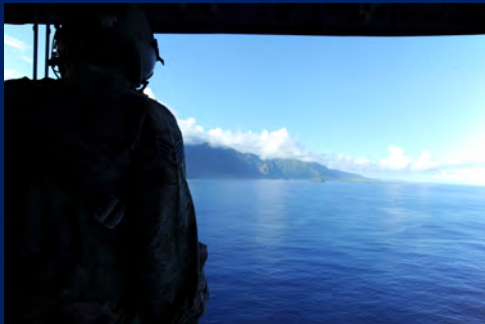


# Hickam AFB COVID-19 Life Toolkit For Airman, Civilians, and Families

A digital copy of this toolkit can be retrieved from: <https://www.15wing.af.mil/COVID-19-Information/>



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CAO:27 APR 2020



**Overview/Purpose:** As the COVID-19 response continues, Active Duty Service Members and their families are being asked to shelter in place and practice social distancing to limit the spread of the infection.

We know based off recently published research that there are negative impacts to shelter in place and quarantine. Many will experience depressed mood, anxiety, fear, loneliness, frustration, and demoralization related to COVID-19.

We, as the helping agencies of Hickam, want to provide “ONE STOP SHOP” of resources and recommendations on how to remain resilient during this time. Please see the concerns, proactive actions and resources below to help keep you and your family strong!

**Guidance:** For use during COVID-19 to ensure Airmen, Families, and Civilians *Physical Health, Mental Health, Spiritual Health, Emotional Health, Social & Interpersonal Health (Connectedness), Financial Health, Family Health*

## Physical Health:

Maintaining your physical health will enhance your ability to fight infection, reduce stress, and maintain your mission readiness.

Local POC: Ms. Arletta Eldridge-Thompson: email: [arletta.r.eldridgethompson.civ@mail.mil](mailto:arletta.r.eldridgethompson.civ@mail.mil)

SharePoint: <https://hickam.eis.pacaf.af.mil/15%20MDG/AMDS/HP/SitePages/Home.aspx>

## Physical Health Concerns

Some nutrients play a key role in helping our immune system perform at its best.

Support your health through good nutrition.

Practice home food safety strategies.

Limit trips to the grocery store.

## Resources

<https://www.eatright.org/coronavirus>

## Physical Activity

Maintaining your physical activity will enhance your ability to fight infection, reduce stress, and maintain your mission readiness.

➤ Resource List for fitness at home:

<http://acsm.org/read-research/newsroom/news-releases/news-detail/2020/03/16/staying-physically-active-during-covid-19-pandemic>

➤ Wellbeats: FREE Fitness App for the entire family



➤ YouTube for Yoga/fitness classes

## Proactive Activities

- Keep a well-stocked pantry
- Plan meals based on what you have on hand
- Check the refrigerator, freezer, and pantry for foods that need to be used before their expatriation date.
- Increase eating fruits and vegetables.
- Reduce the amount of time you got to and spend in the grocery store

## Indoor Activities

- Put some music on and walk briskly around the house or up and down the stairs for 10-15 minutes 2 or 3 times per day.
- Dance to your favorite music.
- Jump rope (if your joints can handle it).
- Do an exercise video.
- Use home cardio machines if you have them.

## Outdoor Activities (if local government allows)

- Walk or jog around your neighborhood (avoid crowded spaces and maintain the recommended 6 foot physical distance between individuals).
- Be active in a local park. Spending time in nature may enhance immune function. Be sure to wash your hands when you get home.
- Go for a bicycle ride.
- Do gardening and lawn work (Spring is around the corner!).
- Play active games with your family.

## Muscle Strength Training

- Download a strength workout app to your smart phone
- Do a strength training video.
- Perform yoga – deep breathing and mindfulness can also reduce anxiety.
- Find ways to do simple muscle strengthening exercises around your house such as:
  - Squats or sit-to-stands from a sturdy chair
  - Push-ups against a wall, the kitchen counter or the floor
  - Lunges or single leg step-ups on stairs

## Sleep

Sleeping Well During COVID-19

<https://www.sleepfoundation.org/sleep-guidelines-covid-19-isolation>

- Set Your Schedule-Wake up time, wind-down time & bedtime
- Incorporate a routine (shower, meals, work & exercise)
- Reserve Your Bed For Sleep
- See the Light- **light helps regulate sleep in a healthy way**
- Be Careful with Naps
- Stay Active
- Practice Kindness and Foster Connection
- Watch What You Eat and Drink
- Contact Your Doctor if Necessary

## Mental Health:

People may experience feelings such as fear, anxiety, depression or loneliness. To combat these feelings, here are some things to help you stay positive and healthy.

Local POC: 15th MDG provider team <https://app.tolsecuremessaging.com/Welcome.aspx?Provider> MFSC: 474-1999

Hickam AFB Mental Health Clinic: 448-6377

Nurse Advice Line (web chat and video chat available) [www.mhsnurseadvice.com](http://www.mhsnurseadvice.com)

AF Civilian Personnel: Employee Assistance Program (EAP): 866-580-9078 or [www.af.mil/EAP](http://www.af.mil/EAP)

## Mental Health Concerns

**Concern** about being able to effectively **care for children** or others in your care.

**Uncertainty or frustration** about how long you will need to remain in this situation, and uncertainty about the future

**Loneliness** associated with feeling cut off from the world and from loved ones

**Anger** if you think you were exposed to the disease because of others' negligence

**Boredom and frustration** because you may not be able to work or engage in regular day-to-day activities

**Uncertainty or ambivalence** about the situation

**A desire to use alcohol or drugs** to cope **Symptoms of depression**, such as feelings of hopelessness, changes in appetite, or sleeping too little or too much

**Symptoms of post-traumatic stress disorder (PTSD)**, such as intrusive distressing memories, flashbacks (reliving the event), nightmares, changes in thoughts and mood, and being easily startled

## Resources



**Mobile Resilience Tools**

- **Breathe2Relax** hands-on diaphragmatic breathing exercise that helps stabilize your mood and control your anger.
- **Mindfulness Coach** is an app developed by the Department of Veterans Affairs (VA) that teaches users how to practice mindfulness.
- **T2 Mood Tracker** allows users to monitor their emotional health and see how it affects their life.
- **Virtual Hope Box (VHB)** The VHB contains simple tools to help Service members with coping, relaxation, distraction, and positive thinking.
- **LifeArmor** to assist with common mental health concerns. Browse information on 17 topics, including sleep, depression, relationship issues, and post-traumatic stress.

## Proactive Activities

- **Create a routine.** This may help bring order and purpose to daily tasks. Be sure to include activities such as exercise, eating healthy, meditating and other healthy pastimes.
- **Stay connected virtually.** Phone or video call a friend or family member during this social isolation. Having a conversation and staying connected could help relieve sad or anxious feelings.
- **Get online.** Social media sites can make it easy to reconnect with old friends or make new ones. Research has shown that having a lot of friends in your social network may make you feel more supported and could result in less stress.
- **Learn something new.** Find a topic or skill of interest such as painting, baking, building that can be taught by friends and family through video calls.
- **Stay positive.** Discuss experiences and feelings with loved ones, keep a daily gratitude journal, and practice mindfulness and relaxation exercise.

### FOCUS

<https://focusproject.org/> Resources for families, spouses, resilience training, virtual appointment

### MFSC

<https://jbphh.greatlifehawaii.com/support/military-family-support-center> Under Crisis contact tab on link, additional local links to USO, etc.; Virtual sessions- check their Facebook page [Military OneSource \(MOS\)](#)

<https://www.militaryonesource.mil/coronavirus> Resources for family/relationship and non-medical counseling

### JBPHH

<https://jbphh.greatlifehawaii.com/> Local hub for Joint Base information

American Psychological Association :

<https://www.apa.org/practice/programs/dmhi/research-information/pandemics>

WHO: <https://www.who.int/emergencies/diseases/novel-coronavirus-2019>

CDC: <https://www.cdc.gov/coronavirus/2019-ncov/index.html>

Hawaii Public Health: <https://health.hawaii.gov/>

Tricare : [www.tricare.mil/coronavirus](http://www.tricare.mil/coronavirus)

- **Anxiety:** Breathing Exercises: Diaphragmatic breathing: Square breathing (YouTube); Aps such as Breathe to relax Focus on what you can control not what you cannot control
- **Depressed mood:** GLAD Technique: Daily focus on 1 gratitude, something you learned, and 1 small accomplishment and thing that made you laugh or smile.  
**G-** Gratitude  
**L-** learned  
**A-** accomplishment  
**D-** Delight

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## Spiritual Health:

During these critical times, while it may be difficult to maintain a sense of hope, meaning and purpose, you can intentionally strengthen your spiritual resilience.

Local POC: To submit JBPHH Hickam Chapel requests, for tele-counseling or support for other spiritual needs, please email:

[chapelhickam@gmail.com](mailto:chapelhickam@gmail.com)

## Spiritual Health Concerns

- Boredom
- Loneliness
- Isolation
- Irritability with Spouse or children
- Deprivation of larger support networks
- Decrease in self-care or hygiene
- Less interaction with family, co-workers and friends
- Lack of daily meaningful purpose
- No one to laugh or be silly with
- Lack of sunshine and fresh air
- Missing favorite hang outs and restaurants
- Feeling alone with your problems
- Finding value, meaning and connectedness each day

## Resources



*JBPHH Chaplain Corps website:* <https://jbchapel.info>

*To submit JBPHH Hickam Chapel requests, for tele-counseling or support for other spiritual needs, please email:*

[chapelhickam@gmail.com](mailto:chapelhickam@gmail.com)

*For emergency, after-hours & weekend support, a chaplain can be reached through the Command Post, 808-448-6900.*

*Grief support-* chaplains are available to provide virtual support directly for members or to refer members to other faith group community resources. We are also available to advise leadership.

*Protestant services* [Sundays at 0830, 0845, 1045, and 1100] and other activities continue virtually on our respective Facebook pages (links at [jbchapel.info](http://jbchapel.info)).

*Catholic resources* are available on [jbchapel.info](http://jbchapel.info) and also through the parish contractors. Links for the JBPHH Catholic page and for AMS (Archdiocese for the Military Services, USA):

<https://jbchapel.info/catholic-virtual> ;

<https://www.milarch.org/ams-app/>

### Mission Statement:

Guarding Religious Freedom, Igniting Faith, & Inspiring Warrior-Focused Ministry

## Proactive Activities

- Cultivate spiritual resilience, through practices like meditation
- Connect with a faith community or support group, such as those listed on [jbchapel.info](http://jbchapel.info)
- Engage your family in meaningful activities like storytelling or worship
- Reassess sources of hope and purpose, through practices such as contemplation and reflection
- Access spiritual resources
- See Emotional Health section for addressing bereavement/grief

## Emotional Health (after loss of love one):

Stages of Grief/Bereavement are not linear. Individuals will bounce around, and at times experience several at once.

Local POC: JBPHH Hickam Chapel [chapelhickam@gmail.com](mailto:chapelhickam@gmail.com), after-hours & weekend support, [808-448-6900](tel:808-448-6900).

Airmen and Family Readiness, [808 449-0301](tel:808-449-0301)

15th MDG provider team <https://app.tolsecuremessaging.com/Welcome.aspx?Provider>

### Emotional Health Concerns (after loss of love one)

### Resources

### Proactive Activities

**Grief and Bereavement are unique to each individual.**

About the well-known Kubler-Ross model of The Five Stages of Grief:

“The five stages, *denial, anger, bargaining, depression and acceptance* are a part of the framework that makes up our learning to live with the one we lost. They are tools to help us frame and identify what we may be feeling. But they are not stops on some linear timeline in grief.”

For more information, go to:

<https://grief.com/the-five-stages-of-grief/>



To submit JBPHH Hickam Chapel requests, for tele-counseling or support for other spiritual needs, please email: [chapelhickam@gmail.com](mailto:chapelhickam@gmail.com)

For emergency, after-hours & weekend support, a chaplain can be reached through the Command Post, 808-448-6900.

*Grief support-* chaplains are available to provide virtual support directly for members or to refer members to other faith group community resources. We are also available to advise leadership.

Some online resources you may find helpful:

[legacy.com](https://www.legacy.com) \*

[grief.com](https://www.grief.com) \*

[griefshare.org](https://www.griefshare.org) \* (Christian-based)

\*no endorsement intended

Military and Family Life Counselors (MFLC) Military OneSource (MOS). MFLC's 808-319-3482, 571-835-6365, 808-796-4520

Air Force Aid Society (AFAS) may assist Airmen and their families by providing emergency financial assistance for travel etc. Members can apply by visiting <https://my.afas.org>

- Join the memorial service or celebration of life virtually
- Send flowers or make a charitable donation in honor of your loved one
- Invite friends and family to record their favorite memories and compile them into a video or book
- Plan a virtual dinner or social gathering with other family members and friends to share stories about your loved one
- Coordinate a memorial service after the pandemic
- Do whatever it is that will help you process your loss (both of the person and the ritual of saying goodbye)

## Social and Interpersonal Health (Connectedness):

The problem? Humans are social creatures. Even the most introverted among us crave social interaction, plus research shows loneliness can have a [detrimental effect](#) on our health. We're not meant to spend days (or even weeks) on end holed up binge-watching *Love is Blind* on Netflix.

Local POC: MFSC <https://jbphh.greatlifehawaii.com/support/military-family-support-center> Under Crisis contact tab on link, additional local links to USO, etc. Virtual sessions- check their Facebook page

Hickam VPI office [15WG.CVP.OrgAcct@us.af.mil](mailto:15WG.CVP.OrgAcct@us.af.mil)

## Social and Interpersonal Health (Connectedness)

## Resources

## Proactive Activities

Boredom  
Loneliness  
Isolation  
Irritability with Spouse or Children  
Deprivation of larger support networks  
Decrease in self-care or hygiene  
Less interaction with family, co-workers, and friends  
Lack of daily meaningful purpose  
No one to laugh or be silly with  
Missing favorite hangouts and restaurants  
Feeling alone with your problems  
Finding value, meaning, and connectedness each day



### Use Social media in a healthy way:

Use your "go-to" communication apps start your day by saying "Hi" to your people.

Start a chat discussion about the topic of the month and have fun with it! Emojis, memes, gifs...

Slack, Viber, GroupMe, Google Hangouts, Zoom, FaceTime and other apps can create a fun & engaging experience to talk with your team.

### Stream a class

virtual knitting class: YouTube has many options

cooking classes: YouTube has many options

remote exercise classes: YouTube has many options

### Military OneSource (MOS)

Resources for family/relationship and non-medical counseling  
<https://www.militaryonesource.mil/coronavirus>

### JBPHH

Local hub for Joint Base information  
<https://jbphh.greatlifehawaii.com/>

- Talk to one friend each day:**
- Send someone you love a handwritten letter:**
- Foster connection with those you're stuck at home with:** Eschew Netflix-binging when possible and opt for puzzles and/or board games, poker etc instead.
- Reach out to friends who have depression or anxiety:** People with **depression** often prefer texting over chatting on the phone. When it comes to your **anxious friends**, stray away from talking about anything coronavirus-related that will worsen their anxiety.
- Join a support Group**
- Have a family member read your child a bedtime book through FaceTime:**
- Have a virtual watch party with friends:**
- Stream a class:** Keep the socialization alive through a virtual class i.e. virtual knitting class, cooking classes, remote exercise classes, etc
- Participate in an online community:** There are sub-reddits for everyone: expectant moms, gamers, medical students, gluten-free eaters, makeup addicts—you name the topic, and there's a subreddit for it.
- Learn to enjoy solitude:** Do something that forces you to sit with your thoughts, such as completing a puzzle, crafting or going for a long walk in nature.

## Financial Health:

Consider these tips and resources to help you work through financial decisions and challenges that you may face during COVID-19. Concerns over money is at or near the top of the list of things that stress most of us out. It's important to communicate with your partner and family about finances on a regular basis to understand your situation and agree on financial priorities. If necessary, consult with a financial professional.

Local POC: **Military & Family Support Center is still open virtually.** 808-474-1999 to set up an appointment with a Personal Finance Specialist

## Financial Health Concerns

## Resources

## Proactive Activities

What relief options are available for me?

How much will my stimulus check be?

How do I prepare and cope?

How can I best manage my finances during the crisis?

What about my travel plans?

### Communication:

Lifeline is a federal benefit that lowers the monthly cost of phone or internet service

<https://www.fcc.gov/general/lifeline-program-low-income-consumers>

The purpose is to help children who are completing school work at home

### Financial Assistance:

Air Force Aide

Air Force Aid Society [www.afas.org](http://www.afas.org) (808) 449-0301

Hickam Airman's Attic (808) 449-5677

### Emergency Relief Fund

Navy Marine Corps Relief Society (808) 257-1972

Budget concerns [www.consumer.gov](http://www.consumer.gov).

### Food Assistance:

HI Human Services

<https://humanservices.hawaii.gov/bessd/snap/>

HI Food Banks [www.hawaiifoodbank.org](http://www.hawaiifoodbank.org)

### Credit Card Payments

The Federal Deposit Insurance Corporation (FDIC) website [www.fdic.gov](http://www.fdic.gov)

### Health Insurance:

<https://www.healthcare.gov/>

### Investment Concerns:

Finra Article <https://www.finra.org/investors/insights/financial-peace-mind-agecoronavirus>

### Loss of Employment:

HI Job Service-Unemployment Claims <https://labor.hawaii.gov/>

<https://www.careeronestop.org/LocalHelp/UnemploymentBenefits/findunemployment-benefits.aspx?newsearch=true>

### Mortgage Relief:

VA Home loan update:

[https://www.benefits.va.gov/HOMELOANS/documents/circulars/26\\_20\\_7.pdf](https://www.benefits.va.gov/HOMELOANS/documents/circulars/26_20_7.pdf)

Forbes mortgage relief list

<https://www.forbes.com/sites/advisor/2020/03/20/mortgage-relief-tracker-covid-19-relief-for-homeowners-and-renters/?fbclid=IwAR2TOGLfBDLVdziImlAwzvsp8KVgSIL-7f7MrlCj28YpLeNLSPuX79avEo#5e28d5692f19>

### Student Loan Relief:

- Federal Student Aid

<https://studentaid.gov/announcements-events/coronavirus>

### Tax Relief:

Federal Taxes-IRS: [https://www.irs.gov/coronavirus?fbclid=IwAR2inEyOm4-IIQ54AC\\_r7i87BOCXNG5R588YEE1y2jGu9vYp6wm06m1vzNw](https://www.irs.gov/coronavirus?fbclid=IwAR2inEyOm4-IIQ54AC_r7i87BOCXNG5R588YEE1y2jGu9vYp6wm06m1vzNw)

HI Taxes: <https://tax.hawaii.gov/>

### Small Business:

Small Business Administration

<https://www.sba.gov/page/coronavirus-covid-19-small-business-guidance-loan-resources?fbclid=IwAR1DRDswxo1PtHGYlGBZaY6GjPQ8yEjMRap2nC-eEleS6SpUy8fF0-CjUgk>

HI Covid-19 Business and Employer Resources <https://covid19.cochawaii.org/>

Public assistance <http://hhs.gov/programs/social-services/index.html>



- Create a budget
- Control your spending
- Contact your lenders (mortgage, car, rent, utilities, student loans, etc.)
- Reach out to your credit card company
- Be aware of financial scams
- Discuss finances with your partner or someone you trust
- Access community resources

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Don't click on links from sources you don't know.

Watch for emails claiming to be from the Centers for Disease Control and Prevention (CDC)

Watch out for sellers of unapproved products claiming they can prevent or treat COVID-19

**Learn more :**  
<https://www.consumer.ftc.gov/features/coronavirus-scamswhat-fts-doing>

➤ Financial Institutions

**Citi**

Starting March 9, 2020, the following are in place for an initial 30 days, according to the company website:

“Fee waivers on monthly service fees; waived penalties for early CD withdrawal, Credit Card Customers: Credit line increases and collection forbearance programs

A range of hardship programs through our service provider, Cenlar FSB. Please contact them at 1-800-2CENLAR (1-800-223-6527) Monday-Friday 8:30am – 8pm ET and Saturday 8:30am – 5pm ET”

**U.S. Bank**

U.S. Bank has posted several products on its website that it is offering reach out to 888-287-7817

**Capital One**

Capital One published an update to its website, urging customers to take advantage of digital options whenever possible, and sharing their Contact Us page as a resource for those in need as a result of the coronavirus.

**PNC Bank**

PNC posted the following statement to its website: “Should you, as a PNC customer, encounter hardship as a result of coronavirus, please call us at 1-888-762-2265 (7:00 a.m. to 10:00 p.m. ET Monday –Friday; 8:00 a.m. to 5:00 p.m. ET Saturday & Sunday) to discuss your options.

**Truist (SunTrust and BB&T)**

The product of a December merger between SunTrust and BB&T, Truist announced on its website that its team is “committed to working with our clients to reduce financial stress during this challenging and uncertain time.

Heritage SunTrust clients, please contact 800-SUNTRUST (800-786-8787).

Heritage BB&T clients, please contact 800-226-5228.”

**Discover**

Discover said in a statement that it “is extending relief to qualified customers who are experiencing financial difficulty caused by the spread of the Coronavirus (COVID-19). Discover customers may receive assistance that can include support related to **payment timing, fees and late payments.**” reach out by phone or through its “mobile text app, which connects a customer directly with an agent.” To access relevant phone numbers and other questions related to COVID-19, you can visit <http://www.discover.com/coronavirus>.

**Nelnet**

Nelnet, a student loan servicer, announced the following relief effort on its website: “If you’re affected by COVID-19 directly or indirectly and need our support, we’re here to help you with options to reduce or postpone your payments:

- Change your repayment plan to reduce your monthly payments
- Apply for a deferment
- Apply for a forbearance”

To access this relief, you can “visit <http://nelnet.com/> email us at [Help@Nelnet.net](mailto:Help@Nelnet.net), or call us at 888.486.4722 from 8 a.m. to 10 p.m. (Eastern) Monday – Friday.”

**The list of financial institutions and their support is not all inclusive. Feel empowered to reach out to all of your creditors/lien-holders/other financially tied originations.**

## Family Health:

Your children may respond differently to an outbreak depending on their age. Below are some reactions according to age group and the best ways you can respond:

**Local POC:** FOCUS (Families Overcoming Under Stress) services are available for active duty service members and their family or partner via the virtual TeleFOCUS program, allowing families and couples to meet with a FOCUS Provider through video teleconference.

TeleFOCUS: <https://focusproject.org/telefocus>;

Focus: <https://focusproject.org/> Resources for families, spouses, resilience training, virtual appointment

MFSC: <https://jbphh.greatlifehawaii.com/support/military-family-support-center>

## Family Health Concerns

## Resources

## Proactive Activity

### PRESCHOOL

Fear of being alone, bad dreams  
Speech difficulties

Loss of bladder/bowel control, constipation, bed-wetting

Change in appetite

Increased temper tantrums, whining, or clinging behavior

#### FOCUS

<https://focusproject.org/> Resources for families, spouses, resilience training, virtual appointment

-Virtual Tours:

-Families with young children- Author "Mo Wilems Lunch Doodles" on YouTube

-Family skills from FOCUS: <https://focusproject.org/family-skills> also has recommendations for how to talk to kids about tough topics.

-Stories from Space: <https://www.spacestationexplorers.org/educational-programs/storytimefromspace/>

-Virtual tours of zoo or aquarium :

<https://www.nytimes.com/2020/03/18/us/coronavirus-zoos-webcams.html?referringSource=articleShare>

#### Military OneSource (MOS)

<https://www.militaryonesource.mil/coronavirus> Resources for family/relationship and non-medical counseling

- Practice Patience and tolerance
- Provide reassurance (verbal and physical)
- Encourage expression through play, reenactment, story-telling
- Allow short-term changes in sleep arrangements
- Plan calming, comforting activities before bedtime
- Maintain regular family routines
- Avoid media exposure

### SCHOOL-AGE (ages 6-12)

Irritability, whining, aggressive behavior

Clinging, nightmares  
Sleep/appetite disturbance

Physical symptoms  
(headaches, stomachaches)

Withdrawal from peers, loss of interest

Competition for parents' attention

Forgetfulness about chores and new information learned

#### FOCUS

<https://focusproject.org/> Resources for families, spouses, resilience training, virtual appointment

-Virtual Tours: <https://www.mentalfloss.com/article/75809/12-world-class-museums-you-can-visit-online>

-NASA media library : <https://www.diyphotography.net/nasa-makes-entire-media-library-publicly-accessible-copyright-free/>

- Science Mom : <https://www.youtube.com/channel/UC-QcZISbFb9EiIEQ41cVhXw>

-HomeschoolHideout.com <https://homeschoolhideout.com/educational-shows-on-netflix/>

- Practice Patience, tolerance, and reassurance
- Play sessions and staying in touch with friends through telephone and Internet
- Regular exercise and stretching
- Engage in educational activities (workbooks, educational games)
- Participate in structured household chores
- Set gentle but firm limits
- Discuss the current outbreak and encourage questions. Include what is being done in the family and community
- Encourage expression through play and conversation
- Help family create ideas for enhancing health promotion behaviors and maintaining family routines
- Limit media exposure, talking about what they have seen/heard including at school
- Address any stigma or discrimination occurring and clarify misinformation

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**ADOLESCENT  
(ages 13-18)**

Physical symptoms  
(headaches, rashes,  
etc.)

Sleep/appetite  
disturbance

Agitation or decrease  
in energy, apathy

Ignoring health  
promotion behav-  
iors

Isolating from peers  
and loved ones

Concerns about  
stigma and injustices

**SENIORS  
GRADUATION**

**FOCUS**

<https://focusproject.org/> Resources for families, spouses, resilience training, virtual appointment

**MFSC**

<https://jbphh.greatlifehawaii.com/support/military-family-support-center>

Under Crisis contact tab on link, additional local links to USO, etc.;  
Virtual sessions- check their Facebook page

**Military OneSource (MOS)**

<https://www.militaryonesource.mil/coronavirus> Resources for family/relationship and non-medical counseling

**JBPHH**

<https://jbphh.greatlifehawaii.com/> Local hub for Joint Base information

- Practice Patience, tolerance, and reassurance Encourage continuation of routines
- Encourage discussion of outbreak experience with peers, family (but do not force)
- Stay in touch with friends through telephone, Internet, video games
- Participate in family routines, including chores, supporting younger siblings, and planning strategies to enhance health promotion behaviors
- Limit media exposure, talking about what they have seen/heard including at school
- Discuss and address stigma, prejudice and potential injustices occurring during outbreak

# Alcohol Use and Your Health

Drinking too much can harm your health. Excessive alcohol use leads to about 88,000 deaths in the United States each year, and shortens the life of those who die by almost 30 years. Further, excessive drinking cost the economy \$249 billion in 2010. Most excessive drinkers are not alcohol dependent.

## What is considered a "drink"? U.S. Standard Drink Sizes



**12 ounces**  
5% ABV beer



**8 ounces**  
7% ABV malt liquor



**5 ounces**  
12% ABV wine



(examples: gin, rum,  
vodka, whiskey)

**1.5 ounces**  
40% ABV (80 proof)  
distilled spirits

## Excessive alcohol use includes:



### Binge Drinking

For women, 4 or more drinks  
consumed on one occasion

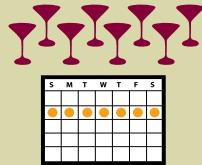


For men, 5 or more drinks  
consumed on one occasion



### Heavy Drinking

For women, 8 or more drinks  
per week



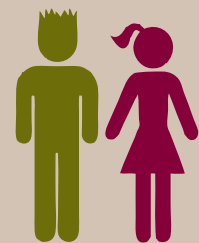
For men, 15 or more drinks  
per week



### Any alcohol used by pregnant women



### Any alcohol used by those under the age of 21 years



## If you choose to drink, do so in moderation:



**DON'T DRINK AT ALL** if you  
are under the age of 21, or if  
you are or may be pregnant,  
or have health problems  
that could be made worse by  
drinking.

**FOR WOMEN**, up to  
1 drink a day



**FOR MEN**, up to 2  
drinks a day



**NO ONE** should begin drinking  
or drink more frequently based  
on potential health benefits.

Excessive alcohol use has immediate effects that increase the risk of many harmful health conditions. These are most often the result of binge drinking. Over time, excessive alcohol use can lead to the development of chronic diseases and other serious problems.

## Short-Term Health Risks

### Injuries

- Motor vehicle crashes
- Falls
- Drownings
- Burns

### Violence

- Homicide
- Suicide
- Sexual assault
- Intimate partner violence

### Alcohol poisoning

### Reproductive health

- Risky sexual behaviors
- Unintended pregnancy
- Sexually transmitted diseases, including HIV
- Miscarriage
- Stillbirth
- Fetal alcohol spectrum disorders (FASDs)



## Long-Term Health Risks

### Chronic diseases

- High blood pressure
- Heart disease
- Stroke
- Liver disease
- Digestive problems

### Cancers

- Breast
- Mouth and throat
- Liver
- Colon

### Learning and memory problems

- Dementia
- Poor school performance

### Mental health

- Depression
- Anxiety

### Social problems

- Lost productivity
- Family problems
- Unemployment

### Alcohol dependence

<http://www.cdc.gov/alcohol/fact-sheets/alcohol-use.htm>



# NEW NUMBER

NEW LOOK ~ SAME GREAT SERVICE  
SUPPORT | ADVICE | HELP

**866-580-9078**  
WWW.AFPC.AF.MIL/EAP



Air Force's Employee Assistance Program for Air Force civilian personnel, also known as "EAP" is the right place to find free, confidential services to help you and your household members manage everyday challenges and work on more complex issues.

The EAP offers coaching to help you grow and achieve your goals and counseling, for when life gets difficult. EAP also provides management support to help your staff thrive and self-care programs to improve your emotional health.

All Air Force civilian personnel—including non-appropriated funds, or NAF, employees; Guard and Reserve; and family members may use the program at no charge to the individual or family member.

The EAP provides the same services and same access to care provided in the past with continued access 24/7 via telephone, website or in-person. Call **866-580-9078** or click the button below to be taken to the new EAP portal where you can:

- Explore the variety of services available
- Find a provider to meet your unique needs
- Search the Learning Center for relevant health information and tools

Are your teams experiencing increased stress because of current pandemic-related working requirements? Are what used to be routine conversations about productivity, balance, working conditions, and teamwork suddenly much harder?

We are all facing challenges that go beyond the immediate health and economic effects all over the news. They won't go away soon, but some simple tools can help.



## EFFECTIVE COMMUNICATION UNDER PANDEMIC CONDITIONS



In this session, brought to you by the AF General Counsel's Office, we review a simple way to understand and separate the various things that are happening at once during a difficult conversation about e.g., constraints and conflicts while teleworking, stress about not teleworking during pandemic, changed work schedules, staying engaged with colleagues while dealing with childcare issues, etc. These conversations tend to trigger strong emotions, in us and in our colleagues.

During a 60 minute presentation, expert facilitators will share:

- five things that tend to trigger those reactions,
- advice about how to recognize them to avoid triggering unhelpful emotional reactions, and
- advice for how to use them to build bridges to problem resolution.

The session will be offered live three times, on the dates and times listed to the right. If you cannot attend, recordings will also be available for two weeks following the live sessions. Sessions will be conducted over Zoom, a DOD approved platform. Please follow the appropriate link below to register for a live session and to review instructions for joining. Although all the sessions will share the same basic content, one session will be focused on challenges faced by First Sergeants, one session will focus on challenges faced by Supervisors/Leaders, and the the third is open to Supervisors/Leaders and First Sergeants.

Each session is limited to 500 participants, first come first served. Once maximum session size is reached, registration for that session will be closed.

In addition, the facilitators, as well as SAF-GC personnel will be available for an additional 60 mins for live Q&A. Those who are not interested in the Q&A may drop off after the initial 60 minutes; those who wish to remain on the line will be given further instructions for how to move into one of two smaller break-out groups for Q&A.

### Focus on First Sergeants

Tuesday April 28<sup>th</sup>, 03:00 PM ET

[https://vantagepartners.zoom.us/webinar/register/WN\\_cCWwCuwcSB-NXPsknzcFvA](https://vantagepartners.zoom.us/webinar/register/WN_cCWwCuwcSB-NXPsknzcFvA)

### Focus on Supervisors

Wednesday April 29<sup>th</sup>, 09:00 AM ET

[https://vantagepartners.zoom.us/webinar/register/WN\\_9BT0FwvpRfa0UBYt35NxaA](https://vantagepartners.zoom.us/webinar/register/WN_9BT0FwvpRfa0UBYt35NxaA)

### Combined Session

Thursday, April 30<sup>th</sup>, 03:00 PM ET

[https://vantagepartners.zoom.us/webinar/register/WN\\_Tq-4CyCeT\\_Kskbrq7gNWIA](https://vantagepartners.zoom.us/webinar/register/WN_Tq-4CyCeT_Kskbrq7gNWIA)

Recordings will be available at

<https://info.vantagepartners.com/effectivedialogue>

For Questions, contact: The SAF/GCR Negotiation & Dispute Resolution Program at [usaf.pentagon.saf-gc.mbx.ndr-web-support@mail.mil](mailto:usaf.pentagon.saf-gc.mbx.ndr-web-support@mail.mil)

# THE FORUM

*JBPHH Command Financial Specialist Newsletter*



CLICK LINKS BELOW

[CONSIDER LADDERING CD'S IN AN UNCERTAIN RATE ENVIRONMENT](#)

[CARES ACT BENEFITS FOR SMALL BUSINESSES](#)

[10 THINGS YOU NEED TO KNOW ABOUT THE NEW W4 FORM FOR 2020](#)

[BE A ROCK STAR SERVICEMEMBER FROM COUCH](#)

RETURN TO  
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## 5 Strategies for Building an Emergency Savings

-- Angela Lawler PFM MFSC Hawaii

April is Financial Literacy Month and includes a focus on "Saving for Emergencies." How fitting!??? Saving for an emergency is now more important than ever. With COVID-19 changing our environment, groceries being bought more often, unemployment growing rapidly, and telework in full swing for many still working, saving for the unexpected is a reality. "Forty percent of Americans don't have access to at least \$400 cash in case of an emergency." It's not difficult to envision the impact of more Americans having at least \$500 in emergency savings. Consider these 5 reasons why you should start building an emergency fund: unexpected auto repairs, home repairs, unanticipated travel costs, emergency pet care, bigger-than-expected tax bills and even funeral costs. It's a must to have a stash of cash to pay for the unexpected.

As Command Financial Specialists you can help service members save for emergencies by identifying additional funds within their budget, discussing methods to control spending, and educating them on the importance of being properly insured. Consider these 5 strategies when saving for an emergency fund: Savings vehicles such as Certificates of Deposit and Money Market accounts offer rates that are higher than a basic savings account, which will allow money to grow worry-free. Homeowners insurance helps provide financial protection for your home. Income protection insurance disability plans can assist when a service member is unable to work. Pet insurance programs can help with high costs of veterinary care for your fur babies. We all have heard the advice of saving 3 to 6 months worth of expenses. The question is whether you've acted on that advice.





## JBPHH MFSC Personal Finance Team

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## Announcements

### **Military & Family Support Center is still open virtually.**

To schedule phone counseling call 808-474-1999 to set up an appointment. If you have questions, please contact your MFSC PFM Team, we are here to assist you.

**IMPORTANT COVID-19 NOTE:** During the COVID-19 pandemic, the entire Operation Homefront family is fully focused on our important mission and to ensuring that our military families receive the financial assistance they urgently need—when they need it. With this commitment in mind, we will continue to accept and process immediate requests for assistance outside the normal monthly application cycle. We encourage those affected by the COVID-19 crisis to apply at any time of the month; we are working hard to meet requests as quickly as possible and simplify our process, especially for those seeking assistance for food for their families. <https://www.operationhomefront.org/>

The **FINRED** website now has a **COVID-19 landing page** with financial resources. They will continue to update this page with content and additional resource links. To the extent possible, they are linking to the primary subject matter expert source so any updates to individual pages are captured and our landing page does not become stale. Please share this link as you see appropriate with your Service providers or colleagues: <https://finred.usalearning.gov/News/COVID19-Resources>.

**AFCPE recently held a webinar** on finances and COVID-19. It was open to the general public; if you weren't able to attend - here is the link to the recorded session on YouTube. Check it out for great information! <https://youtu.be/mGSFhmgf1.6E>





# JOINT BASE PEARL HARBOR HICKAM-15TH WG SAPR



## ANONYMOUS ONLINE GROUP CHAT FOR VICTIMS OF SEXUAL ASSAULT

### WHAT IS A SAFE HELP ROOM?

Safe Help Room is a group chat service that allows survivors of sexual assault in the military to connect with and support one another in a moderated and secure online environment. The Safe Help Room discussions will have a moderator (moderators are D-SAACP certified SARCs/ volunteer victim advocates from the 15th Wing SAPR Team) who can provide referrals and help keep the conversation focused on the survivors' needs.

### WHAT'S THE BENEFITS OF A SAFE HELP ROOM

Group chat services have increasingly become a resource for individuals seeking help to process their experience with sexual violence since the introduction of the Internet into our everyday lives. The anonymity, ease of access, and convenience of these services creates unprecedented opportunities for individuals to seek out support. These online spaces facilitate connections between similarly affected individuals without the barriers of distance or scheduling. **Anonymous** group chats can reduce the stigma that victims of crime, such as victims of sexual violence experience when reaching out for in-person support.

### IT'S CONFIDENTIAL AND ANONYMOUS

The SAPR team's top priority is your safety and security. The Safe Help Room was designed so that you can remain completely anonymous and your participation in a Safe Help Room discussion is **confidential**. All discussions within the chat groups are deleted **immediately** after each session.

### THE GROUND RULES

- Please do not provide any personally identifiable information (PII). This includes information but is not limited to your name, address, email address, etc. This also includes information pertaining to other individuals including a perpetrator, supervisor, etc.
- Please do not request PII from other participants.
  - This includes their email, name, phone number, etc.
- Please refrain from using abusive, graphic or inappropriate language. This may result in removal from the session.
- Please be an active participant! Safe Help Room discussions are only productive if participants share and talk with each other.

**NOTE:** The Safe Help Room does not provide psychological or behavioral health services (counseling). Please do not use the Safe Help Room as a substitute for professional healthcare!!!

The URL for the Group Chat is: <https://lshr.safehelpline.org/chat/289-hickam>

**WHEN: Tuesday @ 0900**

**Thursday @ 1800**

**Hickam SAPR Team**  
**24/7 Hotline: (808) 449-7272 (SARC)**  
**SAPR Office: (808) 448-3192/3193**  
**Email: [15wg.sarc@us.af.mil](mailto:15wg.sarc@us.af.mil)**  
**15th Wing SAPR Facebook**  
[www.facebook.com/JBPHHSAPR](http://www.facebook.com/JBPHHSAPR)



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for you**

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[chapelhickam@gmail.com](mailto:chapelhickam@gmail.com)  
virtual counseling available



Call the Command Post  
@ 808-448-6900  
for assistance after hours/weekends



Stay informed @  
[jbchapel.info](http://jbchapel.info)

# FOCUS

Families OverComing Under Stress  
is available at a distance!

**FOCUS** is a prevention service designed to strengthen couples and families in readiness for tomorrow. FOCUS provides personalized training for each family and its individual goals. The program teaches practical skills to help families and couples feel prepared to meet the challenges of military life such as stress, injury and other transitions. FOCUS builds strong connections with other military family providers to support a network of care for service members, their partners and families. FOCUS training is confidential, free and offers services at family-friendly hours.

**FOCUS** sessions allow families and couples to build their own story about military life experiences.

This helps them to:

- Build on current strengths
- Use problem-solving and goal-setting to empower the entire family
- Clarify misunderstandings and respect individual points of view
- Identify, manage and discuss emotions
- Feel closer and more supported



**TeleFOCUS** brings FOCUS Family Resilience Training to active duty couples and families all over the world. TeleFOCUS uses a secure video chat program. Families only need an internet-connected computer with a camera.

**TeleFOCUS** is open to all active duty families and couples, including activated Reserve and Guard families. Wounded warrior families and couples who are dealing with visible or invisible injuries—PTSD, TBI, depression, etc.—are encouraged to participate. Training services are free, but internet and data rates may apply depending on your service provider.

To set up an appointment or to learn more about the program,  
please contact TeleFOCUS Referrals at:

P | 808.257.7774

E | [hawaii@focusproject.org](mailto:hawaii@focusproject.org)

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F·O·C·U·S

For more information, visit [www.focusproject.org/TeleFOCUS](http://www.focusproject.org/TeleFOCUS).

# No Federal Endorsement Intended



500+ ways to enjoy  
a fitness benefit  
in the privacy  
of your home

**FREE ACCESS**  
until April 30\*

GET STARTED IN 3 EASY STEPS

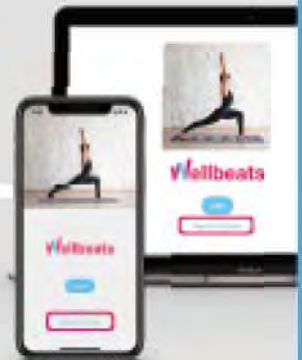
## STEP 1

Download the Wellbeats App or visit the website portal:  
[portal.wellbeats.com](http://portal.wellbeats.com)



## STEP 2

Select 'Register Via Code' and enter invitation code



INVITATION CODE

**57a4df63**



## STEP 3

Play a fitness class!



# Wellbeats™

## FITNESS IS FOUNDATIONAL

Exercise benefits the mind as much as the body. Nutrition fuels both. Wellbeats is an equitable, affordable, and easy-to-use on-demand fitness benefit that empowers habit forming physical and mental health.

## FITNESS FOR THE WHOLE FAMILY

- 500+ high quality, 1-60 minute videos
- 30 channels, no equipment options, for every age, interest and ability
- Recommendation engine used to personalize and serve up content
- Goal-based challenges and fitness assessments
- Highly certified, relatable instructors
- Safe and education based
- Track progress and results

## LEARN MORE AND SCHEDULE A PRODUCT DEMO

[cdsales@wellbeats.com](mailto:cdsales@wellbeats.com) [wellbeats.com/corporate](http://wellbeats.com/corporate)

\*The offer is available to employees who do not currently contract with Wellbeats

## CoVid-19 Food Safety and Community Supported Agriculture (CSA)

With the rise of CoVid-19 many would like access to fresh local produce to support a healthy diet. There is also the desire to support the farmer, rancher, and fishermen in the local community. Community Supported Agriculture and Farmer's Markets can fulfill both goals.

Below are frequently asked questions regarding CoVid-19 concerns for fresh fruits, vegetables and food packaging:

### Can COVID-19 live on fresh fruits and vegetables or food packaging?

According to the **U.S. Food and Drug Administration**, the **Centers for Disease Control and Prevention** and the **U.S. Department of Agriculture**, there is currently no evidence to suggest that COVID-19 can be transmitted through food or food packaging. It is believed that the virus spreads from person-to-person through close contact or respiratory droplets, for instance when a person coughs or sneezes. However, it may be possible for viruses to survive on surfaces and objects, reinforcing the need to observe **proper hygiene and food safety practices**.

**Fruits and vegetables**, even if their peel will not be eaten, should be rinsed under running water and dried with a clean cloth or paper towel. It is recommended that firm produce, such as melons or cucumbers, be scrubbed with a clean produce brush. Soap, bleach or commercial cleaning products should never be used when **washing fresh produce**.

Regular handwashing, along with routine cleaning and disinfecting, especially all frequently touched surfaces, remain the most effective ways to reduce the spread of COVID-19. Get more tips on running essential errands, like going to the grocery store, from the **CDC**.

For full article from the Academy of Nutrition and Dietetics go here:

<https://www.eatright.org/food/planning-and-prep/smart-shopping/getting-groceries-during-quarantine>

### Rat/Lungworm Disease

Wash hands with soap and water. Clean your kitchen surfaces, cutting boards and utensils. Rinse and separate the leaves and sections. Look for slugs and other debris. Rinse again. Look again. Recheck for what you may have missed. Rinse again. Cook to 165 F.

For more information on Rat Lungworm Disease, see the CTAHR Farm Food Safety Web site: <http://manoa.hawaii.edu/ctahr/farmfoodsafety/rat-lungworm/>

## CSAs on O'ahu (updated 8 Apr 20)

### Hawaii Agricultural Foundation

<https://www.hawaiiagfoundation.org/local-inside/oahu-produce/> Local Inside is a community resource portal offering up-to-date information on where you can find fresh local product from farmers, ranchers, and fisherman across the state. Many farms have online ordering and delivery.

**Hawaii Farm Bureau** <https://hfbf.org/farm-to-car/> Farm to Car A drive-thru Farmers' Market

**Oahu Fresh** <http://www.oahufresh.com/> Oahu Fresh provides access to food from local farms. 476-7550

**Kahumana Organic Farms** <https://www.kahumana.org/csa> Lahumana Farms goal is building healthy communities by cultivating healthy people. 670-4804 or 383-5224;

**Ma'o Organic Farms** [maoorganicfarms.org](http://maoorganicfarms.org) Ma'o Farms mission is to restore a thriving and resilient community food and education system. 696-5569

**Mohala Farms** <http://www.mohalafarms.org/csa-program.html> Mohala Farms is a 6-acre organic farm and non-profit organization located in Waialua on the North Shore of O'ahu. 478-8469

SUICIDE IS PREVENTABLE.

GO  
**SLO**

SAFES • LOCKS • OUTSIDE THE HOME



**PROPERLY STORE YOUR FIREARMS.**

FIVE MINUTES CAN SAVE A LIFE.





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