

Veterans Affairs and Rehabilitation
October 2026
By 2nd Vice – Stephanie McMullen

The VA&R program is a cornerstone of the American Legion Auxiliary and serving veterans is our purpose. We will continue our focus on the Be the One mission. What can we do? We can register for the free online Suicide Prevention Training accessible <https://www.legion.org/advocacy/be-the-one/be-the-one-training> to learn how to recognize those at risk, and what measures to take if you do. We are not expected to become mental health professionals, but we can connect individuals to the right resources in a timely manner. If one of the training sessions doesn't fit your schedule, check back often so you don't miss out. Participate in Buddy Checks. You never know when your call can make a difference. We also want to increase our volunteer footprint in VA Medical Centers, Clinics and beyond, including our service to veterans in the community. Also, please check out the first quarterly meeting recap on the next page that addresses our external partnerships. We'll be sharing more details about each of those in upcoming newsletters, so stay tuned. There is a lot we can do and many ways to do it. Be sure to track your activities and hours – reporting matters.

We will continue to promote the Be the One mission. It's important for us to remember that it is a stand-alone phrase and should not be used as part of a theme or as a tagline. It should be reserved for use when it directly relates to suicide prevention. Ways we can focus on the Be the One mission are through participation in Buddy Checks and bringing greater awareness of the suicide problem and reducing the stigma associated with asking for help. We can take the Suicide Prevention Training offered online at no cost through the American Legion.

Another area of focus is to increase our footprint in our volunteer service, both within and outside of VA facilities.

I would also like to give a shout out to Trish Aljets and the Units supporting the Prescott VAMC for their successful Creative Arts Festival this past weekend. I look forward to seeing pictures.

Stephanie McMullen
2nd Vice President, Department of Arizona
623-910-4716
Aladeptaz2ndvp.varchairman@gmail.com