



Blue Star Families 365 Welcome List Assist

Sponsored by Target

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!



Check this out. 🙌

November To-Dos

You've tackled those boxes (well, the ones that matter for now 😊), and you're rocking it! Now, let's dive into your ultimate fall checklist, designed to keep you on point as you embrace the Thanksgiving or Friendsgiving spirit. Settle in, make new friends, and cultivate that sense of belonging. Let's make this season unforgettable!

Lifestyle

Getting settled into your new home during November can be overwhelming, and self-care may unintentionally take a backseat. Don't worry, we've got you covered with these tips to help you settle in and feel cozy in your new home!

- **Mark Your Calendar:** Daylight saving time begins on Sunday, November 5th. Make the most of the extra hour of sleep by catching up on some much-needed rest.
- **Improve Your Sleep:** Upgrade your bedding. Use your military discount to save **\$1,000** on a Sleep Number® c360 bed and 20% off beds, bases, and bedding. Exclusions apply. Start shopping here: sleepnumber.com/pages/military
- **Treat Your Hero:** Enjoy a **free** Starbucks coffee on Veterans Day, Saturday, November 11th. Find a store: starbucks.com/store-locator
- **Start Holiday Shopping:** Get into the holiday spirit by beginning your holiday shopping early. Get exclusive savings on top brands with Blue Star Deals powered by LifeMart. Shop here: bluestarfam.org/perks
- **Find Grocery Deals & Steals:** Thrive Market is an online shopping club where you can discover the world's top-selling natural and organic products at discounts of up to 50%! Best of all, everything is organic or sustainably sourced and curated by experts. As a Blue Star Families member, you can enjoy year-long membership. Try it free: bluestarfam.org/perks
- **Start Indoor Activities:** Take some time for yourself by starting a new book or savoring a warm drink while snuggled up on the couch.
- **Review Calendars for Time Off:** If you have school-aged children, check their holiday break schedules to plan family activities or vacations accordingly.
- **Prepare for Holidays:** Start planning for upcoming holidays, including family photo shoots, decorations, travel plans, and the continuation of cherished family traditions in your new home.
- **Host a Friendsgiving:** Organize a potluck dinner with friends and family to celebrate the season and each other.
- **Update Your Emergency Plan:** In the event of unforeseen circumstances, having an emergency plan in place is essential to ensure your family's safety. This plan should include emergency contact numbers, escape routes, and a supply kit.

Target Shopping List

Striving to manage your military family's budget this holiday season? We're here to offer some tips that can save you both time and money, especially considering the extra expenses that often accompany this festive time of year. And, don't forget to take advantage of your **exclusive military discount** at Target, allowing you to save 10%, valid from October 29th to November 11th, 2023. Now, let's start filling up that cart!

Bringing back a special tribute to military, veterans & families

Get **10% off** two qualifying storewide purchases with **Target Circle™**.¹
Returning 10/29–11/11.

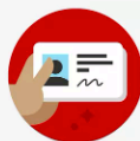
Get set for the military offer



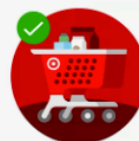
Step 1:
Create or sign in to your Target account



Step 2:
Join Target Circle for free
if you haven't already.



Step 3:
Verify your military status
by uploading a Govt. ID or any other proof.



Step 4:
Save the 10% off offer
before checking out & apply on two qualifying storewide purchases from 10/29–11/11.

Seasonal Items

- [Thanksgiving Meals](#)
- [Family Games](#)
- [Holiday Decor](#)
- [November Accessories](#)
- [Thanksgiving Table Decor](#)
- [Thanksgiving Greeting Cards](#)
- [And much more](#)

Home Decor

- [Tablecloths](#)
- [Centerpiece](#)
- [Throw Pillows](#)
- [Dish Sets](#)
- [Candles](#)
- [Family Pajamas](#)
- [And Much More](#)

Cleaning

- [Vacuum Cleaner](#)
- [Oven Cleaner](#)
- [Rubber Gloves](#)
- [Step Trash Cans](#)
- [Garbage Bags](#)
- [Floor Cleaners](#)
- [Stain Remover](#)
- [And Much More](#)

Restock the Pantry

- [Flour](#)
- [Cooking Spray](#)
- [Seasonings](#)
- [Honey](#)
- [Butter](#)
- [Milk](#)
- [Baking Ingredients](#)
- [Vegetable/Olive Oil](#)
- [Baking Powder](#)
- [Apple Cider](#)
- [And Much More](#)

Get Organized

- [Laundry Essentials](#)
- [Whiteboard](#)
- [Batteries](#)
- [File Cabinets](#)
- [Storage Containers](#)
- [And Much More](#)

Kitchen Essentials

- [Pots and Pans](#)
- [Cook Book](#)
- [Slow Cooker](#)
- [Air Fryer](#)
- [Baking Sheet](#)
- [Blender](#)
- [Apron](#)
- [And Much More](#)

Health & Wellness

A PCS can indeed trigger stress and anxiety, and when coupled with the holiday season, it can intensify those feelings, wouldn't you agree? However, there's one thing we're certain of: taking care of ourselves is crucial. That's why we're here with our top tips and tricks for making healthy living both manageable and budget-friendly to enhance your overall well-being this autumn.

- **Opt-in for Vision Care:** Enroll in Blue Cross Blue Shield FEP Vision supplemental vision coverage from November 13th through midnight ET on December 11th at [BENEFEDS.com](https://www.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 (QLE). Curious about what qualifies as a QLE? Find out here: bluestarfam.org/blog.
- **Take Care of Your Well-Being:** Explore Spiritune, a music therapy program featuring science-backed tunes designed to support emotional well-being. Take advantage of complimentary access to Spiritune, one of the exclusive perks of your Blue Star Families membership (a \$299 VALUE). Access it now at: bluestarfam.org/perks.
- **Choose a Stress-Relief Activity:** Try Headspace, a meditation and mindfulness app that can help you live a healthier, happier, and more well-rested life. With more than 1,000 hours of mindfulness and sleep content, including quick exercises ideal for busy schedules, it's proven to reduce stress in just 10 days. The best part? Headspace is available to Blue Star Families members at no cost (a \$99 VALUE)! Get started now: bluestarfam.org/perks.
- **Save on Wellness Products:** Are you in search of clean ingredients, backed by scientific research, and looking for support? Swell Score takes care of all this for you, offering affordable prices for Swell Score Members, which you can access for FREE (a \$99 Value) for one year. Explore it here: bluestarfam.org/perks.
- **Get Vaccinated:** With flu season upon us, be sure to check out the CDC's recommended immunization schedule by age here: [cdc.gov/vaccines/schedules](https://www.cdc.gov/vaccines/schedules).



As the temperatures start to dip, we all know the seasonal battle against the flu and colds kicks in. For parents, it means gearing up with some essential tools to keep little ones healthy and happy. You'll want to have a trusty thermometer on hand for keeping tabs on those temperatures, a humidifier to help ease cold and flu symptoms, saline drops and vapor rub for those pesky coughs and congestion, and don't forget the

tissue and disinfectant wipes to tackle those germs head-on. Plus, pain relievers like acetaminophen and ibuprofen, cough drops for soothing those sore throats, and a dose of Vitamin C for that extra immune boost can make a real difference.

For military families, staying ahead of the game means prioritizing vaccinations and taking preventive steps. Luckily, you can get your essential items plus vaccines at Target CVS Pharmacies (now accepting TRICARE!), and here's the cherry on top — the **Target Military Discount (Valid October 29th — November 11th)** scores you a sweet **10% off** on all your sick season essentials. Stay well, everyone!

Digital Safety

The holiday season is all about spreading joy and giving gifts, and as military families, much of our shopping happens online, right? But here's the deal — we've got to make sure we're doing it safely so those sneaky cybercriminals (who are eyeing you!) don't dampen our festive spirit by swiping our money or personal info. No need to stress; stay informed. Check out our best practices for online shopping.

- **Verify Website Addresses:** Instead of clicking on links in emails or text messages, manually type in official website addresses into your browser or use official store apps to access your accounts.
- **Enable Multi-Factor Authentication:** Enable multi-factor authentication for store accounts if possible (Amazon, Walmart, Target, etc.). Only make purchases through trusted sellers.
- **Read Product Descriptions Carefully:** Pay attention to details, specifications, and disclaimers in the product description.
- **Be Cautious of Overly Positive Reviews:** Pay close attention to product reviews. Proceed with caution if the reviews seem overwhelmingly positive without any negative feedback.
- **Beware of Unsolicited Communication:** Avoid unsolicited emails, texts, or phone calls regarding purchases or delivery. Be particularly skeptical if they ask for personal information or payment details.
- **Contact Official Sellers Directly:** If you receive suspicious communication regarding a recent purchase from an official seller, independently look up the seller's customer support contact information and contact them to verify.
- **Monitor Financial Statements:** Especially during the holiday season, monitor your bank and credit card statements for any unauthorized activity.
- **Prioritize Your Financial Safety:** Consider seeking help from online safety experts like Aura. Utilize their military discount for a two-week free trial and 60% off protection plans. Sign up: buy.aura.com/military

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!

About Blue Star Families



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.

You. Belong. Here.

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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