



0USARCENT Soldier and Family Readiness Program

2nd QTR FY21

Jan-Mar 2021

Third, Always First!

Welcome to the 2nd Quarter FY21 Soldier and Family Readiness Program publication.

As people start the new year and begin the annual pledge to start anew with resolutions and goals, why not take a knee and think about what is to be accomplished and how.

This is not suggesting don't try a new goal or adventure, but start small. Downsize resolutions or goals. After the past year, the majority of the nation set out on new tasks and went big. The down fall of going big ,out of the gate. is when there is a hiccup a person may become discouraged. In a normal year that would not be a huge issue but couple the hiccup, with the nations unrest and lockdowns and resilience is put to the test. Mental health professionals across the country all agree a mindset of taking one day at a time is a best practice. Managing resolutions in smaller bits will help to not only achieve a goal but be more satisfying each time those checkpoints or milestones are hit.

Tips to achieve your goals!

- **Motivation-** consider what changes need to be made and why, partner with a family member, friend, or co-worker
- **Bite size achievable goals**, start out small
- **Make a plan** not a resolution; how to move forward and write it down
- **Shorten list** of goals and pick one
- **Cut yourself some slack**, setbacks should not be the end but another opportunity to reassess and if needed make changes



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USARCENT Soldier and Family Readiness Program

Readi-

USARCENT Up Front

Army Spouse Employment

One of the Army’s top priorities is providing quality employment opportunities and tools for transitioning spouses and Soldiers.

Here are area dates on local career fairs and resources that can be accessed from wherever the USARCENT Soldier and Family resides.

- 20 Jan 10:30 AM EST—Career Planning and Re-entry into the Job Market register at: www.scworksmidlands.org/workshop.
- **5 Feb Shaw AFB, SC, Virtual Career Fair register at :scfuturemakers.com/shaw**
- Visit military.com “Job Fairs in Your Area” for local events across the nation
- Spouse Education and Career Opportunities Coaching Packages (MySeco-MilOneSource) www.facebook.com/165406143526115/posts/3729524773780883/
- Additional resources;
 - USAJobs.gov
 - Heroslinked.org
 - Hiring Our Heros- uschamberfoundation.org
 - Militaryonesource.mil

Monthly Observances

January

- 1 New Year’s Day
- 11 Human Trafficking Awareness Day
- 18 Martin Luther King Jr. Day

February

- African American/Black History Month
- 2 Ground Hog Day
- 14 Valentines Day
- 15 Presidents’ Day
- 17 Random Acts of Kindness Day

March

- Women's’ History Month
- 1 Mar-15 May AER Campaign
- 14 Daylight Savings Time
- 17 St. Patrick’s Day
- 20 1st Day of Spring

USARCENT Soldier and Family Readiness Program 2021 Reading Challenge

Age	Title	Author
School Age (visit kidsmind.org for more reading suggestions)	Over and Over	Charlotte Zolotow
	The Song Bird	Vern Kousky
Teen	Turning 15 on the Road to Freedom	Lynda Blackmon Lowery
	Punching the Air	Yusef Salaam
Adult	A Long Petal of the Sea	Isabel Allende
	Such a Fun Age	Kiley Reid



Family Readiness Support Assistant (FRSA)

What is a FRSA? If your unit has a FRSA he/she serves as an essential link between a unit commander, the unit's Families and the available resources in the community. They serve to ensure Families are engaged, connected and informed during every phase of a deployment, as well as, administrative duties, and keeping a pulse check on what Families are needing and sharing that information with command. They work with local community entities to provide relevant trainings and resources that are pertinent to the needs of their population. The unit FRSA is a constant support and wealth of information for new to the Army and/or unit Soldiers and Families.

If your unit does not have a FRSA, they do have a Family Readiness Representative (FRR) formally the Family Readiness Liaison. The FRR is assigned as additional duties for sergeant and above to provide administrative and communication support between the commander and the Families.

Both roles are vital to the moral and readiness of a unit. If you have not had an opportunity to meet with your unit's FRSA or FRR, reach out to your Soldier and Family Readiness Group or Command team to identify and meet with your FRSA.

FRSA Contact Information;

USARCENT HHBN—Susan Duffy susan.k.duffy.civ@mail.mil

1st TSC—Theresa Scott Theresa.m.scott1.civ@mail.mil

Please welcome the new 513th MI BDE FRSA— Aubrey Dowd aubrey.n.dowd.ctr@mail.mil

Volunteer Management Information System (VMIS)

On December 31, 2020, you will no longer be able to add or edit data on the VMIS site. Starting December 31, 2020, volunteers will need to keep personal track of their volunteer hours, as well as, send hours to their unit's Family readiness representative until the new site is available on January 11, 2021. For information on how to familiarize yourself with the new site please visit the Army Family Web Portal (AFWP) Resource Center (ARC) - [Caution-https://www.training.armyfamilywebportal.com/content/volunteer-management-information-system-0](https://www.training.armyfamilywebportal.com/content/volunteer-management-information-system-0)

Current hours and information, submitted prior to December 31st should transfer over to the new site.

The USARCENT Volunteer of the Year event is fast approaching. Now is the time to start ensuring volunteer hours are being accounted for and acknowledging those who give their time to our Soldiers, Families and Civilians.

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

USARCENT.Army.mil/Families or contact;

USARCENT Soldier and Family Readiness Program- Mrs. Virginia Cooper/ (803) 885-8841 Virginia.a.cooper.civ@mail.mil



USARCENT Soldier and Family Readiness Program

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US Army Soldier and Family Readiness Directorate

The Soldier and Family Readiness (SFR) Division is responsible for policy, prioritization, resourcing and oversight of Soldier and Family programs and services. Key focus areas include Soldier and Family support in Army Community Services, Child Youth and School Services and Morale Welfare and Recreation.

Join them on Facebook and get information not only on policy changes but new initiatives and programs. The SFR Directorate highlights Army topics such as diversity and inclusion, relationship maintenance and more.

A few of the topics currently available for review are;

GI Bill Changes for 2021

Keeping Kids Engaged,

Relationship Workshops



Visit: [Facebook.com/USArmySoldierandFamilyReadinessDirectorate](https://www.facebook.com/USArmySoldierandFamilyReadinessDirectorate) or Dcsg9.army.mil

Social Security Tax Deferral Update

The Consolidated Appropriations Act, 2021 was passed and extended the period for collecting deferred 2020 social security taxes. The period of collection is now January 1, 2021 through December 31 2021.

Beginning January 2021, the normal 6.2% Social Security tax withholdings will again be deducted from pay for military members and civilians and an additional deduction for deferred 2020 SSN tax collection will be taken from pay.

Military members

For active duty military members, the 2020 deferred SSN tax will be collected in 24 installments, from your mid-month and end of month pay between January 1 and December 31 2021.

Beginning in January 2021, your myPay LES will reflect the monthly collection amount and contain a note in the remarks section that shows the remaining balance of deferred SSN taxes.

Civilian Employees

The amount of SSN tax deferred in 2020 will be collected in 24 installments between pay periods ending January 16 and December 4, 2021.

Beginning in January 2021, your myPay LES remarks section will include 2020 deferred OASDI collection amount in that pay period, as well as, remaining amount to be collected.

COVID-19 Vaccination

There are many questions concerning the COVID-19 vaccines. The best place for up to date information is to visit the Center for Disease Control and Prevention (CDC) at [cdc.gov](https://www.cdc.gov) Recipient Education.

Your local community /unit is a great resource. If you have not already, now is a great opportunity to sign up with your unit to receive SFRG newsletters and information pertaining to your local area.



USARCENT Soldier and Family Readiness Program

Financial Goal Setting for the New Year

Zig Ziglar said “If you aim at nothing, you will hit it every time.”

Financial goals are key tools to making your money work for you. Creating a plan for your money, will allow you to keep your eye on the prize and reduce poor financial decisions.

What are financial goals? A financial goal is any plan you have for your money. Your goals should give you focuses and keep you accountable. Knowing your money is working toward accomplishing your goal can make all the difference.

Creating a financial goal/plan can also build character and give you a sense of true accomplishment when you look back and see how far you have come.

Examples of Financial Goals:

- Building an emergency fund
- Paying off debt
- Saving for a house, vacation, retirement or starting a business

Why is setting financial goals important? Having a goal will change how you look at your money. You will see how every decision you make matters to your overall financial health. If you want to set yourself up for financial security, find small (or large) sacrifices you can make right now. The way you interact with your money today will impact your future.

5 Steps to Setting Financial Goals

- **Write your goals down**
- **Be specific**
- **Make your goal measureable**
- **Give yourself a deadline**
- **Make sure they are your goals**



Financial goals will help to change your mindset, your habits and your life.

That means you get to do more of the stuff you want to do and plan for the things you want in the future. Decide what you want your future to look like and figure out what you need to do, today!

Contact your local Financial Readiness Program, or Mil OneSource for more financial guidance and how to start your financial health journey.

To find your area’s Financial Readiness Program you can contact the USARCENT Soldier and Family Readiness Program Manager at virginia.a.cooper.civ@mail.mil or myarmybenefits.us.army.mil



Prepare for Tax Season

Its almost that time again. Prepare ahead of time by gathering your tax documents required for 2020 income taxes. This year, due to COVID-19, your preparation is essential for every one’s safety.

Timeline for DFAS document availability.

Tax Document	Date Available
Retiree 1099-R	Available now
Annuitant 1099-R	Available Now
Army Non-Appropriated Fund Civilian W-2	7 Jan 21
Reserve Component Army, Air Force , Navy W-2	8 Jan 21
Civilian (DoD/non DoD) IRS Form 1095	13 Jan 21
Civilian (DoD/non DoD) W-2	14 Jan 21
Savings Deposit Program 1099-INT	23 Jan 21
Army Student Loan Repayment Program W-2	25 Jan 21
Active Component Army, Air Force, Navy W-2	25 Jan 21
Military/Military Retirees IRS Form 1095	31 Jan 21
Travel/Miscellaneous W-2 (PCS in 2020)	31 Jan 21

Other documents you may need to complete your taxes;

W-2s for other income earned in 2020

Spouses W-2, if spouse worked in 2020

Homeowners

1098, Mortgage Interest Statement

1099-INT from escrow account

Interest on a qualified student loan—IRS Form 1098-E

College students—1098-T

For investors; year end consolidated brokerage account statement

Please remember that the Protecting Americans from Tax Hikes (PATH) Act states that anybody claiming child tax credit, earned income credit, college credits can file taxes anytime but the IRS will not process return until 15 February with refund expected around 1 March.

For more information on the PATH Act visit;

www.irs.gov/newsroom/path-act-tax-related-provisions

Due to COVID-19, tax preparer services may have protocols in place to protect their staff and customers, call ahead or check their website for safe guards.





USARCENT Soldier and Family Readiness Program

Readi-

Military OneSource offers resources designed to assist service members, their Families, survivors and those who support them.

Through MilLife Learning, Soldiers, Family members and Civilians learn at their own pace and they offer a variety of topics, information and resources on;

- Exceptional Family Member Program
- Relocation 101
- MilFam 101,
- Finances and more.

Visit millofelearning.militaryonesource.mil for more information

Financial Readiness Resources

- [Facebook.com/DoDFinRed](https://www.facebook.com/DoDFinRed)
- Militaryspouse.com
- Myarmybenefits.us.army.mil
- www.militaryonesource.mil

Soldier and Family Readiness Workshops

Due to COVID –19 restrictions, receiving needed SFRG training can be difficult to obtain. Installations such as Ft. Carson and Ft. Bragg have offered to provide these trainings for the USARCENT population. Here is a list of trainings Ft. Carson is currently offering.

- 12/19 Jan—Auditing SFRG Informal Funds
- 12 Jan/23 Feb—Funds Custodian TNG
- 13 Jan/23 Feb—SFRG Key Contact TNG
- 21 Jan—CARE Team TNG
- 25-26 Jan/8-9 Feb—Command Family Representative Academy
- 26 Jan/25 Feb—SFRG Virtual Chat
- 28 Feb—Army Family Team Building
- 18 Feb—SFRG Administrator TNG

Register at www.carson.army.mil/acs/calendar or email us.army.carson.imcom-fmwrcl.list.dfmwr-w-acs-mob-deploy-readiness@mail.mil

Family Winter Fun Ideas at Home

- * Make paper snowflakes
- * Color wax paper and hang in window like a stained glass
- * Pine cone bird feeder with peanut butter and seeds
- * Make homemade hot cocoa or ice cream using snow or ice
- * Use soda bottles and balled up socks for bowling
- * Have a “at home” movie night out with all the theatrics. Buy tickets, snacks, and be seated just like at the movies but in the comfort of home
- * Make greeting cards with left over card-stock, construction paper or old Christmas cards for neighbors, friends and Family to cheer them up during the winter months

For more information and to get age appropriate ideas, tutorials for kids and printable worksheets visit: thespruce.com

Fun Facts

Famous People who were military children: Shaquille O’Neal (basketball player), Suzanne Collins (wrote the Hunger Games), Triston McIntosh (American Idol)

There are roughly 84,000 dual military couples in the US, and about 36,000 have children.

The average military child will change schools six to nine times and 6% of the 1.2 million children with a military parent is homeschooled.

It’s impossible to hum while holding your nose (try it)!

