

CHECKPOINT



VFW Checkpoint – January/February 2022

Happy New Year! Your Checkpoint newsletter has arrived!

Please take this opportunity to see what other Posts around the world are doing to better their communities. Be sure to share the valuable information you get here with your fellow VFW members. If you know someone who is not receiving Checkpoint, encourage them to email magazine@vfw.org and get signed up.

This issue of Checkpoint features VFW Post 8731 in Monticello, Minn. The Post donated \$1,000 to the community food bank. The Monticello Food Shelf helps its community members who are food insecure. In North Carolina, VFW Post 9960 teamed up with the Daughters of the American Revolution (DAR). A flag disposal box is now at the Post home, thanks to the DAR, so that Post members can properly dispose of Old Glory. Earlier this month, VFW Commander-in-Chief Matthew “Fritz” Mihelcic toured the VA Sierra Nevada Health Care System in Reno, Nev. While there, he had the honor of viewing “Through Our Eyes: A Women Veterans Experience,” an exhibit spotlighting women veterans. Similar exhibits are at four other VA facilities around the country.

Be sure to let us know what you are doing in your community. We always are looking to promote the great efforts of VFW. Email jdyhouse@vfw.org your suggestion, and you just might see it in an upcoming issue of Checkpoint.



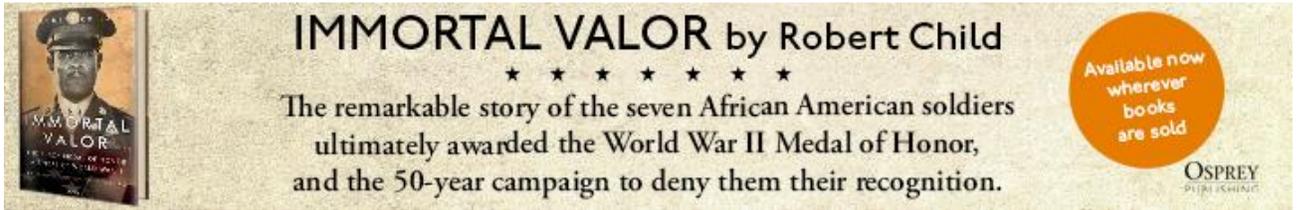
Post Supports Local Food Bank

In Monticello, Minn., VFW Post 8731 unanimously agreed to support the Monticello Food Shelf with a \$1,000 donation. [The food bank ensures its food-insecure community members do not go hungry.](#)



Teaming Up for Old Glory

VFW Post 9960 in North Carolina partnered with the Daughters of the American Revolution to place a flag disposal box at the Post home. [Post members will ensure that U.S. flags left there are properly retired.](#)



Understanding Depression

VFW's 2021-2022 National Chaplain offers a look at depression, which affects more than 18% of American adults. [Lifestyle changes and therapy are viable options in treating the disease, the chaplain writes.](#)



Reaching Out to the Community

After receiving a \$1,000 #StillServing community support grant from VFW National Headquarters, members of Post 10725 in Gretna, Neb., opted to share it with others. [Matt's Music Memorial was one of the recipients of the Post's generosity.](#)



Kentuckian Makes VFW History

Martha Lain is the current VFW Auxiliary Department of Kentucky president. Before she took on this top position with the Auxiliary in Kentucky, Lain also was VFW Department commander. [No other Auxiliary member has served in both capacities.](#)



VA Highlights Women Veterans

At the VA Sierra Nevada Health Care System in Reno, Nev., an exhibit honors the service of women veterans. ["Through Our Eyes: The Women Veterans Experience" aims to increase awareness about our country's female vets.](#)



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Honor the VFW with a Gift in Your Will

When it comes to your will and estate plans, your loved ones should always come first. After your family has been taken care of, we ask you to evaluate the VFW's place in your overall plans. If you're interested in supporting the VFW - and your fellow - with a gift in your will, please contact the VFW Planned Giving Office for more information at 816.968.1119, email plannedgiving@vfw.org or visit vfw.org/plannedgiving.



Are Your Loved Ones Protected?

The bottom line is to make sure you have enough life and accident insurance for your loved ones in case something happens to you. [Learn more.](#)

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