

Beyond the Barracks: Structuring Wellness in Civilian Life



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Community: **Pillars**



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ACTIVITY



MENTAL HEALTH



RECOVERY & SLEEP



NUTRITION

Empowering Veterans: Honoring the Fallen by Investing in Those Who Serve Today

As we approach **Memorial Day** on Monday, May 25, 2026, we pause to remember the brave men and women who made the ultimate sacrifice in service to our nation. Their courage and commitment form the foundation of the freedoms we cherish. At **MilCon Careers**, we believe the most meaningful way to honor their legacy is by supporting the veterans who continue their service in the civilian workforce—equipping them with opportunities that match their skills, leadership, and dedication.

Remembering the Sacrifice, Building the Future

Memorial Day is more than a long weekend or the unofficial start of summer. It is a solemn reminder of lives given in defense of our country. For many veterans and military families, this day carries profound personal weight. Yet amid the remembrance, it also inspires forward momentum: turning service-learned strengths into lasting civilian success. Veterans bring unmatched qualities to every workplace—discipline, adaptability, teamwork under pressure, strategic problem-solving, and a mission-first mindset. These are not just resume lines; they are proven advantages that drive results for employers who know how to harness them.

How MilCon Careers Empowers Veterans Year-Round

At MilCon Careers, our mission is clear: bridge the gap between military

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MilConCareers.org is a nonprofit organization improving the military-connected community's transition experience through employer education, data driven research, and access to a network of job opportunities with military-ready employers.

The Vegetus Foundation is dedicated to helping Americans improve their quality of life through education on healthy living and has published the Nutrition Health Review since 1979. Learn more at nutritionhealthreview.com





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service and civilian achievement. We use smart matching technology and patented tools to translate Military Occupational Specialties (MOS) and service experiences into civilian-friendly language and opportunities. Whether you're a transitioning service member, a veteran seeking advancement, or a military spouse entering or re-entering the workforce, we're here to help.

This Memorial Day, take these empowering steps:

- **Update and Optimize Your Profile:** Log into the MilCon Careers platform and ensure your skills are fully translated. Our system highlights how your leadership in uniform directly translates to project management, logistics, cybersecurity, operations, and countless other high-demand fields.
- **Connect with Military-Ready Employers:** Explore opportunities with organizations committed to hiring veterans—not just as a checkbox, but because they value what you bring.
- **Share Your Story:** Veterans' experiences inspire others. Consider recording a short StoryCorps-style conversation or updating your professional network about your journey from service to success.
- **Support Fellow Veterans:** Refer a comrade, mentor a transitioning service member, or simply listen. Small acts of connection create big ripples.

A Call to Employers: Honor Service Through Opportunity
To the companies and leaders reading this: Memorial Day is the perfect time to recommit to veteran hiring and retention. Simple actions like recognizing veteran employees' contributions, offering mentorship programs, or partnering with platforms like MilCon Careers demonstrate that you truly value service. Programs such as SkillBridge, resume translation support, and veteran employee resource groups make a tangible difference.

A Message of Gratitude and Hope

To every veteran and military family: Thank you. Your continued resilience after service honors the fallen in the most powerful way—by living lives of purpose, leadership, and impact.

This Memorial Day, whether you're at a gravesite, a parade, or a quiet family gathering, know that MilCon Careers stands ready to support your next mission. The skills you honed in uniform are needed now more than ever in our communities and industries.

Together, we remember. Together, we rise.

Explore opportunities, update your profile, or learn more at milconcareers.org. Share this newsletter with your network and help empower more veterans.

Wishing you a meaningful Memorial Day,

The MilCon Careers Team

Connecting Military Talent to Meaningful Careers

Get in-demand skills for in-demand jobs, at no cost to you.

Verizon Skill Forward is offering free high-quality, tech-based courses blended with leadership and management skills from top universities for free for 12 months.

Explore your career options on your terms.

- Free, personalized courses
- Networking opportunities
- Supportive learning and career development
- Employer-candidate matching job board

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Sign-up today.





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MilCon Careers Monthly Brief Empowering Veterans for Their Next Mission

Transitioning from military service to a rewarding civilian career is a significant step — and one that deserves the right support. At **MilConCareers.org**, we’re committed to making that transition successful by connecting veterans, transitioning service members, and military spouses with meaningful career opportunities. Our platform translates military experience into civilian success. We help you showcase your leadership, technical skills, discipline, and problem-solving abilities in ways that resonate with today’s top employers.

What Veterans Receive at MilCon Careers

- **Military-to-Civilian Translation** — Turn your MOS, deployments, and training into language that hiring managers understand.
- **Resume & Interview Mastery** — Professional tools, templates, and coaching to build standout applications and ace interviews.
- **Direct Employer Connections** — Access to companies actively seeking veteran talent across industries like logistics, cybersecurity, project management, engineering, operations, and more.
- **Long-Term Career Guidance** — Resources for advancement, skill development, and sustained career growth — not just the next job.

Why Employers Choose MilCon Careers

Veterans deliver reliability, adaptability under pressure, strong leadership, and mission-focused execution. Our platform gives employers streamlined access to this high-caliber talent pool, along

with support to ensure successful onboarding and retention.

Featured Focus: Translating Your Military Experience

One of the biggest challenges veterans face is articulating their value in civilian terms. This month, we’re highlighting effective strategies for translating military accomplishments into quantifiable civilian achievements.

Example: Leading a 15-person team on a high-stakes logistics mission = Project Management + Team Leadership + Risk Mitigation. Our tools and expert resources make this translation seamless so you can confidently pursue roles that match your capabilities.

Get Started Today

Whether you’re preparing to transition, seeking advancement, or an employer ready to hire exceptional veteran talent — MilCon Careers is here to help. Visit milconcareers.org today to create your free profile, explore opportunities, or connect with our team. Together, we turn years of honorable service into lifelong career success.



Healthy Tuna Salad:

Ingredients:

- 10oz canned tuna, drained
- 2 medium celery stalks, minced
- 2 Tbsp red onion, minced
- 2 Tbsp dill pickles, minced
- 1/3 cup plain full-fat Greek yogurt
- 2 Tbsp lemon juice
- 1 Tbsp Dijon mustard
- 1 tsp fresh parsley, chopped
- 1 tsp fresh dill, chopped
- 1/4 tsp salt
- 1/4 tsp pepper

Directions:

- Place the tuna, celery, red onion, and pickles in a bowl.
- Combine the yogurt, lemon juice, mustard, and herbs.
- Stir the yogurt mixture into the dry ingredients.

Note: No fresh herbs? No problem — just substitute for 1/2 tsp of dried varieties.

Approximate Nutrition Information: Calories: 247; total fat: 8g; saturated fat: 2.6g; cholesterol: 35mg; sodium: 369mg; total carbohydrate: 7.6g; dietary fiber: 0.7g; total sugars: 5.3g; protein: 34.3g; calcium: 183 mg; iron: 1 mg; potassium: 453 mg

