



## VETERANS OF FOREIGN WARS AUXILIARY

Dept of WI - General Orders - March

Veterans & Family Support

[www.wivfwaux.org](http://www.wivfwaux.org)

In these trying times family is our greatest support. Working together we are all making a difference for our veterans!

### **Spread the Word about National Veterans Services (NVS)**

Did you know that the VFW is celebrating an incredible milestone? One hundred years ago at our National Encampment, our forefathers established the National Service Bureau, known today as National Veterans Service, to work with the government to ensure America's veterans received the benefits they earned and deserved.

Your generosity sees to it that nearly 300 VFW Service Officers are available free of charge to any veteran in need of help. Last year, more than 100,000 veterans worked with their VFW service officer to file new VA benefit claims. In all, the VFW represents more than 500,000 veterans who receive more than \$8 billion in earned benefits every year from VA, according to <https://heroes.vfw.org>.

These highly skilled professionals assist all veterans, whether they are VFW members or not, in filing claims for:

- Disability compensation
- Rehabilitation and educational programs
- Pension and death benefits
- Employment and training programs



You can donate to NVS either online or by mail.

- Donate online at [www.vfw.org/ways-to-help](http://www.vfw.org/ways-to-help) and select National Veterans Service, click "Contribute"
- Donate by mail by sending funds to the VFW earmarked for NVS. Mail check to:  
VFW National Headquarters  
ATTN: NVS  
406 W. 34<sup>th</sup> St, 11<sup>th</sup> Floor  
Kansas City, MO 64111

### **Mental Health and Wellness**

The purpose of this program is to educate VFW and VFW Auxiliary members, veterans, and communities about the important topic of health and wellness, and offer proven tools to intervene on behalf of veterans in crisis. In order to raise awareness, foster community engagement, improve research and provide intervention for those affected by invisible injuries and emotional stress, the VFW has teamed up with the nationwide organizations [Give an Hour](#) and [the Campaign to Change Direction, One Mind, PatientsLikeMe](#) and the [Elizabeth Dole Foundation](#) to combat this critical issue. Our VFW and VFW Auxiliary must work together on every level to bring the needed awareness and education to everyone. Mental health issues for veterans and the military community are complex, often unseen, and affect more than just the service member or veteran.

Know the five signs of emotional suffering:

- **Personality Change:** Sudden or gradual changes in the way someone typically behaves
- **Agitation:** When someone seems uncharacteristically angry, anxious, agitated or moody.
- **Withdrawal:** Withdrawn or isolated from other people; pulling away from family and friends
- **Poor Self-Care:** Has stopped taking care of themselves and may engage in risky behavior
- **Hopelessness:** Seems overcome with hopelessness and overwhelmed by their circumstances.

A staggering 20 veterans commit suicide every day, and the VFW is committed to helping change the narrative and stigma surrounding mental health in America!

"Honoring our Mission to Serve Veterans" as we "Soar Like an Eagle for Veterans".

Loyally,

Sherrie Rosenau

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