



## Resources for Veterans and Military Families and Community Members During COVID-19 Crisis

### Webinars and Podcasts

**April 3 - [Building Resiliency to Isolation & Loneliness: How to Increase Our Resiliency During the COVID-19 Crisis](#)**, 2:15 PM ET / 11:15 AM PT. As our communities face the growing impacts of COVID-19, it's natural for many people to become trapped in thought patterns of fear and helplessness. It's especially difficult when we can't spend time with our support system or use our typical coping strategies. In times like this, we rely on our resiliency skills to adapt the best we can.

This webinar will discuss the crisis we face physically, cognitively, and emotionally in the time of COVID-19. Participants will:

- Learn how crisis situations, loneliness, and isolation impact us as individuals
- Explore where resiliency comes from
- Learn practical and achievable ways to increase your resiliency

**April 3 – Q&A on Federal Stimulus Package, 1:30-3pm.** Webcast via Zoom. **Click [here to register](#)** . Last week, Congress passed the massive Coronavirus Aid, Relief and Economic Security Act (CARES Act) late on March 27, 2020. The stimulus bill — by far the largest ever passed— comes with a price tag equivalent to 9% of the nation's gross domestic product and is meant to provide direct financial aid to help individuals, hospitals and businesses. The \$2 trillion package contains many significant tax-saving provisions that impact both individuals and businesses and which may affect prior tax years and while hopefully creating needed cash-flow. While this is great sigh of relief for many business, there are also many questions as well. Join the Howard County Chamber for discussion on this important legislation and what it mean for small business.

**April 3 – [Fort Meade Town Hall](#)** on Facebook, 5:30pm

**April 6 - [How Your Nonprofit Can Utilize the Paycheck Protection Program \(PPP\)](#)**, 2-3pm by MD Nonprofits

**April 7 – [Managing the Financial Impact of COVID-19](#), 3-4pm ET.** During this in-depth town hall discussion, hear from industry experts—relief societies and financial providers—on essential resources available to service members in an effort to help families navigate the COVID-19 environment and ensure financial security.

**April 9 – [The Impact of COVID-10 on Service Member Transition and Separation](#).** 3-4pm. The COVID-19 outbreak has created increasing uncertainty for everyone—including transitioning service members. Soldiers who decided to separate from the military are now facing a job market that is challenging at best. During this dynamic discussion, hear from financial support institutions, transition experts, and Department of Defense representatives who will share potential policy changes as well as resources available to reduce financial insecurity surrounding transition.

**April 9 and Every Thursday, 8:00 PM EST - Virtual Support Meeting Tonight for Addiction & Mental Health Professionals.** Please join Jen Dorsey, Mallorie Schwartzman and Zach Snitzer for our first Virtual Support Meeting. This offering is open to any professional working in the addiction and mental health field. Come as you are. Bring your authentic self. And let's help each other, so that we may help our patients and clients.

- 1-hour Virtual Support Meeting for Addiction and Mental Health Professionals.
  - Intro, Guided Meditation by Lisa Manning CST. ([Advancedhealingart@gmail.com](mailto:Advancedhealingart@gmail.com))
- Open Discussion, Q&A

Join Zoom Meeting: <https://zoom.us/j/738288807>

Meeting ID: 738 288 807 by MD Addiction Recovery Center and Kolmac Outpatient Center

## **Jobs for Veterans**

Aldi - <https://careers.aldi.us/>

'Amazon - [www.amazon.com/jobsnow](http://www.amazon.com/jobsnow)

Chimes - [www.chimes.org/](http://www.chimes.org/)

[Allied Universal](https://jobs.aus.com/) - <https://jobs.aus.com/>.

Costco - <https://www.costco.com/jobs.html>

[Baltimore City Police Dept](mailto:msaywack@baltimorecountymd.gov) - [msaywack@baltimorecountymd.gov](mailto:msaywack@baltimorecountymd.gov)

[Job Openings in the area](#)

The Walter Reed National Navy Medical Center in Bethesda has immediate need for:

**High Voltage Electrician**

Incumbent must have a thorough knowledge of high voltage electrical principles, elements and systems operations. Ability to determine types and sizes of wire, conduit, transformers, etc. Knowledge of the complete primary distribution system, e.g., routing parallel feeders, interconnections, capacity of lines and equipment. Knowledge of electrical theory such as power factor, transformers, series, and parallel circuits, line loading, line losses and dielectric or conductive properties of materials. Ability to interpret wiring diagrams and perform troubleshooting techniques. Skill in the use of a wide variety of test equipment and tools associated with the trade, e.g., amp meters, voltmeters, meggers, screwdrivers, pliers, etc. Knowledge of safety procedures of high voltage work in accordance with OSHA regulations, including what equipment to use when working on live circuits.

### **Utility System Repairer Operator (USRO)**

Incumbent performs a mix of work involving Boiler Plant Operations and Boiler Plant Equipment Maintenance. When operating a plant, the incumbent operates dual fuel power boilers and auxiliary equipment. Also performs operational maintenance of boilers, chillers and auxiliaries to include regular cleaning and lubrication. Cleans boilers, chillers, auxiliaries, and cooling towers. Operates various types of air conditioning and cooling systems. Starts, stops and adjusts equipment, regulates refrigerant, water temperatures and pressures by manipulating appropriate switches, valves and levers, steam or high temperature water boiler plant which requires continuous attention. The incumbent also performs operational maintenance and repair on the boiler plant equipment. When not operating a boiler plant, the incumbent installs, maintains, repairs and modifies boiler plant equipment.

Maryland 3rd Class Stationary Engineer's License must be obtained within one year of hire date and remain active.

### **Plumber/Pipefitter**

Work requires application of full journeyman level knowledge of pipefitting trade and theory and practices. The incumbent must have knowledge of various pipe compositions and be able to distinguish among them. Must know what types of gasket material are to be used in various systems. They must be able to interpret and apply plans and blueprints and use shop mathematics to lay out angles and arcs, determined placement and elevation of piping systems and must be able to determine pipe, joint and valve sizes needed to support system pressure. They must be able to operate such tools and devices as threaders, cutters, grinders, flaring and brazing equipment, micrometers, calipers, templates, various power tools, and hand tools.

Points of contact:

Mark Baugh

Utilities Branch Manager

Naval Support Activity Bethesda

301-295-6425, mark.baugh@navy.mil

Nick Friedewald  
Boiler Plant Operator Supervisor  
Naval Support Activity Bethesda  
301-295-2137, frederick.friedewald@navy.mil

## **How do I file for unemployment insurance?**

For information about Unemployment Insurance, visit  
<https://www.dllr.state.md.us/employment/uicovidawfags.shtml>

If you are laid off from work temporarily or if your hours are reduced due to COVID-19, you may be able to receive unemployment benefits. You can apply for unemployment insurance benefits online at <https://secure-2.dllr.state.md.us/NetClaims/Welcome.aspx>. or by phone between 7:30 a.m. - 3:30 p.m., Monday through Friday, at 410-949-0022 or 800-827-4839.

## **Frequently Asked Questions Exemption from the Weekly Work Search Requirement - Unemployment Insurance**

1. Am I required to search for work during this state of emergency?

The Maryland Secretary of Labor has ordered, effective March 20th, 2020, a ten (10) week exemption from the requirement that claimants actively seek work every week in order to be eligible for benefits. Labor is waiving the work search requirements for all current and new unemployment insurance benefit recipients. This exemption will be in effect during the state of emergency. Individuals who apply for unemployment insurance benefits up to thirty (30) days after the end of the state of emergency will be exempt from the requirement.

Claimants who are selected to participate in a federally-required reemployment workshop during this period will be required to complete a one-on-one telephone session with a Re-Employment Services and Eligibility Assessment (RESEA) facilitator to develop an individual reemployment plan (IRP). The claimant will not be required to complete the activities detailed in their IRP until the state of emergency has been lifted.

2. I began receiving benefits before the order exempting the work search requirement was issued. Do I have to perform a work search each week?

If you are currently receiving unemployment insurance benefits, you will be exempted from completing the weekly work search requirement for ten (10) weeks, beginning the week of March 20th, 2020.

3. I have been selected to participate in a reemployment workshop. Am I exempt from participating in the workshop during the state of emergency?

If you are selected to participate in a reemployment workshop during the state of emergency, you will be scheduled to complete a one-on-one telephone session with a

Re-Employment Services and Eligibility Assessment (RESEA) facilitator. During the one-on-one telephone session, you will work with the RESEA facilitator to develop an individual reemployment plan (IRP). However, you will not be required to complete the activities detailed in your IRP until the state of emergency has been lifted.

4. Although I am not required to search for work during the state of emergency, are there steps that I can take to increase my likelihood of getting reemployed once the labor market improves?

Yes! The Division of Unemployment Insurance encourages you to complete any of the activities listed below which can be done online at the Maryland Workforce Exchange. By completing these activities, you can maintain and increase your skills and training and position yourself to be hired quickly when the labor market stabilizes and businesses are hiring again.

Self-Service Reemployment Activities that you can perform virtually in MWE-REX:

1. Self-Service Labor Market Research
2. Skills Self-Assessment
3. Outside Web-Linked Job Referral (e.g., Career Builder, Indeed, LinkedIn)
4. Networking Events conducted in REX
5. Completion of Training Courses in ALISON-REX
6. Attending a Calendar Event posted in MWE-REX
7. Virtual Recruiter
8. Register for Work with a Private Employment Agency or Placement Facility of a School, College, or University

“**HoCo Food Go**” is [available online and via mobile device](#) and allows customers to see an overview of restaurants, including their website, phone, hours and location. To date, 94 restaurants provided information for inclusion. If you would like your restaurant listed, please be sure to complete this [online form](#).

### [Podcasts by Prescott HR](#)

**Episode 7 : Coronavirus: Leading Through Crisis (Part 1)** - Guest: Ayesha Adams, PHR, SHRM-CP – Sr. Human Resources Professional

*The Coronavirus crisis has caused many businesses to make quick and difficult decisions. How do leaders manage this new landscape? How do organizations shift to remote work and set reasonable goals and expectations? What role does HR play in*

*the business continuity planning and communication with employees? We will discuss this and related topics...and of course we talk about cocktails.*

### **Episode 6 : Working with Temporary Staffing Agencies: What you need to know -**

Guest – Dana Baughns, Vice President and General Counsel of Aerotek

*When working with temporary employees, many organizations have questions. What is coemployment? How can I avoid it? Do all employment requirements apply to temps? Ughh! Using a temp agency should be easy. In this episode we tackle these questions and others as we explore how businesses can work successfully with temp agencies. And...of course we talk about cocktails.*

### **Episode 5 : Is Training Different Than Professional Development? -**

Guest – Keith Daw, McDonnell Consulting Group

*Many of us use training and professional development interchangeably, but..are they the same? In this episode, we will explore the differences between training and professional development and how organizations can use each to impact their employees.*

### **Episode 4 : 2020 Trends In Employment Law -**

Guest – Cheryl Brown, Esq., Attorney with Davis, Agnor, Rappaport & Skalny

*It's a New Year and a new legislative session. There are several new employment laws that have gone into effect and many more on the horizon. In this episode, we address trends across the country and the impact to businesses. In addition, we discuss advocacy and how business owners can get involved. And of course...we talk about cocktails!*

### **Episode 3 : Do I need an attorney? An HR Pro? or Both? -**

Guest – Cheryl Brown, Esq., Attorney with Davis, Agnor, Rappaport & Skalny

*Many business owners and executives believe they only need one: a lawyer or an HR professional to manage their employment-related issues. But is that the case? What is the difference between an employment attorney and an HR Consultant? Do you really need both? This episode explores these questions.*

### **Episode 2 : Do Non-Profits Need HR? -**

Guest – Traci Kodeck, CEO of Healthcare Access Maryland

*The leaders of non-profits are often passionate and highly skilled. But, they are generally stretched too thin with heavy workloads and have little time for dealing with staff problems when they arise. With thin margins and high stakeholder demands, do non-profits really need HR?*

### **Episode 1 : What is Outsourced HR? -**

Guest – Valerie Dzbynski

*As a business owner or executive, have you thought your organization needed more support in Human Resources? But you don't need a full-time HR professional? You can just let the Office Manager handle it, right? No, the CFO. No, no, the COO. We will discuss the necessity for organizations of all sizes to have access to a trained HR professional...and we have fun while doing it*

**Armed Services Arts Partnership** - helps integrate veterans, service members, and military families into their communities through the arts.

- **online workshops** to veterans nationwide.
- Next week, ASAP comedians will host our first-ever **live-streamed performance**.

**Governor's Senior Call Check** is 1-866-502-4325. The state is sponsoring this program. Seniors can receive a daily call.

**Aging-In-Place Tax Credit Available For Residents** - this tax credit is designed to assist older adults to "age in place" by providing a 20 percent credit on up to \$500,000 of assessed property value. For information on eligibility and to apply, click [here](#). Applications will be accepted until **May 1**.

## Wellness Resources

### [National Alliance for Mental Illness HelpLine Coronavirus Information and Resources Guide](#)

[Blue Star Families](#) - Here are four membership-based subscriptions that you can use from home. All of which are **complimentary** to you as a valued Blue Star Families member:

- **Caribu (\$59.99 Value)** - Scheduling Caribu video calls with loved ones to read, color, or play games together can help ease the isolation blues. Stay connected to friends and family by registering [here](#).
- **Thrive Market (\$59.95 Value)** - Using Thrive Market to fuel your family can help you access healthy and affordable food without leaving the house. Secure your membership [here](#).
- **Headspace (\$95.88 Value)** - Meditating with Headspace can help with anxiety, stress, focus, and sleep during uncertain times. Subscribe and get started [here](#).
- **Tinkergarten (Keeping your kids entertained? Priceless!)** - Incorporating DIY activities into your daily routine can help your littles (and you!) stay focused and lower anxiety. Subscribe to receive weekly activities in your inbox [here](#).
- **P.S. Don't let Coronavirus hinder your Easter festivities!** Hop on over to [Munson's Chocolates](#) and get your camo painted bunny shipped to your door in

time for Easter. For orders over \$40 use code BLUESTARCAMO for \$5 flat rate ground shipping. A portion of all sales will be donated to support Blue Star Families like yours.

[Premier Health Express](#) offers telemedicine and curbside prescription pickup. Open 10am-10pm on thru Sat. Columbia, MD.

### **Mental Health Providers for Military and Veteran-connected Families**

During the extraordinary challenges our community faces in the fight against Covid-19, we know that resources can be hard to find. ServingTogether is committed to serving you, building resiliency, and increasing capacity for our Veterans, Active Duty, Guard, Reserve, Spouses, Caregivers, Survivors, MilKids, and MilFamilies. We are especially passionate about connecting you to resources that promote mental health and well-being. Our parent organization, EveryMind, has been a mental health provider for youth, families, adults, and the homeless population in the region for over 50 years. As one of 17 AmericaServes coordination centers for IVMF, we can help you get connected to resources across the nation.

We understand the stress and difficulties you are facing. We want to make it easier for you to navigate our ever-changing public service landscape.

You may be asking yourself: Which organizations are open? For what resources do I or does my client qualify? What if I need access to a range of care?

ServingTogether Peer Navigators are available Monday - Friday 9:00 am - 4:30 pm. We continue to work remotely and to utilize the UniteUs platform to conduct intakes and make curated referrals to providers in your communities.

Our Peer Navigators can be reached at 301-738-7176 or you can fill out a Get Assistance Form at [www.servingtogetherproject.org](http://www.servingtogetherproject.org)

<https://myemail.constantcontact.com/Parent-Pages--Mid-March-2020.html?soid=1125003728366&aid=zUF24HhQpv8>

### **Talking to your student about COVID-19**

National Association of School Psychologists

Talking to Children About COVID-19 (Coronavirus): A Parent Resource

[https://www.nasponline.org/resources-and-publications/resources-and-podcasts/school-climate-safety-and-crisis/health-crisis-resources/talking-to-children-about-covid-19-\(coronavirus\)-a-parent-resource](https://www.nasponline.org/resources-and-publications/resources-and-podcasts/school-climate-safety-and-crisis/health-crisis-resources/talking-to-children-about-covid-19-(coronavirus)-a-parent-resource)

### **Coping with stress**

The National Child Traumatic Stress Network



Parent/Caregiver Guide to Helping Families Cope With the Coronavirus Disease 2019 (COVID-19)

<https://www.howardcountymd.gov/LinkClick.aspx?fileticket=ki8L2ahS-yE%3d&portalid=0>

### **Tips on taking care of your behavioral (mental) health**

Substance Abuse and Mental Health Services Administration

Taking Care of Your Behavioral Health: Tips For Social Distancing, Quarantine, And Isolation During An Infectious Disease Outbreak

<https://www.samhsa.gov/sites/default/files/tips-social-distancing-quarantine-isolation-031620.pdf>

### **Teen tips for protecting mental health**

UNICEF\*

How teenagers can protect their mental health during coronavirus (COVID-19)

<https://www.unicef.org/coronavirus/how-teenagers-can-protect-their-mental-health-during-coronavirus-covid-19>

HCPSS website providing general information and resources

HCPSS Coronavirus website

<https://www.hcpss.org/health/coronavirus/>

### **[USVA Newsletter](#)**

### **[Blue Star Families Newsletter](#)**

**Business and Commerce Resources** – <http://www.hceda.org/coronavirus/business-and-commerce/>

### **Community Action Council**

**Food Assistance** - Howard County Food Bank remains open and is providing prepared bags of food 5 times a week. Visit [here](#) for more info.

**Energy and Weatherization Assistance** - While BGE is not currently issuing turn-offs, applications for assistance should still be submitted [online](#).

**Housing Assistance** -Governor Hogan has prohibited evictions, but applications for assistance should still continue to be submitted [here](#) and documents should be emailed to [Beth Stein](#).

**Education Assistance** -Head Start centers are closed until March 27th. Program applications can still be submitted to [Sherry Elswick](#).

For a full update on our evolving response, [click here](#).

[Neighbor Ride](#) – local nonprofit delivering food to shut-in seniors and Head Start families

[PSA Safe Grocery Shopping Video](#)

## **Donations for Families in Need**

[HoCoRespond.com](#) - The [Community Foundation of Howard County](#), [Horizon Foundation](#), [United Way of Central Maryland](#) and [Women's Giving Circle of Howard County](#) are working together to assess where assistance may be needed, accept donations and provide funding to assist Howard County nonprofits on the frontline of support, focusing on assisting with food security, housing, childcare and healthcare.

## **Childcare for Essential Personnel**

Any Howard County resident or employee of Howard County essential business whose employment falls into one of the following categories is eligible for this program:

- Public health employees;
- Law enforcement personnel;
- Correctional services employees;
- Firefighters and other first responders;
- Government employees required to work during the state of emergency or catastrophic health emergency;
- Employees and representatives of insurance carriers, and those authorized by the Maryland Insurance Administration to engage in the business of insurance;
- National Guard personnel called to active duty;
- Staff and providers of child care or education services, including custodial staff and food service providers;
- Food distributors and suppliers, including food and supply services or distribution personnel;
- Transportation and delivery services personnel;
- Gasoline service station operators and automobile repair mechanics;
- Critical infrastructure employees, including emergency support personnel for gas and electric utility operations, public works, water treatment, and waste management
- Personnel of other institutions ordered to remain open during the declared state of emergency and catastrophic health emergency;
- Such other persons as the State Superintendent of Schools may designate in one or more orders as Essential Persons.

If you are eligible, you may contact approved providers that are [listed online](#). Registration will also include completing the following forms:

- [Family Enrollment Application](#)
- [Health History Form](#)
- [Medication Administration Authorization Form](#)
- [Emergency Form](#)

DCRS is working to ensure parents and families have accurate information on approved providers, including their operating hours and availability. DCRS will update daily their [directory of available providers](#) as more become approved. If you need assistance navigating eligibility, registration or placement, please contact DCRS by calling 410-313-2273 or email [children@howardcountymd.gov](mailto:children@howardcountymd.gov).