

## AIRMAN FOR LIFE MONTHLY LIFELINE

## 1 June 2020

Graduating with a degree or certification is an important milestone and a huge accomplishment. Right now, though, you may be facing some economic challenges as you look for a job during a time of fierce competition and high unemployment rates.

Good news: VA is still hiring. New, open positions are posted daily on their career site.

CARES act offers temporary loan withdraw options through the TSP

Know Your Tricare and Medicare rules

The Caregiver Resource Directory includes the most commonly referenced resources, organizations, agencies, and programs that provide support to the caregivers of wounded, ill, or injured service members

Food Pantries at VA facilities support Whole health

If you are living with PTSD, it's important to know that it can be treated and there are many different options when it comes to treatment. Effective treatments for PTSD include many types of psychotherapy (talk therapy) or medication.

Zero to Three: Free parenting resources

Social Security is part of the retirement plan for almost every American worker. It provides replacement income for qualified retirees and their families. This website helps you better understand the program, the application process, and the online tools and resources available to you.

3 ways the VA helps military spouses continue their education

New technology to increase comfort with prosthetics