

United States Army Central (USARCENT) Family Readiness Program

May 2020



“Home
away
from
home”

On 8 May, we acknowledge and show appreciation for our military spouses. The military spouse serves our nation by supporting our Soldiers and being a constant pillar of strength for our units’ Families. They provide care for our military children, maintains homes and work full time jobs, in addition to being mentors, advisors and volunteers for our units’ Family programs and communities. The military spouse creates a “home away from home” and shares their experience and knowledge through guiding and helping others. This dedication to the Soldier encourages and contributes to accomplishing the Army mission. Thank you to all our military spouses, we celebrate you and your sacrifice today and every day!





**Headquarters
Third Army / United States Army Central
1 Gabreski Drive
Shaw Air Force Base, South Carolina 29152**

May 8, 2020

Dear USARCENT Spouse:

Today is Military Spouse Appreciation Day. It is unfortunate that we are unable to gather together and celebrate this special day with you; however, we cannot let this day pass without recognizing your daily contributions and unwavering support.

We would like to take this opportunity, during these difficult and trying times, to acknowledge and share our appreciation for the support, contributions, and dedication you provide to the men and women serving in this command. Thank you!

Army spouses come from all walks-of-life. Each and every one of you bring a variety of strength and talent that has not gone unnoticed. Now, more than ever, you are the backbone for our Families and the steady influence that support our Soldiers during all phases of deployments and missions. You ensure that your spouse can focus on the mission.

It is our sincere pleasure to honor you today. Thank you again.

Third -- Always First!

**Brian A. Hester
Command Sergeant Major, U.S. Army
Command Sergeant Major**

**Terry Ferrell
Lieutenant General, U.S. Army
Commanding**

Army Spouse Creed

I am the spouse of an American Soldier.

I am a supporter of the United States Army - an encouragement for the protectors of the greatest nation on earth.

Because I am proud of my Soldier and the uniform that my Soldier wears, I will always act in ways creditable to my Soldier, the military service and the nation my Soldier is sworn to guard.

I am proud of my Soldier. I will do all that I can to protect and provide for my family in my Soldiers absence. I will be loyal to my Soldier and to the vows that we made as we entered the covenant of marriage.

I will do my full part to carry on the values and goals we have set apart for our family and I will continue to instruct our children in the same manner.

As a soldier's spouse, I realize that I play a vital role in my Soldier's decision to become a member of a time-honored profession - that I am doing my share to keep alive the principles of freedom for which my country stands.

No matter what situation I am in, I will never do anything, for pleasure, profit, or personal safety, which will disgrace my Soldier, the uniform or our country.

I will use every means I have to encourage my Soldier to be the best Soldier that one can be.

I am proud of my Soldier, my country and its flag.

I will fly the flag and will always remember the sacrifices made by my Soldier and by generations of men and women that have served our beloved country.

I will try to make my Soldier proud of the manner in which I accept his decision to defend my freedom and the freedom of all American citizens - for I am the spouse of an American soldier.



USARCENT Families COVID 19, "We got this!"

Our USRCENT Families are creative and resilient and it shows during these uncertain times.

Homes have turned into school houses, office spaces and recreation sites for our Families.

A day in the life during COVID-19!



Great day for a bike ride!!



Maintain Connections

Social Distancing

Physical Health

Family Activities

Community

Homeschooling

Telework

Emotional Health

ALL IN A DAY'S WORK!

In the Know!

You are not alone, if a Soldier, Family Member or child needs someone to talk to we are here for you.

Contact one of the below resources and/or your local Family Readiness Program Representative.

Military OneSource – 1-800-342-9647/ crises hotline -1-800-273-8255 or www.MilitaryOneSource.com

Military Life Consultants (MFLCs) – 1-800-342-9647

National Institute of Mental Health – 1-866-615-6464

On-line services;

Moving Forward; Stress/Anger Management tips/class, coping tactics and more -

www.Veterans.training.va.gov

Army Emergency Relief (AER) – 866-878-6378 or www.aerhq.org

USARCENT Family Readiness Program Manager: virginia.a.cooper.civ@mail.mil

Some helpful sites for students:

Tutor.com/military

Sesamestreet.org

Pbskids.org

Khanacademy.org

Storylineonline.net

Apstudents.collegeboard.org/coronavirus-updates#free-ap-classes

Mother's Day is 10 May 2020 and the USARCENT wants to wish all our Mothers a **Happy and Safe Mother's Day!**

