

# GREAT *Life* HAWAII

April is a Month for  
Showing Support!



MORALE WELFARE RECREATION • CHILD & YOUTH PROGRAMS  
MILITARY & FAMILY SUPPORT CENTER • HOUSING/LODGING

## ALSO IN THIS ISSUE

- Current MWR operations during COVID-19
- GLH suggestions for what to do at home

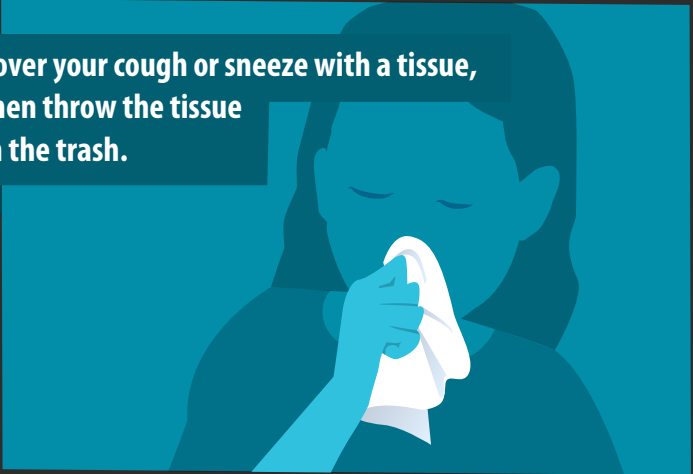
# STOP THE SPREAD OF GERMS

Help prevent the spread of respiratory diseases like COVID-19.

Avoid close contact with people who are sick.



Cover your cough or sneeze with a tissue, then throw the tissue in the trash.



Clean and disinfect frequently touched objects and surfaces.



Avoid touching your eyes, nose, and mouth.



Stay home when you are sick, except to get medical care.



Wash your hands often with soap and water for at least 20 seconds.



For more information: [www.cdc.gov/COVID19](http://www.cdc.gov/COVID19)

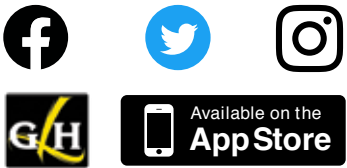


## live the great life

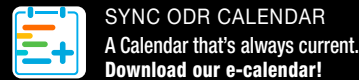
- 4 Open MWR Programs
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## connect with us

Like us on Facebook, and follow us on Twitter and Instagram. You can also download the Great Life Hawaii app at the App Store.



Sync your personal device's calendar with ours to keep up with all our events. It's free and it travels with you. Sign up today at [www.greatlifehawaii.com](http://www.greatlifehawaii.com).



Sign up at [www.greatlifehawaii.com](http://www.greatlifehawaii.com) for emails about MWR and MFSC programs and activities delivered right to your inbox each week.

## GREAT LIFE HAWAII: APRIL 2020

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## On the cover:

MFSC employees show their support!

## At right:

As the COVID-19 crisis affects us all, read on for info and tips on how we can deal with it together.

# APRIL

GREATLIFEHAWAII | 2020

**pg 4 | Activity Section**  
Amid the COVID-19 situation, MWR still offers services to you.

**pg 6 | Enjoy a great life while practicing social distancing!**  
Ideas for fun at home.

**pg 8 | April is a Month for Showing Support!**  
Read to see how you can spread awareness while home this month.





# MWR Offerings during COVID-19 Situation

## DINING OPTIONS

### Club Pearl Complex

**Taco Bell** – take-out only

**Pizza Hut** – take-out only

**Brews & Cues** – bar occupancy limit of 50 people

**Tradewinds** – bar occupancy limit of 50 people

**Wright Brothers** – take-out only

**Lanai at Mamala Bay** – take-out only

**Restaurant 604** – take-out only

**La Familia Mexican Restaurant** – take-out only

**Harbor Grill (Pier Side Bowling Center  
snack bar)** – take-out only

**Kau Kau Korner (Hickam Bowling Center  
snack bar)** – take-out only

*All information is subject  
to change without notice.*

Information updated as of 11AM, March 26, 2020



www.greatlifehawaii.com



# WHAT TO DO DURING COVID-19

Share how you're staying strong and remember to tag @greatlifehawaii and hashtag #greatlifehawaii #mygreatlifehawaii

## EDUCATION

- Check out the CYP Group for Education Resources (<https://www.facebook.com/groups/515235949103385/>)
- E-Library (<https://www.navymwrdigitallibrary.org/>). Read a book, rent a movie, take a class
- Take free online classes
- Learn a new language, musical instrument, or skill (Practice photography, sketching, or painting.)
- Research destinations for next year's travel



## CONQUER YOUR TO-DO LIST

- Deep clean your house
- Closet clean out – Sort, try on, toss or donate!
- Pantry clean up – Get creative with the ingredients in your pantry
- Meal plan for the next week, month, or year (look up new recipes you'd like to try)
- Work on or update your budget or savings plan (Great resources available over the phone from MFSC or at [jbphh.greatlifehawaii.com/support](http://jbphh.greatlifehawaii.com/support))

## BE SOCIAL (FROM A DISTANCE)

- Reach out to friends or family you haven't talked to in awhile
- Plan a virtual hang out or play date
- Support a small business by ordering take-out or delivery



## GET MOVING

- Take a virtual work out class (Yoga, HIIT, Pilates, Calisthenics)
- Run around the backyard (If you have one)
- See how many push-ups or sit-ups you can do without stopping
- Try the Navy Operational Fitness program. Search for NOFFS on your app store
- Stretch

## MORE FUN

- Teach your pet a new trick
- Foster an animal while you're working from home
- Check out museums virtually at #MuseumMomentofZen
- Build your family tree (research your genealogy)
- Take some time to relax. Practice self-care (put on a face mask, meditate, take a bubble bath)



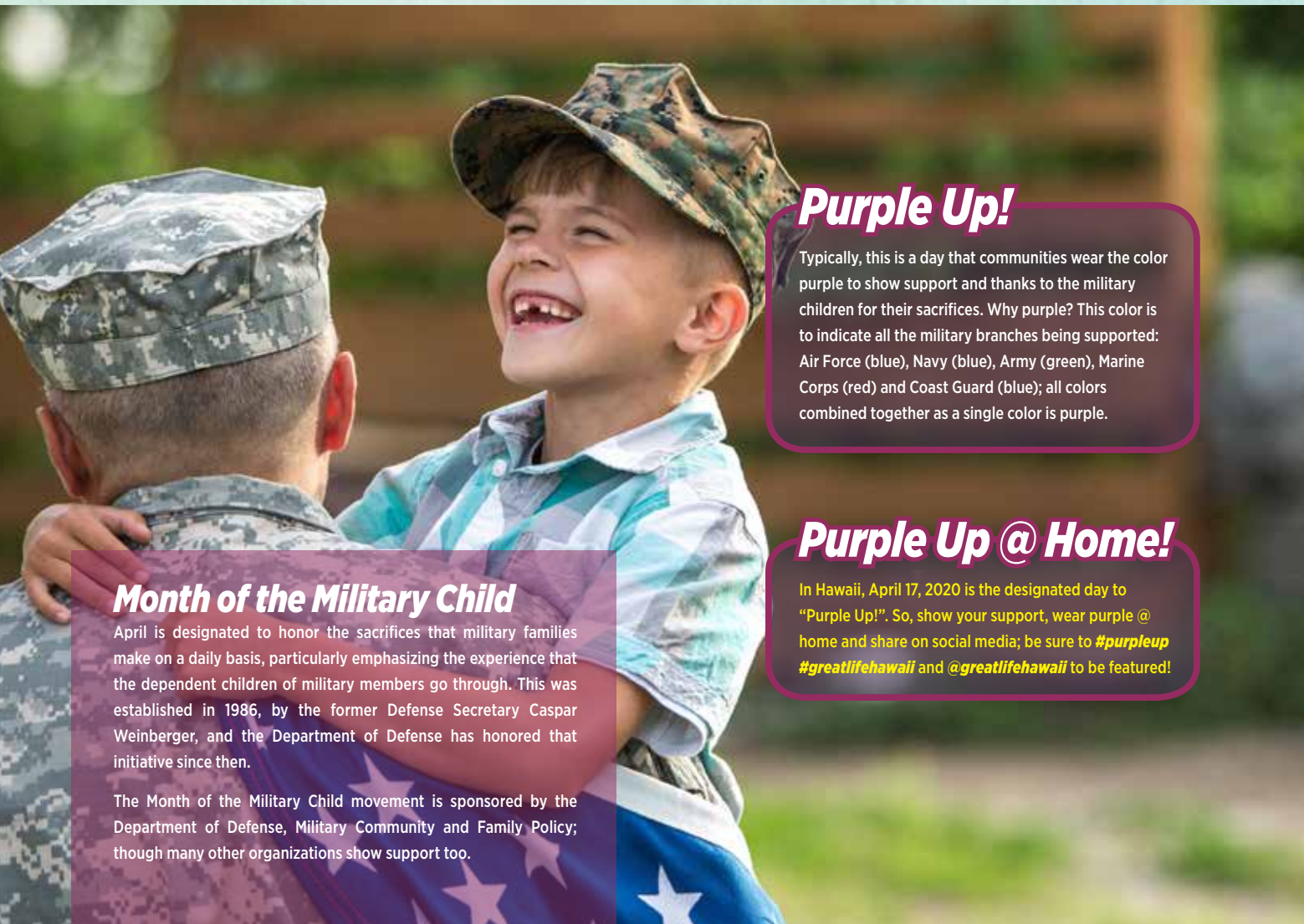


# April is a Month for Showing Support!

By: Victoria MacLellan

*Do you have a military child? Are you aware of what SAPR is? Do you need tips to get yourself back on track financially? April is a month of awareness and support for a variety of topics!*

*Month of the military child is designated to the month of April to show support for the sacrifices that military children make. SAPR is a program to promote awareness and prevention of sexual assault. April is also a month that promotes awareness of child abuse prevention, and financial management topics. Read the sections below to see how you can show support, and help promote awareness for each of these important topics.*



## Purple Up!

Typically, this is a day that communities wear the color purple to show support and thanks to the military children for their sacrifices. Why purple? This color is to indicate all the military branches being supported: Air Force (blue), Navy (blue), Army (green), Marine Corps (red) and Coast Guard (blue); all colors combined together as a single color is purple.

## Purple Up @ Home!

In Hawaii, April 17, 2020 is the designated day to "Purple Up!". So, show your support, wear purple @ home and share on social media; be sure to **#purpleup** **#greatlifehawaii** and **@greatlifehawaii** to be featured!

## Month of the Military Child

April is designated to honor the sacrifices that military families make on a daily basis, particularly emphasizing the experience that the dependent children of military members go through. This was established in 1986, by the former Defense Secretary Caspar Weinberger, and the Department of Defense has honored that initiative since then.

The Month of the Military Child movement is sponsored by the Department of Defense, Military Community and Family Policy; though many other organizations show support too.

## SAPR/SAAPM

Sexual Assault Prevention and Response (SAPR) is an important program that the Military and Family Support Center (MFSC) provides workshops, victim advocacy, counseling, regular support groups, and awareness training for. The month of April is actually designated as the awareness month for this program, Sexual Assault Awareness & Prevention Month.

## On April 24th, 2020 wear jeans at home to support Denim Day!

What is the history behind Denim Day and why is this an important way to show support? In 1992, an 18-year old girl in Italy was picked-up by her driving instructor to begin a driving lesson. Soon after, she was raped on the side of the road by her instructor. She pressed charges and won her case. The instructor appealed, and the case went to the Italian High Court.

In 1999, the case was overturned and a member of the High Court stated that since the victim wore very tight jeans, the instructor could not have removed them himself, therefore the victim must have willingly participated.

Women of the Italian Legislature protested the decision by wearing jeans to work. As news of the decision spread, so did the protest! In April 1999, a social service agency in Los Angeles, CA established the first Denim Day in the United States.

So, this Denim Day, wear your jeans @ home and share a selfie! Be sure to **#DenimDay**, **#greatlifehawaii** and **@greatlifehawaii** to show support and be featured on our page!




## Military Saves Month with MFSC

Managing your finances... one of the great joys of being an adult, right? Ha! Managing your finances correctly is a lot of hard work, planning and takes time. The Military and Family Support Center (MFSC) is focusing on April as "Military Saves Month" to help introduce healthy financial tips and promote the financial education classes they offer to you.

If you're tired of constantly being stressed out by money, then it is time to get a hold of your personal finances.

During April, each week will focus on an important tip to help people identify healthy financial practices. Each week of April, MFSC will share a tip on their Facebook and/or Instagram pages, follow along and learn how you can get back on track.

- **Week 1: "Save Automatically"** – Saving tips and tricks that work!
- **Week 2: "Save to Retire"** – Retirement financial planning.
- **Week 3: "Save for the Unexpected"** – Finances & emergencies, be prepared!
- **Week 4: "Save with a Plan"** – Managing personal finances
- **Week 5: "Save by Paying Down Debt"** – Slashing debt & saving! 

## Fun Fact

Ms. Le'Etta Garbett is the first paid FFSC staff member across all FFSCs and is still with us! (FFSCs used to be manned solely by volunteers). FFSC is 40 years old and she has worked for them for 38 of them in her 52 years of federal service.



Area code for JBPHH phone numbers is 808.

## CHANGES IN HOURS OF OPERATION

In addressing COVID-19, the following CHANGES IN HOURS OF OPERATION have been implemented. ***Closures are indicated by the grayed out information below.*** All information is subject to change without notice. Visit [greatlifehawaii.com](http://greatlifehawaii.com) for updates.



**INFORMATION  
UPDATED AS OF 11AM,  
MARCH 26, 2020.**

## food&drink

### JOINT BASE CATERING

Office next to Wright Brothers Café • 448-4608 Ext. 16  
Mon, Sat ..... Appointment only  
Tue–Fri ..... 0900–1600  
Sun ..... Closed

### DINING FACILITIES/GALLEYS (ACTIVE-DUTY ONLY)

**HALE AINA DFAC**  
Hickam Bldg. 1860 • 449-1666  
Mon–Fri ..... 0600–0830, 1100–1300, 1700–1830  
Sat, Sun, Holidays ..... 0630–0830, 1100–1300, 1700–1830

### SILVER DOLPHIN BISTRO GALLEY

Bldg 655 • 473-2948 • \*Closed for renovations.

**LA FAMILIA MEXICAN RESTAURANT**  
At Ke‘alahi Par 3 Golf Course • 422-9987  
Mon ..... Closed  
Tue–Sat ..... 1000–2100  
Sun ..... 1000–2000

**THE LANAI AT MAMALA BAY**  
3465 Mamala Bay Drive, Hickam Harbor • 422-3002  
Mon–Thu, Sun ..... 1100–1400, 1700–2100  
Fri, Sat ..... 1100–1400, 1700–2100  
Hapa Bar  
Mon–Thu, Sun ..... 1100–2000  
Fri, Sat ..... 1100–2100

### MANGIAMO

At Navy Marine Golf Course • 213-0321  
Mon–Sun ..... 1100-1900

**RESTAURANT 604**  
57 Arizona Memorial Drive, Rainbow Bay • 888-7616  
Mon–Sun ..... 1100-1900

**WRIGHT BROTHERS CAFÉ & GRILLE**  
901 Worthington Avenue • 448-4608 Ext. 39  
Mon–Thu ..... 0630–0900, 1030–1330  
Fri ..... 0630–0900, 1030–1330, 1700–2000  
Sat ..... 0700–0900, 1030–1330, 1700–2000  
Sun ..... 0700–2000

### SNACK BARS

**604 EXPRESS**  
At Navy Marine Golf Course • 423-2299  
Mon–Sun ..... 1100-1900

**HARBOR GRILL**  
Inside Naval Station Bowling Center • 473-2574  
Mon ..... 0700–1330, 1700–2100  
Tue–Thu ..... 0700–2100  
Fri ..... 0700–2200  
Sat ..... 0800–2200  
Sun ..... 0830–1730

**KAU KAU KORNER**  
Inside Hickam Bowling Center • 448-9959  
Mon–Thu . 1000–2030  
Fri ..... 1000–2200  
Sat ..... 0900–2200  
Sun ..... 0900–2030

### MAMALA BAY SNACK BAR

At Mamala Bay Golf Course  
Tue–Sun ..... 0630–1400

### PHILLIES

711 Pierce St. Beeman Liberty Center • 387-8080  
Mon–Fri ..... 1000–1400  
(Hours subject to change when ships are in port.)  
Sat ..... 1000–1500

### PLANET SMOOTHIE

At the Hickam Fitness Center • 422-1145  
Mon–Fri ..... 0700–1900  
Sat ..... 0800–1400

### FAST FOOD

**PIZZA HUT**  
At the Club Pearl Complex • 423-2222

**TACO BELL**  
At the Club Pearl Complex • 422-2274

### BARS

**10th PUKA LOUNGE**  
At Ke‘alahi Par 3 Golf Course • 448-9890  
Mon, Tue, Sun ..... 1100–2230  
Wed–Sat ..... 1100–2300

### BREWS & CUES

Bldg. 1314, 915 North Rd (Club Pearl Complex) • 473-1743  
Sun–Sat ..... 1500–2100

### THE COUNTRY BAR

Bldg. 1314, 915 North Rd (Club Pearl Complex) • 473-1743  
Mon–Thu ..... Closed  
Fri ..... 2030–0200  
Sat–Sun ..... Closed

### KOA LOUNGE

At the Historic Hickam Officers' Club • 448-4608  
Wed ..... 1600–2100  
Thu ..... 1600–2200  
Fri ..... 1600–2300

### TRADEWINDS

150 McClelland Street, Hickam Bldg. 1804 • 448-4608  
Tue–Sat ..... 1530–2100

## programs&services

### AQUATICS

Arizona Pool (Ford Island)\* • 472-7582  
\* Re-opening late May 2020.  
Hickam Training Pool, Hickam Bldg. 1122 • 449-8274  
Mon–Fri ..... 0500–0700; 1100–1300  
Sat, Sun, Holidays ..... Closed  
Hickam Family Pool (Pool 2), Hickam Bldg. 425 • 448-2384  
Open Swim:  
Mon, Tue ..... Closed  
Wed–Fri ..... 1430–1800  
Sat, Sun ..... 1200–1700  
Island Divers • 922-3483  
Scott Pool, Pearl Harbor Bldg. 1511 • 473-0394  
Lap Swim:  
Mon–Fri ..... 0500–0700, 1100–1300  
Mon–Thu ..... 1700–1900  
Sat, Sun ..... 1000–1200  
Open Swim:

Mon–Fri ..... 1430–1700  
Sat, Sun, Holidays ..... 1200–1700  
Towers Pool (Makalapa) • 471-9723  
Lap Swim:  
Mon–Fri ..... 1100–1300  
Open Swim:  
Sat, Sun ..... 1200–1700  
Wahiawa Annex Pool, 500 Center St. • 653-5306  
Lap Swim:  
Tue, Thu ..... 1100–1300  
Open Swim:  
Sat, Sun, Holidays ..... 1200–1700

### ARTS & CRAFTS CENTER

Hickam Bldg. 1889 • 448-9907  
Ceramics & Frame Shop  
Mon, Sun ..... Closed  
Tue–Sat ..... 0900–1700

Engraving Shop  
Mon, Sat, Sun ..... Closed  
Tue–Fri ..... 0900–1700  
Gallery/Office  
Tue–Fri ..... 0900–1700  
Sat–Mon ..... Closed  
Sales Store  
Mon, Sun ..... Closed  
Tue–Thu ..... 1000–1800  
Fri, Sat ..... 0900–1700  
Wood Hobby Shop • 448-9911  
Mon, Fri ..... Closed  
Tue–Thu ..... 1300–2000  
Sat, Sun ..... 1000–1700

### AUTO SKILLS CENTERS

**For deployed storage or other emergencies please call  
808-306-1277.**

Flight Crew Motorcycle ..... 422-6202, 548-8813  
Hickam ASC, Bldg. 4002 • 449-2554  
Mon, Sun ..... Closed  
Tue–Fri ..... 0700–1700  
Sat ..... 0900–1700  
(Last vehicle entry: 1 hour prior to closing)  
Hickam Car Wash • 449-2554  
Daily ..... 0800–2000  
(Last vehicle entry: 19:15)  
Moanalua ASC (off-base) • 471-9072  
Mon, Thu, Fri ..... 1200–2000  
Sat, Sun ..... 0900–1700  
Tue, Wed ..... Closed  
(Last vehicle entry: 1 hour prior to closing)  
Car Wash at Moanalua ASC • 471-9072  
Daily ..... 0700–2000  
(Last vehicle entry: 19:15)

### BOWLING CENTERS

Hickam Bldg. 1891 • 448-9959  
Mon, Tue, Thu ..... 1100–2100  
Wed ..... 1000–2100  
Fri ..... 1000–2400  
Sat ..... 0900–2400  
Sun ..... 0900–2100  
Holidays ..... 1200–1800  
Pier Side Bldg. 1736 • 473-2574  
Mon ..... 1100–1330, 1700–2100  
Tue–Thu ..... 1100–1300, 1700–2100  
Fri ..... 1100–1300, 1700–2230  
Sat ..... 0900–2230  
Sun ..... 1100–1800  
Holidays ..... Closed  
The Escape at Wahiawa Annex • 473-2651  
Fri ..... 1800–2200

### CHILD DEVELOPMENT CENTERS

Center Drive CDC • 471-1978  
Ford Island CDC • 472-0262  
Hickam/Harbor CDC • 448-0183  
Hickam/Main CDC • 449-9880  
Hickam/West CDC • 449-5230  
Kids Cove • 421-0989  
Naval Station CDC • 473-2669  
Peltier CDC • 471-9336  
Wahiawa CDC • 653-5305

### CHILD DEVELOPMENT HOMES PROGRAM OFFICE

530 Peltier, Bldg. 1925 • 471-8445  
Mon–Fri ..... 0800–1700  
Sat, Sun ..... Closed

### FITNESS & SPORTS CENTERS

Family Fitness Center Bldg. 1681 • 471-2019  
Mon–Fri (unstaffed) ..... 1000–1700  
Hickam Bldg. 1120 • 448-2214  
Mon–Fri ..... 0430–2130  
Sat, Sun ..... 0700–1700  
After-hours access available  
Holidays ..... Closed  
JBPHH–Pearl Harbor Bldg. 1338 • 471-2019  
Mon–Fri ..... 0400–2130  
Sat, Sun, Holidays ..... 0700–1700  
Pier Side Fitness Center Bldg. 667 • 473-2436  
Mon, Wed, Fri ..... 0500–1730  
Tue, Thu ..... 0500–1500  
Sat, Sun, Holidays ..... Closed  
Wahiawa Annex Bldg. 446 • 653-5542  
Mon–Fri ..... 0500–2100  
Sat, Sun ..... 1200–1700  
Holidays ..... 1000–1500  
Open 24 hours a day, 7 days a week (unstaffed):  
Ford Island Bldg. 55  
Kunia Bldg. 446  
Makalapa Bldg. 388  
West Loch Bldg. 621

### GOLF COURSES

Barbers Point Golf Course, Essex Rd., Bldg. 2249 • 682-1911  
Daily Tee Times & Pro Shop  
Mon–Sun ..... 0630–1830  
Driving Range  
Mon ..... 0630–1500  
Tue ..... 0930–1800  
Thu–Sun ..... 0630–1800

Ke‘alahi Par 3 Golf Course, Hickam Bldg. 2105 • 448-2318  
Mon, Wed–Sun ..... 0630–2200  
Tue ..... 0630–2100  
Mamala Bay Golf Course, Hickam Bldg. 3571 • 449-2304  
Mon–Fri ..... 0630–1800  
Sat, Sun (Holidays) ..... 0615–1800  
Pro Shop  
Mon–Fri ..... 0630–1800  
Sat, Sun (Holidays) ..... 0615–1800  
Navy-Marine Golf Course  
Valkenburgh at Radford Drive • 471-0142  
Daily Tee Times ..... 0700–1830  
Pro Shop  
Mon–Sun ..... 0630–1830  
Driving Range  
Mon–Wed, Fri–Sun ..... 0630–2100  
Thu ..... 1030–2100

### HOUSING

Ohana Military Communities Family Housing • 474-1820, 839-8690  
Hickam Communities Family Housing • 448-0856, 423-7788  
Unaccompanied Housing • 473-5995

### INFORMATION, TICKETS & TRAVEL

ITT–Barbers Point, White Plains Beach • 682-2019  
Mon–Sun ..... 0900–1700  
Holidays ..... 0900–1500  
ITT–Fleet Store, Pearl Harbor • 473-0792  
Mon–Fri ..... 0900–1700  
Sat, Sun, Holidays ..... Closed  
ITT–NEX Mall • 422-2757  
Mon–Sat ..... 0900–1700  
Sun, Holidays ..... 0900–1300  
ITT–Wahiawa, Bldg. 551 • 564-4445, 564-4446  
Wed ..... 1000–1600  
Thu–Tue, Holidays ..... Closed  
ITT Recreation Ticket Vehicle • 630-3080

### TRAVEL CONNECTIONS OFFICES

Travel Connections Fleet Store, Pearl Harbor • 422-0139  
Mon–Fri ..... 0900–1700  
Sat, Sun, Holidays ..... Closed  
Travel Connections NEX Mall • 422-4067  
Mon–Fri ..... 0900–1700  
Sat, Sun, Holidays ..... Closed

### SPORTS

Intramural Sports Office  
Pearl Harbor Bldg. 161 • 473-1921 or 473-2437  
Mon–Fri ..... 0700–1530  
Sat, Sun ..... Closed  
Skateboard Hangar • 448-4422  
Wentworth Tennis Center • 473-0610

### LIBERTY CENTERS (SINGLE ACTIVE-DUTY E1–E6 ONLY)

Beeman Center (Naval Station) • 473-2583  
Sun–Thu ..... 1030–2100  
Fri–Sat ..... 1030–2300  
Makai Center (Hickam) • 448-0418  
Mon–Sat ..... 1530–2100  
Sun ..... 1530–2000  
Liberty Express (Wahiawa Annex) • 653-0220  
Mon–Sat ..... 1530–2100  
Sun ..... 1530–2000

### LIBRARY

Hickam Bldg. 595 • 449-8299  
Mon, Wed, Fri, Sat ..... 1000–1800  
Tue, Thu ..... 1100–2000  
Sun, Holidays ..... Closed

### MAKAI RECREATION CENTER

100 McChord Street, Bldg 1859 • 449-3354

### MARINAS

Hickam Harbor Marina, Bldg. 3455 • 449-5215  
Mon ..... Closed  
Tue–Sun ..... 0900–1700  
Rainbow Bay Marina, Bldg. 103 • 784-0167  
Mon ..... Closed  
Tue–Sun ..... 0900–1700

### MILITARY & FAMILY SUPPORT CENTER

Hickam, 655 Vickers Ave. • 474-1999  
Tue–Thu ..... 0800–1530 / Closed daily from 1100-1200  
Mon, Fri–Sun ..... Closed  
Pearl Harbor, 4827 Bougainville Dr. • 474-1999  
Mon–Thu ..... 0700–1630

Fri ..... 0700–1600  
Sat, Sun ..... Closed

Wahiawa Annex, Bldg. 392 • 474-1999

Mon, Fri–Sun ..... Closed  
Tue–Thu ..... 0730–1600

### MORALE, WELFARE & RECREATION (MWR) ADMIN

Bloch Arena • 473-0787  
Mon–Fri ..... 0800–1630  
Sat, Sun ..... Closed

### MOVIES

Sharkey Theater, Pearl Harbor • 473-0726  
Mon–Wed ..... Closed  
Thu, Fri ..... 1900 showtime  
Sat ..... 1430 first showtimes  
Sun ..... 1330 first showtimes

Memorial Theater, Hickam • 448-2297

### NAVY GATEWAY INNS & SUITES

(Open 24 hours a day, 7 days a week)

Pearl Harbor Side of JBPHH • 808-800-2337

Arizona Hall (Bldg. 1623)  
Hale Aliri (Bldg. 1315)  
Lockwood Hall (Bldg. 662)  
Makalapa (Bldg. 372)

Hickam Side of JBPHH • 808-800-2330  
Royal Alaka'i (Bldg. 1153)

### OUTDOOR RECREATION

Aikane Sport Fishing • 423-1113  
Hickam Beach (lifeguards on duty)/Surf Shack  
Fri–Sun ..... 1000–1700  
Outdoor Recreation–Hickam Harbor • 449-5215  
Mon, Holidays ..... Closed  
Tue–Sun ..... 0900–1700  
White Plains Beach/Surf Shack • 682-4925  
Daily ..... 1000–1700

### RENTALS

Barbers Point Beach Cottages • 682-3085  
Mon–Sun ..... 0900–1800  
Holidays ..... 0900–1500  
Conference Centers • 472-0342  
Foster Point Pavilion • 449-5215  
Hickam Beach Cabanas • 449-5215

Outdoor Recreation Equipment Rentals:  
Hickam Beach • 449-5215  
White Plains Beach • 682-4925  
Recreational Equipment Rental:  
Kuntz Ave, Bldg. 1760 • 449-6870  
Mon, Tue, Thu, Fri ..... 1000–1800\*  
Sat ..... 0800–1600\*  
Wed & Sun ..... Closed

### YOUTH PROGRAMS

School-Age Care  
Catlin • 421-1556  
Hickam • 448-4396  
School Liaison Officer (K–12)  
4827 Bougainville Drive • 471-3662, 471-3673  
Mon–Fri ..... 0800–1700  
Sat, Sun ..... Closed  
Teen Center (ages 13–18) • 448-1068  
School year:  
Mon–Thu ..... 1400–2000  
Fri ..... 1400–2100  
School vacations:  
Mon–Fri ..... 1200–2000  
Weekends:  
Sat ..... 1330–2130  
Sun ..... Closed  
Youth Sports & Fitness  
Office, Bloch Arena • 473-0789  
Mon–Fri ..... 1100–1730  
Sat, Sun ..... Closed  
Gymnastics, Pearl Harbor Bldg. 1680 • 422-2223

### WOUNDED WARRIOR

Navy Wounded Warrior-Safe Harbor Program  
480 Central Avenue, Bldg. 1514 • 808-473-2444 Opt. 9, Ext. 4515  
Air Force Wounded Warrior Program  
800 Scott Circle Bldg 1113 • 808-448-0126  
Mon–Fri ..... 0830–1230 / 1300–1700  
Sat, Sun ..... Closed

# COPING WITH COVID-19 FINANCIAL STRESS

**The COVID-19 outbreak may affect many aspects of your military life, including financial readiness.**

**Here are some things you can do to support yourself:**

## **CONSIDER INSTITUTING AN EMERGENCY BUDGET**

Focus on essentials, leave out or minimize discretionary spending.

## **MANAGE EXPENSES**

Figure out what you can cut and then divert that money to savings.

- Can subscriptions be cut? Cheaper phone, cable or internet plan? Limit spending

## **AVOID HIGH COSTS**

If things do get rough, avoid high-cost alternatives to get cash. (High interest credit cards, pay day loans or withdrawing retirement funds.) You may also reach out to your service specific relief society for assistance.

## **CONTACT YOUR LENDERS AND LOAN SERVICERS**

Financial regulators have encouraged financial institutions to work with their customers to meet their community needs. Your lender may have options that will help.

## **ASK FOR HELP**

If you are already feeling the pinch financially, ask for help. You can arrange to speak with a **Personal Financial Management Specialist** by contacting your local Fleet and Family Support or Military and Family Support center. They are standing by to discuss your individual situations.

## **CHECK YOUR CREDIT REPORTS**

Your credit reports and scores play an important role in your future financial opportunities.

**FOR MORE INFORMATION ON COVID-19 PLEASE VISIT: [WWW.CDC.GOV/COVID19](http://WWW.CDC.GOV/COVID19)**



**Call your healthcare provider if stress gets in the way of your daily activities for several days in a row.**