



VETERANS AND FAMILY SUPPORT-NOVEMBER

November is recognized as National Family Caregivers Month. This celebration began in 1997 with the signing of a Presidential Proclamation by President Clinton. Ever since then, each November is dedicated to family caregivers.

Many caregivers report feeling isolated and unable to speak up about their own problems. They are the silent super heroes of our society. They are always there for those who need it most and ask for nothing in return. Below are just a few ways that we can show our appreciation for those who care for others.

- Send a card, let them know you are thinking of them.
- Pamper them
 1. Give them a day at the spa
 2. Theater tickets and a night out
 3. Food delivery or food gift card. A home cooked meal is always welcome
 4. Coffee gift card
 5. Flowers with a few inspirational words attached
 6. Simply give your time. Volunteer to sit with their loved one so that they can run errands or simply have a few hours to themselves.

VOLUNTEER KANSAS.ORG in Wichita Kansas has a program called PRESENTS IN A PACKAGE. The attached list is items they are requesting that will then be packaged up and sent overseas to deployed troops. Items that are gathered by November 13th can be dropped off at:

Farm Credit Bank Building
245 N Waco
Wichita, KS

Or you may decide to donate to the postage fund. The cost of sending each box is approximately \$23.00, make your checks payable to:

Volunteer Kansas
P O Box 781598
Wichita, KS 67278

Also, if you have the name of anyone deployed that you would like to submit OR if you would like to help assemble boxes, please see the attached information.

Have a Happy Thanksgiving

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