

VETERANS & FAMILY SUPPORT

Banding Together for Our Veterans



February is upon us! As we all know it is also the shortest month of the year. The Anglo-Saxons called it Sol-Monath or cake month which was offered to the gods. Derived from the Latin *febuo* which means purity or to cleanse, I'm thinking cake and reaffirmation. Let's bake! What better way to get out and **challenge the needs of our Veterans and their families** by offering fresh baked goods to warm up a cold February day.



Washingtons Birthday/President's Day is observed on the third Monday in February. This year it falls on February 19. Of course, how can we forget Groundhog Day (Feb. 2), Valentine's Day (14), Susan B. Anthony Day (15), National Caregivers Day (3rd Fri.-16) and the Super Bowl; (11). February is also Black History month all month.

Veteran & Military Suicide Prevention



“Happy families are all alike; every unhappy family is unhappy in its own way.”-
Leo Tolstoy, *Anna Karenina*

The Suicide & Crisis Lifeline is 988 and provides 24 hour, 7 days a week support. Watch for the signs and never fail to act. Our sightfulness and action does make a difference when we see someone suffering and in need of help.

- 1) How to overcome suicidal thoughts
 - a) Call 911 immediately
 - b) Call or text 988
 - c) Talk about your feelings with those close to you
 - d) Seek out the support of a mental health professional
 - e) Join a support group
 - f) Grant yourself kindness
 - g) Practice mindfulness and breathing techniques
 - h) Focus on your five senses
 - i) Allow yourself time in your safe place
- 2) Ways you can support someone else
 - a) Familiarize yourself with the warning signs
 - b) Call 911 if the person is at immediate risk
 - c) Encourage the person to call or text 988
 - d) Help get professional help
 - e) Be an active listener
 - f) Be a positive presence in that person's life
 - g) Be a safe space
- 3) Familiarize yourself with the warning signs
 - a) Talking about plans for suicide
 - b) Increased anxious behavior
 - c) Talking about feeling like a burden, trapped or hopeless
 - d) Increased use of alcohol or drugs
 - e) Sleeping too little or too much
 - f) Withdrawal from social activities
 - g) Sharing thought of a hopeless feeling about the future
 - h) Extreme mood swings

Mental Health Awareness

First, we need to get past the stigma surrounding mental health. Support and educate the public. NAMI (National Alliance on Mental Illness) has a plethora of information online, use it.



National Caregivers Day is February 16, please help them in support of all they do to care for those suffering. A card, kind words, even a hot meal would go a long way.



Ants stretch when they wake up. They also appear to yawn in a very human manner before taking up the tasks of the day. (The Book of Extraordinary Facts) Now it's time for each of us to take that big stretch and get to work. The end of the reporting year is fast approaching. With this post you will find my end of year report form. It will also be made available on the web site. Please take a quick preview to determine where you may be lacking in for filling the report. Thanks for all that you have each been doing and I look forward to seeing it all in writing in a short couple of months.

Presidentially Speaking



“As yesterday’s report card shows, children do learn when standards are high, and results are measured.”-George W. Bush

Celeste Nicholas

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For Chairman Linda Theroux

Veterans & Family Support Year-End Report

Auxiliary Name _____

Auxiliary Number _____

- 1) The number of times that your Auxiliary utilized any of the V&FS material/resources available in MALTA Member Resources. _____
- 2) Number of times that your Auxiliary promoted, participated, hosted or co-hosted with the VFW Post activities for any VFW Program listed below:

 - a) Disaster Relief
 - b) Military Assistance (MAPP)
 - c) National Veterans Service (NVS)
 - d) Unmet Needs
 - e) Veterans & Military Suicide Prevention and Mental Health Awareness
- 3) Number of times that your Auxiliary provided direct aid to veterans, service members and/or their families (example; meals, transportation, cards, packages, donations, etc.) _____
- 4) Approximate number of veterans, service members and/or their families assisted. _____
- 5) Total monetary donations and/or value of donations and goods/services provided to veterans, service members and/or their families? \$ _____
- 6) Submitted through Dept. Chairman for the award for most outstanding activity and/or event to increase awareness of military suicide and mental health. _____
- 7) Submitted through Dept. Chairman for the award for the most outstanding activity and/or event to increase support of veterans, service members and their families. _____

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