

# Seattle VA Medical Center – November 2025

## LIST OF NEEDS

- All Units – Reading glasses – various strengths
- Undergarments, all sizes (briefs, boxers, tee shirts)
- Jeans – all sizes
- Sweats – Tops and Bottoms, all sizes
- New or lightly used hiking boots, all sizes
- Shelf-stable foods (chips, noodles, granola bars, etc.)
- Water
- New or lightly used “unisex” hooded waterproof jackets, all sizes
- Wool Hats and Gloves (Wool is best for its heat-retention properties.)
- Wheelchair bags for people with catheters
- Backpacks

### Volunteer Opportunities

DAV Transportation Drivers are needed! - Contact Ken Jones,  
[Kenneth.jones4@va.gov](mailto:Kenneth.jones4@va.gov)

Christmas Day at the Seattle VAMC – Help make the holiday season bright by donating small useful, nonedible items (100 qty. suggested):

- Canteen gift cards, ear plugs w/neck cords, eye masks, cards, mechanical pencils, *Word Find* books, *Sudoku* puzzles, lotions, lip balm, knitted caps, bedside crafting items, gently-used paperback books & magazines, etc.

National Salute to Hospitalized Veterans February 2026 – Participate at the Seattle VAMC by sponsoring a table for ALA/TAL “swag” items.  
Valentines for Veterans – Celebrate by preparing and mailing Valentine cards to the Voluntary Service Office by February 5.

Using a VA Puget Sound Health Care System Donations form, please mail or deliver (call ahead to make arrangements):

Department of Veterans Affairs  
Puget Sound Health Care System, S-135  
ATTN: Voluntary Service  
1660 South Columbian Way  
Seattle, WA 98108-9804  
206-764-2195