

# Welcome to the October CARE Meeting

## Topic: *Community Resources*

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# Domestic Violence Awareness Month

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**Ms. Beatriz Seales-Tealdi**

**Family Advocacy Program Manager (acting)**

**beatriz.e.seales-tealdi.civ@mail.mil**

**706-545-7594**

**To report domestic violence or child abuse  
call: 762-408-4076**



**TAKE A  
STAND  
AGAINST  
DOMESTIC  
VIOLENCE**







# Family Advocacy Program Domestic Violence Awareness Month



## The Fort Benning Family Advocacy Program

### OCTOBER is **Domestic Violence** AWARENESS MONTH Events

October 1 - 31, Walk a Mile – Annual Awareness Walk for Domestic Violence. For more information/register/attend this event click [here](#)

October 6, 1 – 2:30 p.m., Connecting the Dots – Animal Abuse by Dr. Phil Arkov For more information/register/attend this event click [here](#). (Military ID Card holders only) Pick up your Pet Awareness Safety Bags while supplies last, October 6, 3 – 4:00 p.m. This will be a no contact distribution from the front porch of the Family Advocacy Program Building, 7131 Richardson Circle, Building 36, Lewis Hall.

October 7, 1 – 2 p.m., Military Protective Order (MPO), What You Need to Know! For more information/register/attend this event click [here](#)

October 8, 1 – 2:30 p.m., Civilian Protective Order, What You Need to Know! For more information/register/attend this event click [here](#)

October 14, 1 – 2 p.m., Domestic Violence – Finding Resilience and Hope Through Victims telling their Stories. For more information/register/attend this event click [here](#)

October 15, 1 – 2 p.m., Intimate Partner Violence and Suicide Prevention (1 CEU). For more information/register/attend this event click [here](#)

October 22, 12 – 1 p.m., Domestic Violence - From The Eyes of a Child. For more information/register/attend this event click [here](#)

October 27, 1 – 2 p.m., Domestic Violence – Hope Harbor provides emergency shelter and crisis intervention. For more information/register/attend this event click [here](#)

October 28, 1 – 2 p.m., Domestic Violence Intervention – presented by Fay Fountain. For more information/register/attend this event click [here](#)

October 28, 1 – 2:30 p.m., Intimate Partner Violence and Alcohol and Substance Abuse Prevention (1.5 CEU). For more information/register/attend this event click [here](#)




For more information please go to: <https://benning.armymwr.com/programs/army-community-services6>







# Family Advocacy Program Domestic Violence Awareness Month



PLEASE JOIN US FOR THIS PRESENTATION  
PART OF THE FAMILY ADVOCACY PROGRAM  
PARENTING EDUCATION SERIES:

## INTIMATE PARTNER VIOLENCE AND SUICIDE




Presented by Melissa Evans, LICSW



**PRESENTED VIA ZOOM**  
MEETING ID 992 1049 2578  
CLICK [HERE](#) TO REGISTER  
OCTOBER 15, 2020 NOON CST / 1:00 EST

**CLINICIANS- FREE CONTACT HOURS WILL BE PROVIDED**



CONTACT HOURS PROVIDED: 1.0  
NATIONAL BOARD OF CERTIFIED COUNSELORS NBCC #5414  
ALABAMA BOARD OF NURSING ABNP #1107  
NATIONAL ASSOCIATION OF ALCOHOL AND DRUG ABUSE COUNSELORS  
NAADAC #4201  
SOCIAL WORK BOARD OF ALABAMA APPROVED #0030  
QUESTIONS? EMAIL CFERGUSON@BRADFORDHEALTH.NET



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PLEASE JOIN US FOR THIS PRESENTATION  
PART OF THE FAMILY ADVOCACY PROGRAM  
PARENTING EDUCATION SERIES:

## SOCIAL MEDIA AND THE DRUG CULTURE: KEEPING KIDS SAFE ONLINE



Presented by Rachel Lawley, M.Ed., ALC, NCC



**PRESENTED VIA ZOOM**  
MEETING ID 933 5685 2296  
CLICK [HERE](#) TO REGISTER  
NOVEMBER 12, 2020 1:00 EST

**CLINICIANS- FREE CONTACT HOURS WILL BE PROVIDED**

CONTACT HOURS PROVIDED: 1.0  
NATIONAL BOARD OF CERTIFIED COUNSELORS NBCC #5414  
ALABAMA BOARD OF NURSING ABNP #1107  
NATIONAL ASSOCIATION OF ALCOHOL AND DRUG ABUSE COUNSELORS  
NAADAC #4201  
SOCIAL WORK BOARD OF ALABAMA APPROVED #0030  
QUESTIONS? EMAIL CFERGUSON@BRADFORDHEALTH.NET



For more information please go to: <https://benning.armymwr.com/programs/army-community-services6>





# BBB Tips on Cyber Security

**Better Business Bureau Contacts**

**Website: [BBB.org](http://BBB.org)**

**Phone: 706-507-9914**

**Michele Mason,**

**Senior Vice President**

**[mmason@centralgeorgia.bbb.org](mailto:mmason@centralgeorgia.bbb.org)**

Photo: By Jakub Krechowicz/Shutterstock.com

[Better Business Bureau](#) and the [National Cyber Security Alliance](#) offer tips to help secure the privacy of your critical information:

- **Share with care.** What you post can last a lifetime, so think about who will see your posts and photos, how they will be perceived, and what information they reveal about you.
- **Own your online presence.** Set the privacy and security settings on web services, social media and devices to your comfort level for information sharing. It's OK to limit how and with whom you share information.
- **Value your personal information.** Think of your personal information like money: value and protect it. Be careful what sites you visit and be sure you are on a legitimate site before entering personal information.

- **Watch out for unexpected communications:** Be especially wary of communications that implore you to act immediately, offer something that sounds too good to be true, or ask for personal information.
- **Make your passwords long and strong.** Use long passwords with a combination of upper and lower case letters, numbers, and symbols – eight characters for most accounts, twelve characters for email and financial accounts.
- **Don't use the same password for multiple accounts.** This is especially important for email and financial accounts. Keep a paper list of your passwords in a safe place, not on or near your computer. Consider using a password vault application.

- **Lock down your login.** For your online accounts, use the strongest authentication tools available. Your user names and passwords are not enough; consider two-factor authentication for key accounts like email, banking, and social media, especially for access on mobile devices.
- **Don't click on unfamiliar links.** Whether at home or at work, don't click on links from unfamiliar sources or unexpected correspondence. One false click can infect a whole computer... or a whole business. Also be careful about the websites you visit.
- **Look for the "S".** When you're browsing the web or shopping online, check to see if the site you're looking at is a legitimate with [these tips](#). Then, look in the upper left-hand corner of your web browser for **https://**, This indicates a website is protected by an extra layer of encryption known as **Hypertext Transfer Protocol Secured**. If you are entering personal or financial information into a website, make sure **https** is present. On cell phones, you should see a closed lock just before the url.
- **Pay attention to your Internet of Things devices.** Smart thermostats, voice control systems, cars, even refrigerators are just the beginning of the growing list of devices that watch our homes and track our location. Read the privacy policy and understand what data is being collected and how it will be used.
- **Be sure to cover your laptop camera when it's not in use.** Hackers have been known to access cameras and record individuals without their awareness.



- **Lock Your Computer and Log Out of Social Media.** In your office, do you ever step away from your computer to get up to take an extra-long lunch break? At home after a long day, do you ever log in to check your email and social media, get up to watch Netflix, and fall asleep on the couch? Take some extra precautions and lock your computer when you're away from your desk at the office and make sure to log out of your accounts when you're done browsing on your desktop computer at home. These may seem like small steps, but these actions are easy preventative measures you can take to prevent a bad actor from stealing your data or compromising your identity.
- **Delete Old Apps.** Is there a dating app you downloaded last year that you don't use anymore, or an app that provided you with some new recipes that you stopped using? Even though you don't use them anymore, these apps might be collecting data about how you use your device in the background. Declutter your life and delete old apps to help maintain your privacy.
- **Be Wary of Public Wi-Fi.** Generally speaking, public Wi-Fi is riskier than your Wi-Fi at home or in your office. When you connect to public Wi-Fi, make sure the network is password protected and the websites you visit are encrypted with **https**. Otherwise, wait till you're home. Click [here](#) to learn more about staying safe when you use public Wi-Fi networks.

# Parents Monitor Your Child's Online Activity

- **Creating accounts on websites without permission:** Social media sites are ripe with strangers with intentions that may be quite different than yours. Many sites are designed to collect and sell unauthorized user details and behaviors to advertisers looking to engage in targeted marketing. When creating an account, some kids may falsely create a birthdate to meet the minimum age requirement. Know what your child is doing online and keep track of the social media sites and accounts to which they have access.
- **Contests and giveaways:** Contests and giveaways often collect a hefty amount of personal information on their entry forms. Many are thinly disguised ways of collecting personal or financial information that could lead to identity theft. Make sure your child doesn't have access to banking or credit card information and supervise the filling out of any forms.
- **Phishing:** Adults are not the only ones who receive spam and junk mail. Kids often get junk mail, and since they don't have much online experience, are more likely to be susceptible to click on links and answer questions they probably shouldn't. While some emails may be legitimate, the last thing parents want, or need, is a \$500 bill from a fraudulent website where a purchase may have been made- or worse, giving up personal information that can be tracked back to your home.
- **Understand apps.** Certain apps might collect and share personal information about your child or target your child with ads. Even free apps may include paid features, and children may not understand that some apps or game features cost money, since they were labeled as free to download. They may click on these so-called free games and end up costing parents or guardians a hefty bill at the end of the month.
- **File sharing sites:** Many websites allow children to download free media. What they may not know is these sites often come with the risk of downloading a virus, allowing identity thieves to access the gaming device, personal computer or even cell phone that's being used. From there, the cyberthief can track financial transactions, physical location or even tap into the household wifi without anyone knowing it.





# Drive-Thru SHRED DAY



**HELP PROTECT  
YOUR IDENTITY  
FROM FRAUD!**

**SATURDAY**

**October 17th  
8:30am-11:30am**

928 Manchester Expy  
Columbus, GA 31904  
(Columbus Technical College)

## Shred Truck Instructions:

- \*Drive-Thru Only
- \*MAX: 4 BOXES/BAGS PER PERSON
- \*All Items Must Be Placed In Trunk
- \*No Viewing of Shredding

**NOT ACCEPTING  
METALS, BINDERS,  
PLASTICS, & CARDBOARD**



**FOR MORE INFO:  
CALL (706) 324-0712**



# National Infantry Museum

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Ms. Alexis Belham

Director of Youth Programs

[Campdirector@nationalinfantryfoundation.org](mailto:Campdirector@nationalinfantryfoundation.org)

706-685-2614





# MUSCOGEE COUNTY SCHOOL DISTRICT

## MAGNET SCHOOLS

Darlene Register

Military Student Coordinator

[Register.Darlene@muscogee.k12.ga.us](mailto:Register.Darlene@muscogee.k12.ga.us)

(706)748-2254



# HISTORIC WESTVILLE

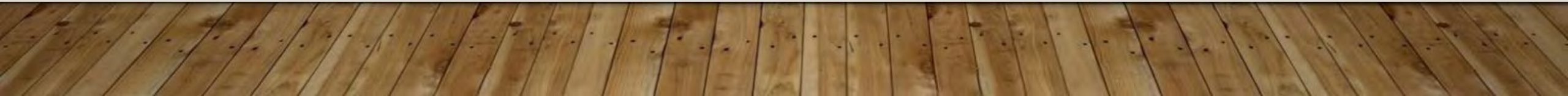
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WHERE HISTORY COMES ALIVE

Stephanie Gore  
Education Director  
706-507-5819

3557 South Lumpkin Road, Columbus, GA 31903

[westville.org](http://westville.org)





# Visit and Volunteer

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Curation

Events

Interpreter

Tour Guides

























USO Fort Benning will offer service members and their families a place to connect, refresh, unite and strengthen bonds through family-oriented programming tailored to enhance resilience, emotional and mental wellness, and morale.



Recognizing that engaging programming can connect, unite and strengthen families, we offer programs like the Bob Hope Legacy Reading Program, which helps military kids and families stay connected through reading.

Weekly healthy lifestyle programs like our Easy Weeknight Meals teaches families how to prepare quick and healthy meals designed by dietitians and nutritionists. Through utilization of our commercial-grade kitchen, we are able to demonstrate cooking skills, as well as helpful tips and tricks.

Our monthly Coffee Connections gatherings allows spouses to relax in a comfortable setting, share local and community events, network with other spouses, and have friendly conversations over a cup of coffee and pastries.

### *What else does the USO Fort Benning Center offer?*

Volunteer Opportunities, Programming, events and services that augment or enhance existing opportunities offered on the installation.

Free internet access for education opportunities, a comfortable place to read a book, or just a quiet place to relax.

A location to host special events and programs like Deployment Briefs, FRG, COR and COC Receptions, ETC

**Regina Wages \* USO Director \* 843-224-2241 Cell**



# Transitions

**Nicole Applegate**  
**Transition Specialist**  
**912-498-7159- Cell**



Offers **personalized services** to connect service members and military families to opportunities and resources in their future communities, wherever they may be.

Transition Specialists work individually with service members and military spouses throughout the transition lifecycle.

\*Active Duty – 12 Months prior to separation – 12 months after separation.

Transition Specialists are USO employees that work with service members and military family members to develop **tailored** Action Plans around 8 focus areas.



Employment Readiness



Volunteerism



Veterans Benefits



Housing



Financial Readiness



Education



Family Strength & Wellness



Legal

Through free one-on-one support, a USO Transition Specialist will work to develop a personalized Action Plan that will provide all applicable resources that will make a person's transition successful. All of the provided resources are free of charge and from reputable organizations. These services are provided to:

1. Transitioning or Recently Transitioned Active Duty Service Members (12 months prior to separation – 12 months after separation)
2. Military Spouses (at any time during their Service Member's career)
3. National Guard and Reserve Components (at any time during their career)





**Next CARE Meeting:**  
**Tuesday, 3 November 2020**





MACH Pediatrics

## Pediatric Respiratory Urgent Care Clinic

For your children aged 3 months to 18 y/o you will continue to schedule appointments for all health concerns through the MACH appointment line to be seen at MACH Pediatrics Clinic **UNLESS** your child has any of the following:

Fever  
Cough  
Congestion/Runny Nose  
Sore Throat  
or a Positive COVID Exposure

*If your child has any of these symptoms, please walk-in to the Pediatric Respiratory Urgent Care Clinic!!*

*\*We have rapid (on-site results) for Flu and Strep tests and COVID testing with a few day turnaround.*

**Hours: Monday-Friday 0900-2000 (closed on federal holidays and afternoons on training holidays)**

**Address: 8815 11th Airborne Division Road, Fort Benning, GA 31905 (Building 3216 on the GuideOn App)**







# Welcome to Martin Army Community Hospital

## New Hospital Main Entrance Hours

Effective: October 05, 2020

### Main Entrance Hours

Open: Monday-Friday, 0600-1800

Closed: Weekends and Federal Holidays

For hospital entry after hours, weekends and Federal Holidays, please use Emergency Room Entrance.

### Visitor Policy

- a. One visitor is allowed per inpatient. The one visitor will be the same person throughout the inpatient's hospitalization.
- b. One person may accompany the patient to his/her outpatient appointment.
- c. Any visitor from a home that has someone who is COVID-19 positive or suspected of having COVID-19 is restricted from BMACH unless seeking medical care.
- d. Visitors to any patient known or suspected to have COVID-19 will be further limited and allowed only on a case-by-case basis with approval of the patient's medical team (attending physician in conjunction with charge nurse).

### Visitor Guidelines:

- 1. All visitors must pass a health screening (temperature check and health questionnaire) before entering BMACH. Any visitor who does not pass the health screen will be required to leave the facility.
- 2. All visitors must wash their hands prior to entering BMACH, upon leaving a patient's room, and upon exiting BMACH.
- 3. All visitors must wear a facemask at all times within BMACH.
- 4. All visitors should socially distance themselves from others by maintaining a minimum of a six-foot distance from others.
- 5. All visitors should limit their movement within BMACH to their necessary medical destination to decrease interaction with others.
- 6. All visitors should follow respiratory hygiene and cough etiquette precautions.
- 7. Visitors are not allowed in a patient's room during aerosol producing procedures.
- 8. BMACH's mask policy remains the same: all patients, visitors, employees, and contractors MUST wear a mask within BMACH.**

# Martin Army Community Hospital

## CARE Meeting – October 2020 Talking Points:

### Current Hospital Posture:

1. In order to reduce your risk of exposure to COVID-19, we advise that you not report directly to your Clinic unless directed to do so by your PCM or another member of your Care Team.
2. Use your TRICARE benefit and call the Nurse Advice Line (NAL) at 1-800-TRICARE (Option 1) to learn about healthcare options you should seek and book appointments for you 24/7!
3. We continue to maximize virtual health when possible in our appointments throughout the hospital.
4. We recommend all individuals practice hand hygiene and social distancing to reduce the spread of COVID.
5. We've adjusted our Hospital Visitation Policy slightly:
  - a. One visitor is allowed per inpatient. The one visitor will be the same person throughout the inpatient's hospitalization.
  - b. One visitor may accompany the patient to his/her outpatient appointment.
  - c. Any visitor from a home that has someone who is COVID-19 positive or suspected of having COVID-19 is restricted from BMACH unless seeking medical care.
  - d. Visitors to any patient known or suspected to have COVID-19 will be further limited and allowed only on a case-by-case basis with approval of the patient's medical team (attending physician in conjunction with charge nurse).

6. Lastly, we are reducing our screening policy at the hospital beginning on xxxx and similarly, we will be returning to normal pharmacy operations without drive-through services, beginning on xxxxx.

### Pediatric Respiratory Urgent Care Center:

We opened a Pediatric Urgent Care Center yesterday for the combined COVID/Flu season only for Respiratory illness symptoms such as Fever, Cough, Congestion or Runny Nose, Sore Throat, or a Positive COVID Exposure. This clinic is for ages 3 months to 18 years of age and is located on Sand Hill at Building 3216. We have included the flyer in the notes. This clinic will be available until the springtime. For all other pediatric care, we ask that you continue to make an appointment through the pediatric clinic.

### COVID Testing:

Testing is authorized based on the clinical judgement of a provider, exposure, travel history and symptoms. You must have an in-person or virtual telephone/video visit with a provider who will arrange testing in a military facility (if MTF-enrolled) or in the private sector (if enrolled to the network provider with TRICARE Prime or if you're using TRICARE Select or TRICARE For Life). If network, the cost of the test is covered in the cost of the visit itself.

**Flu Vaccines:** We have two dates for walk-in flu vaccines for ages 3 and up, one is today, from 1300-1700 in the patient parking garage and again on Tuesday 20 October from 1300-1700, the flyer is included in the notes.

**TRICARE Open Season:** Tricare open enrollment season is currently scheduled to run from 9 November 2020 – 11 December 2020. Effective 1 January 2019 enrollment and/or changes to Tricare plans can only be done during open season or in connection with a qualifying life event.

### CARE Notes:

### Community Resources:

ACE Urgent Care: 7901 Veterans parkway 706-221-6800 does rapid test costs more (\$60 vs \$101)

Piedmont Urgent Care on Blackman Road 706-321-3750

West Central Columbus Health Center: 706-321-6300

Antibody tests done at Ace Urgent Care cost \$75

ALABAMA: Call the Alabama COVID-19 24/7 Hotline at 1-888-264-2256 for testing sites and hours of operation near you.

Stopwatch Urgent Care Phone Number 334-384-9411  
5415 Summerville Rd, Suite B,  
Phenix City  
Alabama, 36867-7365

**Urgent Care Clinic Information:** All BMACH beneficiaries who are NOT Active Duty but are TRICARE PRIME no longer have a limit on the Urgent Care visits they can utilize and there is no longer a need for a referral to cover the costs. A list of approved network Urgent Care Clinics in the area is located on the Tricare website.





www.villagesofbenning.com

# The Villages of Benning

**Virtual Costume Contest**  
Witches, Ghouls, and Goblins Oh my!

JOIN THE FUN! SUBMIT A PICTURE TO CSHIVELY@TMO.COM  
FOR ONE OF THE FOLLOWING CATEGORIES:

1) Family/Group, 2) Individual, 3) Pets

**3 WINNERS PER VILLAGE, 1 IN EACH CATEGORY**

\*PLEASE SUBMIT YOUR EMAIL WITH YOUR VILLAGE NAME AND THE CATEGORY  
YOU ARE ENTERING BY FRIDAY OCTOBER 30TH.



**No TRICKS... Just TREATS**

REFER A FRIEND AND RECEIVE

**\$300**

FRIENDS MAKE THE BEST NEIGHBORS!



**TRICK OR TREAT  
DRIVE-THRU EVENT  
FRIDAY, OCTOBER 23RD**

Head over to your Village Management office  
between 3:30 and 5:30 for some SWEET TREATS!

\*\*\* WHILE SUPPLIES LAST



For more information please go to: <https://www.villagesofbenning.com/>





# Commissary

## Halloween Costume Contest Rules Trick or Treat! Win a Turkey to Eat!

**Halloween Costume Contest.** "Trick or Treat! Win a Turkey to Eat!"

Submit a photo of yourself, your family, or your pet in their Halloween costume. Submit it on one of the DeCA social media channels (Facebook, Instagram, or Twitter). One lucky patron per commissary could win a 14 to 16 pound turkey!

### Rules and Eligibility

1. Eligibility is limited to authorized commissary patrons, their dependents, and pets.
2. One (1) entry per authorized patron/dependent/pet.
3. Employees of the Defense Commissary Agency (DeCA) including members of their immediate family – i.e., spouse, mother, father, in-laws, grandmother, grandfather, brother, sister, children and grandchildren – or those living in the same household are not eligible to participate in the contest.
4. Social media entry only through one of the following:
  - a. Facebook
  - b. Instagram
  - c. Twitter
5. Participants must identify their commissary with the submission of their picture. Submissions without a commissary are automatically disqualified.
6. One winner per commissary.
7. Prize – One (1) 14 to 16 pound turkey.
8. Winners will be announced on or before Nov. 15.

No purchase necessary to enter or win. By entering, you are granting the Defense Commissary Agency and its partners full rights to use all materials and information. All entries become the property of the Defense Commissary Agency and will not be acknowledged or returned.

Potential winner is subject to verification by the Defense Commissary Agency, whose decisions are final and binding in all matters related to this contest. An entrant is not a winner of any prize unless and until entrant's eligibility has been verified and entrant has been notified that verification is complete.

All inquiries regarding this contest should be sent to [marketing@usca.mil](mailto:marketing@usca.mil)

**Trick or Treat. Win a Turkey to Eat!**

# HALLOWEEN

## Costume Contest

**OCTOBER 1-31, 2020**

1. Commissary patrons, submit a photo of yourself, your family, or your pet in their Halloween costume on our Twitter, Instagram, or Facebook. Don't forget to tell us the commissary you shop! Entries without a commissary are automatically disqualified.

2. One submission/entry per person. Entries must be submitted by October 31.

3. Winners will be announced no later than November 15.

**One winner per store, CONUS/OCONUS, will receive a 14 to 16 lb turkey!**

PLEASE USE THE #HASHTAGS LISTED BELOW WHEN SUBMITTING YOUR PHOTOS. GOOD LUCK!

**#DeCAHalloween2020**  
**#CostumeContest**



PHONE	Store Director	Dept.	Ext.	Dept.	Ext.	STORE	Hours
	Patricia (Patti) King	Customer Service	5325	Produce	3338		Sun. 0900-1900
	<a href="mailto:patricia.king@usca.mil">patricia.king@usca.mil</a>	Asst. Store Dir.	5307	Meat	3341		Mon. 0900-1900
	706-544-3965x 3351	Grocery	3320	Secretary	3305		Tue. 0900-1900
							Wed. 0900-1900
							Thurs. 0900-1900
							Fri. 0900-1900
							Sat. 0900-1900
							Early Bird Shopping
							Supper at 11:00

### Store Director's Scoop

Due to the COVID-19 pandemic, our new store hours will be Sunday 1000-1900, Monday thru Saturday 0900-1900 with the hours of 0900-1000 reserved for patrons who are 65 years or older and those listed by the CDC as high risk. Guests may enter the commissary only when accompanied by an authorized patron. To protect the commissary benefit, I.D. cards will be verified upon checkout.

**UPCOMING HOLIDAY HOURS**  
**COLUMBUS DAY**  
**MONDAY, OCTOBER 12<sup>TH</sup> 0900-1700**

**VETERANS DAY**  
**WEDNESDAY, NOVEMBER 11<sup>TH</sup> 0900-1700**



### Halloween Candy?

Yes! For those folks that just can't wait for the candy corn and the candy spiders and eyeballs, well, you're in luck. Stop by and stock up early. Take all that candy home, eat it, then come back and get some more!

### YOUR COMMISSARY ... It's Worth the Trip!

**Cook more at home**  
Commissaries help customers save money on family meals

Until 2020, the frequency of family meals prepared at home was on the decline. With the emergence of the COVID-19 pandemic, preparing and sharing meals at home snapped back into focus, becoming the norm.

During September's Family Meals Month, the Defense Commissary Agency hopes military families focus on the benefits of cooking and eating meals together and will, hopefully, keep home-cooking a tradition long after the threat of the pandemic recedes.

"Engaging the family to prepare a home-cooked meal and share it around the dinner table can have overwhelmingly positive benefits," said Deborah Harris, DeCA's dietitian and health and wellness program manager, MPH, RD, CDCES (Masters of Public Health, registered dietitian and certified diabetes care and education specialist). "One of the best potential benefits is improving the nutrition quality of the family diet."

Find out what they are and more by visiting our website at [www.commissaries.com](http://www.commissaries.com)

**From the top**  
New commissary agency director aims to increase patronage

Growing the commissary's customer base, especially among a younger generation of eligible service members and their families, is a top priority for the Defense Commissary Agency's new director and CEO.

That's the message William F. Moore passed on to DeCA's senior staff Aug. 31 at agency headquarters.

This was Moore's first DeCA event since taking the reins from Rear Adm. (retired) Robert J. Bianchi, who led DeCA from October 2017 to August 2020, first as interim director, and later as DOD special assistant for commissary operations. Find out more by visiting our website at [www.commissaries.com](http://www.commissaries.com).

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# Public Affairs



YOUR HUB FOR INFORMATION

## FORT BENNING PUBLIC AFFAIRS OFFICE

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<https://www.benningnews.org>

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- FortBenningMCoE
- BenningTV
- FortBenningGarrison
- FortBenning
- BenningTV

### PHOTOGRAPHY

<http://www.fortbenning.smugmug.com>

### MEDIA ADVISORIES & PRESS RELEASES

<https://www.benning.army.mil/MCoE/PAO/>





# RELIGIOUS SUPPORT OFFICE

Sr. Command Chaplain – **CH (COL) Dawud Agbere**

Office # - (706) 545-2289

dawud.a.agbere.mil@mail.mil

Garrison Chaplain – **CH (LTC) Michael Patterson**

Office # - (706) 545-3964

michael.w.patterson.mil@mail.mil

## CHAPEL RE-OPENINGS

Main Post Chapel

0900 Catholic

1100 Crossroads Protestant

Sightseeing Road Chapel

1030 Gospel

Airborne Chapel

0830 Protestant

Kelley Hill Chapel

1100 Spanish Catholic





# OCT CARE SIGACTS



# OCT - NOV



*Fort Benning, Home of the MCoE*

- **8 Oct** **MCoE CSM COR**
- **9-12 Oct** **Columbus Day TNG/FED Holiday**
- **13-16 Oct** **AUSA Annual Convention**
- **20 Oct** **Monthly Retirement Ceremony**
- **23 Oct** **Rangers In Action Demonstration**
- **29 Oct** **Golf Scramble**
- **31 Oct** **Halloween(T)**
- **1 Nov** **Daylight Savings Time**
- **3 Nov** **Election Day**
- **11-12 Nov** **Veterans Day FED/TNG Holiday**
- **17 Nov** **Monthly Retirement Ceremony**
- **18 Nov** **German/Italian Memorial Day Ceremony**
- **26-27 Nov** **Thanksgiving FED/TNG Holiday**