



# VA&R NC

January 2022

North Carolina

Issue #2



## Share the Love



Valentine's Day is right around the corner! Let's help our Hospitalized Veterans feel the love from the Department of North Carolina. Send your Monetary Donations to the Department TODAY to help provide items for our Veterans to celebrate and feel loved. Be sure to mark VA&R in the memo section and indicate which VAMC you'd like to donate to. Let's share the love with those who served us. Send your Monetary Donations to the Department TODAY. Unit and personal donations accepted.

We will be collecting items for our Hospitalized Veterans at Mid-Winter. We will have tables located in the back labeled for each hospital.

Please bring :

- snacks
- sugar free treats
- cases of water
- coloring books
- colored pencils
- puzzle books
- Buddy Basket Items

Let's Fill those tables!

## What is a Stand Down?

Stand Downs are typically one- to three-day events during which VA staff and volunteers provide food, clothing, and health screenings to homeless and at-risk Veterans. In addition, Veterans also receive referrals for health care, housing solutions, employment, substance use treatment, mental health counseling and other essential services. According to the VA.Gov website, there are currently no Stand downs scheduled for NC but We will continue to check back. If you know of any Stand downs in your area, please share. **How can I help?**

Partner with Legion Posts or local volunteer organizations to help meet the needs of the veterans that will be attending Stand Downs.

## What is Fisher House?

For 30 years, the Fisher House program has provided "a home away from home" for families of patients receiving medical care at major military and VA medical centers. These homes offer free, temporary lodging to military and veterans' families, allowing them to be close to their loved one during a medical crisis and focus on what's important—the healing process. There are 91 Fisher Houses located in the US, Germany and United Kingdom. **How can I help?** The Fisher Houses located at Camp Lejeune and Fort Bragg are accepting monetary donations as well as pantry needs, including snacks and toiletries for their guests.

## Caregiver Support

**We are excited to recognize our Caregivers at Mid Winter Conference.** If you know someone in your Unit who is a caregiver, please let me know. We'd like to recognize them at Mid-Winter. Please email Katie at [kapfeil@me.com](mailto:kapfeil@me.com) and I will present Certificates of Appreciation at Conference. The Unit member does not need to be present to accept the certificate.

Ways to identify a Caregivers:

- Do you do things for someone who serves or served in the Armed Forces that he or she can't do anymore?
- Do you help someone who serves or served in the Armed Forces with stress, emotional issues, anger, or depression?
- Do you take someone who serves or served in the Armed Forces to medical appointments or arrange any form of health care for them?
- Do you feel you do the care responsibilities for someone who served in the Armed Forces because they are your spouse, son/daughter, friend, sibling, or other family member?

If you answered YES to any of these questions, you or may be a military caregiver, according to the Military and Veteran Caregiver Network.

## Reporting

We are asking that members share the story and photos of their events as they happen within their Unit, District, and Divisions. Submit just after it happens when the information is fresh in your mind.

Designate a member to report. Please **email** these to Katie Pfeil ALA VA&R Department Chairman.

### Questions?

Katie Pfeil [kapfeil@me.com](mailto:kapfeil@me.com)

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### Hospital Reps:

Asheville: Anne Morris 828-885-2993 [morrisanne123@gmail.com](mailto:morrisanne123@gmail.com)

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Fayetteville: Ann Moore 919-414-4605 [amoore7565@gmail.com](mailto:amoore7565@gmail.com)

Salisbury: Gloria Wilhelm 704-279-7843 [wilhelmga@yahoo.com](mailto:wilhelmga@yahoo.com)

## 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 –  
 Hats  
 Stationary – Notecards  
 Puzzles – Crossword Puzzles  
 Electric Razors  
 Themed Calendars  
 Toiletries –  
 Shaving Cream – Conditioner, etc.  
 Puzzle Books – Crossword Puzzles)  
 Art Supplies  
 Magnifying Glass  
 Lap blankets  
 Neck pillows