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Veterans & Family Support

Well, we have made it. The spooky season is upon us but do not fear, we are here to help.

Do you know of anyone that needs a little assistance. The **Auxiliary Rack Card** is a great source of quick reference information. Do you have Rack cards available at your events? They are printable on the VFW Auxiliary website or if you would like to purchase them in bulk, they are available through the VFW Store. It is a wealth of information for things ranging from VA Caregivers Support, Homeless Veterans Assistance, Care center for Women Veterans and so much more. Keep these little beauties handy for any instance that you may be speaking with someone that is in need.

Do you know if your Post has adopted a unit yet? If not, please print out the **Adopt-a-Unit** application and suggest to your comrades to do so. This will help us, help current service men and women in the National Guard and their families develop supportive relationships with their units before, during and after deployments.

There are many ways that you can assist your adopted unit. Holding Family Days events where you have a BBQ and games. Maybe a water slide for the kids. Having Holidays with the families. Doing a white elephant exchange or a Christmas tree lighting party. Holding meetings that inform families of important programs that may help them now and in the future. Working on community projects together. Maybe cleaning up the local cemetery where you can say the names of the veterans that have gone before us so that they are never forgotten. Let us not forget the exciting Welcome Home parties. Let's let our local heroes know that we appreciate all that they are doing for this country and us.

Our service men and women deserve all the kudos and recognition for their hard work protecting this great country of ours. Do your part and reach out to them. Help in any way possible.

Next month I will highlight Veteran & Military Suicide Awareness.



Resources for Veterans, Active-Duty Military and Their Families

Veterans of Foreign Wars (VFW)
816-756-3390
vfw.org

Veterans of Foreign Wars Auxiliary (VFW Auxiliary)
816-561-8655
vfwauxiliary.org

VFW National Home Military & Veteran Family Helpline
800-313-4200
vfwnationalhome.org/get-help

Veterans Crisis Line
Dial 988 then Press 1 or Text 838255
veteranscrisisline.net

Military OneSource
800-342-9647
militaryonesource.mil

U.S. Department of Veterans Affairs Benefit Line: 800-827-1000
va.gov







Military.com
www.military.com

Veterans Employment and Training Service
866-4-USA-DOL
(866-487-2365)
dol.gov/vets

Center for Women Veterans
855-VA-WOMEN
(855-829-6636)
va.gov/womenvet

Military Connection
militaryconnection.com

National Military Family Association
703-931-6632
militaryfamily.org

National Suicide Prevention Hotline
988 or 800-273-8255
988lifeline.org

Childhelp National Child Abuse Hotline
(800-422-4453)
childhelphotline.org

TRICARE®
www.tricare.mil

Assistance for Homeless Veterans
877-4AID-VET
(877-424-3838)
va.gov/homeless

VA Caregiver Support Line
855-260-3274
caregiver.va.gov

Make the Connection
maketheconnection.net

National Alliance of Families POW-MIA
nationalalliance.org

National Domestic Violence Hotline
800-799-7233
thehotline.org

Children-Youth-Teens
militaryonesource.mil/parenting/children-youth-teens/



Unwavering Support
For Uncommon Heroes

www.vfwauxiliary.org

VETERANS OF FOREIGN WARS.

Adopt-a-Unit

- Over **121,000 military and family** members are being actively supported by VFW Posts and Auxiliaries through the VFW Adopt-a-Unit program.

- Popular examples of Adopt-a-Unit activities:
  - **Family Days**- VFW understands the importance of family to the military member and their mission
  - **Welcome Home & Deployment events**
  - **Holiday events**
  - **Meetings and Support Seminars**
  - **Community Projects**- Annually, VFW posts ***donate $45 million dollars*** and ***5 million volunteer hours*** to community activities.
  - **Direct assistance**- lawn care, auto repairs, renovations to help accommodate a newly wounded service member
  - **And much more…….**

- VFW Posts work with unit commanders and senior enlisted personnel to develop supportive relationships with units before, during and after deployments. We offer a vast network of free resources and a variety of direct support for military members and their families.

- If your unit is interested in being adopted:
  - Check if someone in the unit is already a member of a local VFW Post.
  - Use the "Find a Post" locator on VFW's website: vfw.org/FindaPost
  - Contact VFW National HQs: m.a.p@vfw.org or 816.756.3390