



VETERANS AND FAMILY SUPPORT – BULLETIN #5

Year-End Reports are due but our year isn't over with. As Spring & Summer fall upon us please consider some of these ideas for events to do with Veterans & their Families:

- BBQ • Corn Hole Tournament • Lunch Box Social at a Park • Chili Cook Off
- Movies at Night (using a projector) • Outdoor Skit/Music Night (competition/prizes)
- Ice Cream Social in the Park • Games in the Park (croquet, potato sack races, tug a war etc.)
- Heroes in the Ballpark • Scavenger Hunt • Hike a trail • River or Railroad paved walk/hike

Think outside the box to provide things for Veterans and their families to do when the weather is good. Many have no extra money; times are tough so ease the heartache for them by bringing fun and enjoyment to their lives.

Important Dates to Remember

April - is the month of the Military Child – When loved ones are left behind, while their soldier is deployed is a time for the Auxiliaries to recognize them. Wear Purple to your April meeting and take a picture to share on social media showing your appreciation for our military children as they experience their loved one being deployed. Combining each branch's colors into one: the Air Force, & Coast Guard use shades of blue; the Army uses green and Marines use Red giving us **PURPLE UP!** For military kids

May 10, 2024 is Military Spouse Appreciation Day – Military spouses are our silent heroes and are the strength of their family so show our appreciation by sending flowers, providing a meal, making a comfort basket or just as simple as sending a card thanking them for all they do.

June – is National PTSD Awareness Month & June 27, 2024 is the official National PTSD Awareness Day – The month provides an opportunity to raise awareness for PTSD (Post-traumatic stress disorder), reduce stigma and spread the word about the signs and that treatment is available. This is an opportunity for Auxiliary's to consider reaching out to the *Elizabeth Dole Foundation* <https://www.elizabethdolefoundation.org> or *Give an Hour* <https://giveanhour.org> organizations. Take the time to check out their websites learning what they offer and how they can be supported.

VMS – Veterans Military Services & NVS – National Veteran Services

It's not too late to make a donation to these two National Programs. What is VMS or NVS please refer to the past Bulletins to learn about them. **We have yet to meet the GOAL for this year of \$1,013 for each program.**

To date donations: VMS \$809.50 NVS \$816.50

I know we can reach the goal of surpassing what was donated last year. When you make a donation sent to our Department Treasurer, your auxiliary will be entered in the incentive drawing for a \$50 dollar VFW Store gift certificate. We need to support what National gives back to the Department of Washington, so please consider donating even if it is just \$10 as it will benefit our Veterans through both these inspiring programs. You can also support these programs at State Convention in June by donating to the joint raffle/silent auction.

In closing THANK ALL OF YOU for what you do for Veteran's and their Families. I always say "We can't do it all, we just do what we can". "*Banding Together for Our Veterans*" & "*Do It for Those Who Can't*"

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