



VFW Auxiliaries are asked for **Volunteer Recruitment, Recognition and support** to help serve our veteran in VA facilities and non-VA facilities. Volunteers are awarded pins and certificates. If unable to volunteer Auxiliary members have an opportunity to check out their local nursing homes to see how many veterans are in the nursing home and send cards or talk to the veterans. Many still have their rooms decorated with war memorials and would love to tell their stories. Please bring children to hear their stories, or Boy Scouts/Girls Scouts. Remember there are awards for volunteers. What a great way to Educate the Community on Service in VA and non-VA Medical Facilities and Health Research.

September is the month for suicide awareness. Remember your **donations** toward **hospital projects for therapeutic kits for hospitalized veterans** (whether hospital or nursing home, or veterans in Non-VA facilities). The kits (woodworking, painting, leather, models, and variety of needlecrafts, paint by numbers etc.) assist veterans to prevent PTSD/ and risk for suicide, manage stress, motor skills, cognitive functioning, and traumatic brain injury while also improving their sense of self-esteem and overall physical and mental health. The projects help veterans feel good about themselves and feeling of self-worth in society.

❖ **Reminders to share:**

- Veterans Crisis Line • Call: 1.800.273.8255 press 1 • Text: 838255
- Chat: www.veteranscrisisline.net
- Blue Teardrop Sticker
- Promote the research of mental health treatment options.

❖ **The National Ambassador Cyleria Gerrets stresses:**

- The Campaign to Change Direction www.changedirection.org
- Give An Hour www.giveanhour.org
- Patients Like Me www.patientslikeme.com/join/vfw
- One Mind www.onemind.org
- Help Heal Veterans (Therapeutic Craft Kits) www.healvets.org
- The Elizabeth Dole Foundation www.elizabethdolefoundation.org

VFW Auxiliaries have the opportunity to **Educate the Community** on Research and Health:

- VA website www.research.va.gov
- Information on how research of veterans' health has expanded in recent years.
- Promote the VA Research and Development Program.
- Office of Research & Development has printable fact sheets available at www.research.va.gov/topics

Please **review the updated Department Hospital site** for ideas to serve our hospitalized veterans and their needs. Wish lists will be made available on the Department hospital site after our 8/26 meeting. Remember the year-end report **cannot** be blank. There are so many ways to volunteer, sew, send cards, visits etc. The awards are \$10 (most completed report), \$5, \$5, and \$5. The \$5 I will look at content.

Hospital visits have started August 5th Tomah, 8/15 Minneapolis, 8/16 Chippewa Falls, 8/17 King (VFW/Auxiliary day)- Official visit 8/26, September 23 Iron Mountain, October 16th Zablocki and Union Grove. If interested please let me know.

“Giving Hope to Veterans and Families” as we are “Serving our Veterans with Aloha”

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