

Let  
Freedom  
Ring

# VETERANS' ROCK

501(C)3

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I pledge  
allegiance to the  
flag of the  
United States of  
America

**August 2024**



**Thank you**  
to all who donate  
to our Veterans  
every day!



## Remember:

August 7—Purple Heart Day  
August 29—Veterans' Rock's  
Veteran Stand Down

## VETERANS' ROCK MISSION:

**ROCK** solid support for, veterans and active duty in need, their families, and service animals.

We will help to lessen the burden of mental injury and fight to overpower veteran suicide.

They fought for our freedom; now we must help them live free of everyday burdens in small, but impactful ways.

**ALL BRANCHES, ALL RESERVES, AIR AND ARMY GUARD**

### CLOTHING AND PERSONAL CARE NEEDS:

**Clothing:** We are busting at the seams!

Thank you to everyone who has given to our veterans.

**Misc:**

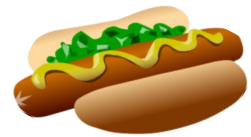
**Personal care:** small boxes of Q-tips



### FOOD PANTRY NEEDS:

**Canned:** spam, Vienna sausage, chicken, diced tomatoes, corn beef hash

**Misc:** eggs, butter, half gallons whole milk, microwave meals,  
microwave mac & cheese, coffee, sm. packs hamburger buns, dog food,  
mustard, stovetop stuffing, Chef Boyardee (any kind),  
dozen size egg cartons (just the cartons please).



### HOUSEHOLD AND MISCELLANEOUS ITEMS NEEDED:

When veterans get housing they need **small** apartment size furniture:  
**love seats, recliners, dressers, kitchen tables and chairs**

**In general veterans need:** We have a request for a veteran who could benefit from a washer and dryer. If anyone has a set they can donate to him, he would be very appreciative. He is homebound and can't get out to do laundry.

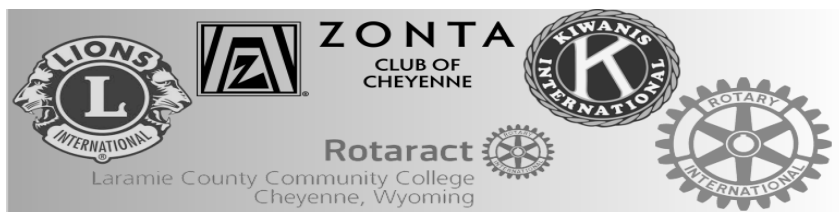
The hot weather has wiped us out of electric fans. We could use some standing or window type fans.

### VETERANS ROCK WOULD LIKE:

Plastic sandwich bags, AA batteries,  
military memorabilia and military books

**Veterans Rock has helped 721 veterans  
since opening in July of 2020.**





## RECIPIENTS

**VETERANS'  
ROCK**



**FNBO FOOD PANTRY  
@LCCC**

# 2024 JOINT SERVICE CLUB FOOD DRIVE



**DATE**

Saturday  
AUG 24, 2024



**TIME**

9 AM - 3 PM



YS Albertsons, King Soopers  
Safeway

## Help Needed

*We are in need of volunteers to help  
with the*

***Combined Service Club food drive  
Saturday, August 24 from 9am-3pm.***

*If you could take your vehicle to  
Safeway, King Soopers, or the North  
Albertsons, for an hour or two, then  
bring what has been collected to  
Veterans' Rock, we would be  
extremely grateful!  
Please call to schedule a time.*



**Our count of veterans and their families we  
have helped since opening in July of 2020,  
**721.****

**Of these Veterans, we have helped:**

**455 with food, 200 with gas cards,  
42 with food cards, 327 with clothing,  
53 nights of hotel rooms, 160 with furniture,  
196 with household goods,  
28 with bikes, 5 with a car,  
32 with car repairs,  
62 with laundry and/or showers,  
7 with phones, 16 with computers,  
57 with gear,  
80 with some form of transportation,  
45 with direct advocacy assistance, and  
45 with misc. expenses for rent, utilities,  
car tags, deposits, school fees, and  
household repairs.**

**For ALL veterans**—needing insurance  
but don't know where to start, or think you  
can't afford insurance, or have TRICARE for Life  
and think you need nothing else?

**AP Benefit Solutions** is here to help you  
answer those questions.

All veterans and active duty military are  
welcome to stop by **VETERANS' ROCK** on  
the 1st and 3rd Tuesdays of the month from  
12:30pm till 4pm to find out what your  
options are.

**Free,**  
no obligation Q & A.  
**For more info, call 307-399-0940.**



Beautiful vintage hutch



Hope Chest

Veterans' Rock has furniture  
left over from our thrift store we  
are offering for sale by donation.  
The hutch and the hope chest  
are just two of the many items  
we have for sell. Please stop by  
and see what we have and  
hopefully you will find something  
you can't live without!

# VETERANS' ROCK

to host a

## VETERANS' STAND DOWN

for **ALL VETERANS!**

*Proof of military service required at the door.*

You may not be in need financially but, you may have questions about insurance, taxes, wills and estate planning, job opportunities. Who knows what you might learn or who you might meet. Come take a look around!

**Thursday, August 29, 2024**

**10:00 am – 2:00 pm**

**The Forum 619**

**619 South Greeley Hwy., Cheyenne**

*(just a 1/2 block south of Veterans' Rock)*

### INFORMATION, RESOURCES, AND SERVICES AVAILABLE about:

health care, veteran benefits , insurance, housing, employment, education, bike repair, suicide prevention, substance abuse treatment, hair cuts, home health care, veterinarian care (*bring your dog and/or cat for a check up*), and lots of other community resources for veterans and active-duty military.

Door prize drawings, raffles, live music, and a free lunch for veterans and active duty, one family member or caregiver.

**For more information and to reserve a free resource table, call VETERANS' ROCK, 307-514-0035.**