

OUT ON A LIMB

November 2025

November is National Gratitude Month!

Ways to practice gratitude in November:

- Start a gratitude journal: Write down the things you are thankful for each day.
- Write thank-you notes: Send a thank-you note or text to someone who has made a difference in your life.
- Engage in conversations: Make a point to talk with family and friends about what you are thankful for.

Some things we are grateful for.....

Family, Friends and Caregivers

Special recognition to all the caregivers and family that are vital to our daily lives. Special thanks to Air Force Veteran, **Susan Pollman**, for all her dedication to helping Veterans and other caregivers with resources, support and knowledge. We greatly appreciate all you do and the amazing person you are!



NATIONAL FAMILY CAREGIVER MONTH EVENT AND RESOURCE FAIR

"Caregiving Connects Us, Community Strengthens Us"

Veterans and Caregivers in the PCAFC and PGCSS programs are invited!

Thursday | November 6

**North Las Vegas VA Medical Center
- Auditorium -**

9 to 11 a.m. (Event) 10 a.m. to 12 p.m. (Resource Fair)

We will have fun activities, giveaways, refreshments, helpful resources and informative presentations
Plus: Healing Touch mini sessions

For more information and to RSVP
please call 702-791-9000 ext.13051
kimberly.price1@va.gov | sheri.shileika@va.gov

RSVP by NOV. 4

VA Caregiver Support

<https://caregiver.va.gov>
#TheHeartOfCaregiving





Food and Holiday Resources



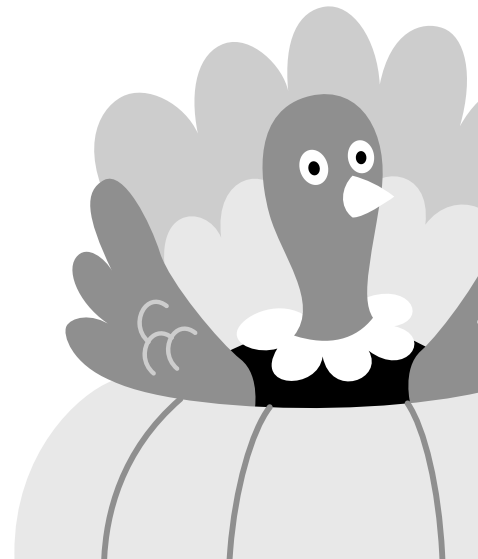
Three Square offers a variety of resources and information on community partners. Some services they offer include:

- Golden Groceries: providing groceries to those 60+ via pantry, curbside or home delivery.
- One free round trip monthly to a Golden Groceries pantry, a grocery store and two free round trip rides to any congregate meal utilizing Lyft.
- Multiple food bank locations and produce giveaways.

More information can be found on their website: <https://www.threesquare.org/find-food> or by calling them at 702-765-4030. If you need helping finding resources call Andrea x 15985.



Help of Southern Nevada offers Holiday Assistance Programs including Thanksgiving meals and Holiday Gifts. More information can be found on their website at: [Click Here](#)



Health Resources



NATIONAL DIABETES AWARENESS HEALTH FAIR

Finding Your "Why" and Making Healthy Choices

WEDNESDAY | NOVEMBER 12

9 am to 1 pm
North Las Vegas VA Medical Center
— Auditorium —

Prevention & Management Education for People with Diabetes,
their Caregivers, and Staff

Demonstrations: Meditation and Gerofit

   U.S. Department of Veterans Affairs
Veterans Health Administration
Southern Nevada Healthcare System

Veterans!!

We are most grateful for all of you. Thank you for your service and for supporting your fellow Veterans! Hope everyone has a wonderful Veterans Day!

VA SOUTHERN NEVADA HEALTHCARE SYSTEM

★ ANNUAL ★

VETERANS APPRECIATION CAR SHOW & BBQ

SATURDAY 15 Nov
10am to 1:30pm
North Las Vegas VA Medical Center
6900 North Pecos Road
North Las Vegas, NV 89086

FREE AND OPEN TO THE PUBLIC!

MUSIC • ENTERTAINMENT • FREE FOOD

Free On-site car show registration begins at 8 a.m. with Las Vegas Cruisin' Association, Inc.

Free Vendor registration with VA CDCE/Voluntary Service on or before October 1, 2025

Disclaimer:
No weapons, No alcohol, No smoking



Scan for more information or visit:
www.va.gov/southern-nevada-health-care/events/

  U.S. Department of Veterans Affairs
Veterans Health Administration
Southern Nevada Healthcare System