



In This ISSUE

**Reduce your wait, ACTIVATE
pharmacy prescriptions**

RSV vaccines at KACC

Holiday Schedule

Healthy recipe

**COVID shots for 12+ available
Mon-Fri**

**Behavioral Health: Tips for the
holiday season**

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Reduce your wait, ACTIVATE



REMEMBER: The Pharmacy does not automatically fill prescriptions. You must first contact our pharmacy to activate your prescription.

During your last appointment, your provider entered a new prescription into the system.

Your next step: Activate your request for medication before coming to the pharmacy for pick up. This action can reduce your overall wait time when you pick up prescriptions at the Main Pharmacy.

Activating a request for new or a renewal prescription can be done by texting 'get in line' to 833-224-5456 or scanning the QR code.

If you elect to call the pharmacy at 301-677-8800, opt. 4, opt. 2., please be aware that you may experience wait times due to call volume.

Representatives at the Main Pharmacy are available from 7:30 AM to 3:30 PM. Main Pharmacy hours are 7:30 AM to 4:30 PM.

Have a refill prescription request?

Call the Automated Service at 800-377-1723 or 301-677-8800, opt. 4, opt. 3.

You must have a prescription number. Representatives at the PX are available from 8 AM to 4:45 PM. PX Pharmacy hours are 8 AM to 5 PM.

3 WAYS TO ACTIVATE

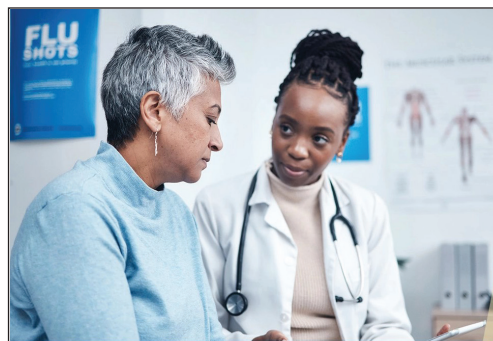
New & Renewal Prescriptions

- 1 Scan QR Code
- 2 Text 'Get in line' to 833-224-5456
- 3 Call 301-677-8800, opt. 4, opt. 2 from 7:30 AM-3:30 PM



2 WAYS TO REQUEST REFILLS

- 1 Call Automated refill line 800-377-1723
- 2 Call 301-677-8800, opt. 4, opt. 3 from 8 AM-4:45 PM



If you are **60+**, talk to your health care provider to see if **RSV vaccination** is recommended.



RSV vaccines at KACC

The U.S. Centers for Disease Control & Prevention expects respiratory syncytial virus (RSV), to spread this fall and winter.

The Immunizations Clinic provides only RSV vaccines for 60+ on a walk-in basis Monday through Friday from 7:30-11:30 a.m. and 1-3:30 p.m. The pediatric RSV vaccine is not available.

If you are 60 years or older, talk to your health care provider to see if the RSV vaccination is recommended.

UPCOMING SCHEDULED EVENTS & CLOSURES

Dec. 22: EARLY CLOSURE-2:30 PM

Dec. 25: Closed-federal holiday

Jan. 1, 2024: Closed-federal holiday

Jan. 15, 2024: Closed-federal holiday

***Future power outages scheduled on Saturdays may affect operations at ScriptCenter kiosks. Dates to be announced.**



Kimbrough
Ambulatory
Care Center

Holiday Schedule

Friday, December 22

EARLY CLOSURE AT 2:30 PM

Please remember to: Complete lab or radiology orders and/or pick up your medication at the Main or PX Pharmacy **before 2:30 PM.**

Monday, December 25

CLOSED

Monday, January 1, 2024

CLOSED

Healthy Recipe:

Sheet pan Maple Dijon Chicken with Butternut Squash & Brussels Sprouts

Prep time: 20 mins

Cook time: 30 mins

Servings: 4

Cals/serving: 532

Ingredients:

- 4 chicken thighs, bone-in, skin on
- Salt & pepper
- 1/3 c. maple syrup
- 1/3 c. Dijon mustard
- 1 1/2 lb butternut squash, peeled, & cubed into 1-2 inch cubes
- 3 c. brussels sprouts, halved
- 3 Tbsp. olive oil



Instructions:

1. Preheat oven to 425. Prepare a large rimmed baking sheet.
2. Season chicken thighs with salt & pepper on both sides.
3. In a medium bowl, whisk maple syrup and Dijon mustard.
4. Dip each chicken thigh on both sides into the maple-Dijon mixture and place on prepared baking sheet, skin side up.
5. Add cubed butternut squash into the same bowl with remaining maple-Dijon mixture, mix to coat and add to baking sheet around chicken.
6. In a separate medium bowl, combine brussels sprouts, olive oil, and 1/2 tsp salt, then add to baking sheet.
7. Roast for 30-40 minutes uncovered until chicken is cooked through.

COVID shots for 12+ now available Mon-Fri

Active duty & TRICARE beneficiaries **12 years & older:** Pfizer COVID vaccine available **MON-FRI.**

TRICARE beneficiaries **6 months-11 years:** Pfizer COVID vaccine available **FRIDAYS ONLY.**

COVID shots available at Immunizations Clinic from **7:30-11:30 AM & 1-3:30 PM.**



**TRICARE beneficiaries must be enrolled at a military facility (not enrolled in US Family Health or Johns Hopkins).*

Behavioral Health reminds you to get some *GRAVY* this season!

Grasp how you're feeling

There are a number of reasons why your days may not be merry and bright during the holiday season. It is all normal to experience low mood, worry, irritability and other emotional symptoms. These symptoms can affect our ability to function in a healthy or productive way in social & professional settings.

Routine is key

Be consistent with the things you can control: diet, exercise, sleep, and substances. Recognize when you are irritable or angry, or feeling low, or have a lack of interest in motivation. Then, push yourself toward your routine and relaxation.

Be **A**ware of your resources

Behavioral Health, Chaplain services, Military & Family Life Counseling Program, Military One Source, Armed Forces Wellness Center, Army Community Service, 988 Suicide & Crisis Lifeline.

Be **V**ulnerable & honest about what you're going through

Others around you are likely feeling the same. Check on those to your left and right. Starting a conversation could be the relief you and others need.

You be the reason someone smiles today!

Stay connected through technology. Extend "This is my Squad" to include each other during holiday festivities when we may not be able to physically connect with our friends and families back home. Don't let anyone in your squad feel isolated.

