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Free tick ID & test for DOD beneficiaries

Free tick identification and testing is available for DOD beneficiaries!

Through the MiITICK program — a special service available for members of the DOD community including service members, their families, retirees, and DOD civilians — DOD beneficiaries can mail in a tick that was removed from a person for identification, analysis, and testing.

436-5425 or by email: dha.apg.pub-health-a.mbx.tickcom@health.mil.

Safe Tick Removal

- Grasp the tick as close to skin's surface as possible.
- Pull upward with steady, even pressure. Don't twist or jerk!
- After removing, clean the area thoroughly with rubbing alcohol, an iodine scrub, or soap and water.
- For DOD beneficiaries: Submit the tick to MiITICK for free identification and testing.



Who to call for mold problems

Molds love moisture and need to have a food source. Good food sources for molds are cloth, wood, and wallboard. Any obvious water leaks or similar sources of moisture should be corrected promptly to prevent mold growth.

Visible mold on hard surfaces such as tile or vinyl should be removed through surface cleaning with a detergent or soap solution. Mold on

porous materials such as ceiling tile or wallboard requires replacement of the contaminated materials. These may need professional removal with appropriate worker protection.

If you work on post or live in the barracks, submit a work order through [Army Maintenance](#) or call 301-677-1629 on weekends. The installation mold response team will send out an assessor to determine next steps.

If you live in privatized family housing or Reece Crossings, submit a work order by calling 1-844-346-1490.

UPCOMING OBSERVANCES, EVENTS & CLOSURES

May 7: TRICARE infotable in Pharmacy

May 15: Limited walk-in contraceptive services

May 16: All services close early at noon

May 20: EFMP infotable in Pharmacy

May 23: Safety Day & Resiliency Fair

May 27: CLOSED- Federal holiday

2024 Holistic Health & Fitness Challenge

Embrace your health and holistic side this May and participate in our 2024 Holistic Health & Fitness Challenge!

Holistic health is an approach to life that considers multidimensional aspects of wellness. It encourages individuals to recognize the whole person: physical, mental, emotional, social, intellectual, and spiritual.

Each day there will be a different challenge for you to complete to fully embrace your holistic health and fitness side!

The 33-day #challenge will align to the following themes:

- Mindfulness Mondays
- Tech Tuesdays
- Workout Wednesdays
- Go for Green Thursdays
- Family & Friends Fridays
- Sleep-In Saturdays
- Spiritual Sundays

	SPiritual SUNDAYS	MINDFUL MONDAYS	TECH TUESDAYS	WORKOUT WEDNESDAYS	GO FOR GREEN	FAMILY FRIDAYS	SLEEP-IN SATURDAYS
WEEK 1	28	29 Practice Mindful Breathing for 2 Min	30 Check Out My Military OneSource	1 Step it Up! Try 10,000 Steps a Day	2 Eat 8 Servings of Veggies or Fruit	3 Eat a Meal with Family or Friends	4 Go to Bed 15-30 Min Earlier Today
WEEK 2	5 Explore Your Spiritual Side	6 Practice Open Monitoring	7 Download Breathe 2 Relax	8 Add in a 20 Min Aerobic Workout	9 Don't Forget to Hydrate	10 Take a 30 Min Walk Together	11 Get Some Extra Sleep Today
WEEK 3	12 Find and Use Your Strengths for Good	13 Become Aware of Your Emotions	14 Download Virtual Hope Box	15 Workout the 7 Muscles Groups	16 Snack Healthier! Don't be Hangry	17 Lead by Example, Order Healthy!	18 Practice a Wind-Down Routine
WEEK 4	19 Take Your Shoes Off! Go Barefoot	20 Have Compassion for Others	21 Download Insomnia Coach	22 Do a Few 2 Min Workouts	23 Fuel Before or After Your Workout	24 Create a Family/Friend Challenge	25 Enjoy Taking a 20 Min Nap
WEEK 5	26 What Can You Do for Someone Today	27 Be Mindful When Hand-Washing	28 Download Stay Quit Coach 2.0	29 Start or Change Up Your Workout	30 Add Something New to Your Diet	31 Last Day of Challenge	1 



The 988 Suicide & Crisis Lifeline provides free and confidential emotional support to people in suicidal crisis or emotional distress 24 hours a day, 7 days a week, across the United States.



EFMP Reminder

Active duty personnel, remember: If you request accompanied travel with OCONUS orders, **each family member requires EFMP screening before travel**, even if already registered in EFMP.

Our medical providers have to review 5 years of medical records for all dependents. Any discrepancies have to

be resolved before a provider will sign off on the documentation that goes to the personnel division that cuts orders.

Call our special needs advisor AT ANY TIME, not just during PCS season, at 301-677-8411.

An information table is scheduled to be in the Main Pharmacy waiting area May 20 from 10 AM - Noon to address general EFMP questions.