

Mentoring for Leadership
August Communication 2024

Barbara Wiener Department Chief of Staff
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This is an awesome position for some of our "well seasoned" members to take on a leadership role.

Coming in as a new member can be quite intimidating for some and having someone show you the ropes can make you feel right at ease.

You can take your new member by the hand and step by step show them all the different ways to get involved. It can be as small as making a phone call to taking on a position in a program.

Pull them aside and ask them if there are any questions they have, sometimes they might not want to ask in front of a whole group.

Embrace and promote the CARE concept,

C - Catch the member when they first join.

A - Ask them to participate.

R - Remember what it felt like to be new.

E - Engage them in a Program that fits them.

Over time this member may express interest in holding an office or chairmanship.

If you have any questions or concerns, please feel free to call or email.

Attached you will find the Awards program for Mentoring, due at the end of our year.

FROM OUR ROOTS TO OUR BRANCHES
EXTENDING SERVICE TO OUR VETERANS
HONORING THROUGH SERVICE TO OUR VETERANS

MENTORING FOR LEADERSHIP AWARD FOR 2024-2025

An award will be given to the Auxiliary that has an activity and/or event that supports a mentor program. Citations will be given to all who enter.

This can be done with flyers – social media – photos, meetings, etc... formally or informally.

The more members you have and the more quickly your Auxiliary is growing indicates that you need to have a process in place to get those new members involved and included.

Up to three members could take on this project, especially those who remember what it felt like to be new and are not sure how everything works.

- **Introduce new members to your Auxiliary Department, National web pages and Facebook.**
- **Have meetings with your program chairmen explaining the programs.**
- **Get them a book on the Bi-Laws, (so they can become familiar with traditions and rituals)**
- **Explain the different kinds of meetings, Auxiliary, District, Department and National.**
- **Tell them about the traditions your Auxiliary, District, Department and National has.**

To enter, please send me a write up about your mentoring program, make sure that you put your District and Post number. You can have more than one throughout the year. The more mentoring you can do, the better your Auxiliary can become.

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Veterans and Family Support August 2024

Greetings brothers and sisters,

I hope everyone is having a wonderful summer as you know that we all need to check on our veterans to see how they're doing, the Suicidal numbers are still climbing. There are so many veterans that live alone, unable to get around like they used to. We need to give them calls from time to time to see how they are doing or if they need anything, maybe you just happen be in the area where they live and you just want to stop by their home.

You never know what kind of day, week or month that they are having. On that particular day, you decide to call, or stop by it tells that veteran that person was thinking of them. By you taking time out to talk to that veteran(s) (not sure if you know this or not you just made their day), it shows that there is someone that was thoughtful enough to pick up the phone or stop by to see how they're doing.

I'm sure there are quite a few veterans that belong to your VFW Post that you haven't seen in quite a while. When you talk to them, let them know what kind of event that you're having at your VFW Post. It might be, a family fun day, or some type of fundraising, get them involved! And tell them to bring their family out to the events.

So, the next time you have something at your VFW post, call your older members. Let them know about it.

Brenda Bailey
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The Veterans Crisis Line is free and confidential. When you call, chat, or text, a qualified responder will listen and help. You decide how much information to share. Support doesn't end with your conversation. Our responders can connect you with the resources you need.

<https://www.veteranscrisisline.net/>

When to Call

Veterans and service members in crisis aren't alone. If you're thinking about hurting yourself, having thoughts of suicide, or becoming self-destructive, we're ready to help.

Contact us immediately if you or the Veteran or service member in your life is showing signs of crisis, such as:

- Talking about feeling hopeless
- Experiencing anxiety or agitation
- Increasing risky behaviors or substance use

What to Expect

Call the Veterans Crisis Line: How It Works

1. A recording will alert you that you've reached the Veterans Crisis Line.
2. There will be a brief pause while the call is connected to a qualified responder ready to listen and help.
3. The responder will ask a few questions, such as whether you or the Veteran or service member you're concerned about may be in immediate danger or at risk for suicide.
4. Your call is free and confidential, and you decide how much information to share.
5. If you or the Veteran or service member you're concerned about is in danger, the responder will help you get through the crisis and then connect you with the services you need, either from your local VA medical center or elsewhere in your community. If you decide to share contact information, the suicide prevention coordinator at the nearest VA medical center will contact you by the next business day.
6. If you or the Veteran or service member you're concerned about is in crisis but not at imminent risk for injury or suicide, the responder will listen, offer support, and help you make a plan to stay safe.
7. Afterward you may be connected with your local suicide prevention coordinator, who will contact you the next business day for continued support.

Text the Veterans Crisis Line: How It Works

1. Send a text to **838255**. You can say as much or as little as you like to get the conversation started.
2. You will receive a text back that reads: "VA Crisis Center: I'm here to help. **If in danger, call 911.** For more info, **call 800-273-8255. (Press 1).** Please keep msgs under 160 characters. STOP to cancel."
3. The responder will ask a few questions, such as whether you or the Veteran or service member you're concerned about may be in immediate danger or at risk for suicide.
4. Your text is free and confidential, and you decide how much information to share.
5. You may text STOP at any time to end the conversation. If you do, you will receive this free message in response: "Free Msg: VA Crisis Center: You have successfully unsubscribed and will receive no more messages. More info email **VHA.SuicideHotlineStaff@va.gov**. Conversation ended; this text dialogue has been deleted. **For more help, call 1-800-273-8255 and press 1.**"
6. If you or the Veteran or service member you're concerned about is in danger, the responder will help you get through the crisis and then connect you with the services you need, either from your local VA medical center or elsewhere in your community. If you decide to share contact information, the suicide prevention coordinator at the nearest VA medical center will contact you by the next business day.
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