

VETERANS' ROCK

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OCTOBER 2022 NEWSLETTER

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



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

Lg, colored, short sleeve T-shirts (w/a pocket if possible)
Jeans: 34/36
Tennis shoes sizes 9.5 and 10
Razors



FOOD PANTRY NEEDS:

Individual packages of: popcorn, apple sauce, snack pudding

Boxed: scallop potatoes

Canned: corned beef hash, diced tomatoes, ready-made soups

Misc: Fresh eggs, milk, butter, lettuce, ketchup, mustard, mayonnaise, BBQ sauce, salad dressing, sugar free foods. (A lot of these things are not necessities but it sure is nice to have them to give—brings a smile.), coffee grounds and instant coffee

Meat: hoping for some wild game

Thank you!

We want to thank Kiwanis, Lions, Rotary, Zonta, and the LDS Church for the food drives they held for us and other charities. Our veterans and their families really, really appreciate all the food that was collected!!

HOUSEHOLD AND MISCELLANEOUS ITEMS NEEDED:

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

Just in general: can openers (simple hand turn no electric please), sunscreen, phones with minutes

Special requests: Men's reading glasses (200-300 power), blender, microwave



We need for our Veterans' Stand Down coming up on Tuesday, October 25 (see attached flyer):

Large duffle bags

Large backpacks

Sleeping bags & small one/two man tents

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, 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, 302.

Of these Veterans, we have helped:

151 with food, 60 with gas cards, 1 with a car, 52 with food cards, 267 with clothing, 110 with furniture, 50 with laundry and/or shower, 4 with phones, 8 with bikes, 12 with computers, 13 with city bus passes, 18 with hotel rooms, 3 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!

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.**

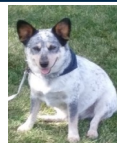
VETERANS' ROCK has started

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 has no service dog to highlight this month.

Please help us fill this spot with a service dog and their veteran.