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STATE REPRESENTATIVE • 92nd ASSEMBLY DISTRICT

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Thank You for Your Sacrifice

This year has felt like it will never end and it has affected us all in different ways. While it may seem like we are divided and have nothing in common, we share more experiences than we think. One of the greatest things about this country is our willingness to come together despite our differences and sacrifice to defend our freedoms.

With Veteran's day this week, I think it is important to reflect on and honor all of our incredible military veterans of the United States Armed Forces. These brave men and women have stood in the face of adversity day after day defending our freedoms that many of us take for granted.

This day originated after the end of World War I as Armistice Day to recognize those who paid the ultimate sacrifice while defending our great nation. However, in 1945 the name change was made to recognize all of our veterans rather than the ones who died in the First World War.

These veterans are our friends, coworkers, neighbors and people we bump into on the street. If you know a veteran, please tell them thank you for allowing you to live the life you want and for putting theirs on the line.

But it's not just their lives that are put in danger, their mental health is as well. I have been very outspoken about the importance of mental healthcare and in 2020 this is something to shine a spotlight on. If you or someone you know suffers with PTSD or another mental health issue, know that there are resources that can help and people that will provide a shoulder for you.

As always, feel free to contact my office with questions, comments, or concerns.

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