



Remaining Resilient

2 Apr 2020

Information and Resources From Your Patrick Cape Helping Agencies

COVID-19 Self-Quarantine Helpful Food Tips

Have a 14 day supply of shelf stable food per person. Tuna packs, canned chicken and tuna, canned vegetables and fruits, granola/protein bars, nuts/seeds, dried fruit, whole grain cereals.



Remember to have foods on hand in case of illness. Have a supply of sports drinks or Pedialyte and easy to eat foods like broths, soups, pudding, and jello cups.

Check out these immune boosting foods/recipes:

<https://www.eatright.org/health/wellness/preventing-illness/support-your-health-with-nutrition>

To decrease boredom while stuck inside why not try your hand in the kitchen preparing a new meal?



You may find you enjoy cooking when you have a little more leisure time. Use the internet for ideas or dust off that old cookbook and make a plan for your meals!

Try out the latest MyPlate app: <https://www.choosemyplate.gov/startsimpleapp> for additional support.

Did You Know?

Safe Helpline is:

- Anonymous
- Confidential
- Secure
- Worldwide
- Available 24/7/365

Safe Helpline 877-995-5247
SafeHelpline.org

Local Safe HelpRoom

Local Safe HelpRoom is an online peer-to-peer group chat service that connects sexual assault survivors on Patrick-Cape or in our local area with one another to share information and provide support. D-SAACP-certified SARCs host virtual sessions on base. The SARC ensures the protection of anonymity and confidentiality throughout the chat. Sessions can have different topics and audiences, and are hosted at any time we choose. If you would like to learn more about Local Safe HelpRoom, please visit safehelpline.org/lshr. Local Safe HelpRoom was adapted from Safe Helpline's 24/7 online peer-to-peer group chat service moderated by Safe Helpline staff.

The Patrick SARC will moderate a recurring group chat every Mon, Wed and Fri from **1300-1400** until further notice. You can join at <https://lshr.safehelpline.org/chat/34-patrickafbsaprchat>

For more information, please contact the Patrick SARC at 45SW.SAPR.MAIL@US.AF.MIL or 494-4017.



Helpful Resources For Parents

School Liaison Office: For Active Duty, DoD Civilians and Families. Call 321-494-1991 or email susan.clark.8@us.af.mil
Facebook @PatrickCYES.SLO

Library: Open to Base Community. Use your PAFB Library Card can access online & digital educational fun resources
For additional educational & fun resources, visit the library's Facebook group, Friends of the Patrick AFB Library. Go to GopatrickFL.com/library.html on a computer then Click on "search Our Catalog"

Teacher Podcasts: https://www.coolcatteacher.com/16-free-resources-for-schools-who-are-closing-due-to-coronavirus/?fbclid=IwAR3sMx5F2CUWfb_HI_DIV-y2RZb_cbRLss50lGrk57lZovn2BXl1zvej5Qw

Fun Things To Do:

<https://www.getepic.com/> - Epic! is the Leading Digital Library for Kids 12 & Under

<https://www.readworks.org/> - FREE content, curriculum, and tools to power teaching and learning from Kindergarten to 12th Grade

<https://xtramath.org/#/home/index> - a free program that helps students' master addition, subtraction, multiplication, and division facts.

<https://www.freckle.com/> - kid-friendly, adaptive lessons to build foundational skills

<https://www.mobymax.com/> - helps struggling learners quickly catch up to grade level and closes learning gaps

<https://www.gonoodle.com/> - engages 14 million kids every month with movement and mindfulness videos created by child development experts

<https://www.cosmickids.com/> - it's fun and great for balance, strength and confidence

<https://code.org/> - a nonprofit dedicated to expanding access to computer science in schools

Stay calm: The uncertainty surrounding COVID-19 can increase the stress on your family. Focus on what you can control by employing some of the following strategies:

Lead by example. Your kids are watching how you handle the quarantine and they will pick up on your stress. Do your best to model healthy ways to handle stress by using coping skills when you feel stress building up.

Limit exposure to news sources. Reduce your anxiety by setting daily limits on the time you watch or read the news. Start with 10 minutes a day, and adjust depending on what works for you. Follow these stress relief tips throughout the day and share them with your family.

Keep your children informed. Ask your children what they know about the coronavirus and what they are concerned about. Talk with your children about coronavirus and provide age-appropriate, reliable information to clear up any misunderstandings they may have. Help them focus on the positive.

Engage in relaxation techniques. Find a quiet place at home, get comfortable and try this Chill Drill designed specifically for service members and families.

Stick to a schedule. Structure can bring you a sense of calm and certainty during this uncertain time.

Stay connected: Family, friends and your military community can provide support and strength at times like this. Consider these ideas to stay connected while keeping your distance.

Remain in touch with family and friends. Schedule time to connect with family and friends through virtual coffee dates or dinner parties or casual catch-up sessions using video chat apps or phone calls. Bring back the art of handwritten letters and include the kids, perhaps showing off their artwork. You'll brighten peoples' day with mail from your family.

Flex your muscles together. Exercise is a huge stress reducer. Engage the family in a game of tag or by taking turns creating balance challenges and scoring it like the game of H-O-R-S-E in basketball.

Create an obstacle course in the house or yard and time each other as you run, walk, crab walk, walk backward, or skip through the course. Be creative. Go on a 'Simon Says' walk around the house or yard and take turns being the leader.

Use your military community resources. If finances are causing you stress, review your options on Military OneSource. There are different relief organizations that may be able to address your specific situation.

Read together. Couch cuddles while reading to your kids can build great memories. You can also use reading as quiet time. Something you all do from separate rooms to give you space to relax. Use your Morale, Welfare and Recreation Digital Library for video books that read to kids, or eBooks for older kids and adults.

Make dinner a group effort. Connect with kids by having them help with planning and cooking dinner as well as setting and clearing the table and doing the dishes. Doing these activities together teaches them life skills and, more importantly, creates a space for them to talk about whatever is on their minds. They tend to talk more when doing tasks beside you versus talking face to face.

Military families tend to be resilient. Keep reaching toward your family and military community for support and know that Military OneSource is always here to serve and support you.

Stay current: Stay up to date on all the latest information on COVID-19. Select legitimate sources that provide facts and not escalating drama.

Visit [Defense.gov](https://www.defense.gov).

Follow Military OneSource's Facebook, Twitter and Instagram platforms.

Continue to visit the [Coronavirus Information for Our Military Community](#) page for updates.

Check [Move.mil](https://www.move.mil) for PCS-related updates.