



South Dakota Department VFW Auxiliary
Veterans & Family Support - October 2025

www.vfwauxsd.org

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Program Goals

VFW National Veterans Service

VFW Veterans & Military Support Programs

Assist Veterans, Service Members & their Families

Promote Veterans & Military Suicide Prevention & Mental Health Awareness

October 25th is Make a Difference Day! Make a Difference Day is celebrated annually on the fourth Saturday of October. If you have ever wondered if your actions can make a difference, the answer is yes. If you have wondered where to start, the answer is MAKE A DIFFERENCE DAY! We come together to volunteer, raise funds, offer support, and learn about the most urgent needs of our society. You don't have to join a group or travel the country – you can start by cleaning your own backyard (literally and figuratively) because volunteering is all about becoming the change you wish to see in the world.

5 facts about volunteering that will blow your mind!

- 1) It's about the endorphins – multiple studies have concluded that a single act of volunteering can help people lead happier lives.
- 2) College students love to volunteer – the hottest demographic of volunteers falls in the 18-24 year-old college student category.
- 3) Girls trump boys – historically, the female gender has been more active in volunteering projects than males.
- 4) Peer pressure works, so keep it up – 40% of all volunteers rise to the occasion after being convinced by a friend or loved one.
- 5) It's a cure for the lonely heart – as per a survey, the majority of people confessed that they took up volunteering to be a part of a team.

Keep It Local – Think of Make A Difference Day – you do not have to have a large blow-out party, you can simply send a card, make a meal or just go visit a veteran, family member or care giver. The smallest act of kindness is volunteering your time to help others or make yours and those around you a better happier world.

Lets work together and ROCK THIS YEAR!

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SCAN ME

