

LEGION AUXILIARY DISTRICT 7

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District 7 February 2024 Newsletter

DISTRICT 7 CALL TO CONVENTION

Saturday, March 16

American Legion Hartman Post 84

2263 3rd Ave, Columbus, Nebraska

Registration 9:00-10:00 am

Joint Meeting 10:00 am

Registration fee \$10.00

All members are encouraged to attend.

HOPE TO SEE YOU THERE!!

Nancy's Notes

If anyone else from your unit would like to be added to my email list for newsletters and other info, please let me know.

I am looking for meeting and activities invites! Please feel free to send me what you are doing in your communities. I would love to visit!!

We need poppy makers! Department will provide a kit to make 1000 poppies.

Idea: Sponsor a STOP THE BLEED class for your community or ALA family. There is an online course that is approximately 25 minutes long. Visit www.stopthebleed.org/training for information.

Idea: Recognize the military children in your community. Plan a special event for them.

Please turn in the names of your deceased unit members to me by March 1 for the service at District Convention.

Department President Lisa Moore's motto "Strong & Faithful – Serving Veterans Always".

Be The One



The American Legion Auxiliary is joining forces with The American Legion and Sons of The American Legion to promote the Be the One initiative, which destigmatizes asking for mental health support, provides peer-to-peer support and resources, and educates everyone on how they can Be the One.

How can you Be the One?

- Ask veterans in your life how they are doing.
- Listen when a veteran needs to talk.
- Reach out when you think a veteran might be struggling.
- Increase awareness about the veteran and military suicide epidemic.

Those needing help are encouraged to call the Veterans Crisis Line at 988.

2024 Upcoming Events

February 19 – Presidents Day

March 1 - 2025 Unit Dues Data Form due to Department

March 23 - Junior Convention

March 15 – Essays due “What Does Freedom Mean to Me”

March 16 – District 7 Convention

April 15 - Poppy posters due to department chair; see ABC book for more info

April 21 - Purple Up! For Military Kids Day

May 24 - National Poppy Day

June 2 through 8 – Girls State

June 21 through 23 - Department Convention, Kearney

August 3 through 5 - National President's Visit to Nebraska

Attachments

Mission Training Resources

Norfolk Veterans Home Opportunities for Donations or Dedications

National Salute to Veteran Patients

MISSION TRAINING RESOURCES

MISSION TRAINING RESOURCES

You will see many resource weblinks today.
Scan the QR code to access the resources/



PROGRAM ENGAGEMENT PLANS

- Looking to make a difference in your community? Look no further than our Program Engagement Plans. These detailed guidelines and real-life how-tos give you all the information and resources you need to take your ALA mission outreach activities to the next level.
- Find the Program Engagement Plans on our website at <https://member.legion-aux.org/member/program-engagement-plans>. Or, simply visit each program page and click the "Get Involved" button to access the plan and start making a difference today.

ALA WEBSITE RESOURCES

Go to www.ALAforVeterans.org

- Log in to the MyAuxiliary Member Portal
- Click/hover Committees
 - All ALA Committees which include links to all of the committee program engagement plans, resources, deadlines, etc.
- Click/hover Resources:
 - Marketing/Public Relations Templates
 - Recruitment Tools including applications
 - Department & Unit Resources
 - Member Discounts

Branding Guide

- www.ALAforVeterans.org/Member/Guides/Branding-Guide

ALA social media

- www.ALAforVeterans.org/social-media
- Auxiliary magazine
- www.ALAforVeterans.org/magazine

ALA blog

- www.ALAforVeterans.org/blog

Grants and Foundation Grants

- www.ALAFoundation.org/grants



Address: 600 East Benjamin Avenue
Norfolk, NE 68701
Phone: (402) 370-3330

Opportunities for Donations or Dedications

Amusement Fund: This account is used to support and improve quality of life for the members of NVH. Examples of programs that the amusement fund supports are: off ground outings, bowling, movies, suppers, bait for fishing trips, bingo parties on the weekends and on smaller units for those members who are too ill to come to the main recreation room, socials and holiday parties for members and their families, musical entertainment here at the Home, museum trips, special meals, craft/art classes, golf activities, gardening items, large print books, current magazine and newspaper subscriptions.

Flag Plaza: If you would like to purchase a tile to be placed in the Flag Plaza in memory of or in honor of a loved one that has served in the military, you can contact NVH Foundation, P.O. Box 528, Norfolk, NE 68702. Visit <http://supportheroespark.org/veterans-memory-plaza/>

Attention Volunteers: We are in need of individuals to help with bingo parties, card players, shopping trips, letter writing, one on one visiting, manicures, bus trips, and a library volunteer.

Member Activities:

Games:

Simple indoor games: Battle Ship, Indoor curling, Large Sized Puzzles (300 pieces or less)
Outdoor games: Corn hole, Squirt Guns (for painting)

Food/Snacks:

- **Coffee**
- Little Debbie Snacks
- **Popcorn to pop in our popcorn machine**
- Frozen cookie dough (pre-packaged)
- **Note: Please do not bring expired or nearly expired food items. Infection Control Policies prohibit the use of expired food items.**
- **Buckets of Ice Cream for Ice Cream socials or sundaes**
- 2 Liter Sodas (variety)

Miscellaneous:

- Postage Stamps
- Clear Hard Plastic 8-12 oz cups (to use for our alcohol)
- Holiday Themed Plates & Napkins
- Small Containers of Acrylic Paint
- Fingernail Polish, Fingernail Stickers

Personal Care Items

No toothbrushes or toothpaste

Pre Shave/After Shave	Axe or Tag body spray & body wash for men
Shampoo and Conditioner	Scented body spray & body wash for men/women
Lotions (scented and unscented)	Unscented body spray & body wash for men/women
Hair Gel	Perfume & Cologne
Hair Spray	Tissues (boxes)
Deodorant for men and women	Denture tablets & Denture Cream

Note: Please make sure that all personal care items are full sized as no travel sizes are needed. Due to Infection Control Policies, all personal care items must be new as well.

Clothing:

- Men's Gym Shorts, dark colors, L, XL, XXL
- Men's & Women's sweatpants, dark colors, L, XL, XXL
- Men's & Women's Pajama pants/sets L, XL, XXL
- Men's & Women's cardigan sweaters, XL, XXL
- Men's undershirts, L, XL, XXL
- Gripper Socks for Adults

Clothing Protectors: towel length terry cloth, masculine colors, must be able to fit over an adults head (the hole should be 6" from the top and the opening should be the size of a 9" pie plate) Depends on the size of the towel, larger towels that measure 27" wide & 52" long you can measure 8" from the end of the towel, shorter towels it would be the 6" from the end of the towel **If you do not have sewers in your group, you can donate the bath towels and we will find someone who will make them**

Activities that a group can sponsor (not limited to):

- Pizza parties (purchase pizza for larger group of people, need volunteers to serve this)
- Husker Parties (snacks for 25-30 people)
- Pancake Feed (bring in supplies for the meal, need volunteers to cook and serve for 60-80 people)
- Liver & Onion Feed (need group to come in and prepare the food for this)
- Bingo Parties (bring \$25-\$35.00 in quarters and snacks) Need 5-6 volunteers to assist with this.
- Ice Cream Socials
- Pie Socials
- Happy Hours (snacks)
- Unit Activities

If interested, please call Stephanie Eckert (402) 370-3110 or Mary Swensen (402) 370-3102.

PATTERNS FOR VARIOUS SEWING PROJECTS

The pattern for the clothing protectors:

- 5-6" from the end of the towel, depends on the size of the towel, if it is longer you can go down the 6" if it is a little smaller towel do the 5"
- Opening for the head should be the size of an 8" pie plate (trace the outer edge of the plate)

Pattern for the catheter bags:

- 12" wide and 10" deep
- Using 2 ties on the edges to tie it on the cross bar of the wheel chair under the seat, that way they can adjust the length for the chair.

Pattern for the wheel chair bags:

- 12" x 12" using 2 ties on the edges to tie it on the wheel chair/walker or can make it a little larger and make a flap to go over the arm of the wheel chair and use Velcro as the closing (this doesn't last as long with washing it)
- Can make pockets by sewing down the middle to make 2 pockets or leave it open.

Pattern for cell phone bags:

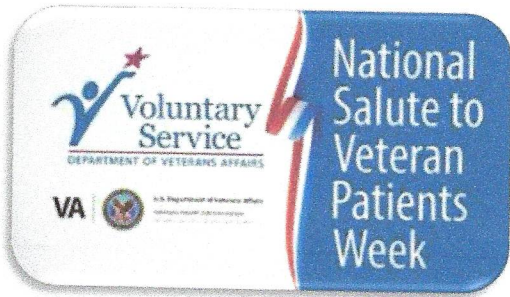
- Like a wheel chair bag but smaller to hold one cell phone
- Using 2 ties on the edges to tie it on a walker or a wheelchair

Lap Fidgets/Activity Pillows:

- Measures 20" Wide and 16" Length. Can make these out of different types of colorful materials, can add large buttons with a button flap, Velcro fastener, zipper, small animals attached, etc. use your imaginations.
- DO NOT PUT ANYTHING ON THEM THEY CAN TAKE OFF AND PUT IN THEIR MOUTH.

Recliner Chair Storage Bags:

- There is no pattern on this yet. We need bags that members can hang over the *arms of their recliner chairs but put their items in (like remote, phone, books, snacks, etc.)* We are finding that members are falling out of their chairs because they try to reach down from their recliner to pick something up off the floor, and if there was a bag to put their items in that might help with some of the falls that we have. If someone is willing to take this project on, any patterns will be helpful! Thank you!



National Salute to Veteran Patients February 11-17, 2024

The week of February 11, 2024 is National Salute to Veteran Patients where tribute is paid to ~100,000 patients who receive medical treatment at a VA medical facility as well as the millions of other veterans who get care every year.

Purpose Of The National Salute To Veteran Patients

According to the Department of Veterans Affairs, this week-long tribute to veteran patients has always been observed the week of Valentine's Day and is intended to:

- Pay tribute to veterans
- Increase community awareness "of the role of the VA medical center"
- Encourage visits to hospitalized veterans
- To encourage volunteerism with the VA

Where Veterans Patients Get Care

This observation is meant for some nine million veterans getting care in:

- VA medical centers
- VA outpatient clinics
- Those receiving VA domiciliary care
- Veterans in nursing homes



According to the United States Department of Veterans Affairs, there are three main reasons behind the creation of this holiday, which are — to pay tribute to veterans, to encourage people to visit and volunteer their services to veteran medical centers, and finally, to increase community awareness about the role of the VA medical centers. VA values the contributions of our volunteers, donors and partners in helping us keep the nation's promise to our Veterans.

About the National Salute to Veteran Patients

The Department of Veterans Affairs develops programs to benefit both veterans and their families. Specifically, they provide integrated life-long healthcare services to eligible military veterans. This year, make it a point of duty to celebrate and appreciate the veterans whose selfless service has contributed to the safety and peace of our country.

The National Salute to Veteran Patients aims to bring veterans, their communities, and Veterans Affairs organizations closer together. The event has been designed to help pay tribute to veterans, increase community awareness of Veterans Affairs centers, encourage visits to hospitalized service members, and promote volunteer opportunities with the VA.

The week-long event typically includes visits and valentine distributions, photo opportunities, school contests, recreational activities, and veteran recognition programs. The Department of Veterans Affairs is a national entity with facilities all across the country. Each one hosts its own events to commemorate this celebration.

