



# USAG-HUMPHREYS DHR/ASAP EMPLOYEE ASSISTANCE PROGRAM COPING WITH COVID-19

Special Newsletter: Coping with COVID-19 Social Distancing and Sheltering in Place

May 2020

## “MOCKTAILS” ANYONE?

We hope that everyone has been able to stick to some type of a routine at this point. We understand that the effect of the COVID-19 outbreak has caused changes to our everyday lives and for some challenges. Let's continue to find ways support one another, our community, but most importantly take care of ourselves!

### “DIFFERENT APPROACH TO RESPONSIBLE DRINKING”



The Inquirer reports that off premises sales of alcohol has spiked nationwide as stay-at-home orders were signed by mayors and governors. We are seeing the same things happening around military bases where sales of alcohol have increased, so much so that there has been a limit to how much can be purchased throughout the week.

There has been a new and creative way for friends and family members to get together for “happy hour.” Zoom has been the up and coming social network system for an effort to maintaining a social life. However, whether it

### HERE ARE SOME LOW-RISK DRINKING GUIDELINES WHILE SOCIAL DISTANCING







is to destress from the pandemic happening around us, or the cause of the Zoom happy hour, we should all take into consideration just how much more alcohol we are consuming each day, week, and month. Then consider the long-term health impacts.

#### What's a "standard" drink?

Many people are surprised to learn what counts as a “standard” drink. In the United States, a standard drink is any drink that contains about 0.6 fluid ounces or 14 grams of pure alcohol (also known as an alcoholic drink-equivalent; see table on page 2). Although the drinks pictured here are different sizes, each contains approximately the same amount of alcohol and counts as one U.S. standard drink or one alcoholic drink-equivalent.

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# WHAT'S A STANDARD DRINK?

12 fl oz of regular beer	8-9 fl oz of malt liquor (shown in a 12-oz glass)	5 fl oz of table wine	3-4 fl oz of fortified wine (such as sherry or port;)	2-3 fl oz of cordial, liqueur, or aperitif (2.5 oz shown)	1.5 fl oz of brandy or cognac (a single jigger or shot)
					
about 5% alcohol	about 7% alcohol	about 12% alcohol	about 17% alcohol	about 24% alcohol	about 40% alcohol

No more than 14 drinks (male) 7 (female) standard drinks in a week to avoid health and other alcohol related problems.

*Mocktails Anyone?, continued from page 1*

Each beverage portrayed above represents one U.S. standard drink (also known as an alcoholic drink-equivalent). The percent of pure alcohol, expressed here as alcohol by volume (alcohol), varies within and across beverage types. The examples above serve as a starting point for compar-

ison. For different types of beer, wine, or malt liquor, the alcohol content can vary greatly. Some differences are smaller than you might expect, however. Many light beers, for example, have almost as much alcohol as regular beer—about 85 percent as much, or 4.2 percent versus 5.0 percent alcohol by volume (alcohol), on average.

## LOW RISK DRINKING GUIDELINES 0-1-2-3 MODEL

0	Abstinence for those enrolled in a treatment program, individuals under 21, individual with an alcohol use disorder diagnosis, during duty day, pregnant, driving, operating machinery, etc.
1	No more than one standard drink per hour
2	No more than two standard drink (male) <b>one (female)</b> <u>if drinking everyday.</u>
3	No more than three standard drinks per day if person does not drink daily. <b>* Note: One cannot save up to exceed the 3 standard drinks in one day for a binge.</b>

# Try These Great Mocktail Recipes

## Virgin Piña Colada

By EMILY HLAVAC GREEN



Sit back and sip those cares away with a non-alcoholic piña colada that's basically a tropical milkshake. It's creamy, tart, and sweet and just what the doctor ordered. One drink and you'll be hooked.

YIELDS: 2 SERVINGS

PREP TIME: 10 MINS

### INGREDIENTS

- 1 (10-oz.) bag frozen pineapple chunks
- 4 large scoops of ice cream (about 1 cup)
- 1 c. coconut milk
- 1/2 c. pineapple juice
- Pineapple wedge, for serving
- Maraschino cherry, for serving

### DIRECTIONS

In a blender, blend together frozen pineapple, ice cream, coconut milk, and pineapple juice. Divide between glasses and garnish with a pineapple wedge and maraschino cherry.

Check out **17 additional delicious [mocktail drink recipes](#) at **SELF.COM**.**

## Pineapple-Mint Mojito



This is one mojito you can guzzle all day and night.

YIELDS: 1 SERVING

PREP TIME: 3 MINS

### INGREDIENTS

- 10 Fresh mint leaves, plus more for garnish
- 2 packets SLENDA® No Calorie Sweetener
- 1/4 c. pineapple juice
- 1 lime, juiced
- 1/2 c. club soda

### DIRECTIONS

In a cocktail shaker, muddle mint leaves with SLENDA® No Calorie Sweetener. Add pineapple juice, lime juice, and ice and shake vigorously for 15 seconds. Strain into a tall glass filled with ice and top with club soda. Garnish with a sprig of mint.

# Here are some fresh, delicious dishes to prepare during your quarantine!

## Ground Turkey Enchilada Stir-Fry with Couscous



### Ingredients

1/2 cup whole wheat couscous  
1 pound lean ground turkey  
Salt and freshly ground black pepper  
1 teaspoon olive oil  
2 cups butternut squash, peeled, seeded and diced  
1 cup broccoli florets  
One 15-ounce can no-sodium-added black beans  
One 10-ounce can enchilada sauce  
1/2 cup salsa  
Suggested toppings: chopped fresh cilantro, diced avocado, shredded cheese, lime juice

### Directions

1. Pour 1/2 cup of water into a small saucepan and bring to a boil over high heat. Pour the couscous into the saucepan and stir

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## Healthy Curried Spaghetti Squash



### Recipe courtesy of Food Network Kitchen

### Ingredients

1 medium spaghetti squash (about 2 3/4 pounds)  
1 tablespoon olive oil or unsalted butter  
2 teaspoons finely grated ginger  
1 teaspoon garam masala  
2 tablespoons lemon juice  
4 teaspoons honey  
1/4 teaspoon kosher salt, plus more for seasoning  
1/2 cup coarsely chopped cilantro leaves

### Directions

Cut the squash in half lengthwise and scoop out the seeds. Place the cut-side down in a microwave-safe baking dish (the halves can overlap one another a bit) and add 1 cup water.

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# Recipe Continued From p. 4

Ground Turkey Enchilada Stir-Fry with Couscous, continued...

well. Turn off the heat, cover and let stand 5 minutes. Fluff with a fork and set aside.

2. Meanwhile, in a large skillet or wok, cook the ground turkey over medium heat, breaking it up with a wooden spoon, until cooked through and browned, about 5 minutes. Sprinkle with some salt and pepper. Transfer to

a bowl and set aside. Drain the excess fat and wipe the pan clean.

Heat the oil in the same pan over high heat, then add the squash and cook, stirring occasionally, until browned and softened, 8 to 10

minutes. Add the broccoli and cook, 3 to 5 minutes more. Add the turkey, beans, enchilada sauce and salsa and stir until all the ingredients are well combined.

3. Serve with the couscous and top with suggested toppings as desired.



Healthy Curried Spaghetti Squash, continued...

Cover with plastic wrap and microwave until very tender and a knife easily pierces the skin of the squash, 15 to 18 minutes. Let stand 5 minutes. Carefully uncover and let stand until cool enough to handle but still warm.

Meanwhile, heat the oil in a small non-stick skillet. Add the ginger and garam masala until fragrant. Stir in the lemon

juice and honey. Season with the salt. The sauce should be sweet and sour.

Scrape the flesh of the squash into a bowl, using a fork, to make long noodle-like strands. Toss with the sauce and cilantro. Season with additional salt.

## Nutritional Information

Calories: 140 Fat: 5 grams Saturated Fat: 1 gram Protein: 2 grams Carbohydrates: 26 grams Sugar: 6 grams Fiber: 0 grams Cholesterol: 0 milligrams Sodium: 170 milligrams.

**Looking for even more delicious recipes to cook during these quarantine times. Check out the [Food Network Instagram Feed](#).**





## ARTS AND CRAFTS TO KEEP YOUR LITTLE ONES BUSY

### Glow-in-the-Dark Jellyfish Craft



#### Materials

- heavy-weight paper bowls
- white yarn
- glow-in-the-dark acrylic paint (we used FolkArt and Martha Stewart brands)
- paint brushes and painting supplies
- scissors
- zipper sandwich bags
- skewer or sharp pencil

#### Directions

Paint the bowl inside and out. Use

two or more coats of paint for a brighter "glow".

For the tentacles, cut 10 - 12 pieces of yarn approximately 36 inches in length. Place them in a zipper sandwich bag with several squirts of glow paint and seal the bag.

Squish! Squish! Squish! until the yarn is completely covered, adding more paint if necessary. If the paint is too thick, add a little water to the bag.

Hang the yarn to dry. At the center of the bowl, punch two holes about 0.5 inch apart using a skewer or sharp pencil.

Cut a piece of yarn approximately 40 inches long. Thread it through the two holes so that both ends come out the bottom of the bowl.

From the inside of the bowl, pull the yarn up to form a small loop. Thread the tentacles through and roughly center them under the loop.

Flip the bowl, pull the yarn taut and tie a double knot.

Back on the inside, grasp the tentacles as one bunch and tie a single knot.

The frilly appendages flanking the mouths of some types of jellyfish are called oral arms. To recreate these, unravel a few pieces of yarn that hang close to the center of the bunch.

Charge your jellyfish creation in bright light for at least 30 minutes. Turn out the lights and enjoy its luminous glow!

# The Virtual Fitness Center

## FREE WORKOUT ROUTINES

1. **Check out FITNESS BLENDER** at <https://www.fitnessblender.com/videos>.

Daniel and Kelli are the husband and wife team behind Fitness Blender, a site that offers a huge selection of full-length videos that allow you to exercise at home without equipment. Here you will find fat-burning workouts, kickboxing routines, total body strength training, workouts for boosting metabolism, stretching sequences, and more.

If you have Facebook, go checkout their page.



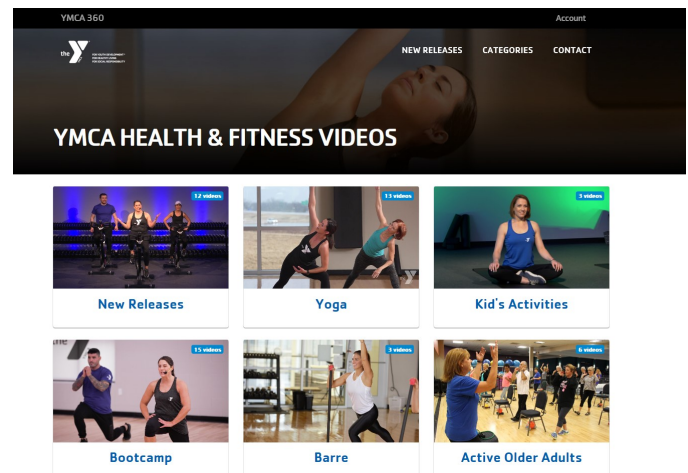
**THE YMCA (YES, THAT YMCA) OFFERS FREE FITNESS VIDEOS AT YMCA 360. YMCA 360 PROVIDES ON-DEMAND CLASSES THAT ARE NOW AVAILABLE. YOUR YMCA IS ALWAYS OPEN.**

According to their website: “During this time of uncertainty, the Y is here for you. The Y continues to be your support for health and wellbeing, wherever you are. Regular exercise is one component of a healthy lifestyle that can help



## PLANET FITNESS

One of the country’s largest gym chains is offering free home “work-ins” on Facebook Live daily at 5 p.m. MDT. Previously streamed workouts are available on the Facebook page. Workouts are open to anyone, including those who aren’t Planet Fitness members, and typically last around half an hour.



reduce stress and prevent illness.

If you are unable to join us at one of our facilities, we have a variety of at-home exercise options for members to use called **YMCA 360**.”

# Local Resources

## Behavioral Health

- 0503-337-5668/ DSN 737-5668 (available to conduct sessions on ZOOM & WHATSAPP)

## Substance Use Disorder Clinical Care (SUDCC)

- DSN: 737-5840 (available for Zoom & WhatsApp sessions; please call for info)

## Employee Assistance Program Coordinator

- June Park [755-1086/](tel:755-1086)  
[june.h.park.civ@mail.mil](mailto:june.h.park.civ@mail.mil)

## Religious Support

- After hour emergency/weekend on call 010/9496-7445 and DSN 754-7270 for on call Chaplain

## Dial 911

- (ON POST DSN ONLY)

## Off Post

- 031-690-7911

## Family Advocacy Program

- DSN: 757-2365/6

## Domestic Violence Victim Advocate Emergency Services

- DV Hotline @ DSN 153 or 757-8913. [This hotline is manned 24/7](#)

## Sexual Assault Hotline

- On Post DSN: 158
- Off Post/Cellphone: 0503-363-5700



# Employee Assistance Program

\*EAP provides privacy and confidentiality, short-term counseling - brief solution focused problem solving, community referrals, and coordination with alcohol/drug treatment management consultations.

Also provides training and individual sessions focused on interpersonal work skills: such as Stress Management, Anger Management and Improving Workplace Relationships and groups such as, Informal Conflict Resolution and much more...

Eligibility: All DoD civilian employees; DoD contractors; NAF employees and Family members of active duty personnel.