VETERANS & FAMILY SUPPORT

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The main reason that many of us have gotten involved with the VFW Auxiliary was to thank and assist our Veterans for all they have done and continue to do for us and our country. As family members of these veterans, we understand their sacrifices. We are all here and united in our desire to support our veterans and their families and there are many ways that we can do so.

Our focus for the upcoming year is to "Always Stay True to Our Red, White and Blue"! We will be continuing many of the programs that have been in effect such as Trees for Troops, which has been so successful over these past years. We will be looking to implement some new programs as well and as a new chairman I would love to hear from you with suggestions on how we can continue to support our veterans and their families.

Headstrong Project

This organization is the Special Project for President Justine Robles and Commander James MacArthur for this year. The purpose of this organization also falls within the scope of this committee and we also wanted to highlight it here. This is a national nonprofit that is working to help veterans and service members "Triumph Over Trauma". Please consider organizing an event to raise awareness and funds to support this organization.

Mental Health Awareness and Suicide Awareness

Unfortunately, many of our veterans are returning home with heavy hearts and minds. We would like to raise awareness in our local communities to this issue and continue to work to breaking the stigma that surrounds mental health. There are many organizations that we can work with to combat this stigma, such as the Elizabeth Dole Foundation. Connect with your local Veterans Health Administration for more information about programs in your area.

We will continue to work with the VFW to have "Stop 22" Events throughout the state. "Stop 22" is a program to raise awareness to the issue and proceeds will benefit the VA's Suicide Prevention Programs.

The Veterans Crisis Line serves veterans, families and friends and is available 24 hours a day, 7 days a week, 365 days a year. Educate everyone on this service – Call 988 and press 1.

Holiday Cheer / "Trees for Troops"

We will be working again this year with the Department's VFW to send trees, decorations and menorahs to our troops overseas. Trees are \$25 each. Please complete the form included in the President's Packet and return to me by the deadline indicated on the form.

"In Lieu of Cards"

We will design a card that will accompany trees, menorahs and decorations to the troops overseas for the holiday season. This is a special card and we hope that you will all participate in signing this card to remind our active duty personnel that they are not forgotten during the holiday season. The card will be available for signatures at OTI and Fall Conference for a donation of \$5 per signature.

National Veterans Service (NVS)

This program provides a nationwide network of nearly 300 VFW Service Officers to assist veterans, and their families navigate the Veterans Affairs system and obtain the benefits that they are eligible to receive. Support t NVS by contributing on the Department of New York Donation Form found in our guidebook or our website.

VFW Veterans and Military Support Program (VMS)

Started by the VFW, this program serves active duty and recently discharged military. It consists of 3 sections noted below. Support this program by contributing on the <u>Department of New York Donation Report From found</u> in our guidebook or on our website.

- <u>Military Assistance Program (MAP)</u> This program assists Posts, Districts and Departments with financial assistance to sponsor multiple events for active duty military in many ways such as help with postage expenses and care packages. For guidelines, contact the office at (816) 756-3390.
- <u>Unmet Needs</u> The Veterans of Foreign Wars Unmet Needs Program offers grants up to \$1,500 to eligible Veterans, service members and military families.
- "Sport Clips Help a Hero Scholarship" Up to \$5,000 is awarded to qualifying veterans and service members to complete their education goals. Visit vfw.org/student-veterans-support

Fall District Meeting – Go to MALTA/Resources/Veterans and Family Support and complete the National Award #1. Donate to "In Lieu of Cards" and Trees for Troops. Hold a Stop 22 event and seek donations. And never forget to Report! Report! Report!

Spring District Meeting – Promote VFW programs – Unmet Needs, Service Officers, MAP, Scholarships

Fall Department Conference:

"In Lieu of Cards" – Stop at my table and sign the card! For each donation of \$5 you will be able to sign and write a brief message that will accompany the Trees for Troops

- Participate in Stop 22! Raise awareness of suicide prevention and mental health through your participation. We will be holding an event at this conference plan on joining us!
- Holiday Cheer/Trees for Troops Donate \$25 for a tree/menorah/decorations

Spring Department Conference:

Promote VFW programs – Unmet Needs, Service Officers, MAP, Scholarships

Department Awards – See page 4 of this Guidebook.

Year End Report due April 15th to Chairman Kim Cavallo

National Awards – Visit the National VFW Auxiliary website to see the criteria and entry forms for all awards you can apply for.

Thank you for all that you do for our Veterans and their families as we remember to "Always Stay
True to Our Red White and Blue"!

Scan the QR Code for more information:

