

Hospital

First this is National Suicide Prevention Awareness Month and you can access many articles on this topic. One program you should visit is the "BE THE ONE" class thru the American Legion. We should go over this short but informative program now and again to remind ourselves how to recognize the symptoms. Then have in hand some positive card, coin or other affirmation with our Lifeline number. Call, chat or text 988.

Speaking of positive affirmations, google that and so many ideas pop up. You can print some of your own or buy quantities or assorted ones on a bookmark, wallet card and such. These are even requested for mental health programs at the VA hospital. Just remember how important a smile is. If you see someone who seems to have none left, give them one of yours.

At the August MIT it was great fun setting up a display for our programs. Sharing ideas is always helpful. And remember just because we did it before doesn't mean the idea won't work again. Put a new spin on an old party idea. Many cheap decorations are available and some we can even copy for nothing. The money spent isn't important. It's the happy time spent. It's amazing to see the faces of people when you take the time to inquire about their day or past.

Volunteers are needed at every level of care, from the front desk at the hospital to assisted living to Hospice. Each of us has different talents and someone out there needs every one of us. A volunteer doesn't have to be a member. Family members, neighbors, youth are needed. In fact, volunteerism is usually a scholarship request and teaches empathy and respect.

Please everyone look for opportunities to educate the community. Any community meeting is a possibility.

Also, remember the Phoenix VA wish list is available on the Department website. If you get a wish list from another facility, please share with me so I can spread the word. The hospital grant form is waiting for you on the Department website.

Please remember on Facebook add #2025-2026hospital. Share your work and fun.

By, caring for our veterans like the ocean caring for the waves, we will always go FROM SEA TO SHINING SEA HONORING VETERANS WHO KEEP US FREE.

Amy Timbes