

FORWARD FLAG NEWSLETTER

OCTOBER 2020

ISSUE # 23

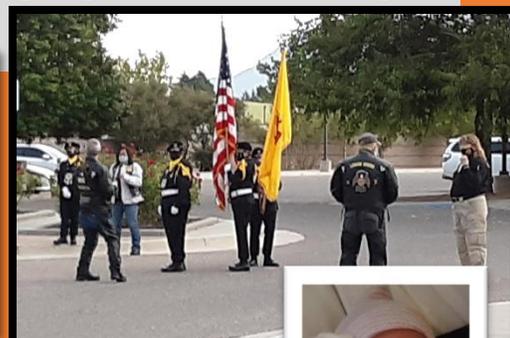


2020 NM VETERANS S.A.V.E. MOTORCYCLE RIDE

As part of Suicide Awareness/Prevention month the VA puts together the S.A.V.E. motorcycle ride and invites veterans their friends and family members to join the journey from Albuquerque to Angel Fire; stopping along the way to educate participants using the S.A.V.E. suicide prevention technique. S.A.V.E. is an acronym for Signs, Ask, Validate and Encourage Treatment. Similar to QPR this method teaches how to intervene when someone you know is considering suicide.

Our outreach team was honored to be invited on this scenic ride. Our 41' Bluebird drew a lot of attention and was a great back drop for selfies. Our driver, Ted Skibyak, likes to refer to the Bluebird as a "Vet Magnet" and this nickname rang true during this trip!

Day two of the trip started in the same place that Day one ended, the Vietnam Veteran Memorial in Angel Fire. The beauty of the landscape and the design of the memorial gave way to silent contemplation and appreciation for the sacrifice that so many men and women have made for our country. The amazing adventure concluded with a moving presentation honoring those veterans lost to suicide and an inspiring testimonial illustrating the power of intervention and the positive impact a of a solid support network.



WELCOME TO THE WORLD!!!

Proud new parents and members of the extended Forward Flag Family, veteran Xavier Hernandez and Fiancé Stephanie Sanchez, welcomed their adorable and healthy baby girl into the world 9/18/20 at 23:13 hrs. Araceli Isabel Hernandez weighed 7.7 lbs. and was 20 inches long. They asked that we thank everyone that helped & supported them on their journey to becoming parents. Their little blessing is finally here!



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Ste A
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505-933-0549



3815 TN Highway 66
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423-523-2700



VEGAS BABY, VEGAS

Even with the existence of COVID, our veterans are still in need of assistance; assistance navigating the VA healthcare system and applying for their hard-earned benefits. In addition, it is always good for our vets to have a chance to converse with other vets about their shared experiences as United States service members. Because this need exists, our outreach team has planned a day for questions and answers for those residing in Las Vegas, NM.

Come join the Forward Flag outreach team on Tuesday October 20th from 10 a.m. to 2 p.m. Look for our 41' Bluebird RV parked across from Charlie's Bakery located at 713 Douglas Ave in Las Vegas NM 87001. Our Bluebird is wrapped to attract vets and hard to miss! Our team will be available to assist with questions concerning benefits, healthcare or navigation of the VA system. We will be handing out SWAG with the veteran crisis line number and available to offer suicide prevention education to all who stop by. We always like to meet and speak with locals; if you have time; come by and join us for some stimulating conversation and fantastic fellowship.



GIFT THAT KEEPS GIVING

A great BIG thank you to the folks at Heritage Lites Youth Leadership Group in Rogersville, TN for their donation of 38 lbs. of coffee. Thanks to their generosity, our coffee bunker and the TN office will be well stocked and able to continue providing our vets & friends a warm cup of joe headed into the cold weather season.



TAKING IT TO THE STREETS

Our TN Outreach team continues to do an incredible job connecting with the veterans in their communities. They spent two days in the parking lot of the Harley Davidson store in Morristown, TN, 9/12 for a car show and again on 9/26. The bunker also got to take part in Recovery Rally in the park of Rogersville, TN. Thank you to all for their donations and support! Thanks to the folks in TN, the newest addition to our organization is setting a high bar for the NM team to strive to reach



Sunny Days

Now that the fall is in the air, we have adjusted the time of our outdoor yoga/chakra balancing class to give us a little more sunshine during our practice. Puja Goal, our incredible instructor, will continue holding class every Wednesday here at the NM Flag. The class will now start at 9 a.m. Please be sure that you dress for the briskness of fall mornings.



BEAUTIFUL CREATIONS

The TN art class continues to amaze with their beautiful fluid art projects. Join us at our Rogersville location to take part in this fun and free class. Art class starts at 1600 hrs. on Tuesdays and Wednesdays; the class is open to veterans, their family members & friends. Tuesday & Thursdays at 9:00. one on one art therapy is offered. For more information call the TN office at 423-523-2700



NEW HOURS

In response to COVID and in preparations for the fall time change we have adjusted our NM office hours. The new hours are in place in an effort to better serve our veteran community, their family members and friends.

Our office is open from 8:30-16:30 Monday through Friday. This change does not impact any activities scheduled outside of normal office hours, for example, our SMART recovery meeting & our Saturday morning art class.



Mindfulness Meditation for Female Veterans

Peggy Spencer will be offering a free 5-week virtual course on mindfulness meditation for any interested female veteran. The course will take place every Thursday for 5 weeks starting on October 22nd and finishing November 19th from 6:30-8:00 p.m. MST. Dr. Spencer will instruct participants on mindfulness practices. These practices can help you calm the body and mind, manage stress and pain, and connect with your own inner wisdom. This course is for beginners and experienced meditators. Offered on a Zoom platform, it includes guided meditations, talks, and discussions. Anyone interested in taking part in this free virtual opportunity or if you have any questions, email Dr. Spencer at mindfulnessforveterans@gmail.com. Registration closes on October 20th so get your email out today!