

# Community Health Promotion Newsletter



Q1FY16

## October is Domestic Violence Awareness Month

Domestic violence occurs frequently within our Army family as well as outside our gates. It is important to recognize this problem and educate ourselves on reporting and recognizing abuse. Domestic Violence takes many forms. An offender can be abusing their victim emotionally by belittling them, name calling, controlling their everyday activities, isolating them, tracking their whereabouts and threatening them. Offenders can also be physically or sexually abusive to their partner. Victims in an abusive relationship may be experiencing many mixed emotions, while they want the abuse to stop, they often fear that reporting will make it worse, or cause the offender to lose their job.

Victims may eventually choose to leave, which on average takes 7 times, but the danger doesn't stop there. When a victim leaves the offender, they are at the most risk for further abuse, or have an increased risk of being killed. The Victim Advo-

cacy Program can work with victims to provide safety planning, risk assessments, and education. The Victim Advocate can also accompany victims to appointments, and court hearings. Victim advocates are non-judgmental and are here to support the victim, and prevent future abuse. Advocates are available 24 hours a day and 7 days a week and may be reached at 334-379-7947.

Domestic violence IS an offense under the United States Code, the Uniform Code of Military Justice or State Law. As an employer, the Army is working very diligently to prevent domestic violence incidents within the Army and is committed to providing Soldiers and Family members with a strong and supportive environment. Please contact the installation Family Advocacy Program for information and resources. Family Advocacy is located in Bldg 5700, 3<sup>rd</sup> Floor, Room 350.

# Survivor Outreach Services

Survivor Outreach Services (SOS) is an Army-wide program designed to provide dedicated and comprehensive support to Survivors of deceased Soldiers. The program is a joint effort with collaboration from the Installation Management Command (IMCOM), the Family and Morale, Welfare and Recreation Command (FMWRC), the Casualty and Mortuary Affairs Operation Center (CMAOC), the Army National Guard and Army Reserve. SOS standardizes casualty services and policies across the Army and provides additional staffing at Casualty Assistance Centers and Active Component and Reserve Component Family Programs. SOS responds to the need for specialized staff at Casualty Assistance Centers (CAC) to help Casualty Assistance Officers (CAO) support Survivors, as well as adding additional staff who have the sole mission of providing continuing support to Survivors.

## **SOS is designed to:**

- Ensure the Army fulfills its covenant with Survivors through sustainment of a comprehensive multi-agency program that improves Soldier and Family preparedness in the event of a catastrophic loss
- Maximize cooperative efforts within the Army casualty and Family programs
- Extend support to Families both before and after a crisis by maximizing cooperation between government and non-government agencies
- Ensure Survivors receive all benefits to which they are entitled
- Encourage our Survivors to remain an integral part of the Army Family for as long as they desire

## **What has the Army done?**

The Army launched a comprehen-

sive Survivor services program, designed specifically to meet the needs of our Survivor population, with dedicated resources, and a commitment to providing first class service for as long as the Family desires. Improved resourcing at the CACs will ensure those who work with Survivors are well-trained and knowledgeable about the myriad of benefits available to our Survivors. A compliment of Benefit Coordinators, Financial Counselors, and Support Coordinators will meet the immediate and long-term needs of our Survivors for as long as they desire.

## **Why is it important to the Army?**

By expanding and improving services to Families of the fallen, SOS ensures a holistic and multi-agency approach that provides comprehensive and consistent levels of service at the installation level and across all components to reach geographically dispersed Families. SOS will provide extended financial counseling assistance and long term support to surviving Family members, ensuring that surviving Families' concerns are addressed expeditiously and to the full extent of our covenant with the Army Family.

## **What continued efforts does the Army have planned for the future?**

To ensure survivors receive ongoing support, SOS support coordinators are available in the Army community service centers. These coordinators provide long-term support throughout the grief process, coordinate support groups, provide information and referral services, coordinate child care as needed, and provide other services as required.

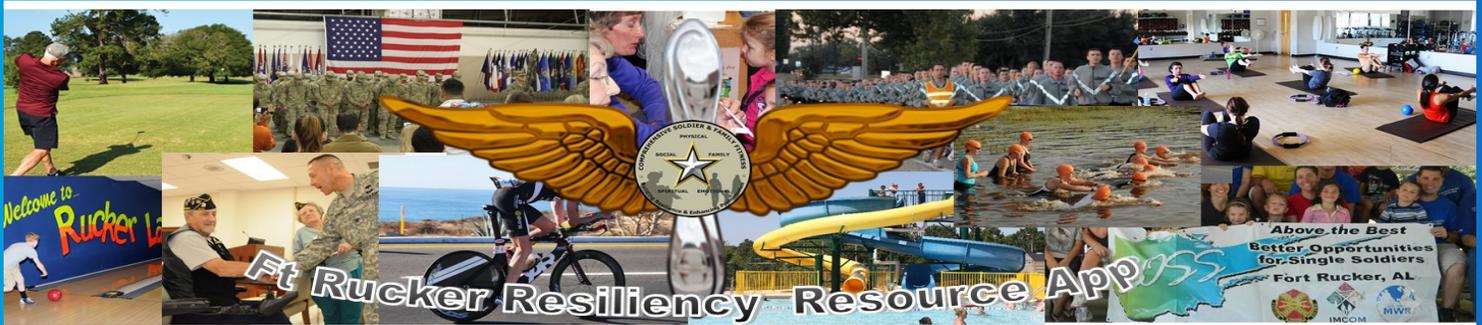
## **Fort Rucker Survivor Outreach Services**

The Fort Rucker Survivor Outreach Services (SOS) Program identifies and markets services to Survivors through program introduction letters,

quarterly newsletters, community agency partnerships, phone calls, newspaper articles, and the SOS website. The SOS Programs financial outreach serves one thousand two hundred forty seven (1247) Survivors within the Fort Rucker Garrison AOR. Three hundred and seventy-eight (378) of these Survivors are in the Fort Rucker SOS Coordinator's Area of Coverage.

The SOS Never Forgotten Card provides an extra discount at DFMWR activities and AAFES venues in recognition of the sacrifices of the Survivors. The Never Forgotten Card helps demonstrate our commitment to provide quality programs and services that help enhance Survivors quality of life.

Fort Rucker SOS provides consistent outreach to Survivors throughout the year. Fort Rucker provides a yearly salute for Alabama and Northwest Florida fallen heroes during Freedom Fest. During the event a field of flags represents the 529 fallen service members from Alabama and Northwest Florida. There is also a picture memorial on display. Gold Star Family events occur throughout the year to include, Gold Star Family Simulator Tour, Gold Star Wives Recognition Day and Gold Star Mother's Day / Gold Star Family Day Luminary Service held at the Main Post Chapel the last Sunday in September. An annual Survivor and Fallen Heroes 5K Run and Remembrance occurs in April. Participants run in honor of our Survivors' fallen service member. Fort Rucker hosts the Survivor and Gold Star Family members for a Memorial Day reception prior to the Fort Rucker ceremony at Veteran's Park. The Soldiers involved with Better Opportunities for Single Soldiers (BOSS) mentor children at a Fishing and Fun Day in September. Information about the SOS Program is publicized at each event.



## New R2A mobile health app helps Fort Rucker stay resilient and healthy

By Jenny Stripling, Lyster Public Affairs Officer and Cpt. William Capp, Lyster Information Management Chief

Do you know where to find running trails around Fort Rucker? How about where bible studies are located? Did you know there is a 5K coming up soon? What about the operational hours for the post library?

These are questions many may have when first arriving to Fort Rucker. Now there is a mobile app for your smartphone or tablet devices that can answer all of these questions and more.

The Fort Rucker Resiliency Resources App, or R2A, utilizes the five health domains from the Comprehensive Soldier and Family Fitness campaign (Physical, Emotional, Family, Spiritual and Social) and combines the data from the Fort Rucker Community Resource Guide and Fort Rucker websites you can easily access important information about the topics that impact you and your family's daily lives.

"The concept of R2A is this: In a year's time there are 525,600 minutes. Out of all of these minutes a person may spend approximately 20

minutes with their health provider, on average, five times a year," said Cpt. William Capp, Lyster chief of information management. "If you are only seeing your primary health care provider for 100 minutes out of the year, what else are you doing to positively affect you and your family's health the rest of the year? How can we at Lyster and at Fort Rucker impact your "Life Space" to help you make healthy lifestyle choices? In steps this mobile health app to help impact the Life Space of our Soldiers and families."

Capp said the R2A has the ability to find information fast so Soldiers and families can make healthier lifestyle choices and be active in their daily lives.

Future updates for the app include a push notification that one can opt-in or out of that notifies you of upcoming events like 5K's or healthy cooking demonstrations at Lyster.

As the app rolls out to other Army installations a form of geo-targeting will give the ability to download the local base information into the app.

This is a great feature especially for someone that goes TDY to other places. You can find R2A in your local mobile app store for iPhone and Android. Download the app today!





# Stovetop Chicken & Broccoli Casserole

## Ingredients:

- 8 ounces whole-wheat egg noodles
- 1 14-ounce can reduced-sodium chicken broth
- 1 pound boneless, skinless chicken breasts, trimmed, cut into 3/4-inch pieces
- 1 14- to 16-ounce package frozen broccoli florets, thawed and chopped, if desired
- 1 1/2 cups skim milk
- 1/2 cup reduced-fat mayonnaise
- 3 tablespoons all-purpose flour
- 1 1/2 teaspoons dry mustard
- 1/2 teaspoon garlic powder
- 1/4 teaspoon salt
- 1/4 teaspoon freshly ground pepper
- 1 1/2 cups shredded Colby-Jack or Cheddar

## Preparation:

- ⇒ Place noodles in a large skillet. Pour broth over the noodles. Layer chicken, then broccoli over the noodles.
- ⇒ Whisk milk, mayonnaise, flour, dry mustard, garlic powder, salt and pepper in a medium bowl. Pour over the broccoli.
- ⇒ Bring to a simmer over medium-high heat. Reduce heat to maintain a simmer, cover and cook, stirring once or twice, until the noodles and chicken are cooked through, 15 to 18 minutes.
- ⇒ Meanwhile, position rack in upper third of oven; pre-heat broiler.
- ⇒ When casserole is done, sprinkle cheese on top and broil until lightly browned, about 3 minutes.

Makes: 6 servings

Serving Size: about 3/4 cup each

Active Time: 25 minutes

Total Time: 40 minutes

Find more healthy recipes on <http://www.eatingwell.com>

## IMPORTANT CONTACT INFORMATION

**Lyster Army Health Clinic:  
(334) 255-7000**

**24/7 Victim Advocacy  
Hotline: (334) 379-7947**

**24hr SHARP Hotline:  
334-470-6629**

**Suicide Prevention Hotline  
(800) 273-8255**

## Points of Interest

- **October is National Domestic Violence Awareness Month**
- **4 and 5 November—AFAP Conference**
- **14 November— World Diabetes Day**
- **December is National Drunk and Drugged Driving Prevention Month**
- **FY16 —SHARP Empowerment Workshop**

## Contact Information

**Community Health Promotion Team:  
Health Promotion Officer 334-255-0529  
Health Promotion Program Assistant 334-255-1150  
<http://www.rucker.army.mil/chpc>  
[usarmy.rucker.avncoe.list.chpc@mail.mil](mailto:usarmy.rucker.avncoe.list.chpc@mail.mil)**