South Dakota Department VFW Auxiliary
Veterans & Family Support Information 2026-27
www.vfwauxsd.org - **#5 November 2026**
Tammy Chase – 45980 SD Hwy 10 – Sisseton, SD 57262
cbchase@venturecomm.net
home: 605.698.7438 cell: 605.742.4179

November is a busy month! We have National Caregivers month, which was in Octobers General Orders but will add again. We also have Veterans Day & National Month of the Military Family. Please reach out to your Caregivers, Veterans & Families and recognize them all for their service.

HONORING ALL WHO SERVED

Veterans Day

NOVEMBER 11

Thank you to the brave men and women who have served our country.

We honor your courage, recognize your sacrifices, and remain forever grateful for your service.

★ THE HISTORY ★

On the 11th hour of the 11th day of the 11th month of 1918, an armistice between Germany and the Allied nations came into effect. November 11, 1919, was the first commemoration of Armistice Day. In 1926, Congress officially recognized the end of World War I and declared the anniversary should be observed with prayer and thanksgiving.

In 1938, a law made November 11 a legal holiday, originally to honor World War I veterans. After World War II and the Korean War, veterans' groups urged a name change from "Armistice" to "Veterans." Congress approved the change in 1954, and November 11 became a day to honor all American veterans.

In 1968, a law attempted to move Veterans Day to the fourth Monday in October, but the change caused confusion and many states continued to observe it on November 11. In 1975, President Gerald R. Ford signed a law to again observe Veterans Day on November 11, where it remains today.

★ OBSERVANCE ★

Veterans Day honors all military personnel who served the United States in all wars, particularly living veterans. It is marked by parades, church services and other ceremonies. The American flag is often flown at half mast, and a period of silence may be held at 11:00 a.m. Some schools are closed, while others hold special assemblies or activities.

Veterans Day is officially observed on November 11. If it falls on a weekday, many communities hold their celebrations on the weekend closest to this date to allow more people to attend. Federal government offices are closed on November 11. If it falls on a Saturday, they are closed Friday, November 10. If it falls on a Sunday, they are closed Monday, November 12. State and local governments, schools, and non-governmental businesses are not required to close and may choose to remain open or closed. Public transit systems may follow a regular or holiday schedule.

★ *Land of the Free* ★ *Because of the Brave* ★

CAREGIVERS

Veterans & Family Support South Dakota

Month of Caregiver - November

Caregiver duties and responsibilities can include:

1. Assisting with personal care: bathing and grooming, dressing, toileting, and exercise
2. Basic food preparation: preparing meals, shopping, housekeeping, laundry and other errands
3. General health care: overseeing medication and prescriptions usage, appointment reminders and administering medicine
4. Mobility assistance: help with getting in and out of a wheelchair, car or shower
5. Personal supervision: providing constant companionship and general supervision
6. Transportation: driving to and from activities, running errands, and help getting in and out of wheelchair-accessible vehicle
7. Emotional support: being a stable companion and supporter in all matters personal, health-related and emotional
8. Care for the elderly: orienting or grounding someone with Alzheimer's disease or dementia, relaying information from a doctor to family members
9. Back-up care (or respite) services: providing other caregivers a break
10. Home organization: help with organizing, packing or cleaning for a trip, or general house care and cleaning
11. Health monitoring: following a care plan and noticing any changes in the individual's health, recording and reporting any differences

No matter how much love is between a caregiver and an individual, caregiving isn't an easy job – and it only gets harder as recipients get older. More than ½ of caregivers say the role takes a toll on their jobs, and more than 75% say it takes a toll on their family lives. Almost all caregivers have experienced anxiety or irritability stemming from their roles, and they say it's a very demanding job.

Most have no idea how being a caregiver would infringe on her/his day-to-day life as much as it has. The responsibility as a caregiver, the expectations are pretty high. You can

no longer do everything you want, such as leave the house at a moment's notice. It is like you have lost a sense of privacy.

Caregiving can take both physical and psychological tolls on anyone, and many caregivers experience symptoms consistent with depression. Overwhelmed with their responsibilities, many caregivers forget to take time for themselves, which can lead to caregiver burnout. A caregiver burnout is hard to predict because no two caregiving roles are the same.

What are the benefits of caregiving?

Caregivers take the struggle out of the everyday routine, eliminating challenges and boosting independence. While it's not an easy job, being a support system for you loved one is rewarding purely because she's caring for someone you love.

The companionship, the feeling of being needed and wanted, and the love between family members are what keep you happy in your role as his caregiver. Being able to see the positives in a caregiving role is part of what allows many caregivers to be satisfied and find pride in their jobs. Giving back to someone else is gratifying, and often caregiving gives peoples lives meaning and helps them feel successful.

Caregiving

These special days are not federal holidays and you will continue to work, they are days to raise awareness of Wounded Warriors, veterans with service-connected and non-service connected disabilities, family members and friends and the people who care for them.

During the Month of November, the Department of Veterans Affairs "takes time to honor and thank" the millions of family caregivers and those they serve. It is a very important time for these under-recognized people, and they deserve their own special recognition.

Month and days of the Caregiver share the goal of raising awareness, sharing resources, and reminding us that this vital community needs support.

Honoring The Caregiver

There may be no ticker-tape parades or major league sporting event half-time ceremonies dedicated to caregivers, but there are plenty of ways to show your support during the year. One particularly helpful way to show support is to volunteer by helping a caregiver in your circle of friends and family. Assisting an existing caregiver isn't just about giving a few days of rest and time away from the daily responsibilities required; it's also about morale of all involved and fostering a sense of community with the patients and care providers. Even if you have no training in medical needs, you can make a difference for a caregiver since many tasks don't require medical skills or training.

Some ideas of ways to help caregivers:

Grocery Shopping
Drive to appointments
Drive to bank
Meal Prep
Give the caregiver a pass to get out of the house for a few hours while you stay there (Give them a much needed break)
Go and visit the caregiver/family and just let them vent
Show up for them
Listen

Help with day-to-day
Offer financial support
Help with chores Provide emotional and social support
Negotiate time to check in on them (caregiver)
Make sure they are managing their own health care needs

There are many ways to help out and reduce the daily to-do list for someone who provides these critical services.

Military Caregiver Resources

There are plenty of government resources available for caregivers; you may not be one yourself at the time you read this, but knowing the needs and services available may be a source of motivation to get involved-the need is great, and every volunteer effort helps.

The VA Caregiver Support Line

The VA Caregiver Support Line is 1-855-260-3274, and is designed to help with resources, advice, and networking. All care providers are welcome to dial in to monthly telephone education groups, ask questions, and get help with self-care.

VA Peer Support Mentoring

Caregivers are invited to take part in the VA's peer support mentoring outreach; you may take part as either a mentor or as someone in need of one. This kind of support generally lasts approximately six months, but there are one-time mentoring opportunities under this program, too. Communication between mentor and learner is facilitated by whatever method works best for all involved-you can discuss care giving issues by phone, email, even regular mail.

Caring For Seriously Injured Post-9/11 Veterans

Some VA caregiver support programs are open to all regardless of what era their clients have served in, but the VA Comprehensive Assistance for Family Caregivers program offers support for those providing care for veterans with serious injuries who have served on or after 9/11.

Through VA Comprehensive Assistance, the government provides approved caregivers support options including a monthly stipend, respite care, payment of approved travel expenses, health insurance, and mental health services.

Family Caregiver Alliance

https://www.caregiver.org/connecting-caregivers/support-groups/

Caregiving Resource Center

https://www.caring.com/caregivers/