

UNWAVERING SUPPORT



FOR UNCOMMON HEROES™

## VETERANS & FAMILY SUPPORT PROGRAM 2024 - 2025

November 2024



Department President – Renee King  
Department Secretary – Jeanette Garcia

National Ambassador – Evan Smiley  
Department Chair – Mary Sanchez

This is Veteran's and Thanksgiving month, which by judging by the stores they skipped over. This is an important month because we give THANKS to all our veterans and for what we have. Thanks to the big or small blessing it does not matter! This also ties back to last month's discussion to preventing suicide. For many of our Vets, LOVE and family is everything. In the next coming months it is also the time for joy and happiness but many also feel lonely in the inside. These are the times we need to check on the ones we care about and spent time to visiting with them. Taking time to invite them to eat, bring them a lunch. Taking time to write them a note or give them a gift. Be a friend especially the ones who are alone or have not seen in a while. Vets in the hospital, nursing home or who are home bound. Show them you love.

It's time to look at the second part of the program which is family support. Let's think of ideas to help our families enjoy the thanksgiving holiday a little more. One way is have a potluck at the post. Exchange family recipe with one another. Have a food drive before thanksgiving, donate washed clothes to shelters since cold weather is around the corner. Instead of a yard sale have a giveaway day. Identify and help the community and family in need. Make a meal on wheel for family that are home bound especial the elderly and the widower(s).

Please continue to report under this program! I can be reached by email at [girlisin@hotmail.com](mailto:girlisin@hotmail.com) or by calling me or texting me at (575) 649-5735. Let's work together for a common goal.