

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/>

Tactical Nutrition Strategies

How do you decide what eating plan is best for you?

Your food is your fuel for your body and mind. This presentation provides tactical nutrition choices to optimize your physical and mental performance, on and off the battlefield. Learn the role of nutrition in mission readiness and review basic nutrition principles to optimize your performance. We talk about nutrient timing strategies for before, during, and after physical activity, how macronutrients (proteins, carbs, and fats) can effectively fuel performance and how to stay adequately hydrated. You will learn how to build your “power plate” to include resources on dietary supplements. You will also be introduced to resources available on HPRC-online.org!

To watch video, visit <https://youtu.be/svWh-A5Gxfw>.



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READ PREVIOUS NEWSLETTERS AT

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



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



Honor Mile

Saturday, November 13, 2021 | 7:00 AM thru the Welcome Home 5K at Mohawk Park

A powerful component of the Welcome Home 5K dedicated to honoring the service and sacrifice of our military. The Honor Mile is comprised of more than 200 placards with the names and faces of our fallen Heroes.

Join us in honoring their memory and expressing our commitment to their Families that our Heroes will never be forgotten.

For additional information and to honor your Hero, visit <https://eagleops1.wufoo.com/forms/xrzolnz0n76ytd/>.



Fit Kids of Southwest Oklahoma

Reintroducing fitness and healthy eating back into the daily lives of students and families!

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



health & wellness

Are you interested in living a healthier lifestyle but not sure where to start?

Let us help!

But first, we need to know what you need help with.... Can you and your families take a brief survey? Just follow the QR code or the link below.

surveymonkey.com/r/GKVRBYQ

Veteran Services Job Club

Wednesday, July 14, 2021 at 1:00 PM
VFW Post 577, 1109 E 6th Street, Tulsa, OK 74120

Open to Transitioning Service Members, Oklahoma National Guard, Reserve, Veterans, and Spouses.

The Job Club provides job seekers with an opportunity to network with employers for job hunting tips and employment opportunities.

For additional information, contact Matthew Sarver, Veterans Employment Rep at (918) 224-9430 or matthew.sarver@oesc.state.ok.us.

BRING YOUR RESUME AND COME DRESSED FOR SUCCESS!



STRIPES - Veterans Upward Bound

Student Transition Readiness Integration Program for Educational Support (STRIPES) – Veteran Upward Bound (VUB) is a federally funded through the Department of Education and provides services free of charge to assist veterans with enrolling and successfully completing a postsecondary education, whether that be a four-year degree, two-year degree, vocational-technical training degree or certifications.

Services Offered:

- Benefit application assistance
- School selection comparison
- Academic skills development
- Academic program research
- Financial aid assistance
- Transcript requests
- Financial literacy
- Test preparation

For additional information, send email to TrioVub@uco.edu or call (405) 974-3620 or visit <https://sites.google.com/view/stripes-vub>.

BEST OF ALL - WE CAN COME TO YOU!



Dale K. Graham Veterans Foundation

Dale K. Graham Veterans Foundation’s primary focus is to share its collective knowledge and experience to help with Veterans Administration claims process, vouchers to low-income clients for medical assessment, along with assistance and guidance for a temporary source of food, rent, utilities, shelter, and transportation to medical facilities.

For additional information, call (405) 550-8806 or visit <https://dalekgrahamveteransfoundation.org/>.



Relationship Tips

Talking to a pro about your challenges can really help. We get the MilLife and we're here 24/7 to connect you to expert guidance – from quick answers about specific issues to personalized coaching and counseling.

For additional information, visit <https://www.militaryonesource.mil/family-relationships/relationships/military-relationships-support/>.



Free 24/7 Help for Your Relationship





NW OKC Veterans Career & Job Skills Workshop

Wednesday, August 25, 2021 | 10:00 AM - 2:00 PM
 OKC FCN - Cole Community Center
 4400 NW Expressway, Oklahoma City, OK 73116

Our NW OKC area veterans support organizations want to serve the veteran and military community by offering a free career and job skills seminar to connect with local businesses, companies, religious, and educational organizations who have a passion to equip veterans with opportunities for growth.

Sequence of Events:

10:00-11:30 = How to prepare and have a successful interview; how to write and build a resume; how to fill out an application; how to successfully network; and how to find/search for new career opportunities.

11:30-12:00 = Businesses will provide an overview of their companies and employment opportunities.

12:00-1:00 pm = Lunch. SNU VETS Center and OKC FCN will provide complimentary food and refreshments for participating veterans and organizations.

1:00-2:00 pm = Career Networking Social or One on One Hands-on Job Skills Coaching.

For additional information, contact Mark Nadig at mnadig@mail.snu.edu.

To register for event, visit <https://www.eventbrite.com/e/nw-okc-veterans-career-and-job-skills-seminar-tickets-162723128257>.



THE OK TO QUIT CAMPAIGN

OK to Quit is a grassroots anti-tobacco campaign that uses social media platforms to promote awareness and tobacco cessation resources. We are a collaboration of individuals highly trained in safe and effective tobacco cessation techniques. Our website and social media pages provide cessation resources, tobacco education, and motivational content to help raise awareness about the dangers of tobacco use and how to quit tobacco. By partnering with us, we can help your organization show that you care about the wellbeing of your employees and their families, as well as your customers and your community.

For additional information, visit <https://oktoquit.com/>.





JOIN US AS A PARTNER!

- Free social media toolkit
- Your logo on our website
- We help boost your algorithms by liking and sharing your tobacco related content
- Content experts to answer questions and provide cessation resources and free content

THE OK TO QUIT CAMPAIGN

If you would like to be a partner, email us at oktoquit@gmail.com

Hunting for healthy fun?

Find easy recipes, family activities & more!

GET FREE TOOLS >

ShapeYourFutureOK.com

TSET






Busy?
Beat the bustle with quick, healthy bites kids like!

GET FREE RECIPES >

ShapeYourFutureOK.com

TSET




In a pinch?
Winner, winner, healthy 20-minute dinners!

GET FREE RECIPES >

ShapeYourFutureOK.com

TSET




Guard Against Scams

Scammers plague millions of Americans every year, and some target military personnel. Learn nine steps to guard against identity theft and other scams that put you at risk.

For additional information, visit <https://www.militaryonesource.mil/financial-legal/personal-finance/protecting-your-finances/keep-a-sharp-eye-out-for-identity-theft-and-scams/>.

2021 Oklahoma Partners in Public Health Conference

REGISTRATION IS OPEN

The purpose of the 2021 Oklahoma Partners in Public Health Conference, hosted by the Oklahoma Public Health Association and the Oklahoma Turning Point Council, is to:

- Empower cross-sector professionals, practitioners, and students to make equitable decisions and create programs based on best practices and current research on population health and strengthening family well-being
- Provide a collaborative environment so attendees may build trusting relationships, brainstorm and enhance skills as it relates to public health and social issues impacting our state
- Amplify diverse community voices with lived experience to inspire quality improvements at the organizational and community levels
- Provide attendees with knowledge of collective impact strategies surrounding best public health practices that they may customize and implement immediately in their communities and work
- Demonstrate innovative practices and the importance of adaptive partnerships to initiate positive change throughout our state and beyond

To register for event, visit <https://oklahomapublichealthassn.wildapricot.org/event-4320110/Registration>. For additional information on OPHA, visit <https://oklahomapublichealthassn.wildapricot.org/>.



2021 OKLAHOMA PARTNERS IN PUBLIC HEALTH • SEPT 21-22, 2021
VIRTUAL CONFERENCE
SMALL ACTIONS: BIG IMPACT



SEPTEMBER 21-22



2nd Chances Job Fair
JULY 15TH, 2021
12PM-2PM

METRO TECHNOLOGY CENTERS
 SPRINGLAKE CAMPUS
 ECONOMIC DEVELOPMENT CENTER
 1700 SPRINGLAKE DRIVE
 OKLAHOMA CITY, OK 73111

MNTC.EDU/2NDCHANCES

8 EMPLOYERS!

LAPTOPS AVAILABLE TO APPLY
 HOUSING RESOURCES AVAILABLE
 MENTAL HEALTH RESOURCES




Mentoring Youth Changing Futures

Big Brothers Big Sisters makes meaningful, monitored matches between adult volunteers (“Bigs”) and children (“Littles”), ages 6 through 18, in communities across the state of Oklahoma. We develop positive relationships that have a direct and lasting effect on the lives of young people.

For additional information, contact Nikki Rieves, Area Director at nikki.rieves@bbbsok.org or visit <https://bbbsok.org/>.

BECOME A BIG

ENROLL CHILD



REAL GOOD DAY
MOTIVATION FOR THE HEALTH OF IT.

<https://rgdcampaign.medium.com/>
 @RGDCampaign



MORNING TOAST
 with
 COMMUNITY SERVICE COUNCIL
 FRIDAY, AUG. 6, 2021
 Celebrating 80 Years

Guest Speakers
 THE HONORABLE G.T. BYNUM, MAYOR OF TULSA
 DR. BRUCE DART, EXECUTIVE DIRECTOR, TULSA HEALTH DEPARTMENT

CSCTULSA.ORG/MORNING-TOAST




**Big Brothers
 Big Sisters.**
 OF OKLAHOMA

**INSPIRE CHANGE
 IGNITE POTENTIAL
 BECOME A BIG**
BBBSOK.ORG





MILITARY TUITION WAIVER

AT  **Tulsatech**
.edu

Prepare for your future and learn the skills to achieve your goals. Oklahoma veterans are eligible to attend one full-time career training program tuition-free. Applicants must have served active duty in the U.S. military and have been honorably discharged within the last 15 years.

Apply online at tulsatech.edu/apply
or for more information, call (918) 828-5000.



» Full-time Careers

» Part-time Classes

» Corporate Training

MAKE YOUR OWN PATH



(918) 828-5000
INFO@TULSATECH.EDU



ERNEST CHILDERS VA HEALTH CARE CENTER

8921 S. Mingo Rd., Tulsa, OK 74133

In the fall of **2021**, the new state-of-the-art Ernest Childers VA Health Care Center will open in south Tulsa conveniently located next to U.S. Route 169 and the Creek Turnpike.

The two-story health care center is approximately 172,000 square feet and spans over 22 acres with nearly 1,000 parking spaces.



Services Provided

- Audiology
- Addiction and Substance Abuse Treatment
- Dental
- Endoscopy
- Homeless Prevention
- Infusion and Chemotherapy
- Pharmacy
- Physical Therapy
- Lab
- Mental Health
- MOVE! weight management
- Optometry
- Primary care
- Prosthetic and Sensory Aids
- Radiology
- Rehabilitation and Recover Center
- Social Work
- Specialty Care
- Suicide Prevention
- Telehealth
- Women's Clinic