

VETERANS AND FAMILY SUPPORT
February 2026

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Supporting Our Veterans and Their Caregivers

How the Auxiliary Can Make a Difference Every Day

February is National Caregivers month

Supporting the Caregivers Who Serve Every Day

Behind every veteran who is healing, adapting, or aging, there is often a caregiver quietly serving alongside them. These caregiver spouses, parents, children, and friends—provide emotional support, medical assistance, transportation, and daily care. The role of a caregiver can be demanding, and many experience burnout, isolation, financial strain, and stress-related health issues. As an Auxiliary, we can be a lifeline, reminding caregivers they are seen, valued, and supported.

How You Can Help Caregivers

- Offer respite support: Organize meal trains, run errands, or make regular check-in calls to provide relief.
- Share resources: Provide information about caregiver benefits and helpful support services.
- Show appreciation: Send handwritten notes or care packages to express gratitude for their dedication.
- Advocate: Promote caregiver recognition and support at local and state levels.

Sometimes, the smallest act can make the greatest difference in a caregiver's life.

Mental Health Matters

Mental health challenges affect veterans of all eras. Experiences related to military service—such as trauma, loss, or long separations from family—can surface after a veteran returns home. Depression, anxiety, PTSD, and substance misuse are real struggles, but help is available.

Reducing stigma and encouraging open conversations is vital. When veterans feel safe healing can begin.

How You Can Support Veteran Mental Health

- Share resources: Distribute information about local and national mental health services.
- Encourage professional help: Support veterans in seeking counseling or medical care when needed.
- Promote awareness: Organize programs and participate in suicide prevention initiatives.
- Be present: Offer companionship—sometimes just being there is the first step toward healing.

Reintegration into Civilian Life

Transitioning from military to civilian life can be challenging. Veterans may face difficulties finding employment, adjusting to a different pace of life, reconnecting with family, or translating military skills into civilian careers. Successful reintegration takes time, patience, and strong community support. The Auxiliary plays a critical role in helping veterans feel welcomed, understood, and empowered in this next chapter of life.

Ways to Support Reintegration

- Career assistance: Help organize job fairs, resume workshops, and networking opportunities.
- Education and training: Support veterans pursuing further education or vocational training.
- Community activities: Encourage participation in Auxiliary and community events.
- Create environments where veterans feel included and valued.

Upcoming Patriotic Holidays & Recognition Days

Please consider hosting an event, reaching out, or taking a moment to honor these important dates:

- February 3: Four Chaplains Day
- February 19: Coast Guard Reserve Birthday
- February 22: George Washington's Birthday
- February (all month): National Caregivers Month

Let's celebrate the service, sacrifice, and resilience of veterans and their caregivers with all of our support, recognition, and hope.

Thank you for all your hard work and keep sending in those reports

Respectfully

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