



16 November 2020

Our mission at ACS is to prepare and empower our Total Military Family to meet the challenges of military life by providing essential programs, resources, and services that enhance knowledge, life skills, well-being, quality of life, and retention. The “Pass It On” is available online at:

<https://carson.armymwr.com/programs/pass-it-on>

No US Army/ Fort Carson endorsement implied. Information listed is subject to change.

INSIDE THIS ISSUE:




Click the name to go directly to the specified page




- [Army Community Service](#)
 - [Army Emergency Relief](#)
 - [Army Volunteer Corps](#)
 - [Employment Readiness](#)
 - [Family Advocacy & New Parent Support](#)
 - [Mobilization & Deployment](#)
 - [Upcoming Classes & Trainings](#)
- [Community Bulletin](#)
- [Food Resources](#)
- [Fort Carson & the Surrounding Community News](#)
 - [Education Center](#)
 - [Wellness Center](#)
 - [Outdoor Recreation](#)
- [Guide to Holiday Support Programs](#)
- [Hotlinks](#)
- [Military & Family Life Counseling](#)
- [Religious News & Services](#)
- [Scholarship News](#)

NOVEMBER

MILITARY FAMILY MONTH


Celebrating the Strength of our Families

UNITED STATES ARMY INSTALLATION MANAGEMENT COMMAND

ArmyMWR.com/MFM



November is Military Family Appreciation Month



This is a time when **America** honors and recognizes those unique sacrifices and challenges family members make in support of their loved ones in uniform.



Our mission at ACS is to prepare and empower our Total Military Family to meet the challenges of military life by providing essential programs, resources, and services that enhance knowledge, life skills, well-being, quality of life, and retention.

Our vision is to be a premier professional Military and Family readiness team committed to excellence. We are a force multiplier that aggressively anticipates, meets and successfully empowers Soldiers, Families, and the Community to overcome any challenge.



Community Bulletin

New Parent Support Program - Relocation

The Army Community Service's New Parent Support Program (NPSP) is now located in the ACS Annex at 1481 Titus Blvd, building 7492. The New Parent Support Program promotes healthy Families through a variety of services including home visits, support groups and parenting classes. The staff helps Soldiers and Families learn to cope with stress. Participants can register for these course online on the MWR Calendar at

<https://carson.armymwr.com/calendar/event/boot-camp-new-dads/4750714/10908>.

Exceptional Family Member Program Relocation

The Army Community Service Exceptional Family Member Program (EFMP) has relocated to the ACS Annex, 1481 Titus Blvd, building 7492. The ACS EFMP is the Family support component of the EFMP, and plays a critical role in helping Families navigate the identification and enrollment component of the program, and the assignment coordination process. ACS EFMP systems navigators are in place to connect Families with resources and support — helping them to become their own best advocate — with services that include information and referral for military support providers and community services, education and outreach, and non-clinical case management. Check out the Fort Carson EFMP Facebook page for more information at

<https://www.facebook.com/FortCarsonEFMP>.

COVID-19 Information

To see the latest information on Fort Carson's measures to prevent the spread of COVID-19 and for frequently asked questions and other information on the pandemic, visit <https://www.carson.army.mil>. To ensure the most current page is viewed, refresh the internet browser by pressing the "Control" and "F5" keys.

New Pharmacy Location

Starting Thursday, Nov. 5, active-duty Soldiers, Family members and retirees can choose from two locations to pick up prescription refills. The Soldier Readiness Processing (SRP) Pharmacy will open at the Mountain Post Soldier Center for prescription refill service at 6351 Wetzel Avenue, building 1525, from 7:30 a.m. to 4 p.m. Monday-Friday. In addition to the SRP Pharmacy, beneficiaries may also visit the Soldier Family Care Center (SFCC) Pharmacy located at Evans Army Community Hospital from 8 a.m. to 5 p.m. Monday-Friday. Curbside Pharmacy Service at EACH will transition to indoor service at either pharmacy location Nov. 5. To select a pharmacy location for refill pickup, call the automated pharmacy line at 524-4081 or visit TRICARE Online at www.tricareonline.com.

Community Bulletin

Ivy Pool Hours Change

Out of an abundance of caution, the Ivy Pool hours will be as follows from Nov. 9 until further notice: Monday through Friday from 5 a.m. to 12:30 p.m. The pre-existing schedule during that time frame will remain: active duty only from 5-9 a.m.; Soldier Recovery Unit from 8-9 a.m. on Monday, Wednesday and Friday; and Lap Swim and Family Pool use 9 a.m. to 12:30 p.m. The Ivy Pool will be open 6 a.m. to 12:30 p.m. Nov. 10 for the training holiday and closed Nov. 11 for Veterans Day. The pool will be closed Saturdays and Sundays.

Permanent change of station (PCS) In and out processing and PCS Travel located in building 1525 cubical D is closed until Nov. 30 and can be reached at

usarmy.carson.dmpo.list.iop-travel@mail.mil.

Finance Closure

Effective Nov. 13 the finance office will be closed for in-person S-1 intake, and will move to e-mail usarmy.carson.dmpo.list.central-processing@mail.mil until Nov. 30. We will reopen Nov. 30 at 9:30 a.m. for in-person S-1 intake.

Holiday Gate Closures

Gates 2, 6, and 19 will be closed Thursday, Nov. 26, and Friday, Nov. 27, for Thanksgiving Day and the training holiday. Normal hours of operation for gates 2, 6 and 19 are 5 a.m. to 6 p.m. Monday-Friday.

Military & Family Life Counseling



Services are expanding to provide continuity of care to our community as we continue to navigate the worldwide impacts of the COVID-19 pandemic. MFLCs will provide temporary telehealth services where face-to-face support is restricted and/or unavailable.

Support for Adults: Telephonic & video non-medical counseling

If you wish to speak to an MFLC other than your identified MFLC, please call 719-526-4590 for assistance.

To speak to a CYB MFLC, please call Parent Central at 719-526-1101.

For more information visit:

<https://carson.armymwr.com/promos/military-family-life-counselors>



MILITARY ONE SOURCE  **MILITARY & FAMILY LIFE COUNSELING**

**Video and Telephone Counseling
Now Available**

Continue your progress at home so you can keep moving forward

The military Family Life Counseling program is here for you during the coronavirus disease 2019 pandemic. We now offer telephone and video non-medical Counseling in addition to face-to-face non-medical counseling.

Who is eligible?

Free and confidential non-medical counseling is available to service members, Department of Defense expeditionary civilians, their families and survivors.

Children and youth behavioral counselors are available to support children and youth up to age 18. They also offer guidance to families, staff, and support personnel.

What can I expect from non-medical counseling?

You're military and family life counselor can help with:

- managing stress and changes at home due to covid-19
- adjusting to deployment and reintegration
- preparing to move or adjusting after a move
- strengthening relationships
- managing problems at work
- grieving the death of a loved one or colleague.

Schedule an appointment with a military and family life counselor:

719-323-0944	719-250-3854	719-250-9975
719-323-5026	719-250-1529	719-323-4139

Call Military OneSource anytime, 24/7 at 800-342-9647
or visit www.MilitaryOneSource.mil



Army Community Service -Employment Readiness-

FORT CARSON EMPLOYMENT READINESS PROGRAM NOVEMBER 2020 Professional Development Series

NOVEMBER 5 **LinkedIn Fundamentals** **1:30-2:30PM**
Do you have a professional profile on LinkedIn? Do you have a strong brand?
Learn how to build your professional brand by understanding it's many features.

NOVEMBER 19 **Career Assessments** **1:30-2:30PM**
Discover your interests, likes and dislikes before setting out on your job search.
ERP experts can help you determine what career/job is a good fit for you.

Registration is Simple & Classes are Provided at No Cost:

- Go to our website & click on *calendar* at the top of the page
- Find the class date on the calendar, click on it for details
- Register for the selected class(es)

Registrants will receive login info via email allowing you to join the virtual class.

FORT CARSON EMPLOYMENT READINESS PROGRAM NOVEMBER 2020 Prepare for your next job with our virtual classes

NOV 3, 10, 17, 24
*Employment
Readiness
Orientation*
1:30-2:30PM

NOV 16
*Write a Winning
Resume*
1:30-2:30PM

NOV 18
*You're a Priority:
Federal Employment
for Military Spouses*
1:30-2:30PM

NOV 24
*Federal Resumes
and USAJobs*
1:30-4:30PM

Registration is Simple & Classes are Provided at No Cost:

- Go to our website & click on *Calendar* at the top of the page
- Find the class date on the calendar, click on it, then select the class for details
- Register for the selected class(es)
- Registrants will receive login info via email allowing you to join the virtual class.

One-on-one appointments available for resume reviews or career related inquiries



Register@www.carson.armymwr.com/calendar

FOLLOW US ON SOCIAL MEDIA FORT CARSON EMPLOYMENT READINESS PROGRAM



@fortcarsonacsemploymentreadiness



@fortcarsonacsemploymentreadinessprogram



Visit: <https://carson.armymwr.com/programs/employment-readiness>

FORT CARSON EMPLOYMENT READINESS

RESUME TIPS

Are you looking for a federal job? What's the difference between a private sector/civilian and federal resume?

If you want to apply for a government job, you must understand how the federal resume differs from the civilian resume.

CIVILIAN RESUME

- 1-2 pages long
- Keywords are Important
- Branded 'Headline'

For the private sector resume you can use graphics and trendy formats.

On this resume you want to concentrate on short accomplishment bullets focused on results.

WHAT TO DO:

Learn to write an effective civilian or federal resume, register for one of ERP's resume writing workshops. Our ERP Specialists are Certified Federal Job Search Trainers & Federal Career Coaches who can review your resume. For appointments, Call: 719.524.3816 / 524.2382

*KSA: Knowledge, Skills & Abilities

FEDERAL RESUME

- 3-5 pages long
- Keywords are imperative
- *KSAs must be covered

For the federal service resume you use a reverse chronological format with no graphics.

On this resume accomplishment stories are critical to show you are 'best qualified'.

FEDERAL RESUMES & CIVILIAN RESUMES



LinkedIn FUNDAMENTALS

Learn how to build a professional brand and network on LinkedIn through ERP's Virtual Classroom:

Oct. 1 **9:30-10:30AM**

Nov.5 **1:30-2:30PM**

Dec.3 **9:30-10:30AM**

To register, visit: www.carson.army.mil/acs Search: LinkedIn
Follow us on LinkedIn@fortcarsonacsemploymentreadiness



Employment Opportunities



FREE! Transitioning Army & Spouse = ★ GLOBAL VIRTUAL CAREER FAIR ★ =

If you're looking to secure a job in the civilian workforce before transitioning from the Army, this **FREE** virtual career fair makes it an easy process.

Regardless of your location, engage with employers specifically seeking military talent by registering for the upcoming event below.

**Wednesday, December 9, 2020
1000 – 1600 (Eastern)**

REGISTER NOW

(Link: <https://rmvets.com/army>)

*Register early to receive a
complete list of employers!*

**FREE FOR ALL TRANSITIONING ACTIVE DUTY ARMY
SERVICE MEMBERS & THEIR SPOUSES**

Attend a Webinar on
How to Navigate a **Virtual Career Fair**

- Mondays @ 1730 (Eastern)
- Tuesdays @ 1200 (Eastern)

<https://rmvets.com/VCFWebinar>

No Federal or DoD endorsement implied.

Questions? Email: support@recruitmilitary.com

FORT CARSON EMPLOYMENT READINESS



SEASONAL JOB OPPORTUNITIES

- **Lowe's:** Retail Associates, Stocking & Receiving, Cashiers
- **The Home Depot:** Warehouse Support/Warehouse Associate, Cashier, Store Support, Department Supervisor, Freight/Receiving, Customer Service/Sales, Designer (Kitchen), Lot Associate
- **Kohl's:** Stockroom, Operations Associate, Retail Sales Associate
- **Target (Colorado Springs):** Guest Advocate, General Merchandise Fulfillment, Front of Store Attendant, Food & Beverage
- **Burlington Stores:** Seasonal Receiving Associate, Cashier, Retail Sales Associate
- **AAFES:** Food Service Worker, Customer Experience Associate, Store Associate
- **UPS:** Package Handler (Warehouse), Delivery Driver, Driver Helper, Seasonal Personal Vehicle Package Driver
- **USPS (Colorado):** Mail Handler Assistant, Mail Processing Clerk
- **Party City:** Seasonal Sales Associate
- **Duluth Trading Company:** Retail Sales Associate
- **Michaels:** Seasonal Replenishment Team Member
- **Macy's:** Seasonal Retail
- **Starbuck's:** Baristas--Various Locations

Visit us @ <https://carson.armymwr.com/programs/employment-readiness>
Follow Us on Facebook at Fort Carson ACS Employment Readiness
Program for More Seasonal Opportunities



Employment Opportunities

Amazon Military Opportunities

Redefining what's possible is never easy.
Are you up for a challenge?

At Amazon, thousands of veterans and military spouses are driving innovation and raising the bar on customer experience. On a daily basis, they apply knowledge, skills, and leadership abilities in a wide variety of careers while influencing change across the globe.

facebook.com/amazonmilitary | amazonmilitary | amazonmilitary | Amazon Military Affairs

Military Status

Veterans, National Guard, Reserve	amazon.jobs/military
Military Spouses	amazon.jobs
Transitioning Service Members	Search "Amazon Military SkillBridge" on amazon.jobs
Active Security Clearance	amazon.jobs/AWSClearedVets
Student Veterans	amazon.com/university-ops

Amazon Partners and Featured Roles

Mentorship: veterati.com/amazon or American Corporate Partners: acp-usa.org

Hiring Our Heroes Corporate Fellowship Program: hiringourheroes.org/fellowships

DoD SkillBridge: Search "Amazon Military SkillBridge" on amazon.jobs

Delivery Service Partners: Start your own business: logistics.amazon.com

Veteran & Spouse Entrepreneurs: Sell on Amazon: services.amazon.com

RING: Search "1062986" for Glendale, "1056478" for Phoenix, "1062984" for Mesa on amazon.jobs

Reliability, Maintenance, & Engineering: amazon.avature.net/military

Warehouse Associates and Whole Foods Shoppers: Hourly roles, full-time, part-time, and flex schedules: amazon.com/militaryjobs or text "Military" to 77088

Additional Resources and Information

Military Affairs Webinars: amazonmilitarywebinars.splashthat.com

AWS Educate: aws.amazon.com/education/awseducate/veterans

Cohort-Style Training Programs

Technical Apprenticeship: amazon.jobs/mil-apprentice

Military Pathways Program: Search "1194531" on amazon.jobs

Veteran Business Leader Program: Veterans and Military Spouses: search "935928" on amazon.jobs
Transitioning Service Members search "1069502" on amazon.jobs

Flexible hours. Extra income. Meaningful work.

We're hiring seasonal Assistant Team Leaders.

- Serve as the front-line manager responsible for leading and developing team members.
- Assist team members in delivering an outstanding client experience.
- Provide help and inspire confidence in our clients and communities everywhere.

H&R
BLOCK

Apply at hrblock.com/careers



HIRING OUR HEROES U.S. CHAMBER OF COMMERCE FOUNDATION

CORPORATE FELLOWSHIP PROGRAM

AM I ELIGIBLE TO APPLY?

- You must be within a year of separation*
- You must be on active duty for the duration of the 12 week program
- You'll need a bachelor's degree and three years of leadership OR an associates degree and 5 years of leadership experience

*Your fellowship must begin within 180 days prior to separation.



THE SCHEDULE

Monday - Thursday you work in a mid to senior level professional position, matched to your skills and experience, with a host company in one of our locations.

Friday is spent in the classroom and at partner companies, gaining corporate skills and networking. You'll also have the opportunity to take a certification track course through our partner Simplilearn



UPCOMING PROGRAM DATES

JAN. 11 - APR. 2, 2021
Completed application packets due by October 23, 2020
MAY 3 - JUL. 23, 2021
Completed application packets due by March 18, 2021

OUR SPONSORS



HiringOurHeroes.org/
Nicole.Holling | NHolling@uschamber.com | 202.568.1623

HIRING OUR HEROES U.S. CHAMBER OF COMMERCE FOUNDATION

CORPORATE FELLOWSHIP PROGRAM

CONNECTING TRANSITIONING SERVICE MEMBERS TO EXCEPTIONAL PROFESSIONAL OPPORTUNITIES

The Hiring Our Heroes Corporate Fellowship Program provides transitioning service members with management training and hands on experience in the civilian workforce to prepare them for a smooth transition to civilian careers



POST FELLOWSHIP
JOB OFFER RATE
92%



COMPLETED
FELLOWSHIPS
OVER 2,000



PARTICIPATING
COMPANIES
OVER 200

CFP PROGRAM LOCATIONS



HiringOurHeroes.org/
Nicole.Holling | NHolling@uschamber.com | 202.568.1623

Army Community Service -Family Advocacy and New Parent Support-



Holidays can often be stressful on family relationships. Take an opportunity in this one session seminar by learning on how to keep your relationships with your spouse, children, family members and friends healthy and positive. The seminar focuses on inter-personal communication skills and increasing optimism by using simple to remember tools that anyone can master.

8 & 15 December, 2020
9:30- 11:30 a.m. • on Zoom

www.carson.army.mil/acs • (719) 526-1899



New Parent Support Program presents

Sole Parenting

brown bag lunch -n- learn
a resource group for single parents

Connect with fellow Soldiers and community partners to help you on your journey to survive and thrive as a single parent.

18 Nov & 30 Dec, 2020
27 Jan, 24 Feb, 24 Mar, 28 Apr & 26 May, 2021
Noon-1 P.M. • ACS Annex, bldg. 7492

www.carson.army.mil/acs • (719) 526-1899



Army Community Service -Mobilization & Deployment Readiness-

Soldier & Family Readiness Group Workshops

November, December, January

All classes are provided at no cost!

- Go to the ACS website
- Click on the calendar
- Find the class/date, click for details
- Register for the selected class

Auditing SFRG
Informal Funds
Dec 11, Jan 12,
Jan 19

SFRG Key Contact
Training
Nov 19, Jan 13

Command Family
Readiness
Representative
(CFRR) Academy
Dec 7-8 Jan 5-6

SFRG Funds
Custodian Training
Nov 19, Jan 12

SFRG Virtual Chat
Nov 20, Dec 10,
Jan 26

CARE Team
Training
Jan 21

AFTB Level K
Jan 28

To register visit: www.carson.army.mil/acs/calendar OR

Send an email to: usarmy.carson.imcom-fmwrc.list.dfmwr-w-acs-mob-deploy-readiness@mail.mil



Deployment & Reintegration

The Mobilization, Deployment & Support Stability Operations (SSO) Program provides Active Duty, Reserve, and National Guard units with pre and post deployment/mobilization briefings, Family Readiness Group assistance, information and referral services, and resource materials. The information and material is designed to support unit commanders in preparing service members, civilian employees, and their Families for military operations.

Army Community Service -Army Volunteer Corps-

The Fort Carson Volunteer of the Quarter Award, recognizes any outstanding volunteer instrumental in the support of a Unit, Directorate or Private Organization throughout a specified quarter. The VOQ award is based on a Calendar Year.

4th Infantry Division & Fort Carson

Volunteer of the Quarter Recipients

4th Quarter, FY20

1st Stryker Brigade Combat Team

1st BN, 38th Infantry Regiment
Mrs. Kacy Woolf
4th BN, 9th Infantry Regiment
Mrs. Stefanie Williams

2nd Stryker Brigade Combat Team

1st BN, 12th Infantry Regiment
Mrs. Veronica Lewis
2nd BN, 12th Infantry Regiment
SSG Joseph Bolton
Mrs. Hannah Mueller
2nd BN, 77th Field Artillery Reg.
Mrs. Beth Fluharty
Mrs. Brietta Harrington

3rd Armored Brigade Combat Team

1st BN, 66th Armor Regiment
Mrs. Ivelisse Ryan
588th Brigade Engineer Battalion
Ms. Elaine Acevedo
64th Brigade Support Battalion
SGT Brittany Eades S
PC Jerry Arendall

4th Combat Aviation Brigade

3rd Assault Helicopter BN
Mrs. Delanie Pruitt
4th Attack Reconnaissance Battalion
Mrs. Cindy Wheeler
404th Aviation Support Battalion
Mrs. Michelle Webber
6th Squadron, 17th CAV
Mrs. Michelle Smith

4th Sustainment Brigade

4th Special Troop Battalion, 230th
FMSU
Mrs. Natalie Laurencelle
Mrs. Christina Mittelstaedt

Directorate of Family, Morale & Welfare Recreation (DFMWR)

Army Community Service
Mrs. Sylvetta Cummings
Mr. Stephen Roy
Sports and Recreation Division
Mr. Norris Cole

Fort Carson Knights of Columbus

Mr. Sonny Enrique
Mr. Ed Daisog

Mountain Post Santa's Workshop

Miss. Lela Alene Maria Hood

Fort Carson Warrior Warehouse

Mrs. Candance Welsh
Mrs. Keturah Williams

Mountain Post Spouses' Club

Mrs. Agata Berta
Mrs. Denise Tresch

MEDDAC-Evans Army Community Hospital

American Red Cross
Mrs. Tsahai Dunlap
Mrs. Heddy Senechek-Servant
Soldier Recovery Unit
Mrs. Emilia Rivera
Mrs. Cori Weber

Religious Support Office

Mrs. Eva Hailbronner
Mrs. Pat Watzka



Army Community Service -Army Emergency Relief-



Army Emergency Relief has expanded emergency travel assistance to ROTC cadets under contract to serve in the U.S. Army.

For more Information
click [HERE](#)

Army Emergency Relief is a non-profit organization that provides financial assistance in an unforeseen emergency situation to Active Duty Soldiers, Family Members, Retiree, Retiree's Family Members, Widows and Widowers. The assistance is provided as a loan, grant or a combination of both. Application maybe submitted on line. For more information, please contact Army Emergency Relief at telephone number (719)526-4783.

Army Community Service -Upcoming Classes & Events -

DATE	CLASS	TIME
17 November	<u>Boot Camp for New Moms</u>	9am – 12pm
	<u>Everyday English for Foreign Born Spouses</u>	930am – 1130am
	<u>Infant Massage & Baby Nurturing</u>	930am – 11am
	<u>Center on Fathering</u>	1pm – 3pm
	<u>Employment Readiness Orientation</u>	130pm – 230pm
18 November	<u>Morning Brew with Your EFMP Crew</u>	9am – 10am
	<u>Sole Parent Group</u>	12pm – 1pm
	<u>You're a Priority: Federal Employment for Military Spouses</u>	130pm – 230pm
19 November	<u>Toddler Time</u>	930am – 11am
	<u>Soldier & Family Readiness Group (SFRG) Key Contact Training</u>	10am – 1130am
	<u>Center on Fathering</u>	1pm – 3pm
	<u>Got Your Back (PREP for Singles)</u>	1pm – 3pm
	<u>SFRG Fund Custodian Training</u>	1pm – 230pm

DATE	CLASS	TIME
19 November	<u>TSP Class</u>	1pm – 2pm
	<u>Professional Development Series--Career Assessments</u>	130pm – 230pm
	<u>Latino Meet-Up</u>	2pm – 4pm
20 November	<u>Play Group</u>	10am – 12pm
	<u>SFRG Virtual Chat</u>	10am – 11am
	<u>Mountain Post Living Welcome for Spouses and Families</u>	1030am – 1130am
24 November	<u>Connect4 Youth Series</u>	930am – 1130am
	<u>Everyday English for Foreign Born Spouses</u>	930am – 1130am
	<u>Infant Massage & Baby Nurturing</u>	930am – 11am
	<u>Center on Fathering</u>	1pm – 3pm
	<u>Employment Readiness Orientation</u>	130pm – 230pm
	<u>Federal Resume and USAJobs.gov</u>	130pm – 430pm
	<u>Homebuyers Workshop</u>	1pm – 4pm
	<u>Volunteer, VMIS and OPOC Training</u>	130pm – 3pm

Click class/event name to register and/or learn more

Guide to Holiday Support Programs - 2020

Date	Program	Location	How to Apply
Various deadlines, see website listed	EL PASO COUNTY FREE HOLIDAY ASSISTANCE PROGRAMS Learn how to apply for Angel Tree, free Christmas Tree Project, Toys for Tots, food and gifts. Each El Paso County non-profit will have their own individual application process as well as eligibility criteria.	Various	Visit https://www.needhelppayingbills.com/html/el_paso_county_colorado_free_holiday_assistance.html for more information on how to apply for each program.
Register now - 7 Nov Shopping Dec 7-11 (Appt only)	MOUNTAIN POST SANTA'S WORKSHOP Provides toys, books and games that parents "shop" and pick out for their children ages 6 months to 12 years. Based on financial need, not rank or income.	5769 Wallace Street, BLDG 1045 (East side of building)	Applications due Nov 7. Applications available at www.mountainpostsantasworkshopco.com Shopping is Dec 7-11 by appointment only Questions - coloradoMPSW@gmail.com
1 Nov	DEPARTMENT OF HUMAN SERVICES - LEAP PROGRAM LEAP (Low-income Energy Assistance Program) is a federally funded program that helps eligible hardworking Colorado families	1-866-HEAT-HELP	Applications available Nov 1 at https://www.colorado.gov/pacific/cdhs/leap#Apply
Register now. Pick-up Nov 19 10 a.m. - 4 p.m.	OPERATION HOMEFRONT HOLIDAY MEALS FOR MILITARY Provides gift cards to purchase holiday meals. Open to: Post 9/11 wounded, ill or injured service members of any rank, both currently serving and those no longer serving in the military or E1-E6 Active Duty	TBD	Visit my.operationhomefront.org to register now. Call 719-649-0091
Register now - Dec 7	SOLDIERS ANGELS ADOPT - A - FAMILY Provides gifts for children and a grocery gift card to help purchase holiday dinner and trimmings. Open to families of deployed service members, families of Post 9-11 wounded, ill and injured service members and veterans, and veteran families enrolled in the HUD/VASH program ONLY.	Families selected will be advised of next steps after selection.	Visit https://soldiersangels.org/programs/familysupport/adopt-a-family/ to apply.
05 Nov 10:00 a.m. - 2 p.m.	WARRIOR'S WAREHOUSE ANNUAL COAT GIVEAWAY One new or gently used coat, hats, gloves and scarves for each FM. Accepting donations now.	William "Bill" Reed Special Event Center	Self-refer/walk-in

**This list is not inclusive of all off-post (public) holiday support - No US Army / Fort Carson endorsement implied - All information subject to change - Updated 15 October 2020.*

Guide to Holiday Support Programs - 2020

Date	Program	Location	How to Apply
Meal pick-up begins 16 Nov	CONNECTIONS 4 LIFE Walk through food pantry and select items for a Thanksgiving meal.	6436-U South Highway 85/87 (behind Wendy's) Fountain, CO 80817	Must sign up in person at location listed beginning 5 Nov. Call 719-387-9919 for times.
Meal giveaway Nov 19 3:30 p.m.	MT. CARMEL THANKSGIVING MEAL GIVEAWAY	530 Communication Circle, COS 80905	Eligibility: Active Duty, veteran, or dependent. Call 719-772-7000 for more information or visit the website at www.veteranscenter.org .
Apply now - 25 Nov	CHRISTMAS TO GO Each box will contain materials and instructions for 3-4 child friendly craft projects related to the Christmas season.	Pick -up at Soldiers Memorial Chapel on or prior to Nov 29.	Visit the 4ID and Fort Carson Religious Support Office Facebook page for form or email Heidi.a.mcallister.civ@mail.mil
TBD	CHRISTMAS UNLIMITED HOLIDAY TOY DISTRIBUTION Provides toys for children ages 1-12.	Christmas Unlimited Distribution Center 2204 E Boulder St. Colorado Springs, CO 80909	Applications available at the ACS Center, Bldg. 1526 early November. Call 719-955-0742 for other locations.
Meal pick-up begins Dec 14.	CONNECTIONS 4 LIFE Walk through food pantry and select items for a Holiday meal.	6436-U South Highway 85/87 (behind Wendy's) Fountain, CO 80817	Must sign up in person at location listed beginning Dec 3.
Apply now!	CHRISTMAS TREE PROJECT Apply for free fully decorated Christmas trees.	4575 Galley Road Colorado Springs, CO, 80915	Visit http://www.thechristmastreeproject.org/ and select 'Request a Tree' to apply.
Dec 19	SANTA BOB CHRISTMAS GIVEAWAY Meal kits and gift cards for each child.	TBD	Visit https://www.santa-bob.org/events.html for giveaway updates.
TBD	TREES FOR TROOPS A private organization will donate live trees to DFMWR for distribution to Active Duty Soldiers.	TBD	CSMs provided vouchers to distribute within their units for pick up. More information to follow.
TBD	SALVATION ARMY CHRISTMAS ASSISTANCE Various support available.	TBD	Call for 303-295-3366 for more information.
Ongoing support available	HELPING HANDS EL PASO COUNTY COMMUNITY RESOURCES List of helping agencies available in El Paso County.	List available 24/7 at: https://research.ppId.org/HelpingHands	Call 211 from your home phone or 955-0742 from your cell phone for resource referrals within El Paso County.

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Hot Links!

[Auto](#)

[Army Community Service](#)

[BOSS](#)

[Child and Youth Services](#)

[Community Events](#)

[Conference & Catering](#)

[Financial](#)

[Fort Carson Mountaineer](#)

[Fort Carson MWR Events](#)

[Fountain Fort Carson School District 8](#)

[Libraries](#)

[Outdoor Recreation](#)

[Peterson AFB MWR](#)

[Pikes Peak Cultural Events](#)

[Schriever AFB MWR](#)

[Social & Dining](#)

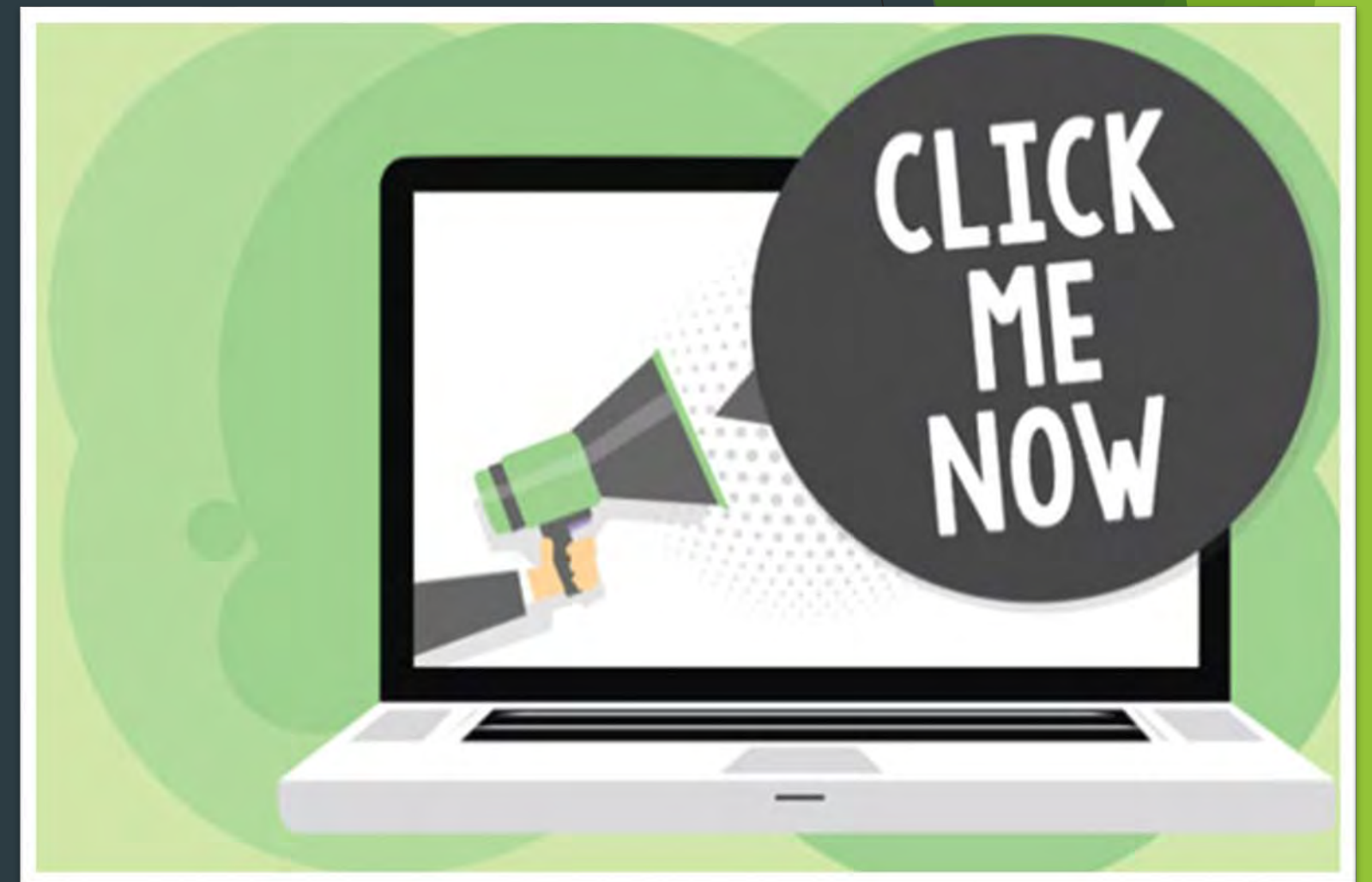
[Specialty Services](#)

[Sports & Fitness](#)

[Tickets](#)

[U.S. Air Force Academy MWR](#)

[USO Events](#)



Holiday Observances

26 November 2020, Thanksgiving Day
25 December 2020, Christmas Day
01 January 2021, New Year's Day
18 January 2021, Dr. Martin Luther King, Jr. Day
15 February 2021, Presidents' Day
31 May 2021, Memorial Day
05 July 2021, Independence Day (Observed)
06 September, 2021, Labor Day

FY 2021

Training Holidays

27 November 2020, Friday after Thanksgiving Day
24 December 2020, Thursday before Christmas Day
31 December 2020, Thursday before New Year's Day
15 January 2021, Dr. Friday before Martin Luther King, Jr. Day
12 February 2021, Friday before Presidents' Day
28 May 2021, Friday before Memorial Day
06 July 2021, Tuesday after Independence Day
03 September, 2021, Friday before Labor Day

Food Resources

20-21 SCHOOL MEALS PROGRAM FOR FFC8 REMOTE AND VIRTUAL LEARNERS



Monday - Friday*
9 - 9:30 a.m.

- Meal service for FFC8 K-12 students only.
- Breakfast and lunch available daily.
- Be prepared to provide student name and ID # (or have student ID card).
- Pick up at any FFC8 school, for all FFC8 students in a family, no matter which school attending.
- Access meals at external cafeteria doors.
- Meal price based on student status of Free, Reduced or Full Pay. Please limit cash payment and pay online at <https://www.mymealtime.com>

**Meals will not be provided on previously scheduled school out days.*

This institution is an equal opportunity provider.



MOBILE FOOD PANTRY DISTRIBUTION

FREE PRODUCE, BREAD, AND OTHER BONUS TEFAP FOOD!

4th Thursday at 9 a.m.
The Independence Center
729 S. Tejon St.
Colorado Springs, CO 80903

This distribution is for all neighbors in need. TEFAP eligible guests qualify for on-site food that can be received in addition to monthly TEFAP products.

Product will be distributed on first come, first served basis.

www.careandshare.org | 719.528.1247

This institution is an equal opportunity provider.



FOUNTAIN-FORT CARSON

FOOD PANTRY

**THURSDAYS
FROM 3:30-5:30PM**

**WELTE EDUCATION CENTER
330 LYCKMAN PL.**

**PLEASE REMAIN IN YOUR CAR AND
PULL UP IN FRONT OF THE
BASKETBALL COURT**

AVAILABLE TO ANY FFC8 STAFF MEMBER AND FAMILIES WITH AN FFC8 STUDENT

Food Resources

FREE FOOD GIVEAWAY

11:00 AM

Until food runs out

Fridays

Sept 18 ~ Oct 2 & 16

Nov 6 & 20 ~ Dec 4 & 18

In collaboration with Care & Share Food Bank for Southern CO and Colorado Springs Food Rescue, Mt. Carmel is providing a drive-thru food distribution 1st and 3rd Friday.



530 Communication Circle
Off 8th Street on West Side

*Food supply may vary

Walk-ups Welcome
No Registration Needed
Everyone is Invited

Care and Share Mobile Food Truck

Stop by CPCD, learn about our
FREE tuition preschool
programs, and grab a **FREE** box
of food!

Dates: November 3rd, 10th,
and 17th

Time: 10am-12noon

Location: 2330 Robinson St

Distributions will be drive up style. Please remain in your
car and follow traffic instructions from volunteers!

All are welcome! Please tell family, friends, neighbors, or
anyone you know who might be interested!

For more information on additional Care and Share food
locations please visit: www.careandshare.org/findfood

Religious News & Services



CHRISTMAS



To follow safe practices, we are offering *Christmas To Go* in place of Bethlehem Bash this Christmas. Each box will contain all the materials and instructions for 3-4 child-friendly craft projects related to the Christmas season. **FREE!**

WOULD YOU LIKE A BOX?

Name: _____

Email Address: _____

Phone Number: _____

Number of people: _____

☐ I will pick up my box at _____ chapel on Sunday, November 29.

☐ I would prefer to pick up my box at Soldiers' Memorial
Chapel prior to Nov. 29.

Order for boxes taken until November 25.

Return form to:
heidi.a.mcallister.civ@mail.mil



Sponsored by Fort Carson Religious Support Office (RSO)

NURTURE THE LIVING CARE FOR THE WOUNDED AND HONOR THE FALLEN

Fort Carson & 4th Infantry Division

Chaplain Hotline
(719) 387-1574

A Chaplain is available to you
24 hours a day 7 days a week

Chaplains have complete confidentiality
and are here to assist you



Facebook.com/4IDCarsonRSO

Religious News & Services



Family Advent Wreath Workshop

Saturday, November 21

Soldiers' Memorial Chapel

(6333 Martinez Street ~ Ft. Carson)

9 a.m. – noon

(come and go)



Families will make an advent wreath to take home including candles. Each family will also receive a book with daily Advent readings to take home.

POC: CH (LTC) Ric Brown, 719-526-5279

Fort Carson Sunday Religious Services

Catholic Mass

Soldier Memorial Chapel

0900 In person inside sanctuary

1030 Outdoor / Drive in Service

Live stream - <https://www.facebook.com/Our-Lady-of-Fort-Carson-622517474897811/>

ChapelNext

McMahon Theater

1000

Live stream - <https://www.facebook.com/chapelnextfortcarson/>

Traditional Protestant

Provider Chapel

1100

Live stream - <https://www.facebook.com/ProviderChapel/>

Gospel Service

Prussman Chapel

1100

Live stream - <https://www.facebook.com/GospelService/>

Samoan

Veterans Chapel

1100

Live stream - <https://www.facebook.com/4samoanprotserviceftcarson/>

Jewish Sunday School

Veterans Chapel

1300

No Live steam currently

Scholarship News

Click [HERE](#) for 35+ Scholarships for Military Spouses and Military Kids

Military Family Member Scholarship Opportunities,
Click below to learn more!

- [Nationwide Surviving Spouse and Dependent Children Scholarship Program](#)
- [Marine Gunnery Sergeant John D. Fry Scholarship](#)
- [Fisher House Foundation Scholarship Program](#)
 - [No Angel Left Behind](#)
 - [Freedom Alliance](#)

YOUTH LEADERS WANTED!

The mission of The Fountain Youth Council is to develop and foster a self-directed group of youth leaders who are educated and informed of the functioning of local government, and that represent and advocate for youth throughout the community.



- Attend City Council or Board/Commission meetings
- Debate current issues
- Leadership coaching/training
- Community service
- Planning and implementation of youth-oriented events
- Visit State Capitol and/or State Representatives
- Learn about government processes and operations
- Meet with the Mayor and/or Councilmembers
- Developing budgets
- Meet once monthly
- Other activities the group deem valuable
- Become elected Chairperson, Vice Chairperson, or Secretary

Scholarships

- Two, \$1,000 Youth Leadership Scholarships will be awarded annually
- Must be graduating with at least a 3.0 GPA
- Must attend 75% of FYC meetings; and participate in 75% of FYC events and activities
- Scholarships awarded by the City Council prior to the end of the school year

Requirements

- City of Fountain resident
- Engage with peers, diverse groups, and government legislation
- 14-18 years of age; and public, private, or homeschooled
- Be prepared to fill a one year term
- Meet once monthly
- Participate in trainings, conferences and various discussions

For more information visit

www.fountaincolorado.org/youthcouncil/; or contact Councilperson Duncan at youthcouncil@fountaincolorado.org

**LEARN.
ADVISE.
GET
INVOLVED.**

Fort Carson & the Surrounding Community News

-Outdoor Recreation-

RECREATION DIVISION FY 21 EVENT CALENDAR

13 November..... VIP Night for Ski & Snowboard Expo @Outdoor Rec 1730-2000

14 November Ski & Snowboard Expo @Outdoor Rec 1000-1400

04 December Holiday Tree Lighting Ceremony @SEC 1700-1830

05 February Cupid Shuffle Run @Ivy Fitness Center 1600-1830

13 March..... War Dog Memorial Run @Ivy Fitness Center 0800-1100

10 April Color Fest & Color Run @TBD 1000-1400

07 May Taco Trot @Iron Horse Park 1600-1830

19 June Freedom Rocks @Iron Horse Park 1400-2200

04 July Colorado Springs Wide Fireworks @TBD Time TBD

20-21 August Spartan Race @TA 2 & 4 Time TBD



FORT CARSON OUTDOOR RECREATION'S WINTER PROGRAMS & EVENTS

Wednesday's - Virtual Women in the Wilderness Facebook Live Feed at 1900

November 5th - Climbing Wall Orientation \$25 1830-2030 (location TBD)

November 6th - Open Climb Night 1830-2000 (location TBD)

November 7th - Climbing at Garden of the Gods \$45 0800-1300

November 7th - Women in the Wilderness (WITW) Sandboarding & Sledding \$75 or \$65 with 4 people

November 12th - Lead Climbing Clinic \$35 (location TBD)

November 13th - VIP Night at ODR \$10 adults, \$5 children 12yrs & under, 1730-1930

November 14th - Ski & Snowboard Expo at ODR 1000-1500

November 19th - Climbing Wall Orientation \$25 1830-2030 (location TBD)

November 20th - Open Climb Night 1830-2000 (location TBD)

November 21st - Climbing at Shelf Road \$65

November 28th - Red Rocks Mountain/Fat Tire Bike \$20

December 3rd - Climbing Wall Orientation \$25 1830-2030 (location TBD)

December 4th - Open Climb Night 1830-2000 (location TBD)

December 5th - Mountain/Fat Tire Bike at Gold Camp Road (cost TBD)

December 10th - Lead Climbing Clinic \$35 (location TBD)

December 11th - Open Climb Night 1830-2000 (location TBD)

December 13th - Ski Tuning Clinic at ODR 1000-1200 (cost TBD)

December 17th - Crack Climbing Clinic at ODR \$35 1800-1930

January 7th - Climbing Wall Orientation \$25 1830-2030 (location TBD)

January 8th - Open Climb Night 1830-2000 (location TBD)

January 10th - Ice Fishing (cost & location TBD)

January 10th - Ski Tuning Clinic @ ODR (cost TBD)

January 16th - Ice Climbing at Helen Hunt Falls \$55

January 17th - WITW Mountain/Fat Tire Bike and Brew Cruise (cost TBD)

January 21st - Climbing Wall Orientation \$25 1800-1930

January 22nd - Open Climb Night 1830-2000 (location TBD)

January 23rd - Frisco Nordic/Tubing day (cost TBD)

January 13th - WITW Climbing Wall Orientation \$25 1830-2030 (location TBD)

Dates, times and prices are subject to change

Visit our website or call us for more information:

carson.armymwr.com/719-526-5176

/Follow us on Facebook and Instagram to stay up to date on programs:

Mountain Post Recreation



HOLIDAY LONG DISTANCE CHALLENGE

REGISTRATION ENDS
NOV. 30
VIRTUAL CHALLENGE
DEC. 1-DEC. 31

FROSTY
50 MILES
ARCTIC
100 MILES
PEAK TO PEAK
150 MILES

FOR DETAILS, VISIT CARSON.ARMYMWR.COM

**SKI AND SNOWBOARD
SEASON RENTALS**

Starting October 31st at 0800, Outdoor Recreation will be open for season rentals on a first come first serve basis.

Adult Ski or Snowboard Season Rental Package: \$195
(includes: skis or snowboard, boots, helmet, and poles/bindings)

Junior Ski or Snowboard Season Rental Package: \$165
(includes: skis or snowboard, boots, helmet and poles/bindings)

Fort Carson & the Surrounding Community News

-Army Wellness Center-



November 2020

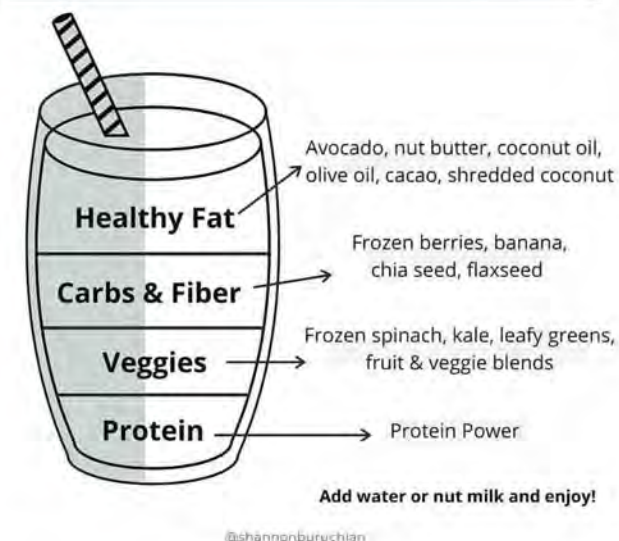
Classes are free and open to active duty, family members, retirees, and civilians. All classes require pre-registration.

Fort Carson CO
Bldg #1843
Prussman Blvd.
719-526-3887



Mon	Tue	Wed	Thu	Fri
16. Thao Upping Your Metabolism 0945-1045	17. Ryan Fueling For Health 0945-1045	18. Q Optim Class 1415-1515	19. Justin Stress Management 0945-1045	20. Brandon Upping Your Metabolism 0945-1045
23. Q Upping Your Metabolism 0945-1045	24. Thao Meals in Minutes 0945-1045	25. Justin Upping Your Metabolism 1415-1515	26. 	27. Brandon Upping Your Metabolism 0945-1045
30. Ryan Optim Class 0945-1045				

HOW TO BUILD A WELL-BALANCED SMOOTHIE



Lean Body Blueprint

PUMPKIN SPICE BANANA SMOOTHIE

Makes 2 servings

Ingredients:

1/2 cup almond milk
1/2 cup banana
1/2 unsweetened canned pumpkin
1/2 cup ice cubes
1 teaspoon flaxseed
1/2 teaspoon of cinnamon
1/2 teaspoon of nutmeg

*Add in: 1-2 scoop of protein powder *

Directions:

Combine almond milk, banana, pumpkin, ice, flaxseed, cinnamon, and nutmeg in a blender. Blend until smooth. Serve Immediately

@shannonburuchian



December 2020

Classes are free and open to active duty, family members, retirees, and civilians. All classes require pre-registration.

Fort Carson CO
Bldg #1843
Prussman Blvd.
719-526-3887



Mon	Tue	Wed	Thu	Fri
	1. Bari Class 0945-1045	2. Upping Your Metabolism 1415-1515	3. Healthy Sleep Habits 0945-1045	4. Upping Your Metabolism 0945-1045
7. Optim Class 0945-1045	8. Fueling For Health 0945-1045	9. Upping Your Metabolism 1415-1515	10. Stress Management 0945-1045	11. Upping Your Metabolism 0945-1045
14. Upping Your Metabolism 0945-1045	15. Meals in Minutes 0945-1045	16. Optim Class 1415-1515	17. Healthy Sleep Habits 0945-1045	18. Upping Your Metabolism 0945-1045
21. Upping Your Metabolism 0945-1045	22. Fueling For Health 0945-1045	23. Upping Your Metabolism 1415-1515	24. Stress Management 0945-1045	25.
28. Upping Your Metabolism 0945-1045	29. Meals in Minutes 0945-1045	30. Upping Your Metabolism 1415-1515	31. Healthy Sleep Habits 0945-1045	

Fort Carson & the Surrounding Community News

-Army Education Center-

Fort Carson Education Center

WE ARE MOVING AND WILL BE CLOSED NOVEMBER 16-25 (REMOTE ASSISTANCE ONLY)

COUNSELING SERVICES: 719-526-2124

(TA, Credentialing, Clearing, Memos, Holds, General Guidance)

NO WALK-IN SERVICES

To make a remote appointment call: 719-526-1291

or email your assigned counselor:

Last Names A-C: BONNIE.M.RIVERA.CIV@MAIL.MIL

Last Names D-G: AMANDA.E.FLYNN.CTR@MAIL.MIL

Last Names H-K: MICHAEL.K.COYNE.CIV@MAIL.MIL

Last Names L-P: KATHRYNE.M.JONES.CIV@MAIL.MIL

Last Names Q-T: BILLIE.R.ELLIOTT.CTR@MAIL.MIL

Last Names U-Z: STEV.L.STEPHENS-MARTIN.CIV@MAIL.MIL

To schedule a tailored education brief for your unit, email:

CEARA.E.TAPIN.CIV@MAIL.MIL

COLLEGE CONTACTS:

(Applications, Academic Advising)

PPCC: 719-502-4200 mvp@ppcc.edu

UCCS: 719-526-8066 jyoung6@uccs.edu

ERAU: 719-576-6858 ColoradoSprings@erau.edu

CSUP: 719-526-2509 korine.new@csupueblo.edu

UMGC: 719-313-6411 baseadvisor@umgc.edu

TRIO: 719-526-6818 (Financial Aid assistance)

TESTING SERVICES:

(AFCT, DLPT, DLAB, SIFT, TABE)

Email the testing office for scheduling and 4187 submission-NO WALK-INS.

Email: USARMY.CARSON.IMCOM.MBX.DLPT-TESTING@MAIL.MIL

blank 4187s located on our Facebook page:

<https://www.facebook.com/FortCarsonArmyED/>

BSEP/GT PREP

Call 719-526-2124 for more information. TABE required for new students.

Prior TABE scores valid for 1 year. BSEP/GT Prep courses start every

Monday. Virtual BSEP can be completed at: www.nelnetsolutions.com/dantes.

Email AMANDA.E.FLYNN.CTR@MAIL.MIL for BSEP scheduling.

MLF (COMPUTER LAB):

CLOSED INDEFINITELY

EDUCATION CENTER RESOURCES & UPDATES:



<http://www.livebinders.com/play/play/2527417>

<https://www.facebook.com/FortCarsonArmyED/>



FRONT DESK: 719-526-2124

To ensure the safety of staff and patrons, due to an increase in COVID cases on the installation, the Fort Carson Education Center will be moving to remote services ONLY beginning 6 Nov 2020 through 30 Nov 2020.

APT Testing (AFCT, DLPT, DLAB, SIFT) WILL be available beginning 9 Nov 2020.

TABE testing is suspended at this time.

To schedule a test please contact the Testing Department by emailing them at

usarmy.carson.imcom.mbx.dlpt-testing@mail.mil

Blank 4187's are located on our Facebook page: <https://www.facebook.com/FortCarsonArmyED/>

General Questions? Call the Front Desk at 719-526-2124

For Counseling Services email your assigned counselor:

Last Names A-C: BONNIE.M.RIVERA.CIV@MAIL.MIL

Last Names D-G: AMANDA.E.FLYNN.CTR@MAIL.MIL

Last Names H-K: MICHAEL.K.COYNE.CIV@MAIL.MIL

Last Names L-P: KATHRYNE.M.JONES.CIV@MAIL.MIL

Last Names Q-T: BILLIE.R.ELLIOTT.CTR@MAIL.MIL

Last Names U-Z: STEV.L.STEPHENS-MARTIN.CIV@MAIL.MIL

COLLEGE CONTACTS:

(Applications, Academic Advising)

PPCC: 719-502-4200 mvp@ppcc.edu

UCCS: 719-526-8066 jyoung6@uccs.edu

ERAU: 719-576-6858 ColoradoSprings@erau.edu

CSUP: 719-526-2509 korine.new@csupueblo.edu

UMGC: 719-313-6411 baseadvisor@umgc.edu

TRIO: 719-526-6818 (Financial Aid Assistance)

MLF (COMPUTER LAB):

CLOSED INDEFINITELY

Thank you for your patience
and understanding!

Fort Carson & the Surrounding Community News

FREE TUITION PRESCHOOL

FOR
AGES 0-5



VARIETY
OF CLASS
TIMES



SAFE
QUALITY
PROGRAMS



65
LOCATIONS



Colorado Preschool Program | Head Start | Early Head Start

SUCCESS STARTS EARLY
CALL TODAY
ENROLLING YEAR-ROUND

719-635-1536 | cpcdheadstart.org



CPCD
giving children a head start

STEP 1

How old is your child?

Prenatal Mom to Child Age 3:

For children under 3, CPCD's Early Head Start programs serves prenatal moms, infants and toddlers living in low income situations, experiencing developmental concerns or having identified special needs. Due to the long wait lists of this program, families must qualify with these factors.

My child is between 3-5:

CPCD operates both Head Start and the Colorado Preschool Program for 3 to 5 year-olds. With these two programs eligibility needs vary. We encourage families at 300% of poverty and below to apply. Family situations and development concerns will also be factors in the placement process.

STEP 2

For children 3-5,
where do you live?

Note: We only serve families in El Paso County and certain school districts. Please [click here](#) to locate your home school and district.

CPCD operates classrooms in Harrison School District 2; Widefield School District 3; Fountain-Ft. Carson School District 8; Colorado Springs School District 11 (IF in home schools Carver, Grant, Twain, Monroe, Queen Palmer and Wilson); Academy School District 20 and Falcon School District 49 (WITH priority to Falcon and Evans home schools).

When in doubt, please call our Enrollment Department. An Enrollment Technician can walk you through the process.

STEP 3

I think I qualify.
What is next?

Fill out our online application.

Enroll Now

NOTE: If you receive an error that you have already filled out the application under ENROLL NOW, please click here and fill out Re-Enrollment Update Paperwork [HERE](#).

If you'd like to learn more about
Colorado Preschool Program |
Head Start | Early Head Start

[Click HERE!](#)



DID YOU KNOW?

WE ARE ON
INSTAGRAM

Follow us @cpcdhs

Fort Carson & the Surrounding Community News



To all United States Veterans of all
branches of service



Thank you for your sacrifice, your bravery, and the example you set for us all. In short, thank you for your service! As a country we celebrate Veterans Day by honoring and showing appreciation for all who have served in the United States military, in both wartime or peacetime. Give an Hour® strives to honor these men and women every day of the year.

Give an Hour Supports You. Give an Hour® provides free mental health services to Service members, Veterans and their loved ones. Over the past 15 years, our dedicated network of licensed mental healthcare providers have donated over 330,000 hours of care, which equates to over \$33 million in services!

This Veterans Day we want to thank our volunteer providers for the mental healthcare they have given to our Veterans and reaffirm our dedication to the Veterans of the United States. We are committed to continuing to provide free and confidential mental healthcare to Service members, Veterans and their loved ones. If you or someone you know would benefit from Give an Hour services, please share our work with them [here](#).

In addition to the services mentioned above, Give an Hour has released a series of one page resources focused on maintaining emotional wellbeing during the COVID-19 pandemic. Our newest resource, **Tips for Military and Veteran Caregivers during the Pandemic** can be downloaded [here](#) along with all of the previous resources. Please share this resource with your colleagues, friends, and fellow service members.

On behalf of the Board and Staff of Give an Hour, I would like to thank all of our Veterans for their service as well as the families and caregivers who support them. Today and every day we do our best to honor and support you.

Respectfully,

Randy Phelps, Ph.D.

CEO, Give an Hour



<https://giveanhour.org>



Copyright Give an Hour 2020
www.giveanhour.org

TIPS FOR MILITARY AND VETERAN CAREGIVERS DURING THE PANDEMIC



CAREGIVERS

Caregivers, often behind the scenes and with little recognition, shoulder a broad spectrum of responsibilities ranging from everyday home tasks to managing total emotional, mental, and physical care of their loved one as they navigate a complex medical system. Now, during the COVID-19 pandemic, caregivers find themselves working beyond their limits to provide care and stay connected in a time when traditional, face-to-face support is limited. While you're going above and beyond during this uncertain time, it's important to take care of yourself.

Not a Military or Veterans Caregiver?

Learn about how you can support Military Caregivers in the Guide "Caring for the Military Caregiver: A Guide to Providing Mental Health Care to America's Hidden Heroes" www.giveanhour.org

SELF-CARE

- Build time for self-care into your calendar. Make a list of your top 3 self-care activities and practice one a day.
- Give yourself grace. While military caregivers are resilient, resourceful and strong, it is NORMAL to have feelings of guilt, irritability or anxiety.
- Move your body each day. Go for a walk, if the weather allows. If not, move about indoors and stretch for 10 minutes a day.
- Take a time out. Limit your media and social media consumption.

COPING WITH UNCERTAINTY

- Establish a new routine. Set small daily goals and aim for consistency rather than perfection.
- Seek out humor. Laughing is a good prescription for an anxious mind.
- Fact check your thoughts. Recognize thinking that causes you unnecessary stress or anxiety.

STAY CONNECTED DESPITE ISOLATION

- Recruit a "pandemic buddy". Schedule virtual happy hours, game nights and hangouts with friends and family to help keep your spirits high.
- Connect with online caregiving support. Talking with others who are in caregiving roles can generate ideas and provide a sense of support or community.
- Take advantage of telehealth opportunities for yourself and your loved one. Give an Hour is here to help. Confidential, free, mental health support is a click and a phone call away at giveanhour.org.

<https://giveanhour.org/military/>

Fort Carson & the Surrounding Community News

HOT SPOT

A Fort Carson Fire and Emergency Services, DES monthly fire safety publication

November 2020



Thanksgiving Safety Tips

As you gather to celebrate Thanksgiving with your friends and family, Fort Carson Fire and Emergency Service want to help keep you and your loved ones safe from fire hazards.



The kitchen is the heart of the home, especially at Thanksgiving. From testing family recipes to baking pies and cookies, everyone enjoys being part of the preparations. Keep fire safety top of mind in the kitchen during this joyous holiday.

Thanksgiving by the numbers

- Thanksgiving is the peak day for home cooking fires, followed by the day before Thanksgiving and Christmas Day. And Christmas Eve.
- In 2016, U.S. fire departments responded to and estimated 1,570 home cooking fires on Thanksgiving, the peak day for such fires.
- Unattended cooking was by far the leading contributing factor in cooking fires and death.
- Cooking equipment was involved in almost half of all reported home fires and home fire injuries, and it is the second leading cause of fire deaths.

What are YOU Thankful For?



Safety Tips

- Stay in the kitchen when you are cooking on the stove top so you can keep an eye on the food.
- Stay in the home when cooking your turkey and check on it frequently.
- Keep children away from the stove. The stove will be hot and kids should stay 3 feet away.
- Make sure kids stay away from hot food and liquids. The steam or splash from vegetables, gravy or coffee could cause serious burns.
- Keep the floor clear so you don't trip over kids, toys, pocketbooks or bags.
- Keep knives out of reach of children.
- Be sure electric cords from an electric knife, coffee maker, plate warmer or mixer are not dangling off the counter within easy reach of a child.
- Keep matches and utility lighters out of the reach of children - up high in a locked cabinet.
- Never leave children alone in room with a lit candle.
- Make sure your smoke alarms are working. Test them by pushing the test button.

Have activities that keep kids out of the kitchen during this busy time. Games, puzzles or books can keep them busy. Kids can get involved in Thanksgiving preparations with recipes that can be done outside the kitchen.



55% of civilians injured in home fires involving cooking equipment were hurt while attempting to fight fires themselves.



For more information on this fire safety topic or any other, call your local Fire Prevention section - Ft. Carson (719-503-3473). Source: Information contained in this tip was reproduced in part from NFPA.

Enrolled in TRICARE Prime*?

WANT TO CHANGE YOUR PRIMARY CARE MANAGER (PCM)?

You see your PCM for all routine, non-emergency, and urgent health care. If your PCM can't provide your care, you'll get a referral to see a specialist.



You can change your PCM at any time.

YOUR REQUEST:

- Must comply with guidelines at the local military hospital or clinic.
 - May take up to 6 days to confirm.
- If you're an active duty service member, your PCM will be assigned.

3 WAYS TO CHANGE YOUR PCM:



Call

- **East:** Humana Military (1-800-444-5445)
- **West:** Health Net (1-844-866-9378)



Online

Login to the MilConnect website and click the "Change Primary Care Manager" button to take action.



Mail

Send a TRICARE Prime Enrollment, Disenrollment and PCM Change Form to your regional contractor with the new PCM's name and address. **You only need to complete the part of the form related to your PCM change.**

The change is effective when your regional contractor processes the PCM change. You may request a letter with your new PCM's name and telephone number.

If you're an active duty service member, you can request to change your PCM at any time, however, your PCM will be assigned.

For more information and related forms, visit: www.tricare.mil/ChangePCM



Fort Carson & the Surrounding Community News

WE ARE BACK!

Operation Deploy Your Dress Fort Carson

1st day open: October 14

Regular Hours:

Wednesdays: 12 p.m. - 2 p.m.
and select Saturdays each month

Military & Dependent ID card holders may
receive one dress and one accessory now
through December 31, 2020.

No children under 12 permitted.

Building 5769

1045 Wallace Street

Inside MPSC Thrift Shop



Free for military, veterans & their families

ART THERAPY

MONDAYS 5:30-7:30
MT. CARMEL VETERANS SERVICE CENTER

Pre-registration requested by emailing wingsarttherapy@gmail.com

Ft. Carson ODYD Distribution Rules:

1. No persons under 12 years allowed in shop. No unaccompanied minors under 16 years.
2. You may receive one (1) dress and one (1) accessory per calendar year.
3. You will be assigned a dressing room for 30 minutes. You may keep the room in additional 15 minute increments IF no one is waiting. Try on as many dresses as you like but please be courteous and only have four (4) in your dressing room at any one time.
4. Please re-hang dresses and give to an ODYD volunteer to re-rack on the floor.
5. Please have military ID card ready when checking out.
7. Have a fabulous time at your event, please post pictures to our social media pages and spread the word about our organization!



Fort Carson & the Surrounding Community News

Soldiers' Angels

ADOPT-A-FAMILY

Soldiers' Angels understands the unique challenges faced by military and veteran families during the holiday season. With deployments, VA medical appointments, or financial difficulties, providing a festive celebration can be difficult. The Soldiers' Angels Adopt-A-Family Program matches military/veteran families* with individuals, businesses, or organizations that are eager and excited to help the family have a holiday to remember! Working through Soldiers' Angels, they will provide gifts for the children and a grocery gift card to help towards their holiday meal.

To learn more or apply, visit our website:

www.SoldiersAngels.org/Adopt-A-Family



Contact Us!

Phone: 210-629-0020

Email: holidaysupport@soldiersangels.org

Website: www.SoldiersAngels.org



*Eligibility for the program is outlined on our website as well as the documents necessary to apply for the program.

NOVEMBER IS

MONTH OF THE
MILITARY FAMILY

Help FOCUS celebrate the strengths of your military family every day of the week!

FOCUS sites around the world are hosting virtual family workshops to build on your family strengths and teach new skills that support resilience. All family members are welcome!



Join us for

Mindful Mondays

Nov. 9, 16, 23, 2020

Tuesday Talks

Nov. 3 & 17*, 2020

Wellness Wednesdays

Nov. 4 & 18*, 2020

Thankful Thursdays

Nov. 12 & 19*, 2020

Fun Fridays

Nov. 6, 13, 20, 2020

*Two time options offered

LEARN MORE AND REGISTER AT:
[HTTPS://FOCUSPROJECT.ORG/MOMF2020](https://focusproject.org/momf2020)



F*O*C*U*S

The FOCUS Program • FOCUS (Families OverComing Under Stress) is a resilience-building program of the Department of Defense. The FOCUS program is designed for military families, couples and children facing ongoing stress and change. FOCUS promotes family strengths and supports families and children to help manage the challenges of military life. • www.focusproject.org

Fort Carson & the Surrounding Community News



TRICARE
OPEN SEASON
MARK YOUR CALENDARS!

Nov. 9 – Dec. 14, 2020

What can you do during TRICARE Open Season?
Eligible beneficiaries can:

- ✓ **Enroll in a plan.** No coverage yet? Enroll in a TRICARE Prime® option or TRICARE Select®.
- ✓ **Change plans.** Already enrolled? You can switch plans and between individual and family enrollment.
- ✓ **Establish an Allotment.** Starting January 1, 2021, TRICARE Select Group A Retirees have to pay enrollment fees.

For more information, visit:
www.tricare.mil/OpenSeason20



MOUNTAIN POST SANTA'S WORKSHOP

www.mountainpostsantasworkshopco.com

Toy Ruck March



Support children in your community
Great PT!

Dress up, play Christmas Music, or sing a holiday
cadence while you ruck!

Contact MPSW Secretary to schedule your unit ruck!
MPSWsecretary20@gmail.com



Fort Carson & the Surrounding Community News

ACP Helps Military Spouses Advance Their Careers



ACP is a nationwide non-profit dedicated to assisting veterans and active duty military spouses on their path towards meaningful employment.

1:1

Customized Mentorships

ACP hand-selects a Mentor for each spouse Protégé

12

Significant Conversations

Mentors and Protégés connect at least once a month for up to a year

35+

Areas of Expertise

Mentors come from many professional industries

Whether you are considering a new career, starting a small business or have recently moved locations, ACP has Mentors offering their assistance. Our Mentors are volunteers with years of experience and can help with:

- Career exploration
- Entrepreneurship and small business growth
- Résumé review
- Interview preparation
- Networking
- Career coaching
- Overall professional development

You supported your spouse's career - let us support yours.
Get started today at www.acp-usa.org/spouses



Applications open October 26 - December 21, 2020



Safeguarding our Community as our Family

www.coloradosprings.gov/cspd

Fort Carson & the Surrounding Community News



my Career
Advancement
Account



Fact Sheet

My Career Advancement Account Helping Spouses Reach Career Goals

The My Career Advancement Account Scholarship is a workforce development program that provides up to \$4,000 of tuition assistance to eligible military spouses. The scholarship assists military spouses in pursuing licenses, certifications or associate degrees necessary to gain employment in an occupation or career field. Spouses may use their My Career Advancement Account Scholarship funds at any academic institution approved for participation in the scholarship.

Fast Facts

The My Career Advancement Account Scholarship provides a maximum tuition benefit of \$4,000 with an annual fiscal year cap of \$2,000 to assist eligible military spouses who need professional credentials to meet their career goals. Annual cap waivers are available for licensure and certificate programs if there is an upfront tuition cost that exceeds \$2,000, up to the maximum education benefit of \$4,000.

Who is eligible for the My Career Advancement Account Scholarship?

Spouses of service members on active duty in pay grades E-1 to E-5, W-1 to W-2 and O-1 to O-2 who have successfully completed high school and have the ability to request tuition assistance while their military sponsor is on Title 10 military orders are eligible. Spouses married to members of the National Guard and reserves in these same pay grades are eligible.

Those who are *not* eligible include the following:

- Spouses who are married but legally separated, or under court order or statute of any state or U.S. territory, from a member of the armed forces on Title 10 orders
- Spouses whose National Guard or reserves military sponsor is in a warning orders or alert, post-deployment, demobilization or transition status

The My Career Advancement Account Scholarship will NOT pay for the following:

- Tuition for courses and examinations not included in the spouse's Education and Training Plan and courses already started or completed by the spouse
- Reimbursements of any kind
- Books, supplies, equipment, uniforms, computers and electronic devices of any kind
- Student activities, events and entertainment
- Prepayment or deposits for future courses, unless costs are part of a block of study

For more information, visit <https://mycaa.militaryonesource.mil/mycaa>.

1

The My Career Advancement Account Scholarship will NOT pay for the following continued...

- School or college level entrance examinations, comprehensive exams and related preparatory courses
- Courses, tests or fees normally paid by an employer as part of a job training program
- Fees of any kind, including but not limited to registration fees, technology fees, parking fees, etc.
- Nonacademic credit or ungraded courses, including courses taken on an audit basis or as an internship, practicum, apprenticeship or clinical supervision; also, nonacademic credit or ungraded orientation programs
- Courses taken more than one time, unless the My Career Advancement Account Scholarship has received a full refund from the school
- Academic credit by examination
- General studies, liberal arts and interdisciplinary associate degrees that do not have a concentration
- Personal enrichment courses, excluding academic credit or graded electives in the spouse's Education and Training Plan
- Transportation, lodging, child care and medical services
- Course extensions, except for approved hardship waivers
- Study-abroad programs, excluding programs of study offered by participating My Career Advancement Account Scholarship schools on overseas military installations
- Private licenses. For example, a private pilot's license would not be covered because it is for recreational use, but a commercial pilot's license would be covered because it would be used for an occupation.
- High school completion programs, including online high school completion programs
- Continuing education credits to maintain a standing in a professional organization

The My Career Advancement Account Scholarship program is part of the Department of Defense Spouse Education and Career Opportunities program that offers comprehensive coaching, information, tools and resources to support military spouse career exploration, education, training and licensing, employment readiness and career connections.

How to establish an account with the My Career Advancement Account Scholarship

Spouses can visit the My Career Advancement Account Scholarship website at <https://mycaa.militaryonesource.mil/mycaa> and provide the required Spouse Profile information. All scholarship participants are required to use DS Logon to access their accounts. Military spouses enrolled in the Defense Enrollment Eligibility Reporting System, or DEERS, are eligible for a DS Logon account. For information about creating a DS Logon premium account, access the 'How do I use DS Logon to create and access My Career Advancement Account?' guide on the 'Resources' page: <https://mycaa.militaryonesource.mil/mycaa/resources>

What about schools and organizations?

Schools interested in participating in the My Career Advancement Account Scholarship program can call 334-517-6160 option 2 for assistance or visit the 'For Institutions' resource page on the My Career Advancement Account Scholarship website at <https://mycaa.militaryonesource.mil/mycaa/school-resources-for-institutions> for program eligibility and participation information.

Where to get additional information or assistance

 **Contact a SECO career coach by calling Military OneSource at 800-342-9647**

Spouses with an established account with My Career Advancement Account Scholarship may use the Message Box feature to receive information and assistance quickly.

 **Coaches are available**
Monday through Friday
7 a.m. to 10 p.m. ET
Saturday
10 a.m. to 5 p.m. ET



MILITARY
ONE
SOURCE

SECO
SPOUSE EDUCATION &
CAREER OPPORTUNITIES

my Career
Advancement
Account

February 2020

2