Blue Star Families

365 Welcome List Assist

A carefully curated list of every “to-do” you’ll need to adapt and thrive in your new city or military installation.
Welcome List Assist: Your Sanity Saver

Military life is a real adventure, full of surprises. Right?

Those frequent moves can really shake things up for the whole family. And, believe it or not, according to the DOD, approximately 600,000 of you will unpack boxes and settle into a new neighborhood sometime this year.

Here at Blue Star Families, we can’t magically make moving stress disappear, but we can provide comfort amidst the chaos, so we created the 365 Welcome List Assist.

Consider it your new best friend regardless of where you’ve landed this season of life.

As fellow military spouses, we get the unpredictability and anxiety of a new state and city. We’re right there with you and hope that our checklist serves as a seasoned buddy who’s got your back.

This carefully curated list is every “to-do” you’ll need to adapt and thrive in your new location.

So there you go. Your move-in just got a little easier — because we’ve got you!
October To-Dos

You’ve tackled those boxes (well, the ones that matter for now 😊), and you’re on a roll! Here’s your ultimate fall checklist, all conveniently right here, to keep you on track.

Lifestyle

Navigating a new place can feel overwhelming, and hey, self-care might accidentally get lost in the shuffle. Don’t worry, we’ve got your back with these moves to make you feel right at home in your new turf!

- **Update Your Address**: Inform friends and family of your updated address before holiday cards get sent out.
- **Unpack Seasonal Clothes**: As the weather changes, ensure your family can access appropriate clothing. Pack away summer clothes and bring out fall and winter attire.
- **Home Safety Check**: Conduct a safety check in your new home. Test smoke detectors, change air filters, and inspect the overall safety of your living space.
- **Meet the Neighbors**: Introduce yourself to your new neighbors and become familiar with the local community. Join local events or groups to start building connections.
- **Get to Know Your Branch Support Office**: Connect with your Family Readiness Group (FRG) or branch equivalent to get involved in the military community and access valuable resources and support.
- **Explore the Area**: Take advantage of the fall weather to explore your new surroundings. Visit parks, museums, and other attractions unique to your new location.
- **Review School Activities**: If you have school-aged children, check out the extracurricular activities offered by their new schools. Sign them up for clubs or sports that interest them.
- **Prepare for Holidays**: Start planning for upcoming holidays. Think about family photo shoots, decorations, travel plans, and any family traditions you want to continue in your new home.
- **Create a Family Calendar**: Organize your family’s fall schedule with important dates, appointments, school events, and other activities.
- **Seasonal Cleaning**: Give your new home a thorough cleaning, including vacuuming, dusting, and organizing. Fall is a great time to start fresh.
- **Check Vehicle Maintenance**: Ensure your vehicles are ready for the colder months. Check tires, brakes, and fluids to ensure they’re in tip-top shape.
- ** Prep for Winter**: Even though it’s fall, it’s a good time to start prepping for winter. Check the insulation, weather stripping, and heating systems to ensure your home is ready for the colder months.
Target Shopping List

It’s fall, y’all! Your boxes might be unpacked, but there’s still plenty to do to transform this new house into a home. Find all the supplies you need and shop for everything in one place. Now, let’s fill that cart!

Here’s how it works

1. **Find your supplies**
   Use the list below to identify the items you need and enter them into your Target App.

2. **Choose your delivery method**
   Pick up your items at your Target store or have them delivered to your door.

3. **Add to cart all at once**
   Check out your items! Then get to work enjoying your fall. Save 10% with your Target Circle™ Military Discount (Valid October 29 – November 11, 2023).

### Seasonal Items
- Halloween Costumes
- Halloween Candy
- Holiday Decor
- Fall/Winter Accessories
- Fall Blankets
- Car Care
- And much more

### Home Decor
- Shower Curtain
- Bath Mat
- Door Mat
- Picture Hanging Hooks
- Command Strips
- Curtains
- And much more

### Cleaning
- Broom & Dustpan Set
- All-purpose Cleaner
- Bathroom Cleaner
- Paper Towels
- Garbage Bags
- Dish Wand
- Air Freshener
- And much more

Blue Star Families 365 Welcome List Assist
Restock the Pantry

- Olive Oil
- Cooking Spray
- Salt & Pepper
- Ketchup
- Butter
- Milk
- Spices
- Fruit and Grain Bars
- Coffee
- Sparkling Water
- And much more

Get Organized

- Drawer Organizer
- Under Sink Storage
- Shelf Liner
- Cubby Storage
- Storage Baskets
- Wooden Storage Crate
- And much more

Life Essentials

- Tissues
- Toilet Paper
- Hand Soap
- Sunscreen
- Bug Spray
- And much more

Health & Wellness

Fall, following a PCS, can easily become overwhelming with a multitude of tasks. Don't allow these essential “to-dos” for your family's health and well-being slip through the cracks.

- Identify in-network health care providers in your new area and establish care. (Note: Never share sensitive info like social security numbers over the phone!)
- Plan ahead for care appointments as wait times can be lengthy. Secure appointments — for yourself and your kids — for your 2024 annual checkups now:
  - Physical
  - Vision
  - Dental
- It's flu season. Check out the CDC's recommended immunization schedule by age here.
- Replenish your medical kits and medicine cabinet:
  - Cold Remedies
  - Pain Remedies
  - Hand Sanitizer
- Locate your nearest CVS Pharmacy (now accepting TRICARE!) and collect your prescriptions. While there, stock up on essentials such as shampoo, soap, toothpaste, bandages, razors, beverages, and more. Psst... you might want to check your local Target for a CVS Pharmacy there!
- Since you've met new friends or gotten to know your neighbors, designate someone as your local "Emergency Contact" and update this information in your smartphone and anywhere else required.
- Mark your calendar to enroll in Blue Cross Blue Shield FEP Vision supplemental vision coverage from 11/13 through midnight ET 12/11 at BENEFEDS.com. Active-duty families are eligible through FEDVIP (Federal Employees Dental and Vision Insurance Program). Outside of these Open Season dates, you can enroll if you have a qualifying life event.
Digital Safety

Due to frequent moves and increased sharing of sensitive personal information, military families are more susceptible to online scams. Take these steps to safeguard yourself and your family from cybercriminals.

- Set up secure home WiFi.
- Shop securely with a virtual private network (VPN).
- Activate device protections.
- Guard against smart device hacking with a protection plan.
- Avoid sharing personal info on the phone or via email.
- Organize, review, and secure sensitive paperwork.
- Set up mail forwarding
- Job hunting? Beware of application scams targeting milspouses by researching the company’s legitimacy before sharing sensitive personal data (SSN and DL numbers).

- Using digital payment apps for rentals, purchases, or splitting bills? Research the recipient to prevent scams before sending funds.
- Regularly review your credit reports and bank statements for unfamiliar charges.
- Discuss safe online behavior with your children and lead by example.
- Consider seeking help from online safety experts like Aura. Utilize their military discount for a two-week free trial and 60% off protection plans.

While you were traveling unfamiliar roads and skies this summer, you were at higher risk of virus exposure, and the repercussions of contracting a virus aren’t limited to your immediate family — it has the potential to ripple through your spouse’s military unit. Viruses spread in close-knit units and can be devastating to mission readiness. Vaccines are our best shot at protecting our family, community, and country together.

Did you know? There are now three types of COVID-19 vaccines. Do your research and understand your options here.

Now that you have your 365 Welcome List Assist to help you stay on track for your fall move, let’s help you feel fully supported and connected with other military families like yours!
Blue Star Families is your go-to place to find friendship and support during your family’s time in the military and beyond. We’re the nation’s largest chapter-based support organization, providing free access to virtual and in-person programs, resources, events, and exclusive membership perks to military families like yours.

Through our research-driven approach, we aim to find solutions to your military-life challenges. And we’re obsessed with ensuring you feel like you belong to the communities where you live and are committed to supporting you no matter where the military takes you.


Jump aboard today by...

1. **Joining the Neighborhood**: An exclusive online community for Veteran and military families to find resources and events and build friendship and support.

2. **Connecting to a Chapter**: Local groups built for military families by military families with your unique challenges and needs in mind.

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