

## VFW Auxiliary Department of Florida October 2023/24 Volume 1 Issue 4

## **Hospital Volunteer**

- If there is not a hospital nearby that your Auxiliary can volunteer, consideration a donation:
  - VA Hospital
  - VAVS Representative
- Nearby a VA Hospital
  - Consider a monthly visit to bring donuts to Veterans coming in the lobby for appointments.
- Consider Volunteering at a non-VA Hospital, Nursing Home, Assisted living.
  - Activity Directors are always looking to keep Veterans busy
  - Establish a regular date of the month for visits, (1<sup>st</sup> Thursday month)

For your local VA facilities go to https://www.volunteer.va.gov



## Have you made plans to visit facilities for the following holidays:

"Volunteers are not paid -- not because they are worthless, but because they are priceless."

## **Women's Health Care**

- When you see a female Veteran in your VFW, or at your auxiliary meetings, ask if they know about VA benefits.
- Share information about your VA representative that visits your post, to answer questions on benefits.
- Are you getting information out about what is available for female veterans.
- During your visits to Hospital/Nursing Home/Assisted Living share information about benefits women veterans can receive.

Download information and print pamphlets from the VA Website: www.womenshealth.va.gov

Military Sexual Trauma, many men and women don't know they can receive help and compensation.

MST – 1 in 3 women, 1 in 50 men have experienced this.

Halloween, October 31 – Make visits in a Costume Veterans Day November 11 – Wear Red/White/Blue for Buddy Poppy distribution Thanksgiving November 23 –hand out cards saying "Thankful for your Service" Christmas December 25 – give a card with a candy cane attached

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