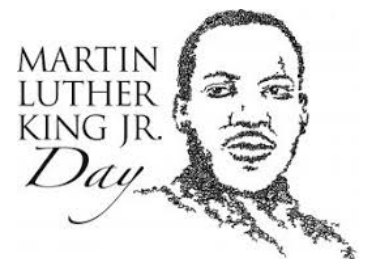




2025
SENIOR
CITIZENS
CLUB
NEWSLETTER





Kathleen Brownell	January 1 st
Norman Speaker	January 16 th
Marge Howard	January 20 th
Lori Davison	January 27 th

WEDDING ANNIVERSARIES

Vicki Chamberlain (Terry)	January 8, 1972
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**PLEASE JOIN US IN CELEBRATING CLUB
MEMBERS
BIRTHDAYS & ANNIVERSARIES QUARTERLY
OUR NEXT PARTY WILL BE
WEDNESDAY, MARCH 26TH
3:00 P.M.**

JANUARY 2025 HERITAGE MEAL SITE

For Reservations or Cancelations call 970-522-1237 by 8:00 a.m.

"The following major food allergens are used as ingredients:
Milk, Egg, Fish, Crustacean Shellfish, Tree Nuts, Peanuts, Wheat, Soy, and sesame. Please contact staff for more information about these ingredients"
If you have questions about allergens in the recipes we serve, please contact our office @ 970-867-9409 Ext 3001

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Suggested Donation - \$6.25 Under Age 60 Mandatory Charge - \$17.00</p> <p>Menu may change due to availability of food items or conditions that cause the kitchen to close.</p>	<p>For Reservations Call 970-522-1237 by 8:00 a.m. the day you want the meal. If you must cancel your meal, please do so by 8:00 a.m.</p>		<p>CHICKEN & DUMPLINGS MASHED POTATOES MARINATED VEGETABLE SALAD CINNAMON APPLE SLICES</p> <p>Calories: 659 Carb: 95.4g Fiber: 9.5g Protein: 35.4g Fat: 16.4g Sod: 891mg</p>	<p>BBQ BEEF SANDWICH POTATO SALAD BRAISED CELERY & TOMATOES FRUIT CUP</p> <p>Calories: 622 Carb: 94.3g Fiber: 10.8g Protein: 32.2g Fat: 15.5g Sod: 914mg</p>
6	7	8	9	10
<p>SPANISH RICE W/ GROUND BEEF TOSSED SALAD SALAD DRESSING ROLLS PEACH SLICES APPLE GRANOLA COOKIES</p> <p>Calories: 726 Carb: 96.0g Fiber: 11.0 Protein: 29.8g Fat: 27.2g Sod: 883mg</p>	<p>BARBECUE PORK CHOPS SCALLOPED POTATOES CABBAGE BRAN MUFFIN PINEAPPLE MANDARIN- ORANGE COMPOTE</p> <p>Calories: 709 Carb: 94.4g Fiber: 9.8g Protein: 37.2g Fat: 23.5g Sod: 1003mg</p>	<p>ORIENTAL CHICKEN BROCHETTE RICE PILAF ALMOND BROCCOLI ONION ROLLS WINTER FRUIT CUP</p> <p>Calories: 785 Carb: 86.8g Fiber: 10.1g Protein: 45.5g Fat: 30.9g Sod: 351mg</p>	<p>TUNA BROCCOLI CASSEROLE COUNTRY MIX VEGETABLES APPLE MUFFINS CHERRY BANANA SURPRISE COOKIES W/ RAISINS</p> <p>Calories: 693 Carb: 88.7g Fiber: 9.9g Protein: 34.1g Fat: 25.5g Sod: 878mg</p>	<p>BEEF STEW GREEN BEANS CORN MUFFIN ORANGE WEDGES OATMEAL CHOCOLATE CHIP COOKIES</p> <p>Calories: 640 Carb: 94.9g Fiber: 11.9g Protein: 29.2g Fat: 18.1g Sod: 866mg</p>
13	14	15	16	17
<p>SALISBURY STEAK MASHED POTATOES CALIFORNIA VEGETABLES OATMEAL ROLL BANANA SPLIT FRUIT CUP</p> <p>Calories: 775 Carb: 84.9g Fiber: 11.0g Protein: 43.1g Fat: 31.6g Sod: 1085mg</p>	<p>INDIANA STYLE CHICKEN & RICE BEETS CRANBERRY BRAN MUFFIN TROPICAL FRUIT</p> <p>Calories: 680 Carb: 78.0g Fiber: 8.7g Protein: 41.9g Fat: 23.8g Sod: 923mg</p>	<p>HAMBURGER ON A BUN LETTUCE, ONION & TOMATO SLICES DILL PICKLE CHIPS BAKED BEANS COUNTRY MIX VEGETABLES MANDARIN ORANGES</p> <p>Calories: 727 Carb: 92.0g Fiber: 12.2g Protein: 45.9g Fat: 22.0g Sod: 956mg</p>	<p>ROAST TURKEY YAM APPLE BAKE PEAS & CARROTS WHOLE WHEAT ROLLS BERRY BLEND</p> <p>Calories: 674 Carb: 100.6g Fiber: 14.9g Protein: 28.0g Fat: 20.8g Sod: 661mg</p>	<p>CHILI w/ BEANS JEANNIE'S SALAD CINNAMON ROLLS APRICOT HALVES CINNAMON CRISPIES</p> <p>Calories: 654 Carb: 97.1g Fiber: 13.8g Protein: 28.2g Fat: 19.1g Sod: 785mg</p>
20	21	22	23	24
<p>SPLIT PEA SOUP TOSSED GREEN SALAD FRENCH DRESSING FRENCH BREAD PINEAPPLE TIDBITS CARROT CAKE</p> <p>Calories: 711 Carb: 112.5g Fiber: 18.7g Protein: 29.9g Fat: 18.7g Sod: 551mg</p>	<p>SPRING GARDEN CHICKEN BROWN BUTTER & DILL - BRUSSEL SPROUTS ORANGE MUFFINS STRAWBERRY APPLESAUCE</p> <p>Calories: 745 Carb: 82.1g Fiber: 10.4g Protein: 45.0g Fat: 29.1g Sod: 752mg</p>	<p>HAM POTATO OMELET SALSA BEAN MEDLEY V'S MORNING MUFFINS CHERRY BANANA SURPRISE</p> <p>Calories: 637 Carb: 79.6g Fiber: 9.2g Protein: 29.5g Fat: 24.1g Sod: 835mg</p>	<p>BEEF BARLEY SOUP CAROLINA SALAD CORN BREAD PEAR ORANGE FRUIT CUP OATMEAL NUT COOKIES</p> <p>Calories: 704 Carb: 103.4g Fiber: 10.2g Protein: 29.1g Fat: 21.9g Sod: 834mg</p>	<p>SWISS STEAK BAKED POTATO GREEN BEANS & CORN WW ROLL PEACH SLICES</p> <p>Calories: 757 Carb: 84.0g Fiber: 11.0g Protein: 41.0g Fat: 31.2g Sod: 934mg</p>
27	28	29	30	31
<p>CHICKEN A La KING WINTER MIX VEGETABLES GARLIC CHEESE BISCUITS WINTER FRUIT CUP OATMEAL RAISIN COOKIES</p> <p style="color: red; text-align: center;">BIRTHDAY RECOGNITION</p> <p>Calories: 703 Carb: 87.4g Fiber: 10.2g Protein: 38.7g Fat: 24.8g Sod: 621mg</p>	<p>CABBAGE BURGERS COBBLER CORN BANANA SPLIT FRUIT CUP SPICE CAKE</p> <p>Calories: 732 Carb: 103.7g Fiber: 10.0g Protein: 28.9g Fat: 26.0g Sod: 390mg</p>	<p>CHICKEN NOODLE SOUP PEAS BLUEBERRY MUFFIN PINEAPPLE MANDARIN - ORANGE COMPOTE DARK BROWNIE</p> <p>Calories: 706 Carb: 101.4g Fiber: 11.9g Protein: 40.0g Fat: 17.9g Sod: 423mg</p>	<p>POLISH SAUSAGE SAUERKRAUT MASHED POTATOES CARAWAY ROLL STRAWBERRY GELETIN SALAD</p> <p>Calories: 612 Carb: 65.8g Fiber: 7.6g Protein: 24.5g Fat: 29.6g Sod: 1160mg</p>	<p>FIESTA PORK CHOP CHUCKWAGON CORN BISCUITS APRICOT HALVES NATURE COOKIES</p> <p>Calories: 730 Carb: 121.6g Fiber: 13.1g Protein: 23.0g Fat: 21.2g Sod: 602mg</p>



January 2025

Mon	Tue	Wed	Thu	Fri	Sat
		1 CLOSED IN OBSERVANCE OF NEW YEAR'S HOLIDAY NO MEALS SERVED OR DELIVERD	2 10:00 SilverSneakers® Classic Noon Meet & Eat 1:30 Pitch 1:30 Pool	3 10:00 Qi Gong Noon Meet & Eat 1:30 Cards, Cornhole, Dominoes & Pool 1:30 Council on Aging Business Meeting	4 6:30-9:30 Dance w/ Classic Country \$8.00 admission All ages welcome
6 10:00 SilverSneakers® Yoga Noon Meet & Eat 1:00 Pinochle 1:30 Cards & Pool 3:30 Parkinson's Association of the Rockies (PAR) Exercise Class	7 10:00 SilverSneakers® Classic Noon Meet & Eat 1:30 Pool	8 10:00 SilverSneakers® Yoga Noon Meet & Eat 1:30 Cards, Checkers, Chess & Pool 1:30 BUNCO 1:30 Sr. Citizen's Club Business meeting	9 10:00 SilverSneakers® Classic Noon Meet & Eat 1:30 Hand & Foot Canasta 1:30 Pool	10 9:00 Embracing Aging on the Square Committee Meeting 10:00 Qi Gong Noon Meet & Eat 1:30 Cards, Cornhole, Dominoes, Pool	11 6:30-9:30 Dance w/ Dan Dobson \$8.00 Everyone welcome
13 10:00 SilverSneakers® Yoga Noon Meet & Eat 1:30 Cards & Pool 3:30 (PAR) Exercise Class	14 9:00 Foot Care Clinic 10:00 SilverSneakers® Classic Noon Meet & Eat 1:00 SRM Sewing Circle 1:30 Rummy/Five Crowns 3:00 Retire on Your Terms Workshop with Thrivent 5:30 p.m. Retire on your Terms Workshop with Thrivent	15 10:00 SilverSneakers® Yoga Noon Meet & Eat 1:30 Cards, Checkers, Chess & Pool	16 10:00 SilverSneakers® Classic Noon Meet & Eat 1:30 Pitch 1:30 Pool 4:30 Volunteer Appreciation Party	17 10:00 Qi Gong Noon Meet & Eat 1:30 Cards, Cornhole, Dominoes, Pool	18 No Dance
20 10:00 SilverSneakers® Yoga Noon Meet & Eat 1:00 Center Closes in Observance of Martin Luther King Jr Day	21 10:00 SilverSneakers® Classic Noon Meet & Eat 1:30 Movie Matinee 1:30 Pool	22 10:00 SilverSneakers® Yoga Noon Meet & Eat 1:30 Cards, Cheekers, Chess & Pool	23 10:00 SilverSneakers® Classic Noon Meet & Eat 1:30 Hand & Foot Canasta 1:30 Pool	24 10:00 Qi Gong Noon Meet & Eat 1:30 Cards, Cornhole, Dominoes, Pool	25 6:30-9:30p.m. Dance w/ FM Country \$8.00 Public Welcome
27 10:00 SilverSneakers® Yoga Noon Meet & Eat 1:00 Pinochle 1:30 Cards & Pool 3:30 Parkinson's Association of the Rockies Exercise Class	28 10:00 SilverSneakers® Classic 11:30 Veteran's Suicide Awareness Training Noon Meet & Eat 1:30 Rummy/Five Crowns 1:30 Pool	29 10:00 SilverSneakers® Yoga 11:30 Exercise Class Quarterly Birthday Party Noon Meet & Eat 1:30 Cards, Checkers, Chess & Pool	30 10:00 SilverSneakers® Classic Noon Meet & Eat 1:30 Pitch 1:30 Pool	31 10:00 Qi Gong Noon Meet & Eat 1:30 Cards, Cornhole, Dominoes, & Pool	

LOGAN COUNTY HERITAGE CENTER ACTIVE AGING ADULT FITNESS CLASSES

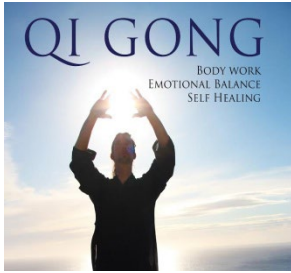


SilverSneakers® Yoga

Older Adult Group exercise from a chair or standing position that targets flexibility, range of movement, balance and mind-body integration.

Monday & Wednesday mornings at 10:00 a.m.

Some supplemental insurance will cover the expense of the class.
\$2.00 a class for those with no applicable insurance coverage.



Qi Gong

This group will be meeting for exercise class led by DVD

Instruction on Friday mornings at 10:00 a.m. Stretches to clear stress and tension, acupuncture to open energy meridians and flowing movement practices to draw in energy to counteract fatigue and boost immune health. Please come and join us, this class is free.

SILVERSNEAKERS® CLASSIC

This group exercise program will help improve functional capacities, physical fitness and sense of well-being targeting strength, range of movement, agility, balance and coordination. Medicare Supplemental insurance can cover the cost of this class we would be glad to check your eligibility. \$2.00 for those without eligible insurance.

Tuesday and Thursday mornings at 10:00 a.m.

Please come and join us.



TAI CHI

Tai Chi is a gentle exercise that involves a series of slow gentle movements, known to improve balance and benefits your mental and physical health.

Stay tuned for information regarding class days and times.



Renew Active™, the gold standard in Medicare fitness programs for body and mind. The program is available at no additional cost with UnitedHealthcare® Medicare plans. In the meantime, you can learn more at UHCRenewActive.com or call Cynthia at (970) 522-1237 to see if you are eligible.

RUMMY or FIVE CROWNS



We will be playing on the 2nd and 4th Tuesdays of each month starting at 1:30 p.m. Bring a snack and enjoy the company of others in a relaxed atmosphere.



Join the SENIOR CITIZEN'S CLUB

For Pinochle and Pool on

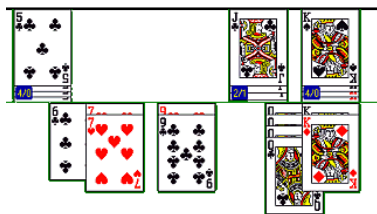
Mondays, Wednesdays, & Fridays

1:30 start time



SCHOLARSHIP PROGRAM

The Senior Citizen's Club is pleased to announce a Scholarship Program. The program allows a recipient to receive up to \$30 to help with the cost of a dinner, membership or activity. Please see Cynthia for an application.



HAND & FOOT CANASTA

2nd and 4th Thursday of each month

1:30 - 4:00 p.m. Individuals or partners are welcome to join us to play hand and foot canasta. This is a great group to join if you have never played before and want to learn. Let us know you are coming by calling 522-1237.

PITCH

10 point pitch will be played on the 1st and 3rd Thursday of each month 1:30-4:00 Individuals or partners are welcome to join us. Let us know if you are interested so we can add you to the calling list.

MAH JONG, CHESS, DOMINOES, CORNHOLE, CHECKERS

These other recreational games are offered throughout the month, we would love to get enough interest to start a league. Please call us or sign up for the newsletter to find out when these games are on the monthly calendar. Please provide your name and contact information so we can start forming leagues.

FOOT CARE CLINIC

2nd Tuesday of every month

10:00-11:00 a.m. BY APPOINTMENT ONLY

Call 970 522-1237 to schedule your 15 minute appointment

Suggested donation no less than \$5.00-\$15.00

Please soak your feet before you come and bring a towel for your added comfort

Provided by Northeast Plains Home Health

FUNDING AVAILABLE THROUGH THE LOGAN COUNTY COUNCIL ON AGING TO HELP WITH THE EXPENSE OF NEW EYEGASSES AND HEARING AIDS. PLEASE CONTACT THE OFFICE FOR MORE INFORMATION 970-522-1237



DANCING WITH LIVE MUSIC

6:30-9:30 p.m.
\$8.00 Everyone Welcome

January 4 th	Classic Country
January 11 th	Dan Dobson
January 18 th	No Dance
January 25 th	FM Country

MARTIN
LUTHER
KING JR.
Day



Just a reminder the Heritage Center will be closing at 1:00 on Monday, January 17th in observance of Martin Luther King Jr. Day. SilverSneakers® Yoga will hold a session. Meals will be delivered and served at the center. No afternoon activities.

L.E.A.P. Available through April

The Low-income Energy Assistance Program starts November 1st and applications are accepted through April 30th. LEAP is a federally funded program that helps eligible hard working Colorado families, seniors and individuals pay a portion of their winter home heating costs. It is not intended to pay the entire cost of home heating, but rather to help alleviate some of the burden associated with the colder months. You can qualify if your monthly income for **1 person is \$3,382 or less or \$4,423 for a 2 person household.**

Applications available at Department of Human Services. Help completing the application is available through our local Dept. of Human Services office. For more information please call

1-866-432-8435



FOOT CARE CLINIC

January 14th

NEW TIME!!

9:00 A.M.

Northeast Plains Home Health will offer our monthly toe nail trimming clinic here at the Heritage Center. This is **by appointment only** and we will not start scheduling those until after the 1st of each month. To schedule your appointment for our next clinic on January 9th or if you have additional questions please call us at (970) 522-1237.



Households earning less than \$65,000 qualify for FREE trustworthy tax help from an IRS-certified program and preparer.

Appointments at Northeastern Junior College
100 College Avenue

February 11, 2025-March 4, 2025

Tuesdays 3:00 p.m.-6:00 p.m. (2/11, 2/18, 2/25, 3/4)

Saturdays February 15th and March 1st

9:00 a.m.-2:00 p.m.

You can schedule your appointment by going to
<https://taxhelpcolorado.as.me/NJC> or call 970-521-6637



MOVIE MATINEE

**Join us at the Heritage Center for
“Eight Below”**

**“The Most Amazing Story of Survival,
Friendship and Adventure Ever Told”** wikipedia

Thursday, January 21st

1:30 pm

**Fresh popcorn, comfortable seats,
intermission**



BUNCO STARTS JANUARY 8TH

We will start Bunco on Wednesday, January 8th at 1:30 p.m. After that Bunco will be on the 2nd Wednesday of each month. Coffee and Water will be provided. Shirley Bickel will furnish goodies for the January session and then we will have a sign-up for people to take turns hosting.

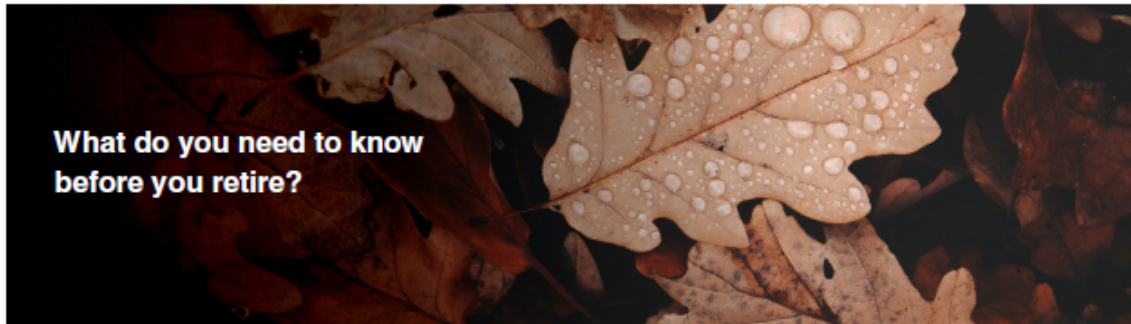
Cost is \$3.00; \$2.00 is prize money and a \$1.00 gets donated back to the Heritage Center to cover supplies

If you aren't already signed up with Shirley please call and let her know if you will be playing on the 8th and to be added to the list for the future. Reservations are required

Please call Shirley at (970) 520-7818 or email her at shirley23bic@yahoo.com



Retire On Your Terms



**What do you need to know
before you retire?**

As you approach retirement, you may be ready to figure out what steps to take next. At 5 Keys to Retiring Fearlessly gain insights that can give you confidence that you are saving enough and strategies to help ensure you won't outlive your money. Learn how to protect yourself from life's "what-ifs."

- Will I have enough to retire?
- Will my retirement income last?
- Are my assets protected?

These sessions are hosted by Jordan Suter, BFA™.

Tuesday, January 14, 2025

3:00 p.m. MT
Logan County Heritage Center
821 N Division Ave
Sterling, CO

Tuesday, January 14, 2025

5:30 p.m. MT
Logan County Heritage Center
821 N Division Ave
Sterling, CO

Seating is limited. Reserve your spot today.

Please call Jordan Suter at 970-517-0209 or email jordan.suter@thrivent.com.



EXERCISE CLASS

QUARTERLY BIRTHDAY PARTY

Wednesday, January 29th

11:30 a.m.

RSVP to Cynthia by January 24th

(970) 522-1237



**VOLUNTEERS OF THE HERITAGE CENTER
YOU ARE INVITED TO A BAKED POTATO
BAR IN YOUR HONOR**

Thursday, January 16th 4:30-6:00

Please RSVP to the Heritage Center at (970) 522-1237

Food, Games, Fun

Cheryl Koubeck Cameron, Licensed Clinical Social Worker and the Suicide Prevention Coordinator with the Cheyenne Veteran's Administration Medical Clinic will be here on

Tuesday, January 28th

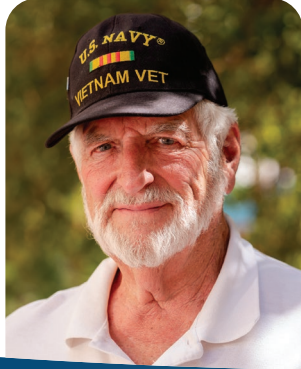
11:30-12:00

to offer a 30 minute training on recognizing the signs of suicide thoughts, and how to provide help or assistance to someone in need of care and intervention.

What is VA S.A.V.E. Training?

VA S.A.V.E. Training is a free, brief online or in-person course that will help you act with care and compassion if you come across a Veteran who is in crisis or having thoughts of suicide. The acronym S.A.V.E. helps you remember the important steps involved in suicide prevention:

- S** Know the **Signs** that indicate a Veteran might be thinking about suicide
- A** Ask the most important question of all — **"Are you thinking of killing yourself?"**
- V** **Validate** the Veteran's experience
- E** **Encourage treatment and Expedite** getting help



How to Support a Veteran in Crisis

Keep these tips in mind when talking with a Veteran who may be at risk for suicide:

- Remain calm
- Listen more than you speak
- Maintain eye contact
- Act with confidence
- Do not argue
- Use open body language
- Limit questions—Let the Veteran do the talking
- Use supportive, hopeful comments
- Be honest—There are no quick solutions, but help is available

Additional Resources

- **VA Mental Health Services:** Get information about inpatient and outpatient services available through VA at [MentalHealth.VA.gov](https://www.mentalhealth.va.gov).
- **Online Resource Locator:** Find VA facilities, Vet Centers, suicide prevention coordinators, and other VA resources at [VeteransCrisisLine.net/LocalResources](https://www.veteranscrisisline.net/LocalResources).
- **Keep It Secure:** Promotes awareness about the simple steps you can take to protect yourself and your family. It focuses on sharing information about secure gun and medication storage, the warning signs of suicide, and how to find the support you or a Veteran loved one needs. [KeepItSecure.net](https://www.KeepItSecure.net)
- **Don't wait. Reach out.:** Use this site to find support and resources designed specifically for Veterans. If you're a family member or a friend, you can also find resources for the Veteran in your life. [VA.gov/REACH](https://www.VA.gov/REACH)

Do you want to take VA S.A.V.E. Training?

Go to [learn.psycharmor.org/courses/va-save](https://www.learn.psycharmor.org/courses/va-save) to take the course online or contact your local suicide prevention coordinator to schedule in-person training: [VeteransCrisisLine.net/LocalResources](https://www.VeteransCrisisLine.net/LocalResources).

You don't have to be enrolled in VA benefits or health care to take VA S.A.V.E. Training.

VA S.A.V.E. TRAINING

FOUR WAYS YOU CAN HELP A VETERAN IN CRISIS

What is VA S.A.V.E. Training?

VA S.A.V.E. Training is a free, brief online or in-person course that will help you act with care and compassion if you come across a Veteran who is in crisis or having thoughts of suicide. The acronym S.A.V.E. helps you remember the important steps involved in suicide prevention:

- S** Know the **Signs** that indicate a Veteran might be thinking about suicide
- A** Ask the most important question of all — “Are you thinking of killing yourself?”
- V** Validate the Veteran’s experience
- E** Encourage treatment and Expedite getting help



U.S. Department of Veterans Affairs

S**Know the *Signs* that indicate a Veteran may be thinking about suicide**

The signs below may indicate that a Veteran needs help. If you or a Veteran you know is experiencing any of these, contact the Veterans Crisis Line:

- Hopelessness, feeling like there's no way out
- Anxiety, agitation, sleeplessness, or mood swings
- Feeling like there's no reason to live
- Rage or anger
- Engaging in risky activities without thinking
- Increasing alcohol or drug use
- Withdrawing from family and friends

The signs below require immediate attention. If you or a Veteran you know is experiencing any of these and needs medical attention, call 911 now:

- When asked, they express a desire to hurt or kill themselves
- When prompted, they reveal they're looking for ways to die by suicide
- They talk about death, dying, or suicide
- They begin to exhibit self-destructive behavior, such as increased drug or alcohol use, talking about obtaining/using weapons for self-harm, or saving up medication

A**Ask the most important question of all: "Are you thinking of killing yourself?"**

Other ways to ask the question include: "Are you thinking of suicide?" or "Have you had thoughts about taking your own life?"

When asking the question, remember:

- **DO** ask the question if you've identified warning signs
- **DO** ask the question in such a way that's natural and flows with the conversation
- **DON'T** ask the question as though you're looking for a "no" answer ("You're not thinking of killing yourself, are you?")
- **DON'T** wait to ask the question until they're halfway out the door

V**Validate the Veteran's experience**

Use the following steps to let the Veteran know you're listening and acknowledge their experience:

- Talk openly about suicide. Be willing to listen, allow the Veteran to express their feelings, and make supportive, encouraging comments.
- Recognize the situation is serious
- Don't pass judgement

E**Encourage treatment and Expedite getting help**

If a Veteran is having thoughts of suicide, remain calm and reassure them help is available:

- **DON'T** keep the Veteran's suicidal behavior a secret
- **DON'T** leave them alone
- Try to get the Veteran to seek immediate help from their doctor or the nearest hospital or emergency room
- Call 911

Safety is Important

Never negotiate with someone who has a gun. Get to safety and **call 911**. If the Veteran has taken pills, cut themselves, or has done harm to themselves in some way, **call 911**.



Chat at [VeteransCrisisLine.net/Chat](https://www.VeteransCrisisLine.net/Chat) • Text 838255

The Veterans Crisis Line isn't just for Veterans. Our responders can connect Veterans' families and friends with helpful resources.