



Community Information Exchange (CIE)

Notes

January 2021



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1. ARMY COMMUNITY SERVICE (ACS)

ACS Director:

334-255-9888

- **Follow ACS on their twitter page:** [@fortruckeracs](#)
- **The Army Family Web Portal** is now live and continuously improving! Check it out at <https://www.armyfamilywebportal.com/>
- **MFLC (Military and Family Life Counselors) new email addresses and phone numbers:**

| | | |
|----------------------------------|--|--------------|
| • 164th / TAOG | – RuckerEmbedMFLC-01@SRIMFLCTeam.com | 334-369-8556 |
| • 1AB | RuckerEmbedMFLC-02@SRIMFLCTeam.com | 334-379-6440 |
| • 110AB | RuckerEmbedMFLC-03@SRIMFLCTeam.com | 334-379-6429 |
| • WOCC | RuckerEmbedMFLC-04@SRIMFLCTeam.com | 334-379-6453 |
| • ACS | RuckerCDCMFLC-01@SRIMFLCTeam.com | 334-796-9946 |
| • CYS | RuckerCDCMFLC-02@SRIMFLCTeam.com | 334-589-0242 |

Army Emergency Relief:

334-255-2341

After Hours American Red Cross

877-272-7337

You can make a difference in a Soldier's, Family Members or Survivor's life?

- Is an Active Duty or Retired Army dependent child or Spouse attending college for their first undergraduate degree? **Did you know?** AER is there for those who serve, including Family members. The AER Scholarship Program is there to help with the cost of undergraduate college expenses for dependent children and Spouses. The needs based scholarship application for dependent children, the MG James Ursano Scholarship, is open **1 January through 1 April 2021**. Spouses applying for the Mrs. Patty Shiseki Spouse Scholarship Program may do so year round. Instructions, eligibility requirements and the online application can be found at <https://www.armyemergencyrelief.org/>.
- Army Emergency Relief provides no interest loans and in certain circumstances grants for Soldiers, Retirees, their Family members and Survivors of the Fallen in unexpected financial hardship. Broad categories of assistance include: emergency travel, vehicle repair, rent, utilities, medical/dental expenses, funerals, minor home repairs, repair or replacement of stove, refrigerators, washer and/or dryer for primary home, basic furniture needs, food and gas.
- No matter where you are in the world, AER is just a phone call away. If there is not a military installation within 50 miles, or you don't know where one is located, contact the Military American Red Cross number, 877-272-7337, and they will provide directions to the closest installation or they will process your case with AER headquarters. AER HQ has someone on call 24/7, as emergencies don't always happen during business hours.
- More information on AER assistance for emergency situations or for the AER scholarship application process, may be obtained by contacting AER at 334.255.2341.



Army Volunteer Corps: Now located with DHR, 2nd floor, bldg. 5700!

334-255-3318

Employment Readiness Program:

334-255-2594

- Are you “searching” for meaningful employment but just can’t seem to crack the hiring code to get that job? Perhaps you’re unsure about the quality of your professional résumé, cover letter, or interviewing skills. The Employment Readiness Program (ERP) can serve as your catalyst for landing the job that you want at the pay you deserve! The ERP manager is a Certified Professional Résumé Writer® (both private and federal sectors) and can meet with you virtually to address your employment concerns. He offers résumé and cover letter tweaking sessions, mock interviews, and employment opportunities from local, domestic, and internationally-based employers. He also conducts virtual workshops and produces educational videos (posted on social media) so you get the right perspective on the hiring process, i.e., what employers want from a candidate, etc.
- For more information on the program contact the ERP Manager at (334) 255-2594.

Information and Referral Program:

334-255-3161/3670

Exceptional Family Member Program:

334-255-9277/3643

- The Exceptional Family Member Program (EFMP) is a mandatory enrollment program that works with other military and civilian agencies to provide comprehensive and coordinated medical care, special education, community support, and personal services to families with special needs. An exceptional family member is a family member, child or adult, with any physical, emotional, developmental, or intellectual disability that requires special treatment, therapy, education, training or counseling.
- Enrollment allows the assignment managers at Army personnel agencies to consider the documented medical and special education needs of exceptional family members in the assignment process. When possible, soldiers are assigned to an area where the medical and special education needs of their exceptional family member can be met.

FAP-Family Advocacy Program:

334-255-3246

- **Domestic Violence/Victim Advocacy Program Victim Advocates:** 24/7 - **Help Line:** (334) 379-7947.
- **NPSP:** Please call to see what classes are available. There will be NO playgroups until further notice. For assistance or questions about the New Parent Support Program, contact NPSP at 334-255-3359, 334-255-9805 or 334-255-9647.
- **Family Advocacy Program Classes:** Parenting/Cooperative Parenting and Divorce/Anger Management/Stress Management/ etc... contact the Family Advocacy Program at 334-255-3898.

Financial Readiness:

334-255-9631

- **Repayment of Social Security Tax Deferral**-the Consolidated Appropriations Act, 2021 was passed and extended the period for collecting deferred 2020 Social Security taxes. The period for collection is now January 1 through December 31, 2021 (instead of January 1, 2021 to April 30, 2021).
 - The amount of Social Security taxes deferred in 2020 will be collected in 24 installments between pay periods ending January 16 and December 4, 2021.
 - In addition to the repayment amount, the normal 6.2% Social Security tax withholdings will be deducted from your pay, beginning January 2021.
 - **Check your Leave and Earnings Statement** Your end of the month January 2021 remarks section on your LES will show the 2020 deferred Social Security Tax (OASDI) amount owed, changing each pay period as you repay the deferred amount.

Additional information may be found at <https://www.dfas.mil/taxes/Social-Security-Deferral/> or by contacting a financial counselor at ACS (334-255-9631).

- Free credit analysis and CARFAXs are available at the Financial Readiness Program offices in the Soldier Service Center. To schedule an appointment, please call (334) 255-9631.
- Blended Retirement System touchpoint consulting/counseling.
- Investing through the Thrift Savings Plan? Let a financial counselor answer questions you may have.



Relocation Readiness Program:

334-255-3735

- **Newcomers Welcome:** If you are new to Fort Rucker, please take the opportunity to review the slides at <https://rucker.armymwr.com/happenings/newcomers-welcome> Community agencies and organizations have provided a quick reference for what is available at Fort Rucker.
- Lending Hangar: For questions and requirements for the use of the Lending Hangar or questions about your overseas assignment, contact the Relocation Readiness Program Manager.

Survivor Outreach Services (SOS) –Support Coordinator/ACS Specialist

334-255-9639/0979

- If you're a surviving Family member, **Survivor Outreach Services (SOS)** offers you access to support, information, and services, closest to where you live, when you need it and for as long as you need it.
- Survivor Outreach Services is part of the Army Casualty Continuum of Care. It's designed to provide long-term support to surviving Families of Fallen Soldiers. Our goal is to reassure Survivors that they remain valued members of the Army Family.

FOR ADDITIONAL INFORMATION:

Click the hyperlinks

Webpage: <https://rucker.armymwr.com/us/rucker/programs/army-community-service>

Facebook: <https://www.facebook.com/pages/Fort-Rucker-Army-Community-Service/323789580072>

2. CHILD & YOUTH SERVICES

Child & Youth Services Director

255-1055

School Liaison Officer

255-9812

- Parent Central Services is open Monday – Friday, 7:30 a.m. – 4:30 p.m.
- The Child Development Center is open Monday – Friday, 5:30 a.m. – 6:00 p.m. Hourly and Part-day programs are not available at this time. For more information please call the CDC at 255-2262.
- The School Age Center is offering Before and After School hours, Monday – Friday 5:30 a.m.–7:30 a.m. and 2:30 p.m.–6:00 p.m. Hourly Care is not available at this time. For more information call the SAC at 255-9108.
- The Youth Center is open for after school hours, Monday – Thursday 2:30–7:00 p.m., Friday 2:30–10:30 p.m., Open Recreation is offered the 1st Saturday of each month 1:00–9:00 p.m. Call 255-2260 for more information.
- SKIES classes are cancelled until further notice.
- Youth Fitness Center, Building 8950, will open, 19 January 2021- limit to 5 participants at a time. Hours of operation are Monday - Thursday 1600 – 1800. COVID 19 guidelines will be followed throughout the facility.

School Liaison:

LOCAL SCHOLARSHIP OPPORTUNITIES:

-Ft. Rucker Community Spouses Club Scholarships: ftruckeresc.com/scholarships **Deadline: Must be postmarked NLT 1 March 2021.**

-DECA/Commissary www.militaryscholar.org “Scholarships for Military Students.” **Deadline 24 February 2021.** Also, visit the Scholarships for Service tab and you'll be asked to complete a questionnaire which will provide a customized list of all the scholarships, fellowships, grants, awards, and other funding opportunities for military students that match your educational goals.

-Army Emergency Relief: www.aerhq.org MG James Ursano Scholarship Program. **Deadline: 1 April 2021**

-www.corviasfoundation.org Corvias Military Housing Scholarships- **Deadline: 14 Feb 2021.**

-www.aacfu.com Army Aviation Center Federal Credit Union Scholarships **Deadline: 31 March 2021.**



Please use this link for a complete list of military connected scholarships:

*****<https://sites.google.com/view/militaryconnectedscholarships/home>*****

Please visit www.militarychildeducationcoalition.org for information on the following and more: The College Application Process Webinar, Financing Your Child’s Post Secondary Education Webinar, 6 Major Trends in College/University Admissions Webinar

- www.collegeboard.org The U.S. government's guide to financial aid. A one stop resource to the FAFSA, student loans, scholarship opportunities and more.
- www.profileonline.collegeboard.com The one stop place for college and scholarship information and your CSS (College Scholarship Service) profile. Your CSS is used by over 300 colleges to determine eligibility for institutional aid and many colleges and universities use both the CSS profile and the FAFSA when determining non-governmental student aid.
- www.fafsa.ed.gov Site to register for and fill out the Free Application for Federal Student Aid.
www.fastweb.com An enormous database for scholarship and financial aid resources plus great expected family contribution calculators and cost projector.

Your school counselors and school career centers offer a vast array of information on scholarships, colleges, career exploration, FAFSA applications and so much more. Also, check out the “guidance” tab on the school web sites.

Your school counselors are as follows:

- Daleville City Schools- Candice Lawrence, Counselor, (334) 598-4461 ext. 2231
- Enterprise City Schools- Christi Hogan, Counselor (334) 347-2640
- Ozark City Schools – Cecelia Stanford, senior counselor, (334) 774-4915

If I can help in any way, please don't hesitate to contact me, your School Liaison Officer, at (334)255-9812.

3. DEFENSE COMMISSARY AGENCY (FT RUCKER COMMISSARY): 334-255-6671 EXT. 3300
Assistant Commissary Officer: 334-255-6671 EXT. 3302

Commissary Hours

Monday-Closed

Tuesday- Friday: 0900-1900 (Priority Shoppers 0900-1000)

Saturday: 0900-1800 (Priority Shoppers 0900-1000)

Sunday: 1000-1700

The following patrons have priority shopping during the first hour of operation (No Priority Shopping on Sundays)

- Military in Uniform
- 62 Years or Older
- Immunocompromised
- Disabled
- Spouses of Deployed Soldiers with Young Children

- Ft. Rucker Commissary has a new Assistance Commissary Officer effective 12/22/2020- Mr. Jess Lira, 334-255-6671 x 3302
- Visitors are now allowed access into the Commissary
- ALL persons entering the Commissary must wear a facial covering.
- Customers scan their own ID cards so cashiers can provide them touchless transaction
- Reusable bag can be used by patrons but you must bag your own groceries.



MEAT DEPARTMENT POWER BUY BOX SPECIALS

ECONOMY POWER BUY BOX

Box Consists of these Featured Items:

APPROX. 4 LBS. 85% 1 LB. CHUB GROUND BEEF
APPROX. 3 LBS. BNLS CENTER CUT PORK CHOPS
APPROX. 3 LBS. BOTTOM ROUND RST OR STKS
APPROX. 3 LBS. BEEF CUBE STEAKS
APPROX. 2 LBS. BONELESS PORK TENDERLON

FALL FAVORITES POWER BUY BOX

Box Consists of these Featured Items:

APPROX. 4 LB. CHUCK ROAST
APPROX. 4 LB. STEW MEAT
APPROX. 4 LB. LONDON BROIL
APPROX. 3 LB. 80% CHILI MEAT

HEALTHY ALTERNATIVE

Power buy box

Premium Healthy Alternative

Box Consists of these Featured Items:

4 LBS. 93% LEAN 1 LB. CHUB GROUND BEEF
APPROX. 2 LBS. LONDON BROIL
APPROX. 2 LBS. BEEF STIR FRY
APPROX. 2 LBS. BEEF KABOB
APPROX. 2 LBS. USDA CHOICE TOP SIRLOIN
APPROX. 4 LBS. BONELESS PORK CHOPS

SUMMER TAILGATE POWER BUY BOX

Tailgate special box consist of these featured items:

7 LBS. 81 % Tray Pack Fresh BEEF PATTIES
5 LBS. Choice Strip Loin Steaks
7 LBS. Pork Baby Back Ribs

The Commissary is taking special orders upon request but it is important to understand that we are still experiencing distributor shortages due to COVID so not all ordered product is guaranteed for delivery.

4. DIRECTORATE OF PUBLIC WORKS / CORVIAS:

334-255-2984 / 440-8988/8992/8990

FOR ADDITIONAL INFORMATION:

Click the hyperlinks

Webpage: <http://rucker.corviasmilitaryliving.com/>

Scholarship Information: <http://corviasfoundation.org/>

5. DIRECTORATE OF PUBLIC SAFETY

Director/Provost Marshal for Directorate of Public Safety (DPS):

255-2511

Deputy Director, DPS

255-0405

Provost Sergeant Major, DPS

255-1922

JANUARY 2021

Safety Reminders For Cell Phone Users.

- Keep conversations short and sweet. Don't use the cell phone for social visiting, hang up in tricky traffic situations - without warning if necessary. Resist dialing a number while in heavy traffic.

- Consider using a "hands-free" speakerphone system, so you can keep your hands on the wheel and your eyes on the road - and still keep talking. These speakerphones are available for many popular telephone models. ***Only hands-free authorized while vehicle in motion on post!!!!***

Training Area Use. Fort Rucker training areas are off limits to some recreational activities: running, walking, hiking, dog walking, bike riding, etc... without prior coordination with DFMWR Outdoor Recreation and/or Range Control. It is especially dangerous during hunting season with hunters armed with firearms or bow and arrows. Military training is the priority and unauthorized personnel entering the areas may negatively impact training.



Primary Cause of Vehicle Accidents on Fort Rucker The most frequent cause for accidents on Fort Rucker is due to vehicle backing or turning movements in parking lots. Armed with this knowledge drivers should exercise extreme caution when entering a parking lot and drive slowly, (the speed limit in all post parking lots is 10 MPH) and look out for vehicles backing up. Drivers in parking spaces must look in both directions for oncoming traffic before they back up and then back up very slowly to avoid an accident.

6. ARMY & AIR FORCE EXCHANGE SERVICE

GM:

334-262-3533

- For military children at Fort Rucker, good grades can earn great rewards and a chance at a \$2,000 prize thanks to the Army & Air Force Exchange Service's **You Made the Grade** program.
- Happy **Salad Wednesdays!** Every Wednesday, Fort Rucker Exchange diners can take \$2 off any salad priced \$4 or more at participating Army & Air Force Exchange Service direct-operated restaurants.
- The Fort Rucker Exchange is helping Soldiers and military families launch a **BE FIT** lifestyle with healthier eating habits as the new year begins, reaffirming their commitment to service members' readiness and resiliency.
- **Now Open! Cairns Snack Bar is open Monday – Friday from 0530 – 1400hrs.**
- Main Exchange **Upgrade Project renovations** has begun in the Food Court and the back portion of the Home & Garden Center. Check our Facebook regularly for updates at www.facebook.com/ruckerexchange ! *We apologize for the inconvenience, as we're making improvements to better serve you.*
- Extended selections are available by shopping at <https://www.shopmyexchange.com/>. Buy online and pick up at store. **Curbside pick-up** is available.
- Shoppers have the option to donate to Army Emergency Relief or the Air Force Aide Society in increments of \$1, \$5 and \$10 or can enter in a custom amount. Online donations can be made in \$5 increments during checkout at <https://www.shopmyexchange.com/>.
- **Advanced Tabloids & Sales Flyers** – Find low prices and great deals here in these Digital Ads by clicking here: <https://www.shopmyexchange.com/>.

FOR ADDITIONAL INFORMATION:

Click the hyperlinks

Webpage: www.shopmyexchange.com

Facebook: www.facebook.com/ruckerexchange

7. DIRECTORATE OF FAMILY AND MORALE, WELFARE AND RECREATION: 334-255-2292

Join MWR Sports Fitness & Aquatics for its first ever Polar Plunge 5K on Saturday, January 30th at 10am! This event is open to all authorized personnel with post access and their guests. Pre-Register at either Physical Fitness Center. \$10 Commemorative Fort Rucker Polar Plunge fleece blanket is available to purchase. Race day registration is 0900-0945 on 30 January at Lake Tholocco's West Beach. This run is non-competitive and starts at 1000. Runners will start and finish at the West Beach. 11am participants BRRRRace yourselves as you sprint and plunge into Lake Tholocco with MWR. Hot beverages will be provided after your arctic dive.

**Pre-Register at either Physical Fitness Center beginning January 19th- Race Day*

**\$10 Polar Plunge fleece blanket available for purchase while supplies last*

** \$ 7 Polar Plunge Pom Beanie available for purchase while supplies last.*

**face masks required when social distancing cannot be maintained.*

Please see the links below for current Exodus hours of operation, closures and adjustments for all MWR facilities and programs.

FOR ADDITIONAL INFORMATION:

Click the hyperlinks

Webpage: www.rucker.armymwr.com

Facebook: <https://www.facebook.com/ftruckeremwr>

TO
THE
TOP

8. FORT RUCKER COMMUNITY SPOUSES CLUB:

FOR ADDITIONAL INFORMATION:

Click the hyperlinks

Webpage: www.fortruckeresc.com

Email: presidentfrsc@gmail.com

9. LEGAL ASSISTANCE OFFICE – OFFICE OF THE STAFF JUDGE ADVOCATE 334-255-3482

Located in Building 5700 (Soldier Service Center), Suite 320

Open: M,T,W,F 0830-1630, Th 1300-1630 (closed Federal Holidays and DONSA's)

1. **Did you know?** *The Legal Assistance Office provides one-on-one legal advice to individual Service members, Dependents, and Retirees!*

a. This service is provided by licensed attorneys.

b. Best of all, legal assistance is FREE and CONFIDENTIAL (with very few exceptions)!

2. **Legal Assistance - Come see us!** We see clients on a walk-in basis for Notarizations, Bills of Sale, Powers of Attorney, and Sworn Statements, but any other consultation requires an appointment. Call 334-255-3482 today!

a. Our office helps entitled personnel with personal legal matters, such as legal representation for Wills, Living Wills/Durable Healthcare Powers of Attorney, Servicemembers' Civil Relief Act, GOMORs, FLIPLs, as well as general legal assistance regarding Real Estate, Landlord/Tenant issues, Adoption, Divorce, Contracts, Debt Collection, Taxes, Claims and many other topics!

b. Our paralegals and legal assistants help with Notarizations, Bills of Sale, Powers of Attorney, and Sworn Statements.

3. **Help us eliminate the Barracks Lawyer!** Do you get your legal advice from random people on Facebook? Do you know that Soldier who claims to know everything about the law? Or would you rather ask a licensed JAG attorney?

a. Go to <https://www.facebook.com/RuckerLAO> and like our page.

b. Additionally, the page is frequently updated with useful legal information and resources.

4. Claims Office

a. Did you recently PCS? Were some of your household goods damaged? Did you know the Army has consolidated all personnel claims processing at Fort Knox?

b. Contact the Army's new Center for Personnel Claims Support (CPCS) at (502) 626-3000 to seek reimbursement for your damaged items.

c. Remember, transferring your claim on the DPS website does not allow CPCS to view it. You must also call CPCS!

5. Special Victim Counsel (SVC)

a. Are you a victim of sexual assault? If so, contact our SVC at 703-347-4297.

i. Purpose of SVC Program is to provide zealous advocacy for the victims of sexual assaults throughout the Military Justice process.

ii. As a victim, you are **entitled to certain services and protections**. An SVC is YOUR attorney that can guide you through the entire process, from reporting to court-martial and beyond!

b. Services Provided:

i. Legal consultation regarding potential collateral misconduct;

ii. Legal consultation regarding the Victim Witness Assistance Program;

iii. Legal consultation regarding SARC and VA;



- v. Legal consultation regarding the military justice system;
- vi. Accompanying the victim to military prosecution proceedings;
- vii. Assistance in obtaining emotional and mental health services; and
- viii. Legal consultation and assistance regarding traditional legal assistance and MPO/CPOs.

FOR ADDITIONAL INFORMATION:
Click the hyperlinks

Webpage: <http://www.rucker.army.mil/sja/clientservices/>
 Email: <https://www.facebook.com/RuckerLAO>

10. LYSTER ARMY HEALTH CLINIC:

334-255-7359

Lyster Patient Appointment System

800-261-7193

Tricare Online: www.tricareonline.com

Military Health System (MHS) Nurse Advice Line: 1-800-TRICARE (874-2273)

Lyster Website: <https://lyster.tricare.mil/>

Lyster Facebook page: <https://www.facebook.com/LysterArmyHealthClinic/>

Upcoming Closures/Adjusted Hours:

18 Jan: Martin Luther King Jr Day Holiday, Closed 0600-1615

20 Jan: 3rd Wednesday Training Day, Closed 1200-1615

Coronavirus: This is peak season for Upper Respiratory Infections (URI). The main way URIs appears is by close person-to-person contact thought to be transmitted by respiratory droplets produced when an infected person coughs or sneezes. The virus can also be spreads when a person touches a surface or object contaminated with infectious droplets then touches the mouth, nose, or eye(s).

COVID Clinic: In response to the COVID-19 pandemic, Lyster Army Health Clinic has opened a specialized respiratory clinic to care for patients. The COVID Clinic located inside Lyster is isolated to avoid spreading the disease. A separate entrance ensures that patients remain distant from non-COVID-19 patients. The clinic is not a walk-in clinic and requires an appointment to be seen. People who are experiencing COVID-like symptoms should call the Lyster appointment line to schedule an appointment, 1-800-261-7193, or visit the Nurse Advice Line. The MHS Nurse Advice Line is available 24/7 by phone, web chat, and video chat. Visit MHSNurseAdviceLine.com for web chat and video chat, or dial 1-800-TRICARE (874-2273), option 1.

Steps to protect yourself and the people around you:

- Stay home when you are sick
- Avoiding close contact with people who are sick
- Cover your coughs and sneezes with a tissue
- Wash your hands often with soap and water or use alcohol based hand rub
- Follow any instructions provided by the CDC health authorities

Lyster has OTC medications available. When the patient stays home to prevent spreading his/her illness, a family member can bring a front and back copy of your family member ID card at the concierge desk and we can provide a list of OTC medications. There is a limit of 4 items per month per patient.

Know Before You Go:

To ensure our Service Members do not experience out of pocket expenses when utilizing off post medical care – Know Before You Go.

If you get care without seeing your PCM first, you may be responsible to pay for the care out-of-pocket.



- Routine COVID-19 test as a preventive service for any TRICARE beneficiary is NOT a covered benefit.
- **COVID-19 Testing off post requires a referral and authorization for Service Members.**

Referrals and Authorization for Active Duty Service Members:

- You need a referral from your primary care manager (PCM) for any care he/she doesn't provide. This includes urgent, routine, preventive, and specialty care services.
- Your PCM works with your regional contractor for the referral and authorization.
Your regional contractor will try to refer you to a military hospital or clinic first. If not available, you're referred to a network provider (in your region).

Emergencies, and after hours care: For life, limb, or eyesight Call 911 or go to the nearest Emergency Room. For Active Duty pre-authorization to Urgent Care Centers, please call the TRICARE Nurse Advice Line (NAL) at 800-874-2273.

Contact the MHS Nurse Advice Line for care advice at any hour or day of the week. We can assist you in finding local care services as necessary. The MHS Nurse Advice Line is available 24/7 by phone, web chat, and video chat. <https://tricare.mil/ContactUs/CallUs/NAL>

COVID Vaccinations: Currently Lyster is administering COVID Vaccines to those identified in the Phase 1 plan: Health Care Providers, Health Care Support, Emergency and Safety Personnel.

We will post updates to our Facebook page as more information becomes available on when vaccines will become available to our beneficiaries. Learn more about the COVID-19 Vaccination phased distribution to TRICARE beneficiaries: <https://go.usa.gov/xA8K2>

Pharmacy “Drop-Off” Program: In effort to reduce customer wait times, and reduce the footprint in Lyster we offer you to utilize our “Drop-Off” program. Simply drop-off your prescriptions, whether prescribed at Lyster, sent electronically, faxed or handwritten from a network provider and we will have it ready at the designated pick-up time.

In our “Drop-Off” program:

- Prescriptions/drop off forms are accepted 0730-1530, Monday through Friday.
- Options to drop off the form include the following:
 - 1. You may visit the clinic and fill out a Drop Off Pharmacy Form.
 - 2. Use <https://app.tolsecuremessaging.com/> to fill out the form and send back.
 - 3. Call the pharmacy at: (334) 255-7178 and (334) 255-7175, regarding questions about your prescriptions/medications.
- Drive thru pick up times are 0730-1615, Monday through Friday, except on 3rd Wednesday Training Days (0730-1200)

JOES Surveys: If you receive a Joint Outpatient Experience Survey, please fill it out and let LAHC know about your recent experience. Your response helps the clinic know what improvements can be made and what the clinic is doing well. The surveys also assists LAHC financially, with money received from positive feedback on the surveys going towards patients’ healthcare and resources.

Pharmacy kiosk: Check-in kiosk to serve Active Duty and **patients seen in the clinic for acute appointments.** This kiosk will help streamline work processes, improve patient satisfaction, and reduce wait times.

Tobacco Cessation Program: The program consists of four weekly sessions each month, and is one hour. Classes are Wednesdays from 11:00 to 12:00 at the Army Wellness Center. Call 334-255-7930 for more details.



Metabolism “BOD POD” testing: Army Wellness Center offers a quick 15 minute metabolic testing. Your metabolism is the amount of calories you use each day. It is unique to you and determines how many calories your body needs to consume each day at rest. Knowing your metabolic rate along with your daily calorie intake from food and beverages along with calories used from activities can help you be more successful at controlling your weight. Call the Army Wellness Center for an appointment, 334-255-3923, located across the street from the Main Post Gym.

Fit For Performance Weight Control Program: The program is a comprehensive, weight management program focusing on behavior, nutrition, and physical activity that help you learn how to make healthy, permanent diet and activity changes to achieve and maintain a healthy weight. The program consist of four weekly sessions offered to active duty Soldiers, retirees, and their family members. Contact Nutrition Care Service 334-255-7986 for more information.

Heart Healthy Prevention and Education Program: A program designed to help improve high cholesterol and high blood pressure. Classes are offered each month for Active Duty Soldiers, Retirees, and their Family Members. Class topics include what is cholesterol, LDL, HDL, triglycerides and high blood pressure. The program also offers more in depth focus on prevention of heart disease, heart attacks, strokes and peripheral vascular disease. Contact Nutrition Care Service 334-255-7986 for more information

Virtual PHA option: to complete part 2 of PHA by phone (once part 1 online is completed) call 844-VMEDCEN (863-3236) for the VIPRR (Virtually Integrated Patient Readiness and Remote Care) Clinic to arrange a time to complete with a provider at Ft. Sam Houston, TX. Hours of operation are Mon-Fri, 0500-2000.

Four Virtual Health Services Available: Nephrology, Rheumatology, Infectious Disease, and Endocrinology (some restrictions apply). Podiatry, Allergy, Pulmonary, Sleep Medicine, and Dermatology resuming soon. Ask your PCM for a consult to be evaluated by specialists throughout various MTFs.

Adobe Connect: Download Adobe Connect to your smart device for “Face 2 Face” appointments with your PCM in lieu of phone appointments or person to person.

TOL: Utilize Tricare Online and Secure Messaging to view your health record including labs and radiology studies, renew prescriptions, make an appointment, and securely email your provider. You can even attach forms or images for your provider. www.TOLSecureMessaging.com

Humana Military - Referrals: As of June 15, 2020, Humana Military has moved referrals and authorizations to digital delivery. With this new switch, you can now access your referrals and authorizations via self-service or on our mobile app. <https://www.humanamilitary.com/MyReferrals>

FOR ADDITIONAL INFORMATION:

Click the hyperlinks

Webpage: <https://lvster.tricare.mil>

Facebook: <https://www.facebook.com/LysterArmyHealthClinic>

Twitter: @LysterAHC



CURRENT WORSHIP SERVICES:

All worship services are "in person," live streamed on the Fort Rucker Chapels Facebook page:

- Saturday, 1700, Catholic Mass, Main Post Chapel, Bldg. 8940, Red Cloud Road
- Sunday, 0830, Traditional Protestant, Wings Chapel, Bldg. 6036, Andrews Avenue
- Sunday, 0900, Catholic Mass, Main Post Chapel, Bldg 8940, Red Cloud Road
- Sunday, 1045, Contemporary Protestant, Wings Chapel, Bldg 6036, Andrews Avenue

DUE TO COVID-19, THE FOLLOWING PROGRAMS ARE CANCELLED UNTIL FURTHER NOTICE. We anticipate being able to gradually restart some of these programs this fall:

CATHOLIC WOMEN OF THE CHAPEL (CWOC), Wednesdays, 0900, at the Spiritual Life Center (Bldg 8939). Childcare is provided.

COFFEE HOUSE MINISTRIES, Sunday mornings, 0915-1045, Wings Chapel (Bldg 6036).

PROTESTANT KIDS OF THE CHAPEL (PKOC), Tuesdays, 1800, at Wings Chapel (Bldg 6036). The program includes bible lessons, games, crafts, music, and drama for children ages 3-12.

PROTESTANT MEN OF THE CHAPEL (PMOC) meets the first Saturday of each month, 0800-0900, at Larry's BBQ in Daleville. Men are encouraged to attend for a time of fellowship and a short devotion.

PROTESTANT WOMEN OF THE CHAPEL (PWOC), Tuesdays, 0900 & 1800, at Wings Chapel (Bldg 6036). Childcare is provided at both meetings.

PROTESTANT YOUTH OF THE CHAPEL (PYOC), Tuesdays, 1800, at Wings Chapel (Bldg 6036). Ministry for middle school, junior high, and high school students

TUESDAY NIGHT TOGETHER (Meal/Bible Studies) consists of Adults, Navigators, PKOC, PYOC, and PWOC Bible Studies. These groups meet every Tuesday, 1800-2000, at Wings Chapel (Bldg 6036). Dinner is served at 1800 and studies begin at 1830. Childcare is provided.

For more information, regarding other FAITH GROUP SERVICES, contact the Religious Support Office, 334-255-2989.

Visit the Fort Rucker Chaplain Webpage at: <https://home.army.mil/rucker/index.php/chaplain> and Facebook at www.facebook.com/fort.rucker.chapels.

FOR ADDITIONAL INFORMATION:

Click the hyperlinks

Webpage: <http://www.rucker.army.mil/chaplain>

Facebook: <https://www.facebook.com/fort.rucker.chapels>

12. THRIFT SHOP:**334-255-9595****FOR ADDITIONAL INFORMATION:**

Click the hyperlinks

Webpage: www.fortruckerthriftshop.org

Facebook: <https://www.facebook.com/thefortruckerthriftshop>



Museum

- The U.S. Army Aviation Museum will be CLOSED from Friday, January 1st through Monday, January 18th. We will re-open on Tuesday, January 19th at 9:00 a.m. and resume normal hours of operation.
- Museum Hours of Operation:
 - Monday – Friday 9:00 a.m. – 4:00 p.m.
 - Saturday 9:00 a.m. – 3:00 p.m.

Foundation

- Thank You for Making a Difference in 2020!
- Did you know that your contributions make a big difference at the U.S. Army Aviation Museum?! Learn more about how you can contribute in 2021 on our website: www.armyaviationmuseum.org (click ‘Get Involved’)

Gift Shop

- The Museum Gift Shop will be CLOSED from Friday, January 1st through Monday, January 18th. We will re-open Tuesday, January 19th at 9:00 a.m. and resume normal business hours.
- Gift Shop business hours:
 - Monday – Friday 9:00 a.m. – 4:00 p.m.
 - Saturday 9:00 a.m. – 2:45 p.m.
- Shop with us Online during the break:
 - www.armyaviationmuseum.org (Click ‘Shop’)

FOR ADDITIONAL INFORMATION:*Click the hyperlinks*Webpage: www.fortruckerthriftshop.orgFacebook: <https://www.facebook.com/thefortruckerthriftshop>