



# November Newsletter



## The San Diego Veterans Day Parade

See over 4,000 Veterans, Active Military, Bands, Floats and Civic Groups celebrate Veterans Day with the San Diego Veteran's Day Parade.

Fun facts about Veterans Day

- \*Note that the World War I armistice was signed on the 11th hour of the 11th day of the 11th month.
- \*There were around 21.8 million veterans in the United States as of 2010.
- \*There are around 9 million veterans over the age of 65.
- \*Around 1.6 million veterans are women.

### Neighborhood:

Downtown San Diego Embarcadero  
Harbor Drive and West Broadway  
San Diego, CA 92101

[GET DIRECTIONS](#)

Contact Info: 619-804-3200 [veteransparadesd@gmail.com](mailto:veteransparadesd@gmail.com)

Date & Time: Nov 11, 2021 10:00 AM - 12:00 PM.  
Arrive early to get good seating, starts promptly at 10:00 AM.

## First Responders Video On-Demand

Last month we featured the first video in our series examining the impact COVID-19 has on the families of First Responders. This month we discuss the *Impact it has on our First Responders*.



Listen to an active discussion on the impact COVID 19 has on the emotional and behavioral Health of First Responders. Understand how behavioral health related concerns impact work, family life and overall well-being. Learn how to identify signs that a First Responder, family member or co-worker is experiencing difficulty coping and managing stress, anxiety, trauma and burnout. Learn what you, your family member or co-worker can do to get confidential help.

[Part 1](#); [Part 2](#)



### Box Breathing

Here's a simple way to help clear the mind, relax the body, and improve focus

It is easy to do, quick to learn, and can be a highly effective technique for people in stressful situations.

- Breathe in for 4 seconds,
- Hold for 4 seconds
- Breathe out for 4 seconds
- Hold for 4 seconds

Repeat all steps least three times. Ideally, repeat the three steps for 4 minutes, or until calm returns. [Need a visual?](#)

### No Shave November

It's time to put down your razors, scissors or clippers and grow your hair for cancer prevention.

No-Shave November is a month-long campaign to raise awareness for cancer prevention. Last year you helped raise more than \$1.76 million!

[Sign up here](#) to start raising money by growing your hair to support those who can't. Donate the money you would spend on shaving and grooming to help Stop Cancer Before It Starts!

#LETITGROW



### Incentives for First Responders

Hyundai is offering a \$500 Bonus towards purchase or lease between April 1, 2021 – January 4, 2022.

- Customers must be active First Responders at the commencement of the program period.
- First Responders are defined as customers active as Police Officers, Sheriffs/Sheriff Deputies, Correctional Officers, State Troopers and Federal Law Enforcement Officers, Firefighters (paid or volunteer), EMT/Paramedics and 911 Dispatchers and their spouses.
- Customers must purchase an eligible new or unused Hyundai vehicle from a participating Hyundai dealership.
- Customer must take delivery of vehicle within the program period of April 1, 2021 – January 4, 2022.
- New and unused Hyundai vehicles. Eligible vehicles must be purchased at a participating Hyundai dealer during the Program Period.

<https://www.hyundaiusa.com/us/en/special-programs/first-responders>



### Free Training within the First Responder Community



Resiliency is a top priority in the First Responder community. First Responders are at a greater risk for experiencing symptoms of depression and anxiety due to repeated exposure to trauma. Many First Responders are hesitant to seek help because of the stigma surrounding mental health. Our staff provides free in-person and Zoom presentations to educate First Responders about stigma, resiliency and wellness; recognizing its impact, and providing tools on how to reduce stigma and promote wellness within the First Responder community.

Our team is working to promote prevention and support First Responders – creating custom presentations to meet the needs of one's department. Contact us today to request an in-person or Zoom presentation.

[Request More Information](#)



This program is funded by the County of San Diego/HHSO

1-833-983-4778

[Check out our website](#)