

Nonprofit Organization Presents First Responders with Letter of Appreciation

Honoring Everyday Heroes Among Us



[BriefingWire.com](https://www.briefingwire.com), 12/17/2025 - Lorton, Virginia, Wednesday – My Veteran's Arm (MVA) Inc., honors the work of first responders at Fort Belvoir, VA.

When you think of heroes, what comes to mind? Although the movies and comic books present certain ideas, in the real world, heroes do not wear caps, but serve as military members, police officers, firefighters, EMTs, paramedics, and countless others who put themselves in harm's way

to keep our nation and communities safe. Service-before-self is evident in their commitment to serve and protect others.

Having served our country for almost 30 years, retired Air Force Colonel, Dr. Mary Gillam, the founder of the nonprofit, "My Veteran's Arm" (MVA) took time to say thank you to first responders at Fort Belvoir, VA. The surprise Letter of Appreciation (LOA) coupled with a large box of food was a great way to begin the holiday season. The "heartfelt" thank you was well received.

First responders (whether in military or civilian uniform) are often the first on the scene during emergencies, disasters, and crises. Their bravery and dedication are unmatched. They work around the clock, often under dangerous and stressful conditions, to protect lives and property. Whether it's a raging fire in the middle of the night, a medical emergency at home, or a natural disaster impacting thousands, these individuals answer the call without hesitation. Their willingness to confront the unknown and face imminent danger is a testament to their character and sense of responsibility.

Showing first responders that you care and appreciate their work does not require much. A simple "thank you" can go a long way. When asked why she wanted to honor first responders, Dr. Gillam replied, "Several years ago, I began dropping off food to the first responders at Fort Belvoir during holidays. This gesture was not for fanfare, but to say, thank you for your service. After watching a news clip about a lady who lost her son (a police officer) in the line of duty, adopt a local precinct, I was inspired to do something. In memory of her son, the lady began inviting police officers to her home for a home cooked meal. She did this until she died. She honored them for their service, and they honored her for her kindness to them."

To all first responders: Your courage, commitment, and kindness do not go unnoticed. Your sacrifices make our nation, and communities safer, stronger, and more resilient. Thank you for everything you do!

Contact: Dr. Mary Gillam, Col (Ret), USAF

<https://www.myveteransarm.org>