



San Antonio Community Resource Guide

COVID-19 Military Impact

UPDATED as of 4.28.2020

Note: Please verify resource availability, as these often change.

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Food Support and Assistance

San Antonio Food Bank- COVID-19 Response Campaign

<https://safoodbank.org/cvresponse/> or (210) 431-8326

The San Antonio Food Bank is in full operations as the city and county enter a period of “shelter from home.” The Food Bank’s network of food pantries and mobile food distributions remains fully operational and open to the public for help.

Pre-registered individuals can receive emergency food at upcoming mobile food distributions or by home delivery (if they are elderly or disabled with a mobility barrier).

Supplemental Nutrition Assistance Program (SNAP)

www.fns.usda.gov/snap

Money to purchase food at grocery stores, farmer’s markets and other retailers. The average benefit is about \$127 per month per person. Your household must meet certain requirements to be eligible.

Women, Infants and Children (WIC) Program

www.fns.usda.gov/wic

Money to purchase certain healthy foods for pregnant, postpartum and breastfeeding women, as well as infants and children under the age of 5. Nutrition education and breastfeeding support is also provided. Your household must meet certain requirements to be eligible.

Food Pantries

<https://www.foodpantries.org/>

Find local pantries, soup kitchens, food shelves, food banks and other food help. FoodPantries.org also works hard to gather the best government and nonprofit subsidized grocery resources on the Internet.

Military Resources

TRICARE

<https://www.tricare.mil/HealthWellness/HealthyLiving/Coronavirus>

TRICARE created a webpage dedicated to providing guidance and answers to some common questions about TRICARE and COVID-19, including about testing, the health plan, pharmacy coverage, quarantine, and more.

To learn more, visit the [Coronavirus Frequently Asked Questions](#) page.

For latest on TRICARE and COVID-19, [sign up for email updates](#).

Wounded Warrior Project

<https://www.woundedwarriorproject.org/ready-to-serve> or (888) 997-2586

Wounded Warrior Project is offering a financial relief program for registered alumni and their families experiencing hardship due to the Coronavirus crisis. Registered veterans can call the Resource Center to apply for a grant.

Army Emergency Relief

www.ArmyEmergencyRelief.org

Financial assistance for those experiencing extreme or unusual financial hardship with rent, temporary lodging, utilities, food, vehicle costs, healthcare, special needs medical equipment, DoD Travel Ban / PCS Stop Movement support, Quarantine / Limited Face-to-face contact support, Non-Title 10 Army Reserve and National Guard.

Financial assistance portal: www.ArmyEmergencyRelief.org/covid19

Navy - Marine Corps Relief Society

www.nmcrs.org

Emergency assistance for financial needs, interest-free loans, traditional financial assistance, and repayment deferrals to meet immediate financial needs.

Air Force Aid Society

www.afas.org

Emergency assistance for financial needs, no interest loans and grants to meet immediate needs.

Coast Guard Mutual Assistance

www.cgmahq.org

Financial assistance if a spouse loses their job temporarily, if a family is required to obtain childcare due to school closings, lodging and meals if members or family placed into a quarantine situation, cancellation fees, education equipment, funeral expenses.

Red Cross

www.redcross.org or (877) 272-7337

Works in partnership with military aid societies to provide quality, reliable financial assistance to eligible applicants 24/7/365 including funds for emergency travel, burial of a loved one, emergency food and shelter.

Operation Homefront

www.operationhomefront.org

Critical financial assistance for overdue bills, and repairs, accepting and processing immediate requests for assistance associated with COVID-19 pandemic to ensure military families receive the financial assistance they urgently need, when they need it.

MHS Nurse Advice Line

www.mhsnurseadvice.com or (800) TRICARE (874-2273), Option 1

A registered nurse can virtually help assess your symptoms. If needed, they can coordinate a virtual visit with a health care provider.

Army's Community Resource Guide (CRG):

<https://crg.amedd.army.mil/Pages/default.aspx>

The Army Community Resource Guide is a comprehensive compilation of Army Resources across 50+ installations with over 8700 programs and services. The link below allows the user to select their community which focuses on services and programs catered for their location.

Army Public Health Center (APHC):

<https://phc.amedd.army.mil/Pages/default.aspx>

APHC site provides tools to enhance Army readiness by identifying and assessing current and emerging health threats, developing and communicating public health solutions.

APHC COVID-19 Information and Updates:

<https://phc.amedd.army.mil/topics/campaigns/covid19/Pages/default.aspx>

APHC COVID-19 Information and Updates site provides resources and tools which may be shared with, tailored for, and/or used to create informational and educational materials for Army beneficiaries. Info and updates include: Updates from the Centers for Disease Control and Prevention, Information for Beneficiaries and Public Health Professionals Related to Companion Animals and Pets, Managing Stress and Anxiety, Face Coverings, Communication Tool Kit- can be tailored for various groups during the spread of COVID-19, Pregnancy & Breastfeeding, Resource Material, and much more.

APHC Health Information e-Catalogue COVID-19 Products:

<https://ephc.amedd.army.mil/HIPECatalog/searchResults.aspx?hotlist=88>

APHC Health Information Products e-Catalog:

<https://ephc.amedd.army.mil/HIPECatalog/searchResults.aspx>

Army G1: U.S. Army Guidance on COVID-19:

https://www.army.mil/coronavirus/?from=hp_spotlight

Performance Triad (P3):

<https://p3.amedd.army.mil/performance-learning-center>

Sleep, activity and nutrition (SAN) are critical for achieving optimal physical, mental, and emotional health and wellbeing. P3 integrates the best available SAN sports science to improve squad overmatch and Soldier performance in tactical environments. It includes messaging, curriculum and training, policy development, technology, leader development, and changes within the built installation environment to make the healthy choice the easy choice.

Army Wellness Centers:

<https://p3.amedd.army.mil/my-army-wellness-center>

Army Wellness Centers (AWCs) provide standardized primary prevention programs designed to promote and sustain healthy lifestyles and improve the overall wellbeing of beneficiaries by leveraging state-of-the-art techniques and equipment.

Army Resilience Directorate:

<https://readyandresilient.army.mil/index.html>

R2 provides training and resources to the Army Family to enhance resilience and optimize performance. R2 reinforces the Army Values, beliefs and attitudes, and educates members of the Army team about the importance of building connections with each other, taking care of one another, and being there to support fellow Soldiers.

Connectedness and Virtual Opportunities

ADC and Blue Star Families Join Forces to Support Military Communities and Families through COVID-19 Stimulus

<https://defensecommunities.org/covid-19/>

The Association of Defense Communities (ADC), Blue Star Families, and participants of the White Oak Collaborative are joining forces to create a united, national platform for sharing information, maintaining engagement, developing best practices and policy approaches to ensure our military receives the support it deserves. The COVID-19 Military Support Initiative (CMSI) will provide resources and expertise to support communities, states and military families through this crisis.

Blue Star Families

<https://bluestarfam.org/>

Blue Star Families has shared membership-based subscriptions to use from home, all of which are complimentary to Blue Star Family members:

- **Caribu** - 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** - Using Thrive Market to fuel your family can help you access healthy and affordable food without leaving the house. Secure your membership [here](#).
- **Headspace** - Meditating with Headspace can help with anxiety, stress, focus, and sleep during uncertain times. Subscribe and get started [here](#).
- **Tinkergarten** - 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](#).
- **Blue Star Deals Powered by LifeMart** - This complimentary members-only discount shopping platform provides exclusive discounts on nationally recognized brand-name products and services and local retailers. <https://www.tfaforms.com/4598702>
- **Boys & Girls Clubs of America** - Boys & Girls Clubs of America offers free membership to military-connected youth! <https://www.bgca.org/about-us/military>
- **Sesame Workshop** - Sesame Street knows that when a parent serves, the entire family serves. <https://www.tfaforms.com/4598702>

**UPDATED 4.22.2020:

In partnership with the Association of Defense Communities, we launched the COVID-19 Military Support Initiative (CMSI) to establish a clearinghouse for vetted, official information both to and from military and veteran families about benefits, as well as evolutions in the pandemic's progress and our fight to stop it. More information can be found at <https://covid19militarysupport.org/>.

Point of Light

A global organization that crafts tools and creates conditions for Volunteerism to thrive. Amid COVID-19 pandemic, they've published a [list of virtual volunteer opportunities](#) to consider.

Humana Together

Published a [Virtual Volunteering Roundup](#) highlighting over 70 ways to volunteer from home. This is a great way to support our community as well as sustain a sense of purpose.

Disaster Distress Line

www.samhsa.gov or (800) 985-5990 (TTY: 711), 24 hours a day, 7 days a week

Call for immediate counseling for anyone who is seeking help in coping with the mental or emotional effects caused by the COVID-19 pandemic.

Mental Health America

www.mentalhealthamerica.net

Access local and online support groups, mental health programs and services and more.

Elizabeth Dole Foundation

<https://hiddenheroes.org/coronavirus>

As the preeminent organization supporting America's military caregivers, Elizabeth Dole Foundation is reorganizing programs and priorities to focus on the acute, urgent needs of our nation's military and veteran caregivers in partnership with Veteran's Affairs www.va.gov/coronavirus

Caregiver Support

www.caregiveraction.org or (855) 227-3640 (TTY: 711), 8:00 a.m. – 7:00 p.m. EST

Connect with caregiving experts to help you find the right information you need to help you navigate your complex caregiving challenges.

Institute on Aging's Friendship Line

(800) 971-0016 (TTY: 711), 24 hours a day, 7 days a week

Call this toll-free line for a friendly conversation and the caring ear of a trained volunteer. Accredited for people age 60 and older as well as adults living with disabilities.

Eldercare Area Agencies on Aging

www.eldercare.acl.gov or (800) 677-1116 (TTY: 711), Monday – Friday, 9 a.m. – 8 p.m. Eastern time

Find trustworthy, local support resources for older Americans and their caregivers.

AARP Foundation's Connect2Affect

www.connect2affect.org

Connect with a network of local programs and resources to build social connections.

Travis Manion Foundation

<https://www.travismanion.org/impact-and-stories/blog/character-isnt-canceled-tmf-spartans-step-up-in-response-to-covid-19/>

The Character Does Matter program pairs TMF veterans with elementary and middle school students every school day at 1 p.m. on Facebook Live. This initiative provides mentorship for students nationwide by offering them personal stories and answering questions from students. The aim is to develop traits like moral courage, integrity, courage and leadership among young people.

YMCA On-Demand

<https://ymca360.org/>

From the comfort and safety of your home, stay active with classes from the YMCA. Whatever your device type, you can use YMCA 360 - from mobile to laptops, iOS or Android. There is no cost, and no login is requested to access videos.

Team Red, White, and Blue

<https://www.teamrwb.org/>

Team Red, White, and Blue is a nonprofit organization that aims to enrich the lives of America's veterans by connecting them to their community through physical and social activity.

Team RWB is offering the activities below to the veteran community.

- Team RWB 31-Day Quarantine Crusher is a virtual initiative to get veterans and their families to stay active, check in on friends and families, and inspire the community by participating in the daily Move-Connect-Inspire activities. For more information, click on the following link. <https://www.teamrwb.org/national-events/quarantine-crusher/>
- Team RWB Mobile App is a tool that can be used to connect to daily virtual physical activities - Running, Walking, Cycling, Functional Fitness, Rucking. All in-person activities have been postponed until further notice so the virtual engagements have taken the lead during the COVID-19 response. When veterans download the app, they will register for their free Team RWB account and access these awesome resources. For more information, click on this link <https://www.teamrwb.org/mobile-app/>

USO

<https://sanantonio.uso.org/>

USO San Antonio is continuing to serve and stands by the actively serving, guard, reserve, and their families at this unprecedented time. They have adapted their direct support center programming to a virtual format providing programming and services while we all practice and maintain social distancing. Please feel free to join them for our virtual programming on their Facebook page <https://www.facebook.com/USO.SanAntonio/>.

Military Spouse Advocacy Network

<https://www.militaryspouseadvocacynetwork.org>

The mission of Military Spouse Advocacy Network is to create stronger military families through education, empowerment, and support.

The New Military Spouse Support Program welcomes new military spouses to the military family and provides them with peer-to-peer mentorship to answer questions and receive guidance regarding benefits, military lifestyle, prepares them for their first Permanent Change of Station (PCS) and much more.

To request a Mentor: www.militaryspouseadvocacynetwork.org/contact-us

Join our Facebook group: MSAN- New Military Spouse Support Forum

Additional Community Partner Resources

SA2020

<https://www.sa2020.org/covid-19/>

SA2020 is a nonprofit organization driving progress toward San Antonio's Community Vision. To do that, they transparently report on progress, engage the community, and align organizations toward shared goals. The link above will redirect to SA2020's COVID-19 Resource Page, which includes a list of local government resources from the City and County.

United Way of San Antonio and Bexar County

<https://www.unitedwaysatx.org/covid19/>

United Way of San Antonio and Bexar County, in concert with community impact partners, is working to improve the lives of local children, students, families and those in emergency situations.

A list of helpful resources is available at the website above to help the San Antonio community navigate during the COVID-19 public health emergency.