AMERICAN LEGION AUXILIARY

A Community of Volunteers Serving Veterans, Military, and their Families

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FROM THE 2026-2027 NATIONAL SECURITY COMMITTEE



Military Families face unique challenges that they adjust to and deal with on a regular basis

- Families move every two to three years, which disrupts routines and child care.
- Military children often change schools six to eight times.
- One in four military spouses is unemployed or looking for work.
- Spouses and children face high stress during separations and transitions
- *(National Military Family Association)*

What can you do?

- **Volunteer your time.** Volunteer to take care of the family for a day.
- **Invite** them to an event at your Post and present them with a Blue Star Banner.
- **Share their passion.** Some of the most amazing military spouses I know spend gobs of time volunteering with organizations or programs they think are important.
- **Leave an anonymous care package at the door.** Ding-dong-ditch is extra fun when you can leave something amazing behind.
- **Listen.** Take the time to find out what she or he needs. Maybe all she/he needs is someone to talk to about what is really going on. Just listen.

Each year, the U.S. President signs a presidential proclamation declaring November as National Veterans and Military Families Month.

- Established in 1993 by the Armed Services YMCA.
- To honor the daily sacrifices, strength, and commitment of military spouses, children, and loved ones.

Military Family Appreciation Month is a time set aside to recognize the military family.
Military families know what it means to serve. Every day, they get up and support our service members, standing by during long trainings and deployments. They know the risks, but accept this life of service anyway.
The Military Family is the backbone of our military. They are the quiet, but steady fuel at home that keeps the home fires burning.
Serving is just what they do.

Traditionally, the president signs a proclamation recognizing that service and declaring November as Military Family Month. Over the month, families are honored and recognized for their commitment and contributions in support of our military and nation.

