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Veterans and Family Support

Department of California
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Veterans are our Number 1 priority!



The Dog Days of Summer are here, but do not let these sweltering days interfere with our focus on helping our Veterans find the resources they deserve! By promoting and donating to the VFS programs we can help Veterans and their families tremendously. To help you understand how the VFS program helps our Veterans, here is a brief synopsis.



- **VFW's "Sport Clips Help a Hero Scholarship"** provides service members and veterans with scholarships of up to \$5,000 to complete their educational goals without incurring excessive student loan debt. This small amount can help lessen the stress on our veterans as they support their family. •
- **Unmet Needs** provides financial aid of up to \$1,500 to assist with basic life needs in the form of a grant - not a loan - so no repayment is required. To further ease the burden, the creditor is paid directly. The financial hardship must be due to one of the following:
 - Currently on active duty, whose financial hardship is a result of a current deployment, military pay error, or from being discharged for medical reasons.
 - Discharged on or after September 11, 2001, whose financial hardship is a direct result of your military service-connected injuries and/or illnesses.
 - Discharged prior to September 11, 2001, are on a fixed income that must include VA compensation for a service-connected injury/illness and facing an unexpected financial hardship.
- **The Military Assistance Program (MAP)** helps provide financial assistance to VFW Post and Auxiliaries to sponsor troop send-offs, homecomings, and get-togethers. Posts and Auxiliaries participating in Adopt-A-Unit and Family Readiness Groups can also receive assistance. Each of these programs can be found on the National website (<https://vfwauxiliary.org/what-wedo/veteran-family-support/>).
- **Mental Health Awareness**
 - know the number to the Veterans Crisis Line: 988 then Press 1.
 - Know the five signs:
 1. Personality change
 2. Agitation
 3. Withdrawal
 4. Poor self-care
 5. Hopelessness

Dates to Honor, Remember, Recognize



August 4 Coast Guard Day - Coast Guard Day is held every August 4 to commemorate the founding of the United States Coast Guard as the Revenue Marine on August 4, 1790, by then-Secretary of the Treasury Alexander Hamilton



August 9 – Purple Heart Day The [Purple Heart](#) is America's oldest military merit, originally created as the "Badge of Military Merit" more than 235 years ago to honor a soldier's "singularly meritorious action." The Order of the Purple Heart was established in 1932 and throughout history, more than 1.8 million [brave soldiers](#) have been awarded the Purple Heart in recognition of their sacrifices in combat and resilience as prisoners of war.

Indigenous peoples have contributed a high rate of

Service in the military is a special kind of duty and giving. When all is said and done, those who are recipients of the Purple Heart are honored because they truly have given all they have — body and mind — to fight for their country. As [Purple Heart Appreciation Day](#) approaches on August 7, we honor all combat veterans and recipients who hold this badge of military merit, and remember their sacrifices for all of us. I have attached a Purple Heart coloring page, involve youth, have them color the pages and then present your Purple heart Veterans with a coloring page and maybe a small token of thanks such as a cookie painted with a purple heart.

Looking Ahead:

Month of September-

Suicide Awareness month

Please continue supporting our Veterans and their families. I look forward to reading your reports. Should you need any assistance please do not hesitate to contact me!

Loyally,

Diana Kulhanek

The MAP Grant or Military Assistance Program Grant is a grant offered through the National VFW organization to offer financial assistance to VFW Posts and Auxiliaries for troop support activities. Does your Auxiliary have an Adopted Unit?

There are numerous ways to show your support and the MAP Grant is there to help Auxiliaries financially with specific projects to show that support. Some of the projects include family days, picnics, BBQs, Welcome Home and Deployment Ceremonies and holidays and festivals. The grant may not be used for public events and/or formal military events such as Military Dining In/Out, Military Balls, Change of Command Ceremonies, etc.

Items that can be purchased with grant funds are basic food and non-alcoholic beverages for currently serving military and their family members only. You must have adopted the military unit prior to the event to qualify for grant funds. The grant application must be filled out by a VFW or Auxiliary member and must be signed by an appropriate individual (VFW Commander or Quartermaster or Auxiliary President or Treasurer).

For specific information about the grant or for a grant application please go to the VFW National website online at <https://www.vfw.org/community/troop-support>.