

## How Can I Help? Volunteer at the VA

Parking Lot Golf Cart Drivers  
Volunteer Office Assistant  
Pharmacy Assistant  
Information Desk Volunteer  
Volunteer Van Drivers  
Provide Comfort Items and Shop for  
our Hospitalized Veterans  
Volunteer Menu Assistant  
Volunteer Patient Reminder Caller  
Discharge Patient Survey Caller  
Patient Escort Volunteers  
Amenity Relief Volunteer  
Magazine / Book Cart  
Mail Room Assistant

If you have special skills to offer,  
please call us so we can discuss how  
you can best use your talents to  
help our patients.

If you would like to volunteer;  
please call our Voluntary Service office  
(562) 826-5715 to inquire how you can  
become a volunteer.

## Strength for Service

Last November, our congregation  
purchased multiple boxes of Strength  
for Service devotionals which we  
donated to the Long Beach VA's  
Chaplaincy program to distribute.

We received word last month that  
the VA has distributed all that we  
have donated in only four short  
months. You can help by donating to  
purchase new devotionals for use by  
the VA.



## The 22 Project A MEDICAL MISSION

The 22 Project is a registered 501c3 nonprofit, established to support our returning veterans with Traumatic Brain Injury (TBI) and Post Traumatic Stress Disorder (PTSD). Many veterans return with severe psychiatric and psychological impairment, including rage, addiction to alcohol and/or drugs, as well as criminal behavior and suicidal thoughts. The 22 Project is dedicated to providing advanced medical treatment to rehabilitate our service men and women in order to allow these deserving veterans an opportunity to function to the best of their ability in a peacetime environment.

Regrettably 22 veterans commit suicide every day. They served our country and protected us, and now it is our turn to serve and protect them.

Our hope is to prevent other service men and women from being counted in this very sad statistic. The 22 Project's desire is to bring our troops "home" and to integrate them back into society.

[support22project.org](http://support22project.org)