



02 DEC 2024

A Note from Liz & Arlo.

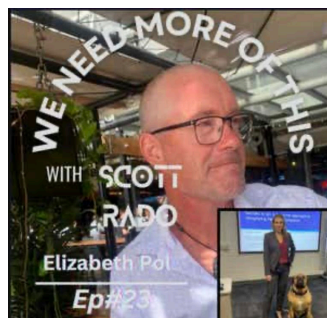


Liz and Arlo thinking of you every day with gratitude and hope.

Do you know that First Responders are more likely to die by suicide than in the line of duty? (Ruderman White paper, 2018).

I hope everyone had a good Thanksgiving! I know it is not an easy time for everyone and for those who struggle with this time of year, I want you to know that you are in our thoughts and you are not alone during this difficult time.

I would like to thank Scott Radovanovich from WE NEED MORE OF THIS PODCAST. We were interviewed by Scott on his amazing podcast all the way from New Zealand! Click on the link to listen: <https://open.spotify.com/episode/79fhWzoC6sJV9Nk9X13oKy>



Take a look at our very own ARLO being featured in the Shiner's Children' s Chicago Informer!
Attached is an excerpt from the article:

Arlo and I first attended the Shriners Children's Chicago holiday party as 'The Grinch and Max' in 2023. Arlo was a huge hit (pun intended- he weighs 200 pounds) and has since been volunteering regularly providing support and joy to the children and staff. Arlo also helps with physical therapy by encouraging children to walk the halls of the hospital while holding his leash. Being that Arlo is a gentle giant who loves people, it is no surprise that when he arrives at Shriners, he excitedly wags his tail and happily approaches everyone.

Although our work typically is with adults, the time that we have spent volunteering at Shriners Children's has been an amazing experience. Being able to help bring a smile to the children, families, and staff has been one of the most rewarding experiences. We are so grateful to volunteer with such an extraordinary organization, and we look forward to many more visits in the future.



The holiday season is in full force and we must remember that it is a difficult time for many. The Oak Park Police Department lost one of their own last Friday, the day after Thanksgiving. The officer was responding to a bank robbery, in a busy shopping area that was crowded with many shoppers. The officer was shot by the offender and killed in the line of duty. We hold the officer's family and his fellow officers in our thoughts!

Although we mostly dedicate this time of year to family, friends, gift giving, shopping and celebrations, there are many who are struggling in many ways. Many first responders and military personnel are experiencing a difficult time as they grieve the loss of close ones, experience hardship with new and old traumas, miss family/social gatherings due to work, and engage in increased drinking/medication use as a coping mechanism.

The protectors must continue to show up and keep others safe! First responders and the military continue to work through the holidays and do not always get to have the days off to spend with their families. While most people are having a family dinner on xmas eve, or opening presents on xmas morning our first responders are working and

responding to incidents when society is at its worst. Some of our military personnel is stationed overseas completing missions and not spend time with their loved ones. This holiday season please remember that and thank them for the work that they do.

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.

