



MAKING A DIFFERENCE IN OKLAHOMA

Facebook: <https://www.facebook.com/OKBHMC>

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

Nutrition and Fitness Virtual Event

Saturday, November 14, 2020 | 09:00 AM - 12:00 PM

The Secret Ingredients of Family Nutrition

Good eating habits start at home - with your family! This presentation will discuss ways families can eat well on a budget and the benefits of eating together as a family. It will cover how to incorporate the elements of the major food groups into family meals, even with picky eaters. We'll talk about sensible snacking and maintaining a healthy weight. Also, we'll discuss ideas for addressing food traditions, with holidays around the corner. The presentation will introduce you to resources on HPRC-online.org such as the [smart grocery shopping on a budget](#) and a [sample grocery list](#). Join the talk to learn about family nutrition and have a Q&A session with a registered dietician.

Tactical Nutrition for Mental and Physical Performance

Your food is your fuel - for your body and your mind. This presentation will discuss tactical nutrition choices to optimize your physical and mental performance, on and off the battlefield. We will talk about nutrient timing for before, during, and after physical activity. How macronutrients (proteins, carbs, and fats) can effectively fuel performance and how to stay adequately hydrated will be discussed. Learn how to build your "[power plate](#)" and fuel for the ACFT with this presentation, and be introduced to performance nutrition resources on HPRC-online.org.

Army Combat Fitness Test

Intimidated by the new Army Combat Fitness Test (ACFT)? Come join us to learn from experts on how to make attainable adjustments to your lifestyle.

Register Today! <https://usuhs.zoom.us/j/92058489205>



NOVEMBER 2020

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DEBBIE C. RICH

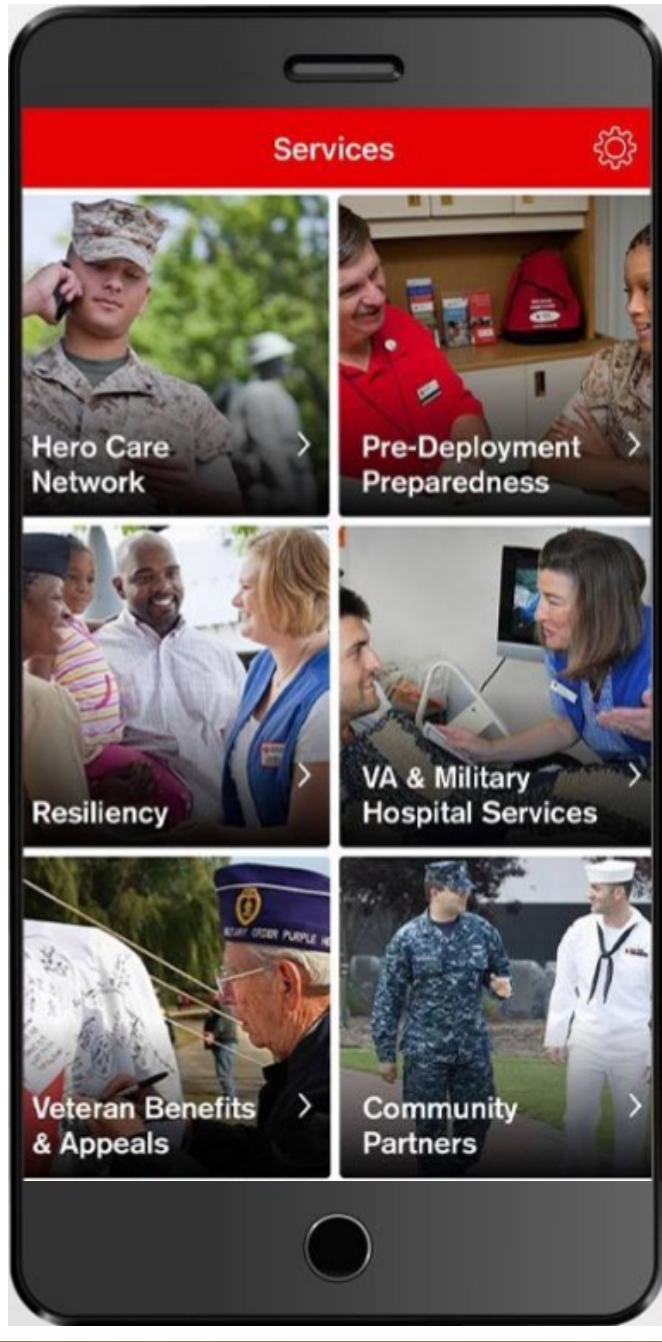
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American Red Cross
Hero Care App

Download App Today!



Welcome Home 5K

Saturday, November 14, 2020 | 9:00 AM
 Mohawk Park,
 5701 E 36th Street N
 Tulsa, OK 74115

Join The Eagle OPS Foundation on their 2nd Annual Welcome Home 5K in support of the Oklahoma Disabled American Veterans (DAV). This is more than just a 5K. This is a welcome home event to express patriotism, and together, show our veterans how much we appreciate their service to our country. As we participate in the Welcome Home 5K, a portion of the course has been secured for the "Honor Mile" dedicated to honoring the service and sacrifice of our military.

For additional information or to register for an event, visit <https://runsignup.com/Race/OK/Tulsa/WelcomeHome5k>.



"BRINGING OUR HEROES HOME, ONE OPERATION AT A TIME."



My Money Five

Making the most of your money starts with five building blocks for managing and growing your money - The My-Money Five. Keep these five principles in mind as you make day-to-day decisions and plan your financial goals.

For additional information, visit <https://www.mymoney.gov/mymoneyfive/Pages/mymoneyfive.aspx>.





“The military attracts classic downscale smoker types...”
RJ Reynolds strategy document, 1989. Big Tobacco has targeted military service members for decades. Don’t let Big Tobacco put profits over people. Learn more about Big Tobacco Targets at Tobacco Stops With Me, A Program of TSET <https://stopswithme.com/>.

TOBACCO STOPS WITH ME.com



Tribal Resource Tool

Unfortunately, no segment of our society is immune to crime and violence. American Indians and Alaska Natives (AI/AN) have the highest crime victimization rates in the nation but often have difficulty connecting with the services that exist to help victims and survivors recover from crime and abuse. Fortunately, that is changing with the Tribal Resource Tool, a web-based resource mapping tool created to provide a listing of services available for AI/AN victims and survivors of crime and abuse and identify gaps in victim services so those can be addressed.

Help us continue to make positive changes for AI/AN victims and survivors. Visit <https://tribalresourcetool.org/eligibility/> to include your victim service program information on the Tribal Resource Tool map.

To view the resource map, visit <https://tribalresourcetool.org/>.



Substance Use Prevention

Online Learning for Teens & Adults

Generation Rx - Medication Safety for Teens

Tuesday, November 10 | 11:30 AM - 12:30 PM

To register, visit https://us02web.zoom.us/join/wn_db9Pa11LQQaPOyJvJYEKZQ.



Preventing Opioid Overdose & Naloxone

Thursday, November 12 | 12:30 PM - 1:30 PM

To register, visit https://us02web.zoom.us/join/wn_TP6-I0VNQJ-kTX_Yi4MtTA.



2020 Tax Deferral Reminder

Most military and DoD civilians see an increase in pay as a result of the reduced taxes between mid-September and December 2020. Members should expect to see a decrease in their pay, January through April 2021 for recovery of those same taxes. Plan to pay back the 6.2% tax deferral January – April 2021!

Meet with our FREE financial advisors to create a personalized plan!

Roy Ames, CFP®, M-F 0800-1500, NE OK (Tulsa and Eastern OK), Cell 918.210.5444
pfc2.ok.ng@zeiders.com

Robert Lassota, CFP®, Western and North OK (Enid), M-Th: 0630 – 1700, Cell: 703.635.8206
PFC.OK.NG@zeiders.com

Jordan Spencer, CFP®, OKC and Southern OK, M-Th: 0630-1700, Cell: 405.323.8162
pfc3.ok.ng.zeiders.com



Relationship Help

Rekindle, Repair or Reset Your Relationship

Every relationship could use help from time to time. And military life adds its own unique set of challenges.

Whether you're a military couple looking to reinvigorate your bond, rebuild connections or retool your relationship skills whoever your "we" may be, we're here to help and support you.

Military OneSource can connect you to free expert guidance, support, tools and resources made with the military in mind, including:

- One-on-one relationship coaching, skill building or counseling.
- Love Every Day, a text-based tool for encouraging communication.
- Virtual resources, such as webinars and other e-learning.
- Relationship articles for every stage of the MilLife.

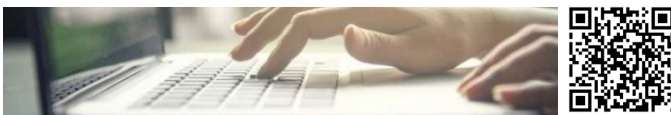
For additional information, call 800.342.9647 or [CLICK HERE](#).



OK Skills Enhancement

SkillUp Oklahoma is a FREE online learning program offered by Oklahoma Works in coordination with Metrix Learning. Brush up on skills to prepare for better employment opportunities. Individuals can register for free access to thousands of courses, explore different career pathways, and prepare for industry certifications.

For additional information, visit <https://oklahoma.metrixlearning.com/landing.cfm>.



MSEP Virtual Hiring Fair

Wednesday, October 14, 2020 | 10:00 AM - 2:00 PM

MSEP will host a virtual hiring fair exclusively for military spouses. Join the free virtual event from anywhere in the world and begin making connections with companies and organizations that have committed to recruiting, hiring, promoting and retaining military spouses. With remote and in-person job openings available across a variety of industries and regions, the partners can help you discover an opportunity that best fits your schedule and life. You can start on October 14 by live chatting one-on-one with hiring managers and representatives.

To register for the virtual hiring fair, visit <https://msephire.vfairs.com/>.



Take the PREVENTS Pledge

BHMC Oklahoma took the **PREVENTS Pledge to REACH** because I know that suicide is preventable. I challenge all Oklahomans to take the pledge today at <https://www.reach.gov/pledge/>.





Suicide Risk Factors

A combination of individual, relationship, community, and societal factors contribute to the risk of suicide. Risk factors are those characteristics associated with suicide—they might not be direct causes.

- Prior suicide attempt
- Chronic health concerns
- Chronic pain
- A history of mental illness
- Substance use and misuse challenges
- Access to lethal means
- Overall sense of hopelessness
- Recent loss such as the death of a loved one, divorce or loss of job
- Legal or financial challenges
- Relationship difficulties
- Multiple traumas
- Adverse childhood experiences
- Poor quality of life or other social determinants of health (such as housing insecurity, food insecurity, lack of support systems, discrimination, social stress, and lack of access to health care)
- Having a family member who died by suicide



Follow BHMC Oklahoma on Facebook

<https://www.facebook.com/OKBHMC/>



Early Childhood Nutrition

Early childhood nutrition is an integral part of our community's health and future. When our babies and toddlers are able to get the food they need to grow big and strong, we all win.

Infant Crisis Services provides formula, food, diapers, blankets, clothing, and other basic necessities by appointment. These services are available four times annually to children birth – age 3.

Based on availability of items, Infant Crisis Services will provide your baby or toddler with:

- One week supply of diapers
- Formula for a week or pack of toddler food (depending on age)
- Bottle or sippy cup
- A pack of wipes

Please call (405) 528-3663 to schedule an appointment.



National Virtual Career Fair

To register for event, [CLICK HERE](#) or visit <https://recruitmilitary.careereco.com/Fair/EventDetails>.



Online Recruiting Event Open to all Military Job Seekers and Spouses

Job seekers meet employers online | 11:00 am - 3:00 pm (Central)



Start simple
with **MyPlate**
App

✓ Pick goals
 ✓ See progress
 ✓ Earn badges

Family Nutrition Education

[CLICK HERE](#) to check out our new *Stay Safe and Healthy at Home* page to find useful tips and information including:

- How to stock your pantry
- Planning a weekly food menu
- Food safety
- Special quarantine recipes
- Tips for feeding your family
- USDA Meals for Kids Site Finder
- Physical activities for indoors and outdoors
- And much more!



Make Your Own Path

Transitioning back to civilian life can be a challenge; Tulsa Tech can help with hands-on training for a career you'll love. Start a new career in just a few months, and with less debt!

Unleash your creativity and learn the skills to run your own business. The adult Cosmetologist program teaches you a wide range of skills, including styling hair, skin care and even nails. While the Professional Barbering program provides hands-on skills so you can give clients any haircut they desire. Make your dreams of being your own boss a reality and help your fellow veterans look their best at the same time. With more than 80 programs, Tulsa Tech has a career field that is right for you. With the military tuition waiver, honorably discharged veterans can attend for free.

Apply today at tulsatech.edu/apply or call 918.828.5000 and let us help you Make Your Own Path.



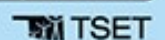
Thinking about Quitting?

If you're trying to quit tobacco, you're not alone. We understand the struggle, and we've got your back. Wherever you are in your journey, the support you need is right here at <https://okhelpline.com/>.



FREE Help to Quit Tobacco →

1 800 QUIT NOW
OKhelpline.com





Kids Need Activity Too

Are you worried about the factors affecting your child's weight? Staying active as a Family can help military children adopt healthy habits. Tips for increasing your child's activity:

- Reduce screen time (TV, computer, video games, and phones).
- Take a family walk after dinner.
- Play at the park or go for a family bike ride or hike.
- Explore opportunities to learn a new activity (such as martial arts, dance, or yoga).
- Volunteer for your child's sports team or physical activity event.
- Invite your child(ren) to take part in your physical activity.

For additional information, visit <https://p3.amedd.army.mil/performance-learning-center/activity/kids-need-activity-too>.



Army Combat Fitness Test

The Army has developed a website dedicated to the Army Combat Fitness Test (ACFT) where you can learn about the implementation period, how to train for each test event, and find additional resources.

For additional information on ACFT, visit <https://www.army.mil/acft/>.



Reducing the Risk of Choking

Children under the age of four are at a high risk of choking while eating. Created for parents and caregivers of young children, this colorful four-page resource includes tips on:

- Preparing foods to make them easier to chew
- Choking hazards to avoid
- Ways to model and teach good eating habits

Download this resource in English or Spanish at <https://www.fns.usda.gov/tn/reducing-risk-choking-young-children-mealtimes>.



#BeThere
 for the Veterans in your life.

VeteransCrisisLine.net

Veterans Crisis Line
 1-800-273-8255 PRESS 9

VA U.S. Department of Veterans Affairs

Are you a Veteran in crisis or concerned about one?



What is Anxiety?

BHMC Oklahoma is proud to partner with Psych Hub offering an extensive video library, providing evidence-based education on mental health, substance use, and suicide prevention. To access our video collection visit <https://psychhub.com/our-partners/building-healthy-military-communities-bhmc/>.

MCEC Resources

The Military Child Education Coalition's mission is to ensure inclusive, quality educational opportunities for all military-connected children affected by mobility, transition, deployments and family separation.

MCEC has essential digital resources for students, parents, education professionals and influencers available in multiple formats: videos, webinars, and downloadable documents.

For additional information, visit <https://www.militarychild.org/resources> or click on specific icon below.



<p>Parents Start here for information pertaining to Parents of military-connected children.</p>	<p>Students Start here for information, resources, and programs for military-connected Students.</p>	<p>Professionals Start here for information for Professionals in the lives of military-connected children.</p>
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Humana Military's Find Care

Did you know that Humana Military's Find Care tool allows you to search by name, location or specialty? Get the care you expect, when you need it. Find network providers, Primary Care Managers (PCM) and military hospitals/clinics. Through our advanced search, narrow your results to include telemedicine network providers. For additional information, visit <https://www.humanamilitary.com/beneficiary/findcare>.

Families Tackling Tough Times

Does your organization work to help families? Are you offering support to families while they cope with the pandemic? We are here to help! We are a group of scientists, educators, and students from Purdue University. We created a special initiative to help families and the organizations who support them: *Families Tackling Tough Times Together*.

The tools are free, flexible, and informed by science. They are designed for families of all types, with tailored suggestions for children, youth, young adults and older adults, and suitable for both civilian and military families.

For additional information or sign up, send email to Shelley MacDermid Wadsworth, shelley@purdue.edu.

Oklahoma Veteran Alliance Dinner

Preventing Veteran Suicide

Thursday, October 22, 2020 | 6:00 PM - 10:00 PM
Armed Forces Reserve Center
26401 East 101st Street, Broken Arrow, OK 74014

Every day, 22 veterans end their lives across our nation. This inaugural event will raise awareness of this devastating statistic while raising funds for the Oklahoma Veteran Alliance that brings hope to our heroes, their families and champions. Collectively, our community can ensure veterans returning home get the help they need to live safe, healthy, fulfilling lives. Join other veteran champions from across the state for a special evening in honor of our local heroes.

To purchase tickets or a sponsorship, visit <https://csctulsa.salsalabs.org/okva-dinner/index.html>. For additional information, contact Pete Luitwieler at (918) 630-1891 or pluitwieler@csctulsa.org.

Benefitting Oklahoma Veteran Alliance,
a program of the Community Service Council

COMMUNITY SERVICE COUNCIL

First Annual
OKLAHOMA VETERAN ALLIANCE DINNER
Preventing Veteran Suicide

OCTOBER 22, 2020 | 6-10 PM
CSCTULSA.ORG/OKVA-DINNER

Oklahoma National Guard Combined Services Center, Broken Arrow
Event will accommodate social distancing. Dinner prepared by Catering by Orr.

OKING CBD TOLERANCE POLICY



Army National Guard

In accordance with AR 600-85 & ALARACT 029/2018:

Soldiers are prohibited from using hemp or products containing hemp oil. It also prohibits the use of controlled substance analogues such as synthetic cannabis, including synthetic blends using Cannabidiol (CBD) Oil, and other Tetrahydrocannabinol (THC) substitutes ("Spice"), or any other substance similarly designed to mimic the effects of a controlled substance on the human body without an approved medical use in the United States.

Air National Guard

In accordance with AFMAN 44-197(1.2.2-1.2.2.1):

Airmen are prohibited from using products containing or derived from hemp and marijuana products or extracts, including but not limited to Cannabidiol (CBD) Oil. In order to ensure military readiness and the reliability and integrity of the Drug Testing Program, the knowing ingestion (orally, intravenously, through smoking/vaporization, or through other means) of products containing or products derived from hemp is prohibited. Additionally, the knowing use of hemp products designed to penetrate the skin, including but not limited to transdermal patches, lotions and soaps is prohibited.

Department of Defense policies state that individuals who do not self-refer for treatment and who subsequently test positive for use of or are found in possession of illegal or unauthorized substances may be considered in violation of Article 112a of the Oklahoma Uniform State Code of Military Justice for drug misuse/abuse.

Referral - Training - Material

Army National Guard Substance Abuse Program (405) 228-5343
137th Wing Drug Demand Reduction Program (405) 924-3662
138th Wing Drug Demand Reduction Program (918) 833-7529

HOLIDAY SAFETY



COOKING IS THE #1 CAUSE OF HOME FIRES AND HOME FIRE INJURIES.

AS WE GATHER FOR THE HOLIDAYS, KEEP THE FOLLOWING TIPS IN MIND.

HOLIDAY LIGHTING

- Inspect strands of electric lights. If they are frayed or torn, throw them away.
- Use only whole cords to prevent electric shock or fire from damaged cords.



DECORATIVE CANDLES

- Place candles in a sturdy candleholder that will not tip over.
- Never leave a burning candle alone.
- Keep candles 12 inches away from things that can burn, like curtains, decorations, table cloths, or other flammables.
- Consider using decorative battery-operated candles that enhance decorating without using a burning flame



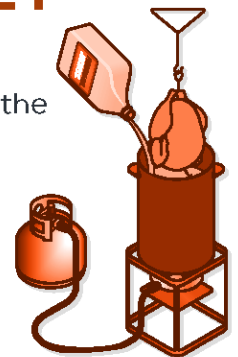
IN THE KITCHEN

- Establish a kid-free zone around hot pans and cooking surfaces.
- Keep your cooking area and cooking surface clutter-free.
- Focus on meal preparation.
- **DO NOT** leave cooking food unattended.
- Use a timer to keep track of cooking food and prevent overcooking.



FRYING A TURKEY

- Make a plan to fry the turkey outside with a turkey fryer on the uncovered ground.
- **DO NOT** fry on top of a wooden deck or porch.
- **DO NOT** fry inside a home garage.



THANKSGIVING GATHERINGS ARE GREAT FAMILY TIMES OF THE YEAR.