

JBSA

LEGACY

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JOINT BASE SAN ANTONIO

APRIL 3, 2020



Pvt. Joshua Rodriguez (left), assigned to the 531st Hospital Center, stocks supplies for a hospital bed pod inside the Jacob K. Javits Convention Center in Manhattan March 28.

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COVID-19 poses mental health, physical challenges *Page 13*

CID cautions teleworkers, adhere to IT best practices

By Chris Grey

U.S. ARMY CRIMINAL INVESTIGATION COMMAND
PUBLIC AFFAIRS

As the Army community continues to encourage teleworking, the U.S. Army Criminal Investigation Command reminds users about cyber adversaries and the importance of keeping all information on the network safe.

As telework increases across the Army, network users play an important role in protecting the Department of Defense Information Network. CID encourages users to follow department-issued guidance and best practices as well as those developed by DOD. This information will help ensure users maintain secure use of common capabilities and continue to operate effectively during telework status.

CID officials also remind the Army community that your government furnished equipment, or GFE, is for official government use only and is to be used only by authorized users. It is important to remind family members the computer is for your work only and not to be used for other purposes.

Users are encouraged to utilize good practices such as locking and removing your CAC and maintaining the physical security of their GFE.

Additional important reminders for government teleworkers:

- ▶ The use of Government Furnished Equipment is always the preferred method for connecting to DOD resources.
- ▶ Adhere to your organization-specific

Telework User Guidance.

▶ Use your organization's official connection services while conducting official business. (e.g., VPN, MobiKEY, Skype for Business, and Vidyodesktop etc.) and log off from connection at the end of work day or during idle times when you are not directly interacting with network resources.

▶ While connected to the NIPRNet, use of streaming video/audio and internet access is not authorized except for official business.

▶ Study and follow the Acceptable Use Policy for government systems.

▶ Use your organization's approved communication and collaboration methods for official business.

▶ Work offline whenever possible.

In addition, the Criminal Investigation Command's Major Cybercrime Unit continues to warn the Army community of ongoing Coronavirus-themed phishing attacks impersonating organizations with the end goal of stealing information and delivering malware.

"Cybercriminals are innovative and will take advantage of current browsing trends to conduct social engineering attacks," said Edward Labarge, Director, Major Cybercrime Unit, USACIDC. "We have already seen this with malware infected COVID-19 maps and phishing emails related to the pandemic."

Labarge recommends always inspecting the URL and ensuring you know where the link will take you, because criminals are disguising themselves in an effort to

steal money and/or sensitive information.

"When conducting research on COVID-19 or any other topic, you want to ensure you use good cybersecurity best practices," he said. "This includes keeping your browser, operating system, and antivirus software up to date. Additionally, you should never click on an unknown link. You can check the link by hovering your mouse over the URL to see where it leads."

Some trusted sources available for use:

▶ DAF COVID-19 Webpage:

<https://www.af.mil/News/Coronavirus-Disease-2019/>

▶ Centers for Disease Control and Prevention (CDC) COVID-19:

<https://www.cdc.gov/coronavirus/2019-ncov/index.html>

▶ USAF COVID-19 Information Page: <https://www.af.mil/News/Coronavirus-Disease-2019/>

▶ World Health Organization:

<https://www.who.int/>

Continue to exercise proper cyber hygiene while utilizing VPN and government computers as well as personal devices.

For additional information, visit <https://cyber.mil> or <https://public.cyber.mil>. For more information about computer security, other computer-related scams, and to review previous cybercrime alert notices and cyber-crime prevention flyers visit the Army CID MCU website at <https://www.cid.army.mil/mcu-advisories.html>.

Combat COVID-19 with good nutrition

By 1st Lt.

Kelly Caponigro

81ST TRAINING WING
PUBLIC AFFAIRS

Make nutrition a priority by eating healthy nutrient-rich foods to help support your immune system.

Start by making a meal plan and grocery list, this will help to only purchase the items you actually need and allow for those items to last longer. Keep food on hand for about 2 weeks, there is no need to buy

everything at the grocery store, be considerate of others also in need.

Fresh, canned, or frozen foods can all be used to make healthy meals. Remember that fresh food can be frozen, such as meats and breads. Before you toss any fresh fruit or vegetables put them in the freezer and use them to make healthy smoothies.

Pantry & freezer staples

Beans
Lentils
Chickpeas
Rice

Quinoa
Pasta
Oatmeal
Bread
Canned tuna or chicken
Peanut or almond butter
Popcorn
Shelf-stable milk or powdered milk
Dried fruit
Canned, no sugar added, fruit or applesauce
Canned, no salt added, vegetables

Frozen fruits and vegetables

Food safety

Ensure all fresh foods items are washed before eating. Keep all home surfaces, cutting boards, and utensils clean by washing with hot soapy water.

Staying Active Inside

If you are home for an extended period of time, set a schedule for the day and practice mindful eating by making a meal & snack

plan, keep organized in both your work, eating, and living spaces.

Find positive ways to focus your time and energy in stressful times! Check out the Academy of Nutrition and Dietetics for more science-based information to support good nutrition at <https://www.eatright.org/coronavirus> or <https://www.eatright.org/food/planning-and-prep/smart-shopping/getting-groceries-during-quarantine>

JBSA LEGACY

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Published by EN Communities a private firm in no way connected with the U.S. Air Force under exclusive written contract with the 502d Air Base Wing and Joint Base San Antonio. The editorial content of this publication is the responsibility of the 502d Air Base Wing Public Affairs Office.

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Feedback Fridays

By Brig. Gen. Laura L. Lenderman
502D AIR BASE WING AND JOINT BASE
SAN ANTONIO COMMANDER

Feedback Fridays is a weekly forum that aims to connect the 502d Air Base Wing with members of the Joint Base San Antonio community. Questions are collected during commander's calls, town hall meetings and throughout the week.

If you have a question or concern, please send an email to RandolphPublicAffairs@us.af.mil using the subject line "Feedback Fridays." Questions will be further researched and published as information becomes available.

Q. Why is Joint Base San Antonio no longer sharing the number of positive cases?

A. In order to protect operational security as we preserve the nation's combat readiness, the Secretary of Defense directed that the total number of service members with COVID-19 will be reported at the OSD or Service level.

The Services have implemented measures to ensure that force and individual units remain ready to carry out their respective missions to include enforcing social distancing and aggressively following CDC recommendations.

We have a comparatively young and fit force and have complete confidence in our ability to carry out all of our key national responsibilities. Thank you for your understanding as we protect operational security and our nation's readiness.

Q. Is there a reason why we are not housing people in the old Wilford Hall building instead of dorms that could be utilized for people TDY here for training?

A. Thank you for the question. Unfortunately, the old Wilford Hall Medical Center building is currently in the process of being demolished and is not suitable for housing.

While there are some temporary duty assignments still occurring, the current Department of Defense travel restrictions have halted most TDY operations until May 11, so we should not have an influx of TDY personnel arriving on the installation.

Q. I am unable to report to duty with my unit because my spouse has tested positive for COVID-19, and I was told to stay home. Will I be



given leave to care for him/her?

A. Great question. I highly encourage you to discuss your situation with your chain of command so that they can assess the circumstances and provide you the best course of action to properly take care of yourself and your spouse, while also maintaining your unit's mission effectiveness. These courses of action can range from leave, designation of an alternate duty location, and teleworking.

I would also encourage you to take the necessary precautions to have yourself tested and treated (if necessary) at your medical facility, and practice the proper sanitation methods to keep yourselves and your home clean.

Q. Why haven't all military members been told to stay home instead of coming in for duty?

A. Thank you for your question. JBSA must still perform all essential missions; however, military commanders have been given guidance to apply leave and liberty policies to the maximum extent while continuing to ensure they can fulfill their missions.

JBSA commanders have broad authority to assign members to alternate places of duty, such as a member's residence or government quarters, which could include allowing members to care for family members.

Commanders can also authorize members to perform duties remotely if possible. That being said, not all positions are eligible for telework or

alternate duty locations. I would advise you discuss with your chain of command to see if your position/duties can be executed remotely, and see what options you and others may have for teleworking.

Q. Is telework an option for military members?

A. Yes, telework-ready military members who can perform appropriate military duties remotely may be assigned to an alternate duty location in their residence or government quarters.

This authorization and determination can only come from the military commanders of each respective unit. It is also entirely up to that commander's discretion on how to disseminate your unit's teleworking capabilities.

The best course of action would be to discuss your options with your chain of command to see if it is possible to telework if you have a concern regarding your health and safety while reporting to duty.

Q. I am unable to telework from home because my job is to perform maintenance on helicopters. What do I do if I am potentially exposed to COVID-19 and need to stay home?

A. The first step would be to notify your supervisor and/or chain of command immediately after the suspected exposure. Your commander will then determine whether or not to order a Restriction of Movement, or ROM, for you and other possibly

affected members for self-monitoring. Depending on the commander's decision, you will most likely be tested for COVID to ensure that you are not infected nor a carrier.

Please keep in mind that Restriction of Movement does not equate to the inability to telework. At the commander's discretion, s/he may order you to telework while you're on Restriction of Movement orders.

The most important steps if you think you've been exposed to COVID-19 is to remove yourself from the environment, notify your chain of command, and get tested (if necessary). **Q. Can I still take the ordinary leave that was previously approved?**

A. Service members who already have leave scheduled and approved through their chain of command may still be able to take leave; however, I recommend asking your supervisor to confirm if you're still able to take leave.

For 502d ABW personnel, current restrictions limit military members to taking leave in the local area which is defined as a 150-mile radius from the center of San Antonio, and does not include anywhere in Mexico.

Q. If I travelled to a location away from my permanent duty station and am required to self-monitor for 14 days, will I be charged extra leave?

A. If you are required to self-monitor for 14 days, you would not normally be charged leave. If you become ill, you should alert your chain of command immediately.

Depending upon your circumstances, your command may place you in a different leave or duty status for the duration of your illness or period of self-monitoring. This would include designating you to work at an alternate duty location, which can be your residence or government quarters, or teleworking.

Q. I am worried about exceeding my 60 days of leave and losing it because of this crisis. What can I do?

A. Unfortunately, it is too early to determine how long the crisis will last or what the long-term effects may be. We expect to revisit the limitation on carrying forward more than 60 days of leave toward the end of the summer. In the meantime, commanders have the discretion to authorize leave as long as it remains in the local area.

DOD designates commissaries, support facilities mission-critical as part of COVID-19 response

In late February, DeCA stood up its emergency operations center to mobilize the agency's support to its 236 stores worldwide

From Defense Commissary Agency Corporate Communications

The Defense Commissary Agency's stores, central distribution centers and its central meat processing plant have been designated mission-critical in DOD's response to the COVID-19 coronavirus pandemic.

Virginia S. Penrod, acting assistant secretary of defense for Manpower and Reserve Affairs, announced the action in a memo published March 25 to the military secretaries and commanders of geographic combatant commands.

Penrod's designation reinforces the commissaries' mission as being vital to military sustainment and readiness.

"Providing for the care and feeding of our military members and families is a critical requirement that must be accomplished at all health protection condition levels," she wrote in the memo.

Since the start of the coronavirus outbreak, DeCA has used critical hire authority to fast-track the hiring of store employees needed to help keep stores properly staffed. The memo addresses potential staff shortages by alerting the military to be "prepared to support sustainment of commissary operations with uniformed members and assets."

Other measures spelled out in the commissaries' mission-critical designation include the following:

- ▶ Installation commanders should ensure continued installation access for resupply trucks and commissary-related support services such as linen services and mission-critical commercial activities contractors. However, this authority excludes non-mission critical contract services and personnel such as delis, bakeries, sushi stations, flower shops and seafood stations.

- ▶ Commissary store directors can decide locally the patron purchase limits needed to ensure their stock levels meet patron demand. Exceptions to this authority can occur if installation commanders establish limits in accordance with Department of Defense

Instruction 6200.03.

- ▶ Store directors can make operational decisions to ensure the safe and efficient operation of their commissary in areas such as operating hours, days and staffing levels. Exceptions to this authority can occur if installation commanders establish limits in accordance with DoDIs 6200.03 or 6055.17.

- ▶ DeCA can submit requests for joint force personnel or logistics support through the Office of the Under Secretary of Defense for Personnel and Readiness to the Joint Staff.

- ▶ Installation commanders can override their commissaries' mission-critical designation, in accordance with DOD instructions, if they determine public health and emergency management concerns are more significant.

In late February, DeCA stood up its emergency operations center to mobilize the agency's support to its 236 stores worldwide amid the COVID-19 outbreak. Commissaries also intensified their partnership with industry suppliers to support the needs of senior leaders on the ground at each location, said retired Rear Adm. Robert J. Bianchi, DOD special assistant for commissary operations.

"Being designated mission-critical further reinforces our responsibility to effectively and efficiently deliver the commissary benefit to the millions of service members and their families worldwide who need it during this outbreak," Bianchi said. "We do this in concert with our installation commanders to decide what's needed as far as social distancing and the hours or days to designate in best serving our military communities."

Bianchi emphasized that DeCA's No. 1 objective continues to be providing the military and their families with necessary goods and ensuring commissaries remain safe and clean.

For more information about DeCA's response to the coronavirus, go to the commissary website at <https://commissaries.com/coronavirus>.



COURTESY PHOTOS

Military commissaries worldwide are installing plexiglass shields in all regular checkout lanes to add extra protection for customers and cashiers during the COVID-19 coronavirus outbreak.



Commissary staff in Jacksonville, Florida, serve customers while practicing social distancing. The Defense Commissary Agency's stores, central distribution centers and its central meat processing plant have been designated mission-critical in DOD's response to the COVID-19 coronavirus pandemic.

Tips for success when working from home

By Jessica Brown

92ND AIR REFUELING WING PUBLIC AFFAIRS

The Air Force has elevated its Health Protection Condition in response to the fast spread of Coronavirus 2019; in response, Airmen, civilians and families are encouraged to practice prevention measures.

In addition to following strict personal and environmental hygiene, social distancing, staying home if sick, and self-quarantining if exposed to those with COVID-19 symptoms (coughing, fever, shortness of breath), teleworking when possible has been highly encouraged in both the civilian and military sectors.

If you find yourself teleworking in the following weeks as a result, you may discover it is harder than you first imagined (especially if you have little kiddos!)

Sure, scrolling social apps in your pajamas with a bowl of cereal on your stomach may sound like the way to go, but if you're not careful you can find valuable time lost, poor quality products and/or missed meetings.

Read on for a few tips that can help you be successful while teleworking, and things to keep in mind if you are also taking care of your kids:

▶▶ Set a morning alarm, shower and get dressed - keeping a daily routine similar to your typical workday will help you stay on track and make it easier to return to business once you physically return to work.

▶▶ Communicate, communicate, communicate - the old saying, "out of sight, out of mind" may be true if your coworker, supervisor or leaders are dealing with issues or a crisis such as COVID-19. During a crisis, certain things take priority for commanders. This doesn't mean what you do isn't important, so continue to provide reports and recommendations. Your insight could help save taxpayer dollars, solve a shortage problem, or even save a life.

▶▶ Keep the lines of communication open both up and down your chain. Teleworking can be lonely, but it doesn't have to be. Pick up the phone, initiate a video conference to check on one another and share updates on your



COURTESY PHOTO

In addition to following strict personal and environmental hygiene, social distancing, staying home if sick, and self-quarantining if exposed to those with COVID-19 symptoms (coughing, fever, shortness of breath), teleworking when possible has been highly encouraged in both the civilian and military sectors.

projects.

▶▶ Do the work - even with meetings postponed, information is still critical to advise your leaders. If you know that your unit's daily meeting is canceled, you can still send the information you would normally provide. Not only does this show initiative, but it also keeps the communication channels open, and may provide critical information to your organization.

▶▶ Take breaks - just as you would do at your workplace, take breaks while teleworking. Step outside for some fresh air (while maintaining six feet of personal space!) and stretch your legs.

Prepare for success today and tomorrow - as you're wrapping up your day, set aside 5-10 minutes to outline work for yourself to accomplish the next day. Make sure you have planned enough work to keep yourself busy. Will you need clients' information? That case to review? This will save you from constantly asking your coworkers in the office to email your files. Your opportunity to telework should not be more work for them.

▶▶ Communicate your plan to your supervisor with an estimated timeline and seek support if you need additional information or resources.

▶▶ Make sure your laptop is charged, programs are up to date and your

AAFES BULLETINS



Select personnel granted temporary access to exchanges, commissaries

By Brig. Gen. Laura L. Lenderman
502D AIR BASE WING COMMANDER

In response to the Declaration of a National Emergency concerning COVID-19, and in accordance with Department of Defense Instruction 1330.17 and the Assistant Secretary of Defense memorandum dated March 24, 2020, I am authorizing temporary access to commissaries and exchange stores across JBSA for the following:

- ▶ DOD civilian employees, and employees of DOD contractors designated as mission-critical.
- ▶ Non-DOD federal, State, and local government employees providing emergency, medical, and other mission-critical services on the JBSA installation.

This authorization is intended for use when it is impractical (to include safety/public health concerns) to procure grocery supplies from civilian sources off-installation.

This authorization shall remain in effect for the duration of the installation-declared public health emergency related to the COVID-19 outbreak.

The purchase of uniform items and state tax-free tobacco and alcoholic beverage products is prohibited for the above-referenced patrons.

I may suspend or cancel this authorization if it impairs the efficient operations of the installation, commissary, or exchange. Be aware there may be specific restrictions on items or quantities by store.

Commanders may issue the “Temporary Extension of Commissary and Exchange” letter to each qualifying member. Commanders should keep a log of each member issued a letter and logs will be consolidated upon the installation-declared public health emergency ending.

Each patron qualifying as meeting eligibility requirements outlined above must present the “Temporary Extension of Commissary and Exchange” letter and an appropriate photo ID in order to access the commissary and/or AAFES facility. The point of contact for this authorization is Serafina De Los Santos at 210-808-1154.

For more information, please see <https://www.jbsa.mil/coronavirus/>.

AAFES encourages customers to limit use of cash

From Army & Air Force Exchange Service Public Affairs

The Army & Air Force Exchange Service is enlisting the help of military shoppers in its fight to protect warfighters, families and installation communities from the global spread of COVID-19.

In an effort to help keep point-of-sale areas as sanitary as possible, Exchanges worldwide will now ask customers to make purchases using a bank-issued credit or debit card, MILITARY STAR® card or gift card instead of cash.

The initiative, which also encourages shoppers to minimize cash-back and check-cashing transactions, is expected to further strengthen existing efforts to protect authorized shoppers and Exchange associates, including disinfecting customer service and sales point areas multiple times daily.

“Paper money and coins can harbor bacteria and viruses long after they change hands,” said Air Force Chief Master Sgt. Luis Reyes, the Exchange senior enlisted advisor. “While we understand this may cause some inconvenience for customers who primarily pay with cash, we thought it best to put the health and safety of our military communities first and ask for



COURTESY PHOTO

To help keep point-of-sale areas as sanitary as possible, Exchanges worldwide will now ask customers to make purchases using a bank-issued credit or debit card, MILITARY STAR® card or gift card instead of cash.

their help in the fight to contain this virus.”

While shoppers at all Exchanges are encouraged to minimize the use of cash, some locations may transition to a card-only environment as determined by local needs. Customers in need of cash transactions or services can contact their local Exchange to inquire about the status of such transactions at their nearest location.

For more on what the Exchange is doing to support military communities during the pandemic, visit the Exchange Community Hub at <https://publicaffairs-sme.com/Community/covid19>.

TIPS

From page 5

equipment is out of reach from tiny hands.

▶ Prepare healthy snacks for tomorrow so when the hunger pangs strike, you have healthy brain food ready to eat.

Additionally, below are tips for maintaining a balance between parenting and completing your teleworking tasks.

▶ Establish a routine - if your children attend childcare or school, chances are they are

used to somekind of routine.

Try to establish one quickly; by having a similar routine, it will help them transition back to school/daycare.

▶ Distractions — as any parent knows, with children there will be distractions from work. Little Johnny will likely pull down the sack of flour or Sally will need help going to the bathroom. Don't worry. Rapid Mobility will not cease because you had to take a break to clean up a mess.

▶ Avoid multitasking - most parents know that multitasking is a critical skill

to have while raising children.

Many mothers have nursed while typing emails. Many fathers have juggled a baby and groceries. It isn't necessary to complete all the tasks at the same time. If you have to step away from a conference call to care for little Johnny, apply the mute button and take care of your child.

▶ Delegate - if children are old enough, delegate certain things to them. Explain that since you're staying home to prevent others from getting sick, you're going to need their big-kid support. Have them take their

dishes to the sink, wipe up their mess, get dressed and even put up their toys.

▶ Take breaks — schedule virtual “play dates” during your lunch, take snack breaks with the kids and give your mind a break.

▶ Keep calm, breathe, recognize your stress - there's nothing like participating in a teleconference, typing notes and feeding a screaming toddler all at the same time. When multitasking has to happen, a certain level of stress can affect you. It's important to remain calm, take

a deep breath, recognize that you are stressed and then manage the situation by handling each piece individually. Put out the biggest “fire” first. This might very well be the screaming toddler.

Our installations have assumed a mission sustainment posture that best balances the Air Force's number one priority — the safety of you and your families — with necessary mission requirements. Hopefully, these tips will help you telework with success.

FORT SAM HOUSTON



SGT. 1ST CLASS BRENT POWELL

Army Staff Sgt. Ladenna Ruiz, 47th Combat Support Hospital, helps lay down white tape on the floor of the Centurylink Field Event Center in downtown Seattle, Washington, March 29, to mark the location of incoming medical equipment and supplies. The center is being transformed into a top-notch Army temporary medical facility to provide care to non-COVID-19 infected patients from local hospitals and allow local medical professionals to focus on treating COVID-19.

Army North responds to COVID-19 emergency

From U.S. Army North Public Affairs

At the direction of U.S. Northern Command, U.S. Army North has requested the deployment of units to provide defense support of civil authorities in response to the COVID-19 national emergency.

This action enables the Department of Defense to establish a command and control framework to rapidly employ military capabilities to support our U.S. Government partners in this fight.

Led by Lt. Gen. Laura Richardson and headquartered at Joint Base San Antonio-Fort Sam Houston, U.S. Army North is U.S. Northern Command's theater Army and serves as the Joint Forces Land Component Command for all federal ground troops in the continental United States for Homeland Defense and Defense Support of Civil Authorities.

Army North is Northern Command's

designated lead component to work with the Federal Emergency Management Agency to align federal military support to validated requests for assistance.

"I have requested this action so that, as the Secretary of Defense directs it, we rapidly and effectively deploy military capabilities in support of our U.S. government partners across the country who are responding to this national emergency," Richardson said.

"We have trained with our federal, state, and local partners to be ready to respond at a moment's notice to help the American people in their time of greatest need," she added.

Active duty units supporting this mission are:

- ▶▶ Joint Task Force-Civil Support Headquarters, Joint Base Langley-Eustis, Virginia
- ▶▶ 3rd Expeditionary Sustainment Command, Fort Bragg, North Carolina

- ▶▶ 4th Sustainment Brigade, 4th Infantry Division, Fort Carson, Colorado
- ▶▶ 63rd Expeditionary Signal Battalion, Fort Stewart, Georgia

In total, approximately 1,100 people are deploying for Army North in support of the lead federal agency helping communities in need. Service members from these units have already started movement to assist FEMA in New York and Washington State.

The service members assigned to this mission will provide medical, planning, communication, transportation and logistics support. They will not directly participate in civilian law enforcement activities.

In addition to these units, Army North has activated its ten Defense Coordinating Officers/Elements in response to a request from FEMA. These specialized 10-person planning cells, led by a senior Army colonel, are

co-located with each FEMA regional headquarters and serve as the Secretary of Defense's liaison to coordinate requests from the federal government for federal military assistance.

Army North has also activated approximately 100 Emergency Preparedness Liaison Officers. The EPLOs are specially trained and experienced military reserve component officers, who assist the Defense Coordinating Officers in each of the states and territories.

Together the DCO and EPLO network ensures that U.S. Northern Command, through Army North, is able to help federal, state, local, tribal and territorial leaders understand the unique military capabilities of the Defense Department and what type of military support may be appropriate and best suited for civil assistance missions.

BAMC begins new curbside pharmacy service

From Brooke Army Medical Center Public Affairs

Beginning March 26, Brooke Army Medical Center has implemented additional health protection measures to minimize foot traffic throughout the organization and help to mitigate the spread of COVID-19, better preserving the health and wellbeing of BAMC patients and staff.

The BAMC Main Pharmacy, Capt. Jennifer M. Moreno Clinic and Fort Sam Community Pharmacy, all at Joint Base San Antonio-Fort Sam Houston, has instituted a mandatory curbside drop-off and pickup prescription process to reduce the number of patients waiting in the pharmacy area.

To facilitate service, patients may call ahead to the following numbers to request any new prescriptions — entered in by a BAMC provider or electronic prescription sent from a civilian network provider — to be filled prior to coming to the pharmacy for pickup.

The pharmacy numbers to call are as follows:

- ▶ BAMC Main Outpatient Pharmacy: 210-916-1536 option #6 or 210-916-1818
- ▶ Moreno Pharmacy: 210-808-3551 or 210-808-3558
- ▶ Community/Refill (Satellite) Pharmacy: 210-295-9965 or 210-295-8453
- ▶ Westover Hills Medical Home Pharmacy: 210-539-0792
- ▶ Schertz Medical Home Pharmacy: 210-916-0047 or 210-539-0737
- ▶ Spc. Taylor Burke (JBSA-Camp Bullis) Clinic



JASON W. EDWARDS

The BAMC Main Pharmacy, Capt. Jennifer M. Moreno Clinic and Fort Sam Community Pharmacy, all at Joint Base San Antonio-Fort Sam Houston, have instituted a mandatory curbside drop-off and pickup prescription process to reduce the number of patients waiting in the pharmacy area.

Pharmacy: 210-295-8423 or 210-295-8236

Patients who drop off their prescriptions before noon will have a pick-up time of after 2 p.m. the same day. Patients who drop off their prescriptions after noon will be able to receive their prescriptions the next business day after 9 a.m.

Medication refills that have been called in via Audicare automated phone-in system or by using TRICARE Online may be picked up at any time.

For patients picking up prescriptions, have your ID card ready to show the pharmacy staff at curbside and know what medications you need to pick up from the pharmacy. The pickup service is only for those

medications that have been previously filled and ready for pickup.

If the prescription is not ready for pickup, you may be requested to return later when the prescriptions are ready to prevent backing up the curbside pickup lanes. Use the numbers above to verify that medications are ready for pickup if you are not sure prior to coming for curbside pickup.

Additionally, the Schertz and Westover Medical Home pharmacy services will be available from 7:30 a.m. to 4:30 p.m. for drive-thru only. The Spc. Taylor Burke Clinic pharmacy at JBSA-Camp Bullis will be providing curbside pharmacy services as well and will be available from 7 a.m. to 4 p.m. Monday through Friday.

Keep in mind that you can get a 90-day supply of your medications via TRICARE Pharmacy Home Delivery or at retail network pharmacies (three, 30-day supplies at the cost of three copayments).

Consider using home delivery to conveniently access your maintenance medications (drugs regularly taken for a chronic condition) without leaving your house. Visit <https://militaryrx.express-scripts.com/home-delivery> for more information.

The safety and wellbeing of our patients, staff and family members is our top priority. We apologize for the inconvenience and hope to resume our normal operations soon. Thank you for your support and patience.

Benefits may be available for spouses, dependents with employment affected by COVID-19

By Lori A. Bultman

502ND AIR BASE WING PUBLIC AFFAIRS

Texans whose employment has been affected by COVID-19 may be eligible for unemployment benefits, including spouses and dependents of service members.

Currently, the Texas Workforce Commission is exercising its authority under the Governor's Declaration of a Statewide Disaster to waive Unemployment Insurance work search requirements.

"This measure supports the State's efforts to address the impact the COVID-19 virus is having on the state's

economy and its workforce," according to a TWC news release. "Previously, to be eligible for unemployment benefits, applicants were required to register for work search on WorkinTexas.com and conduct the minimum number of work search activities per week. TWC is temporarily waiving these requirements to ensure all Texans can have access to resources when in need."

Those seeking to receive unemployment benefits may apply online using Unemployment Benefits Services at <https://twc.texas.gov/jobseekers/unemployment-benefits> -services or by calling TWC's Tele-Center at 800-939-6631 from 8 a.m.

to 6 p.m., Monday through Friday, and Saturday from 8 a.m. to 5 p.m.

Currently, the Tele-Center is receiving a large number of calls, so applicants are encouraged to apply for benefits online.

Applicants are also encouraged to sign up for electronic correspondence for online access to their unemployment benefits correspondence. Electronic correspondence allows them to receive most, but not all, of their unemployment notices and forms electronically in a secure, online mailbox, according to the TWC.

If any San Antonio area Department of Defense ID cardholders need

assistance with any employment-related questions, they can contact one of the Joint Base San Antonio Military and Family Readiness Centers to arrange a telephone or virtual appointment at:

► JBSA-Randolph: 210-652-5321 or email Randolphmfr@us.af.mil

► JBSA-Lackland: 210-671-3722 or email 802fss.fsfr@us.af.mil

► JBSA-Fort Sam Houston: 210-221-2705/2418 or email usaf.jbsa.502-abw.mbx.mfrc@mail.mil

Job seekers affected by COVID-19 can find more information at <https://twc.texas.gov/news/covid-19-resources> -job-seekers.

Financial planning, budgeting key during crisis

By Lori A. Bultman

502ND AIR BASE WING PUBLIC AFFAIRS

Many Americans will receive economic stimulus monies as a result of the Coronavirus Aid, Relief, and Economic Security Act, or CARES Act, which was just signed into law, but some will not. If you are one of those who will receive funds, here are some sound financial strategies to consider.

First, Kevin Keith, a personal financial readiness manager at the Joint Base San Antonio-Lackland Military and Family Readiness Center, suggests developing a budget, in writing.

"As part of the budget, you should identify all sources of income currently being received, as well as listing all expenses, like housing, utilities, gas, etc.," he said. "Then, label each expense as either a want or a need. Spend money on the things you need first."

Continuing to save is also important, even in hard times.

"If possible, start or continue to fund your family's savings, for emergencies and long term," Keith said.

It is also important to make a list of all debts, including the due dates and interest rates, he said. This will make it easier to determine which bills to pay first once you do receive income or aid.

When stimulus funds are dispersed, Keith suggests depositing the funds into a savings account.

"Unless absolutely necessary, avoid using the money for 30 days to prevent frivolous spending," he said. "Also, strategize before spending. For example, divide funds up into the number of weeks needed to supplement your current income.

"If struggling to make credit payments, you should contact your lender immediately. Many mortgage and credit card lenders are extending interest-free grace periods to assist borrowers to navigate through this



COURTESY GRAPHIC

period," he said. "You must contact and stay in communication with each lender. Do not just assume your payment period is extended."

Keith added that it is important for you to establish a plan for each debt, in writing, so you don't lose track.

For families with members who have lost employment during the COVID-19 pandemic, unemployment benefits may be an option to obtain a replacement for a portion of the lost income.

Be sure to follow through on unemployment claims if applicable," Keith said.

"Being intentional is the key," Keith said. "The lack of a predetermined financial plan can lead to wasteful spending."

If you have further questions, contact your Military and Family Readiness Center where financial counselors are ready to assist:

► JBSA-Randolph: 210-652-5321 or email Randolphmfr@us.af.mil

► JBSA-Lackland: 210-671-3722 or email 802fss.fsfr@us.af.mil

► JBSA-Fort Sam Houston: 210-221-2705/2418 or email usaf.jbsa.502-abw.mbx.mfrc@mail.mil

LACKLAND

Air Force BMT adjusts schedules, locations to sustain mission readiness

By Dan Hawkins

AIR EDUCATION AND TRAINING
COMMAND PUBLIC AFFAIRS

As part of an ongoing contingency response to COVID-19, and with restriction of movement protocols for new recruits already in place at U.S. Air Force basic military training, the service has implemented a revised approach to how recruits enter the training pipeline.

In order to ensure the health and safety of trainees and instructors and to preserve dorm capacity, new recruits will be brought in based on a four-week repeating cycle that includes stringent restricted movement guidelines, dedicated time for deep cleaning between rotations, resetting the instructor cadre and the testing of an alternate BMT location at Keesler Air Force Base, Mississippi.

Under the phased plan, normal student loads of 650 to 800 students will report for basic military training during the first two weeks and immediately enter into the 14-day restriction of movement protocol. Trainees will prepare for full-scale training and complete administrative tasks and limited training objectives while practicing social distancing and small group contact during the 14 days.

The first week of the initial iteration of the plan began March 17 when 653 recruits reported to basic military training. The next arrival of trainees, planned for March 31, will be rescheduled. From that point onward, approximately



SARAYUTH PINTHONG

New recruits who arrived to basic military training at JBSA-Lackland last week were the first group of trainees placed into the 14-day restriction of movement period, known as ROM.

460 trainees will arrive at BMT each week, while implementing COVID-19 mitigation measures. Precautions include deep-cleaning dormitories, dining facilities and other BMT infrastructure, in line with CDC guidance, as well as will help reset the military training instructor cadre.

Plans are also underway to send 60 trainees to a Keesler Air Force Base-based detachment under the direction of the 737th Training Group to demonstrate proof of concept to generate the force at multiple training locations during contingencies.

“We are deliberately developing options to disperse the delivery of BMT during

contingencies to provide surge capacity and introduce agility into the training pipeline construct,” said Maj. Gen. Andrea Tullos, Second Air Force commander. “This will also help provide relief to the military training instructor staff and ease the strain on our BMT infrastructure.”

The contingency option is designed to be implemented along a 180-day surge timeline and is sustainable for longer periods, but is not intended to be an enduring construct with force structure implications, Tullos said.

Additionally, all BMT graduation events remain private and closed to the public,

with Thursday graduation ceremonies being live-streamed on the Basic Military Training Facebook page.

“These changes are part of our operational mindset to fight through COVID-19 and mitigate force health risks,” Tullos said. “We continue to carefully balance the need to deliver mission-ready forces to our operational commanders with the force health protection measures we must responsibly take to preserve the welfare of our families and the extensive network of communities across our nation we call home.”

Located on the Mississippi Gulf Coast, Keesler Air Force Base is home to the 81st

“We are deliberately developing options to disperse the delivery of BMT during contingencies to provide surge capacity and introduce agility into the training pipeline construct. This will also help provide relief to the military training instructor staff and ease the strain on our BMT infrastructure.”

Maj. Gen. Andrea Tullos,
Second Air Force commander

Training Wing, which trains, develops and inspires premier warfighters in training for over 160 career field specialty training courses in addition to eight operating locations in the continental United States.

The base also is home for the Second Air Force and the Air Force Reserve 403rd Wing. Training more than 28,000 students annually, with an average daily student load of more than 2,700, the 81st TRW is a lead Joint Training Installation, instructing personnel from every military service branch including the U.S. Coast Guard. The wing also trains civilian federal agency personnel.



COVID-19

Coronavirus Disease 2019

COURTESY GRAPHIC

“The Air Force is working closely with its project owners to ensure that residents’ maintenance requests continue to be addressed while observing health-conscious preventive measures to reduce the likelihood of maintenance personnel, Airmen and their families from coming into contact with the coronavirus COVID-19.”

John W. Henderson, Assistant Secretary of the Air Force for Installations, Environment and Energy

Air Force works with privatized housing project owners on emergency, urgent work orders

By Zoe Schlott

AFIMSC PUBLIC AFFAIRS

With the evolving COVID-19 situation, privatized housing project owners have assured the Air Force that emergency and urgent work orders should and will continue to be addressed while routine maintenance has been temporarily suspended for many privatized projects.

The Air Force Civil Engineer Center is coordinating with each project owner for their specific plan on minimizing social interaction and increasing social distancing at their projects while maintenance is being performed in Airmen’s homes and during leasing operations, said Col. Michael Beach, Air Force Housing Program chief.

Project owners are taking precautionary measures to

protect residents and workers, including minimizing contact by suspending routine maintenance activities, and implementing screening procedures before engaging residents or entering homes.

Project owners classify their work orders into the following three categories:

▶ **Emergency work orders:** examples include sparking outlets, a water or gas line break, inoperative entry door locks, a broken window, a leaky roof, or a non-functioning toilet in a home with one bathroom.

▶ **Urgent work orders:** examples include a non-functioning stove or refrigerator, a non-functioning toilet where at least two toilets exist in the home, an inoperative HVAC unit, and lockouts.

▶ **Routine work order:**

examples include an inoperative dishwasher, a leaky faucet, a torn screen on a door or window, slow drains, an inoperative light, a cracked window or sticky locks.

“Air Force housing officials recommend residents work directly with project owners to address maintenance concerns,” Beach said.

Each project owner has issued guidance to their residents on how they plan to implement preventive measures to mitigate the spread of the coronavirus, i.e. social distancing, encouraging residents to call the leasing office instead of visiting in-person, etc.

For additional support with unaddressed or persistent housing issues Airmen can reach out to their installation’s military housing office, their

chain of command, and the Air Force Civil Engineer Center’s toll-free housing helpline at (800)-482-6431.

Leasing operations will continue as normal, and residents are encouraged to practice social distancing and other preventive measures.

Installation commanders received guidance from the Air Force Civil Engineer Center on how to best stay plugged into the preventive measures being taken by the project owner at their base and are encouraged to look at health-conscious ways of holding Resident Councils and leadership briefings with project owners such as teleconferences.

“Project owners will continue to be held to the quality and customer service standards set forth in the project documents for the work they perform,”

said John W. Henderson, Assistant Secretary of the Air Force for Installations, Environment and Energy. “The Air Force is working closely with its project owners to ensure that residents’ maintenance requests continue to be addressed while observing health-conscious preventive measures to reduce the likelihood of maintenance personnel, Airmen and their families from coming into contact with the coronavirus COVID-19.”

For more specific guidance on the preventive practices in place at an individual installation, privatized housing residents should reach out to their project owner, and government housing residents can obtain further details from their installation’s military housing office.

RANDOLPH

COVID-19 crisis poses mental health challenges as well as physical demands

By Robert Goetz

502ND AIR BASE WING PUBLIC AFFAIRS

Like many communities throughout the United States, Joint Base San Antonio is feeling the effects of the global coronavirus pandemic.

The installation's Health Protection Condition has been increased to level C and its number of COVID-19 cases continues to rise.

JBSA community members and citizens all over the U.S. are using commonsense measures such as washing their hands, practicing social distancing, staying at home and following other public health guidelines to protect themselves from COVID-19, but slowing down the progression of the disease is not the only challenge they face.

This disruption in lives and livelihoods can take an emotional toll on people and greatly impact their

mental health.

Social contagion often takes hold in times like this, said Gina Ramirez, JBSA-Randolph Mental Health Outreach coordinator.

"This is the spread of behavior or attitude or emotion from person to person that takes hold, eventually overtaking our communities," she said. "We've seen the fear and anxiety grip our nation these past few weeks with COVID-19. I believe the fear is mostly to do with the fact that we don't know enough about this virus to be able to predict the outcome."

Ramirez said the fear and anxiety can lead to fear and worry about a person's health and the health of their loved ones, changes in sleep or eating patterns, difficulty concentrating, worsening of chronic health problems and the use of negative coping behaviors such as overeating, alcohol abuse and others.

COVID-19 GOT YOU STRESSED?

Here are some strategies for combating stress and anxiety during the pandemic, provided by the Maxwell Mental Health Clinic

TAKE AN ONLINE CLASS

Here are 450 Ivy league courses you can take online right now for free.

<https://www.freecodecamp.org/news/ivy-league-free-online-courses-a0d7ae675869>

More resources for managing stress

Go to <https://www.cdc.gov/coronavirus/2019-ncov/prepare/managing-stress-anxiety.html> for additional guidance and strategies

DISTRACTION

If you're finding that it's hard to shake off anxiety about COVID-19, then engage in activities that can distract your mind for extended periods of time.

- Clean your home
- Start a craft project
- Play a board game with your family
- Watch a movie or show
- Play a musical instrument

If you, or someone you know, is feeling overwhelmed with emotions like sadness, depression, or anxiety, or feel like you want to harm yourself or others, call:

- 911
- The National Suicide Prevention Lifeline: 1-800-273-8255

SENIOR AIRMAN ALEXA CULBERT

"But there are things you can do to navigate the fear and support yourself," she said.

One way is to take breaks from watching, reading or listening to news stories, including social media, Ramirez said.

"Hearing about the pandemic repeatedly can be upsetting," she said. "You won't miss out on major news by taking a break from at least one form of media. You may also decide to limit

MENTAL HEALTH continues on 15

COMMENTARY

Standing strong in the face of an opponent we didn't see coming

By Chief Master Sgt. Julie Gudgeal

COMMAND CHIEF, AIR EDUCATION AND TRAINING COMMAND

Why is it necessary to continue to train Airmen during this COVID-19 pandemic? Why do you continue to bring new recruits into Basic Military Training? These and more are all questions being asked of our Air Force during this fast-moving, dynamic time as we wage war with an invisible enemy — the novel coronavirus.

We know many of you are concerned about COVID-19 and its impacts not only to what we are doing here in Air Education and Training Command but also what it means for you and your

families. With the scope and spread of the virus continuing for the unforeseeable future, these types of questions are completely reasonable and should be asked.

The answer all ties back to our mission here in Air Education and Training Command of recruiting, training and educating exceptional Airmen who can immediately make an impact on arrival at their duty stations to support combatant commanders around the globe execute the National Defense Strategy.

Throughout the Department of Defense, every military branch and commanders at all levels have been charged with protecting people,

maintain mission readiness, and support the whole-of-government approach to fighting the coronavirus.

In a recent virtual Town Hall, our Secretary of Defense, Mark Esper, noted COVID-19 presents challenges for us in terms of the national security environment, from our allies and adversaries alike.

In regards to our allies, it may be incumbent upon us to help them fight the virus with our own supplies, our own doctors and other necessities. The secretary also noted that our potential adversaries may act out in different ways that impact our security posture and readiness.

Here in AETC, we must continue to

build our military advantage through growing trained, ready Air and Space Professionals. We train literally thousands of Airmen every day, turning over our training population weekly, and nobody does it better than us — but that is because of you.

Our leaders understand and embrace every force health protection precaution to ensure the safety of you and your families. We will continue to visit with your teams to solicit feedback.

To repeat what I hear Lt. Gen. Brad Webb, our commander here in AETC, say at every meeting... "Calm is contagious." We will get through this together and we'll be an even stronger command at its end!

JBSA chapels cancel communal services, but outreach continues

By Robert Goetz

502ND AIR BASE WING PUBLIC AFFAIRS

Joint Base San Antonio's chapels have canceled all communal services and religious education classes due to the COVID-19 pandemic, but its spiritual outreach continues in other ways.

A chaplain corps member mans the chapel offices at JBSA-Fort Sam Houston, JBSA-Lackland and JBSA-Randolph from 7:30 a.m. to 4:30 p.m. Monday-Friday, though those hours are subject to change.

Facebook is another way the JBSA community can stay connected to their chapel teams.

"We have two active Facebook pages — for JBSA-Lackland Chapel and JBSA-Randolph Chapel," said Senior Master Sgt. Jennifer Abel, JBSA Religious Affairs superintendent. "We encourage members to like those pages as we are creating new ways to spiritually connect to JBSA daily.

"Stress at work, in a marriage, family or personal relationship can take an



Counseling is still available through all three Joint Base San Antonio chapel locations, although it will be done telephonically or virtually to maintain social distancing.

emotional toll and even more so during challenging times like these," Abel said.

The two Facebook pages feature weekly worship and daily thoughts of the day.

Counseling is still available at all three locations, although it will be done telephonically or virtually to maintain social distancing.

At JBSA-Fort Sam Houston, Family

Life Chaplain (Maj.) Mark Smith provides counseling telephonically or virtually.

Smith, who serves active-duty, guard and reserve members as well as retirees and Department of Defense civilians, can be contacted at 210-221-9445 or by email at mark.a.smithu43.mil@mail.mil to set up an appointment.

Chapel teams at all three JBSA locations are available 24/7 for emergency counseling. Sessions are by telephone, although exceptions are handled on a case-by-case basis.

"We anticipate an increase in counseling as a result of this unprecedented epidemic, and we are ready to work with mental health to meet the spiritual and emotional needs of our Airmen and their families," said JBSA-Randolph Chaplain (Capt.) Damon Boucher.

Other services available are online Zoom for Youth ministry meetings for the youth programs at JBSA-Fort Sam Houston and JBSA-Randolph and a virtual meeting April 4 for JBSA-Fort

Sam Houston's Catholic Women of the Chapel.

The chapel offices can be contacted at 210-221-5004, JBSA-Fort Sam Houston; 210-671-2913, JBSA-Lackland; and 210-652-6121, JBSA-Randolph. For emergency counseling or after-hours chaplain support, call the command post at 210-221-9363.

The chapels' measures will help protect the most vulnerable community members, Boucher said.

"Although the mortality rate of COVID-19 is relatively low for healthy individuals, the virus is easily transmitted to those who may be more seriously affected," he said. "Because our chapels also serve older retirees and their families, we will make every effort to protect the health of these individuals. Right now this includes strict adherence to CDC guidelines and command directives.

"Our JBSA military chapel services and programs are dedicated to protecting the health and well-being of our Airmen and their families," Boucher said.

DISA renews antivirus software license agreement to help teleworkers

From Defense Information Systems Agency

Recognizing a need, the Defense Information Systems Agency and the Department of Defense have renewed their antivirus home use programs.

Antivirus Home Use Program

The DOD Antivirus Software License Agreement with McAfee allows active DOD employees to utilize the antivirus software for home use. Home use of the antivirus products will not only protect personal PCs, but will also potentially lessen the threat of malicious logic being introduced to the workplace and compromising DoD networks. Contractors are excluded from using the software at home or on any other system not belonging to the DOD.

McAfee Internet Security

As a member of the DOD, employees can now take advantage of a free one-year

subscription to McAfee Internet Security for your PC or MAC.

This subscription gives users proactive security for their home PC by preventing malicious attacks and keeping the user safe while surfing, searching and downloading files online. McAfee's security service also continuously delivers the latest software so protection is never out of date.

By installing McAfee software on your home system, users will not only be protecting their PC from malicious threats, but also helping their organization(s) strengthen its information technology security against transferable viruses and spyware.

How to download McAfee Internet Security

Navigate to the website for your applicable platform, either PC or MAC. In addition, enter the associated "Company Code" in the appropriate field on the webpage:

- ▶▶ For PC: www.mcafee.com/windows/dod, Code: DIS41FBC06, expires March 22, 2021.
- ▶▶ For MAC: www.mcafee.com/mac/dod, Code: DIS75F9D61, expires March 22, 2021.
- ▶▶ Enter your DoD email address.
- ▶▶ Click "Get Email."
- ▶▶ You will receive an email from McAfee Subscriptions with your unique license key and download link.
- ▶▶ Note - Do not download the software on your Government Furnished Equipment.

Anti-Virus/Anti-Spyware Home Use

▶▶ DISA Home Use Program instructions can be found here: <https://patches.csd.disa.mil/Metadata.aspx?id=79775> (Common Access Card Required)

DOD does not provide any technical assistance to home users. Home users seeking technical support can contact McAfee directly on the support website: <http://home.mcafee.com/Root/Support.aspx?page=Support>

MENTAL HEALTH

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your intake between certain hours of the day.”

Taking care of your body is another way to cope with the stresses caused by the pandemic, Ramirez said.

“Take deep breaths, stretch or meditate,” she said. “Try to eat healthy, well-balanced meals; exercise regularly; get plenty of sleep; and avoid alcohol and drugs. Now is the time to boost your immunity.”

Ramirez urges people to make time to unwind and do things every day that bring them joy.

“Take a warm bath, read, meditate, listen to a relaxing podcast and find a way to nurture yourself,” she said.

Connecting with others is yet another way to confront the coronavirus crisis.

“Talk with people you trust about your concerns and how you are feeling,” Ramirez said. “If you are quarantined, this is the perfect time to connect with people who live in your household. Put the phones and social media away and play board games, binge Netflix and just be together.”

She also advised people to “focus on the things that you can control.”

Although staying at home is a prudent measure during a pandemic, it can also create stress in a number of ways, said JBSA-Randolph Chaplain (Capt.) Damon Boucher, who referenced an article concerning the psychological impact of quarantine and how to reduce it.

“The primary stressors outlined in this article include longer quarantine duration, infection fears, frustration, boredom, inadequate supplies, inadequate information, financial loss and stigma,” he said.

People may not understand why they’re feeling stressed when they’re simply asked to rest and/or work at home, Boucher said.

According to the Holmes and Rahe Stress Scale, which quantifies the cumulative effects of stressors on an individual’s health, changes in work hours or conditions, recreation, social activities, sleeping habits, the number of family get-togethers, the health of a family member and personal habits can have a significant impact on an individual’s mental and physical health, Boucher said.

“Even a change in church activities will drastically impact the routine of many in our community and may seriously affect their spiritual resilience

during this pandemic,” he said.

It is also important to remember that stress is cumulative, Boucher said.

“We all experience a variety of stressors that can seem overwhelming with the added stressors imposed by the COVID-19 epidemic,” he said. “Those who were able to manage the responsibilities of parenting, work, marriage and various other demands might suddenly feel overwhelmed.”

Boucher offered advice to those who are having trouble coping with the challenges the pandemic poses.

“Many in our Randolph community will be teleworking, which may result in a decreased and/or modified work schedule,” he said. “In order to maintain our spiritual resilience, it is important to seek out a purpose and look for opportunities to serve others.”

Some people may be able to start a virtual support group or online religious study, Boucher said, while others may find purpose in picking up trash in their neighborhood or mowing their neighbor’s lawn.

“Those who have the financial means may find purpose in giving additional money to their church or directly to those in need,” he said. “Regardless of an individual’s religious and/or spiritual preference, we can all gain satisfaction and purpose by serving others.”

There are other opportunities for Airmen and their families during this time of increased restrictions and social distancing, Boucher said.

“Many, for example, will now have additional time to spend with their family and loved ones,” he said. “Others may find the opportunity to start an exercise regimen, read a novel, clean their house or even take an online class.

“Airmen may also find the opportunity to start a devotional reading plan and increase prayer or meditation practices,” Boucher said. “With a little creativity and initiative, Airmen can choose to look for the opportunity in their situation.”

The chaplain also offered reminders of how adversity can forge stronger people and a stronger nation.

“My grandparents loved to boast about living through the Great Depression,” Boucher said. “Those of us who lived through 9/11 remember an entire nation coming together during one of the worst tragedies in our nation’s history.

“Our current situation is really no different,” he said. “We will all come through this season of adversity a little stronger and more resilient.”