

Veterans Affairs and Rehabilitation
January 2026
By 2nd Vice – Lynda Griffin



Buddy checks have been vital in the winter months especially, when focus shifts to mental health and well-being during the holidays and shorter days. The Buddy Check is a peer-to-peer initiative where members reach out to fellow members (by phone, text, or visit) to check on their well-being, foster connection, and guide those in need to services, or help. Here are a few ways to get involved:

- Gather up a team to call, or if possible, personally visit members and former members of the American Legion Auxiliary to make that Buddy Check. Sometimes that personal touch is all that is needed to lift their spirits.
- Make a list of local resources that includes services like financial aid, employment opportunities, veterans' services, home and auto repair, caregiver services and any other known benevolent resources for veterans and their families.

Sample Buddy Check Phone Script
(The American Legion - Buddy Checks within your Unit.

Hello, my name is **[INSERT YOUR NAME]** and I'm calling to see if there is anything that your American Legion Family can assist you or your family with. I may be able to direct you to resources that aid in critical matters such as health care, counseling, financial assistance, and VA claims if you need them, or know someone who does. It is my honor to continue serving this nation by serving those who served, so if you ever need anything from The American Legion Family, do not hesitate to ask. We may not personally be able to solve your problem, but we can get you to the right resources. Thanks again for your service. If you need anything, call me anytime at **[PHONE NUMBER]** or email me at **[EMAIL ADDRESS]** Let's stay in touch!

Mark Your Calendars

2025 – 2026 ALA Mission Training & National Junior Meetings

January 31, 2026 Las Vegas NV

January 31, 2026 – Indianapolis IN

2025-2026 ALA Mission Training & National Junior Meetings

January 31: Las Vegas

Let us all remember the ALA Mission Statement in everything we do!

In the spirit of Service, Not Self, the mission of the American Legion Auxiliary is to support The American Legion and to honor the sacrifice of those who serve by enhancing the lives of our veterans, military, and their families, both at home and abroad. For God and Country, we advocate for veterans, educate our citizens, mentor youth, and promote patriotism, good citizenship, peace and security.