

**VETERANS AND FAMILY SUPPORT PROGRAM**  
**NOVEMBER PROMOTION**  
**SHONDA EDGIN – DEPARTMENT CHAIRMAN**

November is recognized as National Family Caregivers Month.

Many caregivers report feeling isolated and unable to speak up about their own problems. They are the silent heroes of our society. They are always there for those who need it most and ask for nothing in return.

Below are just a few ways that we can show our appreciation for those who care for others:

- Send a card, let them know you are thinking of them
- Pamper them give them a day at the spa
- Theater tickets and a night out
- Food delivery or food gift card – a home-cooked meal is always welcome
- Coffee gift card
- Flowers with a few inspirational words attached
- Simply give your time. Volunteer to sit with their loved one so that they can run errands or simply have a moment to themselves to just breathe.

November also contains a date that is central to our program: Veterans Day. It is observed every year on November 11th.

We can do so much to show our appreciation:

- Thank them -- let them know how much you appreciate their sacrifice
- Bring them dinner or invite them out for a meal
- Sit and visit let them talk about anything
- Offer some lawn work or inside chores that they need help with.

Thank you for all you do for our veterans.

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2025-2026 VFS Department Chairman  
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