



Northwestern Division Veteran's Affairs
and
Rehabilitation Monthly News
October 2024

Fall is officially here and winter is right around the corner. As we prepare for the colder weather, it's a perfect time to be thinking about ways Units can serve veterans in your communities. Here are just a few ideas:

- 🍁 Organize a crew to help rake leaves for veterans who could use a little assistance;
- 🍁 Gather items for homeless veteran care packages;
- 🍁 Assist at a local Stand Down event;
- 🍁 Plan an event (or plan to participate in one) for Veterans day;
- 🍁 Organize a Suicide Awareness rally in your community; or,
- 🍁 Fire up those ovens and have a baking day to deliver cookies to your VA or to veterans living in assisted living facilities in your area.

There's really no shortage of ideas for service to veterans. You can even get your junior members involved. Those ideas have been generously provided by our Central Division Chair Kristen Hensley and are on the second page of this newsletter.

Please share the ways Units in your Department are serving our veterans with me and don't forget to share them to the Facebook page. Pictures are always a plus but remember that photos uploaded to Facebook don't translate well when it comes time to report. Make sure those come at the highest resolution and are in .jpg format.



Dates to Remember:

- 🍁 October 3 @ 8:00 EST—Quarterly Zoom Call—Hope to see you there;
- 🍁 October 13—United States Navy Birthday



Zoom Etiquette Reminders

Plan to be in a quiet place—minimize distractions;

Stay on Mute unless you are talking;

Remember, everyone one the call can see you—dress accordingly.

Of course you can always contact me if you have questions or concerns. My contact information is below:

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Involving Juniors in VA&R Activities

Juniors of our organization are our future. Some may struggle with finding activities that Junior Members can be a part of and contribute to the aims and purpose of the American Legion Family. Veterans Administration and Rehabilitation is one of those programs that it may be difficult to find ways in which Juniors can be included.

With varying policies and age limitations across the VA Centers and Homes, this can be challenging. Below are some ways that Juniors can still be involved (under adult supervision) even if they are not old enough to serve our veterans within the centers and homes:

- ❑ Raising money and hold bake sales for the Gift Shops held at the VA facilities to be donated by the specified dates.
- ❑ Making meal tray cards during their Juniors meetings and/or during a special event.
- ❑ Creating art to donate to Veterans in VA Facilities to decorate their room and bring happiness to them.
- ❑ Holding a clothing drive and/or book drive to donate to Veterans in the VA homes in their department.

There are other Veterans Support ideas that Juniors can also do with adult supervision, such as:

- ❑ Raking leaves or mowing for a veteran in their community.
- ❑ Cooking a meal and delivering it to a local veteran.
- ❑ Participate in activities at local nursing homes such as reading to a veteran.
- ❑ Adopting a veteran in a local nursing home and providing Christmas for them.

These are just a few ideas that can give our Juniors a sense of helping, spreading joy, and contributing to the well-being of our Nations heroes. It is important to teach our Juniors about service, not self and giving them the encouragement to contribute. In my experience, when we include Juniors in these activities, it boosts the young person's self-esteem, confidence and allows them to see the joy that they can bring when you help others, no matter what age they might be.

Kristen Hensley, Central Division VA&R Chairman, Dept of Kansas

