

November 2025 Hospital

Let's jump right in. Holidays are here and are lonely for a lot of people. Volunteer and visiting opportunities are based on the facility where you go. Whether it is a VA facility or a local hospital, assisted living, or nursing home bet you find some veteran family members.

When looking for projects you could consider making up some cards or bookmarks with positive affirmations. You will find a wealth of these affirmations on the internet. I googled positive affirmations for mental health. We all need these. Here are examples:

I am worthy of love and happiness.

I am enough, just as I am.

I am grateful for my unique qualities.

I have the strength to overcome any challenge.

I choose to focus on the positive aspects of life.

I focus on the small moments of joy.

There are many, many more. Print it on a "thinking of you" card or attach it to a small flag or use your imagination. Pick something that makes you smile. Then tell me about it.

There are 40 plus auxiliaries. Each has the chance to apply for a \$250 grant to do something cool for veterans. Less than half took advantage last year. So far this year only 4 have applied. What's up, folks? Today \$250 is easy to spend. Let's get on it.

Remember BE THE ONE spread the help line number 988.

Encourage the EMT community, police, your local cemetery and medical examiner to carry a body size flag for any veteran to be transported at time of death. They deserve this small token of our appreciation for their sacrifice.

The Phoenix VA hospital wish list is available on the department website.

HAVE A BLESSED AND HAPPY THANKSGIVING with family and friends,

Amy Timbes