

HEROES THANKING HEROES

MAY . 2022



Month of the Military Caregiver

REBUILDING LIVES. RESTORING HOPE.



Meet the Heroes!

This month we highlight four of our very own Military Caregivers.

a hero

is an ordinary individual who finds the strength to persevere and endure in spite of overwhelming obstacles.

Mark Your Calendar

June

6.1 National Say Something Nice Day
6.6 D Day
6.8 National Best Friends Day
6.12 National Children's Day
6.14 US Army Birthday / Flag Day
6.19 Father's Day
6.21 1st Day of Summer
6.23 US Coast Guard Auxiliary Birthday
6.27 PTSD Awareness Month
6.30 Social Media Day

JUNE IS PTSD AWARENESS MONTH

Also In This Issue

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- Mental Health Awareness
- VC/VCA Upcoming Events

Joan

What is the name of the Veteran you provide care for?

Robbie

What branch of the military did the veteran you care for serve in?

Army

How many years have you been providing care for your veteran?

12

If you could give one piece of advice to other caregivers, what would you say?

Make sure you take care of yourselves, you can't give from an empty bucket.

What is one thing you wished others knew about your role as a caregiver?

My caregiving role does not define me, I am still trying to learn to balance all my roles.

What is your superpower as a caregiver?

Patience

What is your favorite hobby?

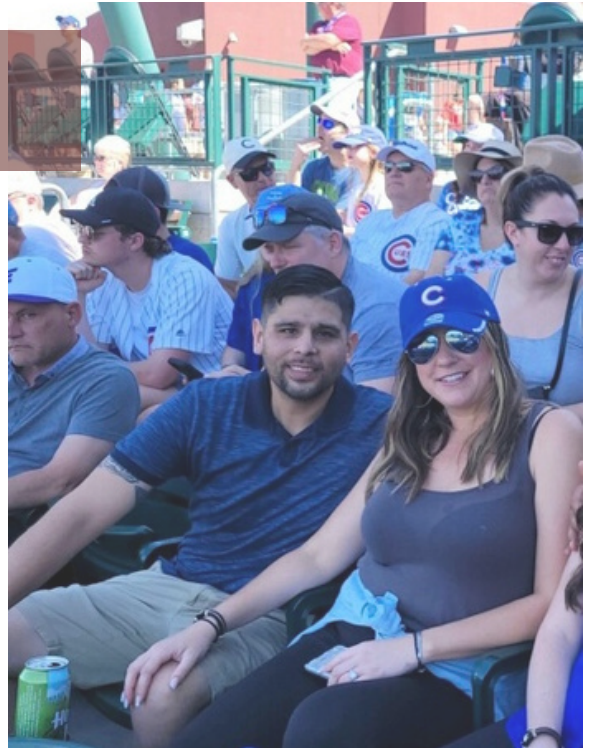
Working out

How do/can you use your hobbies/passions in your role as a caregiver?

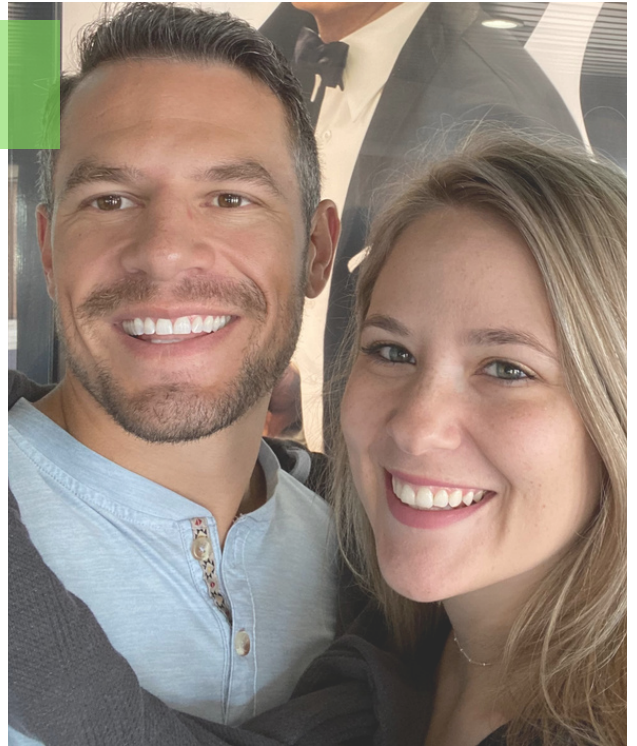
I use it to rejuvenate

Anything else you'd like to share?

Our life is different than normal, but who defines what's normal :)



Angela



What is the name of the Veteran you provide care for?

Steven

What branch of the military did the veteran you care for serve in?

Marines

How many years have you been providing care for your veteran?

11

If you could give one piece of advice to other caregivers, what would you say?

Make time for yourself. It's important to take care of yourself so you can properly care for others.

What is one thing you wished others knew about your role as a caregiver?

I wish people knew how rewarding it is. I was able to see my husband at his lowest and helped him to become the man he is today. He is a wonderful family man and has an amazing career as a dental hygienist.

What is your superpower as a caregiver?

How I am able to keep a positive attitude in the most stressful situations.

What is your favorite hobby?

I love to read, play games with my family, and go on long walks.

How do/can you use your hobbies/passions in your role as a caregiver?

I use these hobbies whenever I need to relax.

Tiffany



What is the name of the Veteran you provide care for?

Joel

What branch of the military did the veteran you care for serve in?

Army

How many years have you been providing care for your veteran?

Almost 10 years

If you could give one piece of advice to other caregivers, what would you say?

Be gentle with yourself, you are only one person and can only do so much. It's okay to ask for help and say no to adding more to your plate.

What is one thing you wished others knew about your role as a caregiver?

We juggle many roles, and caregiving is one of them. While it is very rewarding, it can also consume a lot of our time, and we sometimes have to say no to social invites, cancel, or are exhausted. Please keep reaching out! We want to connect when it works for our schedule.

What is your superpower as a caregiver?

Compassion

What is your favorite hobby?

It changes with the seasons: snowmobiling, biking, kayaking, and gardening.

How do/can you use your hobbies/passions in your role as a caregiver?

Being outdoors enjoying my hobbies is good for my mental health and also helps build my relationship with my veteran when we are able to do them together.

Denys

What is the name of the Veteran you provide care for?

Arthur

What branch of the military did the veteran you care for serve in?

Army

How many years have you been providing care for your veteran?

18 Years

If you could give one piece of advice to other caregivers, what would you say?

Injuries change as the years pass goes by. I have learned to be flexible, what may have worked before may not work now.

What is one thing you wished others knew about your role as a caregiver?

I wish others would be more understanding when it comes to being a caregiver to a Veteran that has invisible injuries. Those invisible injuries are what our veterans struggle with on an everyday basis just to have a "normal" day.

What is your superpower as a caregiver?

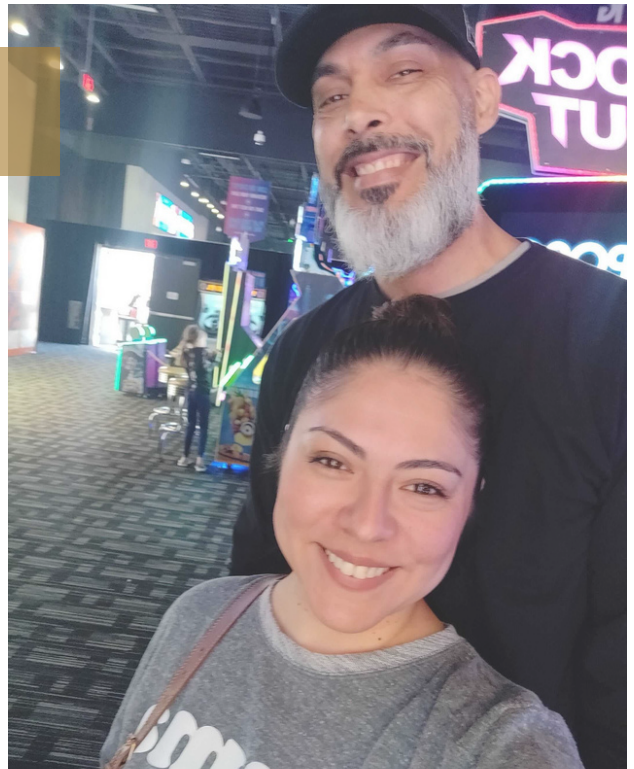
My understanding and willingness to want to be there for him to help.

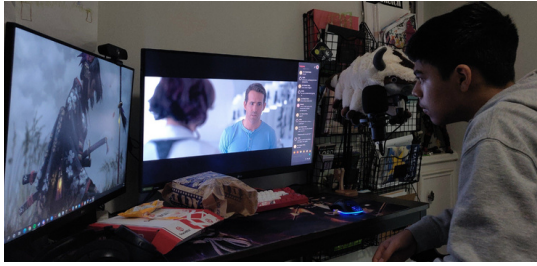
What is your favorite hobby?

Reading & Exercising

How do/can you use your hobbies/passions in your role as a caregiver?

Reading & Exercising helps me disconnect from the stress and whatever I may have going on at the time.





America's Little Helpers

This month, kids of all ages grabbed their specially delivered snack boxes and cozied up for a movie with ALH. Using TeleParty, We were able to watch together, chat and send emojis throughout the show. Who doesn't love a weekend movie?!



Food Truck Chicago

The second Food Truck Distribution of the year in partnership with Blue Star Families was held in Chicago earlier this month. Our teams worked together to distribute hundreds of boxes of non-perishable food, personal care, and household items in the Naval Station Great Lakes area. We are all stronger together.



Veterans Caregiver Alliance
VIRTUAL SPA TIME

IT'S YOUR TIME!
TREAT YOURSELF TO A VIRTUAL SPA EXPERIENCE. IT INCLUDES A DEEP CLEANSING FACIAL, DEEP PORE DECLOGGING MASK & A LEAVE ON OVERNIGHT TREATMENT.

Session times TBA

Compliments of: 
Gloria Barajas with Mary Kay

May is Month of the Military Caregiver, and what better way to pamper our ladies than with a customized facial from the comfort of their home. Selected caregivers will chose between two upcoming dates in June. Thank you for all you do!

The Veteran Circle Program presents:



emotional LIFE SKILLS® LIVE

- Virtual online course
- Led by a mental health professional
- Live and interactive
- Empowers community members to care for themselves and others
- 2 hour program

Thanks to our wonderful partners at:  **giveanhour**
Giving Help and Hope

If you are a member of the Veteran Circle Program, you are eligible to join this upcoming emotional life skills course held on June 7th from 6-8pm EST. Register [HERE](#).

Employment Resources

Military Friendly Companies

[These companies have been awarded the Military Friendly® Company designation](#)

[Military.com's List of Employers Hiring Veterans](#)

Resume Tips

[Resume tips for Veterans transitioning to civilian careers](#)

[20 Tips to make your resume stand out](#)

Job Fairs

Eastern Region Virtual Career Fair for Veterans ([Click here to register](#)) Held on June 7th, 2022

Central Region Virtual Career Fair for Veterans ([Click here to register](#)) Held on June 21th, 2022

DOL Virtual Career Fair (Held on June 24th, 2022)

Corporate Gray Virtual Job Fair (Held on June 24th, 2022)



Pop Pop's Corner

Mental Health Awareness Month

Which days are the strongest?



Saturday and Sunday.
The rest are weekdays!



"HA HA HA"

YOU HAVE POWER OVER YOUR MIND

There is always help, there is always hope.

If you or someone you know needs help, contact 1(800)950-NAMI Monday through Friday, 10 a.m. – 10 p.m., ET.

Suicide Hotline 800-273-8255

TEEN LINE Call 866-465-0083 Nationwide (6 PM - 10 PM PST)
Text Teen to 839863 (6p.-9pm PST)
to talk to another teen who will listen and help guide you in a judgement free zone!

#BREAKTHESTIGMA



Connect With Us On Social Media!

