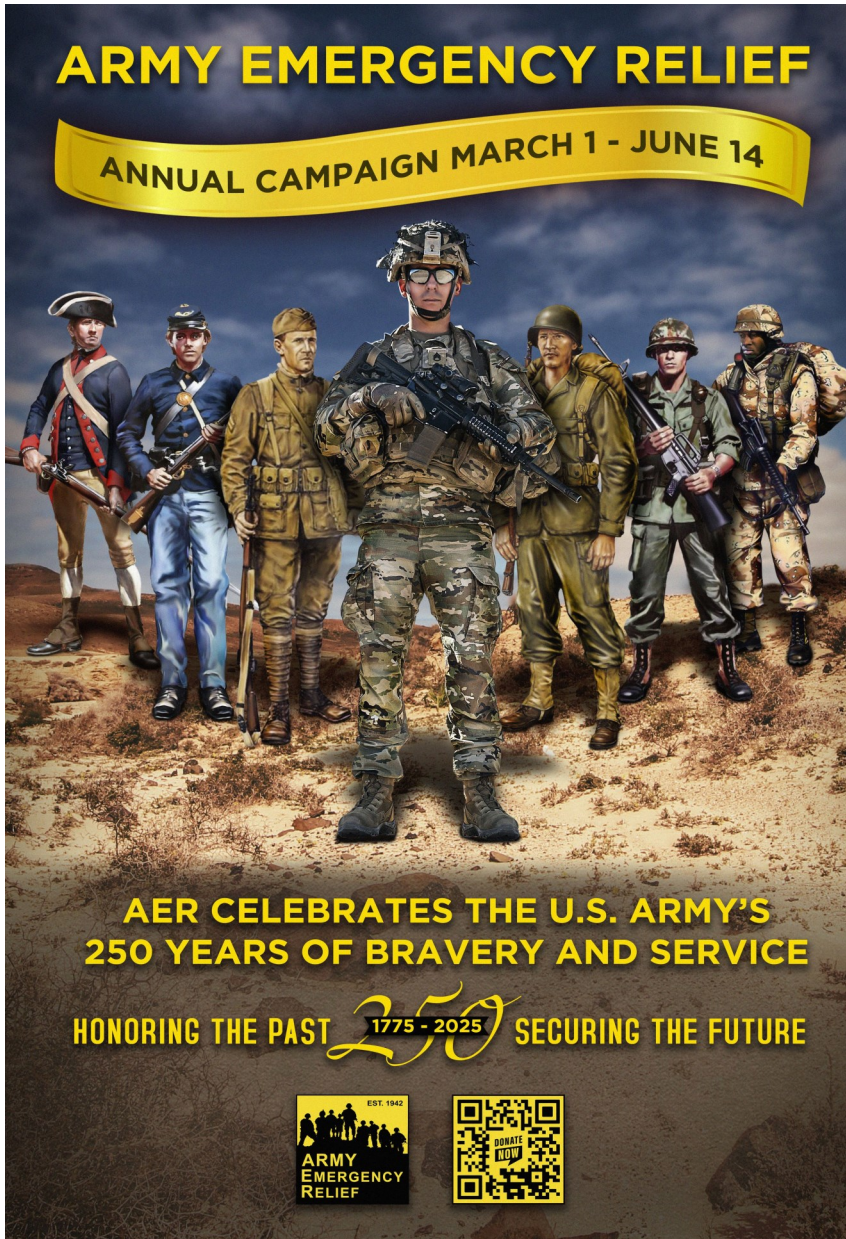




ACS Community Connection



March 2025



Connect with ACS!

📍 411 Eisenhower Ave. Bldg.
1477 Fort Knox, KY 40121

☎️ (502) 624-8391

📘 Fort Knox Army
Community Service

🌐 [knox.armymwr.com/
categories/community-
support](https://knox.armymwr.com/categories/community-support)

Upcoming ACS Events

- **Installation Newcomer Orientation**
March 5, Pg. 6
- **Federal Resume Writing Class**
March 8, Pg. 24
- **EFMP Bowling**
March 11, Pg.12
- **Stitch Brigade**
March 12, Pg. 8
- **Community Playgroup**
March 13 , Pg.16
- **EFMP Rock Painting**
March 18, Pg. 13
- **EFMP Support Solutions**
March 26, Pg. 15
- **Stich Brigade**
March 26, Pg. 8
- **Community Playgroup**
March 27, Pg. 16

Army Emergency Relief provides grants, interest-free loans and scholarships to promote readiness and help relieve financial distress of Soldiers and their Families. The 2025 AER Campaign kicks off March 1st. Scan the QR code to donate now. Make sure to select Fort Knox under Support-Section so that your donation is earmarked for our community. If you have any questions please call 502-624-5989/8391.

Did you Know? AER offers Scholarships for Dependent Children and Army Spouses.



SCHOLARSHIP PROGRAM FOR DEPENDENT CHILDREN

Applications accepted January 1 to April 1 for following academic year

The Maj. Gen. James Ursano Scholarship Program is based on applicants' financial needs and was established to assist dependent children of Soldiers in obtaining their first undergraduate degrees.

"I'm so grateful for this opportunity that I've been able to receive all four years; it's definitely been a great help. They have helped me out so much, and I'm so grateful that I want to donate back to Army Emergency Relief."

Aidan Ursano scholarship recipient

Go to aerhq.org/scholarships/child or scan the QR code for more information about this program.



URSANO SCHOLARSHIP OVERVIEW

ELIGIBILITY

In the last 16 years, more than 70,000 scholarships totaling over \$137 million have been awarded to Army children.

- ★ Dependent children of active duty, retired or National Guard and Reserve Soldiers on Title 10 Orders for the full academic year.
- ★ Children must be enrolled full-time for the entire academic year and be under the age of 24.
- ★ Recipients may receive scholarship funds for up to four years of full-time enrollment but must reapply each academic year.
- ★ Student must remain unmarried for the entire academic year.

AERHQ.org ★ 866-878-6378
2530 Crystal Dr., Suite 13161
Arlington, VA 22202



Is your high school senior getting ready for college or tech school? Apply for the AER Maj. Gen. James Ursano Scholarship Program for Dependent Children. The scholarship is based on applicants' financial needs and can be reapplied for each academic year.

The deadline to apply is April 1.



MRS. PATTY SHINSEKI
Angela G.

SCHOLARSHIP PROGRAM FOR ARMY SPOUSES

Applications accepted year round

The Mrs. Patty Shinseki Scholarship Program is based on an applicant's financial need and was established to assist Spouses of Soldiers continuing their educations.

"I am so grateful for this opportunity, and I know that it wouldn't be possible without the tremendous amount of generous donations."

Angela G. Shinseki scholarship recipient

Go to aerhq.org/scholarships/spouse or scan the QR code for more information about this program.



SHINSEKI SCHOLARSHIP OVERVIEW

IN THE LAST 15 YEARS

70,000 scholarships totaling more than \$125 million have been awarded to Army spouses and children.

ELIGIBILITY

- ★ Applicant must be a dependent spouse and register in the Defense Eligibility Enrollment Reporting System (DEERS) as such.
- ★ Student must be pursuing their first undergraduate degree as a full-time or part-time student at an accredited institution.
- ★ Applicants must maintain a cumulative GPA of 2.0 on a 4.0 grading scale.
- ★ Students must not be a member of the National Guard, Reserves or other military branch.

AERHQ.org ★ 866-878-6378
2530 Crystal Dr., Suite 13161
Arlington, VA 22202



Applications are accepted year round for the Mrs. Patty Shinseki Scholarship for Army Spouses.

Scan the QR Code for more info!

Find out how to reduce Your Loan by up to **\$500!**

AER *Securing the* **FINANCIAL FRONTLINE**

ATTENTION SOLDIERS: IMPROVE YOUR FINANCIAL LITERACY AND REDUCE YOUR LOAN!

BENEFITS

Active, Guard or Reserve Soldiers with AER loans who are eligible and fulfill the requirements can gain credit toward their loans.

- E4 and below receive **\$500***
- E5 and above receive **\$250***

**Credit will not exceed the current balance of the loan*

REQUIREMENTS

- Review and complete the financial training videos on the Army G-9 website (www.financialfrontline.org) within 90 days of receiving a loan.
- Score an 80+ in one of three attempts on the exam in AER's Loan Portal (www.aerhq.org/loans).



The training is available thanks to a \$1 million donation by the Association of the United States Army and a partnership with the Army Installation Management Command, the Army G-9 Team, and the USAA Education Foundation.

Keep an Eye on Your Debt!

Debt Awareness Week is March 18-24.

It's a great time to review your loans and find out how much they really cost.



Know the True Cost of Your Loan

Loans are useful to help finance a major purchase or expense – but it's important to understand how different terms can affect the overall cost.

**Let's say you need a \$20,000 loan.
How much will you end up paying?**



Interest Adds Up

**Smaller interest rate,
lower overall cost**

Total cost for a **\$20,000**
loan paid off over
60 months:

5% interest = \$22,645.48

7% interest = \$23,761.44

11% interest = \$26,090.91



48 Term Length Matters

**Shorter term length,
long-term savings**

Total cost for a **\$20,000**
loan at **5% interest**,
compounded monthly:

48 months = \$22,108.12

60 months = \$22,645.48

72 months = \$23,191.10



Remember: A shorter term can mean higher monthly payments, so make sure the option you choose fits your spending plan. Just don't forget to read the fine print to stay aware of any hidden fees!

While specifics depend on needs and qualifications, understanding the [true cost of your loan](#) – and lessening it when possible – can support your overall financial well-being.

Did You Know?

Your qualifying interest rate often depends on your [credit score](#).



As you reach new milestones and complete [service-required trainings](#), look to the [Office of Financial Readiness](#) for more information and follow @DoDFINRED on    

Tax Day is April 15th. Start filing today with MilTax.



**MILITARY
ONE SOURCE**

MilTax
FREE TAX SERVICES

Free tax services made for the MilLife.

When it's time to tackle your taxes, turn to **MilTax** for free e-filing software and personalized consultant support.

FREE specialized software that accounts for the complexities of military life that allows you to connect with a tax pro and file federal & up to 3 state returns.

Did You Know?

Service members have easy access to tax statements on their myPay accounts.

Tips from Military OneSource to prepare for tax season

Eligibility: MilTax is free for service members, eligible family members, survivors and recent veterans.

Organize your financial documents. Designate one place to keep all incoming tax documents, including W-2s, 1099s or 1098s, medical bills, charitable donations and receipts.

Protect your identity with an IP PIN. Add an extra layer of security before you file by signing up for an identity protection personal identification number, or IP PIN.

Plan ahead for payments or refunds. Set funds aside if you expect to owe taxes or consider paying off debts if you're expecting a refund.

Tap into expert tax support. When in doubt, ask a pro! Enlist FREE help from a MilTax consultant by calling 800-342-9647.

INSTALLATION NEWCOMER ORIENTATION

COMMUNITY PARTNER INFORMATION FAIR

MILITARY SPOUSES INVITED TO ATTEND

SABER & QUILL · 0830-1200

1118 CHAFFEE AVE · FORT KNOX, KY 40121

1ST WEDNESDAY OF EACH MONTH



2025

Jan 8

Feb 5

Mar 5

Apr 2

May 7

Jun 4

Jul 2

Aug 6

Sep 3

Oct 1

Nov 5

Dec 3



ACS Relocation Program (502) 624-8391/6291

usarmy.knox.id-training.list.dfmwr-acs@army.mil

Welcome to Fort Knox!!

Moving is a part of Military life. The Relocation Readiness Program offers a comprehensive support system for Soldiers and their Families, and DA Civilians.

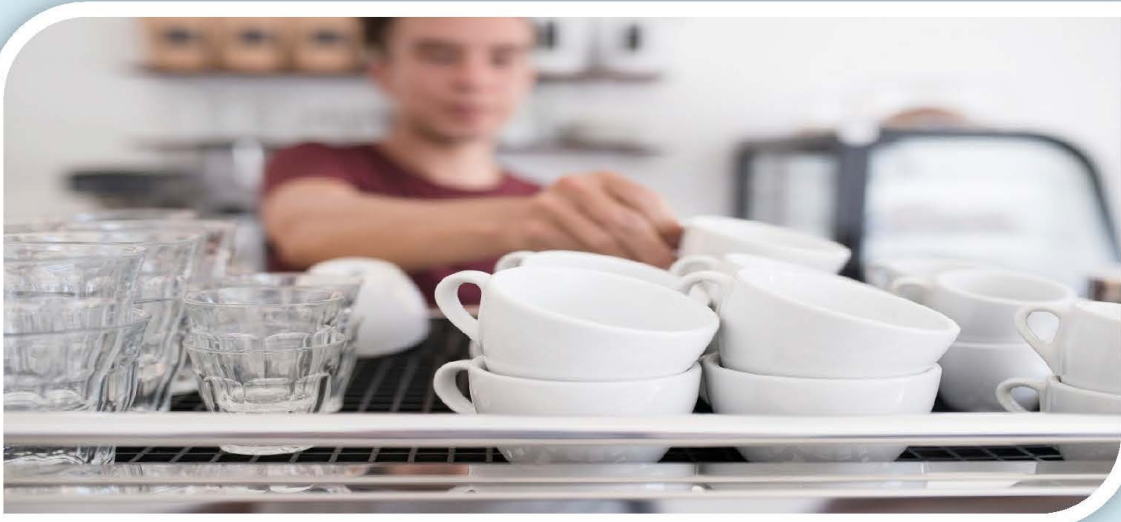
Join us for the Installation Newcomer Orientation the first Wednesday of each month to learn information about ACS programs, and 30 community partners will be available to assist you in being successful at Fort Knox.

Spouses are encouraged to attend!

FORT KNOX ACS

RELOCATION READINESS PROGRAM

LENDING CLOSET



SOLDIERS, FAMILIES, & DOD CIVILIANS WITH ORDERS OR ID CARDS, CAN BORROW HOUSEHOLD ITEMS FOR FREE.

Borrow housekeeping essentials & small appliances for up to 30 days to simplify your move!

Sample items available: Pots & Pans, Coffee Makers, Crock Pots, Toasters, Ironing Board & Iron, Bakeware, Dishes, Silverware, Drinkware, & More!

CALL

502-624-8391

LOCATION

411 Eisenhower Avenue,
Bldg. 1477

Monday – Friday, 0730-1600



The Lending Closet provides housekeeping essentials on free temporary loans to incoming and outgoing Soldiers, Families, and DoD Civilians, and in other cases as appropriate. We encourage you to not purchase items you already own and borrow from us while you wait.

Volunteer Opportunity!

**Next
Project:
Baby Hats
for the NPSP
Baby Expo.**

Join the ACS Volunteer Stitch Brigade and donate your time, talent, and leftover yarn and fabric to create items such as baby booties, hats, blankets, and more in support of Military Families!



Scan the QR code and join our Facebook group for meeting information and project updates.

**Stitch Brigade is on Facebook!
Search: Fort Knox Stitch Brigade and click JOIN**

**March 12th @ Barr Library, 5:00pm -7:00 pm
62 W Spearhead Division Ave, Fort Knox, KY 40121**

**March 26th @ ACS, 10:00am-12:00pm
411 Eisenhower Ave. Bldg. 1477**

ARMY FAMILY ACTION PLAN

Army Family Action Plan (AFAP) provides Soldiers, Army Civilians, Family members, Survivors, and Retirees a voice by identifying issues and concerns for Army Senior Leadership resolution.



AT A GLANCE

Since 1983, 744 issues elevated to HQDA have resulted in: 129 Legislative Changes

Post 9/11 Veterans Educational Assistance Act of 2008:

- Distributed Soldier Montgomery GI Bill benefits to Dependents (Issue 497)

National Defense Authorization Acts (NDAA):

- Paternity leave (Issue 578)
- Chiropractic treatment for AD Soldiers (Issue 468)
- Spouse professional weight allowance (Issue 531)

197 Policy Changes:

- Family Member Employment in the Civil Service System (Issue 38)
- Convicted Sex Offender Registry (Issue 596)
- Exceptional Family Member Program Enrollment Eligibility for Reserve Component Soldiers (Issue 650)

216 Improved Programs and Services:

- Audio/Video Surveillance in Childcare Centers (Issue 447)
- Standard Level of Security Measures in Barracks (Issue 658)

ABOUT

Since its inception in 1983, the AFAP remains the only such partnership between a branch of the United States military and its constituents. Information provided through the AFAP process gives commanders and leaders insight into current satisfaction detractors, quality of life needs, and expectations of Army constituents. Leadership uses the information to effect changes that improve quality of life and support programs. These changes foster a satisfied, informed, and resilient Army Community.

SOLUTIONS

Issues can be submitted at the garrison Army Community Service office or online through the Army Family Web Portal. The needs of the Army community remain in the forefront of Army Senior Leadership. AFAP is the primary tool to communicate the important issues facing Soldiers, Army Civilians, Families, Survivors, and Retirees.

FAQS

What are AFAP issues?

Quality of life issues that are important to Soldiers, Family members, Army Civilians, Survivors, and Retirees. The Army Family Action Plan (AFAP) is the community's platform to voice quality-of-life issues, feedback, ideas, and suggestions. It's the best way to let Army Senior Leadership know what quality of life issues matter to the total Army Family and the impact if they are not addressed.

How can I submit an AFAP issue?

AFAP issues can be submitted through the local ACS office or the online Army Family Web Portal Issue Management System.

Scan the QR code to submit an AFAP issue.



[HTTPS://IMS.ARMYFAMILYWEBPORTAL.COM/](https://ims.armyfamilywebportal.com/)



411 Eisenhower Ave, Bldg 1477
Fort Knox, KY 40121
502-624-8391

Let Your Voice Be Heard!

Have you recently been appointed as a Sponsor?

Use the eSponsorship Application & Training online course to learn about the tools and resources to help you sponsor a newcomer's move .

ACS can further assist you with additional resources by calling 502-624-8391/6291.



MILITARY ONE SOURCE | MilLife LEARNING

Savvy Sponsors Help Others Start Strong

The eSponsorship Application & Training online course gives you intel and resources you can use to help newcomers settle in successfully.

Be prepared for success as a sponsor. Take the eSponsorship Application & Training course to get the information and resources you need to sponsor with confidence. Here's a quick overview of what to expect.

Easy Access

You can access the eSAT course 24/7 through MilLife Learning at <https://millifelearning.militaryonesource.mil/>

- Choose **Course Catalog**.
- Type **eSAT** in the search bar.
- Under course description, click **LOG IN TO ENROLL**.
- Follow steps to either log in or create an account.

Updated Interactive Format

New sponsors can learn from realistic PCS scenarios. Experienced sponsors can demonstrate knowledge and earn a certificate at the beginning of the course.

The Most Current Information

Get the most effective and up-to-date information so you can share accurate intel.

Customizable Resources

Download a newcomer needs assessment, a newcomer needs checklist, and sample sponsor correspondence for your initial welcome and follow up messages.

A Certificate of Completion

Upon completing the course, you can download and print your certificate. It's also stored on MilLife Learning for later retrieval.

Contact your installation Military and Family Support Center to learn more about sponsorship, and be sure to review your service-level sponsorship policies.

Fort Knox Army Community Service
411 Eisenhower Avenue
Building 1477
502-624-8391/6291

For additional information, please contact the Relocation Program Manager at 502-624-6173.

Our consultants are standing by 24/7 to support you and your newcomer.
<https://MilLifeLearning.MilitaryOneSource.Mil> | www.MilitaryOneSource.mil | 800-342-9647



Citizenship & Immigration Services



Are you seeking guidance on the citizenship and residency application process? Your Relocation Readiness Program Manager can act as a liaison and establish virtual appointments with the United States Citizenship & Immigration Services (USCIS) Louisville Office.

Call 502-684-6173/8391 for more information or to set up an appointment.

Additional Support Options:

The U.S. Citizenship and Immigration Services Military Help Line.

- Call 877-247-4645 or visit <https://www.uscis.gov/military/military-help-line> to speak with a USCIS representative Monday thru Friday 8am-6pm.

Contact Military OneSource

- Call 1-800-342-9647 for help with immigration, citizenship and the naturalization process.
- FREE document translation & language translation services in real time.

Register now! Space is limited & registration is required.

EFMP BOWLING

**MARCH 11 • 3 PM - 4:30 PM • FREE
HOUSTON BOWLING CENTER**

Event for all EFMP Families and includes those enrolled and their entire family; adults and children.



You must be registered to attend. Register by calling ACS EFMP 502-624-8391

Also offered April 8 and Oct 21





EFMP ADVENTURES

ROCK PAINTING

MAR 18 - 4:30 PM - 6 PM - ACS - FREE

JOIN EFMP AND THE FORT KNOX ADVENTURE PROGRAM TO "ROCK" YOUR CREATIVITY WITH THIS ENGAGING AND INCLUSIVE ROCK PAINTING SESSION!

BRING YOUR FAMILY OR FRIENDS TO PAINT, RELAX, AND CONNECT! PLEASE FEEL FREE TO BRING YOUR OWN ROCK (BYOR) OR WE WILL PROVIDE SOME FOR YOU!

Limited spots • To register: ITR Leisure Travel (502) 624-5030 or online at knox.armymwr.com.
For more information, please contact ACS EFMP (502) 624-4067 or email marla.j.harris2.civ@army.mil



EFMP Family Support





ARMY COMMUNITY SERVICE
ACS
Real-Life Solutions for Successful Army Living

EFMP RESPITE CARE

Respite care offers a qualified caregiver in your home for your family members enrolled in the Exceptional Family Member Program (EFMP). To determine your eligibility, please reach out to the ACS EFMP Family Support office at 502-624-8391.

CONTACT US!

EFMP Family Support

EFMP Did You know??

Each installation offers services through two different EFMP offices-the Military Treatment Facility (MTF) EFMP and Army Community Service (ACS) EFMP

1. For EFMP initial screening, enrollment, updates, and overseas screenings, contact the Fort Knox MTF EFMP at 502-624-6211. This office is located in the Margetis facility, building 6289 on Claiborne Street.
2. For resources, advocacy, support groups, and local and state information, contact ACS EFMP at 502-624-4067. ACS EFMP is located on Eisenhower Ave in building 1477.



2025 EFMP Support Solutions



Hosted by ACS EFMP Family Support

Join us to learn about different programs, connect with other parents, and share your experience!

March 26th	12:00PM-1:30PM	ACS Office
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We will be meeting at
Army Community Services
411 Eisenhower Ave. Bldg 1477
Fort Knox, KY 40121

Food is not provided at this gathering. Guests are welcome to bring their own snacks.
Call ACS EFMP at 502-624-8391.



Fort Knox New Parent Support Program & Exceptional Family Member Program

2025

Community Playgroups



MacDonald Elementary School
 128 McCracken Street; Fort Knox, Kentucky 40121
 From 10 AM to 11:30 AM on the following Thursdays:

- January: 9 & 23
- February: 13 & 27
- March: 13 & 27
- April: 10 & 24
- May: 15 & 29
- June: 12 & 26
- July: 10 & 24
- August: 14 & 28
- September: 11 & 25
- October: 9 & 23
- November: 6 & 20
- December: 4 & 18

.....
 Free and open to all Fort Knox parents with children ages zero to five of all abilities.
 For more information, please call (502) 888-5884 or email megan.r.setter.civ@army.mil.



Join the New Parent Support Program for the Baby Expo in April!

MILPARENTS ROCK

Rock-Solid Families Start Here

NEW PARENT
SUPPORT PROGRAM

Baby Expo



**Friday, April 18, 2025
11 AM - 2 PM**

Sadowski Center (6607 Wilson Road; Fort Knox, KY 40121)

Are you a new or expecting parent? Join us to celebrate and connect with Fort Knox community resources available to support your growing Military Family.



For more information, please call (502) 888-5884
or email megan.r.setter.civ@army.mil.

FORT KNOX NEW PARENT SUPPORT PROGRAM



CLASS DESCRIPTIONS

Basics of Postpartum and Newborn Care

The class on postpartum and infant care offers new parents essential insights and practical skills for navigating the early days of parenthood. Participants will learn about the physical and emotional changes that occur after childbirth, including self-care strategies for recovery. The curriculum covers key topics such as infant feeding techniques, safe sleep practices, bathing, diapering, and recognizing developmental milestones. Interactive discussions and hands-on demonstrations will empower parents to confidently care for their newborns while also addressing their own well-being. By the end of the class, attendees will feel better equipped to foster a nurturing environment for both themselves and their baby.

Breastfeeding

The class on breastfeeding provides expectant and new parents with comprehensive knowledge and practical skills to support successful nursing. Participants will learn about the benefits of breastfeeding for both mother and baby, proper latch techniques, and effective positioning to ensure comfort during feeding. The curriculum also covers topics such as managing common challenges, understanding breastfeeding patterns, and maintaining milk supply. Through interactive discussions and demonstrations, attendees will gain confidence in their abilities to navigate the breastfeeding journey. By the end of the class, parents will feel empowered and well-prepared to foster a positive breastfeeding experience for themselves and their newborns.

FOR MORE INFORMATION

New Parent Support Program
Fort Knox Army Community Service
 411 Eisenhower Avenue, Building 1477
 Fort Knox, KY 40121
 (502) 624-8391/6291



Families can contact Megan Setter at 502-624-5970 to schedule individual classes.

Birth to Baby

The class on what to expect during labor and delivery prepares expectant parents for the transformative experience of childbirth. Participants will explore the stages of labor, common signs of onset, and various pain management options, including both medical and natural techniques. The curriculum also covers what to anticipate in a hospital or birthing center environment, including the roles of healthcare professionals and available support systems. Through informative discussions and visual aids, attendees will gain confidence in their birth plans and learn how to communicate effectively with their care team. By the end of the class, parents will feel more informed and empowered, ready to embrace the journey ahead.

Comfort Techniques

The class on comfort techniques during labor provides expectant parents with effective strategies to manage pain and enhance the overall childbirth experience. Participants will explore a variety of methods, including breathing exercises, relaxation techniques, and movement strategies, as well as the use of heat, massage, and hydrotherapy. Emphasizing both physical and emotional support, the class encourages partners to actively participate in comfort measures, fostering a collaborative environment. Demonstrations will allow attendees to practice these techniques, ensuring they feel prepared and confident as they approach labor. By the end of the session, parents will have a toolkit of comfort strategies to help navigate the challenges of labor with greater ease.

Infant and Toddler CPR

The class on infant and toddler CPR and choking equips caregivers with crucial life-saving skills to respond effectively in emergencies. Participants will learn the essential techniques for performing CPR on infants and young children, including the correct chest compression and rescue breath methods. The course also covers how to identify and manage choking incidents, providing step-by-step guidance on back blows and abdominal thrusts. Through hands-on practice with mannequins and real-life scenarios, attendees will gain confidence in their ability to act quickly and decisively. By the end of the class, caregivers will leave with the knowledge and skills needed to ensure the safety and well-being of their little ones in critical situations.

Infant and Toddler Safety

The class on infant and toddler safety provides essential guidance for parents and caregivers to create a secure environment for young children. Participants will explore a range of topics, including childproofing the home, safe practices for car travel, and recognizing potential hazards in everyday settings. The curriculum covers emergency preparedness and strategies for preventing common injuries. Through interactive discussions and practical demonstrations, attendees will learn how to identify risks and implement effective safety measures tailored to infants and toddlers. By the end of the class, caregivers will feel empowered with the knowledge and skills needed to protect their little ones and promote a safe, nurturing environment.

Period of PURPLE Crying and Safe Sleep

The class on the period of purple crying and safe sleep educates parents and caregivers about the normal developmental phase that infants experience, characterized by increased crying and fussiness. Participants will learn the characteristics of this phase, how to cope with the challenges it presents, and effective soothing techniques to help calm a distressed baby. Additionally, the class emphasizes the importance of safe sleep practices, including proper sleeping positions, safe sleep environments, and reducing the risk of Sudden Infant Death Syndrome (SIDS). Through engaging discussions and practical demonstrations, attendees will gain valuable insights to promote their baby's well-being while fostering a nurturing and safe environment. By the end of the session, parents will feel more informed and prepared to navigate this challenging yet critical period in their child's early life.

FOR MORE INFORMATION

New Parent Support Program
Fort Knox Army Community Service
411 Eisenhower Avenue, Building 1477
Fort Knox, KY 40121
(502) 624-8391/6291



Families can contact Megan Setter at 502-624-5970 to schedule individual classes.



Potty Training 101

The class on potty training offers parents and caregivers practical strategies and insights to successfully navigate this important developmental milestone. Participants will learn about the signs of readiness, different potty training approaches, and how to create a positive and encouraging environment for their child. The curriculum includes tips for managing accidents, establishing routines, and reinforcing good habits, all while emphasizing patience and understanding. Through engaging discussions and shared experiences, attendees will gain confidence in their ability to support their child through this transition. By the end of the class, parents will leave with a personalized potty training plan and the tools to make the process smoother and more enjoyable for their family.

Recognizing and Reporting Child Abuse or Neglect

The class on recognizing and reporting child abuse and neglect equips participants with vital knowledge and skills to identify warning signs and take appropriate action. Through an engaging mix of discussions and role-playing scenarios, attendees will learn about the different types of abuse and neglect, their potential impacts on children, and the legal and ethical responsibilities involved in reporting. Emphasizing a compassionate approach, the class fosters a deeper understanding of the complexities surrounding these issues, while also providing practical guidance on how to navigate reporting procedures and support affected families. By the end of the session, participants will feel empowered to play an active role in safeguarding children's well-being within their communities.

24:7 Dad®

24:7 Dad® is an evidence-based fatherhood program used by hundreds of organizations across the U.S. to improve the knowledge, behavior, and skills of diverse dads. The program is built on the basis that fathers can be nurturers, and nurturing is a learned skill for men. Throughout the program, men examine their fatherhood history, learn the five characteristics of a 24:7 Dad®, and learn other essential behaviors such as working with mom and proper child discipline to help them be the best dads possible.

FOR MORE INFORMATION

New Parent Support Program
Fort Knox Army Community Service
 411 Eisenhower Avenue, Building 1477
 Fort Knox, KY 40121
 (502) 624-8391/6291



Families can contact Megan Setter at 502-624-5970 to schedule individual classes.



World Compliment Day – March 1st

World Compliment Day is a global initiative to create the most positive day in the world by spreading joy through simple, yet sincere recognitions. Take a moment to thank a friend, family member, or colleague for being an amazing person, or acknowledge a stranger's unique style. A simple compliment can go a long way in brightening someone's day and boosting their confidence.

So, let's make the world a brighter place, one compliment at a time!
Who will you compliment today?

You make the world a better place!

Your positivity is infectious!

I love your courage to embrace new experiences.

Your cooking is amazing!

You give the best hugs!

You are a fantastic listener. I feel understood.

I love your confidence; it encourages me.

MILITARY AND FAMILY LIFE COUNSELORS (MFLC)

Services offered through the Military and Family Life Counseling Program are confidential, not reported to the command, and do not impact a service member's security clearance.

One-on-one, couple, or group — MFLCs can help you manage life challenges such as:

- Deployment adjustments
- Stress management
- Moving preparations and getting settled
- Relationship building
- A problem at work
- The grieving process following the death of a loved one or colleague.

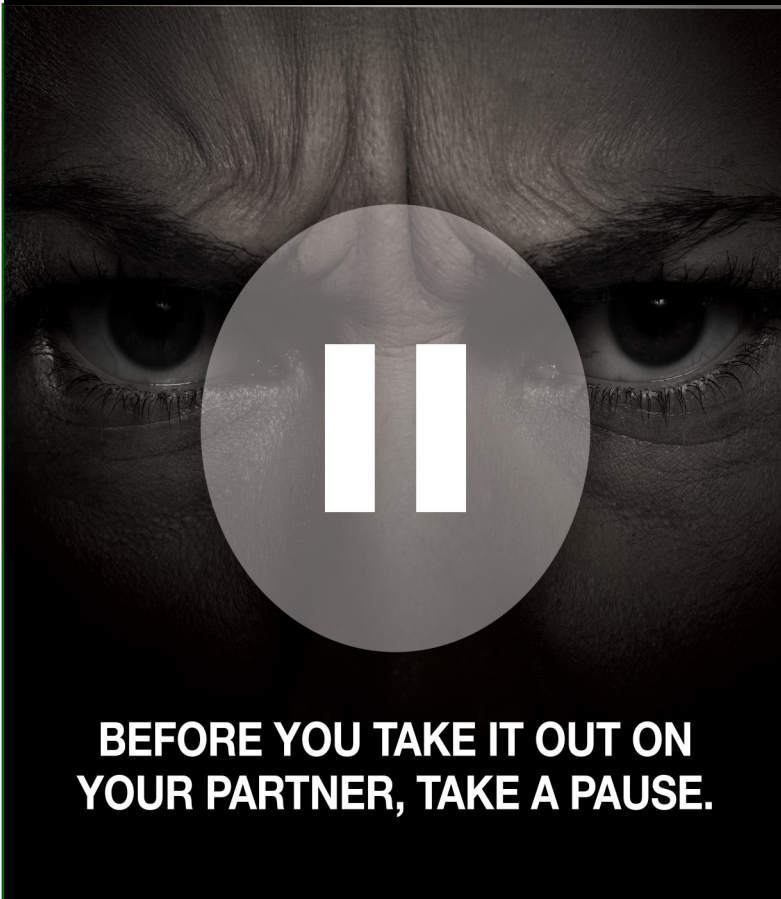
Call us at 502-624-8391 to receive contact information for an MFLC or call Military OneSource at 1-800-342-9647.





DO YOU FEEL FINANCIALLY TRAPPED IN YOUR RELATIONSHIP?

If you're staying in a harmful relationship because you can't afford to leave, help is available. Call your Fort Knox Family Advocacy Program at 502-624-5970/8391 or visit Military OneSource to learn about your options. You are not alone!



BEFORE YOU TAKE IT OUT ON YOUR PARTNER, TAKE A PAUSE.

Take that PAUSE!

If your behavior makes your partner feel more scared than secure, it's time to reach out for help. Take a pause—find resources to help you address harmful patterns. Contact the Fort Knox Family Advocacy Program at 502-624-5970/8391 or Military OneSource to talk through the next steps.



WHO: Commanders And First Sergeants

WHAT: Initial/Annual Family Advocacy Program (FAP) Training

WHEN: The First Tuesday of the month, 9:00 a.m.—10:00 a.m.

WHERE: BLDG 1477, 411 Eisenhower Ave, Fort Knox, KY 40121 ACS Training Room

WHY: Fulfills AR 608-18 requirement for mandatory FAP training within 45 days of appointment to a command position.

RSVP: Contact: (502) 624-5571

Email: joshua.m.rodeheaver.civ@army.mil

Alternative option, Online FAP training on JKO at

https://jkodirect.jten.mil/html/COI.xhtml?course_prefix=OSD&course_number=-101

Course title: OSD-101 Abuse within Relationships and Families: For Leaders

Commanders & First Sergeants make sure to sign up to get your Annual Family Advocacy Program Training.

FAMILY ADVOCACY PROGRAM FORT KNOX RESOURCES

**Fort Knox
Family Advocacy
Program
502-624-5970/8391**

**Fort Knox
ACS Victim Advocate
502-888-5796**

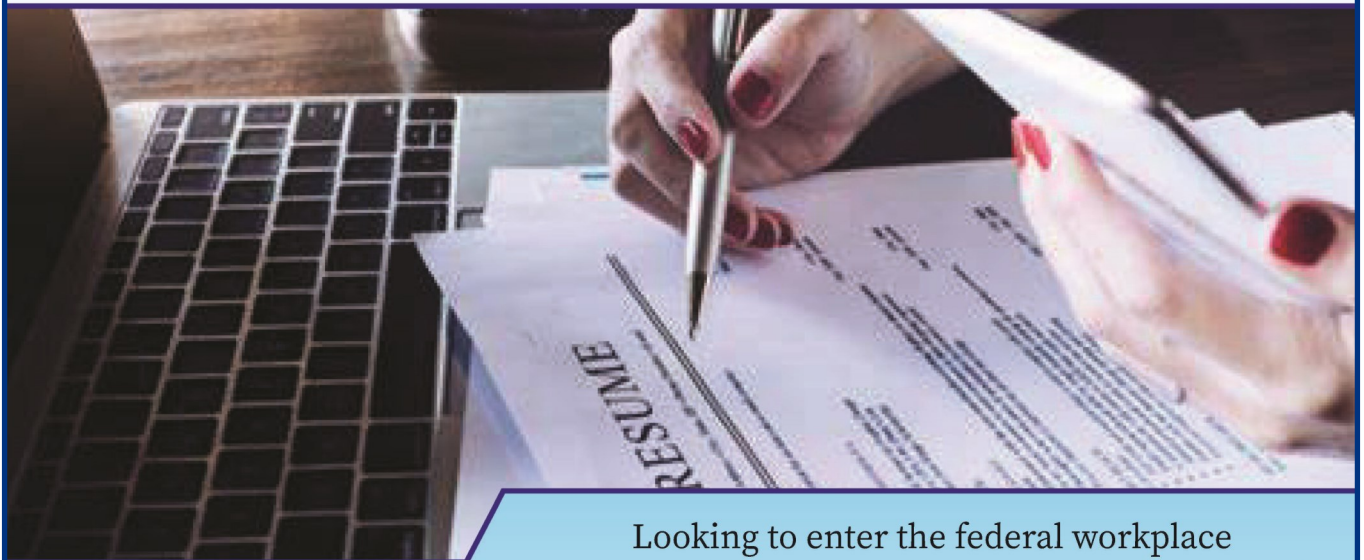
**Fort Knox Military Police
911 (Emergency)
502-624-2111 (Non-
Emergency)**

**Military OneSource
1-800-342-9647
Militaryonesource.mil**

**National Support
800-799-7233
Thehotline.org**

Looking for a job? ACS can help!

Federal Resume Writing Class



Looking to enter the federal workplace and would like help writing your federal resume?

Upcoming Classes:

- * Friday 24 January 10:00am-12:00pm
- * Thursday 13 February 10:00am-12:00pm
- * Wednesday 26 February 1:30pm-3:30pm
- * Saturday 8 March 10:00am-12:30pm



For more information or to RSVP, contact the Employment Readiness Program:

502-624-8068
summer.t.carney.civ@army.mil

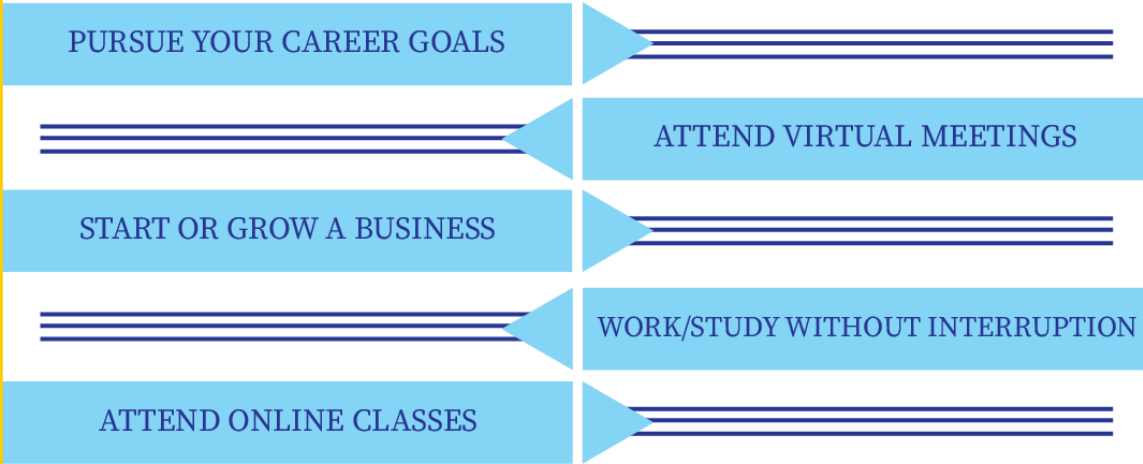


SPOUSE EDUCATION & CAREER OPPORTUNITIES

Find a job through the Military Spouse Employment Partnership at:

<https://myseco.militaryonesource.mil/portal/msep/jobs>

Military Spouse Co-Working Space



Is working from home not working for you?

We now offer Military Spouse Co-Working space for professionals, freelancers, and startups; to connect, communicate, and collaborate. The Co-Working Space can also be used for online classes, when you need a quiet space to study and focus on that final!



For more information or to reserve a spot call 502-624-8068 or 502-624-2133



411 Eisenhower Ave, Bldg 1477
Fort Knox, KY 40121

Who
Military Spouses

Where
Graham Hall
70 Pershing Dr Bldg 1378

When
Mon-Fri • 8am - 4:30pm
Closed Holidays

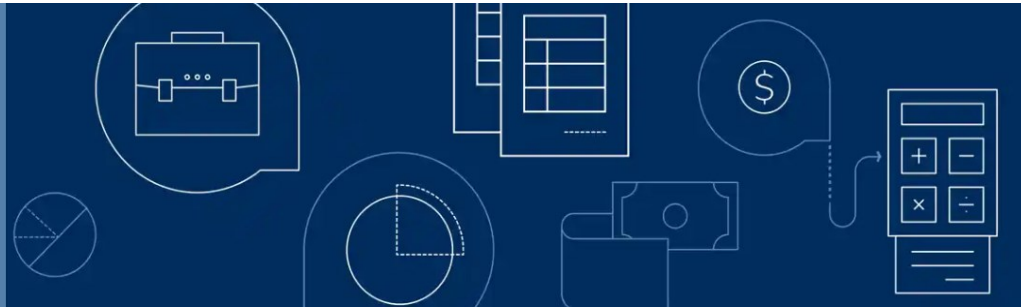
We offer Military Spouses a Co-Working space for professionals, freelancers, and startups a quiet place to connect, communicate, and collaborate.

The Co-Working Space can also be used for online classes when you need a quiet place to focus.

For more info or to reserve a spot call 502-624-2133.

Get Stuff Done!

EDUCATION
FINRA
Foundation
Fellowship



The **FINRA Foundation Fellowship** is a unique opportunity for qualified military spouses to earn the **AFC Certification** at **no cost**, thanks to the generous funding provided by the FINRA Investor Education Foundation.

Applications open March 1, 2025—join the interest list and take the first step toward your future! Learn more:

<https://www.afcpe.org/education/finra-foundation-fellowship/>

By joining the interest list, you will be among the first to receive updates about the Fellowship, including when the application period opens, informational webinars, success stories from other Fellowship recipients, and ways the AFC has transformed the lives of certification holders and their clients.



Join the Fort Knox Community Garden!

In 2024, we grew and shared 125 lbs of fresh produce with the Fort Knox community!

The Fort Knox Community Garden is nearly half an acre of public space dedicated for members of the military community to engage in a community-led, cooperative gardening effort targeting gardening and battling food insecurity among military families.

Get involved and help grow fresh produce for the Fort Knox community!

Anyone can participate in the garden's cooperative mission to serve our military families. Including but not limited to Active duty, reserve, veterans, retirees, families (spouses/youth), civilians, businesses invested in the military community, etc.

Sign up to take care of one of the 25 garden beds or help in other ways around the garden, such as mowing, watering, and weeding.



Email: garden@knoxhills.com
Apply on VMIS "community garden groundskeeper"

Garden location: 12th Armored Division Ave & Bullion Blvd. Fort Knox, KY 40121 (close to Child Development Center)

For more information about events and more, join our Facebook group: Gardening @Fort Knox

Volunteer Opportunity!

Army Emergency Relief

For more than 80 years, Army Emergency Relief has provided financial support to Soldiers and their Family members. The Annual Campaign's purpose is to fully inform 100% of all active-duty and retired Soldiers and their Family members about the types of financial assistance available and provide the opportunity for you to donate.

The 2025 Army Emergency Relief Campaign runs from March 1 through June 14.



Scan the QR Code now to donate to the AER 2025 Campaign.

Visit www.armyemergencyrelief.org to learn more about AER's financial assistance programs and scholarship opportunities.

Questions? Call ACS to speak with an AER Specialist at 502-624-5989.

My Army Post App (MAPA)

New Army mobile app to replace the Digital Garrison app

- Access resources on weather, post-wide alert messages, emergency contact numbers, and installation facility & gate hours.
- Customize your home page with specific items of personal interest like community events, job announcements, & widgets for facilities likes childcare centers, health clinics, and gyms.
- Direct links to Genesis & the Army Maintenance App
- Easily switch between other installations when traveling.

Download the App!!




My Army Post
Your personalized military community guide.

Select Your Community →

**Looking for Resources – Not sure who to call?
Call ACS @ (502)624-8391**



Community Information

(502) 624-8391

Local, Military & Civilian Information and Resources

Army Emergency Relief (AER)

(502)624-5989

Emergency Financial Assistance

Exceptional Family Member Program (EFMP)

(502) 624-4067

Support to Family members with special needs; Respite Care

Family Advocacy Program

(502) 624-5970

Patient Education & playgroups, New Parent Support Program, Commander, Senior Advisors & Troop Briefings

Victim Advocacy Services

(502) 888-5796

Financial Readiness Services

(502) 624-5989

Budget Counseling, Consumer Rights, Understanding Credit, Personal Financial Management Training

Mobilization, Deployment and Support Stability Operations

(502) 624-2006

Pre & Post Deployment Briefings

Relocation Services

(502) 624-6173

Military One Source/Installation Directory, Welcome & Departure Resources, Foreign Born Spouse Support

Survivor Outreach Services

(502) 624-2006

Support Groups, Outreach, and Resources for Families of Fallen Soldiers .

Volunteer Opportunities.

Visit the Volunteer Management Information System (VMIS) website on the Army Family Web Portal at <https://vmis.armyfamilywebportal.com/>. Log in or use site as a Guest. On

“Opportunities” page, click Filters and search by Fort Knox community. Or directly contact those organizations for volunteer opportunities.

Our Mission:

Download the NEW mobile **My Army Post App (MAPA)** for real-time information about gate closures, inclement weather, events, units, and information about on-post services.



The mission of Army Community Service (ACS) is to facilitate the commander's ability to provide comprehensive, standard, coordinated, and responsive service that support Soldiers, Department of the Army (DA) Civilians, and Families regardless of geographical location by maximizing technology and resources, eliminate duplication in service delivery, and measure service effectiveness.

Important Phone Numbers & Community Resources

- Army Community Service (ACS): (502) 624-8391
- Advocacy and Support Center (Elizabethtown): (877) 672-2124
- American Red Cross: (502) 624-2163
- Department of Community Based Services (DCBS) (CPS): (877) 597-2331
- Emergency, Ambulance, Fire, Police: 911
- Family Advocacy Program Manager: (502) 624-4528
- IRAHC Appointment Line: (800) 493-9602
- Installation Chaplain: (502) 624-5255/6847
- Military Family Life Counselors: (270) 855-1082
- Military One Source: (800) 342-9647
- Military Police (24/7): (502) 624-2111
- National Suicide Prevention Lifeline: 988
- Sexual Assault Hotline (24/7): (502) 851-3779
- SpringHaven Domestic Violence Shelter: (270) 769-1234
- Silverleaf Advocacy & Support Center (Elizabethtown): (877) 672-2124
- Social Work Service (FAP): (502) 626-9884/9885
- Victim Advocate (Domestic Violence): (502) 624-2635
- Kentucky Coalition Against Domestic Violence: <https://www.kcadv.org>
- Community Resource Guide: <https://crg.amedd.army.mil>