



AMERICAN LEGION AUXILIARY

DEPARTMENT OF IOWA

SERVING VETERANS, THEIR FAMILIES AND THEIR COMMUNITIES

Auxiliary Communique - Fall 2016

Page 13

Sioux Falls VA Health Care System Needs List, July 2016

Items for patient use

1. Funds to purchase bus tickets for city bus transportation for Veterans living in Sioux City for their VA clinic appointments at the Sioux City VA outpatient clinic

2. Microwave butter popcorn for patient activities in Recreation Therapy and Mental Health

Homeless Veterans Program

Shampoo, cleaning products such as laundry soap, dish soap and Pine sol cleaner; Small appliances such as coffee makers, microwaves, large frying pans, large sauce pans – very good, clean working condition; Trac phones, mattress protection covers with zippers in size regular and queen

Recreation Therapy

1. Two foldable lawn Chairs, canvas with carry bag
2. Foldable table, 6' in length, plastic with carry handle
3. *Canoes and other adaptive equipment. Contact Recreation Therapy
4. *Generic gift cards for patient outings, Sunday evening pizza suppers, end of life wishes
5. *Tickets to sports games, entertainment events, contact Recreation Therapy for details
6. Woodworking kits and other craft kits such as models, sun catchers, etc.
7. Financial support for the 2017 Valentines for Veterans Concert
8. 50 white tee shirts, sizes L, XL and XXL for Veterans participating in the Adaptive Sports Program

Miscellaneous

1. *Cash in the amount of \$600 to purchase dash plaques and trophies for Veterans and individuals entering a vehicle for display in our 15th annual Show & Shine Cruise Night.

2. *Door prizes for cruise night, such as \$25 generic gift cards, free oil changes, etc.

3. Assistance by a landscape designer to develop schematic drawings of a "Healing Garden Project" to be used by therapy groups.

All monetary donations should be sent to Department of Iowa American Legion Auxiliary earmarked for Sioux Falls VA.

Items we do not have a source to purchase from are identified with an *. It would be very helpful if these items can be purchased and delivered to Voluntary Service at: Sioux Falls VA Health Care System, 2501 West 22nd Street, Sioux Falls, SD 57104 - Ph: 605-333-6851, Room 32B, basement of Bldg. 1 or bring to Information Desk at front entrance. Recreation Therapy can be reached at 605-336-3230 ext. 9 4143.

VA & R Service to Veterans

Pam Clark, Department Committee Chairman

As our American Legion Auxiliary Units begin planning their new year of service with "**Hearts on Fire for Veterans**", I hope you include plans for being of service to Veterans this year. After all, that is the mission of the ALA and should be at the "heart" of all we do throughout the year. Please remember to keep track of all your hours and expenses completed in service to help veterans and their families outside a VAMC.

When it's time to report your hours in April, please turn them in to your Unit President for verification, so that she may submit them to me. You will be awarded service bars for reaching "hours of service" milestones. Your hours are cumulative. This is very important to be able to demonstrate all that our wonderful ALA does for veterans. Hours done on behalf of veterans in state or community-based nursing homes/soldier homes, contracted veterans homes, daycare centers, foster homes, halfway houses, hospices, homeless shelters, stand downs, Christmas Gift Shops (if not at a VAMC), veteran cemeteries or veteran gravesites for any service tasks including transportation, snow removal, landscaping/yard mowing, or assisting with tax preparation may be reported.

If you're looking for a project, here are some

suggestions: Visit with veterans and remember them on special occasions like birthdays, Veterans day, Christmas, Valentines Day, etc. Offer to drive a veteran to doctor appointments. Offer to stay with the veteran while his/her primary caregiver goes shopping or out for a break. Take a veteran for a Sunday drive, picnic, or maybe to see one of his/her friends. Treat veterans to tickets for sporting events or movies. If you're helping veterans in transitional housing programs, secure donations for staple items such as laundry soap, cleaning supplies, kitchen items, new undergarments, etc. Furnish a room in transitional housing programs as a special Unit project. Help furnish new living space for a veteran graduating from a transitional housing program. This might include the veteran and his/her family. School supplies for children or meals might be extra touches. Donate a membership to the American Legion and to the Auxiliary, if applicable. Arrange an outing to a Legion meeting or to one of their special events such as Veteran's Day dinners, memorial services, etc. Volunteer at a stand down near you or buy school supplies to fill back packs for children of homeless veterans that will be handed out at the Des Moines

Breaking News: Past Presidents Parley and History Committee

Tammy Wright, Alternate National Executive Committeewoman

Formerly Known As: Past Presidents Parley/Cavalcade of Memories Committee

National American Legion Auxiliary has made a change and the Department of Iowa has followed suit. Change can be good if we keep our minds open – right? RIGHT!

Please refer to your Plan of Action for ideas on ways you can participate in these two separate committees. Yes, that's right, two separate committees. That means two different pages to look for information. History committee, not to be confused with the office of Historian and her committee. Think of the History Committee as what has been Cavalcade of Memories, as in the past, not recording today's history so much as capturing and preserving your unit and our organization's history.

Past Presidents Parley: I encourage you to either form or become active in your Past Presidents Parley if you are a Past President. If you are not a Past President, I encourage you to learn more so you can be one!

Promote the mentor program in your unit, county and district. I know you all have mentors out there. Some of you are mentors and don't even realize it. Select a Unit Member of the Year and have her nomination to your District President 2 weeks prior to Spring

Stand Down in September.

If you're limited to volunteering for veterans in your home, you could sew or mend, babysit while a veteran keeps a medical appointment, prepare meals for sick or injured veterans, make quilts or knit afghans for hospitalized or homeless veterans. Basically, anything done directly for a veteran outside a VAMC is considered Service to Veterans, except members may not count hours done personally for a family member. What better way to show that our "hearts are on fire for veterans" than doing a Service to Veterans project?

Please remember that you can only count your hours once, and if you report your hours of service under VA & R, you cannot also report them under National Security or Community Service. Report your hours to the committee that makes the most sense to you. Thank you for all the work so diligently done to thank a veteran **for their service** by doing **a service for them**. You may never know how much your efforts mean to that veteran, but in your own "heart", you know you have tried.

District Conference. See Plan of Action for rule details. Promote and submit nominations for the Salute to Servicewomen Award. More information to be found on the National website at alaforveterans.com in the National Program Action Plan under Past Presidents Parley. I look forward to Iowa having many submissions this year!

On to History . . . Please refer to the History page in the Plan of action and the History program page at www.alaforveterans.org for resources including "What's Your Story?" Again, I look forward to hearing from you as I prepare to submit my Mid-Year report due January 1 and, of course, the April 30 narratives that you all are going to submit to me!

Consider creating displays in your American Legion or in your community that showcase some photos and activities of your American Legion Family from days gone by. Celebrate Women's History Month in March. Post your unit history on the Legion's Centennial Celebration webpage at <http://centennial.legion.org>. Even if you are not a computer person or a technology wizard, write it down. I'm sure you can find someone to go to the website and enter your information. If not, send it to me and I'll post it. Make your history come alive!

Membership

Kelly Elliott, Dept. Chairman
Jan Carlton & Judy Neal

I hope all of our Units are **FIRED UP** for membership this year. By now you all have received your membership packets and goals for this year. If you have not received your packet (they were mailed to the Unit's Membership Chairman on Department Office records) in June 2016. We are confident that these goals can be met and surpassed this year and we will be a **GOAL** Department. This year there are no national goal dates, but instead there are Praise Dates. Please try and do some of them this year.

As the Department Membership team, we are having a "**Be an Over Achiever**" Contest. We are going to reward the person that is the biggest Over Achiever at Department Convention next summer. So ladies start thinking of all those friends, family members and new people to your area. Start asking them if they are eligible and ask them to join. Wear the Auxiliary emblem when you are out and you will be surprised how many will notice it and start asking questions. That is an excellent time to sign up a new member. *Our Hearts are on Fire for our Veterans* this year and we want that Fire to burn bright. Remember this quote, "Preserve the Fire, Don't Protect the Ashes."