



Veteran & Family Support Guide Sheet January 2020



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Greetings Brothers and Sisters
(Please read at meetings as this will count as a report)

Here we are in January 2020. By now hopefully you're feeling really positive and ready to take off with new ideas to challenge the goals of last year. So it's time to spread the love and **practice a random act of kindness**. – pay for Veteran's coffee, donate something (however small) to your local VAMC programs (hospital or a retirement community), go visit time is one of the most important thing you can ever give or help a Veteran with a need like shopping for them or to an appointment. Random acts of kindness spread happiness but also really do have a feel-good element for you too.

Remember: The Family of a Veteran. A Veteran was either drafted or enlisted on his or her own, but the Family was drafted or enlisted too. They were, and are sacrificing time for our freedom, taking care of or waiting, there with our Veterans every day; during boot camp, combat, on a ship on the other side of the world. It's time to support our Heroes!