

THE DUNHAM NEWSLETTER



1st Quarter, FY 2013



DUSAHC



Fall Issue

Commander's Note

By: COL Stephanie Wilcher

This fall Dunham has much more to offer our beneficiaries. We opened the Army Wellness Center and it is available for you. Call (717) 245-4004 and schedule your appointment for a comprehensive fitness test. The Wellness Center is here to help you meet your health care goals (read more about the Wellness Center in the newsletter).

We've introduced diabetic group appointments. This is a one-stop total care appointment. You'll see a provider, clinical pharmacist, optometrist, nurse educator and dietician and we'll draw your labs! The Wellness Center staff will be there to provide information on every aspect of healthy living and sign you up for an assessment. This is a great opportunity to get and keep your diabetes under control.

Physical Therapy is coming to the clinic next month. We will have a small clinic temporarily and plan construction on the new expanded Physical Therapy clinic in 2013. We expect to offer appointments for our beneficiaries by no later than December 1, 2012.

For individuals taking 4 or more medications we offer Clinical Pharmacist appointments. At this appointment you are able to discuss your medication in a one-on-one session. The Clinical Pharmacist is a credentialed provider who is able to adjust medications and write prescriptions. Please take advantage of this service.

We welcome a Behavior Health specialist to the Patient Centered Medical Home teams. This professional will be readily available in the event you require this service. The Behavior Health specialist is also a credentialed provider and therapist. The holidays are rough on some of us so take full advantage of this service; let your provider know if you would like an appointment.

Our telemedicine sections are growing with the availability of specialists for neurology, dermatology and psychiatry. If you require a referral for either of these specialties ask your provider if telemedicine is right for you. It shortens the wait time for an appointment and medication. We plan to add several more specialists to this unique service in the very near future.

Dunham has been working hard to expand our services and make tools available to you for optimal health. Our expansion is rapid and we would really appreciate your input. Join one of our committees by calling MAJ Worsham at (717) 245-3630. If you are unable to sit on a committee please fill out your APLSS form when it arrives in the mail and let us know how well we are meeting your health care needs.

Wishing you Safe and Happy Holidays!

INSIDE this Issue:

Commander's Note	1
Happy Holidays	2
National Breast Cancer Month	2
Health Net Federal Svcs	3
November is American Diabetes Month	4
The Price We Pay for Domestic Violence	5
Bullying and Our Children- What Parents Should Know	6-7
How To Communicate With Us Online	8-10
Social Committee	10
Army Wellness Ctr	11-12
Army Wellness Ctr Core Program	13-14
Smoking Class	15
Self Care Class	15
Clinic Info	16



Happy Holidays

By: *SFC Lawrence J. Romero*
Senior Enlisted Advisor



To Dunham Family and Friends:

There are some mixed feelings about the cold of winter creeping in but we all are still excited about the extra hour of sleep, amazing food and fellowship of family and friends coming up. November marks the beginning of a lot of holiday cheer and gets us all ready to end another year. Time passes by so quickly these days don't forget to slow down and observe the times that make us most happy and thankful.



This time of year surrounded by happiness and joy may be very difficult for some friends and family so be sensitive. Lookout for those that are alone or going through tough times and give them a reminder that there is always someone available especially here at Dunham U.S. Army Health Clinic. The Dunham family finds pride in our service to all our beneficiaries because we think of you all as friends and family within this community. So please go into the end of this year with open eyes and minds, challenge yourself to healthy living and get a jumpstart on the New Year. Happy Holidays!

National Breast Cancer Awareness Month

By: *Tiffany Payne, RD, LDN*
Army Wellness Center



October is National Breast Cancer Awareness Month (NBCAM). For 25 years, NBCAM has been promoting awareness, raising funds for research and increasing knowledge of prevention, treatment and access to services.

The American Cancer Society has created early detection guidelines and stresses the importance of self breast exams, breast exams by doctor and annual mammograms (women over 40 years). Certain lifestyle choices may help decrease chances of developing breast cancer including:

Maintaining a healthy weight. Being overweight or obese increases the risk of breast cancer, particularly in post-menopausal women. Balancing caloric intake with physical activity will help promote weight maintenance.

Exercise. Engaging in daily physical activity, along with helping maintain weight, decreases chances of developing breast cancer. Recommendations for Americans include 150 minutes of moderate activity (brisk walking, recreational biking) per week or 60 minutes of vigorous activity (running, swimming) per week.

Limit alcohol consumption. Intake of alcohol increases risk of breast cancer. Limit consumption to no more than one drink per day (12 ounces of beer, five ounces of wine, 1.5 ounces of liquor).

The Army Wellness Center wants to help you decrease your chances of developing breast cancer by offering practical ways to increase daily activity level, balance calories to maintain a healthy weight and promote healthy lifestyles choices. The Army Wellness Center is located at 315 Lovell Ave. To set up an appointment, call 717-245-4004.

Visit www.cancer.org for more information on NBCAM.

Health Net Federal Services

*Kathleen Frost, Blue Ridge Market Manager
Program & Market Operations*



Stand United *in* the Fight Against Breast Cancer

The camouflage pink ribbon pin symbolizes our united front in the fight against breast cancer for military members and their families.

One in eight women will be diagnosed with breast cancer in their lifetime. Will it be someone you know?

Regular mammograms increase the chances of detecting breast cancer early, when it's most treatable.

All women over 40 should talk to their doctor about a screening today.

TRICARE® covers one screening mammogram annually for all women beginning at age 40 from a network provider, so there is **NO COST** to you. For more information, visit www.hnfs.com/go/camopinkpin.



November is American Diabetes Month

By: **Dee Connelly, RN**
HEDIS Manager



You can reduce your risk for developing type 2 diabetes by taking small steps to change your diet, increase your level of physical activity, and maintain a healthy weight. With these positive steps, you can stay healthy longer and enjoy life more fully.

We all know there are many things we can do to get to and stay at a healthy weight and prevent type 2 diabetes: Choose healthy foods, make healthy meals, and be active 30 minutes a day. But where should you start?

It's easier to make lifestyle changes one step at a time—over months and years. Think of each small step as one piece of your effort to change your habits. Making changes one step at a time gives you the best chance to reach and stay at a healthy weight and prevent type 2 diabetes, as well as other health issues.

The good news is that making just a few small changes can have a big impact on your weight and health. Ask yourself the question, “What are you ready, willing, and able to change?”

To answer this next question, think about your current eating and activity habits. What foods do you buy? How active are you? Try to keep honest food records for a few days to get a true picture of what you eat. Based on your current habits, start with a few changes that are easy to tackle. Pick some changes that you want to do the most, and that will make the biggest impact. Perhaps choose one change in your eating habits and another to increase your activity. Keep your goals realistic and don't try to do too many at one time.

Set 1 to 3 goals at a time. Write them down. Put them in a place where you will see them often. For each goal, think about four things:

1. How long will you try to reach this goal? Keep it short.
2. Is it easy to do in your regular daily life? Keep it realistic.
3. Is it limited in scope? Be specific.
4. How often will I do this?



Practice the new habits faithfully. It may take months before they become your way of life. If you weren't successful, try again. Revise your goals or choose new ones. Make sure they contain the four parts of setting a goal that's within reach. It is important to be sure you want to make changes in this area and that you believe you can accomplish these changes.

The Carlisle Barracks Army Wellness Center can help you set and manage lifestyle changes and goals. Dunham Army Clinic offers Diabetes Management classes and has a Clinical Pharmacist on staff to help answer your questions about diabetes.

The Price We Pay for Domestic Violence

***By: Kyle C Paradise, RN, MS, COHN-S
Letterkenny Army Depot***



October is Domestic Violence Awareness Month. It is unfortunate that people become victims of abuse perpetrated by the people that are closest to them. It is an epidemic affecting individuals in every community, regardless of age, economic status, race, religion, nationality or educational background. Violence is often accompanied by emotionally abusive and controlling behavior, and thus is part of a systematic pattern of dominance and control. Domestic violence results in physical injury, psychological trauma, and sometimes death. The consequences of domestic violence can cross generations and truly last a lifetime. It can also affect every aspect of the person's existence from family to work life and even impact friends and co-workers.

During these economic difficulties, domestic violence has been on the rise. The following are some statistics regarding the economics of domestic abuse:

- Domestic violence is more than three times as likely to occur when couples are experiencing high levels of financial strain as when they are experiencing low levels of financial strain.
- Women whose male partners experienced two or more periods of unemployment over a 5-year study were almost three times as likely to be victims of intimate violence as were women whose partners were in stable jobs.
- Victims frequently report economic needs: In one study, 93% of victims requested help with economic issues and 61% needed three or more of the five kinds of economic help.
- Two-thirds of people know someone who is or has been a victim of economic abuse.
- Seventy-three percent of shelters attributed the rise in abuse to "financial issues." "Stress" and "job loss" (61% and 49%, respectively) were also frequently cited as causing the increase in victims seeking shelter.
- Three out of four domestic violence shelters report an increase in women seeking assistance from abuse since September 2008.
- The region with the largest reported increase in women seeking help as a result of domestic violence was the South (78%) followed by the Midwest (74%), the Northeast (72%), and the West (71%).

These circumstances create an increase in demand for services, just as emergency domestic violence service providers are struggling with fewer resources.

- According to the National Center for Victims of Crime, 92% of victim service providers have seen an increased demand in the last year, but 84% reported that cutbacks in funding were directly affecting their work.
- In a 2008 survey, domestic violence service providers cited "not enough funding" as the number one reason they were unable to serve victims on the survey day.

Certainly there is no easy solution to this growing epidemic. Early intervention and communication when the issues are not so volatile are usually the keys to prevention of domestic abuse.

For more information or to get help, please call:

THE NATIONAL DOMESTIC VIOLENCE HOTLINE at 1-800-799-7233
THE NATIONAL SEXUAL ASSAULT HOTLINE AT 1-800-656-4673
THE NATIONAL TEEN DATING ASSULT HOTLINE AT 1-866-331-9474

Sources- 2010 National Network to End Domestic Violence, www.nnedv.org
 2007 National Coalition against Domestic Violence, www.ncadv.org.

Bullying And Our Children—What All Parents Should Know

***By: Abigail J. Hamilton, LCSW
Behavioral Health Clinic***



October is National Bullying Prevention Month. Once a rarely discussed topic, bullying has become a mainstream issue in our society today. Sadly, the rise in attention for this topic is due to many tragic incidents where bullying played a major role. The development of cell phone cameras, You Tube, Facebook, and many other websites that kids can post videos or pictures on is not helping the cause. In fact, it has significantly increased the capacity of a bully to not only perform the bullying act, but then re-victimize their target over and over by posting it to these sites for all to view. This year alone, multiple teens have been charged with assault due to videos of their attacks being posted online by onlookers or as a bragging gesture. Cyber bullying is a newer issue in which bullies are using the internet to harass and bully their targets.

So, parents may be asking themselves: “How do I know if my child is being bullied?” or “How do I know if my child is a bully?” The following information offers some guidelines for all parents/caretakers.

Signs a Child is Being Bullied: Be aware that not all children who are bullied exhibit warning signs.

- Lost or destroyed clothing, books, electronics, or jewelry
- Unexplainable injuries
- Frequent headaches or stomach aches, feeling sick or faking illness
- Changes in eating habits, like suddenly skipping meals or binge eating. Kids may come home from school hungry because they did not eat lunch.
- Difficulty sleeping or frequent nightmares
- Declining grades, loss of interest in schoolwork, or not wanting to go to school
- Sudden loss of friends or avoidance of social situations
- Feelings of helplessness or decreased self esteem
- Self-destructive behaviors such as running away from home, harming themselves, or talking about suicide

Signs a Child may be Bullying Others

- Getting into physical or verbal fights
- Have friends who bully others
- Increasingly aggressive
- Get sent to the principal’s office or to detention frequently
- Have unexplained extra money or new belongings
- Blame others for their problems
- Don’t accept responsibility for their actions
- Are competitive and worry about their reputation or popularity



Bullying And Our Children—What All Parents Should Know (Con't)

So, what can parents do about this? The most important piece to this puzzle is having open and direct communication with your children about bullying, and being tuned in to your children's emotional needs.

- When they talk, listen. An open line of communication is vital. Ask your child about their day at school, their friends, and their feelings.
- Encourage your child to speak up if they are being bullied. Let them know you will help.
- Talk about how to stand up to kids who bully. Give tips, like using humor and saying “stop” directly and confidently. Talk about what to do if those actions don't work, like walking away.
- Talk about strategies for staying safe, such as staying near adults or groups of other kids.
- Urge them to help kids who are bullied by showing kindness or getting help.
- Encourage kids to do what they love. Special activities, interests, and hobbies can boost confidence, help kids make friends, and protect them from bullying behavior.
- Model how to treat others with kindness and respect. It's never too early for this!



Tips about cyber bullying:

- Know what your kids are doing online. Know the sites your kids visit and their online activities. Ask where they're going, what they're doing, and who they're doing it with.
- Tell your kids you will be monitoring their use of internet and other technology. Irresponsible use can be punished.
- Ask for their passwords, but tell them you'll only use them in case of emergency.
- Ask to “friend” or “follow” your kids on social media sites or ask another trusted adult to do so.
- Encourage your kids to tell you immediately if they, or someone they know, is being cyber bullied. Explain that you will not take away their computers or cell phones if they confide in you about a problem they are having.
- Establish rules about appropriate use of computers, cell phones, and other technology.
- Some schools have developed policies on uses of technology that may affect the child's online behavior in and out of the classroom. Ask the school if they have developed a policy.



For more information about bullying and strategies to use with kids, visit www.stopbullying.gov

How to Communicate With Us Online Dunham U.S. Army Health Clinic

By: Linda Armitage, CWA/MPH PMP



You can now communicate with our office online using the Army Medicine Secure Messaging Service (AMSMS) provided by Relay Health. Of course, you can still call us, or come in for a face-to-face office visit—this is just an added option for you. Our central appointment line is still available at (717) 245-3400. To learn more about this service, or for instructions on how to register, please read on.



Registering for Online Access To Our Office

The registration process is quick and easy- it should just take a few minutes.

To get started, go to <https://app.relayhealth.com/Registration.aspx> and click Patient. Follow the prompts to register. You can use any web accessible device. Or, scan the above QR Code for a direct link to the AMSMS website. Or, give us your email address so we can send you an invitation to register. See top of Page 10.

To ensure security, we must **accept** your application online before you can use the service. *Please allow us up to 7 days to process your initial request before you are able to use this service.*

If you have any questions, contact Relay Health Customer Support at 1-866-RELAYME (1-866-735-2963), or email support@relayhealth.com.

We have also provided a QR code as a direct link to our clinic website which provides additional tools and information about our clinic. <http://kacc.narmc.amedd.army.mil/sites/rader/default.aspx>

Is the Online Communication Service Difficult to Use?

We think you'll find the messaging service neatly organized and easy to use. The first time you log in, we recommend taking a few seconds to review the Quick Tour presentation that pops up in your browser window.

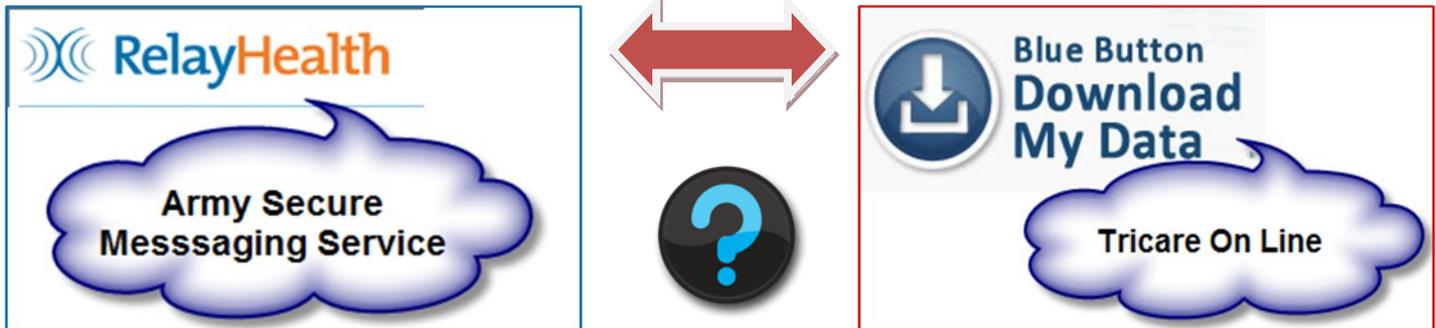
What Healthcare Services Can I Access Online?

Available services are listed below. Once you select the type of message you'd like to send, you simply compose the message and send it to us. AMSMS IS NOT FOR URGENT OR EMERGENCY MATTERS since a RESPONSE MAY NOT BE IMMEDIATE. *Please allow up to 3 business days for routine communications.*

Consult Your Doctor (webVisit™)	Use a webVisit to consult us about non-urgent health conditions or symptoms. In a webVisit, you're presented with a series of questions about your symptoms and other important health information. Your answers help us determine the best course of treatment for you.
Request An Appointment	Request an appointment online and avoid waiting on hold or playing phone tag with our office.
Request Medication Refills	Request a prescription renewal when you need additional refills for a prescribed medication. Once we approve your request, we can electronically route it to the MTF pharmacy for filling.
Request a Lab or Test Result	Ask us to forward information about recent lab results or diagnostic tests to you electronically.
Send Note To Your Doctor	Use this feature to ask routine administrative and health questions.

ASMS (Army Secure Messaging Service) TOL (TriCare on Line)

By: Linda Armitage, CWA/MPH PMP



ADVANTAGES

- Web-Based- 24/7 access from any computer
- Secure- requires login-can enroll children
- NO Password change if you login within 1 yr
- User Friendly- easy to enroll and navigate
- Guaranteed replies within 72 business hours
- Provides B/P and Blood Sugar tracking
- Robust Personal Health Record screens
- Personal Health Data LOG Available
- Can printout or download personal health record
- Allows for Web-visits with a Provider
- Robust educational information
- Can download or Print any info
- Billing, E-prescribe and referral features
- Time out 90 minutes of inactivity
- Can use back button- does not disconnect
- Well-formatted Health Summary Print out
- Permanent tracking-ability to archive
- Message alert goes to home e-mail address

DISADVANTAGES

- Requires Face to Face enrollment
- Must manually enter Personal Health Data
- Must await e-mail for Appt Requests
- Must await e-mail for test Results
- Must await e-mail for medication refills
- Must cut and paste results no EHR interface
- NO interface to bill, e-prescribe and refer
- Limited to 2MG of uploaded data

ADVANTAGES

- Web-Based- 24/7 access from any computer
- Secure-cannot enroll or see children data
- Must Change Password every 90 days
- Enrollment requires multiple screens
- Can us CAC, DFAS or DS =manual Login
- Appointment scheduling instantaneous
- 7 year Personal Care Summary available
- Blue Button: allergy and med profiles
- Shows all previous visits and Problem lists
- Medication Refills instantaneously
- Lab /Rad results available 7 working days
- Print outs option for individual sections
- Can download Summary or Print any info
- Parents can make appts and refill meds for children
- Robust educational links but hard to find
- Can use back button- does not disconnect
- Links to Army Secure Messaging login

DISADVANTAGES

- No Health Risk Assessment link
- Can time out when linking to other screen
- Time out 15 minutes of inactivity
- Billing, E-prescribe and referral not available
- Educational modules hard to find
- Long Summary data if printing out
- No ability to update or archive data
- NO ability to download only print

How to Communicate With Us Online Dunham U.S. Army Health Clinic (Con't)

Please return this to a staff member

ARMY MEDICINE SECURE MESSAGING SERVICE: We will email you a patient invite and an internet link to begin using the secure messaging service.

PLEASE PRINT NEATLY

Patient Full Name (L, F, M): _____

Date of Birth: _____

Email: _____

Doctor: _____

Phone Number: _____

We will email you an invitation to sign up for Army Secure Messaging within the next few weeks. To ensure security, we must accept your application online before you can use this service.

Staff Use Only
PCM Confirmation Done By:
_____ (Initials)

Dunham Social Committee



The Social Committee is having a Holiday Basket Raffle. Raffle tickets go on sale from 19 NOV - 14 DEC 2012. Drawing will be held on 14 DEC and winners will be notified. The basket themes are Tailgating, Wine/Lottery, and Winter Wonderland. Ticket prices are \$1 for one, \$5 for 7, or \$10 for 15 tickets. Tickets will be color coded per basket. Ticket stubs, with name and phone number, along with the money will be placed in a provided envelope, and dropped into a bin. The committee will place the colored tickets into the proper drawing. A basket would make a fantastic Holiday gift.

The Committee hosts a biannual book sale located in the Atrium. This is always a wonderful success and people are excited to share their love of reading. Books are placed in the Atrium for donation and all proceeds benefit the military and civilians that serve at the Dunham Army Health Clinic. Books, CD's, DVD's or games can be donated to the Dunham Book Sale, POC Susan McAleer, susan.m.mcaleer@us.army.mil.

Snack Day is every Tuesday, and may include a few other days, with the table located in the Atrium. Items usually include bananas, yogurt, breakfast bars, donuts, drinks and homemade goods that are made or purchased by the Social Committee. Snack Day is a fund raising activity. Donations may be placed in the boxes located on the table. We thank you for your generous support. Snack table is subject to change.

ARMY WELLNESS CENTER CARLISLE BARRACKS

The Army Wellness Center at Carlisle Barracks officially opened its doors on Friday September 14th with a Ribbon Cutting Ceremony. Maj. Gen. Richard Stone, U.S. Army Deputy Surgeon General, spoke about the key role these centers play in focusing on a client's life space, meaning time between physician's visits. Col. Stephanie Wilcher, Commander of Dunham U.S. Army Health Clinic, emphasized how focusing on primary preventive services can greatly increase quality of life and avoid the difficulties that come with chronic and preventable diseases such as type II diabetes and cardiovascular disease. Mr. Resta from the Army Institute of Public Health echoed these sentiments and closed by highlighting benefits of taking a standardized approach to health and wellness across the enterprise. While the doors opened officially on September 14th the Army Wellness Center conducted 200 assessments for Department of Distance Education students, employees from the Dunham clinic, and offered select Carlisle Barracks employees the opportunity to sample the Center's services prior to the ribbon cutting ceremony.



MJG Stone with CSM Blakey cut the ribbon signifying official opening of Army Wellness Center at Carlisle Barracks

The Surgeon General's strategic vision to move from a health care system to a system for health is the driving force behind creation of Army Wellness Centers. Army Wellness Centers are integral to empowering people with the knowledge and tools to take control of their own health through a proactive wellness approach. The Army Wellness Center, Carlisle Barracks is an extension of the Medical Treatment Facility focusing on modifiable risk factors that will improve the overall health of soldiers, retirees, family members, and DA civilian employees.

ARMY WELLNESS CENTER CARLISLE BARRACKS (Con't)

The Center's staff notes both assessment results and pertinent information from the counseling sessions in the client's electronic medical record as a part of the Patient Centered Medical Home care model. Referrals are made from the Army Wellness Center to Dunham U.S. Army Health Clinic and vice versa. This is a highly integrative and comprehensive process that keeps the clients' Primary Care Manager abreast of progress and provides a venue for the client's provider to interject any additional, applicable medical advice.

The Army Wellness Center at Carlisle Barracks works with agencies on Post to ensure that clients are aware of the services available to aid in lifestyle changes. The Center works with Balfour Beatty Communities presenting healthy cooking classes for children and partnered with the post gymnasium to add established fitness classes to the exercise prescription.

The Army Wellness Center also reaches into the surrounding community by working with a local school to bolster their current wellness program, and partnering with community agencies taking part in their wellness events. The Army Wellness Center is paramount to transforming the Carlisle Barracks community culture to one of health and wellness.

The Army Wellness Center at Carlisle Barracks works with agencies on Post to ensure that clients are aware of the services available to aid in lifestyle changes. The Center works with Balfour Beatty Communities presenting healthy cooking classes for children and partnered with the post gymnasium to add established fitness classes to the exercise prescription.

The Army Wellness Center also reaches into the surrounding community by working with a local school to bolster their current wellness program, and partnering with community agencies taking part in their wellness events. The Army Wellness Center is paramount to transforming the Carlisle Barracks community culture to one of health and wellness.

Army Wellness Center Team at Carlisle Barracks



Beth Murray, Natalie White, Tiffany Payne, Shane Murr, Donny Graybill, Director Cory Erhard

Army Wellness Six Core Programs

By: Army Wellness Center Staff

Programs	Subject	Testing Mechanism	Programs/Intervention
<p>Health Assessment Review</p> 	<p>General health assessments and/or risk stratification tools</p> <p>Individual wellness status identifying any current strengths and potential risks to health</p>	<p>Client completes Soldier Fitness Tracker (SFT)</p> <p>Physical Activity Readiness Questionnaire (PAR-Q)</p> <p>American College of Sports Medicine (ACSM) risk stratification</p>	<p>Individual/group counseling provided based on identified areas of intervention</p> <p>Offer referral to PCM for medical clearance or additional services if required</p>
<p>Physical Fitness</p> <p><i>VO2 Submax testing</i></p> 	<p>Cardiorespiratory Fitness</p> <p>Body Composition</p> <p>Muscular Strength</p> <p>Flexibility</p>	<p>VO2 submax testing on treadmill/bike (measures O2 consumption and utilization)</p> <p>BodPod/ultrasound/BIA/skin fold calipers used to determine percentage of body fat</p> <p>Force plate and dynamometers used for strength testing</p>	<p>Customized exercise prescriptions using VHI (Visual Health Information) software and suggested training zones based on test results. Includes suggestions for use of available community resources such as group exercise classes held at Thorpe Gym.</p> <p>BOD POD</p> 
<p>Healthy Nutrition</p> <p><i>Resting Metabolic Rate</i></p> 	<p>Resting metabolic values</p> <p>Metabolism basics</p> <p>Portion control</p> <p>Calorie counting</p> <p>Healthy food preparation</p> <p>Informed food label reading</p>	<p>Indirect calorimetry</p>	<p>Individual/group counseling covering portion control, calorie counting, healthy food prep, informed label reading</p> <p>Healthy cooking classes in partnership with Balfour Beatty</p> <p>Behavior change instruction and strategies embedded in counseling sessions</p> <p>Education on strategies to raise metabolism</p> <p>Pre-designed appropriate meal templates that meet individual goals.</p> <p>Awareness on healthy shopping in partnership with the Commissary</p>

Army Wellness Six Core Programs (Con't)

<i>Programs</i>	<i>Subjects</i>	<i>Testing Mechanism</i>	<i>Programs/Intervention</i>
<p>Stress Management</p> 	<p>Biofeedback</p> <p>Education in stress management techniques</p> <p>Detecting cognitive distortions</p> <p>Good sleep habits</p>	<p>Perceived Stress Scale (PSS)</p> <p>emWave software (HeartMath)</p> <p>Biofeedback Chair</p> 	<p>Coaching on breath/heart rate coherence</p> <p>Coaching related to self relaxation techniques</p> <p>Offer referral to Behavioral Health/PCM for moderate to high scores on PSS</p>
<p>Wellness Education</p> 	<p>Healthy lifestyles</p> <p>Increased resiliency</p> <p>Preventing chronic disease</p> <p>Implement specific educational programs that meet community specific needs</p>	<p>Regularly scheduled group classes</p> <p>Partnerships with on-post resources for education programs and events</p>	<p>Education on health and wellness topics relevant to the installation population</p> <p>Raise awareness of other on-post resources for clients</p> <p>Health and Wellness events</p>
<p>Tobacco Education</p> 	<p>Assessment of readiness to change</p> <p>Education on tobacco usage and benefits of cessation</p>	<p>Prochaska's stages of change model</p> <p>SFT evaluation tools</p>	<p>Increased awareness about tobacco usage and benefits of cessation</p> <p>Offer referral to PCM/other resources to aid in cessation</p>

SMOKING CESSATION CLASSES

By: Dunham Nursing



Upcoming On-Site Classes at Dunham U.S. Army Health Clinic are scheduled November 07, and December 12. Class time is 1500-1600. To register, call (717) 245-3630 or send an email to dunham.clinic@us.army.mil. Classes are free and open to active duty, retirees, dependents and DOD Civilian employees. On-Line Classes are available at <http://www.ucanquit2.org>

The Smoking Cessation Triage Program provides toll-free triage telephone services to assist all non-Medicare eligible beneficiaries in obtaining resources to quit smoking. The Program provides beneficiaries access to smoking cessation educational materials, web information and interactive “chat” services. For beneficiaries without web access, the Program provides smoking cessation materials via U.S. mail. The new Smoking Cessation Triage Program toll-free telephone line is 866-459-8766. The Program’s services are available 24 hours a day, seven days a week (during business hours, after business hours, weekends, and holidays). This beneficiary service is staffed with specially trained, smoking cessation contact representatives who possess an understanding of the processes or stages of smoking addiction and smoking cessation and the ability to triage callers and recommend resources for treatment. These contact representatives will also advise beneficiaries of the additional web-based information and interactive chat services available on the Government’s website <http://www.ucanquit2.org>.

The Smoke-Free Quit Plan – Provides beneficiaries with an important tool in determining the triggers for smoking, the methods that will help them successfully quit, a guide to developing a support plan, and information on how to prevent a relapse. With the support of this new Smoking Cessation Triage Program beneficiaries can get started with their quit plan today by calling 866-459-8766 or by logging on to: <https://www.hnfs.net/bene/healthyliving/ThatsitProgramMain.htm> and clicking on the “Healthy Living” page.



SELF CARE CLASS

By: Dunham Nursing

Self Care Class —this briefing will address health topics, lifestyle changes and prevention services. The class will provide recommendations for proper use of over the counter medications and conclude with the issuing of a FREE Over The Counter Medical Card for use at Dunham Clinic and the “HEALTHWISE” Handbook. Class available on-line as well at: <http://dunham.narmc.amedd.mil> under the link “Services”.

Classes will be held Tuesdays, 1430-1600 on the following dates:

November 13 and December 11

To register, please call 245-3630.





We hope you found this newsletter to be helpful and encourage you to provide feedback on our performance to our Patient Advocate at (717) 245-3911 or send us an email at dunham.clinic@us.army.mil

DUNHAM CLINIC UPCOMING CLOSURES

November 2012

- 12—Veteran’s Day Observed
- 22—Thanksgiving
- 23—Training Holiday

December 2012

- 24—Training Holiday
- 25—Christmas
- 31—Training Holiday

January 2013

- 01—New Year’s Day
- 21—Dr. Martin Luther King, Jr. Bday

PLEASE NOTE

All holiday hours are subject to change. Please check the Dunham web site for changes to the holiday calendar and/or hours of operation. Changes will also be posted in the waiting area of the main clinic at Carlisle Barracks.

REMINDER

The clinic closes at 1200 every Thursday afternoon to complete mandatory training and administrative requirements. This dedicated weekly closure time optimizes our ability to care for our patients. We appreciate your understanding and patience.

Primary Business Address

Your Address Line 2

Your Address Line 3

Your Address Line 4

GOT COMMENTS?

dunham.clinic@us.army.mil

www.facebook.com/dusahc

<http://dunham.narmc.amedd.army.mil>

**TriCare Phone Inquiries
1-877-874-2273**

**Health Benefits Advisor
717-245-4112**

**Appointment Line
717-245-3400
www.tricareonline.com**

**Patient Advocate
717-245-3911**

**NEW PHARMACY REFILL NUMBER
1-800-377-1723**