



## Michigan Department VFW Auxiliary Veterans & Family Support – February/March 2026

[www.vfwauxmi.org](http://www.vfwauxmi.org)

Facebook Page: Veterans and Family Support-Michigan

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**National Theme: *From Sea to Shining Sea Honoring Veterans Who Keep Us Free***

**Department Theme: *We Don't Know Them All, But We Owe Them All***

### Supporting the Caregivers Who Serve Every Day

Behind every veteran who is healing, adapting, or aging, there is often a caregiver quietly serving alongside them. These caregivers—spouses, parents, children, and friends—provide emotional support, medical assistance, transportation, and daily care, often at great personal sacrifice.



Caregivers may experience burnout, isolation, financial strain, and stress-related health issues. As an Auxiliary, we can be a lifeline by reminding caregivers they are **seen, valued, and supported**.

### How You Can Help Caregivers:

- Offer respite support through meal trains, errands, or check-in calls
- Provide information about caregiver resources and benefits
- Send handwritten notes or care packages to show appreciation
- Advocate for caregiver recognition at local and state levels

Sometimes, the simplest act—listening without judgment—can make the greatest difference.

### Mental Health Matters

Mental health challenges affect veterans of all eras. Experiences related to military service—such as trauma, loss, or long separations from family—can surface long after a veteran returns home. Depression, anxiety, PTSD, and substance misuse are real struggles, but **help and hope are available**.



Reducing stigma and encouraging open conversations about mental health is vital. When veterans feel safe asking for help, healing can begin.

### How You Can Support Veteran Mental Health:

- Share information about local and national mental health resources
- Encourage veterans to seek professional help when needed
- Promote awareness programs and suicide prevention initiatives
- Be present—sometimes companionship is the first step toward healing

Your compassion and advocacy can help save lives.

## **Reintegration into Civilian Life**

Transitioning from military to civilian life can be challenging. Veterans may face difficulties finding employment, adjusting to a different pace of life, reconnecting with family, or translating military skills into civilian careers.

Successful reintegration takes time, patience, and strong community support. The Auxiliary plays a critical role in helping veterans feel welcomed, understood, and empowered in this next chapter of life.

### **Ways to Support Reintegration:**

- Assist with job fairs, resume workshops, and networking opportunities
- Support education and training initiatives for veterans
- Encourage participation in community and Auxiliary activities
- Foster environments where veterans feel a sense of belonging

Every veteran deserves the opportunity to thrive beyond their service.

### **Upcoming Patriotic Holidays & Recognition Days (February/March)**

Please consider hosting an event, reaching out, or taking a moment to honor these important dates:

- February 3 – Four Chaplains Day
- February 19 – Coast Guard Reserve Birthday
- February 22 – George Washington's Birthday
- February (all month) – National Caregivers Month
- March 3 – Navy Reserve Birthday
- March 13 – K-9 Veterans Day
- March 25 – Medal of Honor Day
- March 29 – National Vietnam War Veterans Day

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7820 Heritage Drive Apt 4

Lansing, Mi 48917

707-495-2195

asmith0725@gmail.com