

Do you ever reach a point where sometimes you feel overwhelmed, isolated, or feeling of just dragging through yet another day? During winter months and days of reduced sunlight, this is a feeling that effects a good amount of the population.

Our veterans and military personnel often feel these negative moods and emotions during the holiday months. The American Legion does a great job of educating on the need for active buddy checks. American Legion Members actively participate in buddy checks with their members and other known veterans in the community they support. It is one of the first actions in Being the One.

As the Legion family works relentlessly to participate in veteran buddy checks, it is important that our Auxiliary members also check on our Auxiliary members we haven't seen in a while, as well as known caregivers to veterans. It is important that we all reach out and check on each other. These months can also be very isolating and lonely to some of our veteran's widows, caregivers, and family members. As those they love may struggle this time of year, those caring for them also struggle. Those that have lost their veteran may also struggle as they face the holiday's missing their loved one.

Over the next couple months, please participate in 'Angel Checks' to check in with our fellow members, veteran caregivers, and known veteran's widows to give encouragement, remind them we see and care for them, offer to visit or help them in some way, or invite those that will be alone to your holiday gatherings.



God Bless All of You and May You have Holiday's that are Merry and Bright.

Kristen Hensley – Department President