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Qualified Listeners

Veteran & Family Resource Update..

December 2019

Impact Report

Year To Date Through November 2019

- 52 Listening Sessions in November
- In addition, we directly assisted 100 Veterans or family members
- Plus, we directly assisted 94 NEW Veterans or family members
- 387 Year to Date Listening Sessions
 - 625 hours
 - 19,095 miles
 - 79% are Veterans
 - 14% are female
 - 15% are spouses
 - 76% served in combat
 - 625 total Listening Sessions since we started the program in May 2017
 - 6,000 Veteran & Family Resource Directories distributed since we started the program in April 2018
 - We're proud to directly serve over 150 Veterans or family members each month

We know we save lives...

year. This phenomenon repeats itself every year, regardless of how we work to lessen it's impact on us. For me it is like the changing of the seasons, I know it is coming, I may not like it, I realize I cannot change it and I need to adapt to it. Now in my 69th year on this spinning globe I finally accept the fact I cannot change the coming of the seasons, nor can I change the coming of the emotions during the holiday season.

Over the years we've operated Qualified Listeners I've had the honor to spend about 1,000 hours listening to Veterans and their family members share pieces of their lives. From great joy to intense pain and everything in between. I never predicted the amount of diversity in the stories people have to share. Even now I know I cannot predict what I might hear, because every person is unique in their experiences and I've come to develop a great respect for that uniqueness.

I know December is a very difficult month for me because I lost my best friend and my brother in a plane crash on December 22, 1996 at 6:05 pm, EDT. My world will never be the same without him and it took me a full year to begin to internalize the positive from our relationship instead of only focus on the pain of losing him. It took my wife and me 10 years before we even put up any Christmas decorations again and even now it is not every year.

I know this is coming and the thoughts begin at Thanksgiving or the traditional start of the "holiday season". The power I have now is I recognize it is coming, I know pain is coming down the track again, but I control my reaction to it. For a few years it absolutely devastated me for most of December, put me in the dumps and I felt bad. I know many people who have emotions that arise this time of year for a vast array of reasons.

I can now process and deal with it because I have talked about it a great deal, and I do every year. I have some people in my life I can talk to very candidly about what I feel when the train arrives. Please find someone to listen to you, and if you cannot, give us a call at 720-600-0860 and we will. It is imperative you talk to someone and share your feelings and thoughts.

You may be amazed on how much better you feel if you just talk to someone who won't judge what you feel but listen from their heart.

After all, this is what this season is about, loving, caring and sharing. It should not be about giving gifts, it should be about giving love, kindness, understanding and compassion.

There are thousands of us who care about you, you are not alone!

What you will see in this newsletter

- **Resource Spotlight** - see some of our incredible, vetted Resources
 - Healing Warriors Program
 - Operation Equine
 - **Veteran Comments**
 - **Events**
 - **Other Stuff**
 - **Sign Up for Newsletters**
 - **Corporate Sponsors**
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Healing Warriors Program

Registered VA vendor providing non-narcotic care therapies for pain, post-traumatic stress, and sleep disturbance to service members and their spouse/partner, and parent; active duty, reserve, and veteran service members of any era, any branch of service.

www.HealingWarriorsProgram.org

Operation Equine

Serves the needs of military service members, Veterans, first responders, their families, and supporters of the SMVF community. Also serving civilian health care providers by providing training/professional development in Cultural Competence Training for both Military and First Responders. www.OperationEquine.com

To find more of our highly vetted Resources click [here](#)

Veteran Comments:

Army OEF Veteran: "A year ago I was between jobs and needed a month's rent until my I started my new job. My wife was pregnant and could only work part-time. I was at my wits end trying to find a way to keep our apartment. I was referred to Qualified Listeners for help. Through their network I was able to get the rent money the day of the deadline. This was a great relief to us."

came through for us. I honestly don't know what we would have done without their help. When they say they help Veterans and family, that's exactly what they do."

Events

- Veteran Breakfast Club - **PAMVET** Breakfast
 - Loveland, CO every Saturday morning at 7:30 AM
 - Golden Corral
 - Englewood, CO, first Saturday of every month at 7:30 AM
 - Golden Corral
 - [Click to learn more](#)
- December 3
 - Vet Chat - Come Learn What You've Earned!
 - 6:00 pm - 7:30 pm
 - Prairie Greens Clubhouse
 - 7781 Mountain View Drive, Frederick
- December 14
 - Coffee & Conversation
 - 9:00 am - 11:00 am
 - [Broomfield Veterans Memorial Museum](#)
 - 12 Garden Center, Broomfield
- December 19
 - Cooper's Troopers Marine Corps League
 - Noon - 1:30 pm
 - American Legion Post 161
 - 6230 W. 60th Avenue, Arvada
- December 25
 - Merry Christmas
- March 14, 2020 - Save the Date!
 - 2nd Annual Vet Connect Event
 - Embassy Suites, Loveland

Cheyenne VA Event Calendar www.cheyenne.va.gov/calendar.asp

Other Stuff

- Qualified Listeners has partnered with King Soopers on a Community Rewards Program to support Veterans and their families. [Click for details](#)
 - Veteran Discounts www.legion.org/veteransbenefits/military-veteran-discounts
 - If you know a Veteran who needs clothes, [click here](#) to learn about our Suits for Veterans program. Any Veteran, any era.
 - Helping Veterans and family members takes money and this is where you can help [click here](#) to donate to Qualified Listeners. Every dollar goes toward food, gas, utility bills, advocacy visits, Listening Sessions, home improvements, and other necessities.
 - Guest Speaker
 - We are happy to come speak to your group, company or organization and share information about Veterans. Just [send us an email](#) to arrange a time and place for this 20 minute program. Groups enjoy learning about Veterans.
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Do you know someone who would like to sign up for our Veteran & Family newsletters? You can use the FORWARD button at the bottom of this newsletter or send them [this link](#). All it takes is first name, last name, email address, city, state, county and the preferences for the information they have the most interest in.

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