

THE COLLECTIVE NEWSLETTER

FALL/WINTER ISSUE #1

A Conversation With the Editor

Welcome to our quarterly newsletter! We are thrilled to share with you the latest developments in our mission to make a positive impact in our community.

In essence, we would like to express our gratitude to all of our sponsors, donors and volunteers who have continued to support us during these challenging times. Your generosity and dedication have allowed us to keep our programs running smoothly and effectively.

A heartfelt reminder, if you are able to donate your time or resources, please do not hesitate to reach out to us.

Together, we can make a real difference in the lives of those who need it most. Thank you for your continued support!

Enjoy the first quarterly newsletter!

TRAP

Thank You to Our Vets!

It is reported that the top five causes of death for Veterans are accidents, suicides, cancer, cardiovascular disease and homicide, according to the US Department of Veteran Affairs (VA). An average of 17.6 Veterans die by suicide every single day. Some may ask, well why are these statistics so important?

With today being Veteran's Day, the discounts and specials hosted every year are only a small crumb of appreciation. It's important to honor all who have served in the military with more than just one or two days and a restaurant discount. These service men and women sacrifice so much, just so civilians can have their privileges and freedoms.

This Veteran's Day, go above and beyond by supporting a veteran owned business, offer assistance at a local VA hospital or veteran center, donate or get involved in military organizations such as the Wounded Warrior Project, Blue Star Families and Disabled American Veterans (DAV)...or simply educating others about veteran services, resources and support can go a long way. Remember these actions can also take place throughout the year...not only on Veteran's Day.

We salute and support Veterans, military families, spouses and all who serve past and present. Thank You!



Food Pantries in Your Area

Due to the impact of our economy, here are some additional resources for food pantries in some local areas:

DC, MD, VA | [Capital Area Food Bank](#)

SC | [Harvest Hope Feeding the Carolinas](#)

NC | [Food Bank CENC](#)

TX | North - [North Texas Food Bank](#)

South - [South TX Food Bank](#)

East - [East TX Food Bank](#)

Central - [Central TX Food Bank](#)

If your area is not listed, please reach out to us, and we will assist you with additional resources.



Get Involved With the Collective | [Click Here](#)

Holiday Hopes & Habits

Tis' The Season to Procrastiate



If you're like me, and many Americans, you're a procrastinator when it comes to the big T word...Taxes. The dread of making sure you have all of your receipts and documentation in order to file taxes, just makes you cringe. So, you decide to wait until almost the very last minute to file.

If any of this sounds like you, then this article is to help you get ahead of the Tax Season Slump. According to the IRS, you can file your taxes as early as the last week in January (est. date January 27th), and as late as April 15th.

(And because we are working to be proactive, we won't mention the extension options.) But I digress...

Fellow readers, this is your reminder for this holiday season to plan accordingly. While sitting back, binge watching tv, or incessantly scrolling on social media, take some time out and get your tax paperwork together sooner than later. Enlist the help of a tax professional if the work load gets too tough. Or host a family "To-Do" night to help with the load.

Taxes don't have to be the weight that weighs on you this New Year. Get started early so that you aren't behind the curve.

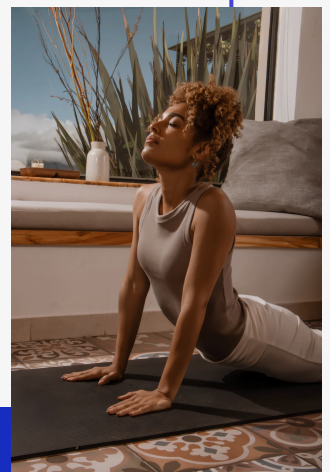


"I'll give you \$20 for it...Anyone whose paying \$50 for a cab, certainly would pay \$75..." Iconic actors, Kevin Bacon (Footloose, The Invisible Man, etc.) and Steve Martin (Father of the Bride, Cheaper By the Dozen, etc.) are running a rat race for a Yellow Taxi...in the middle of winter Manhattan...in the 1980's...in a three-piece suit with a large leather attaché briefcase. If the movie reference is unfamiliar to you, it's the Thanksgiving classic Planes, Trains & Automobiles, starring Steve Martin and John Candy, who play Neal and Del. Two business men, who couldn't be from the most opposite ends of the working class spectrum. Del a shower-curtain ring salesman, always looking for his next big ticket occupation and Neal a white collar Chicago advertising salesman, both struggling to travel home from the Big Apple together for the Thanksgiving season. Until things take a physical and mental health turn for the worst.

The holiday season is meant to be that one time of the year where you relax, unwind and break from the hustle and bustle of the entire year. The one time where you're meant to feel like you deserve a mental and physical break from running. But for some, the holiday season can be very taxing and exhausting.

Whether you're a single individual or a parent/spouse, the holiday season presents different stressors for all. According to The Pennsylvania Key organization, "Nearly nine in 10 (89%) adults say that concerns such as not having enough money, missing loved ones and anticipating family conflict cause them stress at this time of year." Parents Under Pressure: The US Surgeon General's Advisory on the Mental Health & Well Being of Parents, states that these then pressures can fall on children, from parental pressures.

Well this is your reminder to keep your balance and your peace. A few ways to prevent holiday exhaustion are to develop a strong social support network, create healthy coping mechanisms, keep to a healthy routine and daily life structure, and engage in activities that align with your values. During the holiday, if you start to notice signs of stress or dismay, it is important to recognize and validate your emotions, relax or take a breather for a moment and seek professional help if needed. We are all in this together.



Thank You for Reading!