

Veterans & Family Support

March is here and the Auxiliary year is starting to come to a close. Keep up the good work and make sure you get your reports in! I would love to be 100% reporting before the end of March. As you know the Department has chosen this program for you to be required to work this year. Make sure you have sent in at least 1 with something on it, if you send in a report with all zeroes, it does not count. Surely you have done at least 1 thing to report as Veterans and Family Support as it is the main reason that we are a part of this great organization. Please don't wait until the last couple days of the month to turn in your reports.

Now that that's out of the way, March is National Women's History Month, a time to recognize the impact women have had on American history. Starting in 1978 as Women's History Week there was a Presidential Proclamation to recognize the week, then in 1987 it was changed to a whole month of recognition. As most of you know our Auxiliary was formed in 1914 as the Ladies Auxiliary so the women of military families could band together and do a lot of good for veterans and their families. Think about all the hard work and hours put in over the last 110 years.

There is also a big focus on Women Veterans as they need support too. They may have different needs than their male counterparts and there hasn't always been a lot of attention for their care and benefits. Women make up 15%-20% of the active-duty military and reserves and over 2 million women veterans. Not always respected as military or veteran, but instead as a spouse or mother, females deserve the respect they have earned serving out great country. In recent times the VA has been pushing to make more efforts for women's care and benefits. Adding care and benefits for women with children as well since the needs can be different, things are moving in the right direction. Here is a designated number for help 1-800-855-VA-WOMEN

March 3rd is Caregiver Appreciation Day. I talked about it in a previous Sunflower Express, but focus is needed for caregivers and they need benefits and support.

March 3rd is the Navy Reserve Birthday started in 1915, it has grown to almost 60,000 strong.

March 29th is National Vietnam Veterans Day, a day to thank and recognize Vietnam Veterans. The day was chosen because March 29th, 1973 was the last day US combat troops left Vietnam and the Military Assistance Command, Vietnam was disbanded.

Google "Library of Congress Women of Five Wars" and you can read information about women veterans and listen to interviews of several women that served during different time periods.

Some worthy local causes to support



Formerly known as Caregivers on the Homefront... new name, same cause.

operationfrontlinefamilies.org

12200 N Ambassador Dr, Room 232, KC MO 64163



Strongholdfoodpantry.org

Located on base at Ft. Leavenworth, they provide needs for active-duty military only.

They are always in need of donations for daily supplies and for their monthly events.

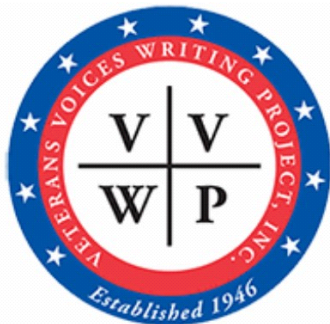
March- Baby Shower

April- family fun and games for Month of the Military Child



Started in KC and is now branching out to several other states. (The tiny houses)

Veteranscommunityproject.org



Veteransvoices.org

Headquartered in Kansas City, this is a magazine published with works written by veterans.

406 W 34th St #103, KC, MO 64111



Located in Rose Hill, KS, they provide service dogs, care, training, and more for veterans and military.

Midwestbattlebuddies.org