



## Observances



### August 4, 2020 - Coast Guard Birthday

Coast Guard Day is held each year on August 4<sup>th</sup> to recognize and honor the efforts of The United States Coast Guard. This celebration is considered an “internal” event for active and reserve Coast Guard members, plus their civilian employees and retirees and members of the Coast Guard Auxiliary.



### Friday, August 7, 2020 - Purple Heart Day will be observed on

Purple Heart Day is observed on August 7 each year and is a time for Americans to pause to remember and honor the brave men and women who were either wounded on the battlefield or paid the ultimate sacrifice with their lives. Purple Heart Day is also known as National Purple Heart Day, Purple Heart Recognition Day and Purple Heart Appreciation Day. The holiday was first observed in 2014, is considered an unofficial observance meaning that businesses, government offices etc. do not close on this day.



### August 10, 2020 - VJ (Victory over Japan) Day (1945)

Victory Day, also known as VJ Day, marks the anniversary the Allies’ victory over Japan during World War II. It followed the dropping of the devastating atomic bombs on the Japanese cities of Hiroshima on August 6 and Nagasaki on August 10, 1945. Victory Day is a state holiday in Rhode Island in the United States on the second Monday of August each year.



### U.S. Department of Defense Birthday-August 10

DOD is proud to help celebrate the nation’s 244th birthday. We are grateful for our nation’s support as we defend our country, 24 hours a day, 7 days a week, 365 days a year.

## Observances



### Navajo Code Talkers Day-August 14

National Navajo Code Talkers Day is August 14. This holiday honors the contributions of Native Americans / First Nations people who contributed to the United States war effort during World War Two, as well as recognizing the evolution of U.S. code related to Native American languages and the participation of First Nations tribe members in U.S. military efforts from many conflicts.



### National Airborne Day-August 16

National Airborne Day in the USA Date in the current year: August 16, 2020 National Airborne Day is a special day designated to honor the U.S. Airborne Forces and the first parachute jump of 48 volunteer members of the U.S. Army Parachute Test Platoon on August 16, 1940. This day is annually observed on August 16.



### Antiterrorism Awareness Month -Entire Month

August is Antiterrorism Month, which is designed to raise awareness not only of the threat of terrorism, but also to encourage regular vigilance and communication to report potential threats. Throughout the month there is a series of articles highlighting key points for increased awareness of goals, objectives and measures.

## Chaplain Services

# **ONLINE STRONG BONDS TRAINING FOR SOLDIERS**



**VIRTUAL STRONG BONDS TRAINING DO IT AT YOUR  
OWN PACE COUPLES, FAMILIES, SINGLES**  
Learn techniques that have been proven to improve  
relationships.  
**FREE TO YOU!!!!**

PREP (Prevention and Relationship Education Program) Couples,  
Families

(1) PICK: Head Meets Heart, Individuals

(2) Active mindfulness, Active Negotiation and Active Communication

3 in 1 Individuals, Couples

(3) ePREP (Prevention and Relationship Education Program)

**CONTACT US TO GET STARTED TODAY**

**POC: SSG Opoku (562)781-4420**

**Email: [usarmy.usarc.63-rsc.mbx.rsc063strongbonds@mail.mil](mailto:usarmy.usarc.63-rsc.mbx.rsc063strongbonds@mail.mil)**



## **63d Readiness Division**



Sung N. Kim  
LTC, Chaplain  
Deputy Command CH  
Chaplain Personnel Manager  
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Vacation Bible School

**GARRISON RSO VACATION BIBLE SCHOOL**

HELLO

**WHAT'S IN  
A NAME?**

**THE SPECIAL NAMES OF GOD**

**3-6 Aug 1800-1900 Virtual ZOOM**

**Ages 5-14**

YAHUAH  
YAHWEH  
JEHOVA  
THE GREAT I AM

Daily Prizes



*Those who know  
your name trust in  
you, for you, Lord,  
have never  
forsaken those who  
seek you  
**Psalm 9:10***

Please sign your children up through the FHL  
RSO. ZOOM access will be provided.

[cesar.a.rodriguez.mil@mail.mil](mailto:cesar.a.rodriguez.mil@mail.mil), 831-718-7790



POC: Garrison RSO Office  
[cesar.a.rodriguez.mil@mail.mil](mailto:cesar.a.rodriguez.mil@mail.mil)





## **ARMY RESERVE FAMILY PROGRAMS**

Connecting Soldiers • Families • Communities

Army Reserve Family Programs (ARFP) is a comprehensive blend of quality of life programs in support of Department of Defense activities. Family Programs is a Commander's force multiplier for mission readiness. Family programs staff serve as the primary coordinating resource, who provide a multitude of unit and community-based services that foster the growth, development, and readiness of Soldiers and Families assigned to the Command.

Additionally, Army Reserve Family Programs provides a single gateway to responsive Family Crisis Assistance. ARFP provides a unit and community based solution that connects people to people. By pinpointing Families-in-need and local community resources, the Army Reserve can quickly connect the Soldier Family and resources thus providing installation-commensurate services in the geographic location of the crisis.

Soldier and Family Readiness is a Commanders program, to provide guidance, structure and moral and support for their unit Soldiers and Family members. Each unit Commander is responsible for establishing his or her Soldier and Family Readiness Program which consists of the following; Command Family Readiness Representative (CFRR), Soldier and Family Readiness Group Leader and additional Volunteers to provide support to the unit Commander, Soldiers and family members.

At the present time we are revising the 608-1 Army Reserve Family Programs requirements in order to better assist you with providing briefings to educate Command Teams, CFRRs and SFRG volunteers regarding the Soldier and Family Readiness program.

For more information, please contact me, Ms. Lisa Flores. I will be happy to discuss further the ARFP program and provide additional assistance. Cellphone: 714-925-1609 Email: [lisa.d.flores.civ@mail.mil](mailto:lisa.d.flores.civ@mail.mil).



## 63d Readiness Division



**19 August 2020 11:30am  
PDT or 5:30pm PDT**

Please join Mrs. Martha Rosende,  
63d RD Command Volunteer Advisor for:

### ***Volunteer Team Talk***

Grab your favorite coffee or tea and join Mrs. Rosende and the Family Programs Team in the virtual coffee shop!

Ms. Jennifer Flinn will lead us in a discussion on "SFRG 101" and Ms. Lory Barra will share the impact of community in her life.

**Please RSVP to:**

**[63dcvasfrg@gmail.com](mailto:63dcvasfrg@gmail.com)**

Link to webinar will be provided after the RSVP is received.

## **Health and Wellness**



### **Avoid Heat-related Illnesses and Death**

The human body is normally able to regulate its temperature through sweating, until it is exposed to more heat than it can handle. Heat exhaustion and heat stroke can escalate rapidly, leading to delirium, organ damage and even death. Do not leave your children or pets in your car at any time, be alert to the hot cement and keep an eye on your family, friends, elderly, children and pets.

### **People Most at Risk**

- Infants, young children, especially
- People 65 and older
- People who are ill, have chronic health conditions or are on medication

### **Ways to avoid the heat and heat related illness or Injury's**

- Stay in an air conditioning room or with fans
- Drink plenty of fluids, avoid alcohol and caffeine, wear sunscreen, and a hat

### **Furry Friends Need Protection To**

- Keep your pets inside during hot weather days
- Keep pets hydrated
- Provide outside shelter when pets are unable to be inside your home
- Keep pets food refrigerated and fresh to avoid spoilage
- Do not let your pet drink from the garden hose to avoid hot water burn to their mouth and face.

### **Virtual Hope Box**

Is a mobile app that anyone can download? It can decrease the experience of distress by facilitating healthy coping and emotion regulation skills. The app is divided into sections - Remind Me, Distract Me, Inspire Me, Relax Me, Coping Tools and Support Contacts.

<https://health.mil/News/Articles/2020/04/16/Mobile-app-may-offer-hope-in-times-of-distress>

### **Rally Point**

Is a digital platform for the military community to come together and discuss military topics both socially and professionally? Our members include military service members, veterans, family members, caregivers, survivors, and supporters of those in uniform.

<https://www.rallypoint.com>

# Safety

## 10 TIPS FOR A SAFE FUN SUMMER 63d SAFETY OFFICE



### 1. STAY HYDRATED

WHETHER GOING HIKING, BOATING, OR HANGING AROUND THE BACKYARD, DRINK PLENTY OF WATER PRIOR TO, DURING, AND AFTER ANY ACTIVITY



### 2. USE SUNBLOCK

ANY OUTDOOR ACTIVITIES WILL EXPOSE YOU TO POSSIBLE SUN RELATED INJURIES. BE SURE TO USE PLENTY AND OFTEN



### 3. IF DRIVING, INSPECT YOUR VEHICLE

NOTHING WORSE THAN GOING ON A TRIP AND HAVING THE VEHICLE BREAK DOWN



### 4. INSPECT RECREATIONAL VEHICLES

TREAT THEM AS YOU WOULD YOUR POV. THEY USUALLY SIT UNUSED MOST OF THE YEAR



### 5. ONLY USE APPROVED LIGHTER FLUID

NEVER ATTEMPT TO LIGHT A BBQ GRILL OR CAMPFIRE WITH FUELS OR ALCOHOL



### 6. INSPECT ALL WATER CRAFTS

CHECK MOTORS IF EQUIPPED AND INSPECT FOR OVERALL STRUCTURAL INTEGRITY



7. HAVE A LIFE JACKET FOR EACH PERSON WHENEVER ON WATER. MAKE SURE EVERYONE HAS A PROPER FITTING USCG APPROVED LIFE JACKET OR VEST



8. BRING YOUR OWN SHADE AVOID OVEREXPOSURE TO THE SUN BY BRINGING YOUR OWN SHADE IF OUTDOORS



9. WASH YOUR HANDS OFTEN WITH SOAP AND WATER FOR AT LEAST 20 SECONDS OR CLEAN YOUR HANDS WITH AN ALCOHOL BASED HAND SANITIZER THAT CONTAINS AT LEAST 60% ALCOHOL



### 10. MAINTAIN SOCIAL DISTANCING PRACTICES

COVID-19 IS STILL A CURRENT CONCERN. AVOID SOCIAL GATHERINGS





## **Education**

### **Back To School**

If you're planning on going back to school this fall you may have several questions: will the dorms be open; will classes meet online or in person; how much will your GI Bill payments be? While many of these questions remain unanswered, one thing we do know is how much your GI Bill will pay you.

### **2020/2021 GI Bill**

The Post-9/11 GI Bill pays full tuition and fees at public schools, and also pays most students a Monthly Housing Allowance (MHA) that is equal to the Basic Allowance for Housing (BAH) for an E-5 with dependents. The amount is determined by the ZIP code of the location where students attend the majority of their classes.

Prior to the COVID-19 epidemic, students attending all their classes online only received ½ the national average BAH as their MHA. That changed, however, last spring when most colleges shut down classroom sessions and moved to all-online courses.

An emergency law passed as a result of this switch to online courses temporarily authorized that students who were affected by their classes moving from in-person to online sessions to be paid as if they were attending classroom sessions, and therefore continue to receive their MHA as originally authorized. This increased MHA is effective through Dec. 21, 2020.

That means that for the upcoming fall term, GI Bill students will continue to get the higher MHA payments as they did last spring, even if their classes are only taught online.

### **Basic Eligibility Criteria for Post-9/11 GI Bill Benefits**

At a minimum, you must have served at least 30 days of continuous active duty service after Sep. 10, 2001 and be discharged due to a service-connected disability, or served an aggregate of 90 days of active duty service after that date and received an honorable discharge.

### **For Reservists/Guard members the following active duty qualifies for Post-9/11 GI Bill eligibility:**

- All Title 10 active duty supporting named contingency operations
- Title 32 service for the purpose of organizing, administering, recruiting, instructing, or training the National Guard
- Title 32 service under section 502(f) for the purpose of responding to a national emergency

- All voluntary active duty, with the exception of active duty for medical care and medical evaluation

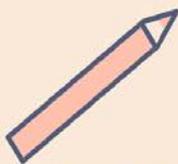
### **Military Spouse Education Assistance Program**

Through the Military Spouse and Family Educational Assistance Programs, military family members receive educational and job support. Military spouses may receive up to \$4,000 to help with training or cover the costs of a degree program related to a portable career field. In addition, military members have the option to transfer their Post 9/11 GI Bill® benefits to their spouses or dependents.

Many scholarship organizations also offer scholarships and programs designed for military spouses and dependents. While not promoted by the Department of Defense, these programs can help cover college tuition and other education expenses for military families.



## Education



63RD READINESS DIVISION FAMILY PROGRAMS PRESENTS:



# JUST FOR KIDS: A FUN INTRO TO TUTOR.COM/MILITARY!

Tutor.com/military is **NO COST** to military families and can be a great resource for homework help, test prep, studying and more!!

*Join us for a fun interactive session to show your kids how Tutor.com works!*

*Get some cool Tutor.com/military "swag" and a chance to win PRIZES!!!*

*Two sessions for different age groups, register with the links below!*

**SESSION 1 GRADES 3-5 1-1:30PM (PACIFIC)**

**[HTTPS://ATTENDEE.GOTOWEBINAR.COM/REGISTER/2053956298861313294](https://attendeegotowebinar.com/register/2053956298861313294)**

**SESSION 2 GRADES 6-12 - 2-2:30PM (PACIFIC)**

**[HTTPS://ATTENDEE.GOTOWEBINAR.COM/REGISTER/210983495686119183](https://attendeegotowebinar.com/register/210983495686119183)**

For more information on Tutor.com/military  
and these webinars,  
please email [militarysupport@tutor.com](mailto:militarysupport@tutor.com)



TUTOR.COM for  
U.S. MILITARY FAMILIES  
[www.tutor.com/military](http://www.tutor.com/military)



## MWR Digital Libraries

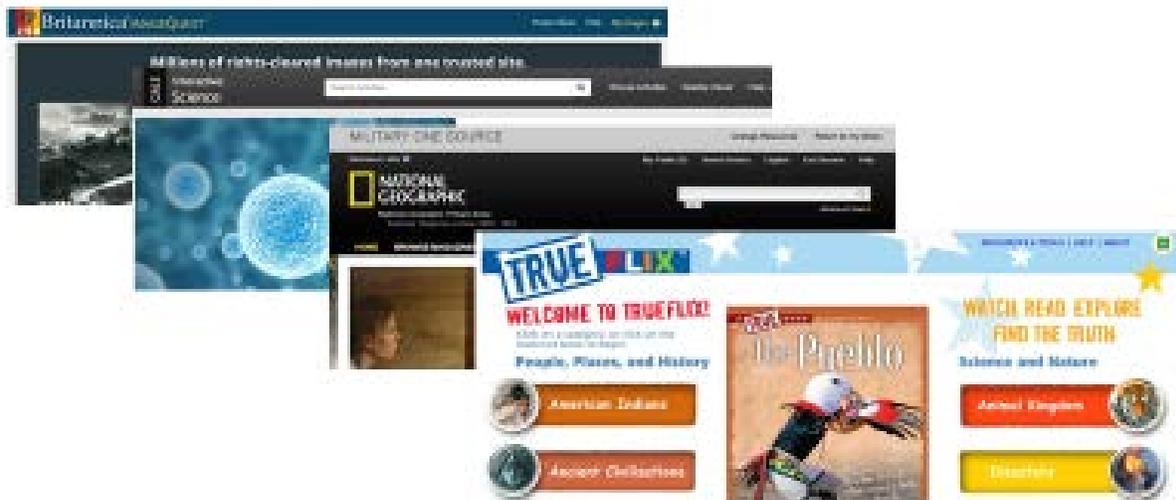
**MILITARY  
ONE SOURCE**

**MEMBER CONNECT RESOURCES**

### MWR Digital Libraries for Students



Whether your child needs tutoring or wants to research topics, complete school assignments, work on special projects or explore unique interests, the [MWR Digital Library](#) has free resources to help with school. Your child can download images, watch videos, read articles, browse magazines, explore 3D interactive science models, access SAT prep and more!



# MILITARY ONESOURCE

Military One Source provides a single gateway to responsive Family Crisis Assistance, available 24/7, 365 days a year. It provides a unit and community based solution to connect people to people. By pinpointing Families-in-need and local community resources, the Military One Source Outreach and Support Center can quickly connect Soldiers and Family's by providing installation-commensurate services in the geographic location of the crisis.

Military One Source Support Center has established a community based capacity by engaging our Nation's "Sea of Goodwill" to support Soldiers and Families closest to where they live.

Military One Source can provide information and referral to: Emergency Funds, Disaster Relief, Financial Services, Emergency Home Repair, locating closest Army installation, separation or coping issues, where to find a CAC office, childcare, counseling for both the Soldier and family member and many other resources.

Contact

800-342-9647

En español llame al: 800-342-9647

<https://www.militaryonesource.mil>

Live Chat





## 63d Readiness Division

# WEDNESDAY WELLNESS WEBINAR

*Held the last Wednesday of every month!*



**AUGUST 26, 2020**

## Navigating USAJOBS

**4:00PM PDT**

**6:00PM CDT**

TO JOIN THIS WEBINAR GO TO:

[HTTPS://CONNECT.APAN.ORG/FAMILYPROGRAMS63DRD/](https://connect.apan.org/familyprograms63drd/)

*SIGN IN AS "GUEST" THEN CLICK "ENTER ROOM"*

## **Housing**

### **VA Loans to Buy, Refinance, or Improve a Home**

The Department of Veterans Affairs (VA) offers home loans and grants. These programs help service members, veterans, and surviving spouses buy, refinance, or modify their home. The VA guarantees part of the loan, meaning they will cover a portion of the loan if you default. This allows lenders, such as banks and mortgage companies, to offer you more favorable terms.

### **VA Loans for Home buying and Refinancing**

- If you're planning to buy a home, check into the variety of home loans offered by the VA. The most common are VA purchase loans. This type requires no down payment and no private mortgage insurance.
- If you have an existing VA home loan, you can apply for an Interest Rate Reduction Refinance Loan (IRRRL) to save money with a better interest rate.

### **VA Loans and Grants for Home Improvements**

- You can get a VA cash-out refinance loan to get money from your home's equity. This can help you pay for home improvements, college costs, and more.
- If you have a service-connected or age-related disability, you may be eligible for a veteran housing grant. These grants help you modify your home for disabilities related to military service or aging.



### **Homeless Services and Resources**

If you're facing homelessness, these tips can help you prepare for and work through the situation.

- Make sure your state ID or driver's license is current and available. Shelters and assistance programs may have strict ID requirements.
- If possible, store your belongings. Shelters have limits on how much you may bring.
- Arrange for your mail to be delivered somewhere or talk to your local post office. Many have special services for people who are homeless. You may be able to get a free P.O. Box or receive general delivery service.
- Pack a bag for yourself and each member of your family.
- Keep important documents and needed medications with you.

- Check for shelter and housing through your state or local government and state's human or social services programs for housing assistance.
- Cost - Most shelters are free, but some may charge a small fee. Most facilities that provide residential drug or alcohol rehabilitation programs charge a fee. Many, however, are low cost, accept Medicaid, or operate on a sliding scale based on your income.
- Call the National Call Center for Homeless Veterans hotline at 1-877-4AID-VET (1-877-424-3838). You can find help 24 hours a day.

### **Housing, Hotels and Rental Assistance**

- **FEMA** - 1-800-659-2955, <https://www.fema.gov/individual-disaster-assistance>
- **FEMA** - Participating Hotels - <http://www.femaevachotels.com/>
- **Rent Assistance** - 641-715-3900 Extension: 190247, <http://www.rentassistance.us/>
- **Army Emergency Relief (AER)** - <https://www.aerhq.org/>
- **Department of Housing and Urban Development (HUD)**  
<https://www.hud.gov/info/disasterresources>

### **Shelters**

- **Home Shelter Location Assistance** - <http://www.homelessshelterdirectory.org>
- **Homeless Shelter Directory** - <http://www.homelessshelterdirectory.org>
- **Homeless Services/Cal-Works of Orange County, CA**  
<https://www.ocgov.com/services/homeless>
- **2.1.1 Shelter and Homeless Assistance** - [www.211oc.org](http://www.211oc.org)
- **Orange County, CA Community Services**  
[Http://www.occommunityservices.org/hcd/homeless/shelter\\_programs](http://www.occommunityservices.org/hcd/homeless/shelter_programs)

### **American Red Cross**

- **American Red Cross of Disaster Relief** - 800- 733-2767, Orange County, CA 714-481-5300, <https://www.redcross.org> <http://www.redcross.org/get-help/disaster-relief-and-recovery/find-an-open-shelter>

- **American Red Cross of Los Angeles, CA** - 310-445-9908 - 1450 S Central Ave, Los Angeles, CA 90021, [https://www.redcross.org/local/california/los-angeles/about-us/locations/greater-los-angeles-chapter.html?CID=organic\\_gmb\\_listings](https://www.redcross.org/local/california/los-angeles/about-us/locations/greater-los-angeles-chapter.html?CID=organic_gmb_listings)
- **American Red Cross of Bakersfield, CA** - 661-324-6427, 5035 Gilmore Ave, Bakersfield, CA 93308 [https://www.redcross.org/local/california/central-california/about-us/locations/kern-county-eastern-sierra.html?CID=organic\\_gmb\\_listings](https://www.redcross.org/local/california/central-california/about-us/locations/kern-county-eastern-sierra.html?CID=organic_gmb_listings)
- **American Red Cross of Rialto, CA/San Bernardino, CA** 909 - 888-1481, 202 W Rialto Ave, San Bernardino, CA 92408 <https://www.redcross.org/local/california/southern-california.html>
- **American Red Cross Riverside, CA** - 888- 831-0031, 6235 River Crest Dr. Riverside, CA 92507, <https://www.redcross.org/local/california/southern-california.html>



### **Food Pantry/VA**

The Department of Veterans Affairs is creating food pantries at its medical centers across the nation.

The food pantry project is a public-private partnership between the VA and Feeding America, a nonprofit organization with a network of more than 200 food banks nationwide. There are currently 18 food pantries in operation at VA locations.

Local VA facilities work through the VA Voluntary Services department to make outside donations from local and national organizations available at medical centers. To date, the program has served more than 700,000 meals to veterans, including those with dietary and health restrictions, such as diabetes.

During the intake process for medical appointments at participating centers, veterans are screened for signs of food insecurity. If they are found to be in need, the pantries supply them with a week's worth of groceries before they leave the medical center.

This screening takes place whether the visit is for inpatient or outpatient services. If the veteran's individual situation warrants, they are connected with an on-site coordinator to find other available food resources and assistance.

The food pantry program is part of the VA's whole health approach to treating veterans under its care. This program takes into account individual, social and other issues. Food insecurity is one example of a social determinant of health. The VA also offers assistance with other social determinants, such as education, employment and housing.

Food insecurity is not only about groceries. It's also about planning, social dynamics and the competing demands that many families face. \*\*For additional information, locate your nearest local VA medical facility for more details.

## **Food Banks and Emergency Food Assistance**

- **Food Pantries** - <https://www.foodpantries.org/st/california>
- **Grab and Go Meals per city location** - <https://newsroom.ocde.us/these-oc-districts-are-offering-grab-and-go-meals-at-a-campus-near-you/>
- **Emergency Food Assistance** - <https://www.fns.usda.gov/tefap/emergency-food-assistance-program>.
- **Cal-Fresh of Orange County, CA** - <http://ssa.ocgov.com/calfresh/calfresh> Orange County, CA Social Services Agency. To sign up and eligibility requirements.
- **Feeding America** - The American Legion Temporary Financial Assistance Assists with shelter, food, utilities and health expenses. Eligibility criteria applies. 800-433-3318, <https://legion.org/financialassistance>
- **United Way 2-1-1** - 2-1-1 - Provides funds for basic needs help of Soldiers on Deployment and their families, veterans through local program providers. Provides assistance with utility bills, rent, and emergency housing. <https://www.unitedway.org>
- **USA Cares** - 800-873-0387, <https://www.usacares.org>  
Provide post 9/11 military veterans, service members and their families with emergency financial assistance and post-services skills training that will create a foundation for long-term stability.
- **Operation Homefront** - 866-401-5541, <https://operationhomefront.org>  
Assists military families during difficult financial times by providing food assistance, auto and home repair, vision care, travel and transportation, moving assistance, essential home items and rent-free transitional housing for wounded veterans and their families.



Serving America's  
**Military Families**

### **Mission**

Our mission is to build strong, stable, and secure military families so they can thrive - not simply struggle to get by - in the communities that they've worked so hard to protect.

Occasionally, military families struggle and need help with rent or mortgage payments, major repairs, utility bills, or groceries. Operation Homefront has fulfilled over 44,000 requests from military families across the U.S., providing more than \$28 million in relief through our Critical Financial Assistance program. At Operation Homefront, 91 percent of expenditures go toward delivering our programs and services. <https://www.operationhomefront.org>

### **Programs Offered**

- Operation Homefront Village
- Transitional Homes for Community Reintegration
- Hearts of Valor
- Military Child of the Year
- Back To School Brigade
- Star Spangled Baby Shower
- Holiday Meals for Military
- Holiday Toy Drive
- Homefront Celebration
- Critical Financial Assistance: (877) 264-3968

## Mental Health

### **NATIONAL SUICIDE PREVENTION LIFELINE**

1-800-273-TALK  
(8255) (press 1) for  
the Veterans Suicide  
Hotline or go to  
[www.suicidepreventionlifeline.org](http://www.suicidepreventionlifeline.org)

Suicide awareness  
and prevention have  
become a high  
priority for the  
Department of  
Defense and the  
Veterans  
Administration in  
recent years as  
suicide rates have  
risen.

Don't be afraid to ask  
for help. One of the  
biggest challenges  
to resolving this  
problem is the stigma  
associated with  
asking for help.

Do not be afraid to  
reach out for help.

For more information on  
how to obtain ASIST  
Training contact you're  
Regional Division RD  
Chaplains Office, or  
SHARP they will  
provide you with  
additional "See  
Something Say  
Something"

## Mental Health Resources

- **Military & Family Life Consultant (MFLC)** - 800-327-2133, 800-342-9647, [www.mhnqs.com](http://www.mhnqs.com)
- **SHARP Army** - 202-498-4009 - <https://www.sexualassault.army.mil> available 24/7
- **63d Readiness Chaplain Office** - 650-526-9668 - [usarmy.usarc.63-rsc.list.chaplain-all-users@mail.mil](mailto:usarmy.usarc.63-rsc.list.chaplain-all-users@mail.mil) available to provide assistance to Soldiers, Civilians and family members for immediate needs or to request support.
- **Children and Social Distancing** - <https://www.zerotothree.org/resources/3210-tips-for-families-coronavirus>
- **The Soldiers Project** - [www.thesoldiersproject.org](http://www.thesoldiersproject.org) - 877- 576-5343 or Free and confidential therapy for Post 9/11 Veterans and family members. [www.thesoldiersproject.org](http://www.thesoldiersproject.org)
- **Veterans Suicide Prevention** - 800-273-TALK – 8255 and Press 1, or <https://www.veteranscrisisline.net>
- **Veterans Crisis Hotline** - 1-800-272-8255 Press 1, or <https://www.veteranscrisisline.net>
- **RAINN** – Sexual Assault and Prevention – 1-800-656-HOPE/4673 or <https://www.rainn.org>
- **Coronavirus Resources:** <https://giveanhour.org/coronavirus-resources/>
- **Give an Hour** - <https://giveanhour.org/get-help/>

# Need help? Call 2-1-1

*We can help with:*

Veteran's Needs  
Food/CalFresh  
Rent Assistance  
Utility Bills  
Medical Needs  
Senior Care  
Mental Health  
Substance Abuse  
Job Resources  
Family Support  
Shelter  
Domestic Violence  
Legal Assistance

*And More...*



By simply dialing 2-1-1 you can talk to a Referral Specialist who will connect you to nonprofits and government agencies that can help you.

This is a free service; we've been helping people since 1984.

**Dial 2-1-1 (Toll Free) or 888-600-4357**

**Text your zip code to 898211**

**Or visit our website**

**[www.211OC.org](http://www.211OC.org)**





## Additional Resources

- **Personal Finance Consultants (PFC)** – 800-342-9647, <http://www.militaryonesource.mil/web/mos/personal-finance>
- **Thrift Savings Plan (TSP)** 877-968-3778, <https://www.tsp.gov/index.html>
- **USAA** - 800-531-8722, <https://www.usaa.com>
- **Disaster Assistance Improvement Program (DAIP)** <https://www.disasterassistance.gov>
- **U.S. Treasury Department** – Treasury Direct - 844-284-2676, <https://www.treasurydirect.gov/tdhome.htm>.
- **Identity Theft Resource Center** - 888-400-5530, <http://www.idtheftcenter.org>
- **Federal Employees Education and Assistance Fund (FEEA)** - <https://feea.org/our-programs/disaster-relief>
- **Internal Revenue Service IRS** –800-829-1040, <https://www.irs.gov>
- **Double Eagle App** The Double Eagle App that allows Soldiers to communicate directly with other Soldiers, unit leaders and important resources such as Soldier and Family Readiness and Suicide Prevention. This will allow Soldiers to connect with people they may not have the opportunity to meet or speak to otherwise, fostering a greater feeling of community. <https://www.usar.army.mil/DoubleEagleApp>
- **National Resource Directory & VA Veterans Affairs 24/7** - 800-827-1000, Wounded Warriors 800-342-9647, <https://nrd.gov>
- **Centers for Disease Control and Prevention - (CDC, National)** <http://www.cdc.gov/coronavirus/novel-coronavirus-2019.html>
- **U.S. Army Judge Advocate General's Corps Legal** - <https://www.jagcnet.army.mil/legal>
- **2.1.1 Orange County, CA** – Dial 211
- **SCE** - Report power Outage and get updates due to the fires - 800-611-1911

- **The California Department of Insurance** - provides assistance on insurance issues, such as claim handling delays, additional living expenses, underinsurance disputes, etc. If you are experiencing difficulty with the processing of your claim or wish to have an underinsurance issue investigated, contact the officers at the Department's Consumer Hotline at 1-800-927-HELP (4357); TTY 1-800-482-4833 for assistance. For additional information you may also wish to visit the Department's website at: [www.insurance.ca.gov](http://www.insurance.ca.gov).
- **American Red Cross** - 800-733-2767, <https://www.redcross.org>
- **EDD** - 800-300-5616 - [www.edu.ca.gov](http://www.edu.ca.gov)
- **Tuto.com** - <https://military.tutor.com/home>
- **Employer Support of the Guard (ESGR)** - 800-336-4590, <https://www.esgr.mil>, email [OSD.USERRA@mail.mil](mailto:OSD.USERRA@mail.mil)
- **Tricare Health Insurance** - <https://www.tricare.mil>
- **Tricare hotline for Corona Virus updates**  
<https://www.tricare.mil/HealthWellness/HealthyLiving/Coronavirus/Coronavirus-FAQs>
- **Health-Net Insurance** - <https://www.hnfs.com>
- **Tricare West Medical Insurance** - <https://www.tricare-west.com>
- **Give an Hour** - [www.giveanhour.org](http://www.giveanhour.org)
- **Battle Buddy** - resources that can be used during a crisis intervention and prevention  
<https://www.tbbf.org>

## Fire Season



All evacuation centers will enforce Covid-19 protocol such as temperature screening upon entry, masks and social distancing will be enforced.

Have an evacuation plan in place, discuss your evacuation plan with your family, and conduct practice evacuation exercises throughout the year. Keep valuable items and important document in a fire proof safe. Have an emergency bag packed at all times, include a list of your medicine and don't forget about your pets.

Be aware of your surroundings and be ready to go in the event of an evacuation or an emergency.

For additional resource information, please feel free to contact me at 714-925-1609. Thank you in advance stay safe, social distance and stay healthy.

### Attached Flyer Information:

- Tricare Qualifying Life Events
- Give an Hour
- Home Schooling MOS Info Sheet
- Military One Source 2020

### **Soldier and Family Programs**

Ms. Lisa Flores

63D Regional Division – CA/AZ

JFTB - Los Alamitos, CA

714-925-1609

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