



U.S. ARMY



Empowering Military Families For Life's Frontlines!



1ST QTR - FY27
OCTOBER-DECEMBER

MISSION

The U.S. Army Cadet Command (USACC) partners with universities to recruit, educate, develop, and inspire Senior ROTC Cadets in order to commission officers of character for the Total Army; and partners with high schools to conduct JROTC in order to develop citizens of character for a lifetime of commitment and service to our Nation.

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DECEMBER | Finish Strong

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12 Days of Safety

MISSION READY

HEALTHY. CONNECTED. RESILIENT.

SUPPORTING SOLDIERS, CIVILIANS, & FAMILIES-WHEREVER THE MISSION TAKES YOU.

Breast Cancer Awareness Month



Know your risk.
Talk to your doctor about screening options.



Mammograms are recommended starting at age 40.



Men can get breast cancer too.



TRICARE covers routine breast cancer screenings. Check with your provider for details.

STRENGTH THROUGH
PREVENTION

PINK RIBBON PERSONAL CHALLENGE

Challenge yourself this October to support breast cancer awareness while prioritizing your own health.



Wear pink one day



Walk 31 miles during October



Schedule your preventative appointments

[HTTPS://TRICARE.MIL/COVEREDSERVICES/ISITCOVERED/MAMMOGRAMS](https://TRICARE.MIL/COVEREDSERVICES/ISITCOVERED/MAMMOGRAMS)

Breast Cancer Research Foundation

Research is improving care, producing better outcomes, and transforming lives — every day.

[NBCF.ORG](https://WWW.BCRF.ORG)

[HTTPS://WWW.BCRF.ORG/ABOUT-BREAST-CANCER/BREAST-CANCER-PREVENTION-RISK-REDUCTION/](https://WWW.BCRF.ORG/ABOUT-BREAST-CANCER/BREAST-CANCER-PREVENTION-RISK-REDUCTION/)

Healthy. Connected. Resilient-
What if small habits could completely change your year?

- Schedule your annual preventative health appointment
- Connect with one friend, coworker, or family member each week
- Move at least 30 minutes, 3 days each week
- Give back by practicing one act of kindness or gratitude every day



COMPLETE ALL FOUR
GOALS BY DECEMBER 31

DOMESTIC
STOP
VIOLENCE

**BREAK THE
SILENCE. END THE
VIOLENCE.**

DOMESTIC VIOLENCE CAN LOOK LIKE:

Physical- hitting, pushing, shoving, or any use of force

Emotional- insults, threats, humiliation, or constant criticism

Financial- controlling money, preventing you from working, or keep you from access to finances

Digital- monitoring your phone, tracking your location, or controlling online activity

Sexual- any sexual act or pressure that makes you feel uncomfortable or unsafe

- [HTTPS://WWW.MILITARYONESOURCE.MIL/LEADERS-SERVICE-PROVIDERS/CHILD-ABUSE-AND-DOMESTIC-ABUSE/MILITARY-LEADER-DOMESTIC-ABUSE-TOOLKIT/](https://WWW.MILITARYONESOURCE.MIL/LEADERS-SERVICE-PROVIDERS/CHILD-ABUSE-AND-DOMESTIC-ABUSE/MILITARY-LEADER-DOMESTIC-ABUSE-TOOLKIT/)
- [HTTPS://WWW.FUTURESWITHOUTVIOLENCE.ORG/](https://WWW.FUTURESWITHOUTVIOLENCE.ORG/)
- NATIONAL DOMESTIC VIOLENCE HOTLINE:
1-800-799-7233
(24/7, CONFIDENTIAL SUPPORT)

SERVING WITH GRATITUDE



Stronger together. Always.



VETERANS DAY
NOVEMBER 11TH

We honor all who have worn the uniform and their Families for their courage, sacrifice, and unwavering commitment to our nation.

Thank a veteran!

THANKSGIVING VOLUNTEER GUIDE

Make a difference in your community with gratitude.

[FOOD BANKS & MEAL DELIVERY](#)

[MEALS ON WHEELS](#)

[OPERATION HOMEFRONT](#)

[AMERICAN LEGION](#)

[LOCAL SHELTERS](#)

Make a difference through food box preparation, meal service and delivery, community outreach, honoring our heroes, and bringing comfort and smiles to veterans and their families.

HEALTHY EATING



"Fuel the Mission"

The latest dietary guidance encourages choosing whole, nutrient-dense foods, that support energy, wellness, and long-term health. Focus on balanced meals with quality proteins, fruits, vegetables, healthy fats, and whole grains while limiting highly processed foods and added sugars.

Dietary Guidelines for Americans, 2025-2030, "Message from the Secretaries," RealFood.gov.

[MyPlate.gov/recipes](https://myplate.gov/recipes)

Tips to healthy eating:

- seasonal produce
- healthy crockpot meals
- healthy snack at work options
- meal prep Sundays



<https://healthecooks.com/blog/quick-and-healthy-fall-recipes-using-apples-and-pumpkin>

*healthy pumpkin recipes
healthy apple recipes
protein lunches
hydration reminders*

WELLNESS FOR YOU AND YOUR FAMILY



HEALTHY HOLIDAY PLATE

- ½ vegetables
- ¼ lean protein
- ¼ whole grains
- Enjoy your favorite treats in moderation!



MANAGE HOLIDAY STRESS

- Set realistic expectations
- Practice gratitude daily
- Stay connected
- Prioritize sleep



DON'T HIBERNATE

- Try 20-minute workouts
- Take a Family walk after dinner
- Join a turkey trot near you



HEALTHY HOLIDAY IDEAS

- Choose water
- Load up on veggies
- Enjoy healthy swaps
- Move your body

Small choices today lead to a healthier, happier you!

DECEMBER | 2026

FINISH STRONG:

SUPPORTING OUR SOLDIERS, FAMILIES, & COMMUNITIES

HOLIDAY READINESS

Strong Families Build Strong Teams

This holiday season can bring joy and connection, but it can also bring added stress. Take the time to plan ahead, lean on your support network, and use the resources available to you.



RESOURCES FOR YOU & YOUR FAMILY:



Soldier & Family Programs

Our mission is to meet the social service needs of Service Members and their Families regardless of duty location, thereby supporting mission readiness.

<https://uqr.to/SoldierAndFamilyPrograms>



Military OneSource

Support for military Families, counseling, financial resources, & everyday challenges.

<https://www.militaryonesource.mil/>



Consumer Financial Protection Bureau

The CFPB supports innovative, resilient financial markets where consumers can choose products and services that meet their needs.

<https://www.consumerfinance.gov/>

Finish Strong. Start Ready.

Stay safe, secure, & prepared
this holiday season.



SHOP SMART

Watch for fake websites, unusually low prices, phishing texts, and gift card scams. Verify the seller before you buy.



TRAVEL READY

Check weather and road conditions, keep an emergency kit in your vehicle, and share travel plans with someone you trust.



HOME SAFE

Check smoke/CO alarms, use holiday lights safely, keep candles away from decorations, and prepare for winter power outages.

TRUSTED RESOURCES



[Holiday Scam Prevention](#)



[Home & Winter Safety](#)



[Online Shopping Safety](#)

[Ready.gov](#) offers trusted safety information and practical tips for winter weather, holiday travel, home safety, and emergency preparedness.

FINANCIAL READINESS



- ☐ Review LES
- ☐ Update beneficiaries
- ☐ Emergency fund check
- ☐ TSP contribution review
- ☐ Prepare for holiday spending
- ☐ Avoid credit card debt

Open Enrollment (TRICARE)

For Open Season details, including eligibility, enrollment changes, coverage, costs, and qualifying events, visit the link below.

<https://tricare.mil/openseason>

November 14, 2026 -
December 12, 2026

Mental Wellness

Holiday Stress
Staying Connected

Sleep Habits
Managing Expectations

Gratitude Journal
Self care

<https://mhanational.org/resources/military-mental-health/>

U.S. ARMY CADET COMMAND CONTACTS

USACC SFP Contacts

Division Chief:	520-718-4309
Drug Test Coordinator:	520-718-3848
SFP Support Specialist:	520-718-3986
SFP Support Specialist:	520-851-8071
SFP Support Coordinator:	520-718-4345
SFP Support Coordinator:	520-718-3943

BRIGADE S1 Contacts

1 ST	502-624-1448
2 ND	609-562-3721
3 RD	847-688-3328
4 TH	910-432-6310
5 TH	210-295-0861
6 TH	912-315-8482
7 TH	502-624-5328
8 TH	253-967-1579
HHD	502-624-1043



USACC SFP



<https://uqr.to/SoldierAndFamilyPrograms>

Stay Connected with Soldier & Family Programs!

Join our private Facebook group by scanning the QR code to access valuable information on outreach events, employment opportunities, webinars, and resources designed to support our geo-dispersed Service Members and their Families. Whether you're looking for career help, upcoming events, or ways to stay connected - we're here for you.



[CLICK HERE](#)