

## Veterans and Family Support December 2024 Promotion

December is the time to spread some holiday cheer to our Veterans and their families.

One way to do this is by reaching out to your local active military units to see how you can support them. When you do this, most activities are reportable under the MAP program within Veterans and Family Support.

**What is MAP?** Per the VFW website. MAP, or the Military Assistance Program, is the outstretched hand between the local VFW/Auxiliary and the military community.

A large part of MAP is the **Adopt-a-Unit** program, the goal of which is to develop supportive relationships with units before, during and after deployments to help deliver the vast network of resources the VFW has available to the military.

Did you know that not only can your Post adopt a unit but so can you as an Auxiliary? Or better still, you can adopt a unit together and jointly work to support those troops.



This is the Unit that my Post and Auxiliary adopted. They are a National Guard Unit of Military Police. We typically hold 2 events with them each year. In the summer, after their training exercises, we hold a BBQ for the unit at their armory. In Winter, again following their training, we hold a Holiday party for them and their families. This year, for the first time, we applied for a MAP grant to help with the cost of

food for our upcoming Holiday event.

**What is a MAP grant and what can it be used for?** A MAP grant is financial assistance from the VFW to conduct a program for service members and their families. It can be used to purchase food and non-alcoholic drinks for active military and their family members for events such as Family Days, Picnics, BBQ's, Holidays and Welcome Home/Deployment ceremonies. There are some restrictions so for more information take a look at the [MAP Grant FAQ](#) which can be found on the VFW website.

The application for a MAP grant is available on the vfw.org website however, it's under the members only section, so if you want to apply for a grant, you will need to work with your Post Commander to get a copy.

**TIP:** If you're going to apply, apply early in the fiscal year! The MAP grant for 2024-25 has already been depleted!

I'll close this month's promotion with a final thought. It is said that "the holiday season is a perfect time to reflect on our blessings and seek out ways to make life better for those around us". While the holiday period for many is a time of good cheer and reconnecting with family, some can feel more stress, anxiety and depression due to such things as the pressure of year end deadlines, financial concerns, shopping, preparing for guests/family, cooking and travelling. Just showing that you care by checking in with someone or sending them a card can make all the difference. Try to reconnect with any members who haven't been at meetings recently, especially if they live alone or can't drive any more.

From my family to yours, in the words of Mary Anne Radmacher.....

***"May your walls know joy, may every room hold laughter, and every window open to great possibility"***

