



PRESS RELEASE
Veteran's Affairs Committee
Benevolent & Protective Order of Elks ~ Lodge 2679
937 Carter Drive, Calabash, NC 28467

FOR IMMEDIATE RELEASE

"CALABASH ELKS DONATE TO AMERICAN LEGION POST 68 'BE-THE-ONE' PROGRAM"
"Honoring and Serving Our Veterans through Suicide Reduction Actions"

By Jim Kozlowski

The Veteran's Affairs Committee (VAC) of the Calabash Elks Lodge ~ 2679 recently made a \$1000.00 donation to the American Legion Post 68 **BE-THE-ONE** Program. The mission of the **BE-THE-ONE** Program is to assist Veterans, their families, care givers, friends or interested civilians to: Destigmatize asking for mental health support; Provide peer-to-peer support and resources in local communities; Deploy FDA approved therapeutics for veterans to identify issues and find resources for support; and educate everyone on how they can Be-the-One to address the number 1 issue facing the Veteran community– Suicide. **Veterans** are encouraged to Be-the-One to: Talk with others about how they are feeling; Ask for help when you know you need it; Know there are people ready to help them; Remember family and friends' care. **Family, friends, or associates** are encouraged to Be-the-One to: Ask Veterans in your life how they are doing; Listen when a Veteran needs to talk; Reach out when a Veteran is struggling. The key message is if you are a Veteran that needs help or if you know a Veteran that needs help, contact the VETERANS CRISIS LINE at 988, then press 1. BE THE ONE who starts the help process.

The mission of the Veteran's Affairs Committee of the Benevolent Protective Order of Elks, Lodge ~ 2679, is to provide occasional funding, fraternal activities, and general support for our local Veterans, various Veteran's Programs, and our Military located throughout South-Eastern North Carolina and North-Eastern South Carolina. For more information about other ways our Elks Lodge supports our Veterans' and Military Community, visit their web site at www.calabashelks.org and click on the [Veterans Affairs] TAB.

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Point of Contact: John Corbett, Chairman, Veteran's Affairs Committee, Calabash Elks Lodge ~ 2679
VAC@CalabashElks.Org (571-251-8778)

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Photo Follows:



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**“CALABASH ELKS DONATE \$1,000.00
TO AMERICAN LEGION POST 68 “BE-THE-ONE” PROGRAM**

*The Veteran's Affairs Committee (VAC) of the Calabash Elks Lodge ~ 2679 recently made a **\$1000.00** donation to the American Legion Post 68 Be-the-One Program. Pictured above for the presentation (Left to Right) are: Donna Kozlowski, VAC Member; John Corbett, VAC Chairman; John Hacker of the John E. Jacobs American Legion Post 68; and Joyce Dorsa, VAC Member.*

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