



HOW TO HELP VETERANS IN NEED

Millions of men and women serve in the military and make the sacrifices that such service requires. Risking their lives to serve their countries, veterans sometimes endure mental and physical trauma, returning home to face uphill battles as they deal with their injuries.

Many veterans in need are not just in need of medical attention. Learning that their efforts and sacrifices are recognized and appreciated by the ordinary citizens they protect can make a world of difference to veterans as they recover from their injuries.

Men, women and children who want to help veterans in need can do so in various ways.

- Visit a veterans hospital. Contact a local veterans' hospital to inquire about their volunteer programs. The U.S. Department of Veterans Affairs notes that each year more than 75,000 volunteers spend more than 11 million hours in service to America's veterans.

Visiting veterans at the hospital to hear their stories can lift their spirits and aid

in their recoveries. In addition, veterans' hospitals may have volunteer opportunities that make it easier for hospitals to operate at optimal capacity.

- Help a neighbor. Unfortunately, many veterans return home with injuries that affect their ability to make it through a typical day without assistance. Disabled veterans may be unable to do their own grocery shopping or maintain their homes. If a neighbor or nearby veteran is facing such hurdles, offer to do his or her shopping or mow his or her lawn. Such tasks won't take much time but can make a world of difference to veterans.

- Offer professional services free of charge. Professionals who want to help veterans can offer their services free of charge. Accountants can offer to prepare veterans' tax returns for free, while attorneys can provide legal advice to vet-



erans who need it. Contractors can help disabled veterans by offering to make alterations to their homes for free or at cost.

- Employ social media to help local veterans. Many people who want to help local veterans might not be able to do so more than one day per week. But some veterans may require daily assistance.

Men and women can start a locally-based Facebook group for fellow members of their community who want to pitch in to help local veterans. Such a group can make it easier to share information and arrange help for veterans in need.

Many veterans return home from serving overseas in need of help. Offering such help can improve veterans' lives while letting them know their efforts and sacrifices are appreciated.

Cottage Grove
Sentinel
www.cg sentinel.com

FOLLOW US ON twitter
 LIKE US ON facebook

@cgsentinel
@cgsentinel
#cgsentinel

Cottage-Grove-Sentinel

OLD MILL FARM STORE

Supports the hearts of our Service members and their families as they cope with the politics of war, Providing the experience for the growth of our Collective conscience.

Open Mon-Fri 10-6
Saturday 10-4

942-3042 * 327 S. River Rd. * Cottage Grove

3 unique ways to give back to service members

Service members and their families make many sacrifices to protect the lives and freedoms of their fellow citizens. The following are three unique ways to give back to these selfless men and women, who often benefit greatly from even the simplest of gestures.

1. Serve as a driver for veterans.

Many service members return from missions with disabilities, some of which prevent them from driving. Adults who want to help ser-

vice members can serve as drivers for veterans. Such a gesture ensures they won't miss any appointments with doctors or physical therapists, helping them get on the road to recovery that much quicker.

2. Donate your airline miles.

Some disabled veterans receive medical treatments far away from home at facilities that specialize in treating certain types of injuries, which can make it difficult for their families to be there for them during their recoveries. By

donating airline miles to military families, you can ensure injured servicepeople can still see their families during difficult times in their lives. Access to such support systems can be a big help as veterans work to recover from their injuries.

3. Sponsor a service dog.

A significant percentage of veterans return home with post-traumatic stress disorder (PTSD), which has been linked to a host of conditions, including depression and

anxiety. However, programs such as Companions for Heroes, an organization that places service dogs with veterans, has helped many veterans successfully cope with PTSD. By sponsoring a service dog, people can provide an invaluable service to men and women fighting to regain their quality of life.

There are many ways for ordinary citizens to show their support for the brave people who selflessly serve in the military.

THANK YOU

HR HUDDLE
AUTOMOTIVE REPAIR

Performing All Phases Of Automotive Repair
Specializing In Ford, GM, and Dodge Diesels

541-942-2521
80408 Delight Valley School Road, Cottage Grove, OR 97424
www.huddleautomotive.com

VETERANS!

The Grove Bar & Grille
The Heart of Downtown Since 1910
Best Burgers in Town!
Breakfast Served **All Day**

- Cocktails • Microbrews • Wine
- Billiards • Video Slots • Keno

Veteran's Eat For Free on November 11, 2019
(Please, show your Military I.D.)

Café Opens 11:00am Weekdays
9:00am Weekends
Lounge Closes Sun - Tue at Midnight
Wednesday - Saturday till 2:30 am
521 East Main Street, Cottage Grove
541-942-5152

JIM'S AUTOMOTIVE

541-942-9305
Jim Bales
Owner

Honoring our Veterans.

CUSTOMER SATISFACTION 409 South 6th Street, CG
Monday - Friday • 8:00 am to 5:00 pm

We Salute Those Who Served

- BECO Enterprises**
553 River Rd
541-942-2106
- Cottage Grove Police Department**
400 E. Main
541-942-9145
- Goodwill Industries**
1205 Hwy 99
541-942-1571
- The New Gun Shop**
78503 Sears Rd
541-942-8880
- Cottage Grove Sentinel**
116 N. 6th Street
541-942-3325
- Banner Bank**
25 Gateway Blvd
541-942-3331
- Brads Chevy**
2775 Row River Rd
541-942-4415
- Hoyer Accounting**
516 Whiteaker Ave
541-942-8241
- South Lane Fire & Rescue**
233 E. Harrison Ave
541-942-4493
- Starfire Lumber**
2795 Mosby Creek Rd
541-942-0168
- Coast Fork Nursing Center**
515 Grant Ave
541-942-5528
- Chambers Bridge Dental**
914 S. 4th St
541-942-1559



- North Douglas County Fire & EMS**
531 S. Cedar Street Drain
541-836-2282
- Pinocchio's Pizza**
1795 E. Main
541-942-5531
- Smith Lund Mills Funeral Home**
123 S. 7th St
541-9420185
- Mckenzie Valley Pump**
Eugene/Springfield
541-896-0453
- Fort Rock Construction**
Cottage Grove
541-767-1611
- Fountain Gutters**
Cottage Grove
541-729-9515
- McDonalds**
1520 Gateway Blvd
Cottage Grove
- Boyce & Sons Landscape & Building Materials**
79149 N. River Rd
541-942-4664
- D&D Auto**
48 S. Pacific Hwy 99
541-942-4839
- PeaceHealth Cottage Grove Community Medical Center**
1515 Village Dr.
541-767-5500

On Veterans Day, we salute the American veterans and active-duty military whose courage and dedication have protected our freedom and our way of life for generations. We recognize their service and their sacrifice, their selflessness and bravery, their hard work and their faith. Please join us in celebrating the men and women of our military, past and present, this Veterans Day. Proudly fly your flag, thank a veteran and show your support for those who continue to serve today.

Thanks, Veterans!