


KANSAS VFW AUXILIARY 2024-2025 HOSPITAL PROGRAM


Kelle Brewer-Brown, Chairman – March 2025



Send Birthday, St Patrick's Day or other occasion cards for the March Card Shower Recruit and Recognize Hospital Volunteers.... Say THANK YOU to Hospital staff.... Start Easter plans....

Pick a day, any day, spread some **SUNFLOWER SUNSHINE** and share Small Joys with our Hospitalized Veterans !!!

	March: 03/04 – March Forth & Do SOMETHING Day 03/06 - National Oreo Day (YUM) 03/10 – Int'l Day of Awesomeness 03/17 – St Patrick's Day 03/19 - National Certified Nurses Day 03/23 – National Chip & Dip Day 03/25 – National Medal of Honor Day 03/30 – National Take a Walk in the Park Day	April: National Garden Month 04/02- National Peanut Butter & Jelly Day 04/05 –Hospital Admitting Clerks Day 04/12 –Grilled Cheese Day 04/14 – Int'l Moment of Laughter Day 04/20 – Easter 04/26 – National Pretzel Day 04/30 – National Military Brats Day
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HELP a facility start a **GARDEN!**

DONATE seeds, plants, tools, containers & time.

Ways gardening helps
 A patient may be active by tending to or watering plants, or may may garden to exercise and reduce stress.
 In a less active patient might sit or walk in a garden space to listen to birds sing or admire the greenery, or smell the flowers.
 In a passive patient may look at trees through a window, look at paintings of nature, or watch a video of a nature walk.
 Hospitals who utilize gardening in their treatment plans are reaping the benefits of reduced patient stress, faster patient recovery times, and fewer pain medication requests.

SMALL JOYS.. some ideas to get you started.

Houseplants

Your mood can be elevated simply by surrounding yourself with nature – even the potted kind. Plants will also improve indoor air quality. The more time you spend around leafy, green things, the better you're apt to feel.

Play in the Dirt

A harmless bacteria commonly found in soil has been found to have a similar effect on humans as antidepressant drugs. It's a great excuse to play in the dirt.

Surround Yourself With the Color Blue

Just being in the presence of the color of water and sky can boost confidence, reduce stress, and bolster happiness.

Soak Up the Sun

Sunshine gives us a natural boost of serotonin, the hormone that makes us happy. A healthy dose of UV rays can also boost fertility and help prevent multiple sclerosis, diabetes, seasonal affective disorder, and cavities.

VOLUNTEER RECOGNITION WEEK - APRIL 20-26, 2025

Visit: vfwauxiliary.org for resources that will assist you in recognizing your Hospital volunteers !!

Local hospital chairman are encouraged to recognize their hospital volunteers by requesting service pins for hospital volunteer hours.

Volunteer

- [Auxiliary Hospital Guide - Does Not Include VAWS](#)

Volunteer Awards

- [Application for Hospital Service Pins and Bar Guards for Auxiliary Members-Fillable](#)
- [Application for Sponsored Volunteer Pins-Fillable](#)
- [Application for VFW Auxiliary Recruiting Charm-Fillable](#)
- [Graphic of Hospital Service Pins](#)
- [Hospital Volunteer Appreciation Certificate Option 1-Fillable](#)
- [Hospital Volunteer Appreciation Certificate Option 2-Fillable](#)



OPERATION: We Got Your Back(side) 2.0.
(Showering Our Veterans with Care and Compassion)

Has your Auxiliary donated/given any of these "BACKSIDE" items to Hospitalized Veterans?

- Back of head – hat, cap, shampoo, comb/brush
- Back of neck – scarf, pillow, massager, hoodie,
- Back of arm – shawl, blanket, sweater
- Back of hand – gloves, mittens, lotion, high 5 hand warmer, handshake
- Back of leg – socks, slacks, jeans, pajama pants
- Back of foot – shoes, foot pads, socks, booties, foot warmer, nail polish
- Back of front – shirt, jacket, back scratcher, pat on the back, body wash
- Backside(butt) – underwear, diapers, wipes, powder, toilet paper

Has your Auxiliary REPORTED these donations on the Hospital report ?

DEADLINE for REPORTING is MARCH 31, 2025.

Shower thoughts:
 We put round pizza in square boxes and eat them in triangles.
 We'll never really know what it smells like underwater.

Get help right now

Contact the resources below to get immediate help for yourself or a friend. These resources are designed to support Veterans during difficult times.

WHAT SERVICES CAN VA PROVIDE?	VISIT US ONLINE	GIVE US A CALL
Veterans Crisis Line	https://www.veteranscrisisline.net <i>(click "chat online")</i>	988 (press 1) text 838255 <i>24 hours a day / 7 days a week</i>
National Suicide Prevention Lifeline	https://suicidepreventionlifeline.org <i>(click "Chat with Lifeline")</i>	988 (press 1) <i>24 hours a day / 7 days a week</i>
National Call Center for Homeless Veterans	https://www.veteranscrisisline.net/get-help-now/chat <i>(click "Chat online")</i>	988 (press 1) text 838255 <i>24 hours a day / 7 days a week</i>
Women Veterans Call Center	https://www.womenshealth.va.gov <i>(click "Chat with the Women Veterans Call Center")</i>	<i>Call or Text</i> 855-VA-WOMEN 855-829-6636 <i>M-F, 8:00 a.m. to 10:00 p.m. EST Sat, 8:00 a.m. to 6:30 p.m. EST</i>
Intimate Partner Violence Assistance Program <i>Coordinators can assist Veterans and intimate partners who seek safe, healthy relationships.</i>	https://www.socialwork.va.gov/IPV	<i>National Domestic Violence Hotline:</i> 800-799-SAFE (7233)
VA Caregiver Support Line	https://www.caregiver.va.gov	855-260-3274 <i>M-F, 8:00 a.m. to 10:00 p.m. EST Sat., 8:00 a.m. to 5:00 p.m. EST</i>

Be prepared.
Save the number.
Dial 988 then **Press 1**



★ The Women Veterans Call Center is your guide to VA.

Hours of Operation
Monday - Friday: 8:00 am - 10:00 pm ET
Saturday: 8:00 am - 6:30 pm ET
Phone: 1.855.829.6636

VETERANS & PARTNERS VA HEALTHCARE

THE NATIONAL DOMESTIC VIOLENCE HOTLINE
1.800.799.SAFE (7233) - 1.800.785.2274 (TTL)

Caring for a Veteran?
Call VA's Caregiver Support Line for help toll-free:

1-855-260-3274
Monday - Friday, 8:00 am - 11:00 pm ET
Saturday, 10:30 am - 6:00 pm ET

Department of Veterans Affairs

Your VA & DoD Benefits. Online.
Register Now
www.ebenefits.va.gov

WHERE CAN I FIND IN-PERSON HELP?
To locate your nearest VA Medical Center and other VA facilities, visit <https://www.va.gov/find-locations>

HEAR FROM OTHER VETERANS
To hear stories from Veterans who sought help, visit <https://maketheconnection.net>
Don't wait, reach out. Visit <https://www.va.gov/REACH>

Gateway to Veteran health & wellness

White Ribbon VETERAN AFFAIRS
Pledge to never commit, excuse or stay silent about sexual harassment, sexual assault or domestic violence against others.

VA Health and Benefits Mobile App