

UNWAVERING SUPPORT



FOR UNCOMMON HEROES®

South Dakota Department VFW Auxiliary
Veterans & Family Support - March 2026

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

March 3rd is **Caregiver Appreciation Day** – We often forget the person that is there to take care of the veteran or family member that is in need of help. Behind every veteran who is healing, adapting, or aging, there is often a caregiver quietly serving alongside them. These caregivers provide emotional support, medical assistance, transportation, and daily care, often at great personal sacrifice.



Caregivers may experience burnout, isolation, financial strain, and stress-related health issues. As an Auxiliary, we can be a lifeline by reminding caregivers they are seen, valuable and supported.

This ties in with our: **Keep It Local** –

IDEAS:

- Offer support through meals, meal trains, errands, time off, or check-in calls
- Provide information about caregiver resources and benefits
- Send handwritten notes or care packages to show appreciation
- Advocate for caregiver recognition at local and state levels
- Listening without judgement

Reminder

You should have your year-end reports to my by **April 15th**. If you email them to me and I do not reply that I received it, please let me know or resend. I will always let you know that I received it. You need to complete a report even if you do not think you did anything, because you all do something and you do not realize it.

There is also a National Award that is due by the **March 31st**.

Kim has sent out all the year-end reports and National Awards forms.

To Our Auxiliaries & Members:

Our Awesome Auxiliaries have been working hard through the winter, and with spring approaching, we are excited for the opportunities ahead to connect with our community and share the vital work we do for Veterans and their Families. Thank you so for your dedication and service to our VFW Organization but your service to our Military and their Families.

Community education is at the heart of our mission. By setting up tables at local events and sharing information, you help ensure Veterans and their families know about the services and support available to them. Your enthusiasm and outreach are key to making a lasting impact!



Saint Paddy's Sudoku

DIRECTIONS: Fill in the grids so that each horizontal row contains each letter exactly once, each vertical column contains each letter exactly once, and each subgrid contains each letter exactly once. We recommend you use a pencil.

RAINBOWS

	B						R
		B	N	R		O	
W					I		
	S					I	
N			O				W
						S	
	R	S		N		B	

CLOVER

			V	E	
L					
			C		
		L			V
					E
R	L				

DUBLIN

	N	U	D		
N					
			L	D	
	B				
	D		U	I	

SHAMROCK

C	M						
						A	
A					O	C	
O			K	R	A	S	
	H					O	
R		K		C			
	A	H					
			O				R



*SD VFW Auxiliary
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Lets work together and ROCK THIS YEAR!

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