

## Veterans Service Alliance of Central Texas

### Minutes of October 21, 2020 Meeting held via ZOOM

#### ***Guest Speaker was Raymond Cockrell from the Killeen Food Care Center.***

- They provide free food to needy people. They have 150 volunteers and 200 community service volunteers helping five staff (4 part-time). Come by and get a tour anytime or volunteer to help. They distributed 2.4 million pounds of food this year and assisted over 90,000 people including 16,000 children and 16,000 seniors. 20% of those they serve are Active Duty, Veterans or retirees. \$1.00 purchases 7 meals.
- Each evening or on the weekend, volunteers prepare bags to give out to those needing assistance.
- They can only have two people in the building at a time, so no more “shopping” by the individual. Seventeen organizations and churches participate with the bag preparation. They also provided 6,000 emergency food boxes due to COVID-19. Bring Everyone In The Zone and The Killeen HELP Center were recipients of some of these boxes.
- The center also helps Meals on Wheels, local churches and smaller food pantries. They are hosting their annual food drive the Friday before Thanksgiving (November 20). This year they will not have food drop off but it will be totally virtual with all cash donations this year. They will be providing 2000 meals for Thanksgiving and 2000 meals for Christmas. 1000 are dedicated for Fort Hood.
- They have a Community Garden that was planted and tended to by Killeen ISD Students but since COVID-19 the participation has been down. It is a good idea to teach young people to help the less fortunate. The garden has 16 raised beds. The center received \$20,000 for Thanksgiving and Christmas. Donated to Foodcare.org or mail to PO Box 1656, Killeen, TX 76540.
- People usually can come one time a month and receive enough food for 10 days or about 35-40 pounds of food. In addition to canned goods and non-perishable items they also have meat, fresh fruit, bread items. They do not turn people away so if someone needs to come a second time they can. Also open 24/7 for military.

***Western Governor's University (WGU)*** – they are growing and now have 200,000 graduates. They have positions open. Military Outreach individuals. Hiring for South region including Texas and four other states and hiring in Kansas. Requires a college degree, prior military service or worked at the VA. [TX.wgu.edu/careers](http://TX.wgu.edu/careers)

#### **Food Care.org**

P. O. Box 1656 Killeen, Texas 76540

Food is provided to our customers Tuesday through Friday. Hours of operation are 9:00AM to 1:00PM, with extended hours on the first and third Friday evening from 4:00PM to 7:00PM. Food is provided to individuals, families, organizations, churches and community service workers based on need.

Raymond Cockrell 512-818-1497 Donations can be made at [www.foodcare.org](http://www.foodcare.org) or via mail at P.O. Box 1656, Killeen, TX 76540.

**Help Heal Veterans 819 S. 5th St, Temple.** Corner of Avenue I and 5th St. Monday-Friday, 9am-5pm 254-773-8900 temple@healvets.org Face masks available. \*DAV rep for Vet benefits here every Tuesday from 10am-5pm. \*Veteran Food Pantry behind DAV 147 in Killeen. Today at 5pm the veterans who access Heal Vets are scheduled to attend. 254-316-3163

**Trauma-Informed Care** training for those working with Veterans 12/2 11-12:30 and 12/10 3-4:30 contact Rhoda Hacker, IPVAP Coordinator VA at 254-400-6293

From Anna Ruhlman to Everyone: 11:06 AM

<https://www.fhahfh.org/home-repair>

family@fhahfh.org

254-392-2345

**Starry Counseling** – Killeen/Copperas Cove/Lampasas (254) 213-2035

Elizabeth Brothers, MS, LPC, Registered Play Therapist (Team Supervisor)

Email: beth.brothers@starry.org

Also have locations in Round Rock, Georgetown, Temple, Waco, Stephenville, McKinney, Wichita Falls  
Free counseling services for families with children ages 0-17; must have custody and child cannot have been formally adjudicated.

Individual, group, family appointments available via telehealth, with EMDR offered in-person if needed

Fatherhood program – counseling for male caregivers of children

Nurse Family Partnerships – developing program to offer health care services for expectant parents (mothers/fathers/partners) from conception to birth. Looking for letters of support from community partners to get program going in Bell, Coryell, and Lampasas counties. If you are willing to offer letter of support to help us launch the program, email me and I can send you a template to make it easy!