



**Pat Janssen**

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**NOTICE: The VFW National Headquarters Veterans and Military Support (VMS) Program Operation Uplink is no longer active. Please do not send checks to the VFW earmarked "Operation Uplink."**

Unfortunately, we are still living within these troubling times with this epidemic. On the flipside, it does not hinder our ability to work on our Veteran & Family Support Program.

Have you made your donation to our **National Presidents Special Project Stars, Stripes and Support yet?** Donations can be sent to VFW National Headquarters, ATTN: VFW Foundation, earmarked as such. How about our Department President's Special Project – Veterans Community Project? Donations can be sent to the Department Treasurer earmarked as such. Please remember your Auxiliary can make donations throughout the year. These donations are cumulative.

### **Veterans and Military Caregivers:**

Until we have walked a mile within the shoes of a caregiver of a veteran, we have no idea what these caregivers go through... hour by hour... day by day...

Has an auxiliary member ever cooked a meal! Possibly baking something to take to these caregivers. Imagine yourself in this position. Wouldn't it be great for this caregiver to go get their haircut? Possibly a little pampering themselves with a pedicure, body massage or even a few hours out alone shopping. If you know a caregiver, contact them, and offer to come stay a few hours allowing them time to care for themselves. If this is not possible consider giving them a gift certificate for a pedicure, manicure, or full body massage. Mail them a card just letting them know you are thinking of them. A better idea takes the card to your Auxiliary meeting have all members attending sign the card. There are so many creative ways to show you are thinking of them and appreciate all they do to improve the lives of our veterans.

There are several programs available for these caregivers. One is a call to the VA Caregiver support line, 855-260-3274. This is another number you might add in your phone contacts. Unfortunately, there are caregivers out there that have no idea this program exists. Imagine having this number at your fingertips and the difference it could make in a caregiver life.

### **Unmet needs Program:**

Fall/Winter months are approaching faster than we realize. There are so many ways we can be helping within this program. Possible even keeping a Military family warm this winter. Endless possibilities.

### **Veteran & Military Suicide month.**

VA recognizes September as **Suicide Prevention Month**. It is a national crisis and one we need to do more to fight. There are many reasons that veterans feel like there's no way out of a difficult time. Whether it's PTSD, survivor's guilt, financial strain, family problems, or a combination of these. Please do not forget to add the Veterans crisis line to your cell phone, 800-273-8255 press 1.

Please stay safe and virus free. Remember Wash those hands, wear a mask and social distance.