

## MAKING A DIFFERENCE IN OKLAHOMA

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

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

**AUGUST 2020**

# KeepMovingOKC

**We're getting close to officially launching KeepMovingOKC, but we still need YOUR help!**

Send your free and low-cost wellness activities and events to [k.birk@occf.org](mailto:k.birk@occf.org) so we can populate the events calendar with wellness opportunities for our community!



### IN THIS ISSUE:

KeepMovingOKC .....	1
Quit Tobacco for You and Your Wallet .....	2
Wear a Mask .....	2
Positive Self-Talk.....	2
What do You do to Improve Your Readiness? .....	2
Zero to Three .....	3
Thrift Saving Plan App Scam.....	3
Managing Pain .....	3
DHA Continuing Education Program .....	3
LinkedIn Premium Upgrade .....	4
Active Communities Tool .....	4
Imagine Your Story .....	4
Think You were Exposed to COVID-19? .....	4
Staying Hopeful and Optimistic.....	5
Summer Feeding Program.....	5
Get Active - Where to Start.....	5
Veteran Readiness and Employment Service .....	5
GLMHC Veterans Program.....	6
What is Thirdhand Smoke? .....	6
Sesame Street - Caring for Each Other .....	6
Talking with Children .....	6
Oklahoma Veteran Alliance Dinner.....	7
Arrowhead State Park .....	7
How to Raise Financially Responsible Children ...	7
Take Pride in Your Mental Health Journey .....	7
Resilience Skill of the Month - ATC .....	8
Preparedness - Heat Impact and Car Safety .....	9

*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 C. RICH**

Oklahoma State Project Coordinator  
Contractor, Goldbelt Glacier Health Services  
[debbie.c.rich.ctr@mail.mil](mailto:debbie.c.rich.ctr@mail.mil)




**Quit Tobacco for You  
— and Your Wallet**

Get **FREE** services 24/7.


**DISCOVER MORE**

**1 800 QUIT NOW**  
OKhelpine.com

# Wear a Mask

A mask or cloth face covering should be worn in a community setting, especially in situations where you may be near people and 6ft distance may be difficult to maintain. Wearing a mask will help protect others from those who are COVID-19 positive and asymptomatic.

**MY MASK PROTECTS YOU,  
YOUR MASK PROTECTS ME.**



OKLAHOMA State Department of Health | HEALTH | THD TULSA HEALTH Department

INFORMATION + UPDATES  
CORONAVIRUS.HEALTH.OK.GOV  
CALL CENTER: 2-1-1

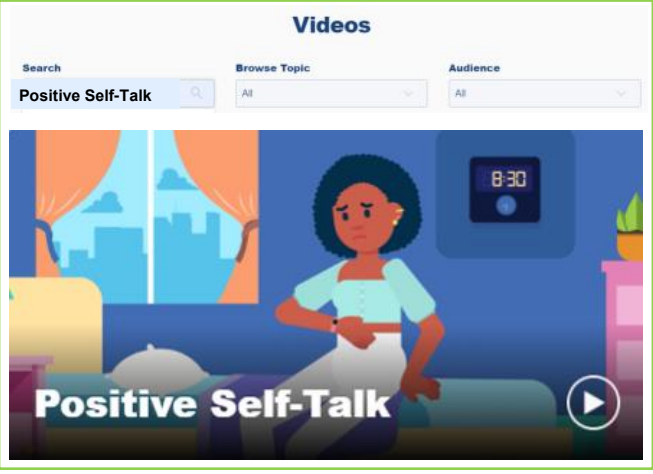

## Positive Self-Talk

Being nicer to yourself and using positive self-talk are simple ways to improve your outlook and support your overall wellbeing. Watch the latest video for advice on how you can become your own cheerleader.

**Positive Self-Talk Benefits**

- Manage Stress
- Reduce Stress
- Increase Motivation
- Increase Self-Confidence

To view the video, visit <https://psychhub.com/our-partners/building-healthy-military-communities-bhmc-oklahoma/>.

**WHAT DID YOU DO TO IMPROVE YOUR READINESS TODAY?**

<https://phc.amedd.army.mil/>

**ARMY MEDICINE IS ARMY STRONG**



## Zero to Three

Zero to Three works to ensure that babies and toddlers benefit from the early connections that are critical to their well-being and development. For additional information, visit <https://www.blogs.va.gov/Vantage/75825/zero-to-three-free-parenting-resources/>.

**Free parenting resources to help military families raising children**



## Managing Pain

Make a plan with your doctor to manage your pain safely and effectively.

Learn more on Oklahoma's Prescription for Change at <https://okimready.org/prevention/>.

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



**What can patients do?**

- + ask for non-opioid options
- + discuss better ways to manage pain
- + understand and prepare for risks

## Thrift Savings Plan

Be cautious with software and mobile applications. You may encounter software or mobile applications that reference the Thrift Savings Plan and prompt you for your TSP account credentials. The TSP DOES NOT support these applications. We cannot endorse any information or advice you may receive from third-party software or applications. Providing your TSP account credentials to third-party software or applications may jeopardize your account security.

For additional information on Thrift Savings Plan, visit <https://www.tsp.gov/>.



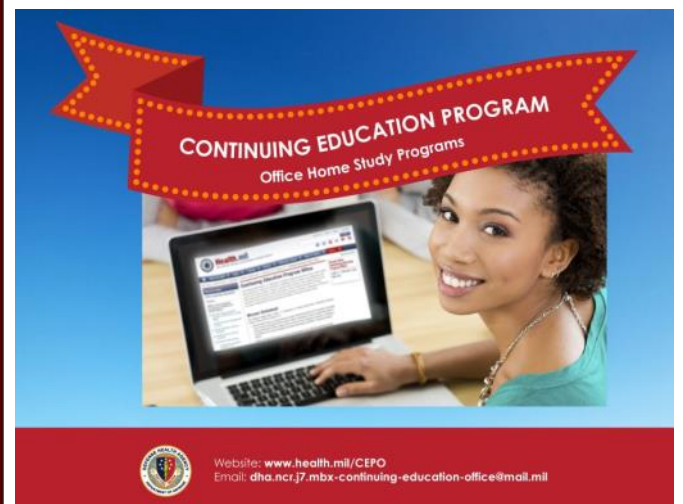
**1-877-968-3778**

**Thrift Savings Plan**

## DHA Continuing Education Program

The DHA Continuing Education Program Office makes getting continuing education credits easy by offering Home Study courses that are available virtually from your desktop or smartphone.

For additional information, send email to [dha.ncr.j7.mbx-continuing-education-office@mail.mil](mailto:dha.ncr.j7.mbx-continuing-education-office@mail.mil).







## LinkedIn Premium Upgrade

Military spouses with a MySECO account can access a free upgrade to enhance your job search! Access a free upgrade to LinkedIn Premium to assist with job searches, networking and more.

For additional information, visit <https://myseco.militaryonesource.mil/portal/content/view/8256>.



## Active Communities Tool

The Active Communities Tool supports cross-sector teams working to improve community built environments to promote physical activity:

- The action planning guide emphasizes the importance of building diverse commitment by identifying disciplines to consider including on a cross-sector team and emphasizing the need to understand the community's context.
- The assessment modules help communities understand the quality and comprehensiveness of existing policies, plans and processes that shape how the built environment supports safe and accessible physical activity opportunities for all people.

For additional information, visit <https://www.cdc.gov/physicalactivity/community-strategies/active-communities-tool/index.html?>

## Imagine Your Story

### With Summer Learning Challenge

In a year so affected by the continuing coronavirus pandemic, the library has had to adapt its way of presenting services, which includes the Pioneer Library System's annual Summer Learning Challenge.

Summer Learning runs through August 15, with a variety of ways to participate both virtually and from home.

For additional information on Pioneer Library System, visit <https://pioneerlibrarysystem.org/>.

To register for Summer Learning Challenge, visit <https://pioneer.beanstack.org/reader365>.



## EXPOSED? THINK YOU WERE EXPOSED TO COVID-19?

[CLICK HERE](#) for test sites



Monitor your symptoms and get tested within 5-7 days after estimated exposure.

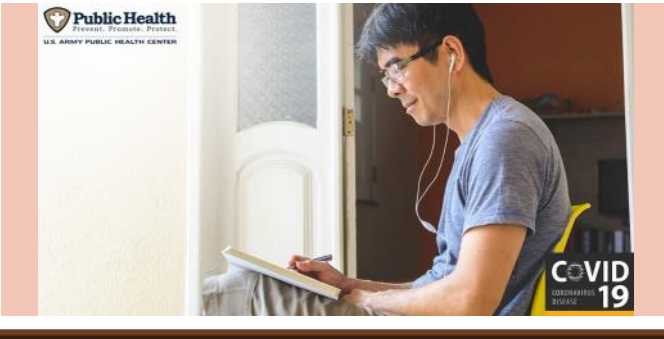
INFORMATION + UPDATES  
[CORONAVIRUS.HEALTH.OK.GOV](https://CORONAVIRUS.HEALTH.OK.GOV)  
CALL CENTER: 2-1-1





## Staying Hopeful and Optimistic

Staying hopeful and optimistic while coping with COVID-19 could have profound impacts on your health, happiness, and sense of satisfaction. Start engaging in gratitude by making a list of things you are grateful for.



## Get Active - Where to Start

Physical activity is an essential part of a long, healthy life... but it's a little intimidating if you don't know where to start. Problem = solved! Take this **QUICK QUIZ** to find the right moves for you. Which types of exercise are your favorites?



## Summer Feeding Program

**The Y's Summer Feeding Program helps fill the hunger gap by providing free, nutritious meals and snacks to kids 18 and under.**

When: Now until July 31, Monday - Friday.  
Oak Grove Community Center: 11:00-11:30  
Will Rogers Courts Main Entrance Area: 11:45-12:15  
Ambassador Courts Community Center: 12:30 - 1:00



## Veteran Readiness and Employment Service

The U.S. Department of Veterans Affairs (VA) Vocational Rehabilitation and Employment (VR&E) service announced it's changing its name to Veteran Readiness and Employment Service to better reflect the needs of Veterans.

The new name, which includes readiness, is more in line with what service members and Veterans already understand from their military service.

VR&E provides benefits and services that enable transitioning Service members and Veterans with service-connected disabilities and an employment barrier, to prepare for, obtain and maintain suitable employment, and to the maximum extent possible, achieve independence in daily living.

For additional information, visit <https://www.va.gov/careers-employment/vocational-rehabilitation/>.







## GLMHC Veterans Program

The Veterans Program at GLMHC provides a trauma-informed, holistic approach to health and wellness. Our contract with the Veteran’s Choice and Patient Centered Community Care Program allows us to offer these integrated services to our veterans in the rural areas we serve. We strive to empower our service members, veterans, and their families to make positive changes that will increase their well-being through support, encouragement, and access to community resources. Services Offered Include: Individual Therapy, Crisis Intervention, Medication Management, Telemedicine, Wellness and Coping Skills Groups, Case Management, Recovery Support Services, Transition and Wraparound Services for the whole family.

For additional information, contact Leslie Condry-Fimple at [lfimple@glmhc.net](mailto:lfimple@glmhc.net).



## Caring for Each Other

These are challenging times, and your friends at Sesame Street are here to help. Our new hub is filled with videos, playful learning activities, and ways to help families stay physically and mentally healthy. The Sesame Street Muppets are staying home, too, but still connecting with friends online—and each week we'll post new videos, like Singalong with Elmo or Snack Time with Cookie Monster. Hope to see you there! To view the videos, visit <https://www.sesamestreet.org/caring>.



## WHAT IS THIRDHAND SMOKE?

Are Service members familiar with thirdhand smoke, the lingering nicotine and chemicals left on surfaces from smoking? These can include indoor surfaces like walls and carpets as well as clothes. A [new study](#) shows that thirdhand tobacco smoke from traditional cigarettes can be found in indoor, non-smoking environments if smoking was previously allowed there or people enter the space who smoke. The safest way to protect yourself and others is to quit smoking. Make sure Service members keep these facts about thirdhand smoke in mind if they are considering quitting smoking or are hanging out with buddies who smoke.

For additional information, visit <https://www.ycq2.org/>.

## Talking with Children

Children may react to anxiety and stress differently than adults. This tip sheet will help caregivers:

- Learn common reactions in children
- Respond in a helpful way
- Know when to seek support

[CLICK HERE](#) to download for free.





## Oklahoma Veteran Alliance Dinner

If you are interested in being a sponsor, buying tickets, or making a donation, please contact Pete Luitwieler at [pluitwieler@csctulsa.org](mailto:pluitwieler@csctulsa.org).

## Arrowhead State Park

From horseback to hiking and golf to water sports, Arrowhead State Park and Golf Course has a little something for everyone on your crew - not to mention those magic sunsets!

For additional information, visit <https://www.stateparks.com/arrowhead-state-park-in-oklahoma.html>.



## How to Raise Financially Responsible Children

As parents, we want to teach our offspring to design happy and healthy lives. This blog will help you apply this philosophy to the money part of your children's lives. Let's face it; we all have to deal with money issues every day of our lives. Even if we don't actually spend money every day, our mortgage or rent is adding up; our car loan is increased by interest and so are our utility bills. If kids grow up with these lessons of how to manage all of this, they will be comfortable with this part of their lives.

To read the blog, visit <https://medium.com/@dodfinred/how-to-raise-financially-responsible-children-df6fbbd94897>.



## Skill of the Month

### What is the Skill?

**Actions**

**Thoughts**

**Consequences**

The skill of ATC helps build Self-Awareness, helping us become more aware of the thought, emotions and reactions we experience throughout the day.

### Build Resilience Through

Control of your  
★ **THOUGHTS**

Control of your  
★ **EMOTIONS** and  
★ **REACTIONS** to  
situations

# ATC



# Preparedness

**EDITION 1: AUGUST 2020**

Mr. Gerald Mastin  
Emergency Management Program Coordinator  
Office: (405) 228-5057  
[Gerald.e.mastin.nfg@mail.mil](mailto:Gerald.e.mastin.nfg@mail.mil)

## Reduce Heat Impact

- In extreme heat, dress in loose-fitting, lightweight, and light-colored clothes. Avoid dark colors.
- Check on your pets frequently to ensure they are safe during extreme heat.
- Keep strenuous activity to a minimum during the hottest parts of the day (11am-2pm).
- Check on seniors/elderly people, people who are ill or may need extra help frequently.
- Make sure you drink LOTS of water to stay hydrated and prevent dehydration, and heat stroke.
- Rest in a cool place & drink a beverage containing electrolytes and sodium, like a sports drink.
- Recognize when someone is suffering from dehydration or heat stroke and act quickly!
- Get trained in first aid to learn how to treat heat-related emergencies!
- Video: <https://youtu.be/ODZF0Jowvb8> Heat Safety information and tips.
- During extreme heat, check on family, friends, and neighbors who do not have air conditioning.
- High heat and humidity cause the body to work extra hard to maintain a normal temperature.
- Too hot to play outside? [www.ready.gov/kids](http://www.ready.gov/kids) offers plenty of indoor games and activities.
- Share these tips from the Humane Society to keep pets safe: <http://bit.ly/1RRItIL>.



## Hot Weather Car Safety

- NEVER leave children or pets in hot vehicles! [#BeatTheHeat](#).
- Even with the windows rolled down, only minutes in a hot car can be deadly for your pet!
- If you see a kid in a hot car - act fast! You could save a life! [#HeatstrokeKills](#) [#HeatSafety](#).

# Heat Impact and Car Safety