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



HELP a facility start a **GARDEN!**

DONATE

seeds, plants, tools, containers & time.

Ways gardening helps

A patient may be <u>active</u> by tending to or watering plants, or may may garden to exercise and reduce stress.

In a <u>less active</u> patient might sit or walk in a garden space to listen to birds sing or admire the greenery, or smell the flowers.

In a <u>passive</u> 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.

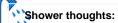
VOLUNTEER RECOGNITION WEEK - APRIL 20-26, 2025
Visit: vfwauxiliary.org for resources that will assist
you in recognizing your Hospital volunteers!!
Local hospital chairman are encouraged to recognize their hospital
volunteers by requesting service pins for hospital volunteer hours.

Volunteer

Auxiliary Hospital Guide - Does Not Include VAVS

Volunteer Awards

- <u>Application for Hospital Service Pins and Bar Guards for Auxiliary Members-Fillable</u>
- 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



We put round pizza in square boxes and eat them in triangles.

We'll never really know what it smells like underwater.



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.

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









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



















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



