



## **JBM-HH at FPCON**

### **Charlie**

The baseline force protection posture for the National Capital Region is increased to Force Protection Condition Charlie effective June 1 until further notice.

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## **JBM-HH continues HPCON Charlie**

Joint Base Myer-Henderson Hall is at Health Protection Condition Charlie, which means there is a sustained possibility of community transmission of COVID-19.

“Ensuring the health and safety of our Soldiers, Families and civilians is one of my greatest responsibilities,” said Joint Task Force-National Capital Region and U.S. Army Military District of Washington Commanding General Maj. Gen. Omar Jones IV. “We will continue to work with individual installations to make certain each post has capabilities to protect our people and mitigate the spread of the virus.”

As we deal with COVID-19, our priority on JBM-HH remains to protect the force, preserve readiness and mitigate the risk of transmission among personnel.

At JBM-HH, we will continue to monitor the situation with public health officials. Garrison and tenant activities remain focused on delivery of essential services to the community and support to mission essential personnel required for mission assurance and national response efforts.

**Depending upon any increase of the threat of transmission in the area, we may take the following actions.**

- Further cancellation of in-person gatherings — all commercial activities such as commissaries, exchange services must keep a distance of 6 feet between customers.
- Further reduction of garrison and tenant services — we are working to find ways to provide virtual services as much as possible.
- Further modification of commissary, AAFES and CYS hours and services — we will continue to focus on mitigating the risk of transmission as much as possible.

**People should take the following precautions.**

- Plan activities for Family members, especially children, in case you are restricted to your home for prolonged periods of time.
- Prepare for the potential of limited access to supplies and services, including restricted access to military installations.



# Pentagram

## A message to the community

On Thursday, a 72-year era ended when the last issue of the Pentagram was printed.

Originally published in 1949 as The Fort Myer Post, the newspaper served those who worked at or lived on any installation within the Military District of Washington, according to a look at Pentagram archives. This paper was published in Arlington, Virginia, and billed as an “independent newspaper” that was “published by D.J. Arone, a private individual, in no way connected with the Department of the Army,” according to one of the earliest editions published in January 1957. This was the true precursor to today’s Pentagram newspaper as it was published by a civilian contractor at no cost to readers; the advertising in today’s Pentagram similarly covers production costs. That means the paper is produced at no cost to the U.S. Government.

Later, the paper branched into two papers. The MDW Post, a monthly that ran from 1971 to at least 1975 (official archives of the paper from 1976 to 1983 are not available), replaced The Fort Myer Post because of both a change in leadership and “in accordance with the consolidation of the Military District of Washington,” according to an editorial note on the inside of the Jan. 26, 1971, edition of The Fort Myer Post.

Additionally, a second publication began publishing just a few years behind The Fort Myer Post: The Pentagram News. The paper was later published weekly every Thursday by another private entity, The Premier Publishing Company. The paper cost five cents per issue in 1957.

In 1983, the word “news” was dropped from the title and the rest is history.

Although technology has changed on we view and receive news, the Pentagram will transition from a printed newspaper to an online newspaper and provide the community with telling the Army story.

**The Pentagram is published online every Thursday at [home.army.mil/jbmhh](https://home.army.mil/jbmhh).**

## Rader clinic featured in next virtual town hall

JBM-HH hosts virtual town halls via Facebook once a week, with the next taking place Thursday, June 4. The town hall begins at 1 p.m. and will feature JBM-HH leaders and subject matter experts who will speak about what the installation is doing to mitigate the virus threat on base and among personnel. Joining in this week's town hall will be Navy Cmdr. Jeff Showalter, clinical psychologist and chief of behavioral health at Andrew Rader U.S. Army Health Clinic and the director of the JBM-HH Army Community Service, Dan Furlano.

All are invited to view the town hall online and questions are welcomed. Individuals may submit questions in advance on the JBM-HH Facebook page in the event discussion or via email to [usarmy.jbmhh.asa.list.pao-all@mail.mil](mailto:usarmy.jbmhh.asa.list.pao-all@mail.mil). On the day of the virtual town hall, the live feed can be viewed at the Facebook event page <https://www.facebook.com/jbmhh/videos/553619888633841/> or [www.facebook.com/jbmhh](https://www.facebook.com/jbmhh). Individuals do not need a Facebook account to view the town hall. Previous town halls can be viewed on the video section of the JBM-HH Facebook page.

On the next two pages are a variety of resources from Rader Clinic to the community at this time. The Rader Clinic regularly posts resources for the community on the Rader Clinic Facebook page at <https://www.facebook.com/raderclinic/>.



## Tobacco Cessation Counseling Andrew Rader USA Health Clinic



*Want to stop smoking?  
Chewing? Vaping?  
Dipping?*

### Who's Eligible:

- Active Duty, Retirees, and their Dependents

### How to enroll:

- Referral is **NOT** required
- Book **VIRTUAL** appointment by calling (833) 853-1392

### What to Expect:

- Counseling provided to identify triggers/alternatives
- Quit Aides are available during **INITIAL** appointment
- Quit Aides are **FREE**
- Follow up appointment 2-3 weeks following initial

POC: Dr. Sharwanda George  
(571) 248-1687-



### Services offered via phone and computer with a Health Educator

- Health Coaching: Sleep, Activity, Nutrition, Stress, Tobacco Use
- Calorie Budgeting
- Exercise Prescriptions for Home Workouts
- AWC Classes on Zoom

To Schedule an Online Session with a  
Health Educator

Call 301-677-2006

Email: [Shelby.L.Beattie2.ctr@mail.mil](mailto:Shelby.L.Beattie2.ctr@mail.mil)





June 2, 2020



# Andrew RADER US Army Health Clinic NEWS YOU CAN USE

ARMY MEDICINE...ARMY STRONG! ALWAYS READY!



## ALL Things COVID-19

- If you have been in close contact with someone that has tested positive for COVID-19 or if you have COVID-19 like symptoms (cough, fever, chills) remain at home and contact your Primary Care Manager. Outside Business Hours call the Nurse Advise Line (NAL) @ 1-800-874-2273, option 1. For Emergencies call 911.
- COVID-19 testing is being conducted at Rader Clinic in our outdoor screening/testing area for patients with active symptoms Monday-Friday 0730-1600.

\*\*\*SAFETY ALWAYS\*\*\*

Continue to use physical distancing, face coverings in public, wipe down surfaces, and wash your hands or use hand sanitizer frequently.

## Pharmacy, Laboratory & Radiology Operations

- Pharmacy Services are Drive-thru only- Hours of Operation 0730-1530.
- If you have questions or concerns about your prescriptions please call the pharmacy at 833-853-1392, option 3.
- To request prescription refills call 800-377-1723 or visit Tricare Online at <https://www.tricareonline.com/tol2> (Allow 72 hours for refills).
- Laboratory and Radiology (x-ray) services are available on a walk-in basis from 0730-1600.

**\*\*Rader and McNair Clinics will be CLOSED July 3<sup>rd</sup> 2020 for Independence Day Observation\*\***

## CLINIC SERVICES & Operations

- Rader Clinic is open Monday-Friday from 0730-1600. **ALL personnel entering the clinic will be screened and required to wear a face covering or mask.**
- Outside Business Hours call the Nurse Advise Line (NAL) @ 1-800-874-2273, option 1. For Emergencies call 911.
- Most appointments are currently being conducted using tele-medicine. Face-to-face visits are for required or urgent matters only. To schedule an appointment call 855-227-6331.
- Behavioral Health services available via virtual health and tele-medicine call 703-696-3456.
- SOLDIER READINESS CONTINUES! PHAs are being conducted virtually by your PCM. Complete part 1 of your PHA and call 855-227-6331 to schedule appointment.
- Army Wellness Center services available online to all beneficiaries. Schedule with [Shelby.I.beattie2.ctr@mail.mil](mailto:Shelby.I.beattie2.ctr@mail.mil) or speak to the health educator at 301-677-2006.
- Rader Dental Clinic is currently open for emergent care. Category 4 Dental appointments will resume 1 June. All other non-urgent services will resume at a later date. Call 703-696-3460 for the Dental Clinic.
- Fort McNair Clinic is open Monday and Wednesdays ONLY for Hearing and Basic Vision screening by appointment only. Call 855-227-6331.

**Please note during the COVID pandemic due to reduced staffing and increased safety measures you may experience increased wait times for face-to-face services.**



For the latest information and updates:

Join us on the JBM-HH Virtual Town Hall every Thursday at 1300 on Facebook

JBM-HH: <https://home.army.mil/jbmhh/index.php/teamJBMHH>; <https://www.facebook.com/jbmhh>

Rader Clinic: <https://rader.nrmc.amedd.army.mil/>; <https://business.facebook.com/raderclinic/>

Updated: 27 May 2020



**Fort Meade  
AWC  
ARMY WELLNESS CENTER**

**Online  
CLASSES**

Monday	Tuesday	Wednesday	Thursday	Friday
Fueling for Health	Stress Management	Upping Your	Stay Fit Home & Away	Meals in Minutes
Nutrition Basics	0800 to 0845	Metabolism	0800 to 0845	0800 to 0845
0800 to 0845		0800 to 0845		
Stress Management	Upping Your	Stay Fit Home & Away	ACFT Prep	Healthy Sleep Habits
1200 to 1245	Metabolism	1200 to 1245	Program Design	1200 to 1245
	1200 to 1245		1200 to 1245	
Upping Your	ACFT Prep	Meals in Minutes	Stress Management	Fueling for Health
Metabolism	Form	1415 to 1500	1415 to 1500	Nutrition Basics
1415 to 1500	1415 to 1500			1415 to 1500

**All AWC classes  
will be held on Zoom!**

To schedule either: \* Call 301-677-2006  
\* Email [shelby.i.beattie2.ctr@mail.mil](mailto:shelby.i.beattie2.ctr@mail.mil)  
\* Facebook Message



# MWR Food Survey

As Family and MWR considers changes and improvements for their food operations, it is important they hear from their members and customers. We ask for a few minutes of your time to complete their survey at

<https://www.surveymonkey.com/r/TGMT97R>.



## Preparing for hurricane season

The Atlantic hurricane season begins June 1. Now is a good time to dust off your hurricane “go kit” to make sure you have the things to you need to protect yourself and your loved ones from COVID-19 if you need to evacuate. In addition to the usual personal items, it is important to add in cloth face coverings, bar or liquid soap and hand sanitizer. For a comprehensive source of information, visit the CDC’s hurricane preparedness site at <https://go.usa.gov/xwYXS>.



## Stay Safe During a Hurricane



### Stay Informed

- ✓ Listen for emergency information and alerts.
- ✓ If told to evacuate by local officials, do so immediately.



### Dealing with the Weather

- ✓ Determine how best to protect yourself from high winds and flooding.
- ✓ Take refuge in a designated storm shelter, or an interior room for high winds.
- ✓ If trapped in a building by flooding, go to the highest level of the building. Do not climb into a closed attic. You may become trapped by rising flood water.
- ✓ Do not walk, swim, or drive through flood waters. Turn Around. Don't Drown! Just six inches of fast-moving water can knock you down, and one foot of moving water can sweep your vehicle away.
- ✓ Stay off bridges over fast-moving water.



### Personal Safety

- ✓ If you must go to a community or group shelter remember to follow the latest guidelines from the Centers for Disease Control and Prevention (CDC) for protecting yourself and family from COVID-19. **COVID-19**
- ✓ Be prepared to take cleaning items with you like soap, hand sanitizer, disinfecting wipes, or general household cleaning supplies to disinfect surfaces you may need to touch regularly. **COVID-19**
- ✓ Maintain at least 6 feet between you and persons not part of your immediate family while at the shelter [by avoiding crowds or gathering in groups] as much as possible. **COVID-19**
- ✓ Anyone over 2 years old should use a cloth face covering while at these facilities. **COVID-19**
- ✓ Only use generators outdoors and away from windows.

## **Marine Corps Exchange** **new hours and at-risk** **shopper program**

The Marine Corps Exchange announced new store hours of 10 a.m. to 6 p.m. daily, to include the Vineyard. All three levels are open.

The MCX has started an early-bird program for shoppers in the at-risk population demographic. At-risk customers can shop on Tuesday and Thursday from 9 to 10 a.m. before the general public is granted entry into the store. The MCX continues to maintain safety requirements including social distancing, use of face coverings, daily cleaning protocols, Plexiglas protectors at registers, and sanitation stations at entrances and elevators. The use of fitting rooms and trying on of shoes is temporarily prohibited. There may be purchase limits on high demand items.

MCX stores will not accept exchanges and returns until July 1. Purchases prior to and during this suspension period will be accepted for return or exchange from July 2 to 22. The store is currently no longer accepting cash payment as an option. The store is only accepting card payments at this time.

The Henderson Hall Alteration Shop (uniforms) is closed until further notice. The tailor (continued from previous page) shop for civilians is open Tuesday through Thursday from 11 a.m. to 4 p.m. and Friday through Saturday from 10 a.m. to 4 p.m. Capitol Deli continues curbside delivery and carry-out. Customers can call (571) 483-1962 Monday to Friday from 10:30 a.m. to 1:30 p.m.

Customers are reminded that the barber shop and gym remain closed at this time. The car wash is open.

## **Henderson Hall ID Card** **center reopened**

The Henderson Hall ID Card Center reopened June 1 and relocated to the third floor of the Marine Corps Exchange. The ID card center will maintain the hours of 9 a.m. to 5 p.m. with the last customer being called in at 4:30 p.m. In order to maintain appropriate safety measures, there will only be one ID card representative in the office at one time and they will only allow one customer in the office at a time. In accordance with the commanding officer's policy, anyone entering the Marine Corps Exchange is required to wear a mask or face covering.

In reference to MarAdmin 261/20, CAC transactions will be limited to those requiring initial issuance or reissuance of an expired CAC. Reissuance does not include information changes such as rank or name. All CAC holders with an expiration date on or before April 16 are directed to get a new card as soon as practical at a RAPIDS site. All CAC holders with an expiration date on or after April 17 will re-key the card with PKI certificates valid until Sept. 30 using the ID card office online service at [https://www.dmdc.osd.mil/self\\_service](https://www.dmdc.osd.mil/self_service).

Please note that if you have swipe access to work locations such as the Pentagon the Henderson Hall ID Card Center cannot load your card with those specific permissions.

You may also visit <https://www.cac.mil/Coronavirus> for step-by-step instructions and eligibility.

June 2, 2020

## National Defense University virtual commencement

Updates on the National Defense University's graduation are made daily at <https://www.ndu.edu/Academics/NDU-Graduation-2020/>.

All prerecorded college graduation ceremonies will be livestreamed Thursday, June 11 at 9:30 a.m. Individual links to the livestream ceremonies will be posted to the graduation page no later than Tuesday, June 9.

NDU's five colleges include:

The College of Information and Cyberspace  
The Eisenhower School  
The Joint Forces Staff College  
The College of International Security Affairs  
The National War College

**CONGRATS!  
CLASS OF  
2020**



## Stay connected with religious services

Members of the joint base community are welcome to join in and view church services live. For more information, check out the offerings below and visit JBM-HH Religious Support Office online at <https://www.facebook.com/jbmhrso>.

### Worship Online

Stream to watch live or dial-in to join the JBM-HH Gospel Service with Chaplain Bryant Casteel  
Join us every Sunday at 12:00 PM



### Bible Study Live

Join Chaplain Bryant Casteel for Bible Study Live  
Wednesdays at 6:30 P.M. Eastern

Stream to watch live or dial-in

<https://zoom.us/j/303609381?pwd=dmpWOFIrNEo4YWlSeGJGWVFrR0JLZz09>

Meeting ID: 303 609 381 Password: 746971

Telephone only dial in at +1 (646) 876 9923 (USA)



## Flags-out photos are online

Before the sunrise on the morning after Memorial Day, Soldiers of The Old Guard set out to remove over 250,000 U.S. Flags from Arlington National Cemetery. The flags were collected, transported and placed on Summerall Field to dry out before getting packaged up for next year. The field became a visually striking sea of red, white and blue. Every single flag represents someone who rests in America's most sacred hallowed ground. The Old Guard is forever grateful, and humbled to honor such heroes.

This event was not open to the public or family pass holders. The Old Guard and Arlington National Cemetery public affairs personnel published photos of the event. To view the photos, visit online at the Military District of Washington's Flickr page at [https://www.flickr.com/photos/mdw\\_events/](https://www.flickr.com/photos/mdw_events/) and Arlington National Cemetery's Flickr page at National <https://www.flickr.com/photos/arlingtonnatl>.



## Remote SFL-TAP offerings

**Looking for a job? Need resume assistance? Make sure to check out the SFL-TAP virtual opportunities at the regularly updated page:**  
<https://home.army.mil/jbmhh/index.php/teamJBMMH/my-fort/soldiers/SFL>.

The SFL-TAP program provides remote or virtual services in the following areas:

- Initial counseling (one-on-one counseling)
- Preseparation briefing
- Financial counseling
- VA benefits counseling
- Capstone (completion of DD 2648)
- SFL-TAP will provide guidance on completing any requirements through JKO online
- VA claims information and orientation

Although SFL-TAP provides some services remotely or virtually, the program continues to respond to any inquiries and conduct business via email, telephone or videoconferencing. Soldiers who complete capstone while the center is closed will be automatically cleared by the program manager, Carlos Rodriguez, once DD 2648 is processed and signed electronically. Soldiers will ensure they get a copy of DD 2648 during their capstone appointment.

For more information about the virtual and remote service being provided by SFL-TAP, please call (703) 696-0973, (703) 794-5986 or email [usarmy.jbmhh.asa.mbx.sfl-tap-center-myer@mail.mil](mailto:usarmy.jbmhh.asa.mbx.sfl-tap-center-myer@mail.mil). For more information about VA claims, please contact Eleonore Richards at (202) 641-6481 or by email at [eleonore.richards@serco-na.com](mailto:eleonore.richards@serco-na.com). For VA claims orientation, contact Chris Guthrie at (202) 480-0077 or by email at [cguthrie@vfw.org](mailto:cguthrie@vfw.org).



# Shuttles resume under limited service

The following Department of Defense shuttles will resume under limited service:

## **DOD Shuttle Route 1 (Pentagon – Naval Support Facility – Suffolk building)**

First bus departs Pentagon at 8 a.m. Last bus ends at Suffolk Building at 2:30 p.m. (Drop-off only) Frequency: Every 60 minutes

## **DOD Shuttle Route 8 (Pentagon – Washington Navy Yard)**

First bus departs WNY Bldg. 197 at 8 a.m. Last bus ends at WNY Bldg. 197 at 3 p.m. (Drop-off only) Frequency: Every 60 minutes

## **DOD Shuttle Route 11 (Pentagon – Joint Base Anacostia-Bolling)**

First bus departs JBAB Bldg. 603 at 8 a.m. Last bus ends at JBAB Bldg. A-168 at 2:18 p.m. (Drop-off only) Frequency: Every 60 minutes

## **DHHQ Meeting Shuttle (Pentagon – DHHQ)**

First bus departs Pentagon at 8 a.m. Last bus ends at DHHQ at 3:30 p.m. Frequency: Every 60 minutes

## **DHHQ Commuter Shuttle (Pentagon – DHHQ)**

Morning shuttle: First bus departs Pentagon at 6 a.m. Last bus ends at Gatehouse Road at 7:50 p.m. Afternoon shuttle: First departs Gatehouse Road at 4 p.m. Last bus ends at DHHQ at 7:05pm (Drop-off only) Frequency: Every 15-20 minutes

## **DHHQ Shuttle Information can also be found on the DHHQ website at**

<https://info.health.mil/cos/admin/DHHQ/SitePages/DHHQ%20Shuttle.aspx>.

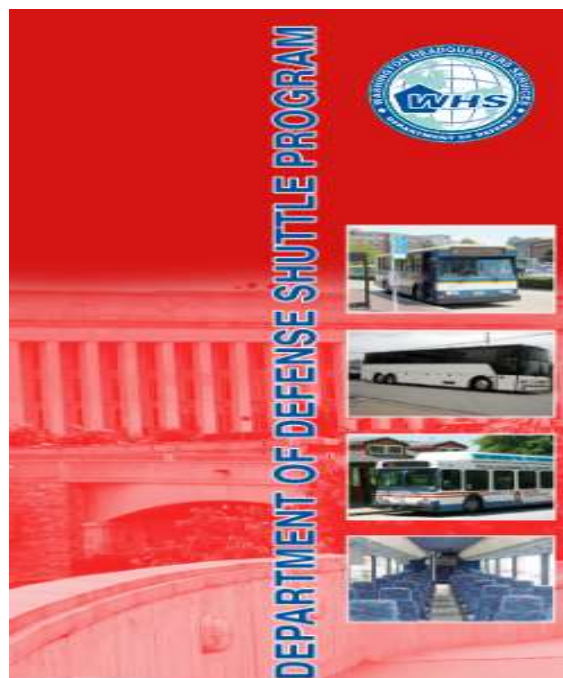
As a reminder and until further notice, please follow the DOD shuttle modified boarding

procedures to ensure the health and safety of employees and operators.

- All passengers on DOD shuttles are required to wear face coverings.
- All passengers will maintain social distancing measures when riding the shuttle. This includes passengers taking one seat per row on each side of every shuttle. The first two rows of the shuttles will not be used by passengers.
- Shuttle capacity will be reduced by at least 50%.

For questions regarding shuttle schedules and policies, please contact the following:

- DOD Shuttle Routes 1, 8 and 11 Dispatch: 202-685-1746
- DHHQ Shuttle Information: DHHQ Voice of the Customer mailbox at [dha.dhhqvoiceofthecustomer@mail.mil](mailto:dha.dhhqvoiceofthecustomer@mail.mil)
- WHS Transportation Management Program Office at [whs.pentagon.fsd.mbx.dod-shuttle-bus@mail.mil](mailto:whs.pentagon.fsd.mbx.dod-shuttle-bus@mail.mil)



## Army Community Service YouTube channel

JBM-HH Army Community Service announces a newly created YouTube Channel that provides classes and information videos, all under 30 minutes, to assist participants on topics such as stress management and marriage enrichment. ACS will continue to post educational, prevention-based training and informational videos, so community members are encouraged to subscribe. To see the videos, visit <https://www.youtube.com/channel/UCnTcKDomPZeXmvnYddOIQkg>, click "Subscribe" and continue to receive resources available whenever you need.



## Stress management

Has "staying safe at home" stressed you out? Check out the ACS Family Advocacy Program for a stress management refresher.

The Joint Base Myer-Henderson Hall Family Advocacy Program has a new stress management video designed to help you with those very needs. To see the video, visit <https://youtu.be/x8x9dc3MYOw>.

Have questions or comments for the JBM-HH Family Advocacy Program? Feel free to contact the Army Community Service Family Advocacy Program at (703) 696-3512.

## Connect with Army Community Service

To keep all of us safe and healthy Joint Base Myer-Henderson Hall Army Community Service is closed for services, but will continue providing services telephonically and digitally.

### **There are two ways to contact ACS:**

1. Call (703) 696-3435 to reach someone who will get you the service you are looking for.
2. Scan the QR code below to be taken directly to the email link and you will be contacted.

Online resources such as Army One Source ([myarmyonesource.com](http://myarmyonesource.com)) and the Community Resource Guide linked to the JBM-HH homepage are available as well.

Follow the QR code to connect with JBM-HH Army Community Service!





# THANK YOU

To All Those on the Front Lines  
Joining Us in the Fight Against #COVID19



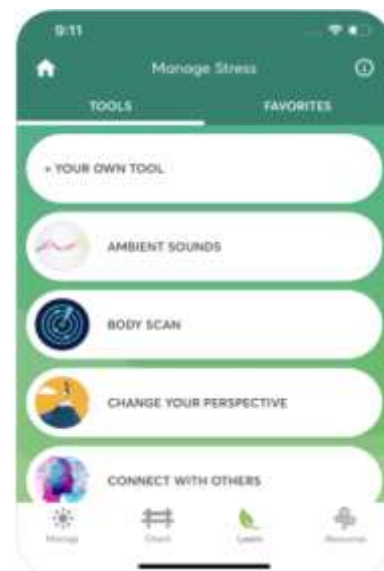
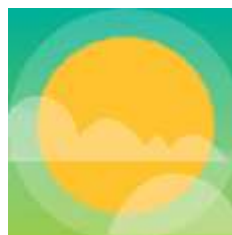
## Army Emergency Relief is here for Soldiers

AER support is available for Soldiers in need of support with more than 30 categories of assistance. In response to COVID-19, AER has implemented an online application process, with electronic payment directly into the Soldier's bank account. Soldiers may contact their chain of command by calling (703) 696-3510 or visiting <https://jbmhh.armymwr.com/programs/army-emergency-relief-aer> for more information.



## COVID Coach for all

The U.S. Department of Veterans Affairs has created a free online app called COVID Coach. Information on obtaining the app can be found at [https://www.ptsd.va.gov/appvid/mobile/COVID\\_coach\\_app.asp](https://www.ptsd.va.gov/appvid/mobile/COVID_coach_app.asp). COVID Coach is for everyone, including veterans and service members, to support self-care and overall mental health during COVID-19.



## Free Red Cross course

The Red Cross is offering a free online course entitled "Mental Health First Aid for COVID-19." The course is available online from the Red Cross at <https://www.redcross.org/take-a-class/classes/mental-health-first-aid-for-covid-19-online/a6R3o0000014Zlg.html>.

### **Mental Health Tip:**

Find ways to relax by doing things that work for you – take deep breaths, stretch, meditate, pray or engage in other activities you enjoy.





## Equal opportunity virtual observances

The Equal Opportunity Office honors two monthly observances in June, Army Heritage Month and LGBT Pride Month. Due to social distancing measures, the observances will take place virtually this year.

Keep an eye out June 11 and 25 from 11 to 11:30 for observance videos on the joint base Facebook page. The videos will highlight and recognize the service and sacrifices of a diverse Army and our long history of defending the nation.



## Connect with Arlington National Cemetery

While Arlington National Cemetery is closed to visitors, you can still experience its beauty and history from home.

Tour Arlington National Cemetery virtually at <https://www.arlingtoncemetery.mil/Blog/Post/10739/Experience-Arlington-National-Cemetery-from-Home>.

Highlights of the tour including the following:

- Take a virtual walk through the cemetery in springtime with the photo album “2020 Horticulture Highlights.” Learn more about the variety of plants and the work that goes into maintaining them.
- Learn about the cemetery’s origins and early history, as well as the people who previously called Arlington home.
- Check out the album “Gravesites of Interest” and explore how the variety of grave markers tell their own stories of the cemetery’s history.
- Learn about the services Arlington National Cemetery conducts for fallen service members and their Families by reading about the meaning behind the honors rendered at military funerals.
- If you are interested in learning even more about the unique stories told at Arlington National Cemetery, check the blog post, “Nurses in the Spanish-American War,” which includes links to resources and lesson plans for students of all grade levels, as well as teachers, families and lifelong learners.

## Virtual master classes open to all ages

Attention music educators. Are you looking for a professional musician to work with your students?

The United States Army Band “Pershing’s Own” is offering free virtual master classes. Classes are available to students of all ages and levels.

To apply for a virtual master class, visit <https://forms.gle/iXgm7vovYQnNosRj7>. There are limited spots available. Not all requests will be guaranteed a session, but the band will honor as many as personnel can support.

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## United We Stand

Social distancing does not have to be without community. The U.S. Army Band “Pershing’s Own” continues to give performances and curate educational events to the American people, following CDC guidance, through the virtual series “United We Stand, Music to Connect Us.”



The next scheduled concerts will be Tuesday, June 2 at 2 p.m., Thursday, June 4 at 7 p.m., and Friday, June 5 at 4 p.m.

View the concerts live or after the performance at <https://www.facebook.com/usarmyband>.

## Reminder to wear face coverings



Remember to always have a cloth face covering with you in case you are in a situation where you cannot keep a distance of 6 feet between you and others. Cloth face coverings are required on all military installations, properties and facilities (except residences). Individuals must wear a face covering in the PX, MCX, commissary and child development center.

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## Myer Exchange extends refund policy

For military shoppers who need to make a return but are hesitant to visit the Fort Myer Exchange during the COVID-19 pandemic, the Army and Air Force Exchange Service is extending its return policy. All purchases made since March 16, are eligible for returns through July 1.

“While extensive preventive measures have been implemented at the Fort Myer Exchange to keep the military community safe, we understand that some shoppers may not feel comfortable going to a public place at this time,” said Exchange General Manager JoAnne Cahalan. “Extending the return window gives military shoppers peace of mind.”

The extended return policy applies only to items purchased in brick-and-mortar Exchanges. Since items ordered online can be mailed back, there is no extended return policy for online orders.

## **Myer Exchange curbside pickup**

The Fort Myer Exchange has four parking spaces designated for curbside pickup. Authorized patrons can place an order online at [shopmyexchange.com](http://shopmyexchange.com) and select to pick up their purchases in store.

Once the store processes the order, the customer will receive a phone call alert that the order is ready for pick up. Designated spaces are provided for curbside pickup. When parked, a customer can either call or text the phone number on the sign, which is (703) 472-7342 to let the Exchange know which numbered space the vehicle is parked at. Exchange employees will be able to walk to the vehicle and deliver the purchased items.

For more information, please visit [https://www.facebook.com/pg/MyerExchange/posts/?ref=page\\_internal](https://www.facebook.com/pg/MyerExchange/posts/?ref=page_internal).

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## **H&R Block kiosk closed**

The H&R Block kiosk at the Fort Myer PX has closed. There is an H&R Block Shop located at Fort Belvoir PX Mall open year-round.

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## **Myer Flyer Shuttle suspended**

The Myer Flyer Shuttle Route 9, which travels from the Pentagon to JBM-HH has been suspended. If this is impacting you, please let the motor pool know. JBM-HH is assessing how many people need this service, so your input is appreciated. Please call the motor pool at (703) 696-7009 or (703) 696-7136.

## **Equal Employment Opportunity training**

JBM-HH civilian employees are reminded that EEO Anti-Harassment and No Fear training is an annual requirement. Employees are allowed duty time to complete the training.

**EEO-203A** Army EEO, Anti-Harassment and No Fear Training (for nonsupervisors only)  
[HTTPS://WWW.ATTRS.ARMY.MIL/SELFDEVCTR/CATALOG/COURSE.ASPX](https://www.atrrs.army.mil/selfdevctr/catalog/course.aspx)

**EEO-203B** EEO, Anti-Harassment and No Fear Training (for supervisors only)  
[HTTPS://WWW.ATTRS.ARMY.MIL/SELFDEVCTR/CATALOG/COURSE.ASPX](https://www.atrrs.army.mil/selfdevctr/catalog/course.aspx)

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## **National Museum of the Army opening postponed**

The National Museum of the Army has postponed the June 4 public opening. Due to the COVID-19 public health emergency, some of the exhibit gallery finishing work was suspended, which impacted the project timeline. The museum will open when the conditions can ensure the health and safety of museum visitors and staff, and the museum is ready to begin daily operations.



For more information and to sign up for updates, visit <https://armyhistory.org/email-sign-up/>. A video of the museum can be viewed at <https://www.dvidshub.net/unit/NMUSA>



## Civilian development

There are many opportunities for community members to grow as Army professionals. To learn about those opportunities, watch this video for Army civilians from workforce development specialist Kathy Feehan at <https://www.facebook.com/368408587073/videos/2845654492215496/>.

The Army Management Staff College Civilian Education System courses provide quality instruction and fulfill prerequisite requirements for some other centrally-funded training, education, and professional development. To register for virtual CES courses, visit <https://www.atrrs.army.mil/channels/chrtas/student/logon.aspx>.

Applications for IMCOM's Emerging Enterprise Leader program are due Friday, June 5. EEL is an opportunity for IMCOM DA Civilians GS 11 to (and equivalent) to participate in formal leadership development training over the course of two years.

## Warrant officer briefs

Virtual warrant officer briefs will be conducted on a weekly basis. Briefings will be conducted every first and third Wednesday of the month at 1 p.m. and the second and fourth Thursday of the month at 1 p.m. To access the brief, individuals must have CAC access. Visit <https://conference.apps.mil/webconf/gowarrantnowNCR> to sign in. For more information, please contact Chief Warrant Officer 3 Sara Sewall at [sara.w.sewall.mil@mail.mil](mailto:sara.w.sewall.mil@mail.mil) or Staff Sgt. Nicolas Cassano at [Nicolas.j.cassano.mil@mail.mil](mailto:Nicolas.j.cassano.mil@mail.mil).

## New commissary hours

The Fort Myer Commissary has new hours. The hours are Monday through Friday from 8 a.m. to 7:30 p.m., Saturday from 8 a.m. to 6:30 p.m. and Sunday from 8 a.m. to 6 p.m. The Defense Commissary Agency asks patrons not to bring reusable bags from home, although they can be purchased in the store for one time use. Customers are encouraged to minimize the use of cash to reduce this high touch point item.

## Exchange services

There will be no dining in at any exchange facilities, with only food "to-go" available. **The AAFES Main Store on Fort Myer is open from 10 a.m. to 6 p.m. daily.**

### Fort Myer Main Exchange Main Mall

- **Subway** Monday through Friday from 6:30 a.m. to 6 p.m., Saturday from 8 a.m. to 6 p.m., Sunday from 9 a.m. to 6 p.m.
- **LDC** Monday through Friday from 9 a.m. to 5 p.m., Saturday from 9 a.m. to 3 p.m., Sunday from 10 a.m. to 4 p.m.
- **Alterations** Tuesday through Friday from 10 a.m. to 5 p.m., Saturday and Sunday closed
- **Optical, Barbershop, Watch repair, H&R Block, Express snack area** Closed
- **H&R Block** Monday through Saturday, from 9 a.m. to 6 p.m., Sunday from 10 a.m. to 6 p.m.
- **GNC** Monday through Friday from 9 a.m. to 6 p.m., Saturday from 9 a.m. to 5 p.m., Sunday from 10 a.m. to 4 p.m.
- **Petals2Go** Monday through Friday from 10 a.m. to 3 p.m., Saturday from 10 a.m. to 2 p.m.
- **EMC Kiosk** Monday through Friday from 11 a.m. to 5 p.m.
- **Starbucks** at the AAFES Main Store on Fort Myer is still open normal hours.  
(Continues on following page)

### Exchange Stand-alone Concessions

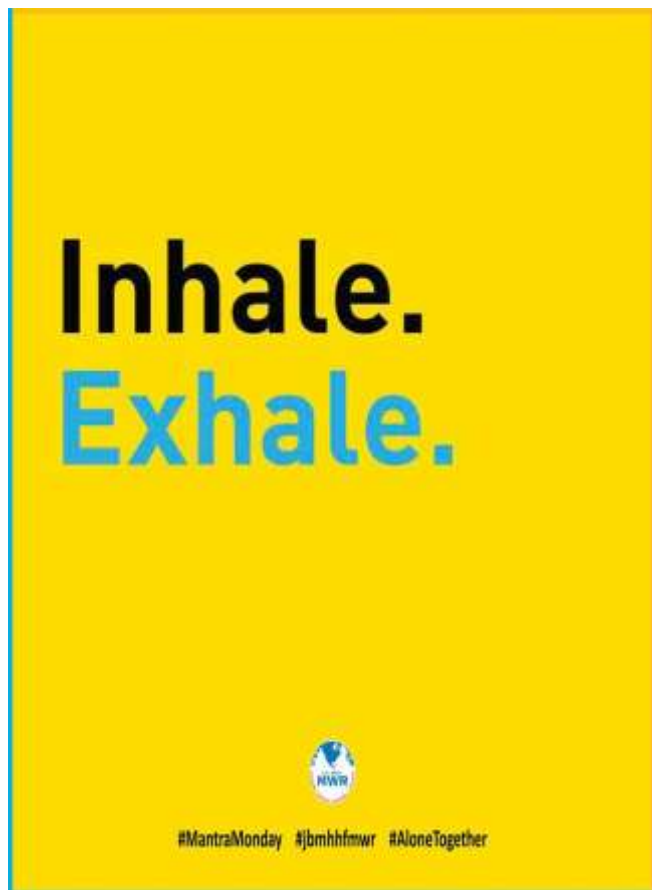
- **Panda Express** Monday through Friday from 10 a.m. to 6 p.m., Saturday and Sunday from 10:30 a.m. to 6 p.m.
- **Precision Tune** Monday through Friday from 8 a.m. to 4 p.m., Saturday from 8 a.m. to 3 p.m.

### Fort McNair services

- **McNair Barber** Closed
- **McNair NDU Bookstore** Closed

### Henderson Hall Services

- **Barber Shop** Closed



## From the Exceptional Family Member Program

*Note: The contents of this presentation were*



A PEATC WORKSHOP FOR FAMILIES IN VIRGINIA

During the COVID-19 pandemic, families are struggling with the day-to-day activities life throws at them. Families with children receiving special education services in Virginia are finding it especially difficult to understand how these circumstances impact their student receiving the free appropriate public education they are entitled to. Keeping Track was created to provide support, information, and strategies to help families navigate the current state of special education.



Please use the links below to register for this virtual training that will be offered four times. Each training is limited to 100 participants.

## Upcoming training dates:

Wednesday, June 3, 2020 at 7:00 pm  
<https://bit.ly/3cxFzEb>

Wednesday, June 17, 2020 at 7:00 pm  
<https://bit.ly/2VoodEk>

### FOR MORE INFORMATION OR QUESTIONS:

Please contact PEATC at 800-869-6782 or at [partners@peatc.org](mailto:partners@peatc.org)

## CYS update

Cody CYS Center is open for children of some mission essential parents. The CYS Center is open for children of the following Family categories only: single/dual DOD COVID-19 mission essential, and DOD COVID-19 mission essential with a spouse who works in the health care industry or is a first responder (i.e. emergency medical technicians, paramedics, police officers, firefighters). If you submitted a form, but your family is not in one of the above categories, we are unable to provide care at this time. Forms received at the current time will be considered on a case by case basis.

## Support firefighters

Firefighters answer the calling to be first responders in matters of life, health, and safety. Let's help them accomplish the mission to protect, support, and defend the JBM-HH community. If you or a loved one is feeling ill, do not visit the JBM-HH firehouses for a medical evaluation. Instead, call your doctor or medical professional right away.

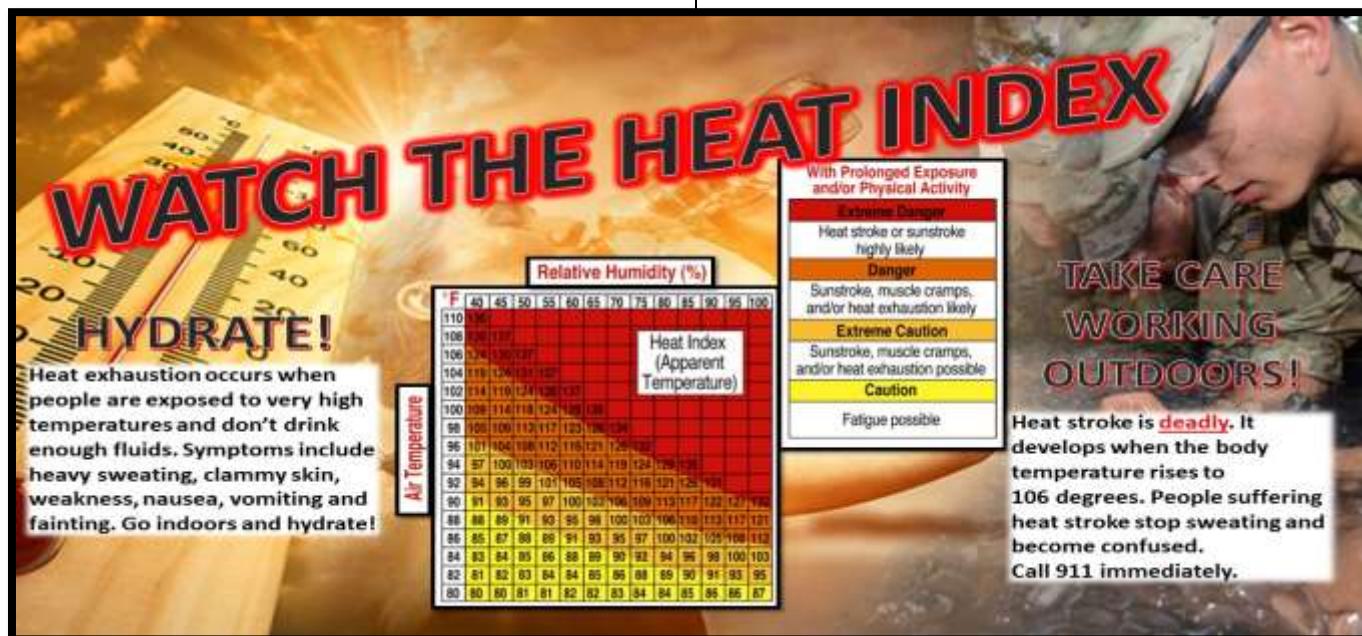
Your efforts can help keep our firefighters out of quarantine, working on the front line, while keeping our communities safe.

## Rader Clinic update

The Rader Clinic Pharmacy has initiated a drive-thru pharmacy. When approaching the clinic, please follow the directional pattern that it set up for safety and efficiency. The clinic pharmacy new closure time is 3:30 p.m. until further notice.

The Fort McNair Clinic is closed and will be centralizing all patient care at Rader Clinic for the JBM-HH and McNair beneficiaries. For any patients or residents on either Forts Myer or McNair who think they may have been exposed to COVID, please stay at home and call 1-800-TRICARE (874-2273), option 1. You can also web chat at [www.mhsnurseadvice.com](http://www.mhsnurseadvice.com). You will get additional instructions from the nurse at that number on what to do. We do currently have testing capability at Rader Clinic for COVID-19.

If you have concerns or would like to inquire about testing, please call 1-800-TRICARE (874-2273) option 1. A nurse will talk to you about whether it is appropriate to test you based on your symptoms, travel, and contact history. If you meet the criteria for testing, the nurse will give you detailed instructions. Lastly, if you do have an in person appointment at the Rader Clinic, we have a screening station set up in our main entrance. Please be prepared to answer some simple questions about your symptoms and your recent travels.





## **Henderson Hall Career Resource classes suspended**

All in-person classes at the Henderson Hall Career Resource Management Center are suspended until further notice. Please contact your unit transition coordinator for the most current guidance on completing your transition readiness seminar requirements.

The staff will remain available via email and telephone to complete individual counseling and capstone review appointments and related transition services. For transition support, please contact our office during normal business hours from 8 a.m. to 4:30 p.m. For more information on these services, visit the Henderson Hall CMRC online at <http://www.mccshh.com/crmc.html>.

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## **Henderson Hall Car Wash is open**

The Henderson Hall car wash is open.



## **Directorate of Human Resources curtails service**

The Directorate of Human Resources Services has curtailed the following services.

- ID cards and services for DEERS are being done by appointments and walk-in are being done on an emergency basis and by certain exceptions. If an individual has an ID card that will expire before June 1, he or she will be prioritized.
- Transition services has suspended its walk-in services. Transitioning customers, who include those on ETS, retirement and chapter separations are being serviced using telephonic and automated systems. All separations actions will be serviced through the transition mailbox and individual email. SBP processing will be serviced through the mailbox, email and telephone.
- Casualty operations have been curtailed and suspended its walk-in customer service. Customers will be briefed telephonically and forms will be emailed for signature where feasible with walk-in appointments by exception. At this time, the only person allowed to report to the CAC is the noncommissioned officer in charge of the Funeral Honors Team.

TEAMWORK



## **Shipments abroad**

Soldiers who are permanently changing stations and Families on orders to or from a country with a Centers for Disease Control and Prevention warning level category 3 for COVID-19 will stop movement and delay travel until June 30 or further notice, according to an Army message. If you received orders from Joint Base Myer-Henderson Hall's Military Personnel Division, please contact Douglas Russell at (703) 696-3695, [douglas.a.russell3.civ@mail.mil](mailto:douglas.a.russell3.civ@mail.mil), with any questions.

Department of Defense customers who are or were expected to make PCS and previously arranged to have their household goods, unaccompanied baggage and privately owned vehicle shipments and official travel tickets issued by JBM-HH are requested to contact the JBM-HH Transportation Office.

The transportation office can be reached by phone at (703) 614-7190/91 or email at [m\\_hnhl\\_hqbn\\_dmo@usmc.mil](mailto:m_hnhl_hqbn_dmo@usmc.mil). Please contact the office with any questions regarding the rescheduling or cancellation of your shipments and flights due to the travel restrictions that are currently in place for Korea and Italy.

The direct point of contact for this transportation announcement is transportation officer Kenny Hopkins, who can be reached by phone at (703) 693-8541 and by email at [kenny.r.hopkins@usmc.mil](mailto:kenny.r.hopkins@usmc.mil).



## **Message from the JBM-HH Client Legal Services and Tax Center**

### **Client Legal Services**

Due to current operating restrictions JBM-HH Client Legal Services are no longer providing walk-in power of attorney or notary services and all appointments scheduled will be telephonic. If an individual would like to schedule a telephonic appointment, please call back during business hours which are Monday through Wednesday from 8 a.m. to noon and from 1 to 4 p.m., Thursdays from 1 to 4 p.m., and Friday from 8 a.m. to noon and 1 to 4 p.m. at (703) 696-0763. You may email client legal services at [usarmy.jbmhh.mdw.mbx.jbmhh-clc@mail.mil](mailto:usarmy.jbmhh.mdw.mbx.jbmhh-clc@mail.mil). Additional updates can be found on Facebook at the Joint Base Myer-Henderson Hall Client Legal Services page.

We apologize for any inconvenience this causes and we appreciate your patience and understanding while we all try to navigate these changes. Please do not leave a message as this voicemail is not currently being monitored.

### **Tax Center**

Due to current operating restrictions, all Tax Center operations are suspended. Those with scheduled appointments will not be rescheduled and the JBM-HH Tax Center is unable to book any new appointments at this time. Taxpayers who have already been seen this tax season and whose returns are currently in-progress will be individually contacted. Active Duty Service members and their dependents are encouraged to use MilTax, a free online tax preparation service through Military OneSource, available online at <https://www.militaryonesource.mil/financial-legal/tax-resource-center/miltax-military-tax-services>.

# Joint Base Myer-Henderson Hall Dining Facility



June 1 to 5

Breakfast \$3.50 Lunch \$5.65 Dinner \$4.90

## Daily Breakfast Menu

Eggs and Omelets to Order - Scrambled Eggs - Hard Boiled Eggs - Pork Bacon - Pork Sausage - Turkey Bacon Home Fried Potatoes - Creamed Beef w/ Biscuits - Oatmeal - Grits - Waffles, French Toast, or Pancakes - Fresh Fruits Assorted  
Breakfast Pastries

## Daily Short Order

Grilled Hamburgers - Grilled Cheeseburgers - Grilled Cheese - Grilled Ham and Cheese - Chili - Baked Beans  
Self-Serve Hot-Dogs - **One Short Order Specialty Item** (i.e. Pizzas, Corn Dogs, Mozzarella Cheesesticks, etc.)

## Main Menu

### Monday

Veal Parmesan - Baked Ziti w/Italian Sausage - Roasted Red Potatoes - Brown Rice  
Stewed Tomatoes - Fresh Green Beans - Italian Pasta Salad - Garlic Breadsticks  
Cheesecake with Strawberry Topping - Oatmeal Raisin Cookies - Yellow Cake with Chocolate Icing

### Tuesday

Taco w/ Hard Shells - Chicken Enchiladas - Spanish Rice - Refried Beans - Mexican Corn  
Steamed Broccoli - Macaroni Salad - Jalapeño Cornbread - Apple Filled Churros - Sugar Cookies  
Chocolate Cake With Chocolate Icing

### Wednesday

Sweet & Sour Pork Chops - Teriyaki Chicken - Pork Fried Rice - Steamed White Rice - Vegetable Stir Fry  
Sautéed Summer Squash - Vegetable Egg Rolls - Carrot and Pineapple Salad - Dinner Rolls  
Apple Pie - White Chocolate Macadamia Nut Cookies - Spice Cake with White Icing

### Thursday

Barbecue Spareribs - Fried Chicken - Macaroni & Cheese - Candied Sweet Potatoes  
Collard Greens - Corn on the Cob - Mustard Potato Salad - Cornbread Muffins - Peach Pie Peanut  
Butter Cookies - Bread Pudding with Carmel Sauce

### Friday

Cajun Meatloaf - Rotisserie Chicken - Mashed Potatoes - Rice Pilaf - Glazed Carrots - Sweet Corn Fruit  
Salad - Dinner Rolls - Cherry Pie - Chocolate Chip Cookies - Angel Food Cake

During this time, due to current events, the DFAC is rapidly shifting to a grab-and-go only serving style, while maintaining the same meal schedule. The DFAC operates strictly with to-go plates, with no dining in option.

## JBM-HH Dining Facility hours and pricing

### **Monday through Friday:**

**Breakfast** – 6:30 to 8:30 a.m. (\$3.50)

**Lunch** – 11:30 a.m. to 1 p.m. (\$5.65)

**Dinner** - 4:30 to 6 p.m. (\$4.90)

### **Saturday and Sunday:**

**Brunch** – 9 a.m. to noon (\$6.30)

**Supper** – 4 to 5:30 p.m. (\$7.70)





## Joint Base Myer Henderson Hall

### COVID-19 UPDATE

#### WHY THIS UPDATE NOW?

Secretary of Defense Mark T. Esper requires military personnel, DoD civilians, their Family members, and DoD contractors to wear cloth face coverings on military installations in public settings or where other physical distancing measures are difficult to maintain. On Joint Base Myer Henderson Hall, Col. Kimberly Peebles has determined that there are public areas where people cannot maintain a six-foot social distance. At these locations, the wear of face coverings is expected.



#### NEW FACE COVERINGS POLICY

To reduce the risk for the JBM-HH community, the wear of face coverings is mandatory in all joint base facilities where a six-foot distance cannot be kept. We must continue to protect ourselves, so that we can protect the force, so the force can protect the nation.



Face covering practices at high traffic areas with a likelihood of breaking the six-foot social distance perimeter, such as all AAFES facilities (including the post exchange), Marine Corps exchange and commissary will be enforced. Employees and customers are expected to wear face covers at all times at these locations.

Service providers are expected to issue face coverings to their employees free of cost and also expected to provide complimentary, unused cloth face coverings to patrons who do not have their own, to the maximum extent possible.

#### FACE COVERING DO'S AND DONT'S

##### DO:

Make sure you can breathe through it  
Wear whenever going out in public  
Make sure it covers your nose and mouth  
Wash covering with soap and warm water after each use



##### DON'T:

Use if under two years old  
Use surgical masks or other PPE intended for healthcare providers

**ALSO:** Soldiers are authorized to wear the neck gaiter and other cloth items, such as bandanas and scarves, as face coverings. However, people should not fashion face coverings from Army Combat Uniforms or other materials that have been chemically-treated. Personal protective equipment, such as N95 respirators or surgical masks, must be reserved for use in medical settings.

#### OTHER MEASURES IN PLACE

JBM-HH service providers are only a call or click away.

##### Army Community Services, DFMWR

Virtual services include clearing, Army Emergency Relief, Exceptional Family Member Program, Survivor Outreach Services, Information and Referral and New Parent Support. Domestic Abuse Victim Advocates are available 24 hours a day at (713) 919-1611. The Military Family Life Counselor is available at (571) 733-0251.



##### Commissary, DECA

50 patron limit in store to support social distancing and reusable bags from home may not be utilized at this time. All patrons and employees wear face coverings. If an individual cannot shop for themselves, they may send a commissary authorized shopper in their place. Call (703) 696-3680 for hours and more information.

##### Defense Military Pay Office, Finance

Virtual capabilities include normal pay inquiries by TL by unit SIs, at 703-805-3939, separation/retirement/in & out-processing by phone appointment, at 703-805-3872 or 703-696-3080, all other phone inquiries call customer service, at 703-805-2501.

##### Family Life, Religious Services Office

Visit RSO for live services at <https://www.facebook.com/jbmhhrso/>. Virtual services include online Bible study, Sunday worship service, Family and individual counseling sessions, and video messaging.

##### Mail Operations - Forts Myer and McNair

There is no curtailment of services at either location. Both facilities are installing plastic shields at the counters.

##### Marine Exchange / Vineyard, Henderson Hall

HH MCX is open for essential retail purchases on the 1st floor only. The store will try to make other popular items available on the first floor. Patrons can no longer try on shoes before purchasing. The MCX is enforcing a policy of 15 customers inside at one time. The Vineyard will not allow more than five customers inside at one time. Call 703-979-8420.

##### Military Personnel Division, Human Resources

Separation and retirement processing by appointment via telephone and email. All other personnel actions will be submitted electronically by unit SIs, at 703-805-2501. ID Card/DEERs office is only servicing emergencies and appointments for ID cards expiring on or before June 1, at 703-696-3030. Casualty assistance is moved to virtual support. <https://home.army.mil/jbmhh/index.php/teamJBMHH/my-fort/all-services/military-personnel-division/CAC>







May 2020

## Joint Base Myer-Henderson Hall Guidance for outdoor activity



### Why this update now?

Both Washington D.C. and Virginia have enacted stay-at-home orders.

JBM-HH continues to follow the guidance of public health professionals in ensuring best practices for the safety and wellbeing of the joint base community during this time. The following guidance has been crafted with local and national guidance in mind.

### Local guidance

In accordance with Virginia Governor Ralph Northam's stay-at-home order and the "Forward Virginia" blueprint for easing public health restrictions, the Virginia Department of Parks and Recreation is canceling summer programs for 2020. All Arlington County and Arlington Public Schools parks, playgrounds, fields, restrooms, tracks, dog parks and athletic courts remain closed until further notice.

In accordance with D.C. Mayor Muriel Bowser's stay-at-home order, all D.C. Department of Parks and Recreation facilities including recreation centers, aquatic centers, playgrounds, parks, athletic fields, courts and all other outdoor spaces are closed until further notice. These closures include dog parks as well as a cancellation of all permits and programs.

### Outdoor safety tips

#### DO:

- Frequently wash your hands
- Spend time outdoors
- Exercise your body and mind
- Practice social distancing by maintaining a distance of six feet from people who are not a part of your household.



#### DON'T:

- Gather in crowds
- Use public spaces if sick

#### ALSO:

- Wear cloth facing covering when social distancing is not practical

### What is open and closed?

- Playground areas and basketball courts on the joint base remain closed to all at this time. An announcement will be made when they are to reopen.
- Athletic fields and walking paths remain open. Please be respectful and maintain a six-foot social distance while in these areas.
- Soldiers and Marines are asked to follow command guidance in regards to exercising outdoors.
- The Zembiec Pool and the Patton Hall Pools are currently closed. Reopening times have yet to be determined.

### Resources for kids

- DFMWR's "Chalk The Walk" Contest is complete. Kids were encouraged to get creative and draw sidewalk art supporting first responders. The results are published at <https://www.facebook.com/jbmhhfmwr1/>.

- Arlington County Parks & Recreation's new **Recreate at Home** program offers a constantly updated list of fun and safe things to do at home and outside while practicing social distancing. Visit the continuously updated site at <https://parks.arlingtonva.us/2020/03/recreate-at-home/>.

- **Northern Virginia Community College JumpStart** offers tuition free, college courses to eligible Northern Virginia high school graduating seniors.

JumpStart is for students enrolled in these Virginia public school systems as well as our existing private school partners: Alexandria, Arlington, Falls Church City, Fairfax City, Fairfax County, Loudoun County, Manassas City, Manassas Park City and Prince William County.

Online summer session begins on June 1, 2020 and ends on July 15, 2020. A completed application to JumpStart is due by May 15, 2020. For more information, visit <https://www.nvcc.edu/jumpstart/>.







## Joint Base Myer-Henderson Hall Resources for you



### Virtual COVID-19 coverage

#### Opportunity for the workforce

At the Public Affairs Office, we're offering our Facebook page as a way for directorate staff to communicate specific, focused information that explains to customers and other staff members how to access those services that are still available. We're looking for videos, shot on home computers or telephones, from home, explaining functionality through the telework lens.

Each staff section has a different take on what normal looks like, and a different message to send. For that reason we would like those of you who have a message to share to send us a brief (1-2 minutes maximum) video message directed at the public, with your professional advice and knowledge. Past videos can be viewed at <https://www.facebook.com/jbmhh/videos/>.

Those interested should contact Julia Simpkins at [julia.f.simpkins.civ@mail.mil](mailto:julia.f.simpkins.civ@mail.mil).

#### JBM-HH resources

**Online wrap up of JBM-HH COVID-19 information updated daily**  
<https://home.army.mil/jbmhh/index.php/teamJBMHH/about/Pentagram/pentagram-april-16-2020-bugle-sounds-small-team-comes-together-produce-special-easter-service>

**Facebook updates and notices 24/7**  
<http://www.facebook.com/jbmhh>

#### Additional resources

**U.S. Army guidance**  
<https://www.army.mil/coronavirus/>

**U.S. Department of Defense**  
<https://www.defense.gov/Explore/Spotlight/Coronavirus/>

**Centers for Disease Control and Prevention**  
[www.coronavirus.gov](http://www.coronavirus.gov)

**Facebook Town Hall May 14** <https://www.facebook.com/368408587073/videos/670040730446108/>

**Facebook Town Hall May 7** <https://www.facebook.com/jbmhh/videos/1361903420863861/>

**Facebook Town Hall April 30** <https://www.facebook.com/jbmhh/videos/682220565967052/>

**Facebook Town Hall April 23** <https://www.facebook.com/jbmhh/videos/589370418358168/>

**Facebook Town Hall April 16** <https://www.facebook.com/jbmhh/videos/232363387973495/>

**Facebook Town Hall April 9** <https://www.facebook.com/jbmhh/videos/645353259619154/>

**Facebook Virtual Town Hall April 2** <https://www.facebook.com/jbmhh/videos/669945413835094>

**Article with photographs on the history of Easter Sunrise Service**  
<https://home.army.mil/jbmhh/index.php/teamJBMHH/about/Pentagram/pentagram-april-16-2020-bugle-sounds-small-team-comes-together-produce-special-easter-service>

**Article Easter Sunrise Service** <https://home.army.mil/jbmhh/index.php/teamJBMHH/about/Pentagram/pentagram-april-16-2020-he-risen>

**Facebook Virtual JBM-HH Easter Sunrise Service April 12:** <https://www.facebook.com/jbmhh/videos/1321665351366547>



## Ready to serve.

Daily updates online  
[home.army.mil/jbmhh](http://home.army.mil/jbmhh)  
[www.facebook.com/jbmhh](http://www.facebook.com/jbmhh)

Pentagram and e-newsletter  
E-newsletter published Tuesdays  
Pentagram published Thursdays

Contact the JBM-HH  
Public Affairs Office  
[usarmy.jbmhh.asa.list.pao-all@mail.mil](mailto:usarmy.jbmhh.asa.list.pao-all@mail.mil)

**We are #TeamJBMHH**





## Joint Base Myer-Henderson Hall

### COVID-19 Resources for domestic abuse victims

#### Here for you 24/7

The Army is committed to the safety and well-being of Soldiers and Family members. With the stress, uncertainty, isolation, and financial strain of COVID 19, some relationships may experience increasing conflict or abusive behaviors.

Help is available. Army Community Service's Victim Advocacy Program provides 24/7 assistance to victims of abuse including crisis intervention, safety planning, locating safe shelter and assisting with identifying other needed resources and support services. Military Police are also available to respond 24/7.

**For immediate assistance contact the National Domestic Violence Hotline at 1-800-799-7233.**

FREE, 24/7, CONFIDENTIAL  
NATIONAL DOMESTIC VIOLENCE  
**HOTLINE**  
1(800) 799-7233

#### For individuals

Resources for Victims of Abuse during COVID-19

**Military One Source article: When Home isn't Safe** <https://www.militaryonesource.mil/when-home-isn-t-safe-tips-for-victims-of-domestic-abuse?redirect=/family-relationships/family-life/covid-19-resources>

**National Domestic Violence Hotline article: Staying safe during COVID-19** <https://www.thehotline.org/2020/03/13/staying-safe-during-covid-19/>

#### For Army Families

Resources for Army Families to Support Healthy Coping

**Military One Source:** <https://www.militaryonesource.mil/coronavirus>

**Guidance from CDC:** <https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/index.html>

**From Zero to Three:** <https://www.zerotothree.org/resources/3210-tips-for-families-coronavirus>

**Resources for Families from Center for The Study of Traumatic Stress:** <https://www.cstsonline.org/resources/resource-master-list/coronavirus-and-emerging-infectious-disease-outbreaks-response>

U.S. Army Guidance: <https://www.army.mil/coronavirus/>

U.S. Department of Defense: <https://www.defense.gov/Explore/Spotlight/Coronavirus/>

JBM-HH updates : <https://home.army.mil/jbmhh/index.php/teamJBMHH/about/COVID-19>.

JBM-HH Facebook: <https://www.facebook.com/jbmhh>

Sign up for the JBM-HH e-newsletter at <https://home.army.mil/jbmhh/index.php/about/e-newsletter>



# Beware!



**SPAM!**  
**SCAMS!**

**Criminals adapt  
to COVID-19.**

**Stay vigilant.**