



VA&R NC

June 2022

North Carolina

Issue #9

LAST CALL

This is the last call for Caregivers Recognition Certificates. Several Units have told me that they will get back with me and have not. I will be completing all certificates Tuesday June 7th so please provide the names of your caregivers by replying to this email.

If you'd like for these caregivers to receive hour bars, please provide me with their hours. Hour bars may not be available at Convention but I will be getting them to you as soon as they arrive.

THANK YOU REPS AND DEPS

To our Deputies and Representatives in the VAMC, you are amazing. Your passion and desire to seek support for our Hospitalized Veterans is second to none. You have helped me learned more about the VA&R program and helped me understand how we can meet the needs to those who served. I am grateful for your guidance and support.

Questions?

Hospital Reps:

Asheville: Anne Morris 828-885-2993 morrisanne123@gmail.com

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**American
Red Cross**

Military and Veteran
Caregiver Network

The Military Veteran Caregiver Network provides our nation's pre- and post-9/11-era military and veteran caregivers with peer support to reduce their isolation and increase their sense of connectedness, engagement, hopefulness, wellness, as well as their knowledge and skills.

The MVCN supports caregivers, families, clinicians and partners, offering two open caregiver-focused services. Additionally, the MVCN has a caregiver-categorized resource library and a master calendar of caregiver events. These programs and services are led by a dedicated team of military Veteran caregivers and phenomenal caregiver volunteers. They use their life experience to increase caregiver connection, engagement, knowledge, skills and hope.

The MVCN offers caregivers access to the highest quality peer support programs and services— online and in their communities— through collaboration with partner organizations, agencies and groups that share a commitment to reducing caregiver isolation.

The MVCN allows caregivers to offer one another support, understanding and encouragement. The focus is on America's approximately 5.5 million caregivers of military and veteran wounded, ill or injured. Support is offered through three peer-based programs:

- Online Peer Support Community
- Online & Community-Based Peer Support Groups
- Peer Mentor Support Program

The MVCN helps caregivers of all ages and stages to include clinicians, partners and supporters. They provide access to three open caregiver-focused services:

- Resource Library
- Caregiver Master Calendar
- WeCare Newsletter

Military and veteran caregivers can access the services of the MVCN by contacting their local Red Cross office to secure a referral. To find out about MVCN programs and services, go to <https://redcross.org/caregivers>



Quilts of Valor
Quilts = Healing!

Our Mission: to cover Service Members and Veterans touched by war with comforting and healing Quilts of Valor.

What is a Quilt of Valor?

A Quilt of Valor® (QOV) is a quality, handmade quilt that is machine or hand quilted. It is awarded to a Service Member or Veteran who has been touched by war. The Quilt says unequivocally, "Thank you for your service and sacrifice in serving our nation." To use the term Quilt of Valor, Quilts of Valor or QOV, the quilt must be a specific size, must have a label with required information, it must be awarded (it is not a gift) and it must be recorded.

Quilts of Valor Foundation began in 2003 with a dream, literally a dream. Founder Catherine Roberts' son Nat was deployed in Iraq. According to Catherine:

The dream was as vivid as real life. I saw a young man sitting on the side of his bed in the middle of the night, hunched over. The permeating feeling was one of utter despair. I could see his war demons clustered around, dragging him down into an emotional gutter. Then, as if viewing a movie, I saw him in the next scene wrapped in a quilt. His whole demeanor changed from one of despair to one of hope and well-being. The quilt had made this dramatic change. The message of my dream was: Quilts = Healing.

The model appeared simple: have a volunteer team who would donate their time and materials to make a quilt. One person would piece the top and the other would quilt it. I saw the name for this special quilt: it was Quilt of Valor, a QOV.



The American Legion Family

We are a FAMILY - The American Legion Family! And as such, the American Legion Auxiliary (ALA) can and should support programs of The American Legion (TAL) to include Veterans Affairs & Rehabilitation.



