

VETERANS & FAMILY SUPPORT



November is National Family caregiver's month and month of the Military Caregiver. Do you know a person who is a caregiver to a veteran? If so, there are many ways you can recognize and honor this caregiver.

Listen to them, be there for them and support their service.

Give them a gift card or gift of a manicure, massage or haircut.

Take them out to dinner or lunch.

Have a luncheon at your home post for them.

Think of creative ways to show you are thinking of them and appreciate all they do to improve the life of a veteran.

VA Caregivers support line 1-855-260-3274



Does your auxiliary have a food bank to help a family in need? You can simply have a donation box set up at your home post where members can fill with nonperishable foods.

How about calling your local National Guard office and find out if there is a family who may need help. Now would be good time to participate in adopt-a-unit.

<https://www.vfw.org/AdoptAUnitApp>

**NATIONAL PREISDENT'S SPECIAL PROJECT:
STARS STRIPES AND SUPPORT**

National President, Sandy Onstwedder's special project is combating food insecurity among our nation's military service personnel and their family. This can be done by making a donation to the VFW foundation earmarked for **UNMET NEEDS - HUNGER**. Mail your donation to:

VFW National Headquarters

Attn: VFW Foundation

406 W. 34th St 9TH Floor

Kansas City, MO 64111

A citation will be mailed to every Auxiliary, District and Department that donates a minimum of \$25 between July 1, 2020 and April 30, 2021.

Donation levels:

Platinum: \$1,000 or more

Diamond: \$500-\$999.99

Gold: \$250-\$499.99

Silver: \$100- \$249.99

Bronze: \$25.00-\$99.99

Donations are cumulative.



Suicide Awareness Teardrop



VETERANS CRISIS HOTLINE

1-800-273-8255

NATIONAL VETERAN'S SERVICE

NVS consists of a nationwide network of service officers who are experts in dealing with the claims process and help thousands of veterans cut through the bureaucratic red tape every year. They are the key to success, recovering approximately \$1 billion in earned benefits and compensation for veterans each year.

Fran Meeks

Dept TN Veterans and Family Support Chairman