

December 2025

Quarterly Newsletter

December 17, 2025

As the year comes to an end and we get ready for a fresh start, one thing stays the same: our promise to support you in your self-direction journey every step of the way. Winter is a time for reflection, planning, and connecting with others, and we are thankful to be part of your support circle as you create a life on your own terms.

In 2026, PremierFMS VDC will continue to support you with the same dedication you've come to count on. Whether you're setting new goals, managing winter routines, or looking forward to brighter days, we are here to help you move confidently into the new year.

Thank you for being part of the PremierFMS VDC family. We're excited for another year of growth, partnership, and empowerment.

— Sandra Woodward, PremierFMS Account Manager

In today's email:

- Upcoming Awareness Days/Months
- New Year, New Plan: Setting SMART Self-Direction Goals for 2026
- Take Charge of Your Health This Winter
- Participant Spotlight: Josh's Path to Joy
- How to Get Better Sleep
- Be Kind To Your Mind This Winter
- Self-Direction Resources for Participants and Direct Care Workers
- Share Your Story

Semi-Monthly Payroll Reminder!

Starting January 1, 2026, PremierFMS will move to a semi-monthly payroll schedule. Instead of submitting time for a two-week period, you will submit time for half of each month.

The new payroll schedule is available on our website and will also be mailed to you with all transition dates.

We're committed to making this change as smooth as possible. If you have questions or concerns, please contact your Account Coordinator at PremierFMS.

Upcoming Awareness Days/Months

- December 14 - 22 — Hanukkah
- December 24 — Christmas Eve
- December 25 — Christmas Day
- December 31 — New Year's Eve
- January 2026 — National Mentoring Month
- January 1 — New Year's Day
- January 4 — World Braille Day
- January 19 — Martin Luther King Jr. Day
- February — Black History Month
- February (2nd Week) — Random Acts of Kindness Week
- February 14 — Valentine's Day
- February 20 — World Day of Social Justice

New Year, New Plan: Setting SMART Goals for 2026

Turn resolutions into real progress with clear, actionable planning.

Define SMART Goals:

- S** - Specific: What exactly do you want to achieve?
- M** - Measurable: How will you track progress?
- A** - Achievable: Is this goal realistic within your abilities and supports?
- R** - Relevant: Does it align with your Plan of Care or Spending Plan?
- T** - Time-bound: What is your timeline?

Reflection Questions:

- ✓ What successes did you experience in 2025?
- ✓ What challenges taught you something valuable?
- ✓ What do you want to build on in 2026?

Take Charge of Your Health This Winter

We've all seen how difficult winter illness can be, especially after recent COVID years. Protect yourself and your loved ones by getting your flu shot.

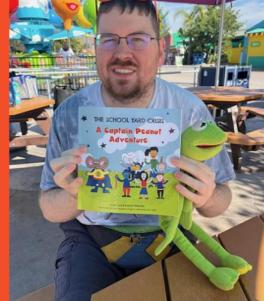
- **Get your flu shot**—eligible Veterans can get a no-cost flu shot from a nearby VA clinic or from one of nearly 65,000 in-network pharmacies or urgent care locations.
- **Schedule early** before clinics fill up.
- **Encourage your loved ones** to get protected, too.

[Find vaccines near you](#)

Participant Spotlight - Josh's Path to Joy, Confidence, and Creative Independence

Meet Josh! Josh Lockwood-Wewer is a vibrant, creative, Disney-loving 34-year-old whose life has transformed through self-direction.

If you've ever had the joy of meeting Josh Lockwood-Wewer, you quickly realize he's someone special. Towering at over six feet tall with the gentlest heart imaginable, Josh brings warmth, humor, and pure joy into every room he enters...



[Read Josh's story](#)

VA News: How to Get Better Sleep

Getting quality sleep is essential for your physical and mental health. The VA's expert-backed tips can help you build healthier sleep habits, from creating a calming bedtime routine to setting a consistent sleep schedule.

[Tips for better sleep](#)

Be Kind To Your Mind This Winter

As many as 1 in 20 U.S. adults experience SAD (Seasonal Affective Disorder) during the fall and winter months

As daylight decreases, some people notice changes in mood or energy known as **Seasonal Affective Disorder (SAD)**. Feeling tired, unmotivated, or down in the winter is common—and support is available. Simple steps like getting natural light, keeping a steady routine, and reaching out for support can help make the season feel more manageable.

[Learn more](#)

Self-Direction Resources for Veterans and Direct Care Workers

Find more information and additional support for every aspect of your self-direction journey, including enrollment, payroll, and government resources. For Direct Care Workers, we provide links to required training.

[Stay informed](#)

Share Your Story

If you know someone who has used self-direction to build a life of independence, whether through employment, community engagement, or personal growth, we'd love to share it. Your story could be the next spotlight that inspires others to dream big.

[Share your story](#)