

VETERANS & FAMILY SUPPORT

Banding Together for Our Veterans



Happy New Year!

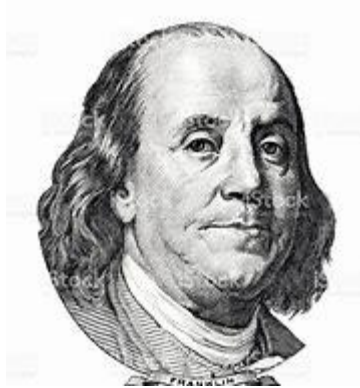
As the year 2024 begins we must continue to **be banding together for our Veterans** and go on **challenging the needs of our Veterans and their families** in order to forge forward into this new year with healthier Veterans and greater awareness.

January is full of observances, let's rundown a few that we can incorporate into our goal of helping and challenging our Veterans:

- ❑ January 15th – MLK birthday is the third Monday of the month. Good time to review his “I have a Dream” speech and connect with our youth.



- ❑ January 17th – Ben Franklin Day we celebrate his life and work as one of America’s most famous and influential Founding Fathers of the United States. He was also a noted scientist, inventor and statesman.



- ❑ January 24th - Kate Chamberlin of Hopkinton and Debby Hoffman of Concord created National Compliment Day in 1998. Brighten someone’s day or give credit for a job well done! A compliment has a powerful effect. It can instill confidence or validate someone’s hard work. It not only improves the receiver’s mood, but it also says something about the giver. It tells them you noticed. To give a great compliment, first be sincere.



- ❑ January 25th- Anniversary of the US & Allied victory at the Battle of the Bulge (Feb.25-Jan. 25, Ardennes Offensive). Nearly 80 years ago, in the twilight months of WWII, Nazi Germany launched a major offensive against US and Allied forces rapidly advancing on its western border. Despite suffering significant losses, the Allies ultimately prevailed in what would later be called one of the most decisive victories of the war.



- ❑ January 26th – Spouses Day reminds us to take time for our spouses. In most of our cases, our spouses ARE our Veterans. A non-gift giving day; spend time together and reconnect. Don't forget to say, "I love you." And, most importantly, listen to what they need to say.



- ❑ All month long:
 - National Blood Donor – Donating blood goes a long way to improving so many in need.
 - National Cervical Health Awareness – Not only for our Veteran’s family but our female Veterans.
 - Mental Health Awareness Month – Please continue to read below in more detail.
 - National Poverty Awareness – So many of our Veteran’s and their families struggle daily financially, housing and food needs. Help by helping at Liberty House or your local food pantries.



Veteran & Military Suicide Prevention

You will now have run out of time to get your suggestions to me for reducing veteran suicide by Christmas. I had two entries; one of which was my own, which I have taken out of submission. So, to the Auxiliary that submitted, I look forward to the next C of A where I'll give you your award.

Once again it is worth repeating each month that the Suicide & Crisis Lifeline is 988 and provides 24 hour, 7 days a week support. As we are right in the midst of the most depressing time of year, please keep your eyes and ears open to help anyone in need.



Mental Health Awareness

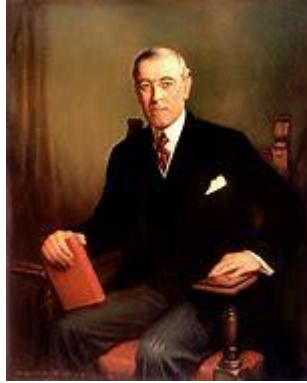
It is often said that January - dubbed “the Monday of months” - is the most depressing month of the year. It isn't difficult to figure out why. After a month of fun, food and gifts, it's back to reality. No matter how much time we take for vacation, we always seem to want more. January falls smack dab in the middle of winter, the least favorite of the four seasons. Shivering in the cold while the snowy weather consumes the remaining sunlight. Blue Monday falls on the 3rd Monday in January and is supposedly the most depressing day of the year.

It seems appropriate that January is National Mental Wellness Month. After all, what better way to start the new year (and recover from the nonstop hustle and bustle of the holiday season) than with a reminder to recharge your mental health? Emotional balance is the act of being aware of and experiencing your emotions instead of bottling them up.

- Acknowledge body and emotional changes. Take a moment to notice what you're experiencing.
- Feel your feelings; close your eyes, take a deep breath.
- Name the emotion. Words have power by simply saying, “I feel anxious” or “I feel happy”. You can start to respond productively.
- Practice mindfulness



Presidentially Speaking



“A conservative is a man who just sits and thinks; mostly sits.” - Woodrow Wilson

Celeste Nicholas

Dept. Of VA Veterans & Family Support Asst. Chair

(603)393-3092 - text only

union7663aux@gmail.com

For Chairman Linda Theroux