

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, textured wood grain. Overlaid on the right side is the text "Simple Ways You Can Support Our Veterans" in a white, serif font with a drop shadow.

Simple
Ways
You Can
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Our
Veterans

SIMPLE WAYS TO SUPPORT VETERANS AND MAKE A DIFFERENCE

Benjamin Franklin has been quoted, “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 because it shows a sincere desire to support and honor them for their service.

There are countless ways to show your gratitude and appreciation toward veterans and service members. This booklet will give you a few ideas to get you started. 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 are some obvious ways you can support our service members and help make a difference.

FIRST OF ALL, MAKE SURE YOU TELL EVERYONE YOU KNOW ABOUT THE AMERICAN VETERANS WEBSITE!

www.AmericanVeterans.us

AmericanVeterans.us has a three-fold purpose. First of all, our platform encourages "freedom loving Americans" across the country to take a more active role in honoring and supporting our brave American Veterans. Many of America's courageous veterans are hurting and need our help. There's an old saying, “Even the soldiers that safely come home, never come home the same”.

More than 6,000 of America's Veterans, men and women, commit suicide every year – this number could be reduced dramatically if more people and resources were available to proactively reach out to them and encourage them to seek help. An estimated 500,000 suffer daily from some form of PTSD and 1.5 million Veterans are either homeless or in danger of becoming homeless.

Many of our nation's heroes need our help and we believe that millions of our citizens would be willing and proud to help if they only knew how!

Although AmericanVeterans.us does not accept donations, we do promote and inform people across the country of many different "veteran focused" programs, opportunities and organizations we believe are worthy of your trust, your support and your generous donations.

Our website also provides information, ideas and resources like this ebook that you can personally use to make a difference in the lives of veterans right in your own community. Our brave veterans were there for us when we needed them most, doesn't it only make sense that we should be there for them when they need us most?

Secondly, our website is available 24 hours a day for veterans and their families to access the resources they need "around the clock" but especially in a crisis. We provide helpful videos, directories, internet links, phone numbers and addresses of many national and local services, programs, resources, and organizations dedicated to assisting our veterans in a variety of different ways.

AmericanVeterans.us seeks to Honor, Inform, Equip and Inspire America's Veterans whatever their situation, wherever they may be around the world and to inspire others to do the same.

Lastly, our platform not only seeks to provide Physical assistance to veterans but we also purpose to provide Spiritual assistance as well. Many of our brave veterans live not only with physical trauma, they suffer with emotional trauma as well. Many struggle with feelings of rejection and worthlessness without hope and without purpose. We want them to know that God Loves them, that God Accepts them and that God wants nothing more than to give them the Hope they wish for and Purpose they dream of. We want our veterans to not only have hope in this life, but hope for all eternity!

That's why we partner with Heaven Ready Ministries. They present a complete Gospel message not only to our veterans, but to everyone worldwide! We want everyone to understand exactly what God says it takes to get to Heaven and have Eternal Life!

If you have a genuine concern for veterans and you want to help Honor, Inform, Equip and Inspire them, then we would encourage you to promote our website whenever and wherever you can, not only to veterans and their families, but to everyone. We believe that everyone can benefit from the information we provide on this site and can become inspired to reach out to our great American Veterans in a variety of different ways.

Now we realize of course that not everyone has access to the internet, and not everyone will be able to directly benefit from what our website provides. BUT, that's why our desire is to educate and challenge those that do have the internet so they can become inspired to reach out and support our veterans "one on one" and "face to face".

We believe that if each of us would take an active part in reaching out to veterans in some small way, it would make a tremendous difference in the lives of veterans across the country.

Send everyone you know to AmericanVeterans.us! You never know who's life might be changed or even saved simply because you told someone, who told someone, who told a veteran who took action and got the help they needed, at just the right time, before it was too late.

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're acknowledging their service and sacrifice. Before you depart, ask the veteran if you could pray for them (see a sample prayer posted and the end of this publication).

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. In Phoenix for example, 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 VETS & NURSING HOME VETS!

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 visit. Find Veterans in local Nursing Homes and pay them a visit as well. Put an even bigger smile on their face by bringing them a simple gift! Visit Vets on Memorial Day, 4th of July, Veterans Day & Christmas!

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 yourself while assisting a wonderful veteran at the same time that deserves our gratitude.

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 volunteerinfo@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 IN YOUR NEIGHBORHOOD AND TAKE 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 some way 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 (See a sample prayer at the end of this publication).

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.

HONOR VETERANS IN CHURCH!

Encourage your church leaders to honor veteran members on military and patriotic holidays. Have a short ceremony with an Honor Guard, ask the pastor, leader or other veteran to give tribute to veterans from the pulpit. Present veterans with cards or gifts.

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”, for example, is located at 14505 N 75th Ave; Peoria, AZ 85381 is an Arizona based 501c(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.

BECOME A SERVICE MEMBER / VETERAN COMMUNITY HELPER!

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.

DONATE TO "VETERAN FOCUSED" ORGANIZATIONS AND SUPPORT GROUPS

Although AmericanVeterans.us does not accept donations, we do promote and inform people across the country of many different "veteran focused" programs, opportunities and organizations we believe are worthy of your trust, your support and your generous donations.

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 or your family 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 www.AmericanVeteran.us where we provide links to many different ministries and organizations that are ready to assist all Veterans with information, resources and support.

A 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.AmericanVeterans.us