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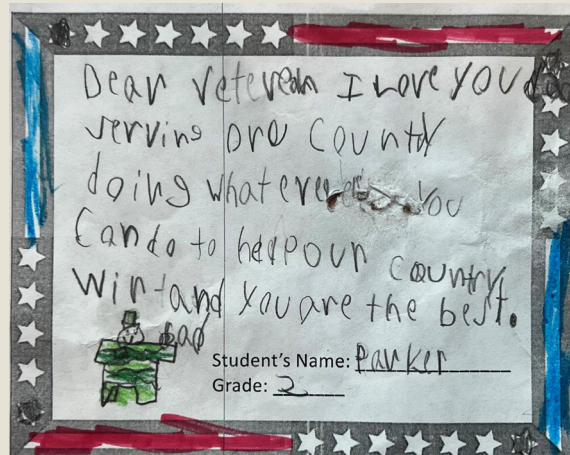
Big Thanks From Small Supporters

A special note for you

Every day, local schools, and community groups express their gratitude towards veterans. With your help, the veteran community has more than just a safe place to stay when seeking medical care. They have a place of peace, comfort, and desperately needed relief during difficult times.

"Thank you for serving our Country, for being the example of strength, bravery, and faith, for many generations to come."

*With all our appreciation,
Little Flower Catholic School*



Spring 2023

in the house

Veterans Guest House Newsletter



Get on the Green "Fore" Veterans!

Thank a Vet Golf Tournament
Monday, June 19
Incline Village Championship Golf Course

Al Porta Memorial Golf Tournament
Sunday, September 24
Toiyabe Golf Club

More information online at
Veteransguesthouse.org



The Desert Storm veteran has a proud smile on his face looking around his apartment, "Everything here I bought myself. I earned it."



The two-bedroom, one bathroom bungalow is fully furnished and is a separate property next door to VGH.



"I went from 'what am I going to do?' to 'I'm going to get out of here' thanks to OHH."

Marine Veteran Wins the Battle of Homelessness

Dale never imagined he would be one of the 750 homeless veterans in Nevada each year. After serving eight years in the Marine Corps as an Embarkation Logistics Specialist, he quickly found work as a landscaper.

Dale was heartbroken and emotionally exhausted, when he was kicked out of his apartment. He realized he had nowhere to go. He had no savings and no family in the area. Dale, once a strong and proud Marine, felt defeated living in a tent outside of town.

Something about an eight-year enlistment took the fear out of being unhoused. "When you're homeless you are not part of society. You just go into survival mode." Dale eventually met Grant Denton, the founder of Karma Box. Grant welcomed him to "Safe Camp" a modular pod shelter. He lived there for five months before becoming Veterans Guest House's first candidate for Operation Healthy Home, a program that provides housing and connects veterans to the resources needed to rebuild their lives.

Shortly after moving into VGH's brick house, Dale had multiple job offers and secured a role that could be flexible to his transportation needs. He cherishes his work, helping others who are in the situation he once found himself in. He moved into his very own apartment in January of 2023 and was recently promoted.

When describing his experience with Operation Healthy Home, he says "It meant the world to me. It relieved the stress and worry, which gave me time to figure a way out. If I didn't have OHH I imagine I would be somewhere, but nowhere close to where I am today." Dale's story is a testament to the power of community support and the difference donors like you make in the lives of veterans in need.

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Our Mission

To promote the health of veterans and their families by providing a warm, inviting temporary home and access to the medical care they need.

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Military Spouse Appreciation Day May 12
Armed Forces Day May 20
Memorial Day May 30

Remember a loved one by making a gift in their honor!

Providing Nourishment and Hope:

Combatting Food Insecurity Among Veterans with Your Support

Millions of veterans across America struggle with not having enough to eat. In fact, veterans between ages 18-64 are 7.4% more likely to experience food insecurity and disabled veterans are 22% more likely than their civilian counterparts. Fortunately, at VGH, veteran families have access to an abundance of nourishing meals and snacks seven days a week thanks to the generosity of individuals, service groups, and community supporters.

Access to food improves health outcomes for veterans who struggle with health issues linked to poor nutrition, such as diabetes, high blood pressure, and obesity. For those struggling financially, the support and care they receive makes a positive impact on their mental health. Knowing that they are not alone and that there are people who care about them can be a huge source of comfort for veterans who may be struggling with depression, anxiety, or PTSD.

By donating meals and food to veterans, you are helping improve the health of those who would otherwise go without. The loving support of our volunteer dinner hosts, food drive leaders, and charitable shoppers serves as a reminder that even small acts of kindness can make a big difference in the lives of those in need.



Post Consumer Brands not only makes a monthly donation of cereal, they also cook and enjoy dinner with guests.



Organizations such as Reno Elks Lodge, Hospice Network of Reno, Community Service Group and St. Lukes Lutheran Church collect and donate food to VGH.

From Marine Wife to Guest House Extraordinaire

An Inspiring Journey of Service and Support



In recognition of military spouses appreciation day, we honor our very own Kathi McGathey.

For 17 years, Kathi McGathey has been the heart behind the smooth operation of VGH - ensuring free lodging, meals, transportation, and special assistance are available to veterans and their loved ones. Her passion for serving the veteran community is fueled by her husband's military service and the life she remembers as the supportive wife of an active-duty Marine.

Traveling from her small hometown in Ohio, Kathi's first ever experience away from home was on her journey to accompany her husband to Japan. On her travels, with all her worldly possessions - including pots and pans. In the late '70's, she says "nobody spoke English when I arrived, but they all knew where I needed to go." Shortly after her arrival, her husband +++was sent to Korea for training, which is when she learned just how important the support of other military families was. "We lived out of town and happened to be neighbors with another American family. I was there one day before Scott left and so with their support and friendship, I was able to get settled in my new role as a military spouse in the midst of an unfamiliar country."

Kathi speaks fondly of her time as an active duty enlisted wife and understands the challenges that both veterans and their loved ones face. Beyond just a shared experience venturing into the unknown, she also knows how navigating

healthcare systems can also feel like negotiating foreign lands.

Through her work, Kathi has strengthened the veteran community by coordinating the services needed to make healthcare accessible. She has also helped create a peaceful place for veteran families to recover and heal. Many are emotional when they share their appreciation and the relief they feel when transportation expenses are no longer a barrier to getting the care they need.

But what most will tell you about is how important it was to them to have a sympathetic ear, a dedicated person to help navigate the often-complex healthcare system, or a caring someone to connect them with other resources in the community. They will tell you how Kathi knew what to say, where to go, or who to call. Kathi's willingness to go the extra mile alleviates the stress and anxiety that many veterans experience when traveling long distances.

We salute all those who have served their country, and we thank their loved ones who supported them before, during, and after their time of service.



Kathi's compassion comes from the life experiences of someone who has traveled many miles from home.

"Being a military wife doesn't get easier, you just get stronger"

61%

of guests struggle with food scarcity



Breaking Barriers to Care

VA and VGH work together to improve access to medical care for veterans



Andrea Burdette, Chief Nurse, Medicine Nursing Services VA Sierra Nevada Health Care System

Andrea Burdette is dedicated to removing barriers to care for the more than 100,000 veterans who are seen at the VA each year. Few know how complex patient needs can be like Andrea. Whether it is a veteran from Winnemucca who lives alone and needs a procedure, or the wife of a veteran who was just admitted to the ER, Andrea and her team of frontline professionals know they can count on VGH to provide support to veteran families. Andrea says,

"We work hard to provide the best care we can to our veterans. Often, veterans are unaware of the resources available to them. Having VGH as a partner eases the burden many of our patients face by keeping their doors open and their requirements simple. If a veteran is being seen here, they can stay there."

"I appreciate the can do attitude of the VGH staff and supporters!"

Thank you to Andrea and her team for keeping the veteran community informed about the support available to them directly across the street.

How You Can Help

There are many ways you can help support veterans in need.

Snacks



- Canned goods (spam, tuna, chicken)
- Individual snacks (chips, trail mix, fruit)
- Cookies
- Individual jello or pudding cups

Drinks



- Individual water bottles
- Gatorade
- Sugar free Gatorade
- Keurig coffee pods

Cleaning Items



- Fabric sheets
- Windex
- Antibacterial pump hand soap
- Mr. Clean Magic Erasers