

# KANSAS VFW AUXILIARY

## 2025-2026 HOSPITAL PROGRAM

Kelle Brewer-Brown, Chairman – December 2025



**DO YOU** spend time on: Facebook, X, Instagram, TikTok, Youtube, Snapchat, Reddit, LinkedIn, Pinterest, gaming sites, or browsing websites in general, etc. ? If the answer is yes, **YOU have time to complete a hospital project.**

Print a BIRTHDAY or THINKING OF YOU card off of the KS VFW Auxiliary website. Sign it. Mail or take to a local medical facility. See....now that didn't take too much time and wasn't hard at all. Repeat once a month.

Be on the lookout for a special Valentine card coming in January.

Find more inspirational occasions to spread **SUNSHINE** to our hospitalized veterans at: [holidayscalendar.com](http://holidayscalendar.com)

### December:

Bingo's Birthday Month  
09 – Christmas Card Day  
13 – National Wreaths Across America Day  
20 – Games Day—Uno, Yahtzee, Checkers, etc.  
22 – National Cookie Exchange Day  
25 – Christmas. Carolling for Veterans.  
28 – Pledge of Allegiance Day  
31 – New Years Eve



### January:

01 - New Year's Day  
03 – International Mind-Body Wellness Day  
06 – Apple Tree Day. Pie or cider, yum!  
11 – National Milk Day. Cookie anyone?  
15 – National Hat Day  
21 – National Hug Day  
22 – Celebration of Life Day  
29- Kansas Day – 1861-2026/165<sup>th</sup> Birthday

**DECEMBER 11 – National APP Day** - This day recognizes the significant impact of apps on our daily lives. On this day, people are encouraged to explore new apps and appreciate the technology that makes our lives easier and more connected. It's also a good day for people to delete unused apps or add new, useful apps to their phones. Visit: [mobile.va.gov/appstore](http://mobile.va.gov/appstore) for helpful veteran apps.

**Did you know???** "You Are My Sunshine" was originally released by Jimmie Davis and Charles Mitchell in 1940. There are conflicting accounts on who the original songwriter was, but according to family members of Paul Rice, he was the song's author and first performed it in 1933 at a Veterans of Foreign Wars event in Georgia.

## REMEMBER THE C'S ..... <CARDS <CONTESTS <CHALLENGES

Dept Happiness from Home form can be found at [vfwauxks.org](http://vfwauxks.org) under the program tab/Hospital tab/forms and pamphlets.

<CARDS – Each month send card(s) to hospitalized veterans in the medical facility(ies) of your choice.....Report it!

<CONTESTS – Enter the Hospital Contests..... Report it !!

<CHALLENGES – Currently 5 CHALLENGES have been issued. 3 for Flour Sack. 2 for recipes. ....Report it!!!

**District Challenge** - OPERATION: Flour Sack District raising most funds through an OPERATION: Flour Sack auction or sale. Send monies to Dept Treasurer. Deadline Feb. 28, 2026.

**Auxiliary Challenge** - OPERATION: Flour Sack – Instructions for a Valentines for Veterans project in a medical facility that utilizes some type of flour or flower. Limit 1 submission per Auxiliary.

Deadline Feb. 28, 2026. (Submit project instructions on back of/attached to Dept Happiness from Home form).

**Member Challenge** – OPERATION: Flour Sack – Recipe for a food item served to veterans in a medical facility. Limit 1 submission per member. Recipe must make use of flour in some form. i.e. flour, crackers, pretzels, flour tortilla, etc.

Deadline Feb. 28, 2026 (Submit recipe on back of/attached to Dept Happiness from Home form)

**Auxiliary/Member Challenge** -Recipe for any variation of apple pie served to veterans in a medical facility setting.

**Auxiliary/Member Challenge** -Recipe for any variation of a root beer float served to veterans in a medical facility setting. Deadline Feb. 28, 2026 (Submit recipe(s) on back of/attached to Dept Happiness from Home form)



"But those who hope in the LORD will renew their strength. They will soar on wings like eagles; they will run and not grow weary, they will walk and not be faint." – [Isaiah 40:31](#)





## Dept of KS VFWA goal = 5,000 Valentines

Ask your community members, schools, youth and civic groups to assist you in making, and delivering, Valentines for our hospitalized veterans.

Remember, it often "takes a village" to make a project a true success.



### WHAT'S IN YOUR SACK ?

Fill your sacks with gifts, goodies and gratitude for our hospitalized veterans.

### Here are some tips for writing cards and letters:

- Use "Thinking of You" or a holiday card, write a note of encouragement.
- You can fold a piece of paper in half and make your own card. Schools, groups and individuals are encouraged to make cards. Kids' artwork is always welcome and appreciated!
- Start the greeting with "Dear Veteran" or "Dear Friend".
- Keep it positive and cheerful, and express your gratitude.
- Sign with your first name only.
- If you're part of a group or organization, you can include that name.
- If you're sending multiple cards, we don't need the envelopes, just the cards.

Valentines for Veterans



### For privacy and safety, please don't include these things in your cards:

- No confetti or glitter.
- No scented markers or perfume.
- Don't put candy or other items inside or taped to the cards.
- Don't include personal photos or contact information like your last name, address, phone, email, or any website.

Observed February 8 – 14, 2026



Since 1978, **National Salute to Veteran Patients Week** has marked Valentine's Day with a weeklong commemoration to Veteran patients. The week of February 14 each year is our opportunity to say thank you to a special group of men and women veterans who are cared for in VA medical centers, outpatient clinics, domiciliary, nursing homes, and other medical facilities.

There are no words that can adequately express what their sacrifices have meant to the nation. But we can take time to express our personal thanks and appreciation to them. All veteran patients have a special place in our hearts. We are duty bound to do all that we can to care for their health and promote their well-being. These heroes are no mere "patients" – they are "our" veterans, and we have pledged and are honored to care for them.

Traditionally, this is a great time for VFW Auxiliaries, youth groups, members of the public and other Veteran Service Organizations to schedule a visit to spend time with our hospitalized veterans. National Salute to Veteran Patients week not only provides an opportunity to visit Veterans, but it also serves to encourage American citizens and community organizations to become more engaged in volunteerism and philanthropic efforts.

VA's and medical facilities have many opportunities for you to showcase your talents and give of your time. From greeting veterans at the main entrance of your local VA to visiting with veterans on the Community Living Center to becoming a Volunteer Transportation Network driver, or hosting a bingo or karaoke night, there is a role for you.

All it takes is reaching out to your local VA's Center for Development and Civic Engagement office or the voluntary office of other facilities where veterans receive medical care.

There are many ways you can support our hospitalized veterans, through donating items or making a financial contribution to our VFW Auxiliary VAVS Representatives and Deputies, support food banks, homeless Veteran programs, baby showers and many other endeavors.

## HOSPITAL VISIT ETIQUETTE

Visiting someone in the hospital can provide a much-needed boost...when it's done right. Before you head out to spend time with our hospitalized veterans, brush up on some hospital etiquette. Remember: Your role is to support the patient without interfering with their treatment or recovery.

Following a few simple do's and don'ts can be the difference between a pleasant visit and one that's exhausting and unhelpful.

### **Check the visitor policy.**

All healthcare facilities have policies that outline visitor expectations. Some hospitals—and some hospital units —restrict visitors to immediate family members only. If you're not sure of the guidelines, call the hospital and inquire about their visitor policy. Ask about visiting hours and visitor limitations, and plan your visit accordingly.

### **Think carefully about gifts.**

Flowers and balloons are no longer recommended, due to the increase of latex allergies and fragrance sensitivities. It's also not a good idea to bring food from home. Most hospitalized patients are on a special diet that's designed to facilitate healing, and some aren't allowed to eat or drink at all for a period of time. Save the goodies and instead, bring something to help them pass the time. Topping the list are novels, activity books, cards, and/or simple crafts and puzzles.

### **Keep it short.**

There's a reason these veterans are in the hospital: to rest and recover. Staying too long may rob the patient of some much-needed rest. Don't count on the patient to tell you when it's time to go. Most are thrilled to have guests and might not speak up even if they're exhausted. Let them know from the start you only plan to stay 10-20 minutes —and then leave when time is up.

### **Don't press for medical details.**

You don't have the right to know all the ins and outs of the patient's condition or medical treatment. It is best practice to let the patient direct the conversation. It's OK to ask, "How are you feeling?," and perfectly acceptable to ask follow-up questions if the patient offers details. If the patient avoids talking about their condition, follow their lead and talk about something else.

### **Offer to step out when staff enter.**

Healthcare occurs 'round the clock. If the patient is due for treatment or monitoring during your visit, they may need to proceed. If a staff member enters the room, offer to step out and wait in the hall or lounge. If the staff member is simply checking an IV pump or monitor, they may say you can stay.

### **Keep conversations quiet.**

A hospital is not a quiet place. Between the constant beep and hum of machines and staff members' conversations, it can be next-to-impossible for hospitalized patients to get rest. Don't add to the noise by talking and laughing loudly; keep conversations quiet. If there is more than one patient in a room, it's especially important to be considerate. If possible, and the patient is able, you may want to consider moving your visit to a nearby lounge.

### **Skip the perfume.**

Illness and medication can interfere with a person's sense of smell. Plus, many people are seriously sensitive to fragrances. Exposure to strong scents can trigger allergic reactions, headaches, nausea and even shortness of breath. So, skip the perfume, cologne and body spray. Aim for natural, fresh and clean instead.

### **Stay home if you're sick.**

People who are hospitalized are particularly susceptible to illness. If you have a cough, cold, runny nose, fever, diarrhea, or contagious rash, stay home. Remember, even your relatively mild illness could turn into a major complication for someone else. Alternatives to In person visits are phone calls or notes of support.

### **Wash your hands.**

Germs are everywhere. To protect your health and the health of the patients, thoroughly wash and dry your hands when you enter the their room; again when you leave the room; and before eating or drinking anything.

If a sign on the patient's door asks you to check with the nurse before entering, ALWAYS check with the nurse. You may need to follow some additional precautions to prevent the spread of infection.