

# PARENTS OF SOLDIERS TOGETHER CT (POST-CT)



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[www.Facebook.com/Parents  
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## POST-CT Colchester



### Supporting Our Town's Heroes

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HONORING THOSE WHO PROTECT  
US

Phone: (860) 326 6233

## Sending Care Packages

How often have you said, aloud, "I would love to do something for our soldiers, but how?"

Now you can stop talking about it and do it! You can! Just by donating, much needed supplies and some extra comforts that our men and women miss while serving overseas. Maybe you want to write a letter of appreciation, or even send a card. We make it easy for you by providing a place to bring those things to and paying for that cost!! Yes, now you do your part!

There is also opportunity to help put those care packages together and get them ready to ship out. This can be a great way to bless OUR freedom protectors with your time!

Look for our donation boxes  
around town in these locations:

- Town Hall Social Services
- The Polish American Club
- Browning & Lee Hardware

And look for our table outside Stop & Shop during the upcoming months collecting donations

## HERE ARE OUR CARE PACKAGE NEEDS

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White Socks - men's and women's different styles and sizes
- Tan T-shirts – Again for men and women, all sizes
- Travel sized deodorants, toothpaste, hand sanitizer, shampoo, conditioner, and body soaps, foot powders, and Q-tips
- Chap sticks- all kinds(it's the desert after all)
- Wet wipes or even better individually wrapped WET-Naps
- Flip Flops – ALL sizes, colors and styles best from Family Dollar or Wal-Mart
- Female hygiene products
- No-Rinse shampoo
- Zip-Loc baggies
- Every month we will collect these along with monthly themes. Like movies, books, games, and etc.

# Sweets for Soldiers

## COOKIES AND MORE

Low on cash? How about using your culinary skills and making cookies, candies or brownies?

Our men and women are fed well but they sure miss the home cooked meals they love!!! Let's send them love from us in the form of treats like their mom's used to make.

### OTHER TREATS:

- Granola Bars/Power Bars
- Single serving Chef - Boyardee meals
- Single serving goldfish, chips and pretzels, and trail mix
- Flavored packets for bottled water, those with electrolytes
- Gum, lots and lots
- Mints
- Chocolate, Chocolate and did I say Chocolate? Minis are perfect for putting in their pockets for patrols



## LOVED ONES LEFT BEHIND

While our wonderful soldiers are away, their families must not only deal with the emotional ups and downs, but also with added responsibilities on the spouses. POST-CT wants to meet their needs and lighten their burden to thank them for their sacrifice by supporting and sending their loved one for us!

## WHAT WE CAN DO

POST-CT along with Colchester Youth and Family Services would like to set up free babysitting once a month to get those moms or dads a night off to hit the movies, have a beer or glass of wine with us or even do a cookout. Also they will help provide child care during our monthly meetings so we can get new information we deserve.

We can also help with yard work and projects around the house or even car repairs when needed. Sometimes just a meal delivered with a Thank You card means the world to someone when they least expect it.

We will NOT stop there! Our goal is to honor all those serving and those who HAVE served!

## COLCHESTER'S VETERANS

Be a part of honoring those who stood for our freedom in the years gone by. We will NOT forget those who protected us before we ourselves knew the freedoms they fought to protect!

*Helping comes in many forms! A card or handshake on Veteran's Day, Fourth of July and Memorial Day are nice but in Colchester we can do MORE!*



## PROVIDING HELP

YOU can volunteer to help rake a yard, shovel a driveway, visit an ill Veteran and so many other ways to show appreciation to Colchester's Veterans. Please help us to honor them in whatever they may want or need to make their life a little better for the GREAT life they fought for us!

## OUR FALLEN SOLDIERS

POST-CT also wants to HONOR and REMEMBER those who have fallen while serving for our great town and country! We would like to work towards a webpage that shares those heroes' stories, pictures and acknowledge the greatest sacrifice made!



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