

C-SH2FT

The Health and Wellness Division Newsletter

CONNECTIONS AT CAMP: OKLAHOMA NATIONAL GUARD KIDS CAMP

The OKNG Family Programs held their annual Kid’s Camp July 9-12, in Anadarko, Oklahoma. Kids Camp gives the opportunity for children of the OKNG to meet and form friendships with others that have had similar childhood experiences. Our children spend much of their time surrounded by others their own age whose parents are civilians. There is oftentimes a disconnect between our youth’s and their family’s experience versus their peers’. Current OKNG members serve as group leaders, providing mentorship and guidance throughout the camp; connecting them to other service members that are not their parents.

Kids Camp allows our youth to go out of their comfort zone and engage in multiple activities, such as ziplining, rock climbing, mazes, and mental health engagement. The OKNG Family Programs makes sure that families and youth are not only able to form lasting memories, but also encourages self-reflection of themselves.



“As someone who grew up in a military family, being able to mentor and positively affect military children, motivates me to come back and support Kids Camp next year.”

In this Edition

- Kids Camp
- M.O.V.E 28
- DEOCS
- Enrichment & Trivia Answers

Upcoming Events

**Fresh Food Market
@ 137 SOW
Food Pantry**

August 3



**Family Program’s
Father Son Float Trip**

August 10



**Oklahoma’s Fallen
Heroes 1/2 Marathon**

September 24



**Marriage Retreat
Tulsa**

September 27-29



Scan the QR Code for more resource and event information!



M.O.V.E. 28

The OKNG H2F Team concluded the second trial of their MOVE 28 online health challenge, which took place June 1- June 30. MOVE 28 is a 4-week health challenge that strives to promote positive behavior change, while fostering community within the OKNG. The challenge consists of 4 components: Hydration, a Positive Nutrition Change, Fitness, and Enrichment.



<https://www.buffaloschools.org/o/dept-benefits/page/employee-wellness-newsletters-and-webinars>

From the two trials the H2F Team has conducted, participants have stated that they have noticed weight loss, increased ACFT scores, and increased interest in reading, after participating in the challenge.

The H2F Team is currently in the process of planning out their third trial, which begins September 1st and ends September 30th, with the goal to rollout MOVE 28 into our full force next fiscal year!

2024 DEFENSE ORGANIZATIONAL CLIMATE SURVEY (DEOCS)

EXPRESS YOUR VOICE

PARTICIPATE IN THIS ANONYMOUS SURVEY!

2024 DEFENSE ORGANIZATIONAL CLIMATE SURVEY (DEOCS)

- Identify Areas for Improvement
- Strengthen Unit Cohesion
- Enhance Mission Readiness

1 AUG 24 - 30 SEP 24

YOUR PRIVACY IS PRIORITY. WE REMOVE PERSONAL INFORMATION TO ENSURE ANONYMITY.

The Defense Organizational Climate Survey (DEOCS) is a voluntary survey that provides commanders and Department of Defense (DoD) leaders with important feedback about the current climate within their unit or organization.

Ethical practices ensure all information provided is anonymous. Personal information is asked (and then removed prior to briefing) to ensure data is provided to the appropriate leadership.

ENRICHMENT

"A mentor is someone who sees more talent and ability within you, than you see in yourself, and helps bring it out of you."

~ Bob Proctor