

## **WARRIOR CARE & SUPPORTING MILITARY FAMILIES/CAREGIVERS**

### **Nov. 10 – MARINE CORPS DAY/BIRTHDAY**

- See someone in uniform? Thank them for their service or surprise them with a free coffee, dessert or drink if they are in line behind you.
- Offer to help at your local Marine Corp. Ball - [Marine Corps Birthday - MCA \(mca-marines.org\)](https://www.mca-marines.org)

### **Nov. 1-5, 2023 – NATIONAL VETERANS SMALL BUSINESS WEEK**

### **Nov. 11 – VETERANS DAY and ARMISTICE/REMEMBRANCE DAY (POPPY DAY)**

### **Month of November – NATIONAL VETERANS & MILITARY FAMILY MONTH**

- Adopt a military family for the holidays by sponsoring a food basket or toys for junior enlisted military families through the ASYMCA's Operation Holiday Joy ([Armed Services YMCA](https://www.armservicesymca.org)).
- [Sesame Street for Military Families Free App](https://www.sesamestreetformilitaryfamilies.org) – Addresses topics such as deployments, homecoming, self-expression and injuries. Check out [sesamestreetformilitaryfamilies.org](https://www.sesamestreetformilitaryfamilies.org).
- Military children can find comfort in a free custom made photo transfer quilt or pillow through this program for children of deployed service members – [Operation Kid Comfort](https://www.operationkidcomfort.org).
- Create a Spouse/Service Member [Care Package](https://www.uso.org) to help ease stress during a deployment.
- [Adopt-a-Soldier for the Holidays](https://www.uso.org).
- Contact your USO (<https://northcarolina.uso.org>) to see how you can support events they are hosting.

### **Month of November – WARRIOR CARE MONTH**

- Find events at the nearest military installations to support wounded warriors.
- Visit the warrior and play some cards or another game (this will give the caregiver a much-needed break). If they are able, maybe go for a walk.
- The [DoD Warrior Care](https://www.dodwarriorcare.org) official site has a variety of resources, fact sheets, and referral information to learn about those who have service-related medical issues. You can also check out [Warrior Care | Health.mil](https://www.warriorcare.org).

### **Month of November – NATIONAL FAMILY CAREGIVERS MONTH**

- Give the caregiver a break by sitting with the warrior for a few hours. Caregivers must often cope with significant physical, psychological, financial, and social challenges without the help they need.
- Feeling ambitious? Organize a military caregiver event, conducted by specialized counselor, to discuss topics such as managing stress, nutrition, financial wellness, and employment, among other topics.
- Make a meal for a caregiver to reduce stress.
- Call a military caregiver and ask about their struggles and to provide emotional support. Remember to not judge their actions and feelings...there is no 'perfect' in caregiving.

### **Ongoing:**

- Wear Red on Fridays - Remember Everyone Deployed.
- Follow the Legion's POW/MIA Empty Chair Resolution 288 for designating a POW/MIA Empty Chair at all official meetings. Fly the POW/MIA flag at your Post.
- Organize a blood drive or simply take time to donate blood.

We want to hear from you! Post pictures of your events on the Dept. of NC FaceBook page (see link below).  
Be sure to report everything you do to [michelle.potuzak@yahoo.com](mailto:michelle.potuzak@yahoo.com).

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