



NOTE: Please send all submissions to 45swpa@us.af.mil by **1200 on Tuesday**. All attachments must be submitted as a PDF or they will NOT be included.

You can view Shark Bites & its attachments here: <https://www.patrick.spaceforce.mil/Shark-Bites/> or here: <https://chat.il4.dso.mil/usaf-455sw/channels/public-affairs> for our MatterMost users.

DISCLAIMER: References to non-federal entities do not constitute or imply DOD or Air Force endorsement of any company or organization.

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NOTICES:

Patient Portal for 45 MDG Beneficiaries

The 45th Medical Group has a new patient portal which may be accessed at <https://my.mhsgenesis.health.mil> to message your provider team and summarily view your health record. Patient Care outside of normal Clinic Hours:

To receive professional health advice outside of duty hours, please contact the Nurse Advice Line at 1-800-TRICARE (847-2273).

For urgent health concerns, AD members must first call the Nurse Advice Line and be given a referral for urgent care, while dependents can seek Urgent Care without a referral.

For medical emergencies call 9-1-1 or go to the nearest Emergency Room.

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Health Promotions

We invite you to register now and participate with the 45 Space Launch Delta in the "Spring into Fitness Challenge". Since 2017 our community has participated in this fun competition in Brevard County to become the "Most Fit Team" in coordination with Health Promotions.

What - Spring into Fitness Challenge! Local cities, organizations and community groups are challenging their citizens to get involved in a healthy competition to promote fitness. The 45th Space Launch Delta will have a "virtual" team led by Health Promotions. The team with the most minutes of physical activity will win the title of the "Most Fit Team". Help Space Launch Delta 45 win this event.

When - 8 weeks between February 11th, 2023 - April 15th, 2023. Participants can continue to register through the end of the program (but will not receive a shirt) but will be eligible for other prizes and drawings.

Where - Team members will register for free with the Spring into Fitness Challenge and will report their weekly minutes of physical activity in their online platform. Anyone can join and be part of our "team", including AD, Beneficiaries, family member's retirees, civilians, and contractors. Team members are encouraged to log any exercise, they do anywhere. Information will be provided throughout the 8-weeks about fitness programs and resources locally and around the county. Then log your weekly minutes of physical activity when you participate in on and off base fitness events and programming.

The team's name to register via Eventbrite is "Space Launch Delta 45 (Patrick Space Force Base & Cape Canaveral Space Force Station)". Register anytime at (but before 05 Jan 2023 for your free T-Shirt)

<https://www.eventbrite.com/e/2023-running-zone-spring-into-fitness-challenge-registration-tickets-483385036657>

For questions, email cheryl.m.marsland.civ@health.mil

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DAF Black History Month Events & Invitations

Attached is a PDF which details February's event and e-invitations for several hybrid events (in person at the Smart Center, JB-Andrews, MD and virtually via YouTube LIVE) as well as an invitation letter from Brig Gen Pepper.

We are looking for maximum attendance, so mark your calendars! Don't miss out on hearing from our Chief of Staff of the Air Force General Charles Q. Brown, Jr., BEST Champions, Dr. Gerald Curry and Brig Gen Pepper, and panels of professionals and history makers! We have virtual Black history museum tours (YouTube LIVE) and Living History Facts (Facebook) for you.

NOTE Events details have changed since the January BEST newsletter, so please update your calendars per attachments here. Any additional questions not addressed below/in the attachments can be directed to the event POC, Ms. Rhiannon Brown, rhiannon.brown@us.af.mil <<mailto:rhiannon.brown@us.af.mil>> .

For HYBRID Events only:

1. Open to all DAF and DoD - DAFBAWG Cross-Talk Panels and LOE highlights - 21 Feb 23, 1300-1500 ET
 - a. BEST Champion, Dr. Gerald Curry will deliver opening remarks
 - b. Please RSVP here: (<https://einvitations.afit.edu/inv/anim.cfm?i=718106&k=05604A087B51>)
 - c. If you cannot attend in person, please join us via YouTube LIVE on our channel:
<https://www.youtube.com/channel/UCevS9yf5V-sUQ8B43ZzK-2w>
2. Open to all DAF and DoD - Celebrating Black STEM Achievements - 22 Feb 23, 1300-1500 ET
 - a. CSAF, General CQ Brown, Jr. will deliver opening remarks
 - b. Please RSVP here: (<https://einvitations.afit.edu/inv/anim.cfm?i=718108&k=05604A087B5F>)

YouTube LIVE on our channel: <https://www.youtube.com/channel/UCevS9yf5V-sUQ8B43ZzK-2w>

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Teen Dating Violence Awareness Month

According to loveisrespect.org, "abuse can be hard to spot, especially if your child (or the person abusing them) is trying to hide it. That doesn't mean you should go snooping – respecting their privacy is an essential part of maintaining trust – but keeping an eye out for early warning signs of abuse can help you identify if they're involved in an abusive relationship before the situation escalates".

This year's theme is "#BeAboutIt" which is a continuation from last year's theme "#TalkAboutIt".

"#BeAboutIt" calls on all of us to create a world free from relationship abuse every day and not just during the month of February.

To learn more about teen dating violence, see attached fact sheet from Military OneSource on Preventing Teen Dating Violence...help teens develop healthy connections and recognize behaviors that can lead to abuse.

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Space Mobility 2023 Conference

See Attachment

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WiSE Symposium and Expo

AFTAC WiSE Professional Day

We're building tomorrow now at AFTAC's 2023 Women in Science and Engineering (WiSE) Professional Day Symposium. Be or find a mentor and hear from today's leaders on STEM challenges and initiatives, building and maintaining STEM talent, STEM careers, and diversity in the workplace.

The event will be held at The Tides (1001 North Highway, A1A S Atlantic Ave, Patrick Space Force Base, FL 32925) from 8 am to 4 pm on 7 February. For more details and to reserve your seat, visit wiseusaf.com.

AFTAC WiSE STEM Expo

Bring the family and join us for the 2023 Women in Science and Engineering (WiSE) STEM Expo! The event is for children in grades K -12 in Brevard County to explore STEM opportunities with government, academic, and industry representatives through technology demonstrations, face-to-face discussion, and hands on experimentation. There will be demos and booths from NASA, Lockheed Martin, the Sea Turtle Preservation Society, and more!

9 am to 12 pm on 8 February at The Tides (1001 North Highway, A1A S Atlantic Ave, Patrick Space Force Base, FL 32925); see more details and register now at wiseusaf.com.

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Computer/Electronic accommodations Program (CAP) Demonstration

The Defense Equal Opportunity Management Institute (DEOMI) will be hosting a Computer/Electronic Accommodations Program (CAP) demonstration from February 6-8, 0900-1600, in-person, and is open to all DoD Cardholders.

Where – DEOMI – 366 Tuskegee Airman Drive, Patrick Space Force Base

POC – Dr. Kervin Sider, Kervin.sider1@us.af.mil

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Patrick Civilian Health Promotion Services (CHPS)

Jumpstart Your New Year with CHPS!

Still thinking about those healthy New Year's resolutions? Let CHPS help you with your plans! You can schedule a private consultation at our office, attend one of our health education classes or attend any of our open wellness screenings. You can even contact us to come to your unit! See more of what CHPS offers in the following link:

<https://confluence.il4.dso.mil/pages/viewpage.action?pageId=234153593>

<https://confluence.il4.dso.mil/pages/viewpage.action?pageId=234153593>

Let's Talk About Cancer

Cancer impacts us directly or indirectly at some point in our life. 1 in 2 men and 1 in 3 women will develop cancer in his or her lifetime. But there are ways to reduce your risk of cancer. Join Patrick CHPS and the Patrick SFB Library for the event on 'Let's Talk About Cancer' where we define and describe cancer, outline the most common cancers in the U.S, discuss healthy actions you can take to decrease your risk for getting cancer and have access to inspiring authors who have either studied or survived this all-too-common disease.

The event will be on Thursday, February 9th from 11am-1pm EST at the Patrick SFB Library.

Preventing Metabolic Syndrome

The term "Metabolic Syndrome" throws many people off. It's not so much about metabolism in the way we often think of it, as in, "I'm going to speed up my metabolism with a cup of coffee!" Metabolic Syndrome is a collection of risk factors that can increase your chances of developing heart disease, diabetes, and stroke. Join CHPS on Wednesday, February 8th at the Bistro Lobby @ 1200 to learn what factors cause you to be at risk for Metabolic Syndrome and what you can do through diet, exercise, and stress management to reverse the condition.

Can't make it to our in-person session? No worries! We will be having a virtual session @1400 on zoomgov.com <<https://www.zoomgov.com/>>

Zoom Meeting ID: 160 741 9096 Zoom Passcode: CHPS

Patrick Open Wellness Screenings

Join CHPS for a wellness screening event to start tracking your progress and increase your chances in successfully reaching your goals! Open screenings are on Tuesdays at the Bistro between 0800-1000 and Thursdays at the Fitness Center between 1300-1500. Have your Health Risk Assessment results ready! You can take the assessment at <https://usafwellness.com/> <<https://usafwellness.com/>>

Cape Open Wellness Screening

Join CHPS for a wellness screening event on Wednesday, February 22nd at the Café de Cape (Food Court) between 1030-1230 to start tracking your progress and increase your chances in successfully reaching your goals! Have your Health Risk Assessment results ready! You can take the assessment at <https://usafwellness.com/> <<https://usafwellness.com/>>

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Fun in FSS Link

Click link to view 45th Force Support Squadron events.

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Information Protection Tip of the Week

Did you know security is a team effort . . . Your diligence in promptly reporting concerns and adhering to your agency's security policies and procedures will ensure the integrity of national security! If something appears out of the norm, doesn't look right, or feel right it usually isn't right, so take the time to report it. You can report it to the Security Forces, or any other security agency such as AFOSI, Information Protection Office, Anti-Terrorism/Force Protection Office, or the OPSEC Office. The important thing is to remain vigilant and get involved. Security is everyone's business!

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