POSITIVE VIBES EDITION!

Once again, I wanted to send out a newsletter full of positive news of inspiring folks during a time when news seems bleak. Hope this gives you a few ideas of what you can do to spread a little cheer or at the very least, put a smile on your face. : - )

— Nebraska retiree & military Veteran has donated his platelets more than 700 times

When he retired in 1995, Sherman Hirsch discovered something he could do with his newfound free time: donate his platelets. Since then, the 89-year-old Nebraska resident has donated his platelets more than 700 times, joking with Good Morning America that he is "definitely on a first-name basis" with the staff at his local Red Cross donating platelets every other Monday. "I decided this is something I can do to help out other people and I've always been blessed with good health," he told GMA. "It's easy to do and it doesn't cost me anything." The Red Cross says that platelets, tiny cells in the blood that form clots and stop bleeding, are needed every 15 seconds in the United States to help people fighting cancer, traumatic injuries, and chronic diseases. [Good Morning America]

— 12-year-old trumpet player performs for health-care workers

Jason Zgonc uses music to show his appreciation for the health-care workers saving lives at Emory Decatur Hospital in Georgia. Every night, the 12-year-old trumpet player stands outside the hospital during shift change and puts on a mini-concert, performing songs like "Danny Boy" and "Somewhere Over the Rainbow." He was inspired by a New York Philharmonic trumpeter who stands on his balcony and plays in honor of health-care workers. Zgonc, who has been performing outside the hospital for more than two months, told CBS News he appreciates the doctors, nurses, and other staffers for "working so hard every day trying to save people's lives," and they can count on him to "be out here playing for them." The first time nurse Natalie Schmidts heard the sounds of Zgonc's trumpet, she was coming off a rough shift, and he helped change her perspective. "It gives you a sense of community," she said. [CBS News, 11 Alive]
Sneakers for Soldiers sends hundreds of shoes to troops overseas (10th MTN Soldiers included!)

Every month, a nonprofit called Sneakers for Soldiers boxes up hundreds of pairs of brand new shoes and ships them out to U.S. troops in Iraq, Syria, and Afghanistan. The sneakers are not just randomly selected — each pair is chosen for a specific soldier, ensuring that they fit properly and are right for the conditions where they are stationed. Sneakers for Soldiers was founded in April 2018 by Deborah Hausladen, whose son was deployed to Afghanistan. Since then, she has received donations from across the United States, allowing the organization to send 300 pairs of shoes out every month. Donations continue to come flooding in despite the pandemic, which means a lot to the recipients — one soldier, Master Sgt. David, told ABC News with so much going on in the world, "just knowing that we're not forgotten while we're out here serving makes the time go by so much easier." [ABC News]

Washington woman makes 1,200 pans of her famous lasagna to help neighbors in need

Michelle Brenner grew up eating her grandmother's authentic lasagna, and wanted to share the joy with others. The Gig Harbor, Washington, resident went on a community Facebook page and offered to "gladly prepare" her lasagna for anyone who wanted it. After she was furloughed from her job, she used her $1,200 stimulus check to buy ingredients, and at first, fielded requests from neighbors and friends. Soon, strangers began asking for lasagna, and Brenner found herself making pan after pan for single parents, first responders, and people in need. Since starting three months ago, she has made at least 1,200 pans of lasagna, working eight hours a day, seven days a week. "The world as we know it is falling apart, but my two little hands are capable of making a difference," she told The Washington Post. "I can't change the world, but I can make lasagna." People have contributed more than $22,000 so far. [The Washington Post]

GUESS WHO HAS JOINED FORCES TO MAKE ONE NEW AND IMPROVED RESOURCE FOR SOLDIERS, FAMILY MEMBERS AND CIVILIANS??!!!!

The Directorate of Human Resources (DHR) has a new division under it called SOLDIER & FAMILY READINESS DIVISION (SFRD). This division consists of the Family Rediness Center (FRC) located at 11042 Mt Belvedere Blvd (former SFAC building across from Guthrie Clinic) and the Soldier & Family Readiness Center (SFRC) located at 10250 4th Armored Div. Dr. (ASAP bldg). In these two buildings, you will be able to find every resource you need for yourself, your family, coworkers and friends.

**Inside the FRC:**
- SFRD Chief - 772-5447
- Employee Assistance Program (EAP) - 772-2597
- Information & Referrals (I&R) - 772-6557
- Outreach - 772-6556
- Financial Readiness Program (FRP) - 772-5196/0050/2919
- Army Volunteer Corps (AVC) - 772-2899
- Relocation Readiness (RRP) - 772-6566/6553
- Army Emergency Relief (AER) - 772-6560/6555/2855/8873
- Mobilization & Deployment (MOP/DEP) - 772-0509/2848
- American Red Cross - 772-6561/0864
- Military & Family Life Counselors (MFLC) - 315-350-1868

**Inside the SFRC:**
- ASAP Program Manager (ADCO) - 772-6704
- ASAP Specialists - 772-6706/2371
- Risk Reduction Program (RRP) - 772-6705
- Suicide Prevention Program (SPP) - 772-9018
- Drug Testing/UPL - 772-9017/8802/3855/4636
- Family Advocacy Program (FAP) - 772-5914/6929
- Victim Advocate (VA) - 772-5605
- Garrison SHARP - 774-0158
- New Parent Support Program (NPSP) - 772-4070/3571
- Exceptional Family Member Program (EFMP) - 772-5476/5488/0664