

**NOVEMBER 2016** –Week #3 of veterans, military and patriotic events in Central Florida

\*Send me your events – people cannot attend an event if they don't know about it!  
And I'm a very poor mind reader!

\*Please share this information and events with your friends and interested others and attend. Post where appropriate.

\*Event information is concentrated mostly on the Central Florida counties served by the new VA Hospital at Lake Nona – Orange, Osceola, Seminole, Brevard, Lake and Volusia. Other events elsewhere are considered based upon uniqueness and groups best served.

\*Every effort is made to put a space into email addresses and websites – firewalls and spam filters don't like direct links, website and email addresses. If you use 'Copy and Paste' to make contact or get additional information, please keep this in mind.

\*If you wish to be removed from the email list, just let me know.

**Boomer Bash Senior Expo – Fri. Nov 18** – Information resources include health fair, exhibitors, veterans info, and more. 10am – 2 pm at the former Sports Authority building in The Avenue Viera, 2261 Town Center Ave #113, Viera, 32940. Info: Jill at 321-242-1235 jill@myseniorlife.com

**UCF Restores Open House – Fri Nov 18** – Unique program of assisting warriors with Post Traumatic Stress that has had successful results in the majority of participants. Also being used to assist First Responders and traumatic crime victims. 3 - 5pm at the UCF campus Psychology building atrium. 4000 Central Florida Blvd, Orlando, FL 32816

**CANCELLED - Orlando VA Town Hall Meeting – Sat. Nov 19** –This event has had to be **CANCELLED** for various reasons. It was to be held in downtown Orlando. Keep an eye open for future announcements. Info: "Annie" at ellamay.artis@va.gov 407-646-5500 x27246.

**Health Fair – Sun Nov 20** – VFW Post 4305 in Winter Garden is having a health fair. 9am – 3pm at 1170 E Plant St, Winter Garden. Flu shots available.

**Volunteers needed – Fri – Sun Nov 25-27** - Friends of Fisher House Orlando is looking for volunteers to man a booth at the Central Florida Automobile Dealers Auto Show over the Thanksgiving weekend. While the show will start on Thanksgiving, it is thought that you will want to spend that day with family, food, parades and ball games – so the booth will NOT be manned (unless you have a specific desire to do so, 1200 to 2100.) We need folks to man the booth in 2 - 4 hour increments between, 1000 and 2100 on Friday, 1000 and 2100 on Saturday and 1000 and 1800 on Sunday. Interested individuals can send an email to fisherhouseorlando@gmail.com.

**I/ITSEC 5k – Wed Nov 30** – Run, walk, roll with conference participants of Technology and Simulation industries. Proceeds benefit the local Camaraderie Foundation which provides confidential counseling to veterans, military and their families for Post-Traumatic Stress issues. 6am – 8am at Orange County Convention Center, 9800 International Drive, Orlando, 32819. Sponsors still welcomed. Contact Event Director Sean at iitsec5K@ gmail .com

**Fisher House at Lake Nona – Wed. Nov 30** – Groundbreaking for the Fisher House on the property of the Orlando VA Medical Center. This building, like the others located nationwide near military medical facilities, provides nearby housing for veterans and/or their families while care is being given. 10am in the vicinity of 13800 Veterans Way, Orlando, 32827. Follow signage. The facility receives no VA or federal monies – they run by donations and volunteers.

**Help for Veterans and their Families** - Life isn't always easy after a deployment. With 71 percent of the staff members comprised of veterans, Vet centers are committed to assisting veterans and their families achieve successful adjustment in or near their communities. Vet Centers provide all readjustment counseling services at no charge. Those using vet centers are not required to enroll in the VA Health Care System or to have received a service connection for conditions caused by military service. Vet centers provide services regardless of the nature of a veteran's discharge. The vet center program also has a Veterans Call Center staffed with qualified counselors who will answer your calls after office hours at 1-877-927-8387. See [www. va.gov](http://www.va.gov)

\* **Clermont Vet Center** - 1655 East Highway 50, Suite 102, Clermont, FL 34711  
Phone: 352-536-6701 Or 877-927-8387

\* **Daytona Beach Vet Center** - 1620 Mason Ave., Suite C, Daytona Beach, FL 32117

Phone: 386-366-6600 Or 877-927-8387

\* **Melbourne Vet Center** - 2098 Sarno Road, Melbourne, FL 32935

Phone: 321-254-3410 Or 877-927-8387

\* **Orlando Vet Center** - 5575 S. Semoran Blvd., Suite #30, Orlando, FL 32822

Phone: 407-857-2800 Or 877-927-8387

**Veterans in crisis** – For you or someone you know **Suicide** is a medical emergency. If you are experiencing thoughts of suicide, know that you are not alone and care should be sought immediately by calling 911. Free, confidential resources are instantly available through the Military Crisis Line to aid you if you are in crisis.

**Call** 800-273-8255 and press 1,

**OR** chat online now for 24/7 access to trained counselors who understand what service members and military families are coping with. Website at [veteranscrisisline](http://veteranscrisisline)

**OR:** text 838255 for 24/7 confidential assistance. They are there because they care....

Caring and sharing,

Cathy Haynes Member/supporter of numerous veteran and military organizations in  
Central FL  
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