

# VETERANS' ROCK

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501(C)(3)

NOVEMBER 2022

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

## 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 and Xlg, colored, long sleeve T-shirts (w/a pocket if possible)  
Jeans: 36/32 & 36/34  
Boots sizes 9.5 and 10



## FOOD PANTRY NEEDS:

**Individual packages of:** popcorn, apple sauce

**Boxed:** stuffing mix

**Canned:** chicken, great northern beans, garbanzo beans, apple sauce, pineapple, tomato paste, Vienna sausages

**Misc:** milk, butter, BBQ sauce, salad dressing, sugar free foods, coffee grounds and instant coffee, pancake mix

**Meat:** wild game, hamburger

Thank you!

## HOUSEHOLD AND MISCELLANEOUS ITEMS NEEDED:

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

*We helped 5 veterans with furniture in October so we are a bit sparse in the furniture department right now. Just a month ago, we were turning away furniture because we had no room for it —we just never know.*

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

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



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We want to thank everyone who helped with the Veterans' Stand Down this year!!

Thank you to the Forum 617 for hosting the Stand Down,  
and to all of our 31 community partners who came and offered much needed  
services and information to 57 veterans who needed assistance.



## VETERANS' ROCK

is happy to welcome Regina Dodson  
as our new Program Manager.

VR has become so busy it has been very difficult  
for our volunteers to sustain day to day  
goings-on.

Our Board made the decision to hire Regina. She  
has jumped in with both feet easily handling all  
the day to day activities while already having  
written a grant.

We appreciate every donation that has been  
given specifically to support a paid position here  
at Veterans' Rock.

We are very excited and grateful Regina has  
chosen to leave retirement to join us.

Our count of veterans and their families VR  
has helped since opening in July of 2020, **322**.

Of these new and returning Veterans, we have  
helped:

160 with food, 64 with gas cards, 1 with a car,  
9 with bikes, 58 with food cards, 276 with  
clothing, 116 with furniture, 50 with laundry and/or  
shower, 4 with phones, 12 with computers,  
13 with city bus passes, 18 with hotel rooms,  
3 Greyhound bus tickets, and 36 with misc.  
expenses such as water bills, gas bills, car tags,  
car insurance, & rent deposits.

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

**VETERANS' ROCK** will be hosting a Christmas  
sale Saturday, December 10 from 10am till 3pm  
at the Forum 619,

619 S. Greeley Hwy., Cheyenne.

Lots of great Christmas decorations and at great  
low prices. Come in, have something warm to  
drink, and shop, shop, shop! All proceeds go to  
help veterans I need and their families.

## 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!**

## 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 new  
items come in 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 open Veterans' Day this Friday,  
November 11. Stop by and have a cup of hot cider  
and a cookie and thank a veteran for what they  
have done for our great country,  
the United States of America!!**

## VETERANS' ROCK

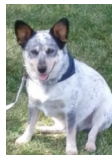
has started  
home delivery of food to struggling,  
homebound veterans within the Cheyenne  
area. If you know of a homebound veteran who is  
struggling and who would benefit from this service,  
have them call 307-514-0035  
sign up for this program.

to  
If



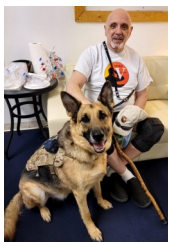
you would be interested in  
volunteering to deliver food,  
please come in and fill out a  
volunteer application.

## COL. MOSBY'S CORNER—



Colonel Mosby would like to introduce Bruno a 6.5 month old  
German Sheppard and his veteran John DeRouen, Jr. an Airforce  
veteran who served for 26 years and 14 days.

Bruno was one of 10 puppies bred specifically to be service dogs.  
The organization, Dogs & Tags is helping train him  
but John has started training him to use elevator and handi-  
cap-door buttons and to open and close cabinet doors all  
with his nose. Bruno is primarily a PTSD service dog but is willing  
to take on the challenge of other duties.  
Bruno has seven canine siblings to play with but he really likes  
to be chased while running away with a toy—he will not fetch,  
and bring the toy back, oh no, he must run away with the toy.  
Bruno helps John when they are in public and John finds him-  
self in a stressful situation. Bruno will redirect John's attention—  
when Bruno barks, everyone pays attention.



Thank you Bruno for letting us get to know you and your veteran.