



15 DEC 2024

Weekly Notes from Liz & Arlo



Arlo and I had a very busy week full of holiday cheer visiting with many children, police, military families, Santa, and his elves at various events. Many wondered if Arlo could be one of Santa's reindeer due to his size!! 😊

We attended the Shriners Children's Hospital Chicago, Holiday Party. We were able to visit with Children who are currently admitted in the hospital as well as some who have been released. It is truly a joy to be able to create a happy moment for these parents and children while they are enduring a challenging time in their lives. We were happy to see some children return for the party and show incredible progress since their hospital stay. They remembered Arlo and were excited to see him again! These are some of the most resilient children we have ever met and are honored to have met them.



We would like to thank Bobby Drell, Art Andos, and Nicholas Carrera for having Arlo and I as guests on their radio show, Where Are They Now. We are so grateful for the invite and enjoyed being able to discuss the work that we are doing with Resilient Heroes for our first responders and Military. Here is a link to listen to the broadcast:



AUDIO LINK:

Listen to Where are they Now Dec. 14 2024 by WCPT 820 Weekend on #SoundCloud

<https://on.soundcloud.com/Scsk9pwnSYL7rreu5>

FACEBOOK LIVE LINK:

<https://www.facebook.com/share/r/19oL27MbRc/>

We also attended the Chicago Society's Polish National Alliance Christmas Party. Everyone was happy to meet Arlo and learn about the mission of Resilient Heroes. A big thank you to them for having us and for such an amazing event.



Resilient Heroes would like to encourage you to please share our work and mission with others who support first responders and military personnel. Please visit our

website www.resilient-heroes.com and subscribe to our newsletter. Contact Liz Pol (founder) scheduling Psychoeducation training for your agency or organization.

*If you know of a case of a suicide of a first responder (active or retired) including Police, Firefighter, Paramedic, Dispatcher, and all branches of the military in which there is interest in completing a psychological autopsy please contact Liz Pol. We are also looking for volunteers to help with our mission efforts, as well as grant writers as we navigate through grant funding opportunities.

You can also visit our website to support our efforts with a one time or monthly donation. Thank you to those that have donated and supported our efforts, without you we are not able to make a difference and save lives! Resilient Heroes is a 501c3 tax exempt Not for Profit Federal Tax ID #93-1902230 All contributions are tax deductible to the extent allowable by the law.

Thank you!

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