

Pay Your Respects this Memorial Day to military veterans for their service

Demian Dunkley
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Memorial Day is just around the corner, how will you be spending it? Everyone gets excited when a three-day weekend is ahead, however, many of us might not know the real reason for the extra day off.

Memorial Day was founded in 1971 to honor military veterans for their service, sacrifice, and those who gave their lives for this country.

Instead of whisking away to the beach this Memorial Day weekend, do something to honor our veterans.



Lend a Helping Hand

More than 70% of veterans suffer from substance abuse and more than 50% have mental health issues,

such as [PTSD](#), making it difficult to maintain jobs and relationships. This leads veterans to make up 12% of the adult homeless population.

This memorial day, reach out to veterans in your neighborhood who may need a little support and love. Who knows, maybe hosting a neighborhood barbecue would help more than you think?

For more ways you can lend a helping hand, [click here](#).



Attend a Memorial Day Parade

Honor our veterans by attending or watching the [live stream](#) of the National Memorial Day Parade held along Constitution Avenue in Washington, D.C. on Monday, May 27 at 2:00 p.m. EST. You can also attend a parade happening in your local community.



Watch the National Memorial Day Concert

The National Memorial Day Concert will be [broadcasted live](#) on PBS the night before Memorial Day, Sunday, May 26 at 8:00 p.m. EST. This concert honors and appreciates our veterans through musical performances, dramatic readings, and documentary footage.

For more information about the National Memorial Day Concert, [click here](#).