

MAKING A DIFFERENCE IN OKLAHOMA

Like us on Facebook: <https://www.facebook.com/OKBHMC>

Webpage: <https://ok.ng.mil/Family-Programs/Building-Healthy-Military-Communities/>

Online World Café Listening Sessions

Oklahoma County TSET Healthy Living Program and BHMC Oklahoma invites you to attend an Online World Café Listening Session on Zoom to discuss our community's health. To register visit <https://app.smartsheet.com/b/form/7a356244a94940f78077a4f6bcf8ca8c>.

1:00 PM	Wednesday	January 13	
6:00 PM	Tuesday	January 19	(En Español)
10:00 AM	Thursday	January 28	



Oklahoma County
We want you
to join the conversation to help
better address the health needs of
our community!

Can't make the World Café? Take our survey!

To take the survey, visit https://www.surveymonkey.com/r/Oklahoma_CommunitySurvey. For additional information, contact Debbie Rich, BHMC Oklahoma State Coordinator at debbie.c.rich.ctr@mail.mil.



Help us plan our future
goals for a healthier
community.



FEBRUARY 2021

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OKLegalConnect

OKLegalConnect.org helps find legal help for eligible low-income people with civil legal problems in Oklahoma. We will try to match you with a legal service in your area who may be able to help you. To get started, visit <https://oklegalconnect.org/#/login>.



Eat Fruits and Vegetables

The food we put in our bodies has a direct effect on our overall wellness. Consuming a variety of nutritious foods and beverages keeps you feeling, performing and looking your best. <https://www.facebook.com/MilitaryHealth/>



TSET Better Health Podcast

The TSET Better Health Podcast is your go-to source for everything related to tobacco, health, fitness and community. Join us each month as we cover topics like health care in rural communities, mental health and tobacco use, childhood obesity and prevention, farmers markets, our Healthy Living Program grants and grantees, and more. You can find us online anywhere you listen to podcasts.



My Military OneSource App

Our new mobile app connects you to MilLife benefits information, expert support, powerful tools and more. Access it anytime, anywhere. Download it free from your app store.



Common Relationship Challenges

A first step toward a healthy relationship is accepting that the road will not always be smooth. Recognizing those areas that need attention and knowing when to seek help will let you grow as a couple and forge a strong and enduring bond. Here are some common challenges for couples to talk openly about these and other areas where you can disagree can help head off conflict.



Reconnecting with Your Partner at Home

A romantic getaway isn't always possible or a lasting solution. Strengthen your relationship with these ideas and resources to help manage expectations, make time for each other and keep your relationship fresh and meaningful. CLICK HERE to start reconnecting.





One in Five Minds

Military families overcome challenges that most civilian families can't imagine! Over time, these unique stressors can take a toll on even the most resilient kids. Because of frequent transitions, it is unfortunately easy to miss warning signs that a child needs help.

For additional information, visit <https://www.1in5minds.org/military>.



There are ways active duty, reserve, national guard, and veteran parents can prepare their children for hardships and deal with the common challenges of military life while growing up.



Safe Helpline

Sexual Assault Support for the DoD Community

Need to talk?

Support for sexual assault survivors in the military

safehelpline.org | 877-995-5247



Financial Preparedness is Disaster Preparedness

Wednesday, February 10, 2021 | 10:00 AM - 11:30 AM

Financial preparedness is an important part of disaster readiness. When disasters occur, an emergency savings fund can be one of the primary resources to handle natural disasters and jumpstart recovery. In this session, we will discuss specific actions that individuals and families can take to become financially prepared for any emergency or disaster situation. In addition, tools, strategies, and resources will be shared that can be used with service members and families. Personal finance managers (PFMs) and Extension educators will find this session most helpful as they work locally with military families.

Through this session, participants will:

- Understand the potential financial implications of disasters.
- Become familiar with current research and literature related to disaster financial preparedness.
- Identify specific actions that individuals and families can take to become financially prepared for any emergency or disaster situation.

Discover tools, strategies, and resources that can be used with service members and families to become financially prepared for a disaster.

To register for event, visit <https://militaryfamilieslearningnetwork.org/event/85659/>.





Addressing Suicide in Schools

COVID-19 Update

Friday, January 22, 2021

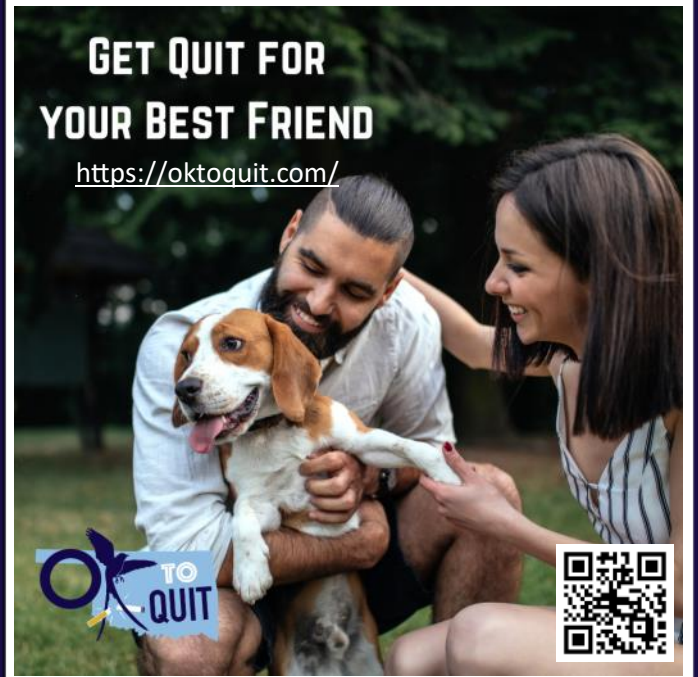
9:00 AM - 10:15 AM or 10:45 AM - 12:00 PM

This virtual workshop, presented by national suicide prevention expert Jonathan Singer, Ph.D., LCSW, will provide an overview of approaches to suicide prevention, intervention and postvention in schools. Particular attention will be paid to the ways that shelter-at-home, remote learning, and the health concerns related to COVID-19 have changed how we respond to suicidal youth. This training is sponsored by the ODMHSAS and is available at no cost to participants.

Attendance is limited, so register now by selecting your preferred time slot:
9:00-10:15 AM or 10:45 AM-12:00 PM

GET QUIT FOR YOUR BEST FRIEND

<https://oktoquit.com/>



Real Good Day

The Navy's Real Good Day campaign is building a community focused on sharing actionable health and wellness strategies that work. The campaign believes that each day is a chance to take care of yourself, your family and your community better than ever before. Real Good Day provides tools to aid in your personal growth, tips to build healthy habits, ideas for how to recognize the connection between yourself and something bigger and resources for investing in your relationships. Find the Real Good Day campaign on Instagram and Twitter (@rgdcampaign) and on Medium: rgdcampaign@medium.com.



New MyPlate Digital Tools and Resources

Did you hear? The USDA and HHS just released the Dietary Guidelines for Americans, 2020-2025 – our nation’s leading nutrition advice to help all Americans lead healthier lives. With the new *Dietary Guidelines* comes an updated MyPlate with a collection of new digital tools and resources to help families put these recommendations into action and make every bite count!

Discover SNAP-Ed recipes on MyPlate Kitchen. Check out hundreds of healthy, budget-friendly recipes that provide detailed nutrition and food group information to help you choose recipes that fit your needs. Explore Healthy Eating on a Budget to find tips on saving money at the store by making a shopping plan, shopping smart, and preparing healthy meals to stretch food dollars.

For additional information, visit <https://www.myplate.gov/>.





Extended Collection Period For Social Security Tax Deferral

The Consolidated Appropriations Act, 2021 was passed and extended the period for collecting deferred 2020 Social Security taxes. The period for collection is now January 1 through December 31, 2021 (instead of January 1, 2021 to April 30, 2021).

Key Points:

- The collection amount of your 2020 deferred Social Security taxes will be 2% (instead of 6%) of your net available pay from each weekly, mid-month and end-of-month pay, and will continue until the deferred taxes have been repaid in full.
- Normal 6.2% Social Security tax withholdings will also be deducted from your pay, beginning January 2021.
- Beginning in January 2021, your LES will reflect the collection amount and contain a note in the remarks section that shows the remaining balance of deferred Social Security taxes after each payment.
- If you separate or retire prior to the deferred Social Security tax being collected in full, you are still responsible for the remainder of your Social Security tax repayment. The unpaid balance will be collected from your final pay or you may receive a debt letter with instructions for repayment.

Background Information:

Pursuant to IRS Notice 2020-65 and at the direction of the Office of Management and Budget and Office of Personnel Management, Social Security (Old Age, Survivors, and Disability Insurance) or "OASDI" tax withholdings were temporarily deferred from September through December 2020 and will be collected from wages paid between January 1, 2021 and December 30, 2021, for employees who had wages subject to OASDI of less than \$4,000 in any given pay period. These actions were in response to the Presidential Memorandum issued on August 8, 2020.

For additional information, visit <https://www.dfas.mil/taxes/Social-Security-Deferral/>.

Take it Off Oklahoma

Join us for the next three months on a journey to help Oklahoma lose weight! Take It Off Oklahoma is a three-month weight loss challenge coordinated by FOX 25 News and the Oklahoma City-County Health Department (OCCHD). Kicks off Tuesday, January 12!

For questions, contact Jennifer Like at (405) 425-4352 or Jennifer_Like@occhd.org.

For additional information, visit <https://www.occhd.org/TakeItOffOklahoma>.



New Funding Opportunity

In December 2020, the federal government appropriated funds to be used for projects like Mental Health First Aid (MHFA) in FY2021.

- More than \$16.7 million available for FY2021
- Up to \$125,000 per year for up to five years
- Awarded to as many as 134 domestic public and private nonprofit entities

The Mental Health Awareness Training (MHAT) grants will help expand MHFA to more schools, first responders, veterans and other communities, so that more people will be able to identify understand and respond when someone is experiencing a mental health crisis. For additional information, visit <https://www.mentalhealthfirstaid.org/funding-opportunities/>.



**Grant applications are now available
and are due February 5, 2021!**



Healthy People 2030

Building a healthier future for all

Healthy People 2030 sets data-driven national objectives to improve health and well-being over the next decade.

[CLICK HERE](#) for additional information.



Be A Part of Promoting Mental Health

This year, we're asking people to be a part of suicide prevention, ending homelessness, promoting mental health and criminal justice reform. For some ways you can get involved from a distance, visit <https://mhaok.org/>.



BE A PART

OF PROMOTING MENTAL HEALTH THROUGH

Advocacy, Education, Service, and Housing

DoD SkillBridge

The DoD SkillBridge program is an opportunity for Service members to gain valuable civilian work experience through specific industry training, apprenticeships, or internships during the last 180 days of service. SkillBridge connects Service members with industry partners in real-world job experiences.

For Service members SkillBridge provides an invaluable chance to work and learn in civilian career areas. For industry partners SkillBridge is an opportunity to access and leverage the world's most highly trained and motivated workforce at no cost. Service members participating in SkillBridge receive their military compensation and benefits, and industry partners provide the training and work experience.

SkillBridge is an excellent benefit for installation and Unit Commanders who have members nearing military separation. SkillBridge can help Service members bridge the gap between the end of service and the beginning of their civilian careers. Commanders can greatly ease this transition to civilian life by supporting their reports' interest in SkillBridge.

For additional information, visit <https://dodskillbridge.usalearning.gov/index.htm>.



Anxiety Support Group

Our free virtual support groups, including support groups specifically focused on COVID-19 and Coping with Trauma from Racial Injustice are currently hosted virtually.

Each of our support groups is led by a trained facilitator, but the real power of our groups is getting the chance to interact with other people impacted by mental illness or similar situations. The group members have been on the same road and supporting one another is a wonderful opportunity for everyone to heal.

For additional information, call (918) 585-1213 or (405) 943-3700, or visit <https://mhaok.org/support-groups/>.



Free Statewide Virtual Support Groups



MENTAL HEALTH ASSISTANCE CENTER

Call our free statewide Mental Health Assistance Center. Our caring mental health professionals can provide you with information and resources related to mental illness, suicide prevention, employment supports and housing. We're always here to help you access critical services, support programs, and more.

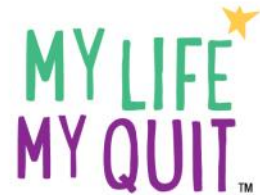
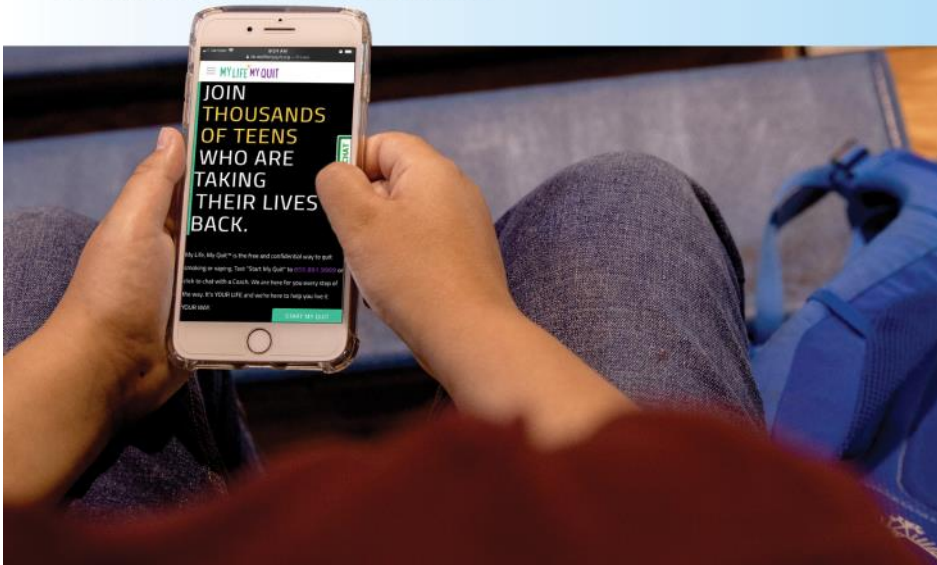
Contact us anytime Monday-Friday, 8:30AM-5PM or leave us a voice message after hours and we will return your call. You may also email info@mhaok.org.

918-585-1213 / 405-943-3700



Teens Looking To Quit

The Oklahoma Tobacco Helpline has teamed up with My Life, My Quit™ to deliver FREE vape and tobacco quitting services for teens. Oklahomans aged 13 – 17 can get help through TEXT, online or phone support. Visit MyLifeMyQuit.com to learn more.



Brought to you by TSET

<https://mylifemyquit.com/>



A Program of TSET



New Year Activities

A New Year is upon us. This is a good time to start the new year right and do some financial housekeeping. **Items to Consider:**

- COVID stimulus checks, Round 2, will be distributed. Use it wisely.
- Collection of deferred 2020 Social Security payments begin. This is in addition to normal Social Security withholding.
- This a good time to review your spending plan and make sure it is aligned to your financial goals.
- Prepare for the 2020 tax season. MilitaryOneSource.com has free software and tax experts to call with questions.
- Review your estate plan. Create a GO Folder with all pertinent financial, medical, provider, etc. information
- Schedule a financial checkup with a Personal Financial Counselor, who are available to assist with your financial concerns. See contact below.



For additional information on Financial Readiness, [CLICK HERE](#).

Call Roy Ames, PFC at (918) 210-5444, or send email to PFC2.OK.NG@ZEIDERS.COM for an appointment to help achieve your financial goals!

SAVE THE DATE



WHEN: JANUARY 19 -21, 2021

TIME: 6:00 PM CST

The 63^d Readiness Division, Army Reserve Family Programs (ARFP) is hosting a series of three “assemblies” or virtual meeting with Building Healthy Military Communities (BHMC) and other partners.

These assemblies will provide information to Soldiers and Families on the impacts of COVID-19 and Mental Health. While the Subject Matter Experts are from Oklahoma, the topics and information covered will be relevant to the wider military community.

WE ARE . . . Building Healthy Military Communities

Register Online



For additional information, send email to debbie.c.rich.ctr@mail.mil.



KeepMovingOKC

5 Things You Need to Know About KeepMovingOKC.org

1. **We are all about physical activity.** The purpose of KeepMovingOKC.org is to promote FREE or LOW-COST physical activity opportunities in central Oklahoma using a robust event calendar platform. Our goal is to engage all residents in activities and events that will enhance their overall well-being.
2. **We service Oklahomans beyond Oklahoma City.** Our activity calendar, events, parks and trails are not just focused on Oklahoma City, but all of central Oklahoma! We cover an area from Edmond to Norman, and from Harrah to El Reno.
3. **We've got more to offer than just activities and events.** Our calendar of events and activities is the center stone of our site, but our website offers SO much more! Explore parks, trails, lakes, community centers, organization and venue directories, and resources to begin your physical activity today.
4. **We're always looking to feature new activities and events.** Don't see your organization or event on our site? Email us at keepmovingokc@occf.org and we'll help you promote your activity to a growing network of (aspiring) fitness enthusiasts!
5. **We're completely free.** KeepMovingOKC is funded by the trustees of the Oklahoma City Community Foundation. Event submission, registration and promotion is completely free.

For additional information, contact Debbie Rich, BHMC Oklahoma State Project Coordinator at debbie.c.rich.ctr@mail.mil.

Check out KeepMovingOKC.org and find what activity will keep you moving today!



KeepMovingOKC.org

KeepMovingOKC.org

encourages individuals and families in central Oklahoma to stay active by connecting them to free or low-cost physical activity opportunities. Discover our online event calendar today, and Keep Moving, OKC!

a wellness initiative of the



OKLAHOMA CITY COMMUNITY FOUNDATION





Training Employers | Promoting Health | Maximizing Performance



Work@Health®, an initiative of the U. S. Centers for Disease Control and Prevention (CDC), is recruiting employers nationwide to participate in a comprehensive training that will prepare them to implement and sustain evidence-based, worksite wellness programs. Since 2014, over three hundred (300) employers have been selected nationally for the program, providing them with the knowledge and skills to help address common and costly employee chronic illnesses and related conditions, such as cancer, obesity, high blood pressure, stress, and arthritis. To be eligible for this free, CDC-sponsored training program, employers must provide health insurance, employ at least 20 employees, and be headquartered in the United States.

Work@Health® aims to increase awareness of the benefits of worksite wellness programs to employers; teach the skills required to implement effective worksite health programs; and increase the number of worksites adopting these health programs. State and local public health officials who are implementing worksite wellness initiatives across the country are important partners of Work@Health® in this process.

"We want our employees and our students to know that wellness is 365 days a year," says Dr. Patricia Bradley, director of Philadelphia-based Universal Companies, a community development organization. Universal Companies participates in Work@Health®. Bradley says, "This program is a big step toward helping us get there." Employer training uses web-based training and expert trainers.

Having a healthy workforce also makes good business sense. Research shows that employees who have healthy diets and active lifestyles are less likely to suffer from chronic illnesses or disabilities that might hinder their job performance. A healthy workforce helps a business stay productive and competitive.

The **Work@Health® Employer Training Program**, is an exciting opportunity and space is limited. For more information, or to apply for the program, visit the official Work@Health® website <http://www.cdc.gov/workathealth>, or contact Julie Dearing, PhD at JulieAD@health.ok.gov, or Karin Leimbach at KarinL@health.ok.gov.

