



USARCENT Soldier and Family Readiness Program
1st QTR FY21
Oct-Dec 2020

Observances

October

- 12 Columbus Day
- 13-16 AUSA Virtual Conference
- 23-31 Red Ribbon Week
- Domestic Violence Awareness Month

November

- 5 USARCENT Soldier & Family Readiness Round Up
- 11 Veterans Day
- 26 Thanksgiving
- Military Family Appreciation Month

December

- 25 Christmas Day



USARCENT Soldier and Family Readiness Program

Welcome to the 1st Quarter FY21 Soldier and Family Readiness Program publication. It is hard to believe we are already looking at the holiday season. We have all had an interesting year, with challenges in adjusting to work environments, home schooling and just maintaining our day to day lives. One highlight of the past few months is the tenacity of our Families, who have ultimately risen to the occasion. Our Army Families are incredible with their flexibility and can-do spirit. The Army is still moving forward by changing how we connect and communicate. Many installations and resources are now offering virtual learning and video conference calls. Our Soldier and Family Readiness Groups are having virtual coffee groups and town hall meetings. We are adapting!

In this edition you will find information on monthly resources and avenues to ensure your Family is staying connected, as well as, awareness initiatives and preparing for the end of 2020.

Third, Always First!

Where has the time gone!



SFRG Virtual Training;

JOIN FROM WHEREVER YOU ARE!

Please register by calling 910-432-3742

Care Team Training 9-11 am

5 Nov

3 Dec

SFRG Leader Training 9-11 am

8 Oct

12 Nov

10 Dec

Key Contact Training 9-11

15 Oct

19 Nov

17 Dec

Informal Funds Training 9-11am

20 Oct

17 Nov

15 Dec

Family Readiness Liaison Training
9am-5pm

25 Nov

Military Life, What's in it for me?
8:00am - 3:00pm

Register at 910-396-2382

6 Oct

1 Dec

It's all about Perspective
9:00am - 12:00pm

Register at 910-396-5521

16 Dec

Building Connections
9-1130am

Register at 910-396-5521

18 Nov

Crush Negativity
9:00-11:00am

Register at 910-396-5521

Oct 21

"In the know"

There has been an update to Army Regulation (AR) 600-20 Army Command Policy dated July 2020 in reference to Soldier and Family Readiness Groups. Two points are important to know:

- DoDI 1342.22 serves as the primary source for Family readiness guidance
- Chap 5-2 (h) refers to AR 608-1 app J for information pertaining to SFRG fundraising, reporting and informal funds

To review visit usarcent.army.mil/Families under documents. If you have questions please contact the USARCENT FRPM at virginia.a.cooper.civ@mail.mil.



Domestic Violence Awareness Month

Getting help for an abusive relationship is difficult, especially during a global pandemic. Public health measures designed to slow COVID-19 have created conditions that may contribute to domestic abuse. Stay-at-home orders increased risk factors for victims by keeping them in quarantine with their abuser and may cut them off from friends, relatives and safe havens, such as crisis shelters. This year's campaign is focused on informing family and friends of victims about how they can help, and reminding victims that assistance is always available.

This year's theme is "No More" together, we can help our friends, neighbors, and communities by #listeningfromhome.

If you or someone you know is at risk, find your local Family Advocacy Program at: [Military Domestic Abuse Victim Directory](#) and [24/7 Hotline](#) | [Military OneSource](#) or call the [National Domestic Violence Hotline](#). The Army respects, supports and defends victims of domestic abuse, and we are UNITED TO END ABUSE.

Learn more at:

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

Military OneSource - 1-800-342-9647

Or locate your installation Family Advocacy Program through MilitaryINSTALLATIONS.org or militaryonesorce.mil

Home School Resources

<https://www.militaryonesource.mil>

Tutor.com

Militaryfamilieslearningnetwork.org

Sesamestreetformilitaryfamilies.org

www.2.ed.gov

bgca.org

militarychild.org

militarykidsconnect.health.mil

militaryfamily.org



David Bennett Ft. Jackson, SC ASAP Educator

Red Ribbon Week - 23-31 October 2020

Wow! What a different kind of year it has been for everyone. Summer has ended. Fall is upon us. Now is the time to get ready for the beginning of the holiday season. Army Substance Abuse Program's across our country will kick off the season by asking you to support a Substance Abuse Free Lifestyle for our communities and our youth by participating in the National Red Ribbon Week Campaign.

I would like to give just a brief history behind the National Red Ribbon Week Campaign. Many people may not be aware that Red Ribbon Week was established to honor Enrique "Kiki" Camarena, a Drug Enforcement Agency agent and former Marine, who was kidnapped and killed by drug traffickers in Guadalajara, Mexico in 1985. Members of Kiki's hometown of Calexico, CA, began wearing red ribbons as a tribute to him over 35 years ago. In 1988, a Congressional Committee chaired by First Lady Nancy Reagan proclaimed the last week of October as National Red Ribbon Week. The Department of Defense proudly joined the celebration of the National Red Ribbon Week Campaign, which is our Nation's oldest and largest drug abuse prevention campaign, reaching millions of Americans every year.

This year's Campaign Theme is "Be Happy. Be Brave. Be Drug Free". The Red Ribbon Week Campaign is directed toward youth in grades K-12, so it is very important that as a community that we set the standard and discuss the importance of our youth living a drug and alcohol-free lifestyle. At this point, just imagine how confused our youth must be with so many mixed signals as to what is normal. Together, we can ensure that our youth see us as a common front against drug and alcohol use and abuse. I feel that by using this year's theme to drive the message home, we can help our youth to make smart decisions regarding drug and alcohol use and abuse.

BE HAPPY: support our youth by setting the example and showing them that a drug and alcohol-free life is a Happy Life.

BE BRAVE: acknowledge our youth by letting them know that we are proud of them for being Brave enough to stand up to peer pressure and for choosing not to use drugs or alcohol.

BE DRUG FREE: teach our youth that being drug and alcohol free sets them up for a successful and a brighter future.

I would like to ask that every member of our Community wear a Red Ribbon or display one in clear sight during the week of 23-31 October as visual support for the Campaign. Believe, me every school age child will know that you are supporting them in a drug and alcohol-free lifestyle when they see the Red Ribbon.

If you would like additional information regarding the Red Ribbon Week Campaign or have questions about the ASAP's services visit Military.com to find an installation near you or contact your local school district.

Local schools and installations will have different activities throughout the week of the 23rd to the 31st of October.



Financial Readiness Resources

[Facebook.com/DoDFinRed](https://www.facebook.com/DoDFinRed)

[Militaryspouse.com](https://www.militaryspouse.com)

[Myarmybenefits.us.army.mil](https://myarmybenefits.us.army.mil)

www.armymwr.com

myarmyonesource.com

www.militaryonesource.mil



For additional resources and information visit the USARCENT Family website at:

[USARCENT.Armymil/Families](https://www.usarcent.army.mil/Families)

Or contact us:

USARCENT Soldier and Family Readiness Program-

Mrs. Virginia Cooper / (803) 885-8841

Virginia.a.cooper.civ@mail.mil

National Suicide Prevention Lifeline

(800) 273-Talk (8255)

[Veteranscrisesline.net](https://www.veteranscrisesline.net)

Military Family Preparedness:

[Ready.gov](https://www.ready.gov)

Financial Health

Did you know your paycheck will increase due to the Social Security Payroll Tax Deferral set into effect this past September?

On August 8, 2020, President Donald Trump issued a Presidential Memorandum directing the Secretary of the Treasury to defer the withholding, deposit, and payment of certain payroll tax obligations.

Members of the military and their civilian employees receiving pay through Defense Finance and Accounting Service will see a temporary deferral of the 6.2% Social Security Tax withholding. Unfortunately, at this time neither military members nor civilian employees are eligible to opt-out of the deferral. According to the directive, the money received will be paid back Jan - Apr 2021, thus doubling the monthly social security tax withholdings.

Now is the time to start preparing for the holiday season, in addition we should start planning for the repayment of the Social Security tax deferment. Creating a realistic, workable, budget that can carry you and your Family through the holiday season and lessen the heartache come January is key to establishing and maintaining your financial health now and in the future.

Contact your local installation Financial Readiness Program or visit [militaryonesource.mil](https://www.militaryonesource.mil) to get ahead of the hustle and bustle.

Learn more about the Social Security Tax Withholding Deferral at:

More information and the memorandum can be viewed at:
<https://www.federalregister.gov/documents/2020/08/13/2020-17899/deferring-payroll-tax-obligations-in-light-of-the-ongoing-covid-19-disaster>.

For more info on the Social Security Payroll Tax Deferral visit:
<https://go.usa.gov/xGWrm>

[Defense Finance and Accounting Services >taxes >Social Security Deferral >Military FAQs at DFAS.Mil](#)

Department of Treasury and the Internal Revenue Service guidance:
<https://www.irs.gov/pub/irs-drop/n-20-65.pdf>

Month of the Military Family

November is Month of. The Military Family. This is a time set aside to recognize and honor our military Families for their support to their Soldier and units across the globe. Military Families are the backbone of our military, they keep our homes going, care for our children and provide a peace of mind to our military members so that they can focus on the mission.

This November let's remember to tell our military Families we appreciate them, words can go a long way.

Visit your local installation for events taking place in honor of our Families.

Visit [Militaryonesource](https://www.militaryonesource.com) or [military.com](https://www.military.com) for more information.

And thank you from the USARCENT SFRP to all our Army Families!