

Happy Holidays!

Sometimes I stress myself trying to think of NEW ways to help and entertain our veterans, but then it dawns on me that any motion is better than none. Whether it's an old program with a new twist or just an old program that worked. Patients change and sometimes just need a distraction to pass the time. Remember, talking is one of the easiest ways to get people to share memories. Of course, I also know it's not easy for everyone to start a conversation with a stranger. Think about someone you have known that you wish you could have one more talk with and look at the veteran as a brother or sister. Maybe try even addressing them that way. Even take a note or two on how to start the next time. It will get easier.

Just wanted to remind you all again that there is a hospital grant waiting for you. Only 5 have been applied for this year. So, there's \$10,000 dollars waiting to be spent on our veterans. Honor Escort is part of the hospital program, how about getting your local EMTs or Fire Dept, Coroner's office a body flag? Respect for those who have given all.

On a cheerier note, it's time for Santa and his Elves to make smiles. Candy canes, candy kisses, popcorn, tinsel, garland, funny hats and ugly sweaters are all in order. It doesn't have to be expensive it just has to earn a smile. A smile might even save a life today.

Now I quote from Kim Copson, National Hospital Rep. "Make sure you are filling out your auxiliary reports that go to the Chairmen. All your work deserves to be counted, and the reports show just how much you are doing in your state for our veterans."

And please use #AZ2526Hospital when you post your wonderful work on Facebook.

Just a reminder, be sure to check with whatever facility you visit for their specific wants and needs. It might be different than you imagine. The Phoenix VA wish list is on the Department website.

Again, positive affirmations are always good to share. Look some up on google or make up some little cards with some of your own. I had some fun at Vetsgiving in Phoenix with frogs. I have a lot, very small, and just threw them on the table. Everybody loved them. Forever Rely On God. They just put them in their pocket for a reminder to have faith.

Hopee this message gives you some ideas. Please share back.

Happy New Year!

Amy Timbes