



Michigan Department VFW Auxiliary Veterans and Family Support Bulletin November/December 2020

www.vfwauxmi.org

Facebook Page: VFW Auxiliary Dept. of Michigan Veterans and Family Support

National Theme: Honoring Our Mission to Serve Veterans

Department Theme: Honor, Serve and Remember our Veterans with Everlasting Patriotism

Another Fall Conference has come and gone! It was great seeing everyone that was able to attend and I hope all arrived home safely.

The topic for this bulletin is **Support for Veteran and Military Caregivers**. There are individuals who take on the role of caregiver for a veteran. This could be a family member, a friend or an acquaintance who provides emotional support and/or physical care of a veteran. The VA values the role of family caregivers and has many in-home and out-of-home services to support them.

The VA Caregiver Hotline - 1-855-260-3274 – This line is answered by licensed professionals who can connect you with VA Services, a Caregiver Support Coordinator or just listen.

- Caregiver Support Coordinator - A local, licensed professional who matches you with services for which you are eligible and provides information about resources for caregivers.
- Peer Support Mentoring Program – Caregivers may participate in peer support mentoring, both as mentors and as mentees. Mentors and mentees communicate using email, telephone and letter writing, depending on what works best for both of them.
 - Mentors are volunteers with the Voluntary Services Department within the local VA medical center and receive training before being paired with another caregiver.
- Caregiver Services available from the VA's Caregiver Support Line:
 - Adult day health care centers
 - Home-cased primary care
 - Home hospice care
 - Homemaker and home health aide program
 - Home telehealth
 - Respite Care
 - Skilled home care

There is wealth of information available about the VA Caregiver Support Program online at www.caregiver.va.gov. Please take the time to visit this website and remember to refer it to any veteran or military caregiver you may know.

National Family Caregivers Month and Month of the Military Caregiver

National Family Caregivers Month is observed each November and Month of the Military Caregiver is observed each May. Both recognize and honor more than 5 million veteran and military caregivers in the United States. There are many ways for your Auxiliary to bring attention to veteran and military caregivers and their sacrifices.

- Listen to them - it can be in-person or phone conversation, email, or text.
- Give a gift card for personal care. Massages, manicures, pedicures and/or haircuts are great treats!
- Send them a "Thinking of you" card or brighten their day with flowers
- Bring them lunch or dinner or provide a gift card to a local restaurant.
- Host a luncheon or dinner in their honor at your post home.

Think about other creative ways to show that you are thinking of them and appreciate all that they do to improve the lives of our veterans.

Remember, one of this Program's Achievements is to "Provide support to veterans and military caregivers and submit the National Entry Form to the Department Chairman by March 31, 2021". Please make sure you read the entry form for the particulars before reporting an activity pertaining to this achievement.

Kris Griffith
13105 Burns Rd.
Carleton, MI 48117
734-735-2176
Laux4093@att.net