

The image features a close-up of the American flag on the left side, showing the blue field with white stars and the red and white stripes. The background is a dark, vertically-grained wood. Overlaid on the right side of the image is the text "Simple Ways You Can Support Our Veterans" in a large, white, serif font with a subtle drop shadow.

Simple
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SIMPLE WAYS TO SUPPORT VETERANS AND MAKE A DIFFERENCE

Benjamin Franklin is quoted to say, “Well done is better than well said.” Whether you read it on the internet or see it on TV, people from all walks of life talk about supporting veterans. Yet, actions speak louder than words. Saying you support veterans is different from actually going out there and doing it – making a difference. Veterans appreciate the help they receive from a person because it shows that we have a sincere desire to support and honor them for their service.

If you would like to show your gratitude for the sacrifices service members have made, there are many ways to make it happen. Sometimes even a small gesture can have a big impact. Veterans have many needs and challenges because of their military service, and they can use support and assistance in a variety of ways that may not always be obvious. Here is a list of ways you can support our service members and make a difference.

SAY THANK YOU!

One of the easiest ways to support veterans is a simple thank you, as long as it is heartfelt and sincere. A simple act of gratitude asking for the veteran’s name, the branch served in, and where and the number of years served seems like such a small thing, but it something that American veterans do not hear as often as they should. These two words, “thank you,” can brighten even a bad day for a veteran because you acknowledge their service. Before you depart, ask the veteran if you could pray for him.

HELP PROVIDE TRANSPORTATION!

One way to support veterans in your local area is to provide necessary transportation so that veterans who require assistance can get to medical and mental health treatment appointments. The Veterans Transportation Service (VTS) also partners with service providers in local communities to serve Veterans' transportation needs. Service providers should contact the Phoenix VA Health Care System at 650 E. Indian School Road; Phoenix, AZ 85012 to obtain a VA transportation contract. Consider making a legacy gift of your automobile to a veteran, the VTS, or to another veteran organization such as the Disabled American Veterans (DAV).

VISIT WOUNDED VETERANS!

Wounded veterans may not have many visitors to brighten their day. You can change that by scheduling a visit to a local VA facility. An internet search will help you find the nearest center and provide information on contacting the facility. Through your reaching out to the staff, they could help plan your visit and may be able to identify Veterans who would benefit the most from a heartfelt chat.

PERFORM HOME REPAIRS OR HOUSEHOLD CHORES FOR A VETERAN IN NEED!

Many veterans in your area may need help with household chores or home repairs because of a disability, a severe injury, or even a lack of financial resources. When you help out in this way you will gain an incredible sense of satisfaction while helping repay a veteran who deserves our gratitude and prayers.

HELP BUILD A HOME FOR SEVERELY INJURED VETERANS!

Habitat for Humanity is a global house organization working in local communities across all 50 states. Through Habitat for Humanity's Veterans Build initiative, you can help provide homeownership to U.S. veterans, military service members and their families. Habitat for Humanity brings people together to build homes, communities and hope. Every year thousands of volunteers make the mission of Habitat for Humanity Central Arizona possible. Contact the Volunteer Services Team at volunteerinfor@habitat.org and be a part of helping Habitat to build a better world.

DONATE FREQUENT FLIER MILES OR HOTEL POINTS!

The Fisher House Foundation is best known for its network of comfort homes where military and veteran families can stay at no cost while a loved one is receiving treatment. Fisher House Foundation also operates the Hero Miles Program, using donated frequent flyer miles and funds to bring family members to the bedside of injured service members. Don't have miles to donate? Make a monetary donation to Hero Miles Program; 100% of the monetary donations will be used for Hero Miles.

Donated hotel points and dollars to the Hotels for Heroes program will allow family members to stay without charge at hotels near medical centers. The Fisher House also manages a grant program that supports other military charities and scholarship funds (<http://militaryscholar.org/>) for military children, spouses, and children of fallen and disabled Veterans.

SEND A CARE PACKAGES, CARDS, AND LETTERS TO DEPLOYED MILITARY PERSONNEL!

Our servicemen and women who are deployed thousands of miles away from home, need to be reassured that America cares about them. To show our appreciation for their great sacrifices, we need to do all we can to boost their morale and lift their spirits.

Operation Gratitude, 21100 Lassen Street, Chatsworth, CA 91311, sends 250,000+ Care Packages each year to Deployed Troops, Veterans, New Recruits and First Responders There is nothing like a letter or postcard from home to let a soldier, sailor, marine, or airman know that their service is appreciated. Don't underestimate the value of your greeting!

SPEND TIME WITH A VET AND TAKE THE TIME TO LISTEN!

One way that you can give something back to a veteran is to spend time with them and really listen to them. Many veterans end up socially isolated and this can have a negative effect on their mental and physical health. Get to know veterans in your area. Invite them for coffee, a movie or social gathering. Call a veteran, inquire how he or she is doing, and ask is there someway I can help. Your caring can have a tremendous impact in a service member's life.

Asking the veteran for his or her name, the branch served in, and where and when served, shows your genuine caring for the sacrifices he or she made while serving in the military. Inquire about sharing a memory, how can you help and if you could pray for him.

PROVIDE FOOD FOR VETERANS!

Many veterans would appreciate a home cooked meal that will provide them with much needed nutrition. Even vets that are not lacking food will benefit from a meal or a homemade batch of cookies. It shows them that someone cares. Contact veteran organizations or local churches to see who might appreciate your culinary delights. Feed Our Vets (<https://www.feedourvets.org>) is an organization that specializes in feeding hungry veteran families.

FIGHT HOMELESSNESS, EVICTION, AND FORECLOSURE AMONG VETERANS!

Many people mistakenly believe that since there is a VA and other government agencies that are tasked with helping veterans that there is no pressing need to do more, but this is completely false. If you support veterans then you realize that many veterans face foreclosure, eviction, and homelessness. You can volunteer with the National Coalition for Homeless Veterans (<http://www.nchv.org>), donate your time and effort by providing spiritual healing for veterans.

DONATE YOUR TIME TO A VETERAN ORGANIZATION!

Even if you do not have special skills or a lot of knowledge in home repair, You can still volunteer your time with a veteran organization (https://en.wikipedia.org/wiki/List_of_veterans_organizations) and make a difference. These organizations depend on volunteers to keep costs down. Clerical work, answering phones, organizing, and stepping into help with menial work can make a difference.

VOLUNTEER YOUR SERVICES TO HELP VETERAN'S IN NEED!

If you have special skills that you can offer, whether these are information technical skills, tax preparation training, or medical training, then you can support veterans by offering your skills free of charge. You will be able to use your knowledge and training to help veterans who need these skills right now and who may have limited financial resources to pay for this type of assistance.

SPONSOR A VETERAN/DOG TEAM TO HELP VETERANS LIVING WITH PTSD OR TBI!

Your donation will help a veteran in their quest to improve their symptoms of Post Traumatic Stress Disorder (PTSD) or Traumatic Brain Injury (TBI). It is well-known fact that animals provide emotional and physical benefits. Animal-assisted therapy can significantly reduce pain, anxiety, depression and fatigue in people with a range of health problems. A well-behaved dog can receive certification and be able to bring some affection and calmness into a vet's life.

Soldier's Best Friend's, located at 14505 N 75th Ave; Peoria, AZ 85381 is an Arizona based 501 © (3) nonprofit dedicated to pairing and training service dogs with eligible veterans at no cost to the veteran. Sponsor a veteran/dog team and discover how your deductible donation will have a direct impact on the veteran, their canine partner, the veteran's family and community.

ARIZONA MILITARY/VETERAN COMMUNITY HELPERS!

Arizona is home to more than 500,000 service members, veterans and their families. Many of these valued members of our community turn to their faith for support, healing and connection. That is why the Arizona Coalition for Military Families is partnering with members of the faith community around the state to build the Be Connected Faith Network. Your faith-based support can build a sense of community for service members, veterans and their families.

As a member of the Be Connected Faith Network, you'll receive resources to share and no cost training so you can be an effective helper. With your participation, you can ensure that every faith group becomes a source of support for Arizona's service members, veterans and family members. Spirituality is one of ten social determinants of health and areas of focus for the Be Connected program.

Faith can serve as a vehicle to help service members and veterans feel more connected to mainstream society. A study found that veterans with depression and PTSD are open to being helped by spiritual counseling. Spiritual connection gained through discussion, activities and events can provide hope, lessen feelings of isolation and be a springboard to promote other healthy behaviors.

Whether you support veterans with your time or donations, know that everything you do makes a difference. For more information on the programs and services offered to Arizona service members, veterans and their families through the Arizona Coalition for Military Families' Be Connected program, visit www.ConnectVeterans.org or call 866-429-8387.

VETERANS CRISIS LINE!

If you or someone you know is experiencing severe depression or suicidal thoughts, ask for help. Depression with suicidal thoughts is not something you should try to manage on your own. You're not alone. Help is available. There's a whole community of support services ready to help with whatever you're going through:

National Veterans Foundation Lifeline for Vets 1-888-777-4443;
VA Suicide Hotline and National Suicide Hotline 1-800-273-8255;
and Stop Soldier Suicide 1-844-889-5610.

Visit KeithGilroyMinistries.com where we provide links to various ministries and organizations that are ready to assist all Veterans with information, resources and support.

VETERAN'S PRAYER!

Heavenly Father, we are so grateful for the brave men and women who answered our Nation's call to serve in our Armed Forces. You know every Veteran by name. You know all their selfless acts of courage and all the sacrifices they've made defending our Nation. Bless them and reward them for their service, give them the peace beyond the peace they fought so bravely to secure, a peace which can only be found by putting their trust and faith in You.

May the Grace of our Lord and Savior Jesus Christ, the love of almighty God and the everlasting presence of the Holy Spirit be with them forever. In Jesus' name we pray; AMEN

www.KeithGilroyMinistries.com