CH Holsinger. You will receive a summary of your pattern via email.



February: Teen Dating Violence Awareness Month

Adolescence is a challenging time when many youths are trying to figure out their place and goals for their future. Therefore, it is often a challenging time for their parents too! Unfortunately, some teens may have a romantic view of relationships where jealousy, controlling behaviors, and inappropriate behaviors are considered acceptable and normal.

For example, some teens think that it is fine to receive numerous text messages from their boyfriends or girlfriends who want to know their whereabouts at all times. In fact, they think it signifies that they are loved and that someone is always thinking of them. The truth is that this behavior can be an attempt for their partner to have control over them.

Sadly, one in three teens in dating relationships have reported being abused by their partners. Of these teens, only one third of them will tell someone they are being hurt. Therefore, it is important for parents to know that both boys and girls can be abused and practice abusive behaviors. Teens may alter their clothing by wearing more conservative clothing, or wear clothing that is inappropriate for the weather. Teens in abusive relationships may become isolated from their friends and stop participating in activities they previously enjoyed. If you notice that your teen's partner is extremely jealous or possessive, talk to your teen!

If you suspect your child is being hurt by his or her partner, listen without judgment and take them seriously. Support your child with the decision they make and encourage him or her to get professional help. Realize that it may take some time before your teen completely cuts off the relationship



72%

Talking to even young teens is important, considering that 72 percent of those ages 13 and 14 report that they are dating.

with their partner. Teaching teens about appropriate relationships now can prevent them from being in abusive relationships as adults.

FOR MORE INFORMATION ON TEEN DATING VIOLENCE, CONTACT THE FAMILY ADVOCACY PROGRAM AT 878-0807.

**LOVE
IS NOT
ABUSE**

Army: Soldier For Life

Transitioning? No More ACAP . . . You are now a Soldier for Life! Are you the budding entrepreneur, ready to trade in your army boots, but uncertain about your idea, your business plan or how to find the right funding to launch your dreams? Perhaps you are the career changer, marching closer to retirement, but still unsure of what direction to go in? Or . . . perhaps you are that dedicated military soul ignoring the inevitable by making yourself indispensable at work while quietly denying that your separation date is rapidly approaching. It may be that your reenlistment was denied, you are Chaptering, or you are being medically discharged and you need a job. Or, you may just be ready to separate and are planning to go back to school and looking for training or certifications to bolster your resume. Regardless of the situation, you are not alone and you are not without resources to help you. If you are within 12 - 24 months of separation or retirement - you are no longer ACAP(ing) you are now a Soldier For Life and there is a career counselor at the Soldier-For-Life Transition Center at Langley-Eustis (ranked as one of the top five transition centers in the nation) available, knowledgeable, and ready to assist you as you transition.

Langley-Eustis Counselors are here to help guide you through meeting the now congressionally- mandated Transition Program and Career Readiness Standards. More importantly, they possess the expertise and intuitiveness to listen when you need an ear, be your advocate when you hit a wall and push you when you need motivation. Counselors will work one-on-one with you to map out your individual transition plan, point out great job leads, certification programs, education programs or technical schools. They will help tweak your resume, provide interviewing techniques, salary negotiation tips or advice on applying for a federal job and

when they can't help they find a subject matter expert that can. JBLE Contract Installation Manager, Sherman Watkins emphasizes, "the first step toward your new path in life is to come on over to the center and complete Pre-Separation Counseling and register for the five-day Goals, Plans, and Success (GPS) Transition workshop which includes a 3-day Department of Labor job training and Veterans Benefits workshop." Watkins states that the key is the service member mindset, it's not a one week course . . . it's a 12 - 24 month transition. Those that take advantage of the workshops and resources available as they go through the transition process stand the best chance of positioning themselves for optimal success. JBLE Transition Services Manager, Reba Gordon concurs, "our motto for every transitioning service member is come early and come often."





Colorectal Cancer Month



Colon cancer is the second leading cancer killer of men and women in the United States. In 2012, 134,784 new cases of the disease were diagnosed. That same year, 51,516 patients died from colorectal cancer including 26,866 men and 24,650 women (CDC.gov 2016).

The good news is, however, that when colorectal cancer is detected early, illness and death can be prevented. Prevention is the key because most colon cancers have no early signs or symptoms so it isn't usually detected until the cancer is in an advanced stage when the patient complains of dark blood in the stool and pain.

McDonald Army Health Center (MCAHC) strives to be the leader in multi-service, collaborative care and the staff is dedicated to the health and well-being of our entire community. MCAHC's Gastroenterology Clinic is devoted to eliminating colorectal cancer as a major public health problem.

Encouraging our Active Duty Soldiers, Retirees and Family Members to live a healthy lifestyle including regular exercise and a balanced diet can help reduce the risk of colorectal cancer. Patients between the ages of 50 and 75 are encouraged to discuss the life-saving interventions with our Physicians, Family Nurse Practitioners and Physician Assistants who are our Primary Care Managers. A preventive colonoscopy should be performed before age

50 if a close family member has been diagnosed with colon cancer at age 50 to 60.

March is Colorectal Cancer Awareness month. MCAHC is committed to increasing public awareness about the importance of routine screening and treatment for colorectal cancer. Because a colorectal cancer diagnosis is life-changing, our MCAHC Gastro Clinic opens the door for routine screening and tests that can often detect colon cancer early when it is most treatable.

The Gastroenterology Clinic offers three cancer-detecting tests: colonoscopy, high sensitive stool tests (FOBT (Fecal Occult Blood Test, or FIT (Fecal immunochemical test) and flexible sigmoidoscopy. Research proves these tools have helped to save lives (AGA, 2014).

The MCAHC Gastroenterology Clinic staff includes a Certified Gastroenterologist Physician in the Endoscopy Suite supported by our professional and caring nurses and ancillary staff. The Clinic also includes a Certified Family Nurse Practitioner with a Doctorate in Nursing Practice, a Certified Physician Assistant and a dedicated Licensed Practical Nurse. The clinic is open Monday through Friday, 0700- 1600 hours. So, during your next

appointment at MCAHC with your Primary Care Manager, discuss what screening option may be right for you.

MAJ Silas C. Abrenica, FNP.BC, DNP
Chief, MACH Gastroenterology Clinic
Fort Eustis, Virginia 23604

MARCH IS Colorectal Cancer Awareness Month

1 IN 3 ADULTS ARE **NOT**

GETTING THE
RECOMMENDED

SCREENINGS

Age 50+?

Talk to a gastroenterologist
about screening.

BROUGHT TO YOU BY THE AMERICAN GASTROENTEROLOGICAL ASSOCIATION



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Feb—Mar 2016

09 Feb 16 Home Buying and Home Selling Seminar ACS Bldg. 650 5-7 pm

10 Feb 16 Paint and Sip Fort Eustis Club 7pm -9pm

12 Feb 16 Langley Valentine's Club Member Night 5pm—8pm

13 Feb 16 Langley Lanes Valentine Scotch Double Bowling Tourney 12pm

13 Feb 16 Swim with Minnie Mouse Eustis Aquatics Center

15 Feb 16 Presidents Day Bowling Tourney at Langley Lanes 12pm

20 Feb 16 Langley AFB Saturday Night Comedy 8pm

26 Feb 16 Mardi Gras Fort Eustis Club 4:30pm -1am

7-10 Mar 16 Spouse Resilience Seminar ACS Bldg. 650 0900—1300

16 Mar 16 Coupon Classes ACS Conference Room 1700 b- 1900

23 Mar 16 Paint and Sip Fort Eustis Club 7pm -9pm

23-24 Mar 16 Military Knowledge ACS Bldg. 650 0900—1530

25 Mar 16 Military Knowledge ACS Bldg. 650 0900—1200

19- 26 Feb 16 Military Saves Week:

22 Feb 16 Financial Information Booth Langley Exchange 1100 -1300

23 Feb 16 Online Scavenger Hunt 0900—1200

24 Feb 16 TSP Seminar at Fort Eustis Bldg. 650 11:30 -1300

Fleet Family Support Center—Yorktown Programs/Workshops:

19 Feb 16 Thrift Savings Program 8:30—10:00am

24 & 25 Feb 16 Transition Workshop 8:00—4:00pm

Balfour Beatty Communities Events:

11 Feb 16 Cupcake Decorating 3:30pm—4:30pm

18 Feb 16 Wine Glass Painting 1:30pm—2:30pm

633 FSS Sustainment Services:

08 Feb 16 LDI Volleyball (starts 24 Feb)

18 Apr 16 LDI Softball (starts 02 May)

05 MAR 16 18th Annual Fort Eustis 10K Run and 5k Ruck Challenge 0900 and 0915

SCFE Warrior Run:

22 MAR 16 SCFE Warrior Run Registration

16 APR 16 SCFE Warrior Run Fort Eustis

Langley AFB Celebrating 100 Years

**MARK YOUR
CALENDAR
IMPORTANT
DATES TO
REMEMBER**

POINTS OF CONTACT

Balfour Beatty Communities – Management & Leasing Office 757-369-8335

Family Advocacy Program (FAP) - Call (757) 878-0807 to sign up for class

Fleet and Family Services Support Center Yorktown, Call (757) 877-4606 to register or for more information

ACS—Call 757-878-3638

Outreach and Family Services —Call 757-878-2659

Army Family Team Building (AFTB) —Call 757-878-3042

Army Volunteer Corps —Call 757-878-3042

USD —Call 757-878-2415

Whistle Stop Thrift Store —Call 757-878-0190

Military Personnel Branch —Call 757-878-4868

JBLE Tax Center —Call 757-764-3277

Child, Youth, and School Services —Call 757-878-1149

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We Care JBLE Smart Phone App can be used for Android and Apple smartphones, tablets and iPads.



24/7 Worldwide 877-995-5247

Community Resource Guide Link: <http://www.jble.af.mil/>

CHPC Webpage: <http://www.jble.af.mil/resiliencyeustischpc.asp>

CHPC Contact Information: Darlean Basuedayva, HPO darlean.m.basuedayva.ctr@mail.mil
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Community Health Promotion Council (CHPC)

Joint Base Langley -Fort Eustis Community Health Promotion Council was officially established on 4 Apr 2014. The CHPC is a multidisciplinary forum with standard membership that allows key players in the community to work together on significant issues that face the well-being of the installation and constituents.

The CHPC is the cornerstone and governance structure for the Ready and Resilient Campaign. The CHPC addresses five pillars of resiliency to include: Installation Prevention, Physical, Spiritual, Community and Behavioral Health. The structure of the CHPC includes five working groups, and an Executive Committee. Each working group meets on a monthly basis and the Executive Committee meets every 45 days. Quarterly the CHPC meets and is chaired by the Senior Commander and facilitated by the Health Promotion Officer. The CHPC includes the Garrison Commander, Medical Treatment Center Commander, Brigade Commanders and appropriate subject matter experts from across the installation. This forum identifies goals and objectives and develops an implementation plan for approval by the Senior Commander. In addition, it provides feedback on policy implementation issues, current trends at the installation level, and recommendation for adjustments to priorities and resourcing.



Solve the Riddle!

1. What is a drill sergeant?
2. What has fifty legs, but can't walk?
3. What is a sick crocodile?
4. What nuts give you a cold?
5. What do you call a small wound?



Solve the Riddle Answers

1. An Army dentist
2. Half a centipede
3. An ail-ligator
4. Cachoo (cashew) nuts
5. A short cut

Healthy Living / Healthy Eating

RECIPES! Fat Burning Cabbage Soup / Prep time: 20 min /Cook time: 25 min /Ready in: 45 min

Ingredients:

- 5 carrots, chopped
- 3 onions, chopped
- 2 (16oz) cans whole peeled tomatoes with liquid
- 1 large cabbage head, chopped
- 1 (1oz) envelope dry onion soup mix
- 1 (15oz) can cut green beans, drained
- 2 quarts tomato juice
- 2 green bell peppers, diced
- 10 celery, chopped
- 1 (14oz) can beef broth



Place all in vegetables in a large pot. Add onion soup mix, tomato juice, beef broth and enough water to cover vegetables. Simmer until vegetables are tender. May be stored in refrigerator for several days.

