

UNWAVERING SUPPORT



FOR UNCOMMON HEROES™

VETERANS & FAMILY SUPPORT PROGRAM 2024 - 2025

February 2025



Department President – Renee King
Department Secretary – Jeanette Garcia

National Ambassador – Evan Smiley
Department Chair – Mary Sanchez

This month is the month of Love! Most think of one LOVE (spouse) to another LOVE (spouse) and you get chocolates, flowers, nice dinner or thoughtful dinner, cards, and stuff like that. No, I am talking about LOVE of our Veterans and our family members. Tell them you love them and want to help in any way possible. Show them that you care: some way, somehow!

Spread the word about the national veterans services (NVS) who help provide the VFW's with service officers (SO). These local services officers (SO) help assist the Veteran and their families' navigate the VA system. The SO work to ensure veteran's and families receive timely, quality, accessible VA health care. No Vet or their family should pay for health care (in-patient, out-patient, mental, prescriptions, or dependency treatment care). Encourage veterans to sign –up. It amazes me how many vets I talk to that are not signed-up, simply because there is nothing wrong with them.

At our recent Mid-Winter meeting, there is another federal program called Veteran Directed Care (VDC). Veterans 78 years of ages or older who need assistance with activities or instrumental activities of daily living may qualify for this program. Helps give the Veteran the flexibility of services and choose their caregivers to maybe continue to live at home or in their community. Need to talk to your VA social worker for more information.

The last item I want to talk about and very briefly mentioned it at the winter meeting is the Auxiliary award due by March 31st to me. It's on an activity and/or event to increase awareness of suicide and mental health for veterans, active military personal and their families. Here is a question I purposed to each one of us! How can we get the attention of the public on the increase awareness of suicide by our Veterans and their families? What activities or events can we create to increase mental health issue facing vets and their family? Remember to know the signs of suicide, know the hotline

number **988** then press 1, know basic first aid (you may need it) and know how to call for help **911**.

This month spread a little Love, Cheer, Hugs and Happiness to family friend and stranger who seem depress, stress out, withdraw, disinterest, anxious, or have high anxiety issue. Call somebody you haven't seen or heard from in a while – they will be glad to hear from you. “Don't wait for tomorrow what you can do today, because tomorrow may never come” I think it is a quote from somebody.

Please continue to report under Veteran and Family Support program! If you don't know how I can be reached by email at girlisin@hotmail.com or by calling me or texting me at (915) 526-1645. Let's work together for a common goal.