



Veterans & Family Support



DECEMBER 2024

"FROM OUR ROOTS TO OUR BRANCHES EXTENDING SERVICE TO OUR VETERANS."
AND "SETTING SAIL FOR OUR VETERANS"



As 2024 comes to an end, please take a moment to review the Veterans & Family Support program highlights. Below you will see some things that were in previous promotions or heard at the School of Instruction. Consider this a mid-year checkup.

As we approach the holidays, take time to check on veterans and their families in your communities. For some holidays are very stressful.

VFW Mental Wellness Campaign Initiative was originally commissioned in 2016 by then VFW National Commander Brian Duffy and VFW Auxiliary National President Colette Bishop in the hopes of leveraging power and influence of about 1.7 million members of VFW Posts and Auxiliaries not only in the United States but around the world to promote mental health wellness. The website is: vfw.org/assistance/mental-wellness.

Do you know how to SAVE a veteran?

- S** Signs of suicidal thinking should be recognized
- A** Ask the most important question of all – Are you thinking of killing yourself?
- V** Validate the Veteran's experience
- E** Encourage treatment and expedite getting help



Program of Comprehensive Assistance for Family Caregivers (PCAFC)



You may be able to help our veteran caregivers offer to give them an hour of free time to spend and visit with the veterans while allowing their caregivers to take a few moments away.

Provide information on the Program of Comprehensive Assistance for Family Caregivers or PCAFC included below.

To qualify, the veteran must: have a single or combined service-connected disability rating by the Department of Veterans Affairs (VA) of 70% or more, AND need personal care services (requiring in-person personal care services) for a minimum of six continuous months based on any one of the following:

- An inability to perform activities of daily living.
- A need for supervision or protection based on symptoms or residuals of neurological or other impairment or injury; or
- A need for regular or extensive instruction or supervision without which the ability of the Veteran to function in daily life, would be seriously impaired.



Many of us mail holiday greeting cards. Do not just throw the envelopes away cut the stamps off and send them to Stamps for the Wounded. Remember to leave as much room around the stamp so that the veteran has some room to work with.

STAMPS FOR THE WOUNDED (SFTW)

The mission of SFTW: “we attempt to stamp CANCELLED across the face of the deadliest foe that hospitalized veteran must fight -- *ENFORCED IDLENESS and its deadly allies: boredom, loneliness, frustration, futility, and despair.* We do what we can to relight the

spark of interest and life in the weary eyes of a wounded or convalescent veteran...eyes that without such help would stare at nothing but what one G.I. Called "white ceilings and dark futures"



With the price of stamps gone up to \$0.73 for a first class letter and \$0.54 for a postcard, have you been wondering what you can do with letters, cards, and other mail that you receive with postage stamps on them? Why not donate them?



After you have read the mail, don't discard the envelope.

Look to see what type of postage is on it. If there is a stamp on it? NO metered postage. Cut it off (leave about a quarter of an inch margin) and put it in a ziplock or sandwich bag. When you get a bunch - send them off to Stamps for the Wounded (SFTW).

- Once received by SFTW, volunteers sort the stamps into three categories: (1) cancelled US, (2) uncancelled US and (3) Foreign. You can sort these if you would like before mailing but it is NOT necessary.
- Once the volunteers sort them they are then mailed out to veterans.

The goal of SFTW is to: *"give bedridden patients, long-term treatment patients, and convalescent patients, a consuming interest. They can sort and mount stamps while in bed. If ambulatory, or even in a wheelchair, they can have happy hours soaking stamps and mounting them in albums. Even the withdrawn, mentally disabled patient takes pleasure in using more common stamps in organized therapy sessions to make fanciful greeting cards, or to cover decorative boxes."*



Do you or someone you know still get the weekly newspaper or see the free ones in the grocery stores? Grab those coupons before discarding the newspaper. Send those coupons you do not need/want or recently expired to our troops. **ONLY MANUFACTURER COUPONS ONLY.** Simply mail your coupons the cheapest way to them and they will take care of the rest. **Mail your coupons to:**

Support Our Troops®
PO Box 16575
Boise, ID 83715



Are you wondering what you can report under the Veterans & Family Support program?

Here are just a few examples:

- ❖ Chaplain's cards are reportable – so copy me on our Chaplain's reports!
- ❖ Direct Aid to veterans:
 - Cook a meal and deliver it to a veteran in your community.
 - Sponsor a meal for veterans (either cooked or gift cards)
 - Send items to deployed troops.
 - Deliver items to a homeless veteran's shelter.
 - Give money or food to a veteran on the street.
 - Promoting Suicide/Mental Health Awareness
 - Put up Flyers with the Veterans Crisis Line on them in your community.
 - Print blue tear drops – with explanation of what it means.
 - Print & distribute resource rack cards.
 - Sponsor an event specifically to raise awareness of veteran's mental health.
 - Clip Coupons to send to troops.
- ❖ Purchase and distribute Suicide Awareness Pins
- ❖ Randomly hand our Thank You Coins to veterans you see our and about in your community.
- ❖ Donations to Women's Veterans Organizations
- ❖ Monetary donations to any Military Assistance Program (MAP), Disaster Relief, National Veterans Service (NVS), Unmet Needs, "Sports Clip" Help A Hero Scholarships
- ❖ Hold a fundraiser for a specific veterans & family support program.
- ❖ Purchases from the VFW Store and so much more!!



Do not forget to include your hours, mileage, number of volunteers and total project costs.



Practice the gift of giving this holiday season. How can you make a difference in a veteran's life? Cook a meal, give them a gift card, offer some away time for a care giver, take them on an outing, sit down and just listen.

Wishing you and your family a very happy holiday season and all the joys a new year can bring!

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