



VA&R NC

December 2021

North Carolina

Issue #1

WELCOME

There is so much to share with the Units from the VAMCs and from National. I hope to get all the information out to the Units in a timely and cost-effective way.

Questions?

Katie Pfeil 910-200-6014 kapfeil@me.com

Hospital Reps:

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

Durham: Cathy Lipsey 919-215-5287 cathyloej@aol.com

Fayetteville: Ann Moore 919-414-4605 amoore7565@gmail.com

Salisbury: Gloria Wilhelm 704-279-7843 wilhelmga@yahoo.com

REPORTING

Thank you so much to the Unit who have been sending pictures and short notes about your activities. Remember to tag me in your Facebook posts. I will share all information with our Southern Division VA&R Chairman.

****Remember to take pictures of your shopping, packing, serving, whatever you are doing for our Veterans, we'd love to see your pictures.**

Caregiver Support

As we wrap up Family Caregiver Month, we want to support and recognize our caregivers every day.

Identify Military Caregivers in your Auxiliary family, your church, your community.

Share resources: VA caregiver support program & with the Military and Veteran Caregiver Peer Support Network, elizabethdolefoundation.org, hiddenhears.org.

Recognize Caregivers: Give certificates of recognition, give gift certificate for selfcare,

Offer to run errands or other needs that may help the caregiver

Available at Amazon.com [*Hope for the Caregiver: Encouraging Words to Strengthen Your Spirit*](#) written by Peter Rosenberger

Veterans Affairs Medical Center VAMC

What is the VAMC? Veterans Health Administration Medical Centers provide a wide range of services including traditional hospital-based services such as surgery, critical care, mental health, orthopedics, pharmacy, radiology, and physical therapy. In addition, most of our medical centers offer additional medical and surgical specialty services including audiology & speech pathology, dermatology, dental, geriatrics, neurology, oncology, podiatry, prosthetics, urology, and vision care. Some medical centers also offer advanced services such as organ transplants and plastic surgery. VA.gov

Community Living

Center: Community Living Centers (CLC) are skilled nursing facilities, often referred to as nursing homes. Veterans with chronic stable conditions such as dementia, those requiring rehabilitation or those who need comfort and care at the end of life are served within one of our Community Living Centers. VA.gov

Help our hospitalized Veterans

Financial Support: Send all monetary donations to the American Legion Auxiliary. Identify which hospitals you'd like to support if not all four.

Donate items: Please contact the VAMC Representatives for their hospital's specific needs. A comprehensive list can be found on the next page.



CWV's goal is to get at least 20,000 women Veterans to answer this survey and tell us why they don't or won't use their benefits or VA services, and we are asking for your help as partners and the help of all our partners to achieve that goal. We want **any woman anywhere who ever served to take this survey**. The most important message to remember is this: **this survey is for women Veterans who do NOT use their VA benefits and services.**

Homeless Veterans

Remember our Homeless Veterans this winter by donating hats, gloves, coats, and warm clothing to your local homeless shelter that serves our Veterans. If there is not a location in your area, contact your area's Veterans Service Officer for a donation drop off location.

Looking for a way to support our hospitalized Veterans? Donate to your local VAMC

Here are some suggestions. Please donate **NEW** items only.

- Board games
- Puzzles
- Sweaters – both men and women
- New underwear (both men & women)
- Socks (both men & women)
- T-shirts
- Slippers
- Shirts
- Pajamas
- Nightgowns
- Bathrobes
- Sweat suits Sweatshirts – both men and women
- Gloves
- Hats
- Stationary – Notecards
- Puzzles – Crossword Puzzles
- Electric Razors
- Themed Calendars
- Toiletries – Body wash – Lotions - Toothpaste Tooth Brushes – Dental Floss – Shampoo
- Shaving Cream – Conditioner, etc.
- Puzzle Books – Crossword Puzzles (Large Print)
- Art Supplies
- Gift Cards for fast food restaurants & stores (Walmart, Target, McDonalds, Burger King, Wendy's, Subway)
- Magnifying Glass (for reading, sewing etc)
- Lap blankets
- Neck pillows