
THE PEOPLE'S PATRIOT PROJECT

PATRIOT PRESS

"We remember those who were called upon to give all a person can give, and we remember those who were prepared to make that sacrifice if it were demanded of them in the line of duty, though it never was. Most of all, we remember the devotion and gallantry with which all of them ennobled their nation as they became champions of a noble cause."

- Ronald Reagan

WELCOME

Welcome to The People's Patriot Project's official monthly Newsletter!

Thank you so much for your support and collaboration! We are glad to have you here!

In this Newsletter, you will find information on the who, what, when, where, and why behind The People's Patriot Project.



If you or someone you know needs help,
do not hesitate to call.
WE ARE HERE FOR YOU

CONNECT WITH US



The People's Patriot Project



WEP3RADIOLIVE



[https://thepeoplespatriotproject.org/
home](https://thepeoplespatriotproject.org/home)



Crisis Hotline: 988-1
PPP: 763-238-5971

We Be People...

WE, THE PEOPLE, THE PEOPLE'S PATRIOT PROJECT, have adopted the Mission of Honoring and Empowering those who have served by being the shock and awe when combating the silent and deadly enemy of our veterans and first responders, the enemy that leaves mortal and invisible wounds.

CORE VALUES

- Aid those who sacrificed for us
- Support the families of civil servants
- Heal the traumas of service
- Share the burdens of our community
- Create opportunities for Patriots

OUR VISION

Our Vision is to provide a community and network of support, with the necessary tools, insights, and resources to aid in the rehabilitation of veteran and current service members and civil servants to go through a recovery process and transition into real-world opportunities and situations.

WE DO WHAT WE DO IN THE NAME OF HONOR FOR THOSE WHO HAVE SERVED; COMBATING THE SILENT, INVISIBLE, AND DEADLY ENEMY OF OUR VETERANS AND FIRST RESPONDERS, THE ENEMY THAT LEAVES MORTAL AND INVISIBLE WOUNDS.

WE want to help provide more fulfilling life memories and experiences by providing resources and facilities that will show an appreciation for the sacrifices and service these members have already provided to our country and community. Adding to their memories and experiences for the main purpose as they have sacrificed their livelihood to promote the life securities and freedoms we all share as Americans.



WE GOT YOUR 6 @ 6

Every week at 1800 central time, we share our guests' stories on our live streamed Podcast. We come together to discuss anything from tragedy to triumph, music and laughter, and so much more. There is nothing separating us from the mission we set out to conquer! So tune in every Sunday at 6pm on Facebook and Youtube and be a part of the solution with us!

This month, we have some awesome guest speakers and musicians who want to do just that! Listen in as they offer empowerment and healing in the body and mind through peer support, intervention, mental and holistic wellness, art, music, self discovery, and so much more. There is something for everyone this month of January!

JANUARY GUEST LINEUP

DATE	EPISODE NUMBER	GUEST
04-January-2026	#286	TBD
04-January-2026	#286	The Resilient, Musician
11-January-2026	#287	William Person, Team USA Bobsled Athlete
11-January-2026	#287	Emily Perkins, Musician
18-January-2026	#288	TBD
18-January-2026	#288	TBD
25-January-2026	#289	TBD
25-January-2026	#289	TBD

THE GODFATHER'S BOOTH

With Derrick Iozzio



Happy New Year!

A new year, a new start!

Instead of focusing on New Year's resolutions, the kind we make and then break by February, why not look at something more realistic and achievable?

I think we are all guilty to some degree of making resolutions that we don't keep.

Something that will benefit you mentally.

Take a look at your mental health. If you are struggling, reach out and ask for help.

Plan to make time for yourself, especially if you are the busy, always-on-the-go type of person; consider finding ways to schedule some downtime.

By focusing on our mental health, we can actually work on our physical health.

Things like walking are beneficial, they do not cost anything, and while we are walking, we can practice mindfulness.

Consider joining a peer support group. These groups are great for sharing information, meeting others, and learning.

In short, there are ways to become a better you in this new year.

The People's Patriot Project extends a Happy New Year to you and yours!

Patriot Pride!

Carrying the Mission Forward

The New Year doesn't have to be about drastic change. For those who have served—or who support someone who serves—sustainable resolutions are often the ones that honor lived experience, promote balance, and strengthen community. These mindful intentions focus on progress, not perfection. Let us not go another year hoping or dreaming about what our future looks like. Instead, let us create sustainable change and live with intention to move toward the life we desire.

1. Practice “Check-In, Not Tough It Out”

Instead of pushing through stress automatically, commit to regular self-check-ins:

How am I really doing today—physically, mentally, emotionally?

Normalize asking for help early, not as a last resort.

This small habit can prevent burnout and long-term strain.

2. Redefine Strength

Resolve to expand the definition of strength:

Strength can mean rest.

Strength can mean vulnerability.

Strength can mean saying “no” when needed.

This mindset shift supports long-term readiness and resilience.

3. Build One Meaningful Connection

Rather than expanding your network, focus on depth:

Reconnect with one battle buddy, coworker, or family member.

Schedule regular check-ins (monthly coffee, call, or walk).

Strong relationships are one of the most powerful protective factors against stress and isolation.

4. Create a Simple Daily Reset Ritual

A daily reset doesn't need to be complicated:

5 minutes of quiet breathing.

A short walk.

Writing one line of gratitude or reflection.

This anchors the nervous system and helps transition between “mission mode” and home life.

5. Honor the Body Without Punishment

Instead of extreme fitness goals:

Focus on movement that supports longevity and injury prevention.

Listen to pain signals without judgment.

Sustainable readiness comes from respect, not overexertion.

6. Give Yourself Permission to Evolve

Service changes people. Resolve to:

Allow interests, goals, and identities to shift.

Release pressure to “be who you were”.

Growth after service is not loss—it's adaptation.

7. Model Mindfulness for the Next Generation

For families:

Practice emotional honesty at home.

Teach children that stress is manageable and feelings are valid.

This builds emotional resilience across generations.

8. Choose Progress Over Perfection

Commit to showing up imperfectly:

Missed days don't equal failure.

Small steps still move the mission forward.

Consistency beats intensity every time.

The most sustainable resolutions aren't about doing more—they're about listening better, connecting deeper, and living with intention.

SPONSOR SPOTLIGHT

OUR MISSION CAN ONLY EXIST WITH THE HELP AND SUPPORT OF PEOPLE LIKE YOU!

IF YOU OR ANYONE YOU KNOW WOULD LIKE TO BE A NEWSLETTER SPONSOR - SEE BELOW.

THANK YOU FOR YOUR CONSIDERATION AND THANK YOU FOR YOUR SPONSORSHIP.



WE APPRECIATE YOU!

FOR MONTHLY SPONSORSHIP, PLEASE MAKE THE PAYMENT VIA VENMO OR PAYPAL @THEPEOPLES PATRIOTPROJECT

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