



# SMSD Information and Resources

## Service Members and Military Families

June 1, 2020

### Update on Thrift Savings Plan (TSP)

The CARES Act offers temporary loan and withdrawal options to TSP participants affected by COVID-19. The loan options described below will be available no later than June 22, 2020, and that the withdrawal option described here will be available in mid-July 2020. Both the loan and withdrawal options are available to you only if you can certify that you meet one or more of the following criteria:

- You have been diagnosed with the virus SARS–CoV–2 or with coronavirus disease 2019 (COVID–19) by a test approved by the Centers for Disease Control and Prevention.
- Your spouse or dependent (as defined in section 152 of the Internal Revenue Code of 1986) has been diagnosed with such virus or disease by such a test.
- You are experiencing adverse financial consequences as a result of being quarantined, being furloughed or laid off or having work hours reduced due to such virus or disease, being unable to work due to lack of child care due to such virus or disease, closing or reducing hours of a business owned or operated by the individual due to such virus or disease, or other factors as determined by the Secretary of the Treasury (or the Secretary's delegate).

#### **Increased maximum loan amount**

The maximum loan amount is increased from \$50,000 to \$100,000, and the portion of your available balance you can borrow is raised from 50% to 100%. The deadline for applying for a loan with this increased maximum will be in September 2020.

#### **Temporary suspension of loan payments**

You may suspend your obligation to make payments on your TSP loan or loans for 12 months, which will also extend the term of your loan by 12 months. This applies to existing loans and loans taken in the remainder of 2020. You have until December 31, 2020, to have your payments suspended.

#### **CARES Act Withdrawal**

You may make a one-time withdrawal of up to \$100,000 from a civilian or uniformed services account. For those still in federal service, the usual requirements that you be at least 59 ½ years old or certify that you meet specific financial hardship criteria are waived. This withdrawal will be eligible for the favorable tax treatment with all of the same options and restrictions. The deadline for applying for this withdrawal will be in December 2020.

For more information, please visit: <https://www.tsp.gov/whatsnew/Content/index.html>

Questions? Contact: [dodhra.mc-alex.dcpas.mbx.benefits-contacts@mail.mil](mailto:dodhra.mc-alex.dcpas.mbx.benefits-contacts@mail.mil)

### Comprehensive Health & Wellness on Facebook



If you're looking for more ways to stay fit and healthy consider liking and following the [Comprehensive Health and Wellness](#) page on Facebook. The primary focus of the page is daily workout videos. Currently, these videos feature workouts that can be done from home. The page also provides posts regarding other facets of health and wellness, including financial, mental, spiritual and social. The social wellness aspect can be found from the community building taking place in the comments section of the daily posts. Do your health a favor and check out the Comprehensive Health and Wellness page today!

## Wild, Wonderful, Wisconsin



Summer time in Wisconsin is the best. When it finally gets here, of course! During the spring there is so much to do and explore in Wisconsin. Get the family involved or go out for a little “me” time.

Exploring the Grandad Bluff in Lacrosse is a wonderful way to enjoy nature and all its glory. Whether you hike or drive to the top, you’re guaranteed quite a view of the Mississippi River Valley down below. It’s 600 feet above the surrounding landscape and nearly 1200 feet above sea level. Located at 3020 Grandad Bluff Rd, La Crosse, WI 54601

Go Disc Golfing. There are courses all across the state. Most don’t have fees. Brown Deer Park and Dretzka in Milwaukee, Silver Creek Park in Manitowoc and Hiestand Park in Madison are some of the highest rated in the state with no fee charged. You do need to pack your own discs but the fun will be provided at these parks once you get there.

Meander around the Seven Bridges in Grant Park – Milwaukee. Constructed as a WPA (Works Progress Administration) project during the Great Depression, Seven Bridges is a haunting, beautiful trail that many say is the centerpiece of the County Park System. An oasis in the urban center, there’s a covered bridge at the beginning of the trail that says “Enter this wild wood and view the haunts of nature.” You won’t regret letting yourself get lost here some morning. Located in Grant Park, 100 E. Hawthorne Ave., South Milwaukee, WI 53172

For you water lovers, the clearest lake in Wisconsin is almost too beautiful to be real. Black Oak Lake, which is located way, way up north, just a mile or so from the Upper Peninsula in Vilas County. This large lake up north is 564 Acres of pure beauty with stellar swimming and fishing.

The DNR says it’s one of the deepest lakes in the state, with a maximum depth of around 85 feet, though the main depth sits at around 34 feet. Most clarity is a seeing depth of around 30 feet. It’s also full of fish, including Panfish, Largemouth Bass, Smallmouth Bass, Northern Pike, Trout, and Walleye. No one actually knows how the lake got its

name, especially since Black Oaks don’t grow this far North. But there are historical documents dating back to the 1880’s that name the lake this way. The estimate is the closest Black Oaks growing is 200 miles south of this area.

So whether you enjoy walking, playing games, fishing, swimming or simply taking in the beauty of our great state there is always something to explore! Pack a cooler and the family and spend the day forgetting about everything else in the world expect what is right in front of you. Soak it all in and enjoy!



## Am I Hungry? Lessons on Mindful Eating

With more of our time being spent at home we are always within an arm’s reach of our refrigerator and pantry. For many, this close proximity leads to one thing – mindless snacking. Now, there’s no shame in a few extra snacks here and there, but a daily habit of snacking out of boredom or stress can lead to a drastic increase in caloric intake and potentially lead to weight gain if the habit continues.

It can be difficult to break these habits, especially during times of stress, but following some simple principles around mindful eating may help! Check out the following article by mindful.org: [6 Ways to Practice Mindful Eating](#). This resource takes the guesswork out of mindful eating and provides practical strategies for being mindful about food choices that can easily be implemented by all.

# Seeing Green? Keep More Money in Your Pocket

Financial Discussions - Wisconsin June 2-11, 2020

Join the Wisconsin Personal Financial Counselors and Military OneSource Consultant for 30min sessions to discuss financial topics.

**Tues., June 2 at 1730 CST** - Alphabet Soup: Fill Your Buckets When You're Young!

Understand the differences among TSP, 401k, 403b, IRAs, and pensions too ... before you need them. <https://militaryonesource.zoom.us/meeting/register/tJUtfu2rpjwsH9YyPiKWN-GduBIS24j4yB87>

**Thurs., June 4 at 1100 CST** - Managing Your Credit Report and Debt--You're in Control!

Why understanding your credit report helps you create a plan to pay down debt. [https://militaryonesource.zoom.us/meeting/register/tJIpde2urD0tHtDK\\_ymxhJy6q1P\\_gxjsqRs](https://militaryonesource.zoom.us/meeting/register/tJIpde2urD0tHtDK_ymxhJy6q1P_gxjsqRs)

**Thurs., June 4 at 1730 CST** - Your Future's Superpower: The Blended Retirement System

Whether you "opted-in" or were automatically enrolled, rediscover the 4 components of BRS. <https://militaryonesource.zoom.us/meeting/register/tJEvdeCgpz8sGdfp9NRGIR9meCRCGhPAxITC>

**Tues., June 9 at 1100 CST** - Personal Finance Open Forum: Q&A

Have a personal finance issue or question not addressed in a general briefing? Get your questions answered, or researched with follow-up if needed. <https://militaryonesource.zoom.us/meeting/register/tJItcuqvrjsvGdENw3FcdncSJmGSfYkIaBZs>



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**Thurs., June 11 at 1100 CST** - TSP Check-Up: Are You in the Right Funds for YOU?

Your investment choices today have a huge impact on long-term savings. [https://militaryonesource.zoom.us/meeting/register/tJUoc-mhqDopE9zkHhA8kE\\_2Wp3WDo0gAPEw](https://militaryonesource.zoom.us/meeting/register/tJUoc-mhqDopE9zkHhA8kE_2Wp3WDo0gAPEw)

**Thurs., June 11 at 1730 CST** – Your Credit Score Unplugged

What It's Made of, and Why You Should Care. Ignore it and your wallet will get squeezed for a very long time. <https://militaryonesource.zoom.us/meeting/register/tJMkf-CorD4jHdEwifBtGZdJ5OmgVkiS6a64>

- (1) 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.
- (2) DoD has approved the use of Zoom platform for these non-FOUO classes. (Recommendation: Use personal device.)

Trouble registering? Email [Rebecca.boehlke@militaryonesource.com](mailto:Rebecca.boehlke@militaryonesource.com) and include the class you wish to attend.