





99th Medical Group Flu Shot Line for Beneficiaries



The 99 MDG is hosting a walk-in Flu Shot Line for beneficiaries!

<u>WHO:</u> ANY TRICARE beneficiary ages 8 years and older, Active Duty, and Civilians. Contractors eligible if either TRICARE-eligible or if stated in their Performance Work Statement.

WHEN: 25-27 Jan and 1-3 Feb 2021

TIME: 0800-1600 (first come, first serve)

WHERE: Desert Oasis (USO Building) Bldg 324

SPECIAL NOTES:

- --The flu shot must be separated from all COVID vaccines by 14 calendar days. If you have received or are scheduled to get the COVID vaccine within 14 days, we recommend you get your COVID vaccine first and the flu shot later.
- --No additional dates are planned. If you are a TRICARE beneficiary and unable to take advantage of this opportunity, please visit a TRICARE network pharmacy (details below) for your flu shot.

SERVICES NOT AT THE SHOT LINE

FOR CHILDREN ages 6 months - 7 years old: Flu shots are still available at the 99 MDG Immunizations Clinic

<u>FOR TRICARE Network Pharmacy</u>: TRICARE beneficiaries may still obtain flu shots at *no-cost* at any TRICARE network pharmacy*. To find a network pharmacy, call 1-877-363-1303 or https://militaryrx.express-scripts.com/find-pharmacy

*Note: Not all pharmacies carry pediatric flu shots. Please consult your pharmacy if you have questions. If you received shot from a network pharmacy, keep a copy of the vaccine administration for your records.

Immunizations Clinic hours are from 0730 - 1200 and 1300 – 1600, Monday through Friday. Bring a copy of your network vaccinations to the Immunizations Clinic to enter into your medical record on Mondays, Wednesdays, and Fridays.



COVID-19 Testing Station Hours Update



1. As a reminder, you MUST be referred and have an order by your PCM, COVID-19 Hotline, Nurse Advice Line (after hours), or Emergency Department to be swabbed at the 99 MDG.

2. <u>COVID-19 Testing Station Hours:</u>

0700 - 1700 Monday thru Friday

0700 - 1200 Weekends, Holidays, Down days, and Family days

*If you are experiencing severe symptoms, please go to the nearest Emergency Department.

2021 CONUS Living Pattern Survey

The 2021 Continental U.S. (CONUS) Living Pattern Survey (LPS) is conducted on behalf of the Department of Defense and administered by the Office of the Assistant Secretary of Defense for Manpower and Reserve Affairs, Military Compensation Policy Directorate. The survey is designed to collect data on shopping patterns of Service members and their families, and will be used to assist in the determination of Overseas and CONUS Cost-of-Living Allowance (COLA) rates.

Information about COLAs and how LPS data is utilized in the COLA calculation can be found here:

- CONUS COLA: https://www.defensetravel.dod.mil/site/conus.cfm
- Overseas COLA: https://www.defensetravel.dod.mil/site/cola.cfm

The survey is open to all members stationed in the CONUS who have been at their current permanent duty station for at least three months. The survey will be open to participants from January 1, 2021, at 0001 Eastern Standard Time (EST) through March 31, 2021, at 2400 EST. Members may access the survey at the following link:

https://www.defensetravel.dod.mil/site/conusColaSurvey.cfm

Participation in this survey is voluntary; however, we encourage maximum participation. Service members' feedback is imperative in ensuring the Department has accurate data necessary to compute COLA. A Common Access Card or government computer is not required to access the survey.

This is an opportunity for the CONUS military community at-large to participate in the COLA process. The survey takes approximately 15 minutes to complete and only one survey per household should be completed by the primary shopper. Members will be asked to select which goods and services they regularly purchase and the percentage of shopping they complete on base and online.

Individual responses will be treated as confidential. Only group statistics will be reported.

Thank you for your participation in this important survey.

Allowances Branch Military Compensation Policy Directorate





Health Promotion Calendar

JANUARY 2021

Location: Warrior Fitness Center 3705 Freedom Circle

Nellis AFB, NV 89191

Ms. Elle Nazar-Smith Phone: 702-653-3377

Mr. Ben Thomas Phone: 702-653-3383

Ms. Lisa Tauai
Phone: 702-653-3375

Websites:

Operation Supplement Safety: https://www.opss.org

https://org2.eis.af.mil/ sites/99ABW/99MDG/99AMDS/ sgpz/SitePages/Home.aspx

TrainHeroic app:
Access Code: 5448



Search "NellisPhoenix" on Facebook or
Messenger, use QR code below, or link:
Phoenix Total Fitness Library
Nellis/Creech AFB

Mon	Tue	Wed	Thu	Fri
				1
4 Running 101 & Injury Prevention 0800—0900 Fitness Improvement Prgm (FIP): 1130-1230	5	6 Better Body Better Life #1 0800 to 0930 (Red) Fitness Improvement Prgm: 1130-1230	7 Beyond The PT Test Resistance Training Fundamental Class: 1400 – 1530	8
Beyond The PT Test Resistance Training Fundamental Class: 0800 - 0930 Fitness Improvement Pram (FIP): 1130-1230	Group Lifestyle Balance (GLB) Group 1, Session #17: 1500-1600	Better Body Better Life #2 0800 to 0930 (Orange) Fitness Improvement Prgm (FIP): 1130-1230 Group Lifestyle Balance (GLB) Group 3, Session #11: 1500-1600	Group Lifestyle Balance (GLB) Group 2, Session 17: 0800-0900 Beyond The PT Test Resistance Training Fundamental Class: 1400 - 1530	15
HOLIDAY	19 <u>Beyond The PT Test</u> <u>Resistance Training</u> <u>Fundamental Class:</u> 0800 – 0930	20 <u>Better Body Better Life #3</u> 0800 to 0930 (Yellow) <u>Fitness Improvement Prgm</u> (FIP): 1130-1230 <u>Group Lifestyle Balance</u> (GLB) Group 3, Session #12: 1500-1600	21 <u>Beyond The PT Test</u> <u>Resistance Training</u> <u>Fundamental Class:</u> 1400 – 1530	22
Running 101 <u>& Injury Prevention</u> <u>0800—0900</u> Fitness Improvement Prgm (FIP): 1130-1230	26	27 <u>Better Body Better Life #4</u> 0800 to 0930 (Green) <u>Fitness Improvement Prgm</u> (FIP): 1130-1230	28 <u>Beyond The PT Test</u> <u>Resistance Training</u> <u>Fundamental Class:</u> 1400 – 1530	29

The Nellis Service Station no longer provides

24 hour unattended fueling effective immediately.

Please visit our
Landings Express located at
Bldg 1400 Stafford Drive
on the Hospital/Housing
side for 24 hour
fueling operations.





Nellis Photo Studio Closure

- The Nellis AFB Photo Studio will be closed 25 Jan 14 Feb.
- FSS Marketing has a photo studio and may be able to support photo requests during this time. Please contact them at 702-652-2698 for details. Services may be paid for with a government purchase card (GPC).
- Nellis AFB Studio appointments can be made after 14 Feb at: https://www.nellis.af.mil/Studio-Photography.
- As a reminder, due to COVID-19, the Nellis AFB Photo Studio is only accepting appointments for mission-essential purposes, including command photos and mandatory positions on base identifiable to the entire populace, such as ADC, JAG, SARC, etc.

*Nellis Facilities Inventory Hours

Main Store

*Closes at 1600 on Friday, 29 January, 2021 *Reopen at 0900 on Saturday, 30 January, 2021

Military Clothing (MCS)

*Closes at 1600 on Friday, 29 January, 2021

*Reopen at 0900 on Saturday, 30 January, 2021

Nellis EXPRESS

*Closes at 2100 on Tuesday, 26 January, 2021

*Reopen at 0600 on Wednesday, 27 January, 2021





99 FSS Professional Development Center

Virtual Courses

Virtual NCO Professional Enhancement Seminar

When: 26-29 Jan, 0800-1630

Location: Via Zoom

POC: SMSgt Kristen Griffin

Registration via https://cs2.eis.af.mil/sites/er/0280/SitePages/Home.aspx

Current A/O 20 Jan 2021



Parent Programs January 2021 Webinar Series You Will Not Want To Miss!

The Military Child Education Coalition announces a series of
Parent Education Webinars for military-connected parents and professionals who work in support of
military-connected children.







These webinars are open to all interested participants and offer research based information and ideas for participants.

Mark your calendars and register for the webinar that fits your needs. Once you've registered, you will be able to view the live webinar or watch a recorded presentation after the recording is processed.

To register for remote viewing, go to the link following your selected topic below:

Webinar Topics and Dates

(all webinars presented at 12:00 P.M. Eastern)
*webinars with SME content may be subject to change

Wednesday, January 6th - 0121-Healthy Screen Time Habits http://militarychild.adobeconnect.com/web0121/event/registration.html

Tuesday, January 12th - 0221-Time Management for Elementary School Students http://militarychild.adobeconnect.com/web0221/event/registration.html

Wednesday, January 13th - 0321-Time Management for MS HS http://militarychild.adobeconnect.com/web0321/event/registration.html

Tuesday, January 19th - 0421- Math Activities at Home for Elementary Students http://militarychild.adobeconnect.com/web0421/event/registration.html

Wednesday, January 20th - 0521-Fostering a Love of Learning http://militarychild.adobeconnect.com/web0521/event/registration.html

*Tuesday, January 26th - 0621- Strategies for Reluctant Readers and Children with Reading Difficulties

http://militarychild.adobeconnect.com/web0621/event/registration.html

Wednesday, January 27th - 0721- Reading in Middle School http://militarychild.adobeconnect.com/web0721/event/registration.html

For More Information: Parents@MilitaryChild.org



5871 Fitzgerald Blvd, Bldg. 554 🥒 702.652.9188 😝 NellisClub 💿 nellisforcesupport

Valentine's Paint Wight

Enjoy some well deserved time together creating a unique masterpiece!

Pairs will be painting a connecting, two-piece canvas picture to be displayed as one.

\$35 Per Pair

Thurs, 11 Feb • 4:45 - 6:45 PM

Sign-up by Wed, 10 Feb at 12 PM

Please call 702-652-2849 or stop by A&C to register.

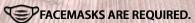


Supplies are included. Don't forget to bring your snacks and drinks!



Due to current restrictions, we only have room for 9 pairs.

Minimum of 3 pairs are required to host the class.





№ 5850 Devlin Dr, Bldg 610 🥒 702-652-2849 😝 nellisartsandcrafts 🎯 nellisforcesupport



AF LEAN/SIX SIGMA "GREEN BELT" AND 8-STEP PROBLEM SOLVING COURSES

8-Step Problem Solving (1 Day-in class @ Nellis, 0830-1600), 12 March 2021

The 8-Step Problem Solving Course provides students the ability to analyze, break down and solve any problem, using an 8 step methodology. Students use an AF case study and work in small groups, applying each of the 8 steps.

□ AF Lean/Six Sigma Green Belt Course (on-line @ https://usaf.opusworks.com/)

This course is designed to provide innovators and problem solvers an understanding of tools and methodologies to innovate, improve organizational performance, and solve problems at the task and process levels. The course is the gateway for AF Green Belt certification and introduces students to CPI methodologies, tools, and facilitation techniques.

The course is 11 weeks with 4 virtual meet-up sessions + exam (students may work ahead of schedule to complete modules and finish the course early)

Contact Sean McCully, <u>sean.mccully.1@us.af.mil</u>, 99 ABW/CPI or (702) 612-6202 to obtain the Green Belt Course registration information and/or to register for the 8-Step Problem Solving course. Courses are FREE AND OPEN TO ALL RANKS (All Mil/AF Civ/NAF).

SCHOLARSHIPS FOR MILITARY CHILDREN



The Scholarships for Military Children Program is now open and accepting applications for the 2021 school year.

HOW TO APPLY

All applications will be submitted online only.

Apply at www.militaryscholar.org



Scholarship program of Fisher House Foundation





NELLIS AREA SPOUSES'CLUB CHARITABLE ASSOCIATION

SCHOLARSHIP OPPORTUNITY

Application OPENS January 6, 2021 and CLOSES March 7, 2021

Available for military dependants who are high school seniors, current college students, and spouses with a high school diploma, GED, or current college degree.

Visit Nellisasc.com/scholarship for more information or Contact scholarship@nellisasc.com





STOP Human Trafficking

Force, fraud, or coercion to compel a person to provide labor, services, or commercial sex.

Victims come from all backgrounds and can be women, men, and children.

Any minor (under 18 years of age) involved in commercial sex is a victim of human trafficking.



Physical/Environmental Indicators include signs of abuse, no identification, confined to worksite.

Psychological/Behavioral Indicators include submissive, anxious, lack of free will.



Chain of Command

Local Law Enforcement

DoD Inspector General Hotline
1-800-424-9098 or visit http://www.dodig.mil/hotline

National Human Trafficking Hotline 1-888-373-7888.



For more information go to: CTIP.defense.gov/











Antiterrorism Newsletter



January 2021

Terrorist Prevention Guidelines

Unfortunately there have been numerous terrorist attacks on US soil and there is likely to be more. Preparing for, or anticipating an attack and devising a response plan for different scenarios is the best way to keep you and your family safe. Below are some suggested precautionary measures:

- Be aware of your surroundings
- Leave an area if your gut instinct tells you something isn't right
- Take precautionary measures when traveling and be aware of unusual behavior
- Do not accept packages from strangers and never leave your luggage unattended
- Immediately report unusual behavior, unattended packages, strange devices and abandoned vehicles
- Know where emergency exits are for facilities you frequently visit
- Prepare to function without everyday services such as ATMs, cellphones, public utilities and internet
- Make a disaster kit for home with sufficient supplies to survive off for a minimum of 3 days
- Keep your immunizations up to date
- Discuss emergency response plans with your family
- Know the emergency action plans for schools your children attend
- Know the location of fallout shelters and building/city evacuation routes
- Designate an internal room for sheltering, preferably without windows or ventilation
- Keep a battery operated radio on hand to hear available news reports and updates

There are a variety apps on the Apple Store and Google Play you can download, in various languages, and follow to assist you in your efforts to safeguard you and your family in a variety of situations. Your plan may not be perfect but it will be better than no plan at all.

Nellis AFB Antiterrorism Points of Contact:

Lt Col Hern – Antiterrorism Officer, email: george.hern@us.af.mil, 702-652-7648

Mr. John Moravek – Antiterrorism Program Manager, email: john.moravek.1@us.af.mil, 702-652-2215

Mr. Darron Johnson - Antiterrorism Program Manager, email: darron.johnson.4@us.af.mil, 702-652-3688

Phoenix Fitness Tip of the Week — Avoid Our Clinic!







The often forgotten component of fitness -- FLEXIBILITY

The 5 Key components of fitness are...

Cardiovascular Endurance, Muscle Strength, Muscle Endurance, Body Composition (think body muscle/fat %) and FLEXIBILITY!

Muscles naturally get tight over time & w/ exercise. Tight muscles = loss of mobility & possible injury

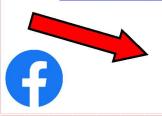
Studies show 30+ sec of static stretching actually LENGTHENS muscle. 60+ sec for 65+ yr-olds

5-10-15sec doesn't cut it - the muscle shrinks back to size

Multiple sets of 30-60sec throughout the day quickly can increase flexibility

Optimal stretching happens AFTER your muscles are warm, post-workout or warm-up

Want more tips like this? Download all our fitness/ prevention tips in a single file! Use link or QR Code: Phoenix Total Fitness Library - Nellis/Creech AFB







OPTIONS OUTSIDE OF ACTIVE DUTY



For information regarding PALACE CHASE PALACE FRONT

Contact TSgt Daquita Hamilton In-Service Recruiter 702-409-3696 daquita.hamilton@us.af.mil

Nightmare Rescripting and Rehearsal: Testing a 10-Minute Intervention to Treat Recurring Distressing Dreams in Primary Care.



Do you have Recurring Disturbing Dreams?



Are aged 18 years or older?

You may be eligible to participate in a research study being conducted by Maj Kathleen McNamara at the 99 MDG (Nellis AFB) Family Medicine Residency Clinic.

We are looking for male and female Active Duty and DoD beneficiaries, aged 18 years or older, who have recurring disturbing dreams that have occurred at least three times per month for the past one month.

The purpose of this study is to determine if a 10 minute intervention for recurring nightmares called "Nightmare Rescripting and Rehearsal Therapy" is effective at reducing nightmare distress, nightmare frequency, insomnia, anxiety, and depression compared to individuals receiving a standard of care sleep hygiene handout alone. Your participation in this study would consist of one screening visit to review your eligibility for the study. Once you are deemed eligible to participate (after being consented), you will be randomized (like flipping a coin) into either the intervention group or control group. At week 1, the intervention group will begin the Nightmare Rescripting and Rehearsal Therapy plus the Sleep Hygiene handout and the control group will receive the Sleep Hygiene handout alone. Group 1 will be asked to keep daily diaries of their nightmares. Both groups will be followed for 6 weeks and asked to complete the Nightmare Distress Questionnaire and Nightmare Frequency Tool and Insomnia Severity Index (ISI) either in person or on-line every 2 weeks for the 6 week period. There may be no direct benefit for you participating in this study.

For more information, please contact:					
Tracy Bogdanovich	Tracy.Bogdanovich.ctr@mail.mil	702-653-2088			



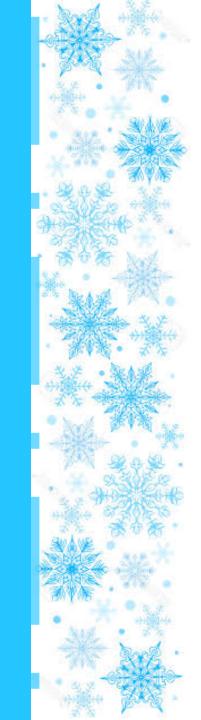
Are you experiencing ANY of the following?

- Knee or Hand Osteoarthritis
- Type II Diabetes or Prediabetes
- Abdominal and/or Back Pain after a C-Section
 - Diastasis Recti up to 3 months post partum
 - * Pain
 - Scheduled for a Vasectomy
 - Chronic Debilitating Pain
 - Plantar Fasciitis/Fasciosis
- * Acute Low Back Pain (less than 4 weeks in duration)
- ⋄ Pilots or Onboard Navigators w/ Neck Pain more than 2 months

Are you over the age of 18?

If so, please contact the Research Department today! We appreciate your help!

Tracy (702) 653-2088 Tracy.Bogdanovich.ctr@mail.mil Sandy (702) 653-3583 Sandra.G.Huffman.ctr@mail.mil



External Links Disclaimer

AFI 35-107, Public Web and Social Communication

The appearance of hyperlinks does not constitute endorsement by the U.S. Air Force of non-U.S. Government sites or the information, products, or services contained therein. Although the U.S. Air Force may or may not use these sites as additional distribution channels for Department of Defense information, it does not exercise editorial control over all of the information that you may find at these locations. Such links are provided consistent with the stated purpose of this website.

Public Service Announcement (PSA) General Business Rules

- PSAs will be advertised once a week through the Nellis Newsletter installationwide email by noon on Friday
- Submit unencrypted PSA email to 99ABW.CAG@us.af.mil by COB Thursday
- Advertisement will stay on PSA until event has passed
 - PSAs will be advertised for a maximum of 4 weeks
- Calls for volunteers must have "need by" date on the PSA
- PSAs must have POC (contact info) on advertisement
- POC submitting PSA is responsible for providing all necessary info, graphics, slide (if desired), websites, etc.
- The CAG retains final decision authority on posting a PSA

PSA Acceptance Decision Process

<u>Likelihood</u> of PSA acceptance increases if it falls into any of the four categories below:

- 1. Fundraising event for a private org ONLY if the event is "unique" to military (AFI 34-223; 10.19.1)
- 2. Non-fundraising event (e.g. volunteer events, mentoring, information session, etc.) occurring on base
- 3. Off-base non-fundraising event is military/veteran affiliated (e.g., awards banquet, promo ceremony)
- 4. Off-base non-fundraising event is an opportunity that is unique to or of special interest to military/veterans (e.g., special discount, flag waving, veterans job fair, etc.)

References:

DOD 5500.07-R, The Joint Ethics Regulation (JER); 3-303.b. <u>Use of Federal Government Resources</u>

<u>Prohibited Uses</u>. Because of the potential for significant cost to the Federal Government, and the potential for abuse, DoD employees, such as secretaries, clerks, and military aides, may not be used to support the unofficial activity of another DoD employee in support of non-Federal entities, nor for any other non-Federal purposes, except as provided in subsections 3-211 and 3-300.b. of this Regulation.

DOD 5500.07-R, The Joint Ethics Regulation (JER); 3-211.a. Logistical Support of Non-Federal Entity Events

- (1) DoD community relations with the immediate community and/or other legitimate DoD public affairs or military training interests are served by the support;
- (2) The event is of interest and benefit to the local civilian community, the DoD Component command or organization providing the support, or any other part of DoD;

AFI 34-223, Private Organizations Program, 11.1.3.

The use of Government equipment and systems for other than official purposes is extremely limited. Government communication systems (e.g., weekly upcoming events email from the installation Public Affairs Office) may be used to inform Airmen of Private Organization events of possible interest to the unit and its families (e.g., regular meeting of the unit-affiliated spouses' club). Official communication systems should not be used to advertise Private Organization fundraiser (and membership) events unless the primary purpose of the communication is for other than support of the Private Organization's efforts, but rather to notify unit Airmen of a local event of possible interest (e.g., lunchtime sale of food in a public area adjacent to the unit's geographic footprint).