



May is National Military Appreciation Month. This celebration recognizes the millions of Americans who are active duty military members, or in the National Guard and Reserves, and includes retirees, Veterans, and their families.

Important dates include **Loyalty Day (May 1), Victory in Europe Day (May 8), Military Spouse Appreciation Day (May 8), Armed Forces Day (May 16), and Memorial Day (May 25).**

There's more:

- * May 1 recognizes those awarded **The Silver Star Medal**, remembering the sacrifices of wounded and ill Veterans. Learn more, [here](#).
- * **Public Service Recognition Week** is May 3-9. Learn more, [here](#).
- * May 13 recognizes **Children of the Fallen Patriots**. Learn more, [here](#).
- * May is the **Month of the Military Caregiver**. Learn more, [here](#).

It's easy to show your support!

While social distancing, try these ideas to demonstrate support for Servicemembers, Veterans, military spouses, children & caregivers:

- Call and thank them for their service and sacrifices.
- Hire a Veteran and recognize current military/Veteran employees.
- Launch a military ministry within your place of worship.
- Use #MilitaryAppreciationMonth on all social media posts.
- Reach out to a Veteran or military family in need.
- Assume a responsibility - take something off their plate.
- Send them a surprise and make their day.
- Treat them to their favorite take out menu.
- Send a care package to someone who is deployed.
- Send notes and cards to hospitalized Veterans or those living in Veteran homes.
- If you are a teacher, honor or recognize the designated days in your (online) classrooms.
- Encourage elected officials to recognize military and Veterans through social media posts.
- Donate to highly-rated military and Veteran organizations. See [list](#).
- On Memorial Day, observe a minute of silence at 3:00 pm, local time.
- Display the American flag on your home, car or business.