

Heroes Thanking Heroes

Rebuilding Lives. Restoring Hope



Joy and Trey

I'LL START BY INTRODUCING MYSELF.

I am Joy Marshall, a military spouse and military mother.

I provide care for my veteran husband. I also have two sons, one of who served in Operation Iraqi Freedom [OIF] in Iraq, where he sustained injuries and PTSD. My oldest son is still on active duty with a wife and daughter. Trey and I have two beautiful daughters with a total of 4 grandchildren.

Trey enlisted with the United States Army in September 2007 at the age of 28. He deployed to Iraq the following June. He was wounded in Iraq by a mortar that hit 35-40 yards away from his Humvee in March 2009. The blast threw him out of his gunner's seat and onto the hard ground at a weird angle. With all the heavy gear he was wearing, it was a massive fall. It twisted his neck while his body went in the other direction. He ruptured some discs and was knocked unconscious for almost 10 minutes. He doesn't remember being injured, only waking up. He finished up his year-long deployment, not realizing the extent of his injuries until he was back home and went into the WTU (Warrior Transition Unit) until retiring from the Army.

Newsletter Highlights

Employment Resources

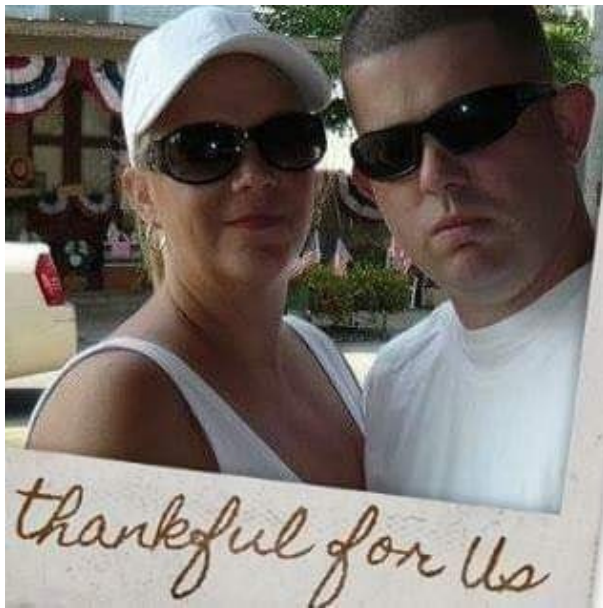
America's Little Helpers

Retiring Your Boots Blog

Made Ya' Laugh

Heroes Freedom Weekend 2023





I am currently working in the Heroes Thanking Heroes Program, for the Quality Assurance Department. I also make calls to our wonderful donors to thank them for their support in helping our wounded veterans and their families. Having the opportunity to connect with other veteran families has also helped! Being involved with the Coalition to Salute America's Heroes has been a huge blessing for my husband and me. We have met a lot of wonderful, wounded veterans along the way and have been able to participate in some really cool activities and programs that have helped restore hope to our family.

THANK YOU TO THE COALITION TO SALUTE AMERICA'S HEROES FOR ALL YOU HAVE DONE FOR MY HUSBAND AND ME AND SO MANY WOUNDED VETERANS.

Marshall Family

IT HAS BEEN A LONG ROAD FOR TREY...

all the doctors' appointments and issues with his TBI and PTSD affect him daily. Connecting with other wounded veterans and counseling has helped Trey stay focused and be able to enjoy family functions and outings a lot better these days. For myself, the struggle has been real like so many other caregivers out there. Keeping a close connection with other caregivers, counseling, and learning how to deal with life on life's terms has helped me so much.



Dance like nobody's watching. Love like you've never been hurt. Sing like nobody's listening. Live like it's heaven on earth.

This quote inspires me to think about my self-care and focus on me. I try my best to live a positive life and take care of so many people in my world that sometimes I forget that I need to be ok to continue to do that. Therefore, I must also learn to enjoy life and see it in a positive way and great attitude.

I know sometimes we can get overwhelmed with so many things, children, relationships, school, work, family, everyday problems that can seem to take over us. SO once in a while stop and enjoy the little things in life and live and recharge your batteries to keep going and become a better person for your loved ones.

-Jeannette Ramirez, HTH Rep

Support Military Marriages



Heroes Freedom Retreat is an all-expenses-paid event that presents an extraordinary opportunity for veterans to develop stronger bonds with their spouse, build camaraderie and tour some of America's most sacred and historic landmarks. Our goal is to strengthen military marriages through workshops and activities designed to make them Veteran Strong!

[DONATE NOW](#)



Employment Resources



VIRTUAL JOB FAIR

March 23, 2023 • 12-4 PM (EST)

[Sign Up Here](#)

Join [Military Spouse Jobs](#)
on Facebook

20 Tips to make your
resume stand out

The [Arm-Me Up™ Careers Campaign](#), through MSCCN and Military Spouse Jobs, employs its no-cost direct connect job placement processes for all Army Spouses, active duty, retired, widowed, caregivers, sheltered, and fiancés.

How to Respond to a
Lowball Job Offer

I asked my dog "What's two
minus two?"

....He said nothing.

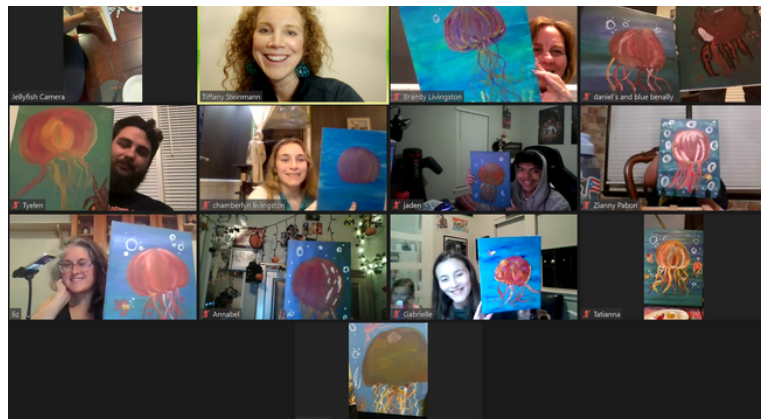
"I ordered a chicken and an egg from
Amazon. I'll let you know..."

...Made Ya' Laugh!



America's Little Helpers

6th Grade - 24 y/o Paint Night



2023 started strong with a virtual painting event for the older kids, while younger helpers snuggled in with their bingo supplies and played for some neat prizes! February is "Random Acts of Kindness Month" and ALH wanted in on the fun. Participants followed a day-to-day worksheet encouraging random acts of kindness throughout the month. Stay tuned for photos and inspiration on how you can make a difference too!

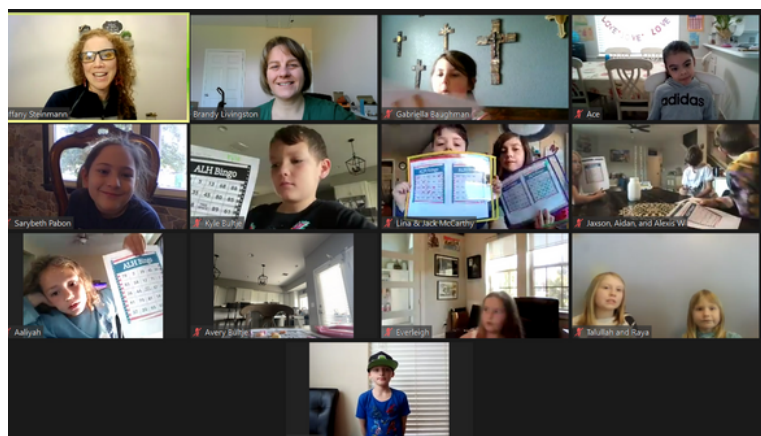
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Ages 3 - 5th Grade BINGO



With help from our donors, we raised \$323 for the February Paint event, which will also aide in getting us started for our baking events coming in April!

Mark Your Calendars!



- 1st Mardi Gras - Share a Smile Day
- 2nd Dr. Suess B-Day - Read Across America Day - World Teen Mental Wellness Day
- 3rd Navy Reserve Birthday - National Anthem Day - Telecommuter Appreciation Week
- 4th Hug a GI Day - National Sons Day - Employee Appreciation Day
- 8th International Women's Day
- 13th K9 Veterans Day, Daylight Saving Time
- 14th National Write Down Your Story Day
- 15th American Legion Birthday
- 17th St. Patrick's Day
- 20th Spring Begins - International Day of Happiness
- 25th Medal of Honor Day
- 29th National Vietnam War Veterans Day - Give Choose Day

Connect With Us On Social Media!

