

“Newsletter” – 10/10/26”

Did you know?

Mental Health matters to the Elks!

While suicide can impact anyone, it can be difficult to know what to do when you are not a mental health professional. How can you, as an Elk, help with suicide prevention among Veterans? Building relationships may be the first step. Loneliness is something many people feel at some point during their lives. But did you know that Veterans have fewer people to turn to for support and are more likely to feel lonely? The VA reports that loneliness contributes to depression, alcohol abuse, and thoughts of suicide. It is reported that 22 Veterans a day commit suicide. How can you and your lodge help?

Adopt a Veteran. Volunteer at the Veteran Support Group meeting held on the 3rd Tuesday of every month, give of your dime if you cannot give of your time to the different Veteran charity events the lodge has throughout the year. Let us not forget our Veterans! They served with honor and dignity, and they deserve the same in return.

We have ten male Veterans at the Manatee River Assisted Living facility. We would like some help in providing them with some fall and winter clothing. They are in need of medium, large, and extra-large pajama and sweatpants, pajama and sweatshirts, and long-sleeved T-shirts. If you

have something to donate, please bring in gently used items to the lodge and give them to Trina at the bar. If you would like to make a cash donation, there is a “jar at the bar” for you to do so. If you have already donated to the nursing home **THANK YOU!!!** You will never know how much it is appreciated!!!

Everyone is encouraged to attend the Lodge Meeting on Tuesday the 13th at 7:00 pm immediately following the Board meeting at 6:00 pm.

Pleased to announce that the Florida State Elks gave a grant, in the amount of \$3,353.38, to our lodge. With this grant money the lodge was able to provide a new freezer for Skip's Catch Food Pantry. Thank you, Patrick, for all you do to provide for the needy.

Do not forget the Halloween Party on October 30th starting at 5:00 pm. Who will win the costume contest? Will it be someone spooky and scary, will it be someone cute and sweet? Guess you will have to be there to find out!