

SENDING OUT AN ALTRUSAN



Altrusa International
SUPPORT OUR SOLDIERS
Service Project

Found on altrusa.org/international-sos-service-project-06032019-powerpoint/

First Category....

Care Packages to Deployed Service Men & Women



- Suggested List of items for packages
- Documents and boxes specific for mailing overseas to military
- Resources available to assist in locating service men & women

First Category....

Care Packages to Deployed Service Men & Women



Information for Mailing Packages

► United States Military

USPS has Priority Mail APO/FPO Flat Rate Box – MILIFRB

Size: 12 in. x 12 in. x 5.1/2 in.

SKU: MILI-FRBX

Always use the APO or FPO address, without the name of the city and country.

CORRECT:

PFC JOHN DOE
123RD ENG 2ND PLT - B CO
APO AE 09398-9998

► Canada Military

An International Customs Form(CP72) can be picked up from your local Canada Post outlet or the TMFRC.

Packages can be dropped at a local armoury or the Toronto MFRC (Free shipping from these locations!).

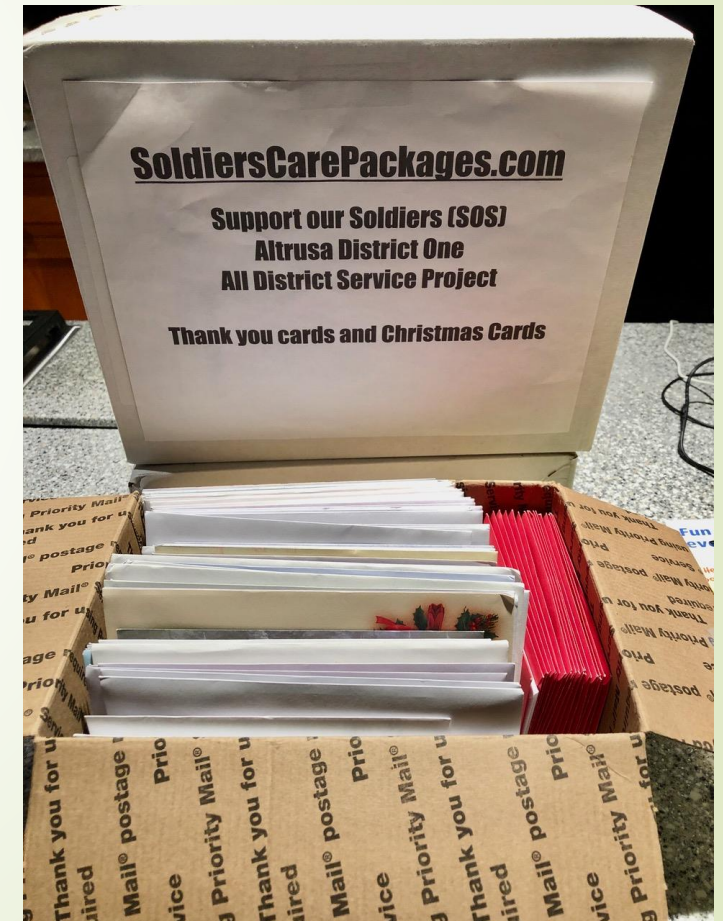
**RANK/INITIALS/NAME
UNIT/SECTION
OPERATIONAL NAME**

**PO BOX ##### (*this varies depending on the operation*)
Belleville, ON K8N 5W6**

Second Category...

Random Acts of Kindness

- Pick up the tab for their coffee or meal
- Drive a veteran to a doctor's appointment.
- Listen to a veteran's stories.
- Support an organization which trains service dogs
- Replace one clear light bulb with a green one.
- Help sponsor an honor flight.
- Write a letter ➔ ➔ ➔
- Volunteer at a VA hospital
- Get involved with the Veterans Assistance Program.



Third Category...

Helping our Homeless Veterans

- Partnership in helping the Homeless Veterans in all communities is ever increasing.
- Reaching out and volunteering within organizations that have made their mission to help the homeless in all communities is a challenge where Altrusans can make a difference.



AN AVERAGE OF
20 veterans
COMMIT
suicide
EVERY DAY.

Third Category....

Blankets of Warmth delivered every Christmas
to Home for Female Veterans



How Altrusans can help disabled veterans and their families

- Honorable ways to help veterans as a random acts of Kindness
- Supporting organizations in your community
- In the U.S- local Veterans of Foreign Wars, American Legion, AmVet or DAV.
- In Canada- is MFRCs (Military Family Resource Centres) and Royal Canadian Legion.
- In New Zealand- RSA (Returned and Services Association).

