The Heartbeat

Published monthly for the staff and patients of
General Leonard Wood Army Community Hospital

January 2008

Hospital implements DMHRSi

General Leonard Wood Army Community Hospital will soon implement the Defense Medical Human Resources System internet, better known as DMHRS*i*.

Many people have questions about the system, what it does and how it will impact them. The following information hopes to clear up some of those issues.

Q1: How would you summarize DMHRS*i*'s purpose?

A1: DMHRS*i* is a centralized military medical personnel information system that will replace UCAPERS and MEPRS at GLWACH. The Military Health Care System needed a Tri-Service — Army, Navy and Air Force — human resource management support system to simplify and standardize military medical human resource management business processes. People moving between military medical facilities and inter-service will be tracked via this centralized data system.

Q2: What capabilities will DMHRS*i* provide?

A2: DMHRS*i* is essentially a human resources management system. Although there are some functions the Army has chosen not to use, GLWACH's main uses will be for personnel, manpower and labor cost assignment.

Q3: Who will be able to see my personnel information?

A3: DMHRS*i* is an integrated human resources management tool for the MHS. Each individual's selected password secures access. Those who will primarily use DMHRS*i* are manpower, personnel, labor cost assignment and service staff who use personnel data to make informed management decisions. Self-service users can view their personnel record and update select information, register or cancel enrollment in education and training courses, and electronically record labor hours. DMHRS*i* has very strict security and access rules. Only those individuals your organization or service identifies as having a "need to know" will be able to see your personnel information. Confidentiality, security and privacy are paramount.

Q4: How will DMHRS*i* affect me?

A4: Civilian personnel will continue to complete pay

See DMHRSi, Page 6

Proximity lock system boosts facility security

By Carl Norman
GLWACH Marketing

Looking to enhance security for patients, visitors and staff, General Leonard Wood Army Community Hospital is incorporating a proximity lock system on all exterior doors entering the facility.

Although no firm date has been established as to when the new system will be implemented, hospital officials said it should be sometime in mid to late February. A firm date will be announced when it's known.

"In this day and age of increasing numbers of violent crimes, we can't af-

See PROXIMITY, Page 6

Welcome home

Stephanie Luce, GLWACH Family Readiness Group President, gives roses to 15 MEDDAC warriors who recently returned home from deployment during a Yellow Ribbon Ceremony Jan. 23. The returning Soldiers are: Maj. Jennifer Glidewell, Maj. Sandra Martin, Maj. Tammy Mayer, Maj. Brian Schultz, Maj. Sean Smith, Capt. Pacquita Hill, Capt. Joseph Klapperich, Capt. Katrina Walters, Sgt. 1st Class John Johnson, Sgt. 1st Class William Paolicelli, Staff Sgt. Sherry Thomas, Staff Sgt. John Trask, Sgt. John Lemmon, Spc. Daniel Medoff and Pfc. Jeffery Lullen. (Photo by Carl Norman)

What warning label should you wear?

By Dave Colburn
Naval Air Station,
Jacksonville, Fla,

> "...read warning labels on everything; because, if you don't, and something bad happens, you'll know who to blame."
>
> Dave Colburn

Warning labels sometimes don't make much sense to the prudent person. But for a few others, they seem to be the reason the labels are written.

A few examples of these come from the Michigan Lawsuit Abuse Watch which recently handed out its 11th annual awards for absurd warning labels. The person who won the grand prize submitted a warning label from a small tractor that said, "Danger: Avoid death." Honorable mention went to the person who found a label on a letter opener that said, "CAUTION: Safety goggles recommended."

You are never going to warning-label your way into increasing someone's common sense, but I wonder what warning labels these folks would have needed:

♦An enlisted Sailor in Virginia Beach made some brownies and faced the challenge of expediting their transfer from the pan into his mouth. So, he grabbed the nearest knife, deftly cut through the brownies and sliced into his hand in the process. Two days of light duty ensued. Maybe this guy's warning label should have read: 'CAUTION: This isn't a spatula."

♦ An E-2 construction electrician in California had a frozen water bottle. He attacked it with his pocket knife, which soon embedded itself in his hand. He spent 10 days on light duty somewhere where they had water fountains or spigots. Maybe his warning label should have read: "CAUTION: If frozen, thaw, don't saw."

♦A civilian sheet-metal mechanic in San Diego had to drill a hole in (you guessed it) a piece of sheet metal. He needed to secure the sheet metal, so he grabbed it with one hand and commenced drilling into his middle finger. He lost two days of work. His warning label probably should have said, "WARNING: Not for use as a vise, clamp or pliers."

♦A student naval aviator had a fence post that was too tall. This is an awkward task, not made much easier by his tool of choice, a circular saw.

He tied back a nearby bush that was in the way, then donned what the mishap report called "gloves/mittens — full fingered (other than leather)."

Of course the bush snapped back and knocked his hand into the spinning blade netting him one lost day and 11 days of light duty. This individual's warning label should have read: "CAUTION: When restraining bushes, straitjacket and anvil are recommended."

Maybe some warning labels aren't so far off after all. I mean, the information they contain has to inspired by something, or someone.

Bottom line is, read warning labels on everything; because, if you don't, and something bad happens, you'll know who to blame.

Lighten up & Laugh a little

By Noel Jameson
Special to the Heartbeat

Hare are a few funny quotes that are sure to light smiles everywhere.

♦"Ugliness is better than beauty. It lasts longer and in the end, gravity will get us all." ~ Johnny Depp

♦"On cable TV they have a weather channel - 24 hours of weather. We had something like that where I grew up. We called it a window." ~ Dan Spencer

♦"The difference between genius and stupidity is; genius has its limits." ~ Albert Einstein

♦"Procrastination is like a credit card; it's a lot of fun until you get the bill." ~ Christopher Parker

The Heartbeat

The Heartbeat is an authorized publication for members of the Department of Defense, and staff and patients of General Leonard Wood Army Community Hospital.
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Service center moves to Bldg 470

Beneficiaries get TRICARE questions answered at new location

By Carl Norman
GLWACH Marketing

Maricela Naime, TRICARE service representative (right), assists Marine Sgt. Stephen Vandecoevering (left) and Marine Cpl. Josh Nordahl at the TRICARE Service Center's new location in Building 470. (Photo by Carl Norman)

General Leonard Wood Army Community Hospital's TRICARE Service Center has relocated to Building 470 Jan. 17-18 to provide more in-hospital patient care space and start preparations for a primary care construction project slated for 2009.

Operational Jan. 22, the service center moved from its sixth floor location in GLWACH to Rooms 2222 and 2223 in Building 470, clearing space for providers to treat a growing number of beneficiaries, said John Abshier, GLWACH's managed care division chief who oversees Fort Leonard Wood's TRICARE contract.

Beneficiaries wanting to enroll in TRICARE; discuss benefits, claims, referrals or authorizations; pay their premiums; locate a specialist; or conduct any other TRICARE-related business should visit the new location.

"The center offers the same services it always has, only in a different location," Abshier said.

The new location offers easier access to the facility, is centrally located to other personnel activities in Building 470 and has more parking available, said Deborah Easter, managed care division utilization management coordinator. Easter has been overseeing the service center relocation project.

While the bulk of the TRICARE staff has relocated, Easter said the move has not impacted the appointment-making process.

"Beneficiaries will still call 1-866-299-4234 to get an appointment, just as they always have," she said. "And they can still make follow-up appointments with TRICARE clerks who remain in GLWACH's Red, White and Blue Eagle clinics."

While relocating the service center created space for an ever-growing beneficiary base, this move was also the first of many required to prepare GLWACH for its expanded primary care renovation. Once all moves are complete, workers will begin upgrading the current primary care area and adding clinical space on the north side to create a state-of-the-art medical mall, Abshier said. More information will be published on this as dates grow nearer.

"We're following a master plan to improve our primary care services, and this move was the first step on that journey," said Col. Theresa Sullivan, GLWACH commander. "We're looking forward to getting a state-of-the-art facility to better serve our beneficiaries and partnering with you along the way."

TRICARE

Just a reminder:

- To make an appointment at GLWACH, dial 1-866-299-4234
- For information about issues such as claims or referrals, dial 1-888-874-9378

NHTSA offers winter driving tips

National Highway Transportation Safety Administration Report

No one wants their vehicle to break down in any season, especially not in cold or snowy weather. Start the season off right by ensuring your vehicle is in optimal condition. Here are a few tips to follow:

♦Visit your mechanic for a tune-up or other routine maintenance.

♦Have your entire vehicle checked thoroughly for any leaks, bad hoses, or other needed part repairs or replacements.

♦If you plan to use snow tires, have them installed now. Check out www.safercar.gov for tire ratings before purchasing new ones. For existing tires, make sure they're inflated per your vehicle manufacturer's recommendation, the tread is sufficient with no uneven wear, and that the rubber is in overall good condition.

Note that tire rubber starts to degrade after several years, and tires need to be replaced even if they have not seen much wear.

When the temperature drops, so does battery power. Plus, it takes more power to start your vehicle in cold weather than in warm. Find out if your battery is up to the challenges of winter by following these tips:

♦Have your mechanic check your battery for sufficient voltage.

♦Have the charging system and belts inspected.

♦If necessary, replace the battery or make system repairs.

When coolant freezes it expands and this can potentially damage your vehicle's engine block beyond repair. Don't let this happen to your vehicle this winter!

♦Make sure you have enough coolant in your vehicle and that it's designed to withstand temperatures you might experience in your area. A 50/50 mix of coolant to water is sufficient for most regions of the country. See your vehicle owner's manual for specific recommendations.

Following a few safety tips can keep you from being stranded in winter weather. (Courtesy photo)

♦Thoroughly check the cooling system for leaks or have your mechanic do it for you. If your system hasn't been "flushed" (draining the system and replacing the coolant) for several years, have it done now. Over time, rust inhibitors in anti-freeze break down and become ineffective. Coolant also needs to be refreshed periodically to remove dirt and rust particles that can clog the cooling system and cause it to fail.

♦Get your car serviced now. Check your battery and cooling system.

Every vehicle handles somewhat differently; this is particularly true when driving on wet, icy, or snowy roads. Take time now to learn how to best handle your vehicle under winter weather driving conditions.

♦Practice cold weather driving when your area gets snow — but not on a main road! Until you've sharpened your winter weather driving skills and know how your vehicle handles in snowy conditions, it's best to practice in an empty lot in full daylight.

♦Slow down. It's harder to control or stop your vehicle on a slick or snow-covered surface. On the road, sufficiently increase your following distance so you'll have plenty of time to stop for vehicles ahead of you.

A word of caution about braking: Know what kind of brakes your vehicle has and how to use them properly. In general, if you have anti-lock brakes, apply firm pressure; if you have non anti-lock brakes, pump the brakes gently.

If you find yourself in a skid , stay calm and ease your foot off the gas while carefully steering in the direction you want the front of your vehicle to go. This procedure, known as "steering into the skid," will bring the back end of your car in line with the front.

♦Keep yourself and others safe by planning ahead before you venture out into bad weather.

♦Check the weather, road conditions, and traffic; plan to leave early if necessary.

♦Don't rush! Allow plenty of time to get to your destination safely.

♦Familiarize yourself with directions and maps before you go, and let others know your route and anticipated arrival time.

♦Keep your gas tank close to full. If you get stuck in a traffic jam or in snow, you might need more fuel to get home or keep warm.

Retreat focuses on love languages

GLWACH Chaplain Report

Most people will agree that wounded Soldiers, Sailors, Airmen, Marines and Coastguardsmen sacrifice greatly for our country and deserve the best medical and rehabilitation treatment possible.

A sometimes overlooked but crucial part of this treatment is chaplain counseling and training opportunities. Experts say this multi-discipline approach helps Soldiers heal physically, emotionally and spiritually.

Putting that theory into practice, GLWACH Chaplain (Maj.) Eddie Cook recently conducted a Chaplain Training Conference for eight couples to help them find and focus on their "love language." Each couple's military spouse is assigned to the Fort Leonard Wood Warrior Transition Unit.

The conference, conducted in Branson, Mo., combined marriage enrichment teaching with relaxing events like dinner at the "Dixie Stampede" and visiting "Silver Dollar City."

"This format provided an environment that fostered marital growth, while also allowing the couples to enjoy recreational time together," Cook said.

Cook taught Dr. Gary Chapman's concept of the "Five Love Languages" during this seminar. Chapman proposes that every person has a primary love language that communicates most intently to him or her.

Conversely, an individual's spouse also has a primary love language that speaks loudest to them. The goal is to help couples identify their own, and their spouse's, love language and ways to communicate love more effectively to their mate.

According to information on his Web site, Chapman indicates that it's the simple things that have the most impact. For example, Mark Twain once said, "I can live for two months on a good compliment."

Chapman teaches that verbal appreciation speaks powerfully to people whose primary love language is "Words of Affirmation." Simple statements such as, "You look great in that suit," or "You must be the best baker in the world! I love your oatmeal cookies," are sometimes all a person needs to hear to feel loved.

Chapman's teachings say that aside from verbal compliments, offering encouragement is another way to communicate through "Words of Affirmation." Some examples include reinforcing a difficult decision, calling attention to progress made on a current project, or acknowledging a person's unique perspective on an important topic.

"If a loved one listens for "Words of Affirmation," offering encouragement will help him or her overcome insecurities and develop greater confidence," Chapman said on his Web site.

"This reciprocation of love is particularly essential for these wounded warriors' marriages," Cook said. "They have undergone the stressors of war, being injured, and facing reintegration into society.

"Their lives have changed drastically and they are in a process of renegotiating their family structure from deployment. This in itself causes traumatic stress; so, understanding how to give and receive love is critical within these war veterans."

Cook said the impact this training had on the wounded warriors and their spouses was nothing short of phenomenal.

"Soldiers learned how to identify what most speaks love to them and also what is most important to their spouse," the chaplain said. "This proved to be revolutionary to both newlyweds and wedded veterans of almost 20 years."

One WTU Soldier said, "I never knew how to express what I wanted and needed; now I know, and so does my wife."

Cook applauded the revelation saying, "This is the base needed to grow the marital covenant between husband, wife, and God."

First baby of 2008

Maj. Gen. Bill McCoy, Maneuver Support Center and Fort Leonard Wood commanding general, left, welcomes little Adeline Grace Beaman into the world at General Leonard Wood Army Community Hospital Jan. 4. Adeline was the first baby born at GLWACH in 2008. She arrived at 4:12 p.m. Jan. 3, weighing 7 pounds, 12 ounces. She was 20 1/4 inches long. In addition to one of his coins, McCoy presented Adeline's parents, Pfc. Joshua and Keri Beaman, with $400 in gifts and gift certificates from area businesses. (Photo by Carl Norman)

DMHRSi, from Page 1

cards that are turned in to RMD bi-weekly. However all personnel – military, civilian, contractors, volunteers and assigned and borrowed personnel — will have access to the Employee Self-Service functions. The primary effect will be that each individual will log into the DMHRS*i* system and input their hours worked. These must match what is submitted on the bi-weekly pay cards. This system is similar to the PI system that providers currently use to track hours worked in particular APCs. One significant difference is that this system will require weekly input of data.

Q5: When will DMHRS*i* be implemented?

A5: GLWACH began using the system Jan. 20. We will have one time period where there will be dual entries in UCAPERS and DMHRS*i*.

Beginning in February, all time will be tracked in DMHRS*i*. Everyone should have completed the DMHRS*i* training in APEQS which will introduce you to the basic system. Each section in the hospital selected personnel to be trained as "LCA Timekeeper Specialists." These personnel will be your go-to person for assistance in creating a template and entering information into the system.

For more information about DMHRS*i*, call 596-9146.

PROXIMITY, from Page 1

ford to be lax about security and controlling physical access to our facility," said Col. Theresa Sullivan, GLWACH commander. "The proximity lock system will help us reduce risks associated with access to our hospital and will bring us up to standards with other military treatment facilities and civilian health care facilities across the nation."

Once implemented, the new system will increase security in two ways, Sullivan said. It will reduce the number of entrances visitors and vendors can access during duty hours, and identify everyone in the facility by requiring visitors and vendors to display proper identification at all times.

This new system will reduce to four the number of entrances visitors and vendors can access during duty hours. The open entrances will be:

- The southwest entrance by the VA Clinic on the ground floor.
- The northwest entrance by the Red Eagle Clinic on the first floor.
- The main (west) entrance on the first floor.
- And the emergency room (east) entrance on the first floor.

Once GLWACH's proximity lock system is implemented, these entrances are the only ones available to vendors and visitors. From upper left, going clockwise: Main entrance, VA ground floor entrance, ER patient entrance and the Red Eagle Clinic entrance. (Courtesy photos)

"All other exterior doors will be locked at all times and not accessible, except to GLWACH staff," said Maj. Margaret Toillion, GLWACH's logistics division chief. "People can exit any door they choose, once inside the facility."

When visiting the hospital after duty hours, patients and vendors can only enter through the main (west) and the emergency room (east) entrances on the first floor, Toillion said. The VA and Red Eagle Clinic entrances will be locked at 4:30 p.m. every duty day and will reopen at 7 a.m. the next duty day.

Visitors, vendors and everyone else who isn't GLWACH staff will be required to display an identification card of some description while in the facility, said Capt. Elizabeth Mangini, GLWACH operations division chief.

She said plastic, clip-on ID card holders will be available at each entrance and everyone will be asked to display their military ID, driver's license or some form of official identification at all times.

"If you don't display your ID, our staff members will ask you to do so," Mangini said, indicating that people can return their ID holders in retrieving boxes located at each exit. "We're not trying to make things more difficult, we're trying to make things more secure."

"Having everyone else display some form of ID is another tool we'll use to make our facility secure," Sullivan said. "Our goal is to be the premier health care facility in our area, and enhancing security is a big step in that journey."

Civilians must know political do's, don'ts

MEDCOM Civilian Personnel Advisory Center Report

With elections at all levels around the corner, all federal civilian employees and their supervisors must be aware of the rules and legal limitations concerning participating in political activities.

The list of prohibited activity includes "engaging in political activity while on duty, in a government office or building, while wearing an official uniform, or using a government vehicle." This prohibition includes displaying political material such as buttons, T-Shirts, bumper stickers, etc, while on duty, in a government office or building, or using a government vehicle. However, the Hatch Act does not prohibit employees from placing bumper stickers on their privately-owned vehicles.

Employees may:

♦be candidates for public office in nonpartisan elections

♦register and vote as they choose

♦assist in voter registration drives

♦express opinions about candidates and issues

♦contribute money to political organizations

♦attend political fundraising functions

♦attend and be active at political rallies and meetings

♦join and be an active member of a political party or club

♦sign nominating petitions

♦campaign for or against referendum questions, constitutional amendments or municipal ordinances

♦campaign for or against candidates in partisan elections

♦make campaign speeches for candidates in partisan elections

♦distribute campaign literature in partisan elections

♦hold office in political clubs or parties including serving as a delegate to a convention

Employees may not:

♦use their official authority or influence to interfere with an election

♦solicit, accept or receive political contributions unless both individuals are members of the same federal labor organization or employee organization and the one solicited is not a subordinate employee

♦knowingly solicit or discourage the political activity of any person who has business before the agency

♦engage in political activity while on duty

♦engage in political activity in any government office

♦engage in political activity while wearing an official uniform

♦engage in political activity while using a government vehicle

♦be candidates for public office in partisan elections

♦wear political buttons on duty

For more information, visit the Army CPOL Web site at http://cpol.army.mil/library/permiss/128.html, or the U.S. Office of Special Counsel, The Hatch Act, at http://www.osc.gov/ha_fed.htm.

News briefs

Wear-out dates

Department of the Army officials have announced wear out dates for a number of uniforms and accessories.

The following items have a wear out date of April 30, 2008 for active duty, USAR and ARNG Soldiers. The wear out date for ROTC will be April 2009.

Impacted items are:

♦Battle dress uniform

♦Desert battle dress uniform

♦T-shirt, brown

♦Boots, combat, leather black

♦Woodland and desert camouflage pattern caps

♦Olive drab green nametape and U.S. Army

♦Subdued olive green, shoulder sleeve insignias and subdued shoulder sleeve insignias-former wartime service

♦Black rigger belt

♦Belt, web with open-faced black buckle

♦Jungle boots (green and black)

♦Wear out date for the black knit cap and black micro fleece knit cap is Sept. 30, 2009 for active duty, USAR, and ARNG Soldiers.

♦Wear out date for the coat, cold weather, woodland camouflage pattern (field jacket) is Sept. 30, 2010 for active duty, USAR, and ARNG Soldiers.

For more information, call 6-0027.

Street closure

McKinzie Construction, Inc. will replace two 25,000-gallon underground storage tanks at General Leonard Wood Army Community Hospital Feb. 11-29.

Traffic on Illinois Avenue from Headquarters Avenue to the main ambulance entrance will be limited to one lane or shut down completely while the tanks are being replaced. Barricades and signs will put up to steer traffic.

Emergency Room parking will be available through the entrance off Headquarters Avenue.

GLWACH leaders ask everyone to be extremely cautious while the work is being done as it will be a high-traffic, high-pedestrian area. For more information, call (573) 596-9471.

Community Health Resource Center Classes

Below is the General Leonard Wood Army Community Hospital Community Health Resource Center Class Calendar for February 2008.

All classes are conducted in the Community Health Resource Center except for breathing techniques which will be held in the MEDDAC Classroom, and others as noted. Those interested can sign up for classes by calling (573) 596-0491. Sign up for tobacco cessation classes by calling 1-866-299-4234, or call the CHRC for more information.

Classes offered are:

Asthma Awareness: Discuss the causes, signs, symptoms and aggravating factors of asthma. Adults and children, 9 years old and older, who have asthma are encouraged to attend. Class dates are:

♦Feb. 8: 9 – 11 a.m.
♦Feb. 22: 9 – 11 a.m.

Breastfeeding: Learn how to properly nourish and care for your child while breastfeeding. Class date:

♦Feb. 20: 9 – 11 a.m.

Breathing Techniques: Learn techniques to help you breathe more efficiently when in labor. Class dates are:

♦Jan. 31: 5:30 – 7:30 p.m.
♦Feb. 2: 8 a.m. – 5 p.m. (All four classes in one offering)
♦Feb. 21: 5:30 – 7:30 p.m.
♦Feb. 28: 5:30 – 7:30 p.m.

Cholesterol Control: Understand the pitfalls of shopping, cooking and eating for a low-cholesterol diet. Class dates are:

♦Feb. 11: 1 – 2:30 p.m.
♦Feb. 25: 1 – 2:30 p.m.

Diabetes Management: Learn about treatment, complications and how to prevent them, exercise, and self-care for diabetes. The dietician will instruct patients on how to follow a diabetic diet. Class dates are:

♦Feb. 1: 8 a.m. – noon
♦Feb. 15: 8 a.m. - noon

Early Pregnancy and Pets in Pregnancy: Learn what to expect in the first six months of your pregnancy as well as how to introduce your pet to your newborn. Class date:

♦Feb. 4: 2:30 – 4:30 p.m.

Glucometer Education: Patients will be given instructions and a demonstration on how to properly use a Glucometer. Class dates are:

♦Jan. 30: 2:30 – 4 p.m.
♦Jan. 31: 9:30 – 11 a.m.
♦Feb. 1: 1 – 2:30 p.m.
♦Feb. 6: 2:30 – 4 p.m.
♦Feb. 7: 9:30 – 11 a.m.
♦Feb. 13: 2:30 – 4 p.m.
♦Feb. 14: 9:30 – 11 a.m.
♦Feb. 15: 1 – 2:30 p.m.
♦Feb. 20: 2:30 – 4 p.m.
♦Feb. 21: 9:30 – 11 a.m.
♦Feb. 27: 2:30 – 4 p.m.
♦Feb. 28: 9:30 – 11 a.m.

High Blood Pressure/Hypertension: Discuss the causes, treatment and steps taken to beat high blood pressure. Class dates are:

♦Jan. 29: 9 – 10 a.m.
♦Feb. 5: 9 – 10 a.m.
♦Feb. 12: 9 – 10 a.m.
♦Feb. 19: 9 – 10 a.m.
♦Feb. 26: 9 – 10 a.m.

Infant Care: Parents-to-be learn how to properly bathe and care for their new baby, to include diapering. Class date:

♦Feb. 13: 9 – 11 a.m.

Infant CPR: New and expectant parents, baby sitters and other care givers learn how to properly resuscitate a baby if its heart should stop beating. Class date:

♦Feb. 26: 5:30 – 7:30 p.m.

Legal Issues & Pregnancy: Learn about profiles and related issues military members face when pregnant. Class dates are:

♦Feb. 8: 1 – 2 p.m.

Methamphetamine Training: This class gives parents what they need to talk with their children about an issue that can impact their behavior, health and lives. Location: Piney Hills Neighborhood Center, next to Thayer Elementary. Class date:

♦Feb. 8: 4 – 5 p.m.

Nutritious Weigh: Learn about low-fat eating, weight management techniques, cooking methods and dietary trends. Learn how you can lose pounds safely, the importance of exercise and reading food labels, and weight management theories. Class date:

♦Feb. 4: 12:30 – 2 p.m.

Self-Care Intervention Program: Learn how to avoid illness and pursue wellness; learn the importance of healthy habits, hot to treat common illness at home, and how to use medications. Participants will receive a pharmacy card to receive non-prescription medication through the pharmacy. Class dates are:

♦Jan. 30: 1 – 3 p.m.
♦Feb. 6: 1 – 3 p.m.
♦Feb. 13: 1 – 3 p.m.
♦Feb. 20: 1 – 3 p.m.
♦Feb. 27: 1 – 3 p.m.

Soldiers and Families are invited to a Post-Deployment Spiritual and Emotional Wellness class at Clark Library. The class which is open to all military beneficiaries, 16 years old and older. Call (573) 596-0491 to register. Class date:

♦Feb. 28: 9-11 a.m.

Tobacco cessation: Discuss tobacco use, skills to quit and coping strategies to remain tobacco free. Class dates are:

♦Jan. 29: 11:30 a.m. – 1 p.m.
♦Feb. 5: 11:30 a.m. – 1 p.m.
♦Feb. 12: 11:30 a.m. – 1 p.m.
♦Feb. 19: 11:30 a.m. – 1 p.m.
♦Feb. 26: 11:30 a.m. – 12:30 p.m.