

Healing, Hope, & Help

SUICIDE
PREVENTION
NETWORK

November 2024



Here's what happened in the last month!

We are thrilled to share with you some events that took place last month ...

Our staff joined the employees of Bently Nevada/Baker Hughes for their October **Health, Safety & Environment Day**. Employees were able to talk to staff about our mission, resources, and impact on the community.

Suicide Prevention Network staff attended a **"Bridges of Support - Veterans"** event at Western Nevada College.

These events are just some of the outreach we are involved with in our mission to make a real difference in the lives of those who need it most.

Finally, we want to remind you that our non-profit relies on the kindness, generosity, and support of you ... our community members. If you are able to donate, please do not hesitate to reach out to us.

Debbie Posnien
Exec. Director

Veterans & Military Families

This month serves as a reminder of the dedication, resilience, and commitment that military families demonstrate daily. Veterans have served in various capacities, often placing their lives on the line to protect our freedoms. The sacrifices extend beyond them to their families, who also endure significant challenges. Frequent relocations, extended deployments, and the emotional toll of service can impact the entire family unit.

Community initiatives, mental health resources, local organizations and non-profits, and access to education and employment opportunities are vital. Military families are often characterized by their resilience; adapting to changing circumstances and finding strength in each other.

This month is a poignant reminder of the commitment and sacrifice that service members and their families make for our nation. As we honor them, let us also commit to support them in every way we can, ensuring that those who have served—and their families—are not forgotten.

In this newsletter
you can find:

Ongoing Groups

Monthly Awareness
Topics

Family Caregivers

November is ...

National Family
Caregivers Month

Veterans and
Military Families
Month

Alzheimer
Awareness Month



Ongoing Groups

PTSD Support Group

Nov 12 & 26, 6-7:30 pm ~ SPN's Office

Suicide Loss Support Group

Nov 7 & 21 ~ 6-7:30 pm ~ SPN's Office

Growth Through Change

Nov 6 & 20, 3:30-4:30 pm ~ Douglas County Community Center



Alzheimer Awareness Month

Increasing awareness about Alzheimer's helps reduce stigma and encourages open conversations about the disease. Education is vital for families, caregivers, and communities to provide necessary support for those affected. Awareness campaigns also promote research funding, leading to advancements in treatment and potential cures.

How to Get Involved

1. Educate Yourself and Others: Stay informed about the symptoms, causes, and effects of Alzheimer's.
2. Participate in Local Events: Join walks, fundraisers, or informational sessions to raise awareness and funds for research organizations like the Alzheimer's Association.
3. Advocate for Policies: Support initiatives aimed at improving healthcare access and funding for Alzheimer's research.
4. Support Caregivers: Offer help and understanding to those caring for individuals with Alzheimer's, as they often face emotional and physical challenges.

Alzheimer's awareness fosters understanding, compassion, and support for those affected by the disease. By educating ourselves and advocating for those impacted, we can work towards a future with improved care, research, and ultimately, a cure. Together, we can make a difference in the fight against Alzheimer's disease. **24/7 Helpline 800.272.3900**



Family Caregivers

Family caregivers are the backbone of the healthcare system, often stepping in to provide essential support to loved ones facing illness, disability, or aging-related challenges. These dedicated individuals manage a wide range of responsibilities, from administering medications, coordinating medical appointments to offering emotional support and assistance with daily activities. Typically, family caregivers are spouses, children, or other relatives who provide care without financial compensation. Many caregivers balance their caregiving duties with work and personal life, leading to a complex juggling act that can take a toll on their physical and emotional well-being.

While the act of caregiving can be deeply rewarding, it also comes with considerable challenges. Caregivers often experience high levels of stress, anxiety, and depression. The demands of caregiving can lead to physical exhaustion and neglect of their own health. Additionally, many caregivers feel isolated, lacking the support systems they need to cope with their responsibilities. Recognizing the importance of family caregivers is crucial for fostering a healthier environment for both caregivers and their loved ones. Support can come in various forms, such as respite care services, counseling, and community resources that provide education and assistance. Encouraging communication and sharing responsibilities among family members can also alleviate some of the burdens.