

## Army Information Update

*Because information is power, we are informing you each personally and inspiring you to pass it along.*

Let's spring into WELLNESS in April. The National Wellness Institute defines wellness as "an active process through which people become aware of, and make choices toward, a more successful existence". It is functioning optimally in your current environment. ([National Wellness Institute, 2022](#)).

1. Army life can bring the unexpected right to your doorstep. Being prepared personally and as a family is critical. These three videos will help you get started and keep yourself updated so you can *BE READY!*
  - a. [Standing Ready Part I \(4:13\)](#) covers the What, Why and How of four critical documents every Soldier and every Spouse should understand and know how to access:
    1. Record or Emergency Data (DD93)
    2. Servicemembers Group Life Insurance (SGLI)
    3. Deployment Orders
    4. Spouse Preference Form
  - b. [Standing Ready Part II \(4:43\)](#) covers the What, Why and How of:
    1. Delegation of Parental Authority
    2. Power of Attorney
    3. Living Will
    4. Last Will & Testament
  - c. [Understanding Your Leave & Earnings Statement \(LES\) \(6:05\)](#)
2. Armed Forces Wellness Centers- [Find](#) the nearest one to you! They are open to Soldiers and Family members and all the services are free.
3. Get outside, go on vacation or find discounted tickets and trips through your local MWR.
  - a. Find your local MWR [Outdoor Recreation](#) opportunities.
  - b. Find your local MWRs [Sports & Fitness](#) opportunities.
  - c. Find [Travel Opportunities](#) including RV Parks and Campgrounds
  - d. Let MWRs [Leisure Travel Office](#) plan your next vacation and help with discounted tickets to parks, concerts and more.
4. Connecting with others.
  - a. Check out your installation's [Army Volunteer Corps](#) and ask about non-profits on post.
  - b. Connect with your Soldier & Family Readiness Group (SFRG). Inquire at your [local ACS](#) or ask your Soldier how to connect.
  - c. Connect with **the local Army Spouses' Club**- a great way to meet friends, build your resume and contribute to your community.
    - i. [Ask your local ACS](#) how to connect or google "Army Spouses Clubs in My Area"
    - ii. For the DC/MD/VA area it's the [Army Spouses' Club of the Greater Washington Area](#)
5. Below are a few of the many other organizations & opportunities to help you connect & contribute:
  - a. Explore the area where you live through your local [Chamber of Commerce website](#)
  - b. [Armed Services YMCA](#)
  - c. [USO](#)
  - d. [iRead](#) and [United Through Reading](#) programs
  - e. [wear blue: run to remember](#)
  - f. [Operation Deploy Your Dress](#)
  - g. [American Red Cross](#)

6. Page 2 shows three QR codes: "Standing Ready" Parts 1 & 2 and "Understanding Your LES"

*Our Goal: Every Army Spouse & Family are Aware of Big Army Information, Efforts, and Initiatives.*

## Standing Ready Part 1:



1. Record or Emergency Data (DD93)
2. Servicemembers Group Life Insurance (SGLI)
3. Deployment Orders
4. Spouse Preference Form

## Standing Ready Part 2:



1. Delegation of Parental Authority
2. Power of Attorney
3. Living Will
4. Last Will & Testament

## Understanding Your Leave & Earnings Statement (LES)

