

KANSAS VFW AUXILIARY

2024-2025 HOSPITAL PROGRAM

Kelle Brewer-Brown, Chairman – September 2024

.... Send a card to a medical facility for the September Card Shower....Enter the Hospital Contests...Become a Volunteer, or recruit a New Volunteer for your local medical facility..... Accept, complete and report a Hospital Challenge.....

I have been thinking a lot lately about small joys and everyday blessings. Our lives can become so full of responsibilities and activities that we become overwhelmed with everything our schedules have in store for us. Appreciating the little things in life can truly change how we live and how grateful we feel. It's about finding joy in the here and now despite the chaos and challenges that life throws our way.

It does not take a time consuming or expensive project to provide happiness and contentment to the hearts of our veterans. Our hospitalized veterans need the same small joys and every day blessings in their lives that we do.

It's our mission to help. I guarantee they are ready and willing to accept these gifts when they are offered. A few ideas to get you started in spreading sunshine to our hospitalized veterans....

1) Arrange a Morning Sunrise party/outing. Getting up early and gazing across the landscape as the sun rises – what could be more inspirational than that? How can someone not feel positive and energized after such a beautiful start!

***2) Making and listening to a playlist.** Making a playlist is such an underrated joy, whether it's oldies for that nostalgia feeling, upbeat for a workout; soft and calm for a yoga session, or some inspirational songs for those hard days.

* Thanks to KS Dept VFW Surgeon, Allan Owens and generous benefactors, five MP3 players were purchased for the three VA's and two KS Veteran facilities. They will be loaded with 50's, 60's & 70's music and distributed to the facilities soon. Each player comes with only one set of headphones. Consider donating extra sets of MP3 headphones to these facilities.

3) Having a shower or bath after a long day. Jumping in a hot shower or bath after a day of appointments, therapy sessions, or just everyday life can instantly relieve stress. Supply soap, loofah, hair care products. Ah, who wouldn't enjoy this simple joy in life. Provide some lotion and cuddly socks for an after shower indulgence.

4) Belly laughing over a hilarious joke or movie. You know that feeling when you're laughing so hard it hurts, tears are streaming down your face, and you've stopped making any sounds? Yeah. That!

Speaking of laughing

Laughter is a universal language that cuts across cultural and generational boundaries. What makes laughter so special?

-Social Bonding: As we evolved, laughter was likely a way to bond more efficiently within each other. We could stand within earshot of each other and share laughs. It's like social glue, bringing people closer together.

-Brain Activity: Laughter involves various areas of the brain. Researchers continue to unravel its complexity, linking psychology, neurology, and hormones. A positive frame of mind genuinely benefits our physical health.

-Health Benefits: While laughter isn't a substitute for modern medicine, it does have positive effects:

Immune System: Laughter strengthens our immune system.

Cardiovascular Health: It's good for our heart.

Stress Relief: Laughter acts as powerful stress-relief medicine.



Laughing. The most inexpensive & effective wonder drug! Let's get creative and get those veterans laughing & smiling.



Shower thoughts:

A ton of people is literally 12 to 15 people.

Why is bacon called bacon and cookies called cookies when you cook bacon and bake cookies?
Some stranger somewhere still remembers you because you were kind to them when no one else was.

KANSAS VFW AUXILIARY HOSPITAL CONTEST 2024-2025

District # _____ Name: _____

Auxiliary # _____ Address: _____

Deadline November 30, 2024. Send to Department Hospital Chairman

1. The Proverbs 17:22 passage "a merrie heart doth good like a medicine: but a broken spirit drieth the bones" led to the popular idiom that "_____ is the best medicine." What word fills in the blank?

Answer: _____

This idiom has been validated by scientific research that indicate painful experiences may be lessened with this "treatment."

2. What two-word magazine, a fixture in waiting rooms, has recurring features called "Humor in Uniform" and "Laughter, the Best Medicine?"

Answer: _____

Consider purchasing a subscription to this magazine for your local medical facility.