



# Community Health Promotion Newsletter



Q3 FY16

## Empowerment Workshop

By SFC Joseph Blackman, USAACE & Fort Rucker SARC

As the word implies, the Empowerment Workshop aims to empower Fort Rucker Soldiers and DACs to make decisions that have a lasting positive impact on the personal and professional lives of everyone within our organization. To do this, we need the involvement of the person, the leader, and the family.

The Empowerment Workshop is a collaborative program between the Installation Prevention Team/High Risk Behavior Working Group (IPT/HRBWG) and the SHARP Program through facilitation of the Community Health Promotion Council (CHPC). It is an event that serves to go above and beyond the basic Army requirement and implement engaged conversation and discussion amongst personnel of similar demographic.

Beginning one year ago, almost to the week, the SHARP program hosted the first ever Empowerment Workshop as a way to get after the idea that junior Soldiers need a comprehensive approach to learning how to make positive choices. This event included instruction from the Army Substance Abuse Program (ASAP), Family Advocacy Program (FAP), as well as the SHARP program. The event was left with extremely elevated reviews from those that participated; so much that the program went back into planning for a major overhaul to extend it out to include also the Comprehensive Soldier and Family Fitness (CSF2) and the full spectrum of staff here at Fort Rucker. This improved version will reach junior enlisted, company grade officers and NCOs, field grade officers and NCOs, and Department of the Army Civilians (DACs) during four iterations of the workshop. One improvement is that the pilot course only had 44 participants whereas this new version will be offered to 180 participants. Another improvement over the pilot is using the discussion approach to teaching as opposed to lecture.

The planning team for this event expects this to be a huge success and eventually a staple event at Fort Rucker. Empowerment, a critical and dynamic virtue, is characterized by mentorship and engaged leadership with the support of local resources.

### Points of Interest

- **May—Month of the Military Spouse**
- **21 May—Fort Rucker Survivors and Fallen Heroes 5K, 8am and Lake Fest, 11am-5pm**

## Community Health Promotion Council to release Community Strengths and Themes Assessment Survey

Fort Rucker, Alabama, will be launching the 2<sup>nd</sup> biennial Community Health Promotion Council's Community Strengths and Themes Assessment aimed at collecting population data as it relates to the health and readiness of the community. This survey was last administered in 2014 and is the driver behind healthy initiatives such as implementation of the Civilian Fitness Policy and the Fort Rucker Army Wellness Center.

The Community Strengths and Themes Assessment Survey (CSTA) will launch 09 May 2016 with a closing date of 30 June 2016. Data will be collected for a period of approximately 53 days through an internet link that will allow Soldiers, Family members, Civilians and Retirees to take the survey from the comfort of their home or office. This survey focuses entirely on how the community feels about health, safety, quality of life and overall satisfaction on the installation. This information will be collected through the Fort Rucker Community Health Promotion Council Office (CHPC) and will be available by the end of Summer 2016. The data collected from the CSTA will be used to help identify population health concerns for assessing health-related needs of the Fort Rucker community for program planning, policy development, and for program evaluation.

The link is available at: <https://usaphcapps.amedd.army.mil/Survey/se.ashx?s=251137452BC46511>. Additionally, this link can also be found on the Fort Rucker website homepage.

The confidentiality of responses is assured under Section 308 (d) of the Public Health Service Act. Many procedures are in place to prevent the disclosure of personal data, including data encryption and secure data networks. No personal identifiers are collected as part of this survey process. Responses are collected by the U.S. Army Public Health Command and securely transmitted to the Fort Rucker CHPC. The collected data are used for identification of public health concerns, monitoring community perceptions, evaluation and statistical purposes only.

For more information on this survey, contact the Fort Rucker Health Promotion Officer at 334-255-0529.

# Spiritual Resiliency Corner

By Nancy B. Jankoski, Director of Religious Education

## Life Lessons from Judas?

Every year since 1979, the USAACE Religious Support Office has presented an annual Easter drama, the Living Last Supper, both on post and at least 3-4 off post locations during the course of the Lenten season. The drama is very popular and usually there is a full year's waiting list to get on the schedule. The drama explores the relationship that each of His disciples had with Jesus. Over the years, as PCS moves take away some of the Soldiers who serve as actors and bring new ones in, there have been a variety of interpretations on each of the disciples' relationship with Jesus. Every Soldier or civilian who volunteers for a role in the drama puts his own thoughts into how a character should be portrayed.

Most of the disciples are known through Christian history as role models for modern persons to admire and imitate. The exception is Judas. The role of Judas is in many ways both the most difficult and the most important role to cast.

Down through the years there have been a lot of differing opinions about Judas Iscariot. Some consider him to be the ultimate traitor, the worst 'Benedict Arnold' of all time. Others try to excuse his actions, seeing him as a sincere, though misguided man who never intended that Jesus should come to any harm. As proof of that opinion, some point to the fact that Judas tried to give back the money, and became so despondent when he could not stop the execution of Jesus that he committed suicide. Sometimes, our actions set in motion a chain of events that we cannot alter. Unintended consequences can be difficult to live with. Others focus on the idea that somebody had to betray Jesus, and therefore Judas is not to be blamed. Those persons may question whether or Judas even had a choice in the matter, or was it his unavoidable destiny?

There is a lot to think about when it comes to the role of Judas Iscariot in the life of Jesus and the course of human history. Perhaps there are some important life lessons that people today can learn from Judas. Judas lived with Jesus and the other disciples 24/7 for over three years, and somehow, he managed to be an outsider even within this close knit small group. The group had made Judas their treasurer. They obviously trusted him with their finances and apparently only discovered later that he was stealing from the

group's treasury. He was known to be the only one of the group from the region of Judea, so there was at least a little bit of a sense of being "different" than the rest of the group. And yet, he was still chosen to be part of the team. He received the same teaching and the same opportunities as the rest. When Jesus finally told them all that one of the group would betray him, He didn't call out Judas by name, and absolutely no one guessed Jesus was referring to Judas. Even when it became obvious, as Judas entered Gethsemane with guards and temple officials, no one from the group of disciples attacked him.



Photo: Living last supper cast.

When he found out that Jesus had been sentenced to death, Judas tried to undo his actions. He attempted to return the money to his fellow co-conspirators. But they would not listen, and they even admitted that the money given to Judas was "blood money" thus pronouncing judgment on themselves. Sometimes, we create problems that we cannot fix. Judas was in just such a situation. Instead of seeking forgiveness, Judas chose to take his own life. Up until he made the choice to end his own life, Judas still had time to at least

be reconciled to Jesus, and possibly even the other disciples, but he never tried that option. He never went to any of them to ask for a second chance. The others might have been sympathetic, if not at first, then maybe later, but they were never given the chance to be forgiving. After all, in a variety of ways, they had each had moments when they failed and made wrong choices. But for reasons we will never know, Judas did not try to go to the one he had wronged to seek for the forgiveness he needed. Suicide wasn't the answer then, and it never is the right answer. The other disciples ran away, hid, and made bad choices, but they managed to reconcile and grow and learn from the experience.

In doing the Living Last Supper drama each year, the volunteers in the cast and crew are not only representing Fort Rucker well in the local community, giving back to those who have supported Soldiers and Families, but they are also doing some personal spiritual fitness. As they prepare for the role assigned, each actor is doing a personal spiritual fitness check-up. It is important for us to do a spiritual fitness check-up every now and then, to accurately assess where we are and make any improvements we need to be spiritually healthy. We can do better than Judas, we can make choices that lead to wholeness rather than despair.

## Spiritual Resiliency Corner (continued)

By Nancy B. Jankoski, Director of Religious Education

### Summer Spiritual Fitness For The Whole Family

Each year, as schools let out and the weather gets warmer with the approach of the summer season, parents take their normal task of juggling schedules to a whole new level as PCS moves and summer activities gear up. No matter how hard you try to schedule things, there are limits to how much one can do, so you have to prioritize. The Army is always encouraging Soldiers to become and stay physically fit. Whether you are a Soldier or not, when you choose how to spend your free time, what you are really doing is determining how you will keep your life "fit." As you are choosing, consider the very important area of Spiritual Fitness. Just as we encourage our Soldiers to be spiritually fit, our Families need to be spiritually fit too. How? Here is one suggestion: Vacation Bible School (VBS.)

The U.S. Army Aviation Center of Excellence's Religious Support Office sponsors the VBS program to promote Christian education in a fun environment. This year's VBS will be held 06-10 June, from 0830-1130, at the Main Post Chapel and Spiritual Life Center Complex, buildings 8939/8940 Red Cloud Road. The VBS theme is "Egypt: Joseph's Journey from the Prison to the Palace." Children who are in grades K-6<sup>th</sup> (based on the Fall 2016 school year) are grouped into "tribes" and will spend their time at VBS rotating thru various activity centers. Activity centers will include: Games, Crafts, and Music as well as a series of marketplace shops from ancient times, where they will experience making bricks, ancient Egyptian make-up practices, barbering and embalming techniques, toy and game production, and food preparation. They will be there as Joseph overcomes some personal hardships to become the number two leader in all of the land of Egypt. They will learn from his struggles, his successes,

and his grappling with life issues that everyone faces sooner or later, such as offering forgiveness and reconciliation to those who have hurt you or done you an injustice.

Though the main program is geared towards school aged children, there is a parent and child together option within the VBS program for those who have preschool age children and for those who would simply like to experience VBS as a family unit. Those in the parent and child together group register as a family and enjoy the same activities as the school age students, but in their own family unit.

Registration began April 1 and will last up to June 8, on a space available basis. Registration in person is available at the Main Post Chapel and the Spiritual Life Center, BLDGS 8930 & 8940 on Red Cloud Rd and at Wings Chapel, BLDG 6036 Andrews Ave, during duty hours and weekend services on post. To register by phone, call 255-3946 during duty hours Monday-Thursday.

Adults and youth in grades 7-12 can participate in VBS in the parent and child together group, or as a member of the VBS team by volunteering to serve on the VBS staff. For all volunteers coming in contact with minors, a background check is required, so volunteers are accepted up until 14 days from the beginning of the VBS program to allow time for the clearance process. Volunteers serve as tribe leaders, escorting VBS students to and from each activity, or as members of the games, crafts, music and marketplace shop teams, demonstrating one activity per day as the different tribes rotate through the program. To volunteer to be part of the VBS team, contact Nancy B. Jankoski, Director of Religious Education at 255-3946, or your unit chaplain. Make sure your family is spiritually fit. Spend time with God this summer. Join us at the chapel for Egypt: Joseph's Journey from the Prison to the Palace!

# Comprehensive Soldier Family Fitness (CSF2)

## Who We Are.

In February 2016, the Comprehensive Soldier Family Fitness (CSF2) Training Center opened on Fort Rucker! CSF2 is an integral part of the Army's Ready and Resilient Campaign, whose goal is to enable leaders to achieve and sustain personal readiness, foster an environment of trust, and optimize human performance in environments of uncertainty and persistent danger. Fort Rucker's CSF2 Program is organized under the USAACE G3 with a staff of six personnel: Training Center Manager, Administrative Assistant, and four Master Resilience Trainer-Performance Experts (MRT-PE). Of the 25 CSF2 Training Centers located across the United States, Fort Rucker's CSF2 Training Center is the newest.

CSF2 is a U.S. Army program that provides the Total Army--Soldiers, Family Members and Army Civilians--with skills to help them better cope with adversity, build readiness and optimize performance. CSF2 is designed to provide the tools necessary to build a Total Army team of physically healthy and psychologically strong Soldiers, Families, and Army Civilians whose readiness and total fitness enable them to thrive in both the military and in their personal lives.

CSF2 is grounded in research that has been proven to provide an increase in personal readiness and optimized performance which translates to unit and Army readiness. This program compliments and supports development in the Five Dimensions of Strength: Social, Emotional, Family, Spiritual, and Physical.

## CSF2 Training Center.

Fort Rucker's CSF2 Training Center achieved Initial Operating Capability (IOC) when the last of the four MRT-PEs arrived with newly acquired performance training certifications. The CSF2 trainers have attained doctorate and masters level educations in sport psychology and bring diverse experience from their field. One MRT-PE has trained the Boston Red Sox baseball team and another has trained collegiate level athletes in various sports. While none of the trainers possess

military experience, they are learning more about the Army and Army Aviation daily, with the help of the Training Center Manager who is a retired Army Aviator.



L to R: Rodel Pasibe (Center Manager), Kelly Brown (MRT-PE), Terri Hassinger (Admin Officer), Jenn Schritz (MRT-PE), Sarah Langenthal (MRT-PE), Jake Blumberg (MRT-PE)

The CSF2 Training Center houses four offices and two large classrooms able to accommodate 45 students each. The first MRT Level 1 Course that will be conducted on Fort Rucker is scheduled for October 2016 with 30 students. We will conduct four courses every year. Each brigade will be allotted a number of seats based on their population and commanders may elect to replace a military member with an Army spouse. The spouse must have at least 6 months utilization and is encouraged to provide resiliency training to Families.

Each of the CSF2 MRT-PEs are partnered with a Brigade Resiliency Team on Fort Rucker to include Army Community Services (ACS). The personal relationships formed with the brigade MRT leader allows CSF2 to better understand the challenges and performance needs within the units and allows the brigade to formulate a tailored training program to meet the needs of the commander.

## Performance Training.

Performance Training (hip-pocket or formal) is one area of focus for the CSF2

Training Center. Performance training provides Soldiers, Family Members and Army Civilians with the mental and emotional skills to strengthen their minds and perform at their best when it matters

most: in combat, healing after an injury or managing work and home life. Performance Training consists of six mental skills that can be tailored to meet the needs of the unit or individuals:

1. Mental Skills Foundation
2. Goal Setting
3. Energy Management
4. Attention Control
5. Building Confidence
6. Integrating Imagery

## MRT Level 1 Training.

Master Resilience Training Level 1 (formal) is the main focus of the CSF2 Training Center. By the end of June 2016, all the MRT-PEs will be certified Master Resilience Trainers, progressing to levels 3 and 4 by the end of 2017. Master Resilience Training adds depth to the Performance mental skills with 12 additional skills:

1. Hunt the Good Stuff
2. Activating Event, Thoughts, Consequences
3. Avoid Thinking Traps
4. Detect Icebergs
5. Problem Solving
6. Put it in Perspective
7. Mental Games
8. Real-time Resilience
9. Identify Character Strengths in Self and Others
10. Character Strengths: Challenges and Leadership
11. Assertive Communication
12. Effective Praise and Active Constructive Responding

## Contact Information.

Fort Rucker's CSF2 Training Center is located on the 3<sup>rd</sup> floor of building 4503, on the opposite side of the Directorate of Evaluations and Standardization. Should you be interested in what the CSF2 training center has to offer please contact our Training Center Manager, Mr. Rodel Pasibe, at 334-255-9203 or [rpa-sibe@afsc.com](mailto:rpa-sibe@afsc.com).

Above the Best!

# Lifespace Cooking Demonstrations

Cooking demonstrations are held monthly in the Lyster Army Health Clinic (LAHC) Lifespace. April's demonstration featured the recipe of Nicole Cannon, winner of the Performance Triad recipe contest. Ms. Cannon submitted her Sweet Potato and Black Bean Chili. Additionally, a cooking demonstration was held at the commissary and featured a recipe card which listed the location of each item in the recipe.

Upcoming demonstrations will be held at the LAHC Lifespace on Wednesday, May 11th and Wednesday, June 8th beginning at 12:00pm. The May demonstration topic will be Fresh is Best, and June's topic will be Dinner Plate Makeover.

## Sweet Potato and Black Bean Chili

### Ingredients

Produce: 1 lb. Sweet Potatoes, peeled and diced

1 Onion, chopped

4 Cloves Garlic, minced

1 Green Bell Pepper, chopped

Aisle 2: 1 Tbsp. Olive Oil

2 Tbsp. Chili Powder

2 Tbsp. Cumin

1 Tbsp. Oregano

1/4 tsp. Cayenne Pepper

2 Tbsp. Brown Sugar

2 cups Vegetable or Beef Broth

Aisle 3: 2 (14.5oz) cans Reduced Sodium Black Beans, rinsed and drained

2 (15 oz) cans No Salt Added Diced Tomatoes with Chilies, undrained

1 small can No Added Salt Tomato Sauce

### Serving Information

**Servings: 4**

**Cost per Serving: \$1.47**

Total Calories = 367

Dietary Fiber = 12.5g

Sodium = 410 mg

### Directions

1) In a Dutch oven, heat olive oil over medium-high heat. Add sweet potato, onion, and bell pepper. Sauté for 5-7 minutes.

2) Stir in garlic, chili powder, cumin, cayenne pepper, and brown sugar. Mix together.

3) Add diced tomatoes, tomato sauce, black beans, and broth. Simmer for 30-45 minutes until sweet potatoes are tender.



## IMPORTANT CONTACT INFORMATION

Lyster Army Health Clinic: 800-261-7193

24/7 Victim Advocacy Hotline:  
334-379-7947

24/7 SHARP Hotline: 334-470-6629

Suicide Prevention Hotline: 800-273-8255

## 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)