



THE DANG TRUTH

SPECIAL EDITION - APRIL 2020

CONTENTS

Commanders' message.....	page 1
Air Force Connect App	page 2
Chief Horay's message	page 4
Teleworking ergonomics	page 5
COVID-19 Resource Guide ...	pages 3-11
DNG helping DEMA.....	page 12

As you know, effective Tuesday 24-March at 08:00, Governor Carney issued a STAY AT HOME order for all Delawareans. This order remains in effect through May 15.

Like the Governor's order, non-essential DNG personnel and residents should STAY AT HOME with the following exceptions:

- To take actions for their health and safety, or for the health and safety of their family, household members, or pets (examples: obtaining medical supplies or medication, visiting a health care professional, or obtaining supplies they need to work from home).
- To obtain necessary services or supplies for themselves and/or their family or household members, or to deliver those services or supplies to others, such as food and household supplies, dry goods, pet supplies, and other products necessary to maintain the safety, sanitation, and essential operation of residences.
- To engage in outdoor activity that complies with social distancing requirements of at least 6 feet, such as, by way of example and without limitation, walking, running, biking, or fishing.
- To perform essential duties such as work to meet national security commitments to the federal government and U.S. Military, and other essential duties outlined in the Governor's order.

This order is firm, but if followed correctly, we are confident it will reduce the spread of COVID-19. There is enormous strength in the entire state uniting behind this order.

Useful Links:

<https://www.de.ng.mil/COVID-19>
<https://www.cdc.gov/>
<https://www.dover.af.mil/Coronavirus/>
<https://delaware.gov/>

Social Media Links:



Facebook:166th Airlift



WingInstagram:@166thAirliftWing



Flickr: delawareairnationalguard



From MG Michael Berry Delaware National Guard Adjutant General

To Our Delaware National Guard Family

The COVID-19 virus has changed how we have been living our daily lives, with the number of confirmed cases on the rise and our routines turned upside-down. These are times of uncertainty for us, the National Guard and all of Delaware.

I wanted to remind you, the hard working Citizen Soldiers and Citizen Airmen who answer the call to duty, that your DNG leadership team is here for you. We are in this fight with you. We've been working since day one to set you up for success in your training and future missions.

Three main things I'm asking you to maintain during this period: Your accountability, health and physical fitness.

Accountability

The Delaware National Guard knowing where you are and your level of readiness are paramount in these uncertain times. Your unit or direct supervisors should be in contact with you as you communicate your location and readiness to be activated. The Department of Defense has an online accountability system

See TAG MESSAGE, page 3



From Col. Carla D. Riner 166th Airlift Wing Commander

To the Airmen of the 166th,

You've been bombarded with information over the last few days, and I'm hoping this issue of The DANG Truth will pull it all together to provide a COVID-19 crisis resource guide.

Remember, April RSD has been moved to July.

Continue to stay educated through Centers for Disease Control and Prevention announcements, routine health alerts, regular preparedness activities, and your chain of command.

Noting that FSS is open for ID cards only by appointment may be useful.

THE WING IS NOT CLOSED DOWN. Essential operations continue to emphasize medical readiness and operational readiness for missions that need to occur.

ALL personnel should prepare themselves and their families for ACTIVATION should we be called upon to serve. WE ARE THE GUARD – ALWAYS READY, ALWAYS THERE!

To Dos:

- TRAVEL WAIVERS: Any members needing to travel more than 50 miles to get here for annual training (AT), RSD makeups, or FTPs, you require a Stop Movement waiver signed by the ATAG-Air. [for FT staff, if you need to take leave requiring travel outside of 200 miles (4 hrs driving) or any air travel, a waiver is also required.] AT, RSD, and FTPs will be extremely limited and used only for readiness and mission

See WING CC MESSAGE, page 3

...And *that's* the DANG Truth!



THE DANG TRUTH

SPECIAL EDITION - APRIL 2020

Stay connected during the coronavirus crisis **WITH THE AIR FORCE CONNECT APP**

Team DANG,

Have you downloaded the AF Connect app from the App Store or Google Play yet?

The need for up-to-date information in an instant is imperative during this time of constant change and frequent updates.

This app will keep you up-to-date with push notifications as well as accurate and timely information at the touch of a button.

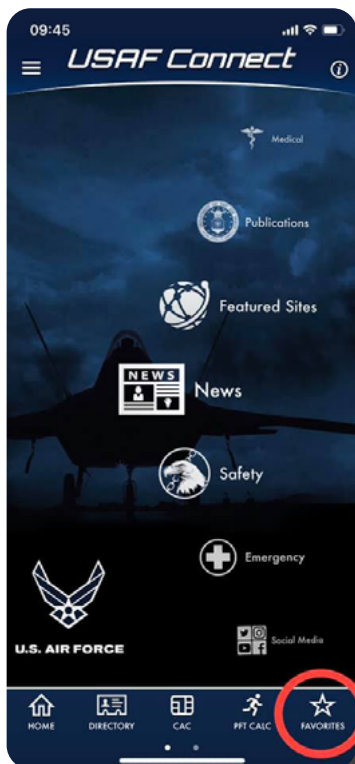
Click the following links to download on your respective device and see the following screenshots on how to add the 166th Airlift Wing's tab as a favorite.

App Store (Apple Devices):

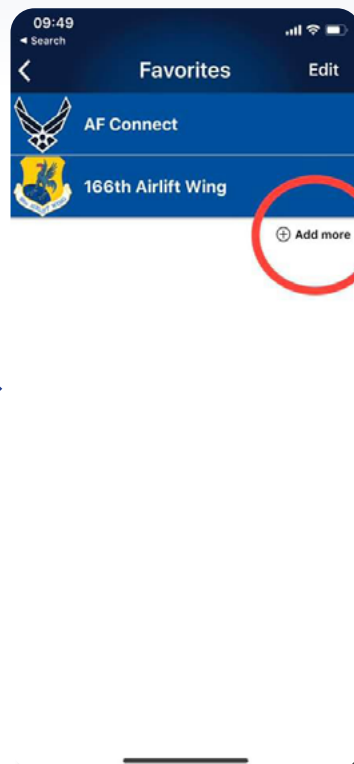
<https://apps.apple.com/us/app/usaf-connect/id1403806821>

Google Play (Andriod Devices):

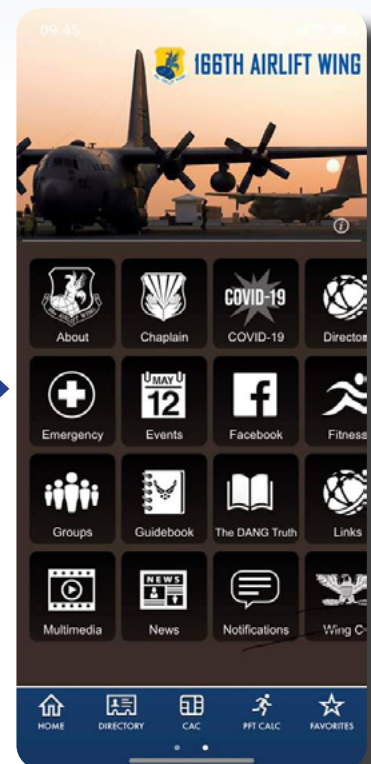
<https://play.google.com/store/apps/details?id=com.m360connect.usaf>



1. Tap on "FAVORITES"



2. Tap on "Add more"
then select "166th Airlift
Wing"



3. See these tiles
appear that point to
important links



THE DANG TRUTH

SPECIAL EDITION - APRIL 2020

TAG MESSAGE cont'd

that allows you to input you and your family's information so that your unit can reach out in times of crisis. This allows our DNG leaders to have a clear sight-picture of how we can respond to the State's needs.

- Login for Air National Guard: <https://afpaas.af.mil/>
- Login for Army National Guard: <https://adpaas.army.mil/>

Follow the prompts to input your personal information (only used for DNG accountability)

Health

With the recent restrictions (Stay at Home, Social Distancing, Telework, etc.) that have been issued in many states, it may seem like an overreaction to this current crisis. I assure you it is not. In fact, all of the above restrictions are ensuring our Delaware Guardsmen and Guardswomen are ready to fight this virus if and when we are called upon. I'm encouraging you and your family to follow the guidelines set by the State's Governor, Centers for Disease Control and medical professionals. If you adhere to the above recommendations, you are doing your part to slowing the spread of this disease.

Fitness

I realize that with temporary gym closures it may be easier to let your fitness routine drop in priority. Please find a way to maintain your physical fitness at home or in your neighborhood while still adhering to the guidance set out by the Governor. Maintaining a Delaware Guard force means to have physically ready Soldiers and Airmen in the fight. Despite the adjustments to our everyday lives, we are still held to a high standard of fitness.

Of note: The Army will still be crossing over to the new Army Combat Fitness Test this fall.

We rely on our training, our values, and each other. We have responded to crises before. We are flexible, agile and adaptable to whatever the mission demands.

The Delaware National Guard is a responsive, reliable and ready force. We have Guardsmen and Guardswomen actively assisting the State in planning potential missions the Governor may need us to do, to combat COVID-19. We will be ready, and I'm trusting each of you to ensure that we will step up and serve our State and Nation.

Thank you for all you do. We thank your families for their sacrifice and support.

The Delaware National Guard has responded to events that affect our communities since our inception in 1655, and COVID-19 is no different.

Always Ready, Always There!

MICHAEL R. BERRY
Major General
The Adjutant General, Delaware

WING CC MESSAGE cont'd

necessity during this time. [Note: COVID-related activities are NOT authorized in these statuses.]

- REPORTING: Should you or a dependent encounter COVID symptoms and/or a positive COVID test, please report it to your commander as it is mandatory national reporting.
- IMR: Any member needing IMR services to be current, please call 302-323-3386 to ensure availability before coming in. Be sure you are on a status before receiving an IMR service.
- AFPAAS: To facilitate a call-up, please log on to <https://pki.afpaas.af.mil/?nopublic=true> (No CAC or VPN needed to set up Username and Password) to provide contact information should an accountability call be needed through the Air Force Personnel and Accountability System (AFPAAS).
- PT: All fitness testing has been delayed. If you were due Mar, Apr, or May – you will be due 6 mos after your original testing month.

Full time considerations:

Yesterday I announced the start of maximum telework (TW) vs last week's alternate work schedule for the full-time (FT) staff.

The intent of telework is to perform your normal duties from a remote location to the maximum extent possible. While I realize there will be many IT challenges with moving a large number of people across the Guard onto telework, there is an expectation of maintaining connectivity to the maximum extent possible. Methods to try in order are:

- OWA: CAC needed. <https://web-okcd03.mail.mil/owa/> should be your primary method.
- VPN: please limit to necessity and then LOG OFF.
- Please refrain from using your Out of Office assistant unless you are on leave.
- You should always have enough work downloaded, printed, etc. to provide a full workday during TW. 100% of OPR/EPRs, technician performance plans with Whistleblower provisions added, and, very shortly, technician appraisals should be completed. The FT workforce can also validate MICT/IGEMS as well as update policies during this time.

Please work any questions through your chain of command, and we will happily address them.

Thanks for all that you do!

CARLA D. RINER
Colonel
166th Airlift Wing Commander

WORK-LIFE JUGGLING FOR LEADERS

By Chief Master Sergeant William J. Horay



If nothing else, the past few weeks have shown us that our lives, and those of our families, can quickly be thrust into the unknown. As military members, the coronavirus and associated COVID-19 pandemic has presented us with many opportunities to serve in a multitude of roles. How successful we are in each of these roles is often determined by how well we manage our time and balance those responsibilities against other roles in which we serve. For example, I strive to be an effective leader for my organization. If I had no other responsibilities, I would be able to commit 100% of my time, focus, and effort toward my position as command chief. However, as much as I would like to pursue the level of expertise that commitment would afford, it's simply not possible ... nor is it healthy. I have other responsibilities, such as those of a husband, father, brother, friend, etc. Finding a way to serve our airmen while fulfilling my other responsibilities can be a challenge, but when balanced properly it can provide a huge sense of accomplishment, as well as model a skill that others may find appealing.



You've likely heard of the term "Comprehensive Airman Fitness" and how it lends itself to overall well-being. For those who haven't, it's basically a "work-life balance" that suggests when we're mentally, physically, socially, and spiritually healthy, we are more productive, happier, and often find ourselves in more satisfying relationships. Many examples of work-life balance analogies exist. However, I'd like to share a modified version of one that was initially presented by Bryan Dyson, a former President and CEO of Coca-Cola® Enterprises. He demonstrates this balance by describing life as a constant shifting of priorities; or more specifically, as a great juggling act.

In this analogy, our priorities are Work, Health, and Relationships. To represent these priorities, our metaphor will be three balls that must be kept in the air: a RUBBER ball, a STEEL ball, and a GLASS ball. Each ball must be kept moving because holding too tightly onto one may cause us to drop the others. Naturally, we don't want to drop any balls while we juggle, but we need to consider the different consequences in case we do.

First, we have the rubber ball. This is our typical role at WORK. Given the choice, this is the one we can most easily afford to drop. If our focus on work suffers or if we drop the ball, we have our teammates to help us and an organization that is dedicated to ensuring the mission succeeds. If the rubber ball drops, it bounces back up, often allowing us to continue juggling without missing a beat and without affecting the other balls very much. If we drop this ball, our work life will bounce back, usually in a short amount of time. However, consider the irony of the rubber ball. Although it's the easiest to recover if dropped, it tends to be the easiest to hold onto since it has a great surface to grip and it's not too heavy or too light. Basically, it's the most comfortable to hold. Of the three balls, we often see this one dropped the least.

Now consider the steel ball. This represents the role we play in maintaining our HEALTH (physical, mental, and spiritual). This one is heavier than the others and when we're tired because we're going non-stop, our hands get a little sweaty which can cause this ball to easily slip through our fingers. When this ball slips, it means we're not taking care of ourselves. We're not exercising like we should, we're not eating and sleeping like we should, or we're not giving ourselves time to relax and take a mental break from our day-to-day routine.

Perhaps it means that we're risking exposure to illness which could compromise our health. In life, dropping the steel ball might manifest as being more susceptible to, or getting sick, stressed, or fatigued. Thinking about the current pandemic and how critically our health affects our readiness, we simply cannot afford to drop this ball right now. We must take every action to ensure we're ready when called upon by our wing, state, or nation.

Fortunately, like the rubber ball, it's relatively easy to recover if we drop the steel ball. Airmen, like steel, are pretty durable. We tend to recover or find ways to manage if we get some bumps or bruises. The problem is that the steel ball – our health – won't simply bounce right back for us to continue juggling without missing a beat. When we drop the steel ball, it takes time. We have to take a knee to pick it up, then we have to dust it off and buff out the scratches. Then we spend some more time

to polish it up again. Although steel may not necessarily break, with enough "drops," you'll eventually end up with scratches that won't buff out, and dents that can't be fixed – scars that tell the story of how much it's been dropped. Furthermore, while we're nursing that ball back to health, we have to stop juggling the other balls, meaning we tend to neglect them while we focus on getting healthy again. Another option, where possible, is that someone else might need to take over our other roles. Still, given a little time and effort, we'll recover and get our juggling act back in sync.

Finally, let's think about the glass ball. This is the role we play with family, friends, and personal relationships. It's much lighter than the first two and very smooth. In fact, it's a little slippery at times and sometimes more difficult to see when compared to rubber and steel. At times, we take for granted how fragile this ball is and even neglect it in favor of the other balls. But beware! If we drop this one, it can't just bounce back into the action. If we drop this ball, we may not be able to just pick it up and dust it off or hand it over for someone else to manage. If we drop the glass ball, it may chip, crack, or even shatter ... for good. The glass ball is the most important for us to care for, nurture, and respond to if it begins to fall. Simply stated, we may not get another chance if we drop our glass ball so we need to keep an especially close eye on it as we juggle it among the others.

So, as we continue to develop as leaders, whether that means continuing our education, developing our personal or professional roles, or honing the skills of our respective AFSCs, we need to encourage each other to maintain the proper balance across the different areas of our lives. In this time of unprecedented challenge, we have an opportunity to achieve unprecedented success. As our current events get chiseled into our children's history books, are you confident that our motto of "Always Ready, Always There" is more than a catchphrase? Continue to analyze the roles you're juggling and understand the risks of allowing any of them to slip. Remember, we don't want to drop any balls while we juggle, but if one must slip in an effort to keep the others going, make sure you've thought beforehand about which you can afford to drop.

POC: CMSgt. William J. Horay, Jr., USAF, Command Chief, 166th Airlift Wing,
(302) 323- 3370, Cell: (707) 290-6981; william.j.horay.mil@mail.mil



THE DANG TRUTH

SPECIAL EDITION - APRIL 2020

COVID-19 RESOURCE GUIDE



Safety



Covid-19 Safety Message

Ergonomics at Home

Many of us are dealing with a new workspace, our homes. While we might not have everything we would have at work, there are steps we can take to protect our bodies from ergonomic issues like neck, back or wrist pain.

SET YOURSELF UP FOR SUCCESS

Your workspace might be a kitchen table or desk, so use a little creativity. Here are some ideals to strive for when creating a computer workstation:

- Assume a relaxed, tension-free posture in your neck and shoulders
- Place your elbows at a 90° angle
- Keep your wrists protected from sharp or hard edges, and in a neutral position
- Make sure the mouse is at the same height and distance from the screen as the keyboard
- Ensure adequate lower back support
- Keep your knees at a 90° angle
- Keep your hips at a 90° angle
- Position your feet flat on the floor or supported by a footrest
- Make sure the height of your work surface is appropriate
- Sit at the correct distance from the monitor: about 25"
- Keep computer monitor at, or slightly below, eye level

See what you have around your home to help you achieve this. Possibly prop your monitor up on some boxes to get it to the right height, or use boxes or tubs as a footrest, if needed. Perhaps place a towel under your wrists to protect from sharp edges.

KEEP AN EYE ON YOUR EYES

Working from home, you will likely have many hours behind a computer screen. Just as your body needs rest, so do your eyes. The Mayo Clinic recommends the following tips to help prevent eyestrain:

- Remember to blink – it will create tears to moisten your eyes and can keep them fresh
- Look away from your screen often – follow the "20-20-20 rule": Every 20 minutes, look at something about 20 feet away for at least 20 seconds
- Make sure you have good lighting and avoid glares on your screen – perhaps position a desk lamp nearby and avoid putting screens directly in front of a window or white wall
- Adjust the font size on your computer to make it easy to read

Safety and Occupational Health Points of Contact:

State Safety Manager:
CW3 Christopher L. Slicer, 326-7100
christopher.l.slicer@mail.mil

State Safety Specialist:
SSG Robert P. Morneau, 326-7016
robert.p.morneau@mail.mil

DEARNG Occupational Health Nurse:
Mrs. Denise Matthews, 326-7101
elaine.d.matthews.civ@mail.mil

SAFETY BY CHOICE NOT BY CHANCE!



THE DANG TRUTH

SPECIAL EDITION - APRIL 2020

COVID-19 RESOURCE GUIDE

DELAWARE NATIONAL GUARD
April 2020 UTA

RESCHEDULED

FOR ANY ADDITIONAL DRILLWEEKEND QUESTIONS:
Please contact unit representatives

For COVID-19 guidance: www.de.ng.mil/COVID-19/

Announcements & Notices

Where to find the latest information about the coronavirus crisis in Delaware and the nation:

- Delaware Division of Public Health:
<https://dhss.delaware.gov/dhss/dph/index.html>
- Centers for Disease Control and Prevention:
<https://www.cdc.gov/>
- US Dept of Health and Human Services:
<https://www.hhs.gov/>
- DoD Response to COVID-19:
<https://www.defense.gov/Explore/Spotlight/Coronavirus/>
- Government Response to Coronavirus:
<https://www.usa.gov/coronavirus>

All questions should be directed to members' respective chains of command.

ENTITLEMENTS

With the rescheduling of April Drill and ongoing developments

due to COVID19, understand the following information about your health and life insurance programs. Prioritize payments as necessary and make contact with the POCs to address specific concerns for the health and welfare of you and your family.

SGLI

Serviceman's Group Life Insurance (SGLI) benefits will not be impacted. Airmen will incur a debt for the missed payments and automatic payroll deduction from your next drill check will resolve the debt. 323-3465 if you have milpay questions.

TRICARE

TRICARE Reserve Select East is covered by personal check or electronic withdrawal from personal accounts. There are no grace periods. Missed payment results in a lapse in coverage. A second missed payment results in disenrollment. General info here: <https://tricare.mil>. Specific Regional questions can be answered here, Humana Military 1-800-444-5445, or visit: www.tricare-east.com

DENTAL

United Concordia Dental coverage, for most Airmen is paid by personal account and not payroll deduction. If you pay from a personal account, continue to pay like any other bill. If you are a payroll deduction and will not receive a drill or pay check for the month, United Concordia will send a bill and will not immediately stop benefits. Multiple missed months will result in an account hold, until payments are caught up. Payment can be made via the website. United Concordia – (844) 653-4061 or <https://www.unitedconcordia.com/dental-insurance/government/why-united-concordia/> POC: CMSgt. Keith Zulkowski, Force Support Superintendent, 166th Force Support Squadron, (302) 323-3414, DSN 445-7414; Keith.Zulkowski.mil@mail.mil

PROFESSIONAL DEVELOPMENT

Looking for ways to personally and professionally develop yourselves and your Airmen? Air Force e-Learning offers many free online development books and programs (many of which include teambuilding and computer courses such as excel, PowerPoint etc...) that help enhance all the skills we use in our everyday activities. Please take a look at what it has to offer and pass this on to your Airmen.



THE DANG TRUTH

COVID-19 RESOURCE GUIDE

Air Force e-Learning can be found on the AF portal under education training/ force development tab. Once in, you can find the basic courses by searching "getting started."

PASSPORTS/VISAS

Please be advised, under the current circumstances routing Passport and Visa processing is suspended indefinitely. Emergencies supported by 07/SES recommendation will be considered and travel outside of 45 days will not be reviewed. Template for emergency requests attached. Base POC: MSgt Michael Dellavella X410.

ID CARDS

The Delaware Air National Guard FSS is able to accommodate access to ID Card Services by appointment only at this time. Please call (302) 323-3410 to schedule an appointment. -Major Mulrooney

FITNESS

Wellbeats has sent the following promotion to help fill the gap for our members due to the fitness center closure. The Wellbeats app has hundreds of classes that members may stream from their phone. Please pass this offer on to your Squadrons as a way that members are still provided an opportunity to stay fit during these ever-changing times. This offer has been vetted through contracting and legal and there are no catches or payments involved to the members. Once the offer expires the login will simply no longer work. Additionally, from the Chaplain Corps is a Resources and Resiliency tips for Indoor activities for DE NG personnel and their families.

4-H PARTNERSHIP

The Delaware Air Force 4-H Youth Maker camp originally scheduled for April 13-17 has been postponed. The 4-H Extension team is working with the families who were registered and they are eligible to attend the new camp dates of Aug 10-14 if available and interested. We understand these dates may need to be reevaluated over the next couple of months and please note that we will do what is best for our families, youth professionals and the community.

The 4-H Military Partnerships website will be updated as new

Air Force 4-H Camp information is provided. Camp details can be found here: <https://4-hmilitarypartnerships.org/events/camps>

Please let me know if you have any questions and thank you for all that you do to support the community! Be safe and stay strong. POC: David L. Brittain, HQ USAF A1SOC, 4-H Air Force Partnership, NC State University, (240) 612-4893

PUBLIC AFFAIRS

Until further notice, we have suspended the planning and implementation of base tours and visits. The Ulster Project of Delaware has cancelled their annual tour for 2020, and will resume in 2021. Other groups and individuals who have requested base tours in 2020 have been notified.

The PA team will be teleworking, but available to cover events, maintain our social media pages, respond to media queries, and to update AFPIMS, and DVIDS. SSgt. Kate Miller, who was scheduled to begin her AGR position in the recruiting office on 1-April, will be remaining in PA until the COVID-19 crisis ends.

POC: Mr. Mitch Topal, 166th Airlift Wing Public Affairs, Cell: (954) 439-5630 mitchell.topal.civ@mail.mil; SSgt. Katherine Miller, Cell: (717) 271-9376, katherine.m.miller60.mil@mail.mil

COMPTROLLER FLIGHT AND PAY SERVICES

Given the state of affairs, in accordance with wing guidance, FM has moved to maximum telework. Rest assured, your pay is our priority, and our team is available.

We've streamlined our process and the contact information below will be the most effective way to reach us. We've started using organization boxes for the Pay Services (Milpay/Civpay/Travel Pay) and a different one for Budget.

- Comptroller: Lt Col Willey – 302-323-3462/DSN 445-7462 / steven.t.willey.mil@mail.mil
- Budget: usaf.de.166-aw.mbx.cptf-budget@mail.mil, 302-323-3459 / DSN 445-7459, TSgt Ron Carter, SrA Shorna Wynter (Note: Lt Condon is on State Active Duty)

Pay Services: usaf.de.166-aw.mbx.cptf-customer-service@mail.mil

- Supervisor – TSgt Victor Walker - 302-323-3464 / DSN 445-7464



THE DANG TRUTH

COVID-19 RESOURCE GUIDE

- Military Pay – A1C Zoria Byers - 302-323-3465 / DSN 445-7465
- Travel Pay – SSgt Dane Thorson - 302-323-3464 / DSN 445-7464
- Civilian Pay – TSgt Patrick Salmon - 302-323-3461 / DSN 445-7461

Note – Email is preferred contact method. Please allow additional time for response during this unprecedented event.

If you have any questions please reach out and let us know.

AIRMEN AND FAMILY READINESS

AFPAAS is the Air Force Personnel Accountability and Assessment System. It is a website designed to help Air Force personnel and their families directly affected by natural and man-made disasters. AFPAAS website: <https://afpaas.af.mil/>

AFPAAS provides a tool to report your status, current location, update emergency contact information and request assistance. AFPAAS helps the Air Force leadership to account for personnel and to make decisions that support you and your family.

DELAWARE NATIONAL GUARD AND RESERVE EMERGENCY RELIEF ASSISTANCE FUND (DNGREAF)

The Delaware National Guard and Reserve Emergency Relief Assistance Fund (DNGREAF) provides financial grants to eligible members of the National Guard or Reserves whose units are based within the State of Delaware. Eligible member may apply for a grant, if they are encountering difficult situations due to military member being mobilized; or, in times of extreme, unexpected hardship beyond their control (e.g., illness, natural disasters). Contact Airman and Family Readiness to apply - 302-323-3327

DE DOL UNEMPLOYMENT BENEFITS:

<https://ui.delawareworks.com/>

The Delaware Department of Labor Expands Unemployment Benefits to Workers Affected by the COVID-19 Pandemic. Remember that all claims need to be filed online and that DOL resource rooms are currently closed to the public. Although DOL offices will be closed to public access during this State of Emergency, the DOL remains operational and offers the ability for Delawareans to file for unemployment benefits online at the following link: <https://ui.delawareworks.com/> Questions can

answered via email at uiclaims@delaware.gov or via at 302-761-8446.

GI BILL CONTINUITY

Congress passed legislation to make student veterans continue to receive educational benefits without interruption even if schools have moved to distance learning. Call the VA's GI Bill hotline at 1-888-442-4551 to resolve any issues or concerns.

<https://www.veterans.senate.gov/newsroom/minority-news/tester-moran-bipartisan-fix-to-protect-gi-bill-benefits-during-coronavirus-outbreak-signed-into-law>

STUDENT MEAL SITE LOCATIONS

<https://www.doe.k12.de.us/page/4149>

Open meal sites for students. Families may pick up meal bags for children 18 and under who live in their home. Any family needing additional information may contact their district or charter office.

EMPLOYEE ASSISTANCE PROGRAM FOR CIVILIANS

Welcome to the Air Force's Employee Assistance Program for Air Force civilian personnel, also known as "EAP." You've come to the right place to find free, confidential services to help you and your household members manage everyday challenges and work on more complex issues.

- Offers coaching to help you grow and achieve your goals and counseling, for when life gets difficult. We provide management support to help your staff thrive and self-care programs to improve your emotional health.
- All Air Force civilian personnel—including non-appropriated funds, or NAF, employees; Guard and Reserve; and family members may use the program at no charge to the individual or family member.

The EAP provides the same services and same access to care provided in the past with access 24/7 via telephone, website or in-person. Call 866-580-9078 or click the button below to be taken to the new EAP portal where you can:

- Explore the variety of services available – counseling, legal, financial
- Find a provider to meet your unique needs
- Search the Learning Center for relevant health information and tools and crisis assistance <https://magellanascentd.com/> or call the AFR Office for more details.



THE DANG TRUTH

COVID-19 RESOURCE GUIDE

I know many of our members are requesting resources to entertain their children during our STAY AT HOME time period. I would encourage them to check out our DNG J9 Resources at <https://www.de.ng.mil/COVID-19/>. Click on DNG-J9 RESOURCE REFERENCE DURING COVID-19 FOR DNG FAMILIES // CLICK HERE. Here they will find a daily updated list of activities under Youth and Activities and Recreation. In addition, if they would like to reach out to our office, we can tailor specific information based on their need and offer to add them to several different youth related distro list that are sending out daily resources.

EMERGENCY CHILD CARE

Beginning Monday, March 30th, the Bear-Glasgow Family YMCA, the Brandywine YMCA and the Sussex Family YMCA will begin offering childcare services for any emergency personnel and essential staff. This service is open to the public. Care will be available for school age children (5-12 years old) from 6:30 am- 6:30 pm Monday- Friday. Children will enjoy arts, crafts, games, sports, movies, and supervision from experienced Y staff. Those interested in utilizing these services should visit www.ymcade.org/emergency-child-care for more details and to register. Our Central and Walnut Street YMCAs are also providing childcare to families that are already enrolled at those sites. As the demand for emergency childcare increases, we will look at opening other facilities to support our essential personnel and first responders. Financial assistance is available.

POC: Rebecca S. Price, 166 AW DEANG Airman and Family Readiness Program Manager, Office: (302) 323-3327, Cell: (302) 547-3519; rebecca.s.price.civ@mail.mil

PSYCHOLOGICAL HEALTH OFFICE

With current real-world events occurring, you and your families may be experiencing an increase in stress. The Centers for Disease Control (CDC) offers information on managing mental health on its website at <https://www.cdc.gov/coronavirus/2019-ncov/about/coping.html>. The site provides resources for parents, responders and those who have been released from quarantine.

Here are a few quick tips to manage stress during the COVID-19 pandemic:

- Talk it out – Share your thoughts about the pandemic with others and find creative ways to stay busy.
- Keep in touch – Explore various ways to share your daily happenings with loved ones such as email, phone calls, video-chat, audio or video recordings, and letter writing. Doing so will help loved ones better understand experiences while you are apart. Consider keeping an online journal with pictures that are accessible over the internet.
- Stay active – The more structured your time is in isolation, the better you will handle social distancing. Discover relaxing and appealing activities like going for a walk, listening to a podcast, reading an e-book, journaling, planting a garden, or doing an arts and crafts project. Such activities have mental, spiritual and physical health benefits.
- Limit media intake – It is important to stay connected but avoid oversaturating yourself with information from sources that are not credible. Limiting the information you are exposed to will help minimize potential stress and anxiety, especially in youth.
- Ask for help – If quarantined, work with local officials and loved ones to ensure your nutritional and personal care needs are met. Contact your health care and mental health provider to assist you in having your medication delivered to your home and request remote appointments.

COVID-19's spread around the world may lead to an increase in intimate partner incidents. Sexual violence victims and survivors can connect with advocates by calling the Safe Helpline at 877-995-5247 or online at safehelpline.org. Several other mental health/crisis response resources are attached here.

Lastly, mental health resources are available through the 166 AW Psychological Health Program Office at 302-323-3382. Please continue to take preventative measures to reduce the spread of COVID-19. POC: Lakenya Baker, 166th AW Director of Psychological Health; lakenya.s.baker.civ@mail.mil



THE DANG TRUTH

COVID-19 RESOURCE GUIDE

MILITARY ONESOURCE

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

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

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

MENTAL HEALTH COUNSELING: If stress about any situation is getting the better of you, eligible members can call to schedule a Non-Medical Counseling appointment or live chat through our website.

SUPPORT ARTICLES: Support your lifestyle with stress reducing tips and more: Take Charge of Coronavirus Anxiety, If Your Kids are Worried About the Coronavirus and more.

.Handle Life's Challenges: Moving Forward (bottom of page) teaches problem-solving skills to help handle life's challenges.

RELAX WITH CHILL DRILLS: drills can help slow your heart rate, lower your blood pressure and reduce the level of stress

hormones in your body. Download from the Military OneSource website or order yours free.

PHYSICAL HEALTH: Stay Active and Healthy ...

- Military OneSource Health & Wellness Coaching (additional flyer) <http://bit.ly/MilitaryOneSourceHealthCall> for support to stick to your goals and stay active and healthy at 800-342-9647!
- Gale Health and Wellness http://bit.ly/MilitaryOneSource_MWRDigitalLibrary
- Workout Videos: <https://www.fitnessblender.com/videos> (click on videos for free workouts, not programs) *
- At Home Workouts and Tips to Stay Healthy, Mueller Sports Medicine <http://bit.ly/2wZFfPk> *
- YouTube channels: access free videos dedicated to home exercises from targeting specific muscle development exercises, to cardio and yoga. *
- Planet Fitness: United We Move: offering free at home workouts for everyone live streamed from their Facebook page. Visit site for details. *
- Visit topics related to sleeping well, managing emotions, http://bit.ly/MilitaryOnesource_sleepwell

STAY BUSY WITH MWR DIGITAL LIBRARIES: Have you checked out our online libraries for ways to stay busy for adults and kids? Interactive science, school curriculum, hobbies and interests, learn a language, read a digital newspaper or magazine, read or listen to a book, prep for a test, build a business plan, resume and so much more!

- Learn a language: Take a course in one of 70 different foreign languages with MWR Digital Library – Mango Languages.
- Complete Taxes with MilTax: Free tax services that address military life. Self-paced tax software including tax prep, e-filing and personalized support.
- Unemployment: related to COVID-19 information <https://ui.delawareworks.com/> *
- Register to Vote Absentee: <https://elections.delaware.gov/voter/absenteeballot.shtml> *



THE DANG TRUTH

COVID-19 RESOURCE GUIDE

- Free Online Learning at Home: <https://funinfirst.com/free-online-learning-at-home/> *
- Fix/Maintain an Automobile: thousands of year, make and models to service your vehicle with Gale Chilton Automotive Maintenance Library.
- Research your ancestry: Use the free Ancestry Library to unlock your families past or the Fold3 Library Edition for those family and friends who served from the Revolutionary War onward.
- How parents can homeschool their kids during the COVID-19 pandemic, NBC-2 <http://bit.ly/3d9Uupd> *
- Virtual Tours of Museums, Exhibits and Points of Special Interest: over 300 museums, exhibits, points of special interests and real-time journeys with Virtual Free Sites. *

EDUCATION

- Internet: Charter will offer free Spectrum broadband and Wi-Fi access for 60 days to households with K-12 and/or college students who do not already have a Spectrum broadband subscription and at any service level up to 100 Mbps. To enroll call 1-844-488-8395. Installation fees will be waived for new student households*
- Scholastic: offering free online courses so your kids can keep learning while schools are closed; the educational company has launched a "Learn at Home" website, <http://bit.ly/2x7DFdW> that has daily courses for students from Pre-kindergarten to grades 6 and higher*
- Khan Academy: remote learning during school closures; resources for teachers and parents to include a daily schedule for children to follow <http://bit.ly/2xDHhon> *
- ABC Mouse Early Learning Academy: offers ages 2-8 with code 'SCHOOL7771' to more than 850 lessons across 10 levels of learning with ABC Mouse *
- The Learning Network - Teach and Learn With The Times: Resources for Bringing the World Into Your Classroom <https://www.nytimes.com/section/learning> *
- Military OneSource MWR Digital Libraries: Here are some examples of what is available for free to Military Families http://bit.ly/MilitaryOneSource_MWRDigitalLibrary

- Teachables provides access to more than 15,000 teacher-created, vetted printables to support instruction. Download activities for any pre-K to 6th-8th grade subject: math, science, reading comprehension, STEM, writing and beyond. Printable lesson plans, reading passages, games and puzzles, clip art, and skills sheets.
- Mango Languages is a digital language-learning program for learners of all levels, with courses in more than 70 different foreign languages, 21 English language courses and 44 specialty courses
- Explora Primary features a database of colorful and fun resources that help children in grades K – 5 learn about animals, music, health, history, people and places, science, math and sports
- ScienceFlix offers more than 50 complete units of study with over 6,500 science-related assets in a variety of media, providing students with a better understanding of science concepts and ideas through hands-on projects, videos, multiple text types, interactive features and more.
- Tutor.com for military children gives kids access to online tutoring and homework help from live, expert tutors in more than 16 subjects. Tutors can help with tonight's homework or catch your child up on missed concepts and lessons, all for free
- Universal Class over 70 crafts and hobbies classes, more than 45 home school courses, and so much more!

Base POC: Mr. Jovy Juanillo, Delaware Military OneSource Consultant Contractor, Jovy.juanillo@militaryonesource.com
Mobile: (302) 494-3825, Office: (302) 326-7455

- Visit www.militaryonesource.mil or call: 800-342-9647



THE DANG TRUTH

SPECIAL EDITION - APRIL 2020

DNG Airmen and soldiers support U.S. Army Corps of Engineers and DEMA in pandemic planning efforts



A team of the Delaware National Guard Airmen and Soldiers in partnership with the U.S. Army Corps of Engineers Philadelphia District, work with the Delaware Emergency Management Agency to provide support to the COVID-19 pandemic planning efforts, at the DEMA headquarters, Smyrna, Del., March 27, 2020.



The team's mission, in support of the Federal Emergency Management Agency and Delaware, is part of a nationwide federal, state and local effort to respond to the public health emergency. The Delaware National Guard supporting team members include U.S. Army Lt. Col. Timothy Drake, Capt. Chelsea Schellinger, Capt. Joseph Kupina and U.S. Air Guard 1st Lt. Tyrell Hargrove. (U.S. Army National Guard Photos by Sgt. Laura Michael.)



...And *that's* the DANG Truth!