



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/>

Secret Ingredients of Family Nutrition

Good eating habits start at home - with your family!

The Secret Ingredients of Family Nutrition video discusses ways families can eat well on a budget and the benefits of eating together as a family. You will learn how to incorporate the elements of the major food groups into family meals, even with picky eaters. You will learn the importance of meal prep, sensible snacking, takeout vs. homemade, and maintaining a healthy weight. You will be introduced to resources on HPRC-online.org such as the smart grocery shopping on a budget and a sample grocery list, and much more!

To watch video, visit <https://youtu.be/2ZE3voy5V6A>.

Total Force Fitness



Promoting Healthy Behaviors



JUNE 2021

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DEBBIE C. RICH

Oklahoma State Project Coordinator
Contractor, Goldbelt Glacier Health Services
debbie.c.rich.ctr@mail.mil

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Personal Financial Counselor

A personal financial counselor can help you establish realistic goals and develop a plan for working toward them. Contact Roy Ames at (918) 210-5444 today!

VAPING PUTS YOU AT RISK FOR GETTING SICK

Get the sick truth on vaping:
BehindtheHaze.com

How We R.E.A.C.H. Coaching Tool

How We R.E.A.C.H. is a new mobile app that will revolutionize how we REACH to people who need help and how we REACH to others when we need support. It puts vital information and clear steps on how to REACH at people’s fingertips. To download the app, visit <https://www.reach.gov/resources/tool/>.

R REACH out and ask, “How are you...really?” Listen and offer hope.

E ENGAGE them about possible risk factors and changes in their life to better understand their pain.

A ATTEND to their safety. Unless you are concerned about your safety, stay with them.

C CONNECT them to resources such as supportive friends and family, professionals or a crisis line.

H HELP them make and maintain a plan to stay safe. Encourage them to share it with others.

CARING BRIDGE

Support for Military Families on their Health Journey

Create a secure, private website to keep family, friends and those with whom you served, or are serving, updated during your health journey. Start a site today. It takes 3 minutes; use your smartphone, tablet, laptop or desktop computer.

For additional information, visit <https://military.caringbridge.org/va/>.

CaringBridge has helped more than 850,000 patients and family caregivers make private, personal connections when they need them most. Mobilize your community today.

Start a Site



RealAge Test For Shawnee Residents

Age is just a number — but your RealAge reflects health habits you can influence for the better. Get an estimate of your body's "real age" and your customized well-being plan. We are seeking Shawnee residents to complete the survey so we can have an overall assessment of health and well-being in our community. The survey is confidential and follows all HIPPA regulations.

This community health survey asks you questions about your habits, happiness, and lifespan. It takes about 10 minutes and it's free!

To take the RealAge test, visit <https://bzppottawatomiecounty.sharecare.com/>.



Take the RealAge Test Today!

2021 Veteran Employer Champion Survey

Oklahoma Veteran Alliance (OKVA), an initiative of Community Service Council, has partnered with City of Tulsa to build a program to recognize veteran-ready employers in the region and across the state. Survey responses are due by close of business May 24, 2021. For your organization to be considered for recognition as Veteran Employer Champion, please complete the 2021 Veteran Employer Champion Survey at <https://www.surveymonkey.com/r/vecs2021>.



BLUE STAR MUSEUM Opening Weekend

Saturday, May 15, 2021 at 10:00 AM - 5:00 PM
415 Couch Drive | Oklahoma City

OKCMOA is proud to offer free admission to the nation's active-duty military personnel and their families, including National Guard and Reserve, from Saturday, May 15 and end Monday, September 6 as part of the Blue Star Museums program. Blue Star Museums is a collaboration among the National Endowment for the Arts, Blue Star Families, the Department of Defense, and museums across America. This program gives free admission to the military ID holder and up to five family members per visit.

We are a **BLUE STAR MUSEUM**



presented by
NATIONAL ENDOWMENT FOR THE ARTS
 and **BLUE STAR FAMILIES**

arts.gov/bluestarmuseums

Coffee with a Veteran

7:30 AM - 10:00 AM Every Wednesday
 6101 NW 50th Street | Warr Acres, OK 73122

Please join us for Coffee with a Veteran and participate in the discussion outreach programs available in our community.



American Legion Post 12



Armed Forces Parade 2021 Grand Ole Flag

Saturday, June 12, 2021 | 10:00 AM

Parade lineup will begin at Central Mall. Viewers can watch along C Avenue, 11th Street and Ferris Avenue.

Those wishing to participate in the 2021 Armed Forces Parade can pickup an Entry Form at the Lawton Fort Sill Chamber of Commerce. Entry Form Deadline: June 8th at 3:00 PM.


For additional information, contact the Lawton Fort Sill Chamber of Commerce at (580) 355-3541.





Virtual Resume & Interview Workshops

LAST WEDNESDAY OF EACH MONTH

0900-1000	Civilian Resume Workshop	
1000-1100	Federal Resume Workshop	
1100-1230	Interview Workshop	

To register, visit <https://zoom.us/join/joinmeeting/register/tJMpcO2hpjwqE9bh8vJggHb5nEoJWzufflwIP>.



Keep Moving OKC.org

MAKE YOUR MOVE!

Events, venues and organizations to keep YOU moving.



Book Discussion of The Other Wes Moore


Join us to discuss the 2021 PLS Reads book, *The Other Wes Moore: One Name, Two Fates* by Wes Moore. This is a virtual program and registration is required.

Discussion Dates:

- Tuesday, May 18 at 6:00 PM
- Thursday, June 10 at 12:30 PM
- Tuesday, July 13 at 6:00 PM
- Saturday, August 21 at 10:00 AM
- Wednesday, September 8 at Noon
- Tuesday, October 5 at 6:30 PM
- Sunday, October 24 at 2:00 PM

These virtual events give community members an opportunity to come together and explore their understandings of poverty as well as the systems that create poverty, while addressing the overarching question of “how can I help create a community without poverty?”

For additional information and to register, visit <https://pioneerlibrarysystem.org/>.



What is Mindfulness

Dr. Erin K. Engle is a leading expert in mindfulness-based stress reduction. Learn tips for practicing mindfulness.

- How does mindfulness help with physical health?
- How does mindfulness help my day-to-day life?
- How do I stop my mind from wandering?
- And more!

To watch the video, visit <https://psychhub.com/ask-the-expert-mindfulness/>.







Good Medicine Bundles

Use the wisdom of Native practices of wellness combined with the insights of modern science to help Native and non-Native students avoid the dangers of substance misuse. These hands-on, standards-aligned resources empower students to embrace positive and holistic health practices and gain an understanding of modern and historical Native approaches to wellness.

For additional information, visit <https://www.operationprevention.com/culture-based-resources>.



**OPERATION
PREVENTION**

Discover • Connect • Prevent

How to Build Healthy Screen Habits for Kids and Teens

Military kids and teens can benefit from technology in many ways, but it's important to assess how its use affects their social, physical, and mental health.

For additional information, visit <https://www.hprc-online.org/social-fitness/family-optimization/how-build-healthy-screen-habits-kids-and-teens>.



FREE
NRT



FREE
Quit
Coaching



FREE
Web & Text
Support

Quit for your health. Quit for your family.



This Father's Day, Get FREE Tools to Quit Tobacco.

When you click or call the Helpline, you can receive at least a two-week supply of patches, gum or lozenges. Users get access to quit coaching, web and text support, plus endless resources and tips. Best part? It's all FREE!

Since 2003, the Helpline has helped 450,000 Oklahomans. You could be next!

Call **1-800-QUIT NOW** or visit **OKhelpline.com** to get started.





Steven A. Cohen Military Family Clinic at Red Rock

Our Cohen Clinic provides confidential, high-quality therapy and local resource connection to post-9/11 veterans (including National Guard and Reserves), their families, and the families of active duty service members. Cost is not a barrier to care. Call (580) 771-2662.



Patriot Award

National Guard or Reserve Service members may nominate their supervisors to receive the Office of the Secretary of Defense Patriot Award.

The Patriot Award reflects the efforts made to support citizen warriors through a wide-range of measures including flexible schedules, time off prior to and after deployment, caring for families, and granting leaves of absence if needed.

Supervisors will receive a Patriot Award certificate (framed or unframed) and accompanying lapel pin.



NOMINATE YOUR SUPERVISOR

<https://www.esgr.mil/Employer-Awards/Patriot-Award/Form>

Get Rent Relief Now

Behind on rent? Worried about getting evicted? We can help you pay your rent. Community Cares Partners (CCP), a program of Communities Foundation of Oklahoma, a public-private resource center that distributes Emergency Rental Assistance (ERA) allocated by the State of Oklahoma, City of Oklahoma City, Oklahoma County, and Cleveland County to help our neighbors maintain housing stability.

You could qualify if you:

- Have lost your job or income due to COVID-19 on or after March 13, 2020 -AND-
- Live in Oklahoma and are behind on your rent and/or utility bills -AND-
- Have received a Past Due Notice, Notice to Quit, or Eviction Notice.

Submit your application as soon as possible at <https://okcommunitycares.org/>.





AT THE NEW BEGINNINGS
BEHAVIORAL HEALTH
BUILDING

STRENGTHENING FAMILIES
MONDAYS FROM 5:30 - 6:30 PM

CAREGIVERS CARING FOR
GRANDCHILDREN
THURSDAYS FROM 5:30 - 6:30 PM

GROUP SESSION: 3-2 PARTICIPANTS
FOR EACH GROUP (DIFFERENT
PARTICIPANTS FOR EACH DAY)

TALKING CIRCLES
FACE TO FACE/ZOOM

ONLINE
WEEKLY MEETING
Open to the Public
 Contact Susan M. Stacy
 Social Worker, Kickapoo
 Tribal Health Clinic
 susan.stacy@okkthc.com
 (405)964-2081 x369

[HTTPS://BIT.LY/3GCRNP6](https://bit.ly/3GCRNP6)
MEETING ID: 5080482243
PASSCODE: 764374



OKKTHC

VA



U.S. Department
of Veterans Affairs

OKC VA HEALTH CARE SYSTEM

presents

S.A.V.E.
OUR HEROES
CCTP TRAINING

VIRTUAL EVENT

1:00 – 3:00 pm

May 20th – Spiritual Leaders

June 24th – Community Partners

Register now!



Scan Here



**Coming home is hard.
Some of them never really do.**

Join OKC VAHCS for a 2-hour virtual training. Our Suicide Prevention Coordinators will brief you on how to S.A.V.E. our military members and veterans struggling with suicide. Our chaplains will explore how distress can cause spiritual and moral injuries that lead to suicide.

Your participation helps create a network of community partners that military members and veterans can rely on for support.

**May 20th – Spiritual
Leaders & Community
Clergy**

**June 24th – Community
Partners, Veterans
Service Organizations,
Sororities, Fraternities,
Non-profits**

**Oklahoma City VAHCS
Chaplain Services
(405)456-5138**

<https://www.cognitoforms.com/OKCVAHCS/SAVEOurHeroesEventRegistration>

MAY 21-27, 2021

AVEDIS FOUNDATION

HEALTH WEEK 21



A week-long celebration of healthy fun and fitness activities for the whole family!

MAY
21-23
FRI-SUN



12 pm

SPLASH WATER PARK

Season opening activities

100 E. HIGHLAND
405.273.0700

SPONSORED BY SHAWNEE PARKS AND RECREATION

Follow us on Facebook for details: www.facebook.com/ShawneePR/Splash

MAY
22
SATURDAY



8:30-10 pm

NEON SPLASH DANCE PARTY

at SPLASH Water Park

100 E. HIGHLAND
405.273.0700

SPONSORED BY SHAWNEE PARKS AND RECREATION

MAY
25
TUESDAY



10-11:30 am

GUEST SPEAKER TERRI WHITE

CEO, Mental Health Assoc. of Oklahoma

LIFE CHURCH
5113 N. HARRISON

PRESENTED BY
AVEDIS FOUNDATION SPEAKER SERIES

★ KINDLY RSVP BY MAY 18
AT AVEDISFOUNDATION.ORG/RSVP
OR CALL 405.273.4055



6-7 pm

SUMMER COOKING CLASS AND TASTING

with Andrea Beck, Registered Dietitian

BOY SCOUT PARK
1500 E. MAIN ST.
405.570.1854

PRESENTED BY SSM HEALTH AND BLUE ZONES PROJECT

MAY
26
WEDNESDAY



8 am - 3 pm (Come and Go)

NATIONAL SENIOR HEALTH & FITNESS DAY

a day of fitness activities for adults 55+

SENIOR
RECREATION CENTER
401 N. BELL STREET
405.878.1528

SPONSORED BY SHAWNEE PARKS AND RECREATION

MAY
27
THURSDAY



9 am

KICKBALL AT THE Y

Co-ed tournament for youth, adults and seniors

700 W. SARATOGA
405.273.4386

SPONSORED BY SHAWNEE YMCA

Register your team at sports@shawneeymca.org or at 405.273.4386.



5-7 pm

FAMILY WATER SAFETY NIGHT

for families and caregivers

100 E. HIGHLAND
405.273.0700

SPONSORED BY SHAWNEE PARKS AND RECREATION

MAY
21-27
DAILY

Instructor-led Fitness Classes (LIVE/Daily)
LADAWN HLADIK, DIR. OF HEALTH & WELLNESS YMCA



Explore Shawnee's Area Trails (Daily)





Flyer updated April 16, 2021

SoonerCare/Medicaid Expands to Adults 19-64

Apply Anytime After June 1

Medical & behavioral health coverage begins July 1.

Pre-existing conditions are covered for future treatment!
There are no health questions on application.

Sign up to have coverage before you need it!
There is no retroactive coverage for previous bills.

July
1
COVERAGE STARTS



WHO QUALIFIES?

Income must be at or below those listed:

Size of household	Weekly income	Monthly income	Annual income
1	\$345	\$1,483	\$17,796
2	\$466	\$2,004	\$24,048
3	\$587	\$2,526	\$30,312
4	\$709	\$3,049	\$36,588
5	\$830	\$3,571	\$42,852
6	\$952	\$4,092	\$49,104

Children and pregnant women stay on SoonerCare at higher income levels.

For self-employed or independent contractors, income is "net" after business deductions.

Unemployed or \$0 income adults may qualify, even if they do not have children. **No work requirement.**

Income numbers are estimates. Higher incomes may be accepted, and not all types of income count towards total. **If your income is higher, consider applying.**

If you've been denied before, apply again.
Other rules and qualifications may apply.

If income is higher and you're self-employed, part-time or no offer of health plan from a job:
Free, local help with low-cost Health Insurance Marketplace plans and HealthCare.gov.
Non-profit Health Navigators across the state: 405-313-1780 or myOKplan.org

MYSOONERCARE.ORG | OKHCA.ORG | 1-800-987-7767

#COVEROK

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