



**BUILDING HEALTHY**  
**BHMC**  
**MILITARY COMMUNITIES**



## MAKING A DIFFERENCE IN OKLAHOMA

Visit BHMC Oklahoma webpage at <https://ok.ng.mil/bhmc>

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

# Oklahoma Medical Reserve Corps

Coordinated through the Oklahoma State Department of Health (OSDH), the OKMRC is the states only medical and public health volunteer program comprised of specialty teams and county units operating under the authority of local county health departments. The program has an established system to identify, train and organize medical and public health professionals, as well as volunteers from the public to supplement and support ongoing response operations and personnel.

**Oklahoma**



## Recruiting Volunteers for COVID-19 Response

In an effort to prepare for medical surge and prolonged response to COVID-19 in the state, the Oklahoma Medical Reserve Corps (OKMRC) is recruiting volunteers to serve in medical and non-medical positions.

Licensed medical professionals may be needed to assist with triage, supplementing hospital personnel, monitoring critical patients, assisting with transporting patients and providing critical care in the field.

Other functions include specialty services such as the Stress Response Team where licensed mental health professionals provide behavioral and emotional support at hospitals, shelters, phone banks, community outreach teams, first responders and more.

Volunteers without medical training are needed for warehouse support, record keeping and administrative duties. All volunteers must be at least 18 years of age, live or work in Oklahoma, agree to a comprehensive background check and complete the OKMRC training.

To volunteer or to learn more about OKMRC functions, visit <https://www.okmrc.org/>.



**OKLAHOMA**  
 State Department of Health

**MAY 2020**

### IN THIS ISSUE:

Oklahoma Medical Reserve Corps .....	1
Better Pain Care .....	2
COVID-19 Call Center .....	2
2-1-1 Oklahoma .....	2
COVID-19 Mental Health Resource Hub .....	2
TSET Better Health Podcast .....	2
Use of Cloth Face Covering .....	3
Shape Your Future OK - Activities .....	3
Employment Loss? .....	3
Navy MWR - Stay Connected .....	4
COVID-19 Government Guidance .....	4
Risks of E-Cigarettes .....	4
WIC Applications Available Online .....	4
Financial Counseling .....	5
Military Child Appreciation Kit .....	5
Veterans History Project .....	5
Playworks.....	5
Mental Health Guide to COVID-19 .....	6
Nicotine Replacement Therapy .....	6
Online Total Wellness Classes .....	6
CARES Act .....	7
Hookah - Get the Facts .....	7
Mental Health Distress Helpline .....	7
2020 National Park Week .....	8
COVID-19 Symptoms .....	9



BHM Oklahoma Webpage



BHM Oklahoma Facebook

*The information presented in this newsletter is for informational awareness only and does not represent endorsement, sponsorship, recommendation, or promotion of any commercial event(s), commercial names or brands by the editors of this Newsletter, the Department of Defense, US Army, US Navy, US Air Force, US Coast Guard, National Guard or Reserve, and the federal government. Usage of commercial or trade mark names is for identification purposes only.*

**Debbie Rich**

Oklahoma State Coordinator  
 (405) 228-5571  
[debbie.c.rich.ct@mail.mil](mailto:debbie.c.rich.ct@mail.mil)



**BUILDING HEALTHY**  
**BHMC**  
**MILITARY COMMUNITIES**

**PsychHub™**

## Better Pain Care

OK, I'M READY TO *understand my options.*

Anyone can become addicted to opioids, even when prescribed by a doctor.

For additional information, visit

<https://okimready.org/prevention/>.



**Prescription  
for Change**

COVID-19  
**CALL  
CENTER**

**OPEN 24 HOURS**

**877-215-8336 OR 2-1-1**

For COVID-19 updates, visit  
<https://coronavirus.health.ok.gov/>

## COVID-19 Mental Health

### Resource Hub

Psych Hub has teamed up with the American Foundation for Suicide Prevention, the American Psychological Association (APA), Mental Health America (MHA), the National Alliance on Mental Illness (NAMI), and Columbia University's Department of Psychiatry – as well as the largest national health care insurance companies – to build a free hub with resources to help individuals and providers address their mental health needs during the COVID-19 pandemic. This resource hub includes a number of new videos produced by Psych Hub for maintaining one's well being and coping with mental health concerns during the pandemic.

For additional information, visit <https://psychhub.com/our-partners/building-healthy-military-communities-bhmc-oklahoma/>.

Free digital hub to help individuals and providers address mental health needs during the COVID-19 pandemic.

## TSET Better Health Podcast

TSET has a new way to keep you informed about the issues facing our households and our communities. The "TSET Better Health Podcast" aims to be your go-to source for everything related to tobacco, health, nutrition and fitness. Join us as we cover topics including rural health care in Oklahoma, mental health and tobacco use, childhood obesity and prevention, farmers markets, TSET grants in our communities and more.

You can find us on our website at <https://tset.ok.gov/podcast> or anywhere you listen to podcasts.

**Call 2-1-1**

**2-1-1 OKLAHOMA**  
ABOUT US

FIND HELP ONLINE

OKC HEARTLINE 211

211 Eastern Oklahoma

Get help with food, rent, utilities and more:  
Text 211OK to 898211.



## Use of Cloth Face Covering

CDC continues to study the spread and effects of the novel coronavirus across the United States. We now know from recent studies that a significant portion of individuals with coronavirus lack symptoms (“asymptomatic”) and that even those who eventually develop symptoms (“pre-symptomatic”) can transmit the virus to others before showing symptoms. This means that the virus can spread between people interacting in close proximity—for example, speaking, coughing, or sneezing—even if those people are not exhibiting symptoms. In light of this new evidence, CDC recommends wearing cloth face coverings in public settings where other social distancing measures are difficult to maintain (e.g., **grocery stores and pharmacies**) especially in areas of significant community-based transmission.

### Cloth face coverings should—

- fit snugly but comfortably against the side of face
- be secured with ties or ear loops
- include multiple layers of fabric
- allow for breathing without restriction
- be able to be laundered and machine dried without damage or change to shape

For additional information, visit <https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/cloth-face-cover.html>.

## DoD Guidance

Effective immediately, to the extent practical, all individuals on DoD property, installations, and facilities will wear cloth face coverings when they cannot maintain six feet of social distance in public areas or work centers. This includes all Military Personnel, DoD Civilian Employees, Family Members, DoD Contractors, and all other individuals on DoD property, installations, and facilities.

The latest DoD policies can be found at <https://www.defense.gov/Explore/Spotlight/Coronavirus/>.

Check out tons of  
**ACTIVITIES &  
SIMPLE WAYS**  
to get active with your kids.



**GET STARTED**

[ShapeYourFutureOK.com](https://ShapeYourFutureOK.com)



## Employment Loss?

Legal Aid Services of Oklahoma, Inc. is rolling out a COVID HUB. This HUB will target Oklahomans who have lost employment because of layoffs, furloughs, or COVID itself.

LASO will assist with unemployment benefits, sick leave, rent and mortgage issues, consumer debt issues, Fair credit reporting, eligibility for new Federal benefits, access to benefits such as VA, Sooner care, SNAP, and LIHEAP, and family issues. LASO will do so as case managers and deal with this full range of issues with the goal of preventing or ameliorating additional stress and securing economic stability. The LASO case will close when the client resumes full employment.

LASO expects that almost all of its case management services can be done remotely while we honor requests to distance.

A referral can call LASO at (888) 534-5234 Mon thru Thursday from 9-12 and 1-4 OR apply online thru <https://OKLegalConnect.org> or both.





**BUILDING HEALTHY**  
**BHMC**  
**MILITARY COMMUNITIES**



**Vapes are disposable.**

**⊗ Your lungs aren't.**

**TOBACCO STOPS WITH ME.com**  
**TSET**

**Navy MWR at Home**  
**STAY CONNECTED**

Stay connected with Navy MWR to find resources on cooking, entertainment, fitness, kids' educational resources, digital library, recreation and virtual travel.

For additional information, visit <https://www.navymwr.org/navy-mwr-at-home>.

## Risks of E-Cigarettes

### Risks of E-Cigarettes

Electronic cigarettes and vapor products have become increasingly popular and accessible in Oklahoma. An e-cigarette is a battery-powered device that heats a liquid solution (often flavored) to produce a vapor for inhalation. The dangers of e-cigarettes are just as real as regular cigarettes.

Learn more about the risks of e-cigarettes and how to prevent a lifetime of addiction at <https://stopswithme.com/>.

**TOBACCO STOPS WITH ME.**  
 A Program of TSET

## COVID-19 Government Guidance

The military community can follow the guidance of the White House Coronavirus (COVID-19) Task Force working in conjunction with the CDC, Health and Human Services and other government agencies. Our primary goals are to ensure the well-being of the entire military community and to assist in force readiness for the national defense and current worldwide military missions.

For additional information, visit <https://www.militaryonesource.mil/coronavirus>.


**MILITARY ONESOURCE**

## WIC Applications Available Online

The Oklahoma State Department of Health (OSDH) Women, Infants, and Children (WIC) Program has implemented an online application for new and existing clients in order to minimize exposure to the COVID-19 virus. This application allows clients to provide information and answer questions used to determine potential eligibility.

Once the online application is submitted, clinic staff will contact clients to finalize the enrollment and issue benefits. A benefits card will be mailed to new clients.

To access the online application, visit [https://osdhcfhs.az1.qualtrics.com/jfe/form/SV\\_4UyhKlxQZFtm2V](https://osdhcfhs.az1.qualtrics.com/jfe/form/SV_4UyhKlxQZFtm2V).

 **OKLAHOMA**  
 State Department of Health

## Financial Counseling

With the ongoing COVID19 closures and recommendations for social distancing, service members may be asking how can I get my questions answered. Well good news. All of the Personal Financial Counselors in Oklahoma are ready to assist. Virtual meetings, consultations, briefs, presentations and group classes are now available via Zoom. No need to download anything. The Personal Financial Counselor will set everything up. The service member only needs access to a web browser from a phone, tablet, or computer.

Contact the Personal Financial Counselor in your area to set up a session now. Contact information is listed below.

### Roy Ames

Tulsa, Personal Financial Counselor  
Cell Phone: 918-210-5444  
Email: [PFC2.OK.NG@zeiders.com](mailto:PFC2.OK.NG@zeiders.com)

### Jordan Spencer

Oklahoma City, Personal Financial Counselor  
Cell Phone: (405)-323-8162  
Email: [PFC3.OK.NG@Zeiders.com](mailto:PFC3.OK.NG@Zeiders.com)

### Robert Lassota

Oklahoma City, Personal Financial Counselor  
Cell Phone: 703-635-8206  
Email: [PFC.OK.NG@zeiders.com](mailto:PFC.OK.NG@zeiders.com)

## Military Child Appreciation Kit

April is Month of the Military Child, and the Department of Defense and Military OneSource are recognizing their strength, resilience and uniqueness with a free kit.

To order kit, [CLICK HERE](#).

## Veterans History Project

The United States Congress created the Veterans History Project (VHP) in 2000 as part of the American Folklife Center at the Library of Congress, one of the world's most respected research and cultural institutions.

VHP's purpose is to collect, preserve and make accessible the personal accounts of America's wartime veterans so that future generations may hear directly from veterans and better understand their selfless service.

If you are interested in sharing the story of your military service, contact Jon Foti at (405) 602-3074, [jonathan.foti@mail.house.gov](mailto:jonathan.foti@mail.house.gov).

## Playworks

Playworks is providing free resources bringing games and activities that can be shared with families to promote continued physical activity and social-emotional learning. Through play, kids learn to make friends, solve problems, and believe in themselves. Even in hard times.

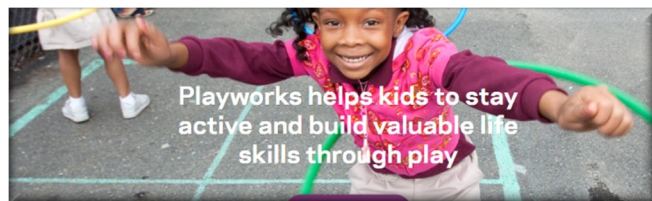
What a better recess does:

- Conflict resolution
- Leadership skills
- Academic success

For additional information, visit

<https://www.playworks.org/>.

**Play is a basic human need.**





**BUILDING HEALTHY**  
**BHMC**  
**MILITARY COMMUNITIES**



## Mental Health Guide to COVID-19

Mental health is just as important as physical health when it comes to responding to COVID-19. Oklahomans are resilient and we at the Oklahoma Department of Mental Health and Substance Abuse Services are here for you during this time of uncertainty.

For additional information, visit [https://www.ok.gov/odmhsas/COVID-19\\_Comprehensive\\_Resource\\_Guide.html](https://www.ok.gov/odmhsas/COVID-19_Comprehensive_Resource_Guide.html).

## Mental Health Guide to COVID-19



### Free, Online Total Wellness Classes

Enroll for the 8-week spring session!

**Register Now!** TOTAL WELLNESS

The Total Wellness program provides FREE interactive weight loss classes for Oklahoma County residents to help prevent diabetes and heart disease. All class participants have a goal of losing 5% of their body weight and being more active.

In an effort to minimize the spread of COVID-19, ALL Total Wellness classes for Spring 2020 session will be offered in an online format. Classes will meet one hour a week for eight weeks through video conferencing.

Class participants will need:

- Computer with internet access and speakers/headphones
- Smartphone with data/internet access
- Scale to weigh self
- The ability to download the Healthie and Zoom smart phone applications

To register for class, call (405) 425-4352, or send email to [totalwellness@occhd.org](mailto:totalwellness@occhd.org), or visit <https://www.occhd.org/lose>.



**Three Options,  
 Unlimited Possibilities**

Get FREE NRTs for quitting tobacco.

**MAKE YOUR PICK**

**1 800 QUIT NOW**  
 OKhelpline.com

<https://okhelpline.com/>





# CARES ACT

## Coronavirus Aid, Relief, and Economic Security

Financial assistance is available in response to the COVID-19 outbreak.

- Payments temporarily suspended for Federal Student Loans
- Supplemental Federal Pandemic Unemployment Compensation (FPUC) to provide temporary Federal Pandemic Unemployment Compensation of \$600 a week for any worker eligible for state or federal unemployment compensation benefits
- Federal and OK State Tax extension through July 15, 2020.
- Recovery rebate up to \$1200 for single & \$2400 for married filing joint taxpayers, plus \$500 per child 17 or under. Must have filed 2018 and 2019 taxes, and phase-out begins when income exceeds \$75,000 (or \$150,000 for joint filers)
- Waiver of 10% early distribution penalty for IRAs and 401(k) for 2020

(Data Sources <https://www.congress.gov/bill/116th-congress/senate-bill/3548><https://www.irs.gov/coronavirus>; <https://waysandmeans.house.gov/sites/democrats.waysandmeans.house.gov/files/documents>)

Need more information on the CARES ACT, or assistance with a financial concern? Personal Financial Counselors (PFCs) are available virtually! Contact a PFC for no cost, private, and confidential services. Available to all National Guard, Reserve, and Active military service members, and eligible family members.

**FOR ADDITIONAL INFORMATION, CONTACT ROY AMES, PERSONAL FINANCIAL COUNSELOR AT (918) 210-5444 OR SEND EMAIL TO PFC2.OK.NG@ZEIDERS.COM**

# Hookah: Get the Facts

Have you heard chatter that smoking traditional tobacco hookah is healthier or less harmful than cigarettes? It's time to set the story straight with Service members: smoking hookah (also called water pipes or shisha) has many of the same negative health effects as smoking cigarettes.



**YOU CAN QUIT<sup>2</sup>**  
 ycq2.org



**MENTAL HEALTH RESOURCES**

if you are experiencing emotional distress related to COVID-19

Call the disaster distress helpline at **1-800-985-5990**



INFORMATION + UPDATES  
**CORONAVIRUS.HEALTH.OK.GOV**  
 CALL CENTER: 877-215-8336



**Saturday, April 18, 2020**



**National Junior Ranger Day**

**Sunday, April 19, 2020**



**Volunteers in the Park Day**

**Monday, April 20, 2020**



**Military Monday**

**Tuesday, April 21, 2020**



**Transportation Tuesday**

**Wednesday, April 22, 2020**



**Earth Day**

**Thursday, April 23, 2020**



**Throwback Thursday**

**Friday, April 24, 2020**



**Friendship Friday**

**Saturday, April 25, 2020**



**Park Rx Day**

**Sunday, April 26, 2020**



**Bark Ranger Day**

**Click on Logos for additional information on daily activities**



**Patients with COVID-19 have experienced mild to severe respiratory illness.**

**Symptoms\* can include**

**FEVER**



**COUGH**



**\*Symptoms may appear 2-14 days after exposure.**

**SHORTNESS OF BREATH**



**Seek medical advice if you develop symptoms, and have been in close contact with a person known to have COVID-19 or if you live in or have recently been in an area with ongoing spread of COVID-19.**

For additional information, visit <https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/symptoms.html>.

CS315252-A 03/03/2020

