

November 28, 2017



Happy Holidays JBM-HH E-NEWSLETTER

"A History of Innovation, A Future of Success"


Join us for Joint Base Myer-Henderson Hall's

Annual Holiday Tree Lighting

Wednesday, December 6
 festivities begin at 5 PM at Building 59 (HQ JBM-HH)
 at the Holiday Tree Courtyard

Join Santa
 for refreshments immediately following
 the tree lighting at Brucker Hall (the band building).

This event is open to all DoD ID card holders, their families, and guests.

Follow us: JBMHH-MWR      www.jbmhhmwr.com

Weekly Winter Safety Tip

Talk to Your Doctor

Each year thousands of people get hurt shoveling snow. According to a study by researchers at the Center for Injury Research and Policy of The Research Institute at Nationwide Children's Hospital, 195,000 people were treated in the E.R. for snow-shoveling-related injuries in the years between 1990 and 2006. Depending on your age and fitness level, you should consult with your doctor before you shovel snow, especially if you've had a heart attack or other major medical problem.





Redskin's tickets still available

It's not too late to get some 2017 Washington Redskin's tickets from the JBM-HH Community Activities Center. Washington Redskins vs. Arizona Cardinals (Dec. 17) and Washington Redskins vs. Denver Broncos (Dec. 24) are available.

Seats are in section 129, lower level, end zone, rows 20, 22 and 26. Tickets are sold in pairs for \$265 and are available to all authorized patrons.

Ticket sales are Tuesday through Friday from 11 a.m. to 6 p.m. and Saturday and Sunday from noon to 6 p.m. For more information, call (703) 696-3470.

Christmas Eve Dinner

Patton Hall's fife and Drum Dining Room, Dec. 24, 7 - 10 p.m. \$24 Members; \$34 Nonmembers. Reservations are required. Call 703-696-5147/524-3037.

ACS

EFMP Speaker Series Virginia Medicaid Waivers Dec. 8, 11 a.m. to 1 p.m. Pentagon Library Conference Center room B5.

This presentation will discuss: An overview of Virginia Medicaid Waivers, The qualification requirements and application process, the benefits of the Medicaid Waivers, and the importance of getting on a waiting list.

Military and civilian DOD ID card holders from all branches of service are welcome; light refreshments will be provided.

Please register by calling (703) 693-5353 or (703) 696-0783 or emailing efmpHH@usmc-mccs.org.

Religious Services

Chapel announces holiday service schedule

The Joint Base Myer-Henderson Hall schedule of holiday services has been published, and it includes a Jan. 7 Epiphany Concert.

See www.slideshare.net/JBM-HH/chapel-81679081/1 for a full schedule. For more information, call (703) 696-6635.

Celebrating 100 years of Marine Corps Toys for Tots

The Marine Corps Reserve is celebrating 100 years of Toys for Tots at Andrew Rader U.S. Army Health Clinic. There will be a drop box for new unwrapped toys through Dec. 11.

For more information, visit www.toysfortots.org.

Road Work to affect Fort Myer's Wainwright Road

Weather permitting, Dominion Energy road crews will work behind Bldg. 248, closing a section of Wainwright Road between Macomb Place and Henry Place through. Workers will continue along different sections of Wainwright Road in successive weeks, closing different sections of Wainwright Road through the end of December.

Phase 2 work will be scheduled and publicized. Drive and walk with caution in construction areas.

For more information, call
(703) 696-8692.



AOSCGWA
Presents
The First Annual
Holiday Sip and Shop Bazaar
Friday, December 1, 1700-2200
Saturday, December 2, 1000-1600
Community Activities Center, Fort Myer
228 McNair Road, Building 405 Fort Myer

Baked Goods
Shop for all your holiday needs...

Shopping
Handcrafted gifts

Opportunity Drawings
Unique Vendors

Stocking Stuffers

Join us on Friday, December 1, at 1800 for the Holiday Tour of Homes-ticket required.

aoscgwapresident1@gmail.com aoscgwavendor@gmail.com

www.aoscgwa.org

Enjoy beer, wine, or hot cocoa while you shop.

AOSCGWA inaugural holiday sip and shop bazaar

AOSCGWA is holding its inaugural holiday sip and shop bazaar Dec.1 from 5 to 7 p.m., and Dec. 2 from 10 a.m.to 4 p.m. in the Community Activities Center on Fort Myer, 228 McNair Rd., Bldg. 405. Individuals will be able to enjoy baked goods, shopping and opportunity drawings.

For more information, email aoscgwapresident1@gmail.com or www.aoscgwa.org.

Holiday tour of historic homes

AOSCGWA presents a holiday tour of historic homes of Fort Myer Dec.1. Tours begin at 6 p.m.

Individuals will meet at the Community Activities Center on Fort Myer, 228 McNair Rd., Bldg. 405. Cost of the tour is \$20, no children please.

For more information, email aoscgwapresident1@gmail.com or www.aoscgwa.org.

On Jan. 1, 2018, there are a number of changes coming to your TRICARE benefit. This includes a change to the current TRICARE regions. In preparation for this change, enrollments in TRICARE health plans will be delayed while beneficiary files are transferred to the incoming regional contractors. The delay period, or an enrollment freeze, will begin on Dec. 1, 2017 and last approximately three weeks, or until the data transfer is complete.

Also, cost changes for TRICARE benefits transition from a fiscal year period to a calendar year period. This includes retirees and their family members in TRICARE Prime, TRICARE Retired Reserve, TRICARE Reserve Select and those in TRICARE Young Adult plans.

For more information, visit www.tricare.mil/changes or sign up for our email updates. <https://public.govdelivery.com>

DFAC

Did you hear?! The DFAC is now open to retirees every meal!

Bon Appétit



Joint Base Myer -Henderson Hall Dining Facility
November 27th - December 1st, 2017

Every Morning the following items will be served for breakfast:
Eggs and Omelets Grilled To Order, Bacon, Turkey Bacon, Sausage, Scrambled Eggs, Boiled Eggs, Roasted Potatoes, Biscuits with SOS Creamed Beef, Oatmeal and Grits
WAFFLES: MON, WED, FRI | PANCAKES OR FRENCH TOAST: TUE & THUR

Monday <u>Main Line</u> Spaghetti with Meat Sauce Grilled Pork Chops Rice Pilaf Buttered Egg Noodles California Blend Cabbage Italian Pasta Salad <u>Short Order</u> Reuben Sandwiches Grilled Hamburgers Grilled Cheeseburgers Grilled Ham & Cheese Grilled Cheese Baked Beans Hot Dogs Ravioli Pizza French Fries & Onion Rings <u>DINNER</u> Herbed Baked Chicken Meatloaf	Tuesday <u>Main Line</u> Caribbean Chicken Breast Groundbeef Tacos Spanish Rice Refried Beans Mexican Corn Green Beans Taco Salad <u>Short Order</u> Chicken Quesadillas Grilled Hamburgers Grilled Cheeseburgers Grilled Ham & Cheese Grilled Cheese Chili Baked Beans Hot Dogs Pizza Potato Wedges & Onion Rings <u>DINNER</u> Grilled Pork Chops Chili Macaroni	Wednesday <u>Main Line</u> Beef and Broccoli Oven Baked Chicken Pork Fried Rice Steamed Rice Japanese Stir Fry Peas and Carrots Cucumber & Onion Salad <u>Short Order</u> Grilled Hamburgers Grilled Cheeseburgers Grilled Ham & Cheese Grilled Cheese Egg Rolls Baked Beans Ravioli Corn dogs Waffle Fries & Onion Rings <u>DINNER</u> Hamburger, Fakisoba Five Spice Chicken	Thursday <u>Main Line</u> Rotisserie Chicken Fried Catfish Wild Rice Roasted Herbed Potatoes Roasted Butternut Squash Succotash Carrot, Orange and Radish Salad <u>Short Order</u> Grilled Hamburgers Grilled Cheeseburgers Grilled Ham & Cheese Grilled Cheese Johnny Cakes Baked Beans Corn dogs Pizza French Fries & Onion Rings <u>DINNER</u> Salisbury Steak Baked Ham	Friday <u>Main Line</u> Meatloaf Salmon Jefferson Noodles Mashed Potatoes Green Beans Cauliflower German Tomato Salad <u>Short Order</u> Turkey Reuben Sandwiches Grilled Hamburgers Grilled Cheeseburgers Grilled Ham & Cheese Grilled Cheese Burritos Baked Beans Hot dogs Pizza Steak Fries & Onion Rings <u>DINNER</u> Country Fried Steak Beef Stroganoff
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****Menu Subject to Change****

SFL-TAP

Reservations are required. Spouses are encouraged to register and attend!
Call the Soldier for Life-Transition Assistance Program office at 703-696-0973.
Available to all registered Clients who have completed DD2648 and initial counseling.
Location is in the Soldier for Life-Transition Assistance Program building 404 unless noted.

Your Capstone appointment should be completed NLT 90 days prior to separation. Please contact our office at 703-696-0973 for scheduling.

Executive TAP		Smart Banking & Using Credit Wisely	
December 11-15	0730-1600	December 18*	1300-1500
January 22-26	0730-1600	January 16	1300-1500
January 29 – Feb 2*	0730-1600	February 20	1300-1500
February 12-16	0730-1600	March 30*	1300-1500
March 19-23	0730-1600		
ETS TAP		Financial Independence	
December 4-8	0730-1600	December 19*	1000-1200
January 8-12	0730-1600	January 17	1000-1200
February 5-9	0730-1600	February 21	1000-1200
March 5-9	0730-1600	March 29*	1000-1200
Mid-Grade TAP (E5/6 and O1/3)		Marketing Yourself for a Second Career	
March 12-16	0730-1600	December 19*	1300-1500
Entrepreneur Track “Boots to Business”		January 17	1300-1500
December 18-19	0830-1530	February 21	1300-1500
March 29-30	0830-1530	March 29*	1300-1500
Accessing Higher Education		Finding and Applying for Federal Jobs	
December 13-14*	0800-1600	December 20	0930-1200
February 13-14	0800-1600	January 18	0930-1200
Career Technical Training		February 22	0930-1200
January 3-4	0800-1600	March 28	0930-1200
March 26-27	0800-1600	Tricare Benefits in Depth	
Seven Decision Before You Retire		December 21	0900-1100
December 18*	1000-1200	January 19	0900-1100
January 16	1000-1200	February 23	0900-1100
February 20	1000-1200	March 1	0900-1100
March 30*	1000-1200	Federal Resume	
Business Franchise Opportunities		December 21	1115-1545
December 20	1300-1500	January 19	1115-1545
February 22	1300-1500	February 23	1115-1545
		March 1	1115-1545
*Education Center: Bldg 417			

MDW Holiday Ready & Resilient Message



MDW Holiday Ready & Resilient Message

Whether you are just starting your military career, a seasoned warrior, or have retired, Vets4Warriors is with you all the way.

Vets4Warriors, a completely confidential and free resource available to all military personnel, family and caregivers, is a peer support hotline available 24/7. When you place a call to the toll-free number, it will be answered by one of your peers - veterans who have been where you are.

The goal of Vets4Warriors is to provide a trusting environment where service members and families can connect with a peer and learn about resources available to them. Peer representatives at Vets4Warriors are highly trained to provide exceptional peer support, which may include suggesting other complimentary treatment and services.



Who's been helped?
For confidential personalized peer support by phone or chat.
CONTACT A VETERAN PEER NOW!
VETS4WARRIORS
855-838-8255
vets4warriors.com

Vets4warriors.com, 855-838-8255 offers Confidential peer support 24/7 by chat & hotline to Service Members, Family Members, Veterans, and military personnel

TUSAB Holiday Events



For all information regarding TUSAB Holiday concerts, performances and ticketed events visit:
<http://www.usarmyband.com/event-calendar.html>.

Some events are sold out, but are available to watch or listen online at the site noted above.