CARING FOR THE ENTIRE FAMILY

Each Yellow Ribbon Fund Keystone Program Coordinator has been charged with caring for the entire family. This includes our smallest warriors. Our children are more resilient than we give them credit for. Yellow Ribbon Fund understands the importance of keeping the family together and offers events that include everyone. This month, we celebrated a few “National Day” of’s, to include National Walk to school Day and National Child Health Day. These events were a hit among many of our Keystone Families.

Our Southern California Chapter hosted a Family Beach Bash. Families were able to enjoy some much needed respite. Our Metro Washington DC chapter hosted children for National Child Health Day, encouraging the children to spend some of their day being physically active and choosing healthy snacks. The Fort Campbell program hosted family bowling. Thank you to all the families that were able to participate.
The Metro Washington DC area and Northern California programs hosted couples to a date night cooking class. Where they worked on communicating and teamwork to create a delicious dish.

What a great weekend with some very special couples! What a restorative weekend! Gift bags, Horse racing, campfires, great food, sleep, alone time, restorative couple yoga, and a totally crazy cards against humanity game night in the mountains of rural East Tennessee!

Our couples in the Clarksville/Fort Campbell area participated in couples yoga where they were able to relax and enjoy their time reconnecting.

The Southern California caregivers enjoyed each other’s company making chunky knit pumpkins.
WAYS TO SUPPORT THE YELLOW RIBBON FUND

Kids Can Give Too

Teach about giving while your kids still receive a present and easily manage your invites & RSVPs.

How It Works

- Visit https://www.kidscangivetoo.com/
- Create a unique birthday invitation that manages the RSVPs and the Gifts
- Choose YELLOW RIBBON FUND as your child’s charity of choice
- Half of the monetary gifts will go to YRF and your child will receive a VISA Gift Card to pick out a present.

Choose YELLOW RIBBON FUND as your charity of choice.

Amazon will donate 0.5% of your purchases to YRF at no cost to you. AmazonSmile is the same Amazon you know. Same products, same prices, same service.

Support wounded, ill and injured service members and their caregivers by starting your shopping at smile.amazon.com!
Living With Gratitude

Simply put, showing awareness and acknowledgement for moments in life. When you practice gratitude, you naturally search for goodness, kindness and love in your day. Grateful people tend to be more happy.

Tips to Enhance Your Gratitude

Give Thanks

Don’t be picky. Appreciate everything good in life. It’s not just for the big moments in life.

Appreciate People

Practice gratitude with your friends and family. Compliment them. It will help strengthen your relationships.

Write Your Thoughts

Start a journal. Reflect on what you are grateful for. Or, write to someone who left an impact on you. Tell them why they mean so much to you!

Practice Before Bed

Give thanks for one thing that you never thought of being grateful for.

LOVE YOURSELF ENOUGH TO LIVE A HEALTHY LIFESTYLE.

Chicken Enchilada-Stuffed Spaghetti Squash

Ingredients

- 2 8oz Boneless, Skinless Chicken Breasts
- 1 2 1/2 to 3 lb spaghetti squash, halved lengthwise and seeded
- 1 1/4 cup red enchilada sauce, divided
- 1 medium zucchini, diced
- 1 cup shredded pepper jack cheese

Position racks in upper and lower thirds of oven; preheat to 450 degrees.
Place chicken in a medium saucepan, add water to cover and bring to a boil.
Cover, reduce heat to low and gently simmer for about 10 to 15 min. Transfer to a cutting board. Shred chicken. Transfer to a large bowl.
Use a fork, scrape squash from the shells into the large bowl. Place the shells on a broiler safe pan. Stir 1 cup of enchilada sauce, zucchini, salt, and pepper into the squash and chicken. Divide the mixture between the shells. Top with remaining sauce and cheese.
Bake on lower rack for 10 min. Move to upper rack, turn the broiler to high heat and broil, watching carefully for cheese to brown (about 2 minutes).
To serve, cut each shell in half.
The Yellow Ribbon Fund is Hiring & We Want You

The Yellow Ribbon Fund is expanding its reach to help our fellow caregivers. We are looking to hire in San Antonio, Texas and Tampa, Florida. You must be a military caregiver. For more information, send resume to gina@yellowribbonfund.org

Are you connected with us?

To Register as a Keystone Caregiver: https://yellowribbonfund.org/programs/keystone/

Yellow Ribbon Fund
(Organizational Page)

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