

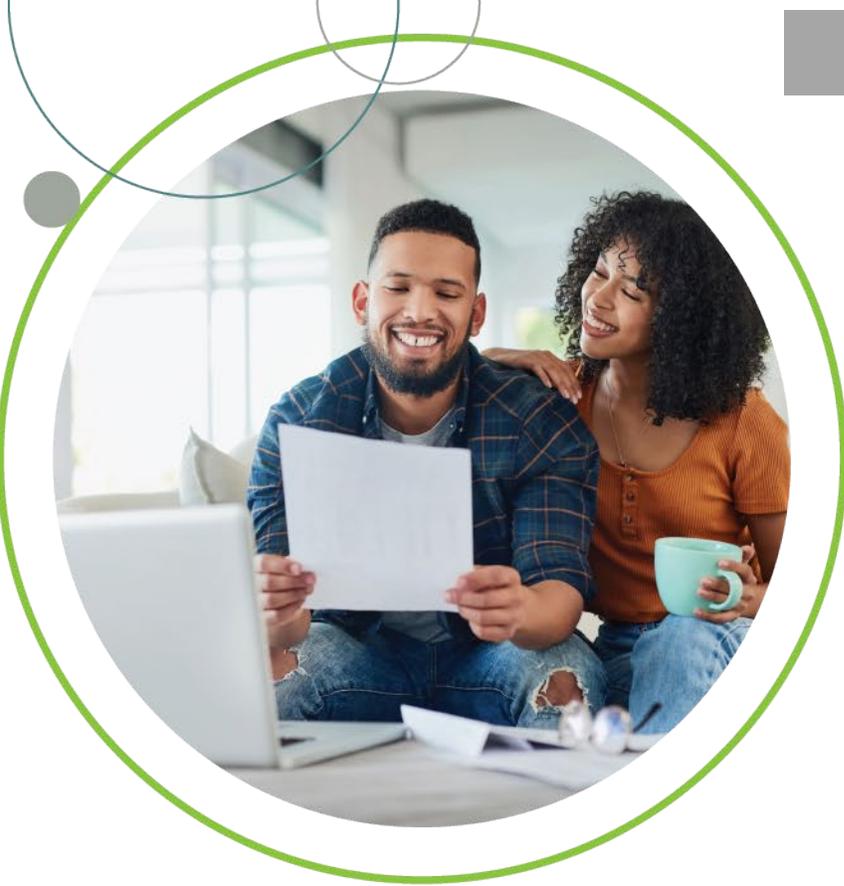
We are **Marine Corps Community Services**,
and we are here to serve you.

Financial Solutions Newsletter



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What makes it so hard to talk about money?

You're not alone—most of us are uncomfortable talking about money. Talking about money is typically not something that we learn to do. Many couples avoid talking about finances until life presents them with a stressful circumstance such as a job loss, mounting debt, or an unexpected bill. However, silence can be hurtful to you and to others. Not talking about money can cause distance between you and your spouse. Not being upfront and communicative about money can also cause us to pass our own insecurities around money down to our children, limiting their financial success.

It is important to ask for help and learn how to communicate about money. You did not teach yourself to drive, so why should you not ask for help around money?

Communicating with loved ones can be difficult in general, add finances to that conversation and the difficulty level can ramp up! When discussing finances with your loved ones, remember to stay as calm as possible, but practice direct communication. Most of us do not want to acknowledge negative emotions, especially if portraying them could cause conflict with those you love. Be honest with your feelings, but not brutal in your delivery. Recognizing what you are feeling and why can help you set healthy boundaries with others when it comes to your finances. Taking care of yourself and your family, with planned financial conversations is okay!

Steps to Establishing Healthy Boundaries

1. Assess the situation and be honest on its impact.
2. Ask yourself, what is the ideal outcome of this situation?
3. Know your feelings and boundaries. Where are your strengths and weaknesses?
4. Anticipate points of contention, practice the conversation, holding firm to your principles.
5. Have the conversation with your loved one, being honest throughout.
6. Think forward and help them with future transition and financial planning, if they are open to it.

Direct Communication, the “magic” formula

I feel...(describe the behavior)

When you...(describe what is bothering you)

Because...(describe how that behavior is affecting you)

I need...(describe the requested change)

Utilizing this formula, you take ownership of the conversation, focusing on the issue, without placing blame, attacking the character of the other party, or being a doormat.

This formula can also be utilized for positive conversations.

For example:

I feel like we are a team...

When you have these difficult conversations with me...

Because I know we can handle anything together.

I need and appreciate continued honesty and support.

Article by:

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FEDERAL EXTENSION

17 Million Americans have filed for unemployment in the past 3 weeks. Unemployment pay is taxed by the Federal Government.

State Taxes:

DC taxes unemployment pay.
Maryland taxes unemployment pay.

Virginia does NOT tax unemployment pay.

Unemployment and the CARES ACT

Who is covered by the new law?

The CARES Act creates three new unemployment insurance (UI) programs. These cover individuals:

- 1. Who are not eligible for traditional UI benefits including the self-employed, independent contractors, clergy and gig economy workers;**
- 2. Who are currently receiving regular UI; and,**
- 3. Who have recently exhausted their regular UI.**

How much will I be eligible for?

That depends. Those who receive benefits will also receive an additional \$600 per week.

Unemployment: DMV

<https://myseco.militaryonesource.mil/portal/content/view/1428>

Virginia Unemployment Insurance Program

General Information about the Unemployment Insurance Program:
<http://www.vec.virginia.gov/unemployed>

To file a UI claim online:

<http://www.vec.virginia.gov/unemployed/online-services/apply-for-unemployment-benefits>

To file a claim by telephone number: 1-866-832-2363

Coronavirus update: Virginia is providing updates on Unemployment Insurance changes related to COVID-19 here:

<http://www.vec.virginia.gov/qa-coronavirus>

Facebook: <https://www.facebook.com/VirginiaEmploymentCommission/>

District of Columbia Unemployment Insurance Program

General Information about the Unemployment Insurance Program:
<http://does.dc.gov/service/unemployment-compensation-process>

To file a UI claim online: <https://does.dcnetworks.org/InitialClaims/>

To file a claim by telephone number: 202-724-7000

Update DC is providing updates on Unemployment Insurance changes related to COVID-19 here: "nbsp"

<https://does.dc.gov/release/bowser-administration-announces-ui-benefit-flexibilities-passage-covid-19-response-emergency>

Facebook: <https://www.facebook.com/DCDeptofEmploymentServices/>

Maryland: Maryland Unemployment Insurance Program

General Information about the Unemployment Insurance Program:
<http://www.dllr.state.md.us/employment/unemployment.shtml>

To file a UI claim online:

<http://www.dllr.state.md.us/employment/unemployment.shtml>

To file a claim by telephone number:

<http://www.dllr.state.md.us/employment/officenum.shtml>

Facebook: <https://www.facebook.com/MarylandLabor/>



Overcoming Evil With Good

H&S Bn HQ USMC BN Chaplain –
LT Jonathan Maruszewski, CHC

“The world is changing: I feel it in the water, I feel it in the earth, and I smell it in the air. I do not think we shall meet again.” This quote from The Lord of The Rings speaks to the events we are now experiencing. Many are beginning to feel the economic strain as social distancing and gathering rules are put in place to slow the spread of the virus. Once thriving businesses are closed. In these dark times, I am glad that the goodness of people still remains as a light.

In a letter to the church in the Roman provinces, the apostle Paul encouraged the believers to “not be overcome by evil, but overcome evil with good.” In countless demonstrations of kind acts, people around the world are rising to this new challenge facing humanity. Myriads of American manufacturers retooling their production lines to meet the rising demands of medical supplies. Tens of thousands of doctors, nurses, and caregivers on the front lines providing care at their own risk and the risk of the families they go home to. Thousands coming out of retirement to offer their services in the places most needed. Volunteers buying, preparing, and delivering food to those needy in their community. The nation is drawing from its wells of innovation and displaying hearts of compassion to meet this enemy and defeat it. Each of these stories and countless more show us how can we defeat this new enemy - by doing good.

This holiday season, I would like to encourage you with a quote from John Wesley, “Do all the good you can. By all the means you can, in all the ways you can, in all the places you can, at all times you can, to all the people you can, as long as ever you can.” Each of us have the capacity to overcome this new evil with good.

If you need to talk with your Chaplain or to make an appointment to talk – please call the office at [\(703\) 614-9280](tel:7036149280).



UPDATES

UPDATES:

NCIS has a COVID-19 Fraud/Scam Hotline:
1-800-386-8762

Facebook:

<https://www.facebook.com/NCIS.Official/>

Next week's Friday Financial Solutions
Week 5 Newsletter:

IRS Financial Options: Pay Down Debt vs.
Build Emergency Savings Account vs.

Investing

Financial Goals

Building Your New Budget During COVID-19

If you have any questions or suggestions for
future Friday Financial Solutions Newsletters
please contact the Personal Financial

Management Specialist at:

Leticia.Stevens@usmc.mil

The Personal Financial Management Program is here for you and your family as you adjust to the new normal. Every Friday, in the wake of the COVID-19 situation, we will provide the PFM's Financial Solutions Corner, where we will discuss ways to stay on top of your finances during these uncertain times.

Just as we begin to navigate life with COVID-19, the Financial Industry has begun adjusting their strategy, which affects everyone's finances. We are collecting the updates and will publish a Friday Financial Solutions Newsletter for the duration of the crisis.

Personal Financial Management Program Specialist:

Letty Stevens AFC® CFP® Candidate

Leticia.Stevens@usmc.mil

Personal Financial Counselor:

Katie Lynch AFC® pfc.henderson.usmc@zeiders.com

Please schedule appointments by e-mail.

Phone Number: 703-614-6950

Or contact your unit's Command Financial Specialist.



GOVERNMENT INFORMATION: WEBSITE

The Consumer Financial Protection Agency: <https://www.consumerfinance.gov/coronavirus/>

CFPB Facebook: <https://www.facebook.com/CFPB/>

Department of Defense Office of Financial Readiness: <https://finred.usalearning.gov/>

FINRED Facebook: <https://www.facebook.com/DoDFINRED/>

Military OneSource: <https://www.militaryonesource.mil/>

MOS Facebook: <https://www.facebook.com/military.1source/>

RELIABLE SOURCES OF FINANCIAL INFORMATION:

Internal Revenue Service: <https://www.irs.gov/newsroom/tax-day-now-july-15-treasury-irs-extend-filing-deadline-and-federal-tax-payments-regardless-of-amount-owed>

IRS Facebook: <https://www.facebook.com/IRS/>

Double-check your state's tax deadlines. Go to your states' guidance on TAX deferments:

<https://www.aicpa.org/content/dam/aicpa/advocacy/tax/downloadabledocuments/coronavirus-state-filing-relief.pdf>

Thrift Savings Plan: <https://www.tsp.gov/whatsnew/Content/index.html>

TSP Facebook: <https://www.facebook.com/tsp4gov/>

Federal Deposit Insurance Corporation: <https://www.fdic.gov/coronavirus/faq-customer.pdf>

FDIC Facebook: <https://www.facebook.com/FDICgov/>

MORTGAGE RELIEF AVAILABLE:

Federal Mortgage Home Loan Relief FAQ: <https://www.aarp.org/money/credit-loans-debt/info-2020/mortgage-coronavirus-faq.html>

Fannie Mae Website: <https://www.knowyouroptions.com/covid19assistance>

Fannie Mae Facebook: <https://www.facebook.com/fanniemae/>

Freddie Mac Website COVID-19: <https://myhome.freddiemac.com/own/getting-help-disaster.html?sf119393107=1&fbclid=IwAR0cQp8wHhcWfPVbzZJfVNcwktm2EToKMkSXDBsCTCiwbPp5M9PHCISYh5c>

Freddie Mac Facebook: <https://www.facebook.com/FreddieMac/>

STUDENT LOAN RELIEF AVAILABLE:

Federal Student Loan Relief:

<https://studentaid.gov/announcements-events/coronavirus>

Federal Student Aid Facebook:

<https://www.facebook.com/FederalStudentAid/>

FINANCIAL RESOURCES FOR RELIEF:

FOR MILITARY: Navy-Marine Corp Relief Society FAQ:

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

NMCRS Facebook:

<https://www.facebook.com/NMCRS/>

FOR CIVILIANS: CALL 211

Dial 211 to speak to someone who can help with finding food, paying housing bills:

<http://www.211.org/services/covid19>

(SBA) SMALL BUSINESS ADMINISTRATION RELIEF:

<https://www.sba.gov/page/coronavirus-covid-19-small-business-guidance-loan-resources>

SBA Facebook: <https://www.facebook.com/SBAgov/>

