

Every Member Counts

SOUTH DAKOTA NATIONAL GUARD



Special Edition Focus

Mission: Service Member & Family Support enhances and empowers the lives of our customers with consistently exceptional service & support.

Service Member & Family Support

Phone: 1-800-658-3930

THE FOCUS IS FOR SERVICE MEMBERS & FAMILIES, VETERANS, RETIREES & SURVIVORS

IN THIS ISSUE

COVID-19 CARES Act summary

The Coronavirus Aid, Relief, and Economic Security Act (CARES) is Phase 3 coronavirus legislation responding to the public health and economic crisis. The goal of the legislation is to provide recovery checks to most Americans, strengthen unemployment insurance and increase funding for public health programs. [View full summary](#)

2019 tax returns due July 15, 2020 Notice 2020-18 provides that the federal income tax filing due date is automatically extended from April 15, 2020, to July 15, 2020. [Read more](#)

If you're among those financially impacted by the coronavirus pandemic, you might be

concerned about how to pay your mortgage or rent. Help is available. [Read More](#)

Small and midsize employers can begin taking advantage of two new refundable payroll tax credits designed to immediately and fully reimburse them, dollar-for-dollar, for the cost of providing COVID-19-related leave to their employees. This relief to employees and small and midsize businesses is provided under the Families First Coronavirus Response Act (Act). [Read more](#)

COVID-19 tax FAQ
The IRS has released an extensive [Filing and Payment Deadlines](#) Questions and Answers that

answers frequently asked questions related to the relief provided in the Notice 2020-18.



Employment Opportunities



Disclaimer: The announcements that appear on this page(s) or attached are intended to inform Soldiers, Airmen, veterans, and their families of special offers provided to Service Members, veterans and their families and are not intended to constitute an endorsement by the South Dakota Army and Air National Guard, the United States Army, the United States Air Force, or the Department of Defense. It is strictly intended to be used for informational purposes only.

THE TOP COVID-19 SCAMS



Scammers follow the headlines

Robocalls – **HANG UP!** Scammers or scammy companies use illegal robocalls to profit from Coronavirus-related fears – posing as the IRS or Medicare. Visit the Federal Trade Commission's website to hear scam calls: ftc.gov/coronavirus.

Testing Scam – scammers are calling or knocking on doors in white lab coats or hazmat gear claiming to be with the Center for Disease Control and Prevention selling fake at-home Coronavirus tests.

Treatment Scam – scammers are calling or knocking on doors in white lab coats or hazmat gear claiming to be with the Center for Disease Control and Prevention selling fake cures, vaccines, and medical advice on unproven treatments.

Supply Scam – scammers are creating fake shops, websites, social media accounts, and email addresses to sell medical supplies in high demand, like surgical masks. When you try to purchase supplies, they pocket the money.

Provider Scam – scammers are contacting people by phone and email, pretending to be doctors and hospitals that have treated a friend or family member for COVID-19 and demanding payment.

Charity Scam – scammers are soliciting donations for individuals, groups, and areas impacted by coronavirus.

Phishing Scam – scammers are sending emails posing as health officials, including the World Health Organization and the Centers for Disease Control and Prevention. They want to trick you into downloading malware or providing personal identification and financial information.

App Scam – scammers are creating and controlling mobile apps used to track the spread of COVID-19. If used, these apps insert malware on your device that steals your personal and financial information.

Compassion & Romance Scams – scammers will use this opportunity to prey on your vulnerability while you are contained and isolated to your home, developing a friendship or romantic relationship with you to gain your trust and obtain your personal and financial information.



TOP SCAM: Fake Stimulus Check



BEWARE OF RED FLAGS

- **Urgency** – scammers will apply pressure or use fear to get you to act.
- **Scarcity** – scammers will claim there is a limited supply, so you must “buy now.”
- **Social Consensus** – scammers want you to think everyone else is doing it too, and you don't want to be left behind!
- **Credible Sources** – scammers will claim they are with a reputable business or organization.

TIP: Do NOT click on links from sources you do not know, and only call known phone numbers.

↓ **Contact us for help or with questions** ↓



3910 Harry Hines Blvd. • Dallas, TX 75219 • 214.823.5700

Email: efsc@theseniorsource.org • Website: www.theseniorsource.org

As always, our priority at [Military OneSource](#) is to serve you, our military personnel and families. As the Department of Defense responds to the ever-changing effects of the coronavirus disease, we are committed to providing up-to-date information, resources and answers regarding its impact on military life. Use these Military OneSource and community resources and services to stay well and informed.

Note that non-Military OneSource resources are identified by an * and are not associated or endorsed by Military OneSource.

We have created a dedicated section on our website at <https://www.militaryonesource.mil/coronavirus> for Department of Defense-related coronavirus updates and impacts. Check frequently, as we will update regularly in addition to posts on social media - [Facebook](#), [Twitter](#), [YouTube](#), [Instagram](#), and [Pinterest](#).

- Coronavirus Support Update Military OneSource Resources
- Guidance for Department of Defense Civilians
- What Do Travel Restrictions Mean for Service members
- When You Have to Travel: Preventing the Spread of COVID-19
- Checking for Coronavirus Related Closures on an Installation
- Request Emergency Financial Assistance if Impacted by COVID-19
- Scam Alert Related to Coronavirus Disease
- Links to information from the Center for Disease Control



[Coronavirus Resources page was added to Health and Wellness topic within our Member Connect site.](#) Access resources and services related to dealing with anxiety, practicing mindfulness, coping with stress, keeping workplaces, homes, and more safe, and lots more.

Mental Health

- **Counseling:** If stress about any situation is getting the better of you, eligible members can call to schedule a [Non-Medical Counseling](#) appointment or live chat through our website. Sessions may be available by telephone, secure online chat or secure video.
- **Support articles:** Support your lifestyle with stress reducing tips and more: [Take Charge of Coronavirus Anxiety](#), [If Your Kids are Worried About the Coronavirus](#) and more.
- **Handle Life's Challenges:** [Moving Forward](#) (bottom of page) teaches problem-solving skills to help handle life's challenges.
- **Relax with Chill Drills:** drills can help slow your heart rate, lower your blood pressure and reduce the level of stress hormones in your body. Download from the Military OneSource website or order yours free.
- **National Suicide Prevention Lifeline:** 800-273-8255 *
- **Child Care Aware:** Brain Building for Families <http://bit.ly/33pPMiQ> *
- **Manage Stress with Wellness apps:** [Breath2Relax](#), [Positive Activity Jackpot](#), [LifeArmor](#), [Parenting2Go](#), etc

Physical Health: Stay Active and Healthy

- **Military OneSource Health & Wellness Coaching:** <http://bit.ly/MilitaryOneSourceHealth> Call for support to stick to your goals and stay active and healthy at 800-342-9647!
- **Gale Health and Wellness** http://bit.ly/MilitaryOneSource_MWRDigitalLibrary
- **Workout Videos:** <https://www.fitnessblender.com/videos> (click on videos for free workouts, not programs) *
- **Les Mills On Demand Workouts** (temporary site) <http://bit.ly/3b45iDI> *
- **American College of Sports Medicine, Staying Physically Active During the COVID-19 Pandemic** <http://bit.ly/3b7sGjp> *
- **At Home Workouts and Tips to Stay Healthy**, Mueller Sports Medicine <http://bit.ly/2wZFfPk> *
- **YouTube channels:** access free videos dedicated to home exercises from targeting specific muscle development exercises, to cardio and yoga. *
- **Planet Fitness:** United We Move: offering free at home workouts for everyone live streamed from their [FaceBook](#) page. Visit site for details. *
- **Visit topics related to sleeping well, managing emotions,** http://bit.ly/MilitaryOnesource_sleepwell

Stay Busy

- **Blog-Teleworking During COVID-19 as a Parent:** <http://bit.ly/Teleworkasaparent>
- **MWR Digital Libraries:** Have you checked out our [online libraries](#) for ways to stay busy for adults and kids? Interactive science, school curriculum, hobbies and interests, learn a language, read a digital newspaper or magazine, read or listen to a book, prep for a test, build a business plan, resume and so much more!
- **Learn a language:** Take a course in one of 70 different foreign languages with [MWR Digital Library – Mango Languages](#)
- **Complete Taxes with MilTax:** Free tax services that address military life. Self-paced tax software including tax prep, e-filing and personalized support.
- **Unemployment:** related to COVID-19 information <https://www.southdakotaworks.org/vosnet/Default.aspx> *
- **Register to Vote Absentee:** request an absentee ballot at <https://sdsos.gov/elections-voting/upcoming-elections/general-information/default.aspx> *
- **Free Online Learning at Home:** <https://funinfirst.com/free-online-learning-at-home/> *
- **Fix/Maintain an Automobile:** thousands of year, make and models to service your vehicle with [Gale Chilton Automotive Maintenance Library](#).
- **Research your ancestry:** Use the free [Ancestry Library](#) to unlock your families past or the [Fold3 Library Edition](#) for those family and friends who served from the Revolutionary War onward.
- **How parents can homeschool their kids during the COVID-19 pandemic,** NBC-2 <http://bit.ly/3d9Uupd> *
- **South Dakota Home Learning resources:** <https://sdsfec.org/homelearning/> *
- **Atlantic White Shark:** offers free [Shark Story Hours](#) each day at 10 am EST *
- **Virtual Tours of Museums, Exhibits and Points of Special Interest:** over 300 museums, exhibits, points of special interests and real-time journeys with [Virtual Free Sites](#). *

Education

- **Internet:** Charter will offer free Spectrum broadband and Wi-Fi access for 60 days to households with K-12 and/or college students who do not already have a Spectrum broadband subscription and at any service level up to 100 Mbps. To enroll call 1-844-488-8395. Installation fees will be waived for new student households. *
- **Scholastic:** offering free online courses so your kids can keep learning while schools are closed; the educational company has launched a "Learn at Home" website, <http://bit.ly/2x7DFdW> that has daily courses for students from Pre-kindergarten to grades 6 and higher. *
- **Khan Academy:** remote learning during school closures; resources for teachers and parents to include a daily schedule for children to follow. <http://bit.ly/2xDHhon> *
- **ABC Mouse Early Learning Academy:** offers ages 2-8 with code 'SCHOOL7771' to more than 850 lessons across 10 levels of learning with [ABC Mouse](#). *
- **The Learning Network - Teach and Learn With The Times:** Resources for Bringing the World Into Your Classroom. <https://www.nytimes.com/section/learning> *
- **Military OneSource MWR Digital Libraries;** Here are some examples of what is available for free to Military Families. http://bit.ly/MilitaryOneSource_MWRDigitalLibrary. See attached to view the entire library for even more!
 - **Teachables** provides access to more than 15,000 teacher-created, vetted printables to support instruction. Download activities for any pre-K to 6th-8th grade subject: math, science, reading comprehension, STEM, writing and beyond. Printable lesson plans, reading passages, games, puzzles, clip art, and skills sheets.
 - **Mango Languages** is a digital language-learning program for learners of all levels, with courses in more than 70 different foreign languages, 21 English language courses and 44 specialty courses.
 - **Explora Primary** features a database of colorful and fun resources that help children in grades K – 5 learn about animals, music, health, history, people and places, science, math and sports.
 - **ScienceFlix** offers more than 50 complete units of study with over 6,500 science-related assets in a variety of media, providing students with a better understanding of science concepts and ideas through hands-on projects, videos, multiple text types, interactive features and more.
 - **Tutor.com** for military children gives kids access to online tutoring and homework help from live, expert tutors in more than 16 subjects. Tutors can help with tonight's homework or catch your child up on missed concepts and lessons, all for free.
 - **Universal Class** over 70 crafts and hobbies classes, more than 45 home school courses, and so much more!

TELECOUNSELING IS HERE!

Military and Family Life Counselors (MFLC) and Child and Youth Behavioral (CYB-MFLC's) can provide telehealth services to your military community. These non-medical counseling services are provided through telephonic and video channels.

Support for Adults/Children/Family

- Telephonic and video non-medical counseling
- Individual video non-medical counseling
- Family video non-medical counseling

Potential Issues to Address (include but are not limited too):

- Financial Stressors
- Depression/Anxiety Concerns
- Managing Stress in Today's Environment
- Remaining Mission Ready
- Marital/Relationship Concerns
- Parenting Issues

Weekly ZOOM meeting - Communication within a Family During a Pandemic; and Dealing with Loss and the Unknown. Hosted every Friday until 15May20 @ 11CDT/10MDT. No registration is needed just drop in as desired.

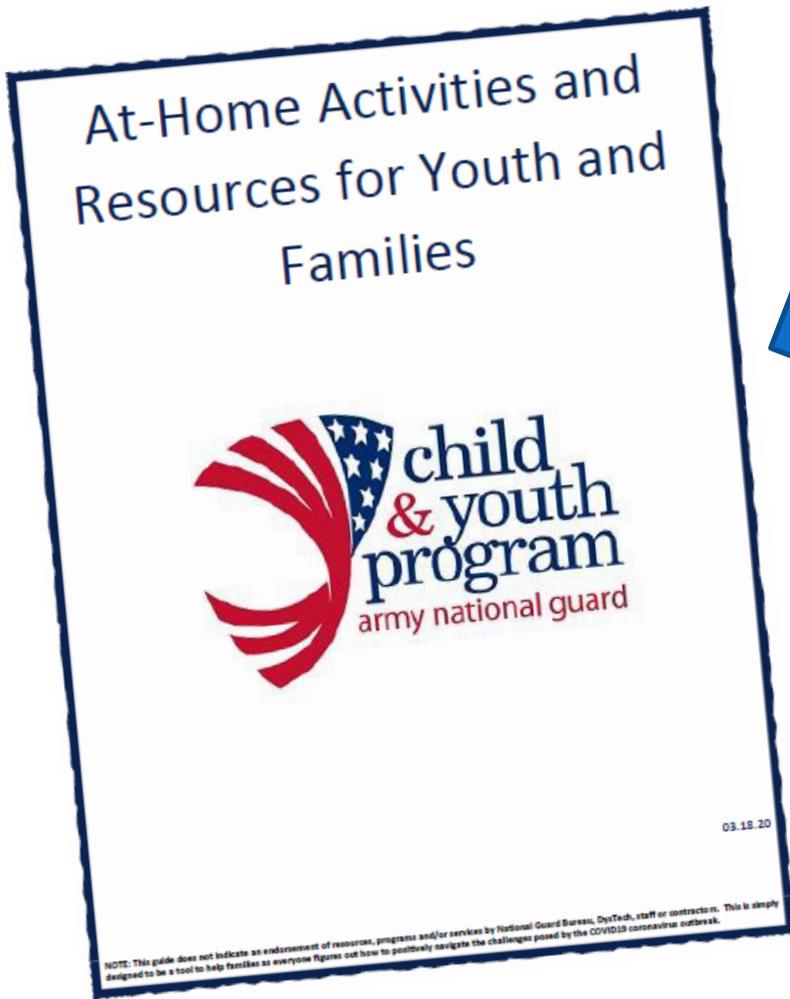
Web Link: <https://mhipaa.zoom.us/j/656211461> Or

Phone Call – 346-248-7799 Meeting ID is 656 211 461

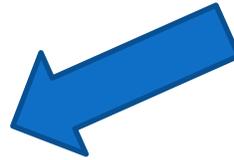
Your CYB-MFLC's

Judy Zimbelman - 605-212-2376; Email: judyz@sio.midco.net

Krista Preston - 605-630-4497; Email: NGCampRapidSDSurge@magmflc.org



Click on these 2 resources for resources for your family!



Hello from the SDNG Child & Youth Program!

We hope that you and your families are safe and well. This is a time of change for our kiddos and families as we address the situation at hand, along with navigating new schedules and routines, cancellations, and closures.

Know that we are thinking about you and your children during these ever-changing times. Additional information and resources can also be found on the ARNG CYS website (<http://www.arngcys.com>).

Please feel to reach out to me with questions.

Taryn Broomfield - Lead Child & Youth Program Coordinator

O: 605-737-6919 | M: 605-377-8244

Email: taryn.m.broomfield.ctr@mail.mil

Homeschooling Resources

Scholastic is offering free online courses so your kids can keep learning while schools are closed; The educational company has launched a "Learn at Home" website, <https://classroommagazines.scholastic.com/support/learnathome.html> that has daily courses for students from Pre-kindergarten to grades 6 and higher.

Remote learning with **Khan Academy** during school closures; resources for teachers and parents to include a daily schedule for children to follow. <https://www.khanacademy.org/about/blog/post/611770255064350720/remote-learning-with-khan-academy-during-school>

The Learning Network - Teach and Learn With The Times: Resources for Bringing the World Into Your Classroom. <https://www.nytimes.com/section/learning>

Military OneSource MWR Digital Libraries; Here are some examples of what's available to Military Families for free. <https://www.militaryonesource.mil/recreation-travel-shopping/recreation/libraries/morale-welfare-and-recreation-digital-library>. Please visit our website www.militaryonesource.mil to view the entire library for even more!

Teachables provides access to more than 15,000 teacher-created, vetted printable resources to support instruction. Download activities for any pre-K to 6th 8th grade subject: math, science, reading comprehension, STEM, writing and beyond. Download printable lesson plans, reading passages, games and puzzles, clip art, bulletin board ideas, teacher supports, and skills sheets.

Mango Languages is a digital language learning program for learners of all levels, with courses in more than 70 different foreign languages, 21 English language courses and 44 specialty courses. Mango's language-learning methodology is designed to simulate the way people learn a foreign language when actually immersed in everyday conversation.

Explora Primary features a database of colorful and fun resources that help children in grades K – 5 learn about animals, music, health, history, people and places, science, math and sports.

ScienceFlix offers more than 50 complete units of study with over 6,500 science-related assets in a variety of media, providing students with a better understanding of science concepts and ideas through hands-on projects, videos, multiple text types, interactive features and more. This is also a great resource for young children.

Tutor.com for military children gives kids access to online tutoring and homework help from live, expert tutors in more than 16 subjects. Tutors can help with tonight's homework or catch your child up on missed concepts and lessons, all for free.

Non-Medical Counseling for Youth Now Available by Video

Current as of March 20, 2020



School closures and the general uncertainty surrounding [coronavirus disease 2019](#) have affected families everywhere. Children and teenagers who feel isolated from friends and activities may experience a particularly hard time.

Children show stress in different ways. Your child may act out, be sad or fearful, or show signs of low self-esteem. To help your child cope with changes due to the COVID-19 pandemic, beginning March 24, 2020, Military OneSource will offer video non-medical counseling sessions for children and teenagers.

What is non-medical counseling?

- Non-medical counseling is confidential, short-term, solution-focused counseling provided by counselors with a master's degree or higher.
- Self-esteem issues
- Communication and relationships
- Problem-solving and adjustment
- Behavioral issues, such as bullying and anger management
- Changes at home, such as deployment, reunion, divorce and grief

Children and youth services

Children and youth ages 6-17 of active-duty, National Guard or reserve service members, and recently retired or separated service members are eligible for confidential video non-medical counseling through Military OneSource.

A parent must attend each video session for children age 12 and younger, but only be available at the start of each video session for youth ages 13 to 17 to give parental consent.

Conversations in these sessions stay between your child and the counselor. The only exceptions are cases of domestic violence, abuse, and suicidal or homicidal threats. If your child is in immediate crisis, call the [Military Crisis Line](#) at 800-273-8255, and press 1, [chat online](#), or send a text message to 838255.

Arranging non-medical counseling for your child

Call Military OneSource at 800-342-9647 to learn whether non-medical counseling is right for your child. [Click here for calling options](#) if you are outside the continental United States. If a consultant determines the service is appropriate, you will be authorized for up to 12 counseling sessions and connected with a non-medical counselor who best suits your child's needs.

Our understanding of COVID-19 is changing rapidly. Stay up to date by checking [Military OneSource's Coronavirus Information for Our Military Community](#).

Personal Financial Counselors are **here to support** you virtually.

- ✓ Are you off a military installation, but still desire financial support?
- ✓ Would speaking to a professional, virtually, give you peace of mind?
- ✓ Are you ready to boost your monetary might?



Did you know Personal Financial Counselors (PFCs) can provide no-cost support services virtually?

PFCs offer a wide range of training and workshops on topics such as money management, budgeting and developing spending plans, debt and credit card management, consumer rights and obligations, homebuying, retirement and estate planning, taxes and more.

PFCs can provide face to face counseling and/or deliver presentation to service members and their families using telephonic or electronic modes like the Zoom platform.

PFCs are:

- Professionals with experience and specialized training
- They hold a minimum of a bachelor degree
- They hold National certifications for financial counseling and education

Follow the Office of Financial Readiness

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

 <https://www.twitter.com/DoDFINRED>

 <https://www.instagram.com/DoDFINRED>

 <https://www.youtube.com/DoDFINRED>

 www.FINRED.USALEARNING.GOV

 <https://www.medium.com/@DoDFINRED>

Local Contact Information

Marlene (Marli) Erickson, CFP®
Personal Financial Counselor
605.496.5288

Available 24/7 for Zoom Meetings
Pfc.sd.ng@zeiders.com



Army Emergency Relief (AER)

Now available to non-title 10 Soldiers

What's your situation?

AER has over 30 categories of Assistance. Please visit www.armyemergencyrelief.org to find more details or contact a Family Assistance Center (FAC) Staff member by calling 1-800-658-3930 to reach a FAC near you.

(For links to all of the information below please visit their website, where all of the below information was referenced from.)

DoD Travel Ban/PCS Stop Movement- Soldiers affected by the Department of Defense travel ban or stop movement order on all permanent change of duty station (PCS)

Quarantine/Limited Face-to-Face Contact- Soldiers who cannot visit their local AER office or other military aid society due to quarantine or local area restrictions on face-to-face contact.

Non-Title 10 Army Reserve & National Guard- AER will assist non-Title 10 ARNG and USAR Soldiers on a case-by-case basis when they are experiencing extreme or unusual financial hardship due to a canceled deployment or current DoD travel ban.

AER Closure/ No Support Available- AER assistance is available through American Red Cross. Call 1-877-272-7337 and select option 1 for financial assistance. You can also use the Office Locator on their website to find additional military aid offices. AER assistance is provided at any military aid office, regardless of military branch.

Routine Request/ No Restrictions- All routine assistance cases where the local AER office is open will be processed using standard AER assistance request procedures. AER officers will schedule appointments or take walk-ins to receive requests. The soldier will receive financial assistance once the request is approved and all required documentation is complete.

Civilian Federal Employee- The Federal Employee Education and Assistance Fund (FEEA) is the only independent, nonprofit 501c3 organization devoted solely to providing emergency financial assistance and scholarships to the dedicated civilian federal and postal public servants and their families.

Want to help?- AER is funded by donations from soldiers, corporations, and the public. Requests for financial assistance increase during times of crisis and they rely on the generosity of donors to support our soldiers with grants and zero-interest loans.

Categories of Assistance

All assistance requests are unique and considered on an individual basis.

- Emergency Travel
- Natural Disaster (preparation & evacuation)
- Mortgage, Rent, Initial Deposit
- Temporary Lodging
- Food
- Healthcare (not covered by Tricare)
- Vehicle Costs
- Utilities
- Funeral Expenses
- Basic Essential Furniture
- Appliance Costs
- Cranial Helmets
- PCS Travel
- Child Car Seats
- Dental Care (for dependents)
- Home Repair
- Non-Medical Attendant Travel
- Invitational Travel Order
- Clothing
- Immigration & Passport Fees (for dependents)
- Special Needs Medical Equipment
- Spouse Relicensing/Recertification
- Child Care (Army Fee Assistance req.)

If you have questions about navigating this process please reach out to the **Family Assistance Center** by calling **1-800-658-3930** and select the **FAC team member closest to you.**

Attend a TRICARE® briefing online.

Briefing webinars now available.

Topics vary each month and you can attend briefings online in the comfort of your home.

www.tricare-west.com/go/webinars.

Welcome to
TRICARE

TRICARE Maternity
and Newborn Care

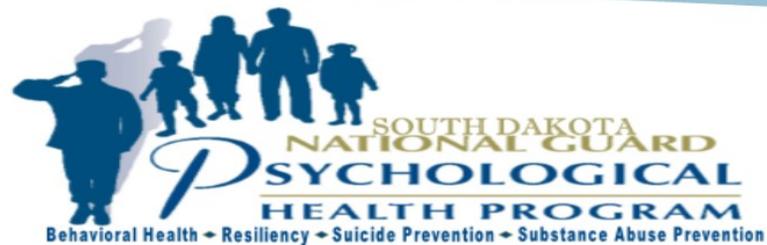
Transitioning from Active
Duty to Retirement

TRICARE Benefits/Programs for
the National Guard and Reserve

Permanent
Change of Station

Separating from
Active Duty





LTC Amber Heinert

Director of Psychological Health
(DPH) & Resiliency Programs
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MAJ Sarah I Jensen

R3SP Coordinator (Resiliency, Risk
Reduction, Suicide Prevention)
605-737-6948

Jeffrey Hurst

Psychological Health
Coordinator
605-737-6521

Kristi (Cricket) Palmer

Alcohol and Drug Control Officer
(ADCO)
605-737-6973

Paul Brosz

Prevention Coordinator (PC)
605-737-6990

SGT Shaun Kuharski

Drug Testing Coordinator
605-737-6566

Sue Keller

Suicide Prevention Program
Manager
605-737-6954

A note from your Director of Psychological Health! If you are like me, all the social media surrounding the Coronavirus has me on overload most days. It often feels like there are more questions than answers. Times like these bring feelings of uncertainty and stress. It is normal to feel anxiety about what is happening around us. Anxiety is a normal response of our bodies in times of uncertainty or stress. Many resources have been made available in the first special edition and in this current special edition. I encourage you all to review the resources and reach out to any member of our Psychological Health Program, the Chaplain Corps, Service Member and Family Support or any other resource POC that has been shared with you.

I will wrap up with a quote from Brene Brown, "Empathy is a strange and powerful thing. There is no script. There is no right way or wrong way to do it. It's simply listening, holding space, withholding judgment, emotionally connecting and communicating that incredibly healing message of 'You're Not Alone.'" I encourage each of us to remember that social distancing does not have to equate to emotional distancing. Connection with those we care about is key to maintaining a sense of comfort and hope as we work on maintaining and enhancing our resilience. The absolute beauty of resilience is the ability to be flexible and continue to adapt to ever-changing environments. Connection, no doubt, is taking on a different form right now through the increased use of technology. We will continue to adapt and get through this time. And always remember, You are NOT Alone!

Special Edition 1— March 2020

- ◆ Message from Director of Psychological Health
- ◆ 2*1*1
- ◆ ASAP Program Message
- ◆ Resiliency Message
- ◆ Suicide Prevention Message
- ◆ Behavioral Health Message
- ◆ Resource Highlight—
Text4Hope

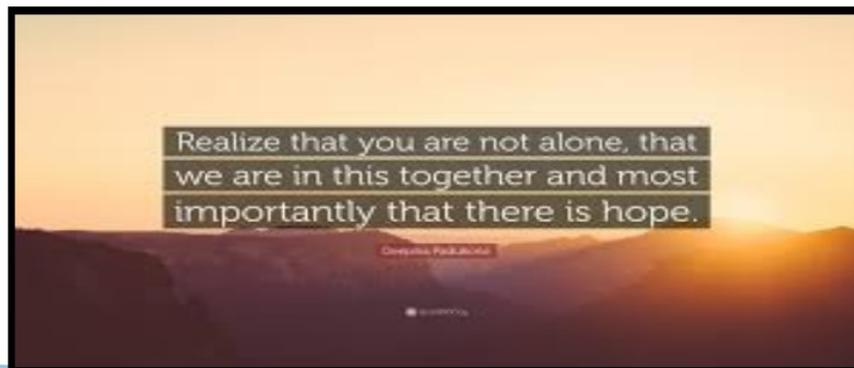
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Responding to COVID-19

211 provides a 24/7 hotline which is connected to a trained team that is able to provide up to date information.

If you need assistance finding food, or basic essential needs, call 211 to speak to someone who can help.

If you or your organization are offering help to those in need, please let us know by submitting that information through the links below.



CORONAVIRUS (COVID-19) HEALTH/MEDICAL RELATED INFORMATION

- [Food/Basic Needs Information and Availability](#)
 - [One Sioux Falls Fund Information](#)
 - [Black Hills Regional Food Response](#)
 - [Special Hours for At-Risk Populations](#)
- [Closures/Cancellations](#)
 - [Home with your kids? Resources for parents](#)
- [Program Restrictions](#)
- [COVID-19 and Your Mental Health](#)
- [Small Business/Employment/Child Care Assistance Information](#)
- [Want to Volunteer?](#)

It's natural for humanity to feel vulnerable at a time like this, to be afraid of the unknown, to discuss our concerns, and look to others for support. Yet, if you're currently struggling with an alcohol use disorder (AUD), this pandemic brings to the surface a unique set of concerns of its own.

Since alcohol consumption can weaken our immune systems over time, any person with problematic drinking behaviors can be amongst the most vulnerable populations for getting COVID-19.

The Substance Abuse program promotes making responsible choices with regard to alcohol use.

The 0-1-2-3 program provides guidelines to assist us with better choices-

- 1: Have no more than one standard drink per hour.
- 2: Have no more than two drinks a day in a seven-day week.
- 3: Have no more than three drinks in any given day, not to exceed 14 drinks in a seven-day time period.

If you are concerned about your drinking or your buddy's drinking Army Directive 2019-12 (Policy for Voluntary Alcohol-Related Behavioral Healthcare) allows soldiers with alcohol issues and concerns to come forward and receive assistance without consequences.

The SAP Program strategy is to reduce the negative consequences related to substance use. This policy encourages self-control, personal responsibility, and supports a zero tolerance to illicit drug use.

If you have any questions please contact

Kristi "Cricket" Palmer
Alcohol Drug Control Officer (ADCO)
(605)737-6973

Paul Brosz
Prevention Coordinator (PC)
(605)737-6990

Things I Can Control:

- ✓ My sleep routine
- ✓ Who I follow on social media
- ✓ What (and how much) media I consume
- ✓ How I take care of my mind and body
- ✓ My mindset
- ✓ The way I talk to and treat myself
- ✓ How kind I am to myself and with others
- ✓ How often I practice self-care

Good Day Friends, Family and Soldiers,

This is unprecedented times— something that no one but a very limited few have lived through. I was listening to the radio the other day and they talked about an Italian man who was born during the 1918 Spanish Flu and at 101 years young contracted and survived his battle with COVID-19. This news story has floated back to the surface of my brain numerous times over the last week. Think of the stories this man has to tell. The wars, the changes, the losses and the beautiful things in life. He is not unique in this, we all have our stories and our histories— and this too will become one of our stories.

It brings me to a quote from an unknown source that was shared with me “KEEP UP THE FIGHT— Our comeback will be far greater than the hell we’ve gone through”. This is true in so many areas of our life at different times, but right now it is OUR LIFE. There is not one person that is not some how impacted or affected by this virus. The question becomes how do we walk out of this on the other side more resilient and strong. How do we take something so foreign and out of anyone’s experience and make it work for our betterment. The truth is for some this is already happening and for others it will be a struggle. There are so many resources and things available to help you and yours. The bottom line is about being resilient; even if this requires a helping hand to be so. It is about being flexible in this time of uncertainty so that you can bounce-not break, bend not snap, survive not succumb, or whatever clique phrase you may want to use or that fits in your brain.

I ask you to look at the picture below and think about it. Mental health is just as important as physical health. If you or a loved one is struggling right now- whether it be anxiety, depression, isolation, fear, overwhelmed, overindulging or whatever else may be troubling you. It is essential that you believe that the true sign of strength is to ASK FOR HELP— no matter how big, embarrassing , or small that situation is, heck even if it is as simple as I am out of toilet paper and can’t find any. You have an entire guard family that you can rely on and reach out to. You have people on your side that you don’t even know. How cool is that! Throughout this publication is a plethora of resources. If you don’t know where to begin call any one of them and they will help get you to the correct person or program.

Remember— you and yours are part of a guard family. If you yourself— or someone you know in uniform is needing help— don’t wait and wish the story could have ended differently— get the assistance and help now!

Respectfully,

MAJ Sarah I Jensen— R3SP (Resiliency, Risk Reduction and Suicide Prevention) Coordinator



***Remember,
your mental health
is just as
important
as your
physical health.***

CREATED BY THE OHIO SUICIDE PREVENTION FOUNDATION
YOU MATTER. YOU ARE NOT ALONE.

Human beings like certainty. We are hard-wired to want to know what is happening when and to notice things that feel threatening to us. When things feel uncertain or when we don't generally feel safe, it's normal to feel stressed. This very reaction, while there to protect us, can cause all sorts of havoc when there is a sense of uncertainty and conflicting information around us.

A large part of anxiety comes from a sense of what we think we should be able to control, but can't. Right now, many of us are worried about COVID-19, known as the "Coronavirus". We may feel helpless about what will happen or what we can do to prevent further stress. The uncertainty might also connect to our uncertainty about other aspects of our lives, or remind us of past times when we didn't feel safe and the immediate future was uncertain.

It's important to note that we are not helpless in light of current news events. We are in this together, and help is always available. If you're feeling alone and struggling, you can reach out to any of the resources listed, by calling 211 or The Crisis Text Line by texting TALK to 741741 or National Suicide Prevention Lifeline at 1-800-273-TALK.



Sue Keller
Suicide Prevention Program
Manager
605-737-6954

The New “Normal” and Negative Emotions

Normal is defined as conforming to a standard; usual, typical, or expected. Thus as it goes with our thoughts and behaviors. It is “normal” for us to eat lunch at noon. How often do we think it “odd” when someone goes to lunch at 1100 or 1300 as it’s too early or too late. Now to apply that thought process to what we are going through with COVID-19 or coronavirus. We are encouraged to stay home or shelter-in-place in an effort to not spread the virus and keep each other safe. As Bob Dylan wrote “The times they are a-changing”. We are having to adapt to a “New Normal” with changes coming at us rapidly. What is important is what we think and how we react to these changes or the new normal. Most people will roll with the punches, but some may become very stressed when unwelcomed changes are presented. We want to adapt to these new changes quickly, but what if I don’t like how I am being told to change. I don’t like my life being disrupted or feel like I’M NOT IN CONTROL and we react negatively.

Negative emotions, like rage, envy or bitterness, tend to spiral out of control, especially immediately after they've been triggered. In time, these sorts of emotions can grow like weeds, slowly conditioning the mind to function on detrimental feelings and dominating daily life. Ever met a person who's consistently angry or hostile? They weren't born that way. But they allowed certain emotions to stir within them for so long that they became inbred feelings arising all too frequently. So how can we avoid operating on the wrong types of feelings under the harshest of circumstances?

Don't react right away. Reacting immediately to emotional triggers can be an immense mistake. It is guaranteed that you'll say or do something you'll later regret. Before refuting the trigger with your emotional argument, take a deep breath and stabilize the overwhelming impulse.

Ask for divine guidance. Faith is our saving grace in our darkest moments. No matter your creed, developing a healthy relationship with the divine world will help you surmount your obstacles more easily.

Find a healthy outlet. Once you've managed your emotion, you'll need to release it in a healthy way. Emotions should never be bottled up. Call or go see someone you trust and recount to them what happened. Hearing an opinion other than your own broadens your awareness. Keep a journal and transfer your emotions from your inner self onto the paper.

See the bigger picture. Every happening of our lives, whether good or bad, serves a higher purpose. You may not understand things in the beginning, but as time goes by, you'll begin to see the bigger picture falling into perfect order

Replace your thoughts. Negative emotions bind us to recurring negative thoughts, creating cycles of downright negative patterns. Whenever you are confronted with an emotion which is making you feel or think something bad, force it out of your mind and replace it with a different thought.

Forgive your emotional triggers. Your emotional triggers may be your best friend, your family members, yourself or all of the above. But forgive them and detach yourself from these triggers. Detach from the resentment, the jealousy or the fury lingering within you. As you forgive, you will find yourself disassociating from the harsh feelings attached to your being.

—Parents—
Add this number
to your child
phone contacts

This service is
available for your
teen children. It
is for them, or for
them to get help
with their friends.

We may hope,
wish and desire
that we be the
person they turn
to....

But the reality
doesn't support
this. Give your
children a tool to
help themselves
and others!

helpline center

NEED TO TALK?
TEXT US...

Text icare to 898211

TEXT 4 HOPE
helpline center

I'M WORRIED ABOUT MY FRIEND. HOW CAN I HELP?

I FEEL STRESSED OUT ALL THE TIME

Text icare to 898211

Text4Hope is available 24/7 for South Dakota high school students

Supported by: **SANFORD HEALTH**
South Dakota Suicide Prevention
South Dakota Department of Health

Disclaimer: The announcements that appear on this page(s) or attached are intended to inform Soldiers, Airmen, veterans, and their families of special offers provided to Service Members, veterans and their families and are not intended to constitute an endorsement by the South Dakota Army and Air National Guard, the United States Army, the United States Air Force, or the Department of Defense. It is strictly intended to be used for informational purposes only.



SOUTH DAKOTA EMPLOYER SUPPORT OF THE GUARD AND RESERVE
2823 W MAIN STREET
RAPID CITY SD 57702

SOUTH DAKOTA EMPLOYER SUPPORT OF THE GUARD & RESERVE would like to extend our sincere appreciation for the service and sacrifice you make as members of the South Dakota National Guard. Your willingness and ability to rapidly respond to local and state emergencies provides comfort to communities across South Dakota in times of uncertainty. ESGR also recognizes that your ability to respond depends upon dedicated support and sacrifices of civilian employers across the state.

BEFORE YOU LEAVE

Leaving your place of work to serve can be a difficult transition for you, your family, and your employer. It is important to keep open lines of communication with them through your service. Maintaining an open dialogue with your employer will help ensure you both have reasonable expectations for what will happen before, during and after your absence for military service.

AFTER YOU RETURN

In order to ensure a smooth transition back to work, you need to communicate with your employer. In South Dakota, you have rights and responsibilities whether serving on a federal or state active duty status. SD ESGR volunteers remain committed to assisting service members and employers throughout the COVID-19 outbreak and response.

ABOUT USERRA

The Uniformed Services Employment and Reemployment Rights Act is the Federal law that establishes rights and responsibilities for members of the National Guard and Reserve and their civilian employers. USERRA affects employment, reemployment, employment benefits, and retention in employment when employees serve or have served in the uniformed services. Additionally, members of the SDNG ordered to active duty by the governor or the president, have all protections afforded to persons serving on federal active duty by USERRA.

In general, if the employee is absent from a position of civilian employment by reason of service in the uniformed service, he or she is eligible for reemployment under USERRA by meeting the following criteria:

- The employer had advance notice of the employee's service
- The employee returns to work in accordance with USERRA guidelines
- The employee has not been separated from service with a disqualifying discharge, or under than honorable conditions.

Present the appropriate supervisor and Human Resources representative with a copy of your discharge/separation order. If you were gone for more than 30 days, and your employer requests proof of your service, you must provide it, once it is available.

If you have workplace issues or disputes during your transition, ESGR can provide a trained Ombudsman to assist you and your employer and help you resolve conflicts. Remember, ESGR is here to support you throughout your activation/deployment cycle.

QUESTIONS ABOUT USERRA?

For assistance with employment-related questions/concerns, contact CPT Chad Carlson, SD ESGR program director, at (605) 737-6540 or chad.j.carlson.mil@mail.mil. SD ESGR can answer questions you or your employer might have as it relates to serving on active duty and your civilian employment. Additionally, we can provide appropriate state office information to those of you with employers outside of South Dakota as it relates to your specific circumstances. You can also visit us at www.ESGR.mil.



Unemployment Filing Reminders for Workers

South Dakota Department of Labor & Regulation
123 W. Missouri Ave.
Pierre, SD 57501
dlr.sd.gov

PIERRE, S.D. – The Department of Labor and Regulation (DLR) continues to handle an unprecedented volume of unemployment insurance claims due to COVID-19 related layoffs.

Due to heavy call volume, individuals should file online at RAclaims.sd.gov if possible.

A new “last name” filing system is being implemented effective Monday, March 30 for claims taken by phone. Based on the first letter of your last name, claimants should file:

- A-F on Monday
- G-N on Tuesday
- O-Z on Wednesday
- If you missed your day, you can file on Thursday or Friday.

Claimants will need their Social Security number, driver’s license or State ID, and 18 months of work history. The quickest way to receive benefit payments is by direct deposit.

“After you file an initial claim, you will receive a packet in the mail, so be on the lookout for this,” said Secretary Hultman. “It will contain your monetary benefit determination, claimant checklist and handbook.”

To be paid, claimants need to file a weekly request for payment, even though the work search requirement is currently waived. Unemployment claimants filing a weekly request for benefits should call 605-626-3212 **after 6 p.m. CDT**, or file online at RAclaims.sd.gov.

To cancel a claim, email CancelRA@state.sd.us your name and last four digits of Social Security number.

Many variables can affect a worker’s eligibility and an employer’s liability for benefits. Each case is examined on a case-by-case basis. [View a list of scenario interpretations](#) about eligibility.



Provide help with Resumes & Job Seeking Assistance

Below are contractors who can help with updating your resume or resources for employment

East River

Emy Hauck
CSFL
Watertown, SD
(605) 882-9327 (o)
(605) 877-1382 (c)
emy.l.hauck.ctr@mail.mil

Tony Grandy
CSFL
Sioux Falls, SD
(605) 357-2974 (o)
(605) 877-1186 (c)
tony.b.grandy.ctr@mail.mil

West River

Tom Sitzler
CSFL
Rapid City, SD
(605) 737-6656 (o)
(605) 209-4565 (c)
sitzlertom@hotmail.com

Cheryl Adamson
ESP
Rapid City, SD
(605) 737-6011 (o)
(907) 750-2225 (c)
lptgod@hotmail.com
cheryl.l.adamson2.ctr@mail.mil

VISION 2020 VIRTUAL MILITARY SPOUSE SYMPOSIUM

IMAGINE
PREPARE
ACHIEVE



REGISTRATION IS OPEN

WEDNESDAY, APRIL 29 AND THURSDAY, APRIL 30

Register today: <https://myseco.militaryonesource.mil/portal/spousesymposium/>

Join us for the 2020 Virtual Military Spouse Symposium, hosted by the Department of Defense Spouse Education and Career Opportunities program.

This two-day virtual event will feature eight interactive sessions designed exclusively for military spouses. Whether you're just starting out or re-entering the work force after some time off, attend this event to:

- Gain key employer tips for improving your resume
- Learn how to effectively change your career
- Determine if entrepreneurship is right for you
- Learn how to best present your unique skills
- Leverage technology for career advancement
- Master your federal job search

This free event can be accessed from anywhere in the world. To choose your sessions and register for the symposium, go to <https://myseco.militaryonesource.mil/portal/spousesymposium/>.

If you have questions or would like additional information, contact a SECO career coach by calling Military OneSource at 800-342-9647.



MILITARY
ONE
SOURCE



**SPOUSE EDUCATION &
CAREER OPPORTUNITIES**



my Career
Advancement
Account
Apply. Advance. Achieve.

VA

U.S. Department
of Veterans Affairs

UNITE TO FIGHT

COMBINED OPERATIONS INCLUDE YOU

CALLING ALL VETERAN AND TRANSITIONING MILITARY CORPSMEN AND MEDICS FOR CORONAVIRUS DISEASE 2019 (COVID-19) EMERGENCY RESPONSE.

The Department of Veterans Affairs (VA) Intermediate Care Technician (ICT) Program is a program designed to hire former military corpsmen and medics into positions at VA Medical Centers as an integral part of the medical team. An ICT's Scope of Care permits maximum utilization of the skills, abilities, and experience former corpsmen and medics have acquired during active duty.

VA is proud to be leading the response to COVID-19 beside our Federal and Strategic partners. We have taken extensive measures to ensure continued excellence in our care of Veterans across this National challenge, and we are now accelerating efforts by looking for former medics and corpsmen to assist on the frontlines. Your skills, knowledge and abilities are needed and will be vital to this response.

For more job posting information please visit us at VA Careers: <https://www.vacareers.va.gov/veterans/intermediate-care-technician.asp>



Thank you **for your interest in** Walmart

Providing Job Opportunities

Become a Walmart Associate in Less than 24 hours

Walmart has a steady workforce of full-time and part-time workers helping meet the everyday needs of its customers. As part of responding to the current environment, Walmart is hiring 150,000 new associates through the end of May to work in stores, clubs, distribution centers and fulfillment centers. These roles will be temporary at first, but many will convert to permanent roles over time. This initiative is aimed at helping put Americans to work, while helping Walmart better serve customers during this time of increased demand.

Walmart has a process to dramatically expedite hiring, allowing people to go from being a candidate to a Walmart associate within 24 hours. Below are more details on some of the jobs, locations, and easy steps to apply.

Below you will find a list of geographies and facilities with the greatest needs.

Walmart Store Positions:

- Cashier
- Stocker
- Truck Unloader
- Maintenance
- Order Filler

Sam's Clubs Positions:

- Member Assist Cart Attendant
- Member Frontline Cashier
- Merchandising and Stocking Associate

Customer Care Positions:

- Customer Resolution Specialist

Supply Chain Positions:

- Receiving
- Order Selecting
- Loading
- Picking
- Packing

Sam's Club Supply Chain:

- Freight Handler
- Floor Clerical
- Power Equipment Operator

Steps to Apply

We invite and strongly encourage your employees to apply

Via Desktop or Mobile Device:

- WalmartCareers.com (All Positions)
- WalmartCareers.com/fcjobs (Supply Chain - Fulfillment Centers)

Steps to Apply:

1. Filter to preferred career area
2. Search job title or keyword
3. Filter by all locations to search your area

Note: You will pull only locations in that city but you can also filter by State and that will filter all locations within that state.

Via Text:

Those who are interested in Store and Supply Chain roles may text **'jobs'** to **240240** to get started.

A list of prioritized locations with immediate needs in temporary and in some cases permanent positions may be viewed on the following page.

All our Stores, Sam's Clubs, Distribution Centers, and Fulfillment Centers are taking applications.

Security Officer - Upscale



Location: Rapid City, South Dakota, United States



Job Reference: G4S/TP/2985559/188597

Salary: \$12.50

Contract Type: Temporary / Casual

Expiry Date: April 18th, 2020

Job Introduction:

PLEASE CLICK APPLY OR TEXT "JOBS" TO 561-660-9797 FROM YOUR SMARTPHONE!

The world's leading private security organization, G4S, has an immediate job opportunity for an Upscale Security Officer. G4S is a security provider for the United States government, fortune 500 companies, nuclear power plants, oil and gas companies, airport, ports, banks, hospitals, factories, warehouses, commercial facilities, residential communities and much more.

As a full time employee of G4S, you will be entitled to the following benefits:

- Major Medical, Dental and Vision
- Paid vacation
- 401K
- Opportunities for additional training to aid in your professional development

Further, as a current employee you will be eligible to participate in large group rates for the following benefits:

- Critical Illness
- Accident Insurance
- Whole Life Insurance
- Individual Short-Term Disability
- Pre-Paid Legal Services
- Identity Theft Services

G4S offers job security, excellent pay and benefits, and career opportunities. We offer entry level careers, management careers, sales careers and executive careers across the United States and internationally.

Main Responsibilities:

Specific Duties and Essential Functions

- Perform security patrols of designated areas on foot or in vehicle
- Watch for irregular or unusual conditions that may create security concerns or safety hazards
- Sound alarms or call police or fire department in case of fire or presence of unauthorized persons
- Warn violators of rule infractions, such as loitering, smoking or carrying forbidden articles
- Permit authorized persons to enter property and monitors entrances and exits
- Observe departing personnel to protect against theft of company property and ensure that authorized removal of property is conducted within appropriate client requirements
- Investigate and prepare reports on accidents, incidents, and suspicious activities
- Provide assistance to customers, employees and visitors in a courteous and professional manner

To apply for this job visit community.g4s.com and enter **G4S/TP/2985559/188597**





Great Plains Tribal Chairmen's Health Board

The Great Plains Tribal Chairmen's Health Board provides the tribal nations of the Great Plains region with formal representation as a means of communicating and participating with the Great Plains Area Indian Health Service and other Health and Human Services agencies on health matters.

Pharmacy POS Billing Technician

Primary responsibilities involve performing a full range of pharmaceutical billing technician duties including: the submission of properly executed pharmaceutical claims on a timely basis to third party payers and responsible parties by utilizing the RPMS Pharmacy Point of Sale system; and, rebilling or correcting billing of accounts previously submitted. Additional responsibilities include various clerical tasks and assisting pharmacy staff in the dispensing of prescribed medications, drugs, and other pharmaceuticals to provide the highest quality pharmaceutical care to Oyate Health Center (OHC) patients. To qualify incumbent must possess a HS Diploma or equivalent, a National Pharmacy Technician Certification (PTCB); and three (3) years of relevant experience.

Registered Nurse (RN) Part-time

This position is responsible for providing nursing patient care in the Urgent Care setting, in collaboration with Medical Providers and other members of the care team. Monitors departmental flow to ensure quality care is provided the highest quality nursing care to Oyate Health Center (OHC) patients.

"To qualify...Bachelor's Degree in Nursing and experience sufficient to understand the major duties of this position. An Associate's Degree or Diploma of Nursing and two (2) years of experience may be considered.

Experience in an urgent care or emergency room setting is preferred. Licensed as a Registered Nurse by any US State or Territory.

Current BLS, ACLS and PALS certifications preferred. Must successfully pass a criminal and background check and a pre-employment drug screening.

Patient Benefits Coordinator

This position is responsible for advocating for patients in the effective utilization of alternate resources and ensure that all patients who are eligible for alternate resources are identified, contacted and encouraged to apply for and maintain eligibility for available benefits. To qualify candidate must have high school diploma or equivalent and one (1) year of related experience to understand and perform the major duties of the position, and to be able to answer questions and resolve problems.

In addition to gaining a great sense of fulfillment in the work that you do, GPTCHB also offers a competitive Benefits Package, such as:

- ◆ Health, Vision, and Dental insurance
- ◆ Retirement plan with an employer match
- ◆ Excellent Paid time off
- ◆ 10 paid holidays a year
- ◆ Daily paid wellness time

For more information and to apply, visit:

WWW.GPTCHB.BAMBOOHR.COM/JOB

or email
hr@gptchb.org

Main Office: 2611 Elderberry Boulevard Rapid City, SD 57703

Phone: (605) 721-1922 Fax: (605) 721-1932

Oyate Health Center: 3200 Canyon Lake Drive Rapid City, SD 57702

Phone: (605) 355-3200

www.gptchb.org