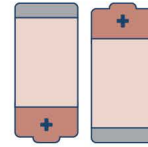




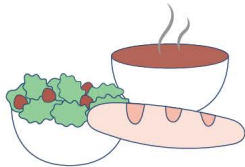
10 Ways You Can Support *Military and Veteran Caregivers* in Your Neighborhood



Write them a note expressing support.



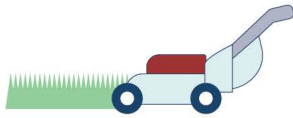
Offer to change their smoke detector batteries.



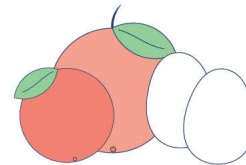
Bring over a prepared meal.



Invite them over for a BBQ.



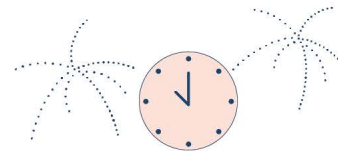
Mow their lawn or shovel their sidewalk
when it snows.



Share extra garden produce or eggs.



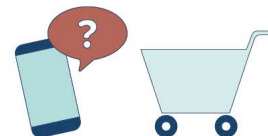
Stop by their house for a visit and ask
them how they're doing.



Be mindful of fireworks and limit them to
reasonable hours on the holidays.



Roll their trash and recycling cans to
the curb the night before trash
collection day.



If you're running to the grocery store, send a
quick text asking them if they need anything
or if they'd like to come with you.

Learn more about how you can support the
hidden heroes in Idaho at HiddenHeroesIdaho.org

