



# The Vets Gazette

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## Several Military Holidays were celebrated in April.

April is the Month of the Military Child; it is to celebrate the strength of military youth.



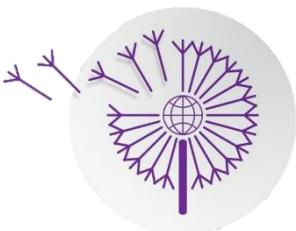
Gold Star Spouse Day is observed on April 5<sup>th</sup> and honors the surviving spouses and families of military service members who died in the line of duty.

Air Force Reserve Birthday is celebrated on April 14<sup>th</sup> marking its establishment on April 14<sup>th</sup>, 1948, by President Harry S. Truman. This year marked 78 years.



April 15<sup>th</sup> is Purple Up Day where everyone is encouraged to wear purple to symbolize all branches of the military children. There are more than 1.6 million military children who deal with the many challenges and unique experiences because of their parent's service.

Army Reserve Birthday is celebrated on April 23<sup>rd</sup>, marking its founding in 1908. This year marked 118 years.



National Military Brats Day is to honor the children of military personnel for their sacrifices, resilience and unique upbringing. Founded in 2016 by Military Brats, Inc. this day recognizes the "untold service" of kids.

"Here comes Peter Cottontail, hoppin' down the bunny trail". Members and staff enjoyed watching their families collect easter eggs.

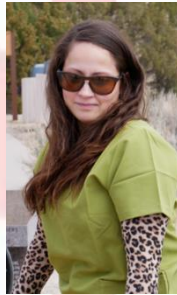


Happy  
Easter





The weather held out for a drive up the Scottsbluff Monument and for a picnic afterwards. Members enjoyed getting out to get some fresh air.



Members measured their wing spans to see if they could take flight. They learned about Big Horn Sheep, saw different types of animal pelts, several skulls and skeletons. They enjoyed getting out and getting some fresh air and even hugged a tree.



# HAPPY BIRTHDAY

May

Your birthday is a special time to celebrate the gift of 'you' to the world. May your days be filled with all the good things life has to offer . . . health and happiness, dreams fulfilled and a lifetime of adventure. May God bless you.

Chuck J. - May 4th  
Doug D. - May 10th  
Arden I. - May 12th  
Terry K. - May 27th



In April we only had one birthday to celebrate. Nancy was joined by her family, other members and staff to celebrate her birthday.

May is Mental Health Awareness Month. Observed annually to reduce stigma, educate the public, and promote support for mental wellbeing. Founded by Mental Health America in 1949, it focuses on connecting people to resources, advocacy, and early intervention. The 5 C's of mental health are a framework used to improve emotional well-being and resilience, commonly defined as **Connection, Coping, Calmness, Care, and Compassion**. These principles help manage stress, build stronger relationships, and foster a balanced, positive mindset.

Here is a breakdown of the 5 C's of mental health:

- **Connection:** Fostering strong, healthy relationships and social networks to avoid isolation.
- **Coping:** Developing healthy mechanisms to manage stress and emotions, rather than relying on unhealthy habits.
- **Calmness:** Cultivating a sense of peace to reduce chronic stress and help the nervous system, which improves clarity and emotional regulation.
- **Care (or Character):** Practicing self-care, maintaining integrity, and taking care of one's own needs, which strengthens self-respect and purpose.
- **Compassion:** Showing empathy toward others and practicing self-compassion by giving yourself grace during tough times

  
Healthy  
Corner

May is  
**MENTAL HEALTH**  
Awareness Month



# Let's meet the team!

## Teams of the Month of April Administration, IT & HIM



RJ  
Administrator



T  
Administrative  
Assistant



Sarrah  
Administrative  
Office Specialist



Joe  
I.T.



Morgan  
H.I.M.

### New employees from April 2026.



Dawson Jones  
Dietary



Allyson Halverson  
Dietary



Jolynn McCarthy  
Dietary



Crystal Knaub  
Dietary

Member voted  
teammate of  
the month.

## In Remembrance of Those Members Who Have Passed.

*As we express our gratitude, we must never forget that the highest appreciation is not to utter the words but to live by them." ~ John F. Kennedy ~*



Sheldon "Doc" Spickelmier-Army



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