

NETWORK NEWS

UPCOMING EVENTS:

MAY 12 | The Financial Implications of Caring for an Aging Parent
11:00 am - 12:30 pm ET

MAY 20 | Keep Calm & Carry On: Working with Difficult Clients
11:00 am - 12:00 pm ET

MAY 27 | Cancer Preventive Lifestyle Behaviors
11:00 am - 12:00 pm ET

JUN. 09 | Building Financial Resilience: Resources for Financial Peace of Mind
11:00 am - 12:30 pm ET

JUN. 10 | Supporting Youth to Set Healthy Boundaries with Technology
12:00 pm - 1:30 pm ET

JUN. 16 | Creating Space: Arranging Environments to Promote Positive Behavior
11:00 am - 12:30 pm ET

Community Involvement During COVID-19

The last few weeks have seen frequently changing guidelines and updated information regarding how to keep ourselves safe during the COVID-19 pandemic. While we are all taking precautionary measures to stay healthy, it can seem like life is on hold during the coronavirus. You may be working from home, quarantining, social distancing, occupying young children at home, or making less frequent trips in your community. Despite the damper that this can put on your everyday life, there are still ways to safely be of help to your community during this time.

How to Get Involved

Volunteer

Feeding America and Meals on Wheels are looking for volunteers to help pack and organize groceries at food banks across the country. This is a great way to assist at-risk populations who may be quarantined, or young children who depend on school meals. If you want to help but are unable to offer your time, you can make monetary donations to support these organizations.

Donate Blood

The U.S. Surgeon General Jerome Adams is encouraging healthy Americans to donate blood at this time, saying that “social distancing doesn’t mean social disengagement”. Many blood drives have been cancelled which leads to an increased need for donations. Visit the American Red Cross to find a drive near you or to make an appointment at a collection center. Adams reassures citizens that blood donations are safe and that collection centers are following precautions provided by the Centers for Disease Control and Prevention.

Be Mindful and Stay Informed

States are enacting different protocols at this time to keep people safe from COVID-19 and also to reduce the burden on our healthcare system. Stay up to date on what your state recommends by visiting the CDC’s website or your state’s public health department’s website.

For Service Members & Their Families

For essential military personnel, life may still be going at full pace. The United Services Organization is still supporting service members and their families at home and abroad. Being restricted to quarantine on base can be a huge blow to morale.

Read about how the USO is helping to keep spirits up among military families in “5 Ways the USO is Still Supporting Service Members During the Coronavirus Pandemic”.

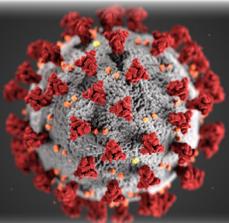
Members of the National Guard are deploying in states like New York and Maryland to offer assistance. If you have a loved one in the National Guard, this situation can take a toll on both of you. Offer moral support by understanding that they are working long hours in less than ideal situations to provide food to children, help with testing, and keep communities safe to optimize conditions for other essential workers. If the National Guard is in your community, cooperating with them during this time is a small act that can really go a long way.

Keep yourself and your family informed by checking out the resources at [Military One Source](#), and by checking the [Department of Defense](#) for updates.

Resources for Providers: COVID-19

The Military Families Learning Network is working diligently to compile resources to assist military service providers and families during these times. All of our resources concerning COVID-19 can be easily found and accessed on our website:

<https://militaryfamilieslearningnetwork.org/tag/coronavirus/>



[NEWSBITES]



Planning for Your Child with Special Needs - Managing During the Era of Social Distancing

Due to school closures and stay-at-home directives during the coronavirus, families need to plan for how to manage the special needs of their children on a daily basis. Here are a few tips and reliable sources of information that may help.

Caring for Older Adults During the Coronavirus

When you or someone you know is caring for another person, it is important to have the most updated information from credible sources. This blog post provides resources for those caring for older adults or persons with special needs.

Are You Prepared to Provide Mental Health First Aid?

Mental Health First Aid is similar to traditional first aid – it is given to a person who is in need before professional medical treatment can be obtained. This blog post provides brief information for helping someone in a mental health crisis, and links to helpful resources.

Additional Benefits Amid the COVID-19 Pandemic for Military Families

This blog post provides a summary of a few ways the VA is trying to assist military families during this state of emergency, including information on hardship pay for troops in quarantine.

Fighting for their Right to Fight: Women in the U.S. Military

In this episode, Rosemary Neidel-Greenlee shares about her book, “A Few Good Women: America’s Military Women from World War I to the Wars in Iraq and Afghanistan”. She reveals specific stories that were discussed with her in the interviews she conducted with Servicewomen from each war year (World War I to the Wars in Iraq and Afghanistan). We conclude this episode by discussing a few strategies for professionals to better assist female service members.

[Listen to this episode!](#)

New Podcast Episode!



Money Talk: Finding Resiliency When Life Seems Out of Control

In this episode, Dr. Barbara O’Neill and Molly Herndon talk about the COVID-19 pandemic and its impacts on our stress and finances.

Dr. O’Neill offers guidance for creating structure and routine to gain back a sense of control when so much seems out of control.

[Listen to this episode!](#)

