

HEROES THANKING HEROES

A MONTHLY NEWSLETTER OF THE COALITION TO SALUTE AMERICA'S HEROES



CERVANTES FAMILY

BY JORDAN CERVANTES

Hi, I am Jordan Cervantes; I was born and raised in Austin, Texas. In 2019 I met my now wife, Shelby, when we started working together at a photography set. Shelby was divorced and had two children, Dallas and Nicholas. I immediately fell in love with both Shelby and her kids. We love spending quality time together, and we are always doing something outside on the days that Shelby is feeling up to it.

Shelby was born and raised in Florida. She enlisted in the Army in 2009 to be an MP (military police). Shelby was in for 6 years and did 1 tour in Afghanistan. On Feb 2, 2011, Shelby's truck was hit by an IED causing the truck to be thrown a little less than 50 feet.

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SHELBY HAD JUST GOTTEN OFF AN OVERNIGHT TOWER SHIFT

and was just "extra pack" for this trip when her vehicle was hit. Shelby sustained multiple injuries from the incident, including traumatic brain injury, PTSD and TMJ. After deployment Shelby went back to Fort Riley, Kansas, where she was stationed for another year while she awaited a trial date due to being sexually assaulted during her deployment. She went through military court in 2012 and won her case. After she PCS'ed to West Point, New York, where she served for 2 more years until she was medically retired due to her injuries. We did not know each other during Shelby's service in the military.



Shelby's recovery has been an ongoing adjustment and likely will be forever. After Shelby's accident, she started having seizures and intense migraines, and for a few years, it was pretty unpredictable when and where they would happen. It took a lot of trials on different medications, and to this day, it's still not completely controlled as we would hope. So that can be very unpredictable, but we have learned some triggers and have learned how to kick into gear and protect her when it does happen.

WHAT IS HEROES THANKING HEROES?



The Heroes Thanking Heroes program provides six month transitional part-time, flexible employment to wounded veterans or their primary caregivers, enabling them to make phone calls from their homes, most often to personally thank donors for their contributions to the Coalition to Salute America's Heroes. The program also offers qualified participants some basic training and experience working in a "virtual call center," thereby preparing them for other potential jobs requiring similar skills.



Shelby also struggles with PTSD from her accident as well as her MST, so sleep is always hard. She really can struggle with nightmares or just falling asleep in general, and on top of that, her seizure medicine causes insomnia. On the nights she doesn't sleep well, her seizures can be bad. So, it's really just trying to balance everything out, honestly. Shelby doesn't slow down; she is a busy body and always loves to be on the go, so sometimes, just a reminder that we can take a day off to stay at home and recharge is needed.

Heroes Thanking Heroes has really been a blessing for us. It allows me to be able to be available to Shelby at all times; if we know it's going to be a hard day and she is going to have a seizure, I can give her all my time and be here and know she will be safe. I can always work later on. HTH gives me that freedom. She also has a lot of appointments that I have to drive her to and attend because she doesn't always remember everything, and it's helpful to be there to help explain or talk to the doctor about what's been happening. Without the Coalition, it would be a lot harder to be a great caregiver to my wife while also helping support the family.



MARK YOUR CALENDAR

9/3 WORLD BEARD DAY
 9/5 INTERNATIONAL DAY OF CHARITY
 9/6 TELEPHONE TUESDAY
 9/10 WORLD SUICIDE PREVENTION DAY
 9/11 PATRIOT DAY
 9/16 POW/MIA RECOGNITION DAY
 9/18 AIR FORCE BIRTHDAY
 9/21 WORLD GRATITUDE DAY
 9/25 NATIONAL BRAVE DAY
 9/26 NATIONAL FAMILY DAY
 9/29 VFW DAY
 9/30 INTERNATIONAL PODCAST DAY

FOOD TRUCK SCHEDULE

- August 31 Fort Dix, New Jersey
- September 02 Mount Carmel, Colorado
- September 24 Fort Campbell, Kentucky
- September 28 Fort Meade, Maryland
- September 29 Fort Leonard Wood, Missouri
- October 6 Dayton, Ohio
- October 28 29 Palms, California
- November 5 Salt Lake City, Utah

EMPLOYMENT RESOURCES

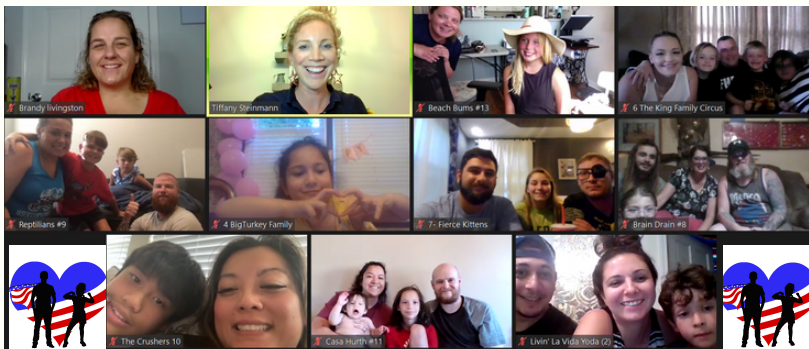
Click the links below to find out more.

Find the right government job as a Veteran.

On Facebook? Military Spouse? Join Hiring our Heroes, a Military Spouse Virtual Employment Network.

Spruce up your resume, or start from scratch... these templates are recruiter approved.

AMERICA'S LITTLE HELPERS



Families gathered for a night of games with ALH where they went head-to-head answering a series of Jeopardy questions designed to challenge contestants of all ages. Three families made it in the top ranks taking home a special prize! Laughter and bonding as a family achievement = unlocked ✓

MADE YA' LAUGH!
LOL

I TOOK THE SHELL OFF OF MY RACING SNAIL, THINKING IT WOULD MAKE HIM FASTER. BUT IF ANYTHING, IT MADE HIM MORE SLUGGISH.

Submitted by: Jordan

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

RETIRING YOUR BOOTS BLOG



"For both veterans and caregivers, it is important to be mindful of how the effects and symptoms of living with PTSD and TBIs can change over time..."

CLICK HERE TO READ THE FULL BLOG "AGING WITH TBI AND PTSD"

SIMPLE THINGS THAT BRING ME JOY

"Being a full time caregiver to my Wounded Marine Veteran hubby can tend to make you sometimes lose yourself. I find that taking some time just for me makes me remember what makes me happy and fills me with joy. I love creating new things and doing photography so I merged cooking and photography and that truly brings me complete jubilation. It's just the little things that one can do to to make you feel alive again."



Today I made honey organic mixed berry flaxseed and chia seed with pecans and a little kale muffins"
- Veteran Caregiver

CONNECT WITH US ON SOCIAL MEDIA!

