

VETERANS' ROCK

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501(C)(3)

AUGUST/SEPTEMBER 2022 NEWSLETTER

Veterans' Rock received a grant from AARP to help veterans with transportation. Thank you AARP!



Veterans' Rock will be closed on Sundays & Mondays. Come see us Tuesday-Friday 10am-4pm and Saturday, 10am-2pm.

VETERANS' ROCK MISSION:

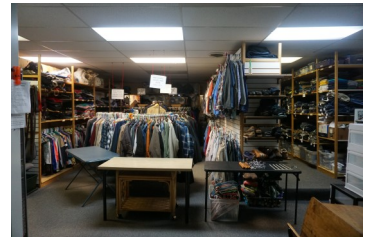
- Rock solid support for homeless veterans, veterans in need, and their families.
- We will be their foundation on which to build a new household and a new life.
- We will give them substance and nourishment.
- We will be their staff to help guide them through tough times offering useful information and ways to communicate.
- We will help to lessen the burden of mental injury and fight to overpower veteran suicide through a welcoming presence in a warm, comfortable environment.
- They fought for our freedom; now we must help them live free of everyday burdens in small, but impactful ways.

CLOTHING ROOM NEEDS

You, our community, has been so very generous, we only need large duffel bags and back packs.

We have plenty of everything else.

Thank you so very much!



FOOD PANTRY NEEDS:

Individual packages of: beef jerky, peanuts/nuts

Boxed: individual juices

Canned: fruit

Misc: large bottles of juice, small bottles of pancake syrup, dozen cartons of eggs

Meat: frozen chicken and we take wild game as well.

We know how expensive groceries have become and really appreciate anything you can do to help. Thank you so very much!

HOUSEHOLD AND MISCELLANEOUS ITEMS NEEDED:

For when veterans get housing: small apartment size kitchen tables and chairs, small dressers

Just in general: sunscreen, track phones with minutes, electric razors, kitchen size trash bags

Special requests: None at this time

Please call us before bringing furniture.



We need assistance on Saturday and Sunday, August 27 and 28 at 5pm to unload food here at Veterans' Rock. The Rotary, Kiwanis, and Lions have joined forces on a food drive for Veterans' Rock and two other charities. If you know of several kids who could use a little exercise, we could use the help.



VETERANS' ROCK is experiencing growing pains—how wonderful is that!

We have become so busy our volunteers can no longer sustain the activities and goings-on each day brings. We have made a decision to hire a Program Manager; someone who can help with all the day to day stuff, lead fundraising, outreach, and writing grants, to name just a few things.

However, we do not have the funding to do this right now so we are asking for your help.

We have opened an account for this very purpose. If you can help "Ensure the Future" for Veterans' Rock, we will, most definitely, appreciate every penny!

Our count of veterans and their families we have helped since opening in July of 2020, 289.

Of these Veterans, we have helped:

146 with food, 59 with gas cards, 1 with a car, 52 with food cards, 261 with clothing, 109 with furniture, 49 with laundry and/or shower, 4 with phones, 5 with bikes, 11 with computers, 12 with city bus passes, 17 with hotel rooms, 2 Greyhound bus tickets, and 33 with misc. expenses such as water bills, gas bills, car tags, car insurance, & rent deposits.

25 of these veterans have a family and 127 are over 55 years of age.

Thank you



to all who have donated to our Veterans. We could not be doing what we are without you! We are able to help our veterans more and more each day! because of **YOU!**

VOLUNTEERS NEEDED

TO HELP IN OUR TRIFT STORE

If you have an hour or two a week or a month to give, we need volunteers to greet customers, make change and, explain why we are here.

Every day is busy as we help customers in the store and also take in donations.

It's great fun with lots of good conversation!

VETERANS' ROCK THRIFT STORE

Open to the public

Tuesday-Friday, 10am to 4pm & Saturdays, 10am-2pm

Sales from our thrift store help pay the rent and utilities so we are able to keep the doors open to help struggling veterans and their families.

Everything in the thrift store has been donated by people who care about our veterans. Because of your generous donations, we are able to offer, **for free**, to our veterans and their families things they cannot afford right now.

Great prices and things are changing every day!

Check us out; come find a treasure.

Ask for a tour.

All proceeds go to veterans in need and their families.



Veterans' Rock will be closed Sundays and Mondays . We are very sorry for the inconvenience and hope you will come see us Tuesday-Friday, 10am to 4pm and Saturday, 10am to 2pm.

VETERANS' ROCK

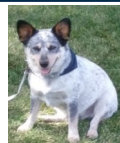
has started home delivery of food to struggling, homebound veterans within the Cheyenne area. If you know of a homebound veteran who is struggling and who would benefit from this service, have them call 307-514-0035

to sign up for this program.

If you would be interested in volunteering to deliver food, please come in and fill out a volunteer application.

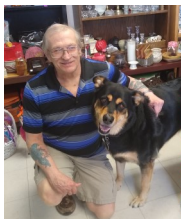


COL. MOSBY'S CORNER—



Colonel Mosby wants to highlight Kaya once again from when she introduced us to her veteran back in May of 2021. James works in our thrift store and she is by his side every day. She greets customers, and will take all the loving she can get. James received Kaya through the VA hospital after his first service dog

died. She is seven years old now. James has had her since she was 6 months old (she gets a whole T-bone steak on her birthday). She helps James with his anxiety, PTSD; she helps him stay calm. She enjoys greeting customers in our thrift store and really loves leaning on people to be sure they pet her and so she gets *all* the attention. She does not know she is a big dog, rottweiler and malamute. She was abused when she was a puppy; it took about 6 months for James to show her she is loved. She does not like other dogs but she is definitely a people-loving dog. Thank you Kaya for letting us get to see you and your veteran again.



VETERANS' ROCK

TO HOST

VETERANS' STAND DOWN

For Veterans **only** who may be struggling, at risk of becoming homeless, or who are homeless.

Tuesday, October 25, 2022
10:00 am – 2:00 pm

Forum 619
619 South Greeley Hwy.
Cheyenne, WY 82007

RESOURCES & INFORMATION AVAILABLE ON:

health care, suicide prevention, substance abuse treatment, veteran benefits, women veterans' needs, housing, employment, education, & other community resources.

SERVICES PROVIDED THE DAY OF THE STAND DOWN:

All to be announced as we become more organized.

For more information please contact:

VETERANS' ROCK, 307-514-0035.