

# Veterans & Family Support

**November 11 is Veterans Day**, a day to thank military Veterans for their service. The reason we all do what we do is to *Band Together for our Veterans* and military. Hopefully you have plans for or are attending an event to honor them. I look forward to seeing your reports on what you all do in celebration of our veterans. It is also the anniversary of when the armistice agreement was signed in 1918 to end WWI.

Military.com has an ongoing list of companies offering free or discounted goods and services at: <https://www.military.com/veterans-day/veterans-day-military-discounts.html>

## November is National Caregivers Month

Being a caregiver is no easy task and it can often be overlooked or be under appreciated. Lots of veterans have caregivers due to their time in the military. Just as it is important for the veteran to get help, it is important for the caregiver to get help too. There are many different ways to acknowledge and show thanks to caregivers. You can give a gift card for a meal, movie, or spa. Offer to make a meal, run errands, or take their place for an ` or two so they can have a break. Lend an ear and let them vent, ask how they are doing, or learn about the person they are caring for. Spend time with them outside of the home, it gets them away and some interaction with other people. Often times caregivers can feel isolated and stuck if no one else visits or helps out. A little bit can go a long way. It's also beneficial to share information about where to seek help with the different aspects of being/becoming a caregiver. Being officially identified as a caregiver can also lead to more benefits.

<https://www.caregiver.va.gov/> This is the website for the VA Caregiver Support Program. There are loads of information and resources to offer help. Lots of veterans have caregivers due to their time in the service whether it be a physical or mental issue.

<https://www.caregiver.org/resource/caregiving-101-being-caregiver/> This is a website for Family Caregiver Alliance which is another source of information.

If you're looking to support a more local group, Caregivers on the Homefront is a Kansas City organization formed by a military caregiver. They focus on supporting military caregivers by offering counseling, mental health restorative weekends, trauma groups, educational workshops, groups for children of veterans or military getting care, and more. Their mission is "to provide caregivers of our nation's veterans and first responders with hope, a sense of togetherness, and a firm foundation of resiliency."

For more information or to donate, go to: <https://caregivers-homefront.org/> -or- their mailing address is 12200 North Ambassador Dr, Suite 232, KC, MO 64163 (816)462-2022

Nov 10<sup>th</sup> is the Marine Corp Birthday, it was first formed in 1775 as the Continental Marines.

Laura Gulley  
8636 Walmer St, Overland Park, KS 66212

913-302-1289

Lmg983.Lg@gmail.com