

# FORGOTTEN NOT GONE

#### ABOUT FNG AND TRIKE LIFE

- **#FNG** is proactive in Veteran suicide prevention by addressing the triggers of suicide and WHY it continues to happen.
- We Provide and maintain a fleet of Velomobile recumbent trikes (3 and 4 wheel bicycles, some with electric assist) FREE of charge to ride for our local Veterans and their families to #GetOutTheDamnHouse and learn to live life #StigmaFree
- Located in Las Vegas, the entertainment capital of the world, the battle born state of Nevada, #VegasStrong and yet ground zero for one of the HIGHEST Veteran suicide rates in the nation.

#### ABOUT FNG AND TRIKE LIFE

#### **OVERVIEW**

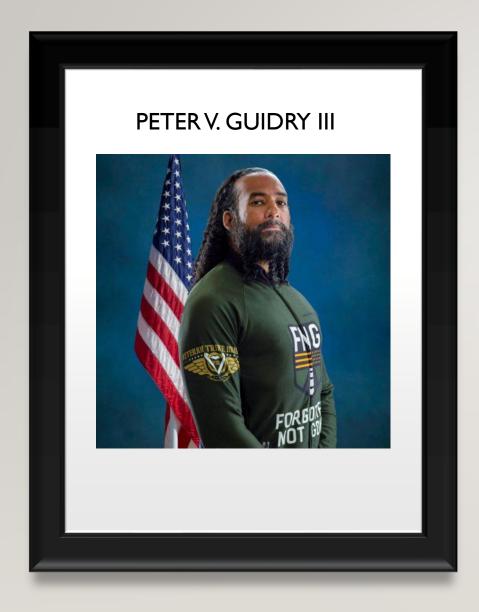
• Forgotten Not Gone is a 501(c)(3) Veteran For Purpose Organization that is **dedicated to** "Stomping Out Veteran Suicide!" Feeling alone, forgotten, and abandoned causes #TooDamnMany Veterans to take their own lives daily in the United States. We proactively engage suicide prevention through emotional, physical, and spiritual health within a Veteran peer support environment. #FNG inspires our military community who were not lost at war but forgotten at home to make a decision to live again.

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Nevada is one of the highest in the nation in suicides. Veterans and their loved ones in crisis should call <u>1-800-273-8255</u> and Press 1 or chat online at <u>VeteransCrisisLine.net</u> to receive free, confidential support from the VA Veterans Hotline 24 hours a day, 7 days a week, 365 days a year, even if they are not registered with VA or enrolled in VA health care. Veteran administration suicide prevention resources for Veterans and their loved ones #BeThere <a href="https://www.mentalhealth.va.gov/suicide">https://www.mentalhealth.va.gov/suicide</a> prevention/resources.asp Forgotten Not Gone is ran by an All-Volunteer Force. <a href="Info@ForgottenNotGone.Org">Info@ForgottenNotGone.Org</a> (702) 706-5777



# MEET THE FOUNDERS



FNG IS PREDICATED ON PETER'S BELIEF IN SERVICE BEFORE SELF. "WE NEED A COMPASSIONATE PLACE TO HEAL FROM OUR MILITARY SERVICE, TO BE AROUND PEOPLE RESPECTFUL OF OUR CULTURAL DIFFERENCES."

AS AN AFRICAN-AMERICAN (ISRAELITE) VETERAN, PETER RECOGNIZES THE BARRIERS THAT CAN FACE VETERANS FROM ALL WALKS OF LIFE AND BELIEVES PASSIONATELY IN THE TRANSFORMATIVE POWER OF COMMUNITY, FAITH, VETERAN PEER SUPPORT, OUTDOOR RECREATION AND INTEGRITY.

"FNG GIVES ME A REASON TO GET UP IN THE MORNING AND PRESS PAST THE PAIN, IT HAS BROUGHT ME CLOSER TO MY WIFE, CLOSER TO MY FAITH, AND CLOSER TO THE LIFE I WANT TO LEAD. I'M STARTING TO ENJOY A QUALITY OF LIFE AND NOW I'M HAPPY TO BE ALIVE."

KEEP THE FAITH

RETIRED AIR FORCE VETERAN #FNG TRIKE COMMANDO PETER V. GUIDRY III "KEPHA YISRAEL" | CORINTHIANS 12:14-26



KELLEY GUIDRY WAS DRAWN TO SERVE BY A FAMILY HISTORY OF SERVICE IN THE MILITARY. THE MILITARY FELT LIKE A CHANCE TO SEE THE WORLD THROUGH A NEW LENS, AND THIS BECAME A REALITY FOR KELLEY. UPON JOINING KELLEY BUILT LASTING RELATIONSHIPS QUICKLY, MOST NOTABLY WITH HER HUSBAND (AND CO-FOUNDER OF FORGOTTEN NOT GONE) PETER "KEPHA".

IN CO-FOUNDING FORGOTTEN NOT GONE, KELLEY WAS ABLE TO BRING HER COMPASSIONATE NATURE TO THE FORE. ROOTED IN A DESIRE TO MAKE HER HUSBAND'S QUALITY OF LIFE BETTER AND EASE THE ANXIETY, DEPRESSION AND PTSD HE WAS STRUGGLING WITH. RIDING VELOMOBILE RECUMBENT TRIKES WAS INITIALLY A MEANS OF GETTING OUT OF THE HOUSE. EXCURSIONS PROVIDED ESCAPE, WHEN PETER'S PEERS JOINED, IT PROVIDED CONNECTION, AND IT WAS KELLEY'S BELIEF IN SERVICE OVER SELF THAT TURNED A TRIKE RIDE INTO THE NON-PROFIT YOU ARE LEARNING ABOUT TODAY.

KELLEY HAS BEEN ABLE TO TAKE HER "SERVICE BEFORE SELF" ATTITUDE, PARLAY IT INTO FORGOTTEN NOT GONE'S PHENOMENAL GROWTH AND OUTSTANDING COMMITMENT TO VETERANS IN NEED. HER GOAL IS TO GROW FNG INTO A NATIONAL ORGANIZATION THAT CONTINUES TO PROVE THAT LIFE AFTER MILITARY SERVICE IS JUST AS RICH AND FULL OF OPPORTUNITY IF NOT MORE THAN ACTIVE DUTY, GIVING VETERANS AND THEIR FAMILIES BACK A QUALITY OF LIFE.



# HOW WE HELP



## **EMOTIONAL**

OVERCOMING OUR DISABILITIES
THROUGH A VETERAN PEER
SUPPORT NETWORK

#### **EMOTIONAL**

#### **EMOTIONAL**

- The most important part is the connection the Veteran is not alone. Service Members who have lived through similar experiences, visually see other Veterans overcome their physical disabilities and self-limiting beliefs.
- Through a Veteran Peer Support Network, they can share and become more comfortable with their past, ultimately learning new encouraging, and healthy coping skills.
- Social connections are an important source of fun,
  pleasure, sense of security, quality of life, and stability, all
  of which play into maintaining good physical and
  emotional health.





### **PHYSICAL**

HELPING OUR VETERANS
#GETOUTTHEDAMNHOUSE WITH
OUTDOOR RECREATION

#### PHYSICAL

#### **PHYSICAL**

- Outreach through physical activity has a profound mental effect on a person. Our fleet of velomobile recumbent trikes helps Veterans get their minds off self-destructive thoughts while creating and releasing healthy endorphins.
- Our Veterans exercise and not just to keep their weight in check. We need to be active for our biological systems to work properly this includes our brain functioning.
- Our bodies and minds are connected and in constant communication, so physical activity can affect what goes on in our Veteran's brains, and vice versa.





# SPIRITUAL

REPAIRING A BROKEN SPIRIT AND RESTORING #HOPE. ONE SCRIPTURE AT A TIME.

# SPIRITUAL

#### **SPIRITUAL**

- The path from moral injury to moral repair is long and requires courage. Forgotten Not Gone encourages spiritual health and development for our service members. Many of our great national leaders—among them Presidents Washington, Jackson, Lincoln, and Wilson—paid tribute to the surpassing influence of the Bible in our country's development. As once said by President Jackson, the Bible is "the rock on which our republic rests".
- Public Law 97-280 ~ 96 STAT. 1211 ~ 97th Congress OCT. 4, 1982
- Romans 15:4; Ecclesiastes 3:1-8; Psalms 19:7; The Wisdom of Solomon 16:12 1 Corinthian 12:14-26





# CONTACT US

#### **Contact Us**

Give us a call to schedule a visit.

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Email: <u>info@forgottennotgone.org</u>
For Media Outlets or Interview

Requests: <u>MediaRequest@ForgottenNotGone.org</u>

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# THANKYOU

