

HEROES THANKING HEROES

REBUILDING LIVES. RESTORING HOPE.



THIS ISSUE FEATURES:

Heroes Freedom Weekend
ALH Updates
Our new "Made Ya Laugh!" Section
And More!

HERO STORIES

BY AMBER

Hello, my name is Amber and I have been a Representative in the Heroes Thanking Heroes program of the Coalition to Salute America's Heroes for about 7 years now. I began my journey in this program with a referral from one of my husband's best friend's wife. She is also a caregiver to her veteran that happened to have served with my husband too. I needed a job that would allow me to have a flexible schedule to take him to his therapy appointments and doctor visits.

cont. reading on next page

MARK YOUR CALENDAR

JULY

1. National Postal Worker Day
2. Made in the USA Day
4. Independence Day
10. Major General Singlaub's Birthday
14. Bastille Day
25. National Hire a Veteran Day
28. Buffalo Soldier's Day
29. Anniversary of the Army Chaplain Corps

PTSD AWARENESS MONTH

Trauma permanently changes us. This is the big, scary truth about trauma: there is no such thing as "getting over it." The 5 stages of grief model marks universal stages in learning to accept loss, but the reality is in fact much bigger: a major life disruption leaves a new normal in its wake. There is no "back to the old me." You are different now, full stop. That is not a wholly negative thing. Healing from trauma can also mean finding new strength and joy. The goal of healing is not a papering-over of changes in an effort to preserve or present things as normal. It is to acknowledge and wear your new life - warts, wisdom, and all - with courage." *Quote by Catherine Woodwiss*

While working in the HTH program I have fulfilled several roles as I learned how to work in a virtual workspace. I started with making thank you calls to donors then I was invited to help develop and publish an email newsletter. This newsletter would be sent out to donors each month with updates on our programs and the families that work in the HTH program. I was also part of the fundraising committee for a period of time. Another opportunity I had working in the HTH program was becoming Quality Assurance Assistant Team lead for several months. I was helping review the Thank You phone calls that our veterans and caregivers were making to donors for quality assurance and training purposes. I have also helped with sharing resources for our caregivers in the VCA program by being on the committee. Another privilege I have had within the program is the ability to help out managing our social media accounts. I have had an amazing time adding all of these talents to my resume over the past several years representing such a wonderful non-profit.

Recently I was awarded a scholarship through the Coalition to progress further in my career. They partnered with CareerDash to help get me certified as a Business Development Rep. This online training program will provide me with in-depth training with live coaches to get me where I need to be to expand into more remote job opportunities. So far I have had great support with my routine check-ins from my student success manager. This program is self-paced and can take anywhere from 5-13 weeks to complete. The content has been very valuable, as the assignments pin-point real life scenarios and the training needed to land a job in a business development career. I am almost halfway through the program and so far I am learning really great things. I believe they will be the key to my success in future goals to use this certification. I am still learning and figuring out where I would like to apply this newly added certification in my life. The opportunities are endless! Since this is a field where most of these jobs are available remotely, I can continue my caregiving responsibilities while providing an income source for my family.



“Mom guilt is such a real thing... Despite not letting my kids go through things I had to, did I miss or fail something else?”

Real and raw describes one of the blogs written this month.

[Read on by clicking here.](#)



FOOD TRUCK

Be "in the know" about upcoming food trucks that may be in your area by following the

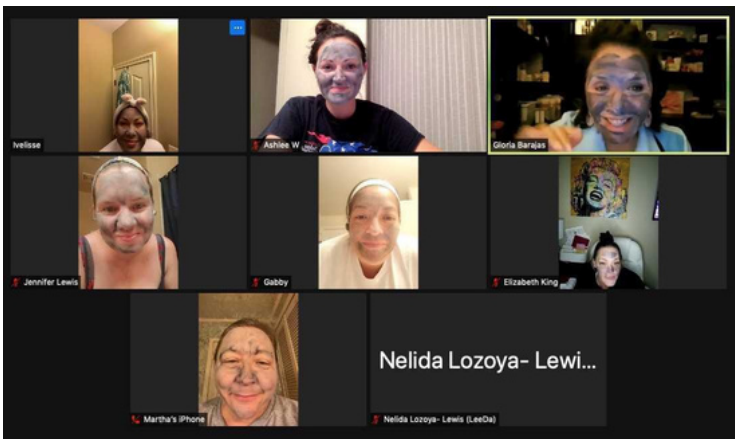
[orange calendar](https://www.saluteheroes.org/orange-calendar) on [SALUTEHEROES.ORG](https://www.saluteheroes.org)

AMERICA'S LITTLE HELPERS

Earlier this month we held a special "family edition" Disney trivia event with our little helpers. Players answered questions for chances at prizes and tested out their knowledge on all things Disney! What fun! In addition, our *FIRST EVER* ALH virtual camp began on June 27th for campers aged 3-1st grade. More photos to come!



VCA EVENT



This event was created for our Veteran's Caregiver Alliance members to be given a special opportunity to pamper themselves from the comfort of their own homes. Custom picked self-care boxes shipped directly from Mary Kay representative Gloria Barajas were sent out at no cost to these well deserved women.

HEROES FREEDOM WEEKEND



The 2022 Heroes Freedom Retreat took place last weekend in historic Williamsburg, Virginia. Six combat-wounded veteran couples gathered together with the primary goal to strengthen the bonds of marriage for couples who have so much additional stress in their lives due to physical and mental wounds from war. Over the course of the retreat, Dr. Johnny and Lezlyn Parker presented a series of interactive sessions focused on strengthening the bonds of marriage. Attendees also toured historic sites and connected with other veteran couples, building their community of support. More to come in next month's Issue!

EMPLOYMENT RESOURCE CENTER

With *National Hire a Veteran Day* approaching next month, it may help to apply to [one of these](#) Military friendly companies!

FLEXJOBS is Currently listing 29,488 jobs from 5,597 companies. [Check them out here.](#)

Are you an Amazon employee looking to enhance your skillsets at work? Amazon is sponsoring a [Military Mentoring Program](#). Find out more!

With the remote work culture growing, there are challenges that come up that may leave you feeling alone. [Here are 15 tips for working from home](#), brought to you by [Indeed.com](#).

MADE YA' LAUGH!

Why don't crabs give to charity?



Because they are SHELLFISH!

Submitted by: Brie

Stay tuned for next month's joke brought to you by own of our HTH Representatives!

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