



# SMSD Information and Resources

## Service Members and Military Families

October 1, 2020

### Resilient Wisconsin

Resiliency is the ability to deal with difficulties in healthy ways and bounce back from hardship. How you handle tough times is important because it has an impact on physical and mental health. Luckily, resiliency is not something you have innately...being resilient is something that can be improved with practice.

*Resilient Wisconsin* is committed to building a healthier and more resilient Wisconsin by providing resources, practical tools and sources of support that can help you strengthen your resilience during times of stress.



Try these seven resilience-building practices from *Resilient Wisconsin* that can help you learn to adapt and recover in the face of adversity:

- **Prioritize healthy relationships:** Build a supportive network of people who care about you and spend quality time (even if virtually) with them.
- **Take care of your body:** It's easier to maintain mental and emotional balance when you feel healthy. Make an effort to eat well, get enough sleep, and exercise three or more times a week.
- **Avoid negative outlets:** Look for healthy ways to process difficult emotions. Trying to escape these emotions through harmful substance use will create more stress.
- **Be proactive:** We can't always control our circumstances, but we can take charge of our response. Break problems into manageable tasks and move forward.
- **Practice self-awareness:** When stressful events occur, it's important to take a step back and reflect before we react. It helps to understand where your emotions are coming from before you share them.
- **Learn from the past:** Recognize who or what was helpful (or unhelpful) the last time you were in a stressful situation. Remembering other challenges you've overcome can help.

**Ask for help when you need it:** Reaching out to family or friends, a health care professional, or a community resource isn't easy, but knowing how to accept help is a sign of strength.

For more information and practical strategies to build resilience, visit <https://www.dhs.wisconsin.gov/resilient/understanding-resilience.htm>

# Voting in the 2020 General Election

The general election is fast approaching and so are associated deadlines! Do you know where or how you're voting this year? If not, please read the following.

## **Step 1: Registration**

You must be registered to vote. All voters must provide a [Proof of Residence](#) document when registering.

**October 14, 2020 - Deadline to [Register by Mail](#)** - Your voter registration form, along with [proof of residence](#) must be postmarked to your [municipal clerk](#) no later than October 14, 2020. Find your Municipal Clerk's Contact Information [here](#).

**October 14, 2020 - Deadline to [Register to vote online](#)** - Voters who are able to match their name, date of birth, Wisconsin Driver License or State ID number, and address with the Wisconsin DMV can register to vote online through October 14, 2020.

**October 30, 2020 @ 5:00 p.m. - Deadline to Register in Your Municipal Clerk's Office**- Voters may register in-person in their municipal clerk's office during the clerk's business hours until 5:00 p.m. on October 30, 2020. Find your Municipal Clerk's Contact Information [here](#).

**November 3, 2020 from 7:00 a.m.-8:00 p.m. - Register to Vote at Your Polling Place**- Voters can [register to vote](#) at their polling place on Election Day, November 3, 2020. Find your Polling Place [here](#).

## **Step 2: Vote**

### **Absentee Voting- Deadlines for the November 3, 2020 General Election**

Voters may request their absentee ballot in writing or online on MyVote.wi.gov click [here](#). You must provide a photo ID with your absentee ballot request, more information on photo ID can be found [here](#).

**October 29, 2020 @ 5:00 p.m. - Deadline Request for Overseas Voters** - If you are a regular or a [Permanent Overseas Voter](#), your [absentee ballot](#) request must be received by your [municipal clerk](#) no later than 5:00 p.m. on October 29, 2020.

**October 30, 2020 @ 5:00 p.m. - Deadline to Request an Absentee Ballot-Indefinitely Confined** - If a voter is [indefinitely confined](#), your absentee ballot request must be received by your municipal clerk no later than 5:00 p.m. on October 30, 2020.

**October 20, 2020, possibly through November 1, 2020 - Deadline for In-Person Absentee** - Voters can possibly request and vote an absentee ballot in-person in their municipal clerk's office through November 1, 2020. **Availability and office hours vary by municipality.** Please [contact your municipal clerk](#) for info.

**November 3, 2020 @ 5:00 p.m. - Deadline for Hospitalized Voters** - Voters who are in a hospital may [request a ballot](#) be brought to them by an appointed agent if they are hospitalized in the 7 days preceding the election. Hospitalized electors may request an absentee ballot between October 27, 2020 and November 3, 2020 at 5:00 p.m.

**November 3, 2020 @ 5:00 p.m. - Deadline to Request an Absentee Ballot-Military** - If you are a voter in the [military](#), your absentee ballot request must be received by your municipal clerk no later than 5:00 p.m. on November 3, 2020.

**November 3, 2020 @ 8:00 p.m. - Deadline to **Return** Absentee Ballot** - If you have already received an absentee ballot, you must return your absentee ballot by mail or delivery to your [municipal clerk](#). Your ballot must be received by your municipal clerk no later than 8:00 p.m. on Election Day November 3, 2020.

**November 3, 2020 from 7:00 a.m.-8:00 p.m. - Election Day -Deadline to vote in-person.** Go to your local polling location, provide your Proof of Residence document, sign and vote. Find your Polling Place [here](#).

## Secure Your Financial Future

Join the Wisconsin Personal Financial Counselors and Military OneSource Consultant for 35min sessions to discuss financial topics. To register, follow this link <https://bit.ly/3iWQ2gi>. Trouble registering? Email the class or classes you wish to attend to [Rebecca.boehlke@militaryonesource.com](mailto:Rebecca.boehlke@militaryonesource.com). Please register at least 24 hours prior to class start-time. You will receive a confirmation email with meeting ID and password. For additional security, the classroom will be closed shortly after class begins. DOD has approved the use of Zoom platform for these non-FOUO classes. (Recommendation: Use personal device.)

**Tues., Oct 6 at 1130 CST - Employer Sponsored Retirement Plans and Individual Retirement Accounts (IRAs).** Understand the differences among TSP, 401k, 403b, IRAs, and pensions too -before you need them!

**Wed., Oct 7 at 1900 CST – Insurance Primer**

Insurance is a basic part of every financial plan to help manage risk. This class provides an overview of auto, home, health and life insurance.

**Tues., Oct 13 at 1130 CST – Holiday Spending**  
Psychology of Spending and how to prepare.

**Wed., Oct 14 at 1900 CST – Get that shiny new vehicle.....with a shiny new payment to match!**  
Car buying strategies to consider before signing the paperwork.



## Avoiding Tricks and Getting Treats: Guidelines for Halloween

Halloween is a time for spooks and frights and bumps in the night -all in the name of good fun! There is a level of risk families take on when kids scavenge their neighborhoods in search of candy which we have generally accepted by creating different trick-or-treat formats and using best safety practices. What about this year? The CDC has issued guidelines and recommendations for families to consider and choose what works best for them.

### **Low Risk Activities**

- \* Carving or decorating pumpkins & your living space with members of your household.
- \* Doing a Halloween scavenger hunt where children are given lists of Halloween-themed things to look for while they walk outdoors from house to house admiring Halloween decorations at a distance
- \* Having a virtual Halloween costume contest

### **Moderate Risk Activities**

- \* Participating in one-way trick-or-treating where individually wrapped goodie bags are lined up for families to grab and go while continuing to social distance (such as at the end of a driveway or at the edge of a yard)
- \* Outdoor costume events where 6ft social distancing can be maintained
- \* Visiting apple orchards or pumpkin patches

### **High Risk Activities**

- \* Participating in trick-or-treating where treats are directly handed to children who go door to door OR car trunk to car trunk.
- \* Attending crowded costume parties held indoors or any other close-quarters, crowded event.





20 people per minute are victims of domestic violence.

72 Wisconsinites lost their lives in 2019 in a domestic violence incident.

In 2018, there were more male victims of domestic violence homicide than women in Wisconsin. 2 out of 3 homicides were committed with guns, and were most likely to occur in rural communities.

Nationally, 1 in 15 children is exposed to intimate partner violence in the home.

Women ages 18-24 are most likely to be a victim of domestic and intimate partner violence.

Only 34% of victims will receive medical attention.

Globally, domestic violence has increased 300% during the COVID-19 pandemic.

Department of Defense Calls to Action

Know someone who is experiencing relationship abuse? Ask them how you can best support them.

Know someone in an unhealthy relationship and offer ways to get help.

Know someone who feels unsafe at home? Stay in touch to let them know they are not alone.

Feeling unsafe at home? You have options for getting help.



**Domestic Violence Hotline**  
**1-800-799-7233**