



Central Region

Round-Up

The Membership Newsletter of
Sons of The American Legion
Central Region

Volume 1 – Issue 22 – April 5, 2020

National Target Date

April 8, 2020

90%

RECRUIT!

RETAIN!

REINSTATE!

CENTRAL REGION CHALLENGE DATE

May 1, 2020

100%

Iowa first in Region to reach quota

CONGRATULATIONS to the Detachment of Iowa for being the first Detachment in the Central to hit quota! The April 2, 2020 National Membership Report shows Iowa with 4,384 members paid for 100.206%. These numbers will increase for Iowa, as will the Detachment's Renewal number, where Iowa has 3,887 renewed for 87.31%. You should be very proud of your accomplishments thus far. **Who's next?**

100%


Please remember the Central Region Challenge Date of 100% membership on May 1. After seeing the April 2 report, I am VERY confident that we will have many Detachments hit this mark. Let's take care of business. **Who's next?**

I also wanted to make sure that each Detachment was aware of the Triple Nickel Award. The criteria are to have 105% Quota, Charter 5 new Squadrons in your Detachment, and have a Renewal Rate of 85% or higher.


This is something that is achievable, we just have to work for it. Are you up to the challenge? Don't wait to see who hits these target and challenge dates by reading a report. Make sure it's your Detachment. Ask your Membership Chairmen how you can help. Let's really step up our renewals while performing our SAL Buddy Checks! **Who's next?**

The Triple Nickel

To win The Triple Nickel Detachments must complete the following by July 1



- Have 105% Quota
- Charter 5 new Squadrons
- Have an 85% Renewal Rate



Proud Possessors of a Priceless Heritage

Something we need to continue to discuss is MySAL. Under the current circumstances, MySAL is the perfect way to get our membership transmitted to National Headquarters. Detachment of Minnesota Adjutant Dennis Henkemeyer put it quite simply, "Now is the right time for your squadron to start processing membership online. It is simple to do and guarantees that your renewals and new members will be handled in about a 9-day process."

I couldn't agree more. We need to embrace this new tool we have, and we need to put it to work. I use it and I love how easy it is, how fast it is, and the reports I can run. EVERYONE who can, should get their account set-up, try it, and then make their decision. I am quite confident that once you use it a couple times you will look in the mirror and ask yourself why you waited so long to give it a try.

As always, please do not hesitate to contact Doc Pfeiffer or me if you need help with anything.

Thanks for your support of this publication!

Proud Possessor of a Priceless Heritage,



Jeff Vrabel, Sr.

Sons of The American Legion
National Membership
Committee
Central Region Chairman

jeffvrabelsr@gmail.com

#SALSTRONG

2019 – 2020 Central Region Membership Challenge *from Jeff Vrabel, Sr.*

DECEMBER 31	60% ✓
FEBRUARY 1	85% ✓
MARCH 1	90% ✓
APRIL 1	95% ✓
MAY 1	100%
JUNE 30	110%

Who's next?

**Detachment Membership Standings
as of April 2, 2020**

DET	GOAL	ACTUAL	%
IA Q *^	4,375	4,384	100.206%
WI*^	3,744	3,722	99.412%
OH	31,133	27,893	89.593%
IL	14,546	12,741	87.591%
MI	24,083	20,955	87.012%
MN	11,748	10,123	86.168%
IN	39,364	33,547	85.223%
MO	3,705	2,376	61.130%
TOTALS	132,698	112,902	85.082%

Q = QUOTA – CONGRATULATIONS!!!

* = Met April 8 National Target of 90%

^ = Met April 1 Central Region Challenge of 95%

**Detachment Renewal Rates
as of March 30, 2020**

DET	2019	RENEWED	%
IA	4,452	3,887	87.31%
OH	30,456	25,849	84.87%
WI	3,945	3,286	83.30%
MN	11,565	9,371	81.03%
IL	14,431	11,564	80.13%
MI	24,126	18,268	75.72%
IN	38,876	30,431	72.28%
MO	3,485	2,183	62.64%
TOTALS	131,336	104,839	79.83%

**National Membership Standings
as of April 2, 2020**

REGION	GOAL	ACTUAL	%
Southern	42,763	38,645	90.370%
Western	26,395	23,324	88.365%
Central	132,698	115,741	87.221%
Midwest	30,366	26,254	86.459%
Eastern	146,273	126,438	86.440%
TOTALS	378,495	330,402	87.294%

9,788 ahead of last year

**National Renewal Rates
as of March 30, 2020**

DET	2019	RENEWED	%
Central	131,317	104,839	79.83%
Eastern	144,840	115,546	79.76%
Midwest	29,920	23,026	76.94%
Southern	42,858	32,757	76.40%
Western	26,524	19,370	73.01%
TOTALS	375,540	295,538	79.76%

Membership

115,741

The Central Region remains in Third Place nationally as of April 2, 2020 with 87.221%. *Keep up the outstanding work!*

Renewals

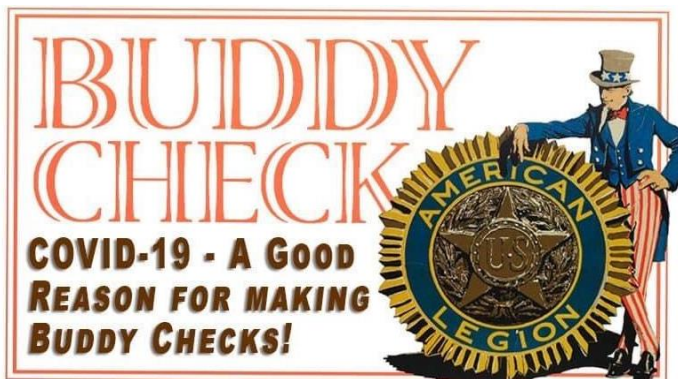
104,839

The Central Region holds First Place as of the March 30, 2020 Renewal Report. This number represents 79.83%. *Who's next?*

NATIONAL TARGET DATE

April 8, 2020

90%



SONS OF THE AMERICAN LEGION

JEFF VRABEL, SR.

FOR NATIONAL VICE-COMMANDER

National Commander Bolt's 2019-2020 Goals

Please remember as you travel and promote the Sons of The American Legion and National Commander Clint Bolt's goals for Membership and all Legion Charities.

- RECRUIT, RETAIN, AND REINSTATE to reach **400,000** members
- Renewal rate above 95%
- Obtain 105% in membership by National Convention in Louisville, KY
- Recognize our achievements
- Child Welfare Foundation \$500,000
- National Emergency Fund \$100,000
- Soldiers Wish \$100,000
- Legacy Scholarship \$100,000
- Veterans & Children's Fund \$100,000
- Operation Comfort Warriors \$100,000

Detachment Features

Wisconsin	January 26 edition	✓ Thanks
Illinois	February 2 edition	✓ Thanks
Missouri	February 9 edition	
Iowa	February 16 edition	
Michigan	February 23 edition	✓ Thanks
Indiana	March 1 edition	
Ohio	March 8 edition	
Minnesota	March 15 edition	

There's still time if you didn't have your Detachment feature published yet!!!

Membership Committee Call

6:00 PM MST

Call in # (515) 604-9644 Access Code: 889133

Online Meeting

<http://join.freeconferencecall.com/jrnavarr>

The National Membership Committee holds its monthly Conference Calls on the third Tuesday of each month. It is important that we get the message out to as many Membership Chairmen as possible. Please share this with your District and Squadron leadership and ask them to join us.

From the Legislative Commission



LEGISLATIVE DIVISION UPDATE

Week ending April 4th, 2020

This information is provided by the Legislative Commission and is intended to be shared within the organization.

Tom

*Thomas Deal, Chairman
SAL National Legislative Commission
Sons of The American Legion*

Bcc: Legislative Commission Members
Legislative Commission Liaison Committee
Members

Attached is the Legislative Weekly Status Updates for week ending **Friday, April 3, 2020.**

<https://www.legion.org/legislative>

News Center

<https://www.legion.org/news>

Headlines

<https://www.legion.org/headlines>

Respectfully,

Nettie W. Williams

Nettie Williams

Executive Assistant to the Executive Director
The American Legion HQ – Washington, DC
Government & Veterans Affairs
Office: (202) 263-5741



Congress

Both the House and Senate were out this weekend, although some work occurred during *pro forma* sessions. Lawmakers are trying to stay away from DC during the pandemic, especially given the national effort for social distancing and travel reduction. However, they are not yet at the point of introducing remote voting. There is some talk of using proxy voting, so that lawmakers in isolation or quarantine could still vote through a colleague. Another possible option would be voting over the telephone.

Appropriators in both Chambers were expecting to release their spending bills in the next couple of months. In fact, back in early March, House Appropriations Committee Milcon Subcommittee chair Rep. Wasserman Schultz (D-FL) said she was already writing the chairman's mark. The committees are now figuring out how to hold hearings without being physically present. Last week, the Senate Armed Services Committee held its first "paper hearing."

Most assuredly, once Congress starts meeting again in person, voting days will be added to the calendar. At the very least, Mondays and Fridays will become real workdays, rather than fly-in and fly-out days.

On Thursday, House Speaker Pelosi (D-CA) announced the formation of a bipartisan committee to oversee spending related to the coronavirus pandemic. This includes the Administration's disbursement of the \$2.2 trillion contained in the CARES Act, signed into law last week, as well as the first two stimulus bills. This committee will only focus on oversight of current spending. (The DoD Inspector General has also been tasked with oversight on the spending for CARES.) Pelosi said Rep. Clyburn (D-SC) will chair the committee. Almost immediately, Minority Leader McCarthy (R-CA) expressed opposition to the committee's creation, calling its oversight "redundant."

With the third coronavirus supplemental spending bill signed into law, consideration has begun on a fourth stimulus bill. The President and Pelosi have both publicly expressed support for the fourth bill to focus on infrastructure. Republican leadership, especially McCarthy and Senate Majority Leader McConnell (R-KY), are putting the brakes on that effort. Both men point out that implementation has barely begun on the CARES Act, and more time is needed to determine just what is needed and how to target the money. In addition, they point out the rising federal debt and the need to at least try to pay for future spending.

A future committee will examine lessons learned and how to better prepare the country for future pandemics, she said.

Rep. Max Rose (D-NY), a captain in the Army National Guard, was activated as of Wednesday. In a video statement to his constituents, Rose said he will be providing support on Staten Island and in New York City. He emphasized that his office will continue to operate, and his staff will be available to help constituents

DoD and VA COVID responses

The Army Corps of Engineers has more than 15,000 personnel engaged in planning and standing up 12 FEMA mission assignments. The Corps has 47 Emergency Operations Centers activated to focus on possible medical facility shortages, according to the Pentagon.

The Department of Veterans Affairs (VA) has opened 20 beds in its East Orange, New Jersey, Medical Center to treat COVID-19 patients from the community. On Wednesday, 15 acute care and five intensive care beds were made available in response to a request from FEMA and the state of New Jersey. The Department emphasized in its statement of the action that this will not negatively impact the care veterans receive at the medical center.

The President and Vice President joined the Secretary of Defense and Chairman of the Joint Chiefs of Staff on a phone call Wednesday with service members and military families to talk about the coronavirus response.

Defense Health Agency (DHA) Director Lieutenant General Place has sent a memo to Assistant Secretary of Defense for Health Affairs McCaffrey asking that certain transformation actions be temporarily halted for 60 days as the Military Health System (MHS) focuses upon fighting COVID-19. These actions include restructuring the military treatment facility (MTF) footprint, reducing the number of military medical personnel, transferring MTFs to DHA control, and implementing the MHS GENESIS electronic health record system, among other activities.

The VA has not responded to questions concerning the impact of the current medical crisis upon its EHR system implementation, which was about to be rolled out when the pandemic struck.

National Defense Authorization Act

The House Armed Services Committee has indefinitely postponed its National Defense Authorization Act (NDAA) markup, which was scheduled to occur on April 30. House Armed Services Committee ranking member Rep. Thornberry (R-TX) said staff has been working to have a chairman's mark ready to go as soon as Congress returns. He noted they have also started a database of Members' provisions that might turn into amendments in the markup. "That process is moving pretty good," Thornberry told reporters Thursday morning.

Thornberry is introducing two pieces of standalone legislation concerning military family readiness and acquisition reform. He hopes to include it in the FY21 NDAA and released it Thursday to give his colleagues and others a chance to comment on it. Rep. Kelly (R-MS) is cosponsoring the family readiness bill.

Thornberry said the family readiness bill aims to create a common definition and standard of the idea and update the methods of communication to military families. "It's clear from my visits," he said, that "younger spouses receive their information, communicate with each other, differently than in the past." The bill also requires a bi-annual survey of military families. Thornberry wants to call attention to the importance of family readiness, and "that you ought to do it across the board." Guided by the required survey, DoD would be able to better determine whether families' needs are being met in the ways families need them to be met.

The intention, said Thornberry, is to emphasize and institutionalize the importance of family readiness alongside other areas of military readiness.

Thornberry's legislation would also standardize the process for identifying and enrolling participants in the Exceptional Family Member Program (EFMP), enhance the respite care benefit, establish outcome measures, and improve the screening process in evaluating duty stations that can support enrollees. It takes similar actions with the Autism Demonstration Project.

Under the proposal, installations with concentrations of alternate shift workers would be required to have 24-hour childcare facilities. A new study would evaluate the adequacy of DoD's childcare stipend.

DoD would be required to provide "specific, actionable information on the amount of funding needed to hire and retain behavioral health professionals" for both active duty and TRICARE beneficiaries. The Department would also have to develop a policy and tracking mechanism for the over-prescription of opioids.

A final provision would call upon DoD to establish a pilot program with the Defense Counterintelligence and Security Agency to recruit military spouses into a paid internship pilot program. Participants would receive specific, on-the-job training to prepare them to work in the national security field. Thornberry said there are "several critical shortages" in this area. This internship opportunity would provide well-paying jobs within the federal government and industry.

Even before the coronavirus pandemic occurred, there were growing concerns in Congress over the country's heavy reliance upon pharmaceuticals and medical supplies made overseas, particularly in China. In fact, Thornberry thinks the FY21 NDAA probably will contain steps to reduce the dependence upon China for pharmaceuticals "and a range of other things."

Last year, Republicans voted against the NDAA reported out of committee. This year, said Thornberry, "there is a renewed resolve" by both committee chair Rep. Smith (D-WA) and himself to prevent the bill from becoming a vehicle for other Members' wish lists. He added that, in conference with the Senate, there were additional issues that are not within the Armed Services Committees' jurisdiction. This year's NDAA will be narrower, which will limit the areas of policy disagreement. Without a higher level of agreement, Thornberry noted, the committee might not be able to even produce a bill this year, given the time lost to the COVID-19 pandemic.

Legislative AARs

- Legislative Division staff are closely monitoring the developing situation with COVID-19. In response to guidelines concerning social distancing, the staff is working remotely. During this time, we wanted to take a moment to affirm our commitment to maintaining business continuity and to assure you that we are ready and able to serve the needs of our members.
- Legislative Division is leveraging Microsoft Teams platform to ensure continued connectivity and productivity during social distancing. The division conducts daily video conference calls to synchronize and coordinate team efforts. Additionally, legislative staff stays in contact throughout the day using live chat and has access to all Legion systems remotely.
- On Monday, March 30, Legislative Director Melissa Bryant participated in a conference call with VA senior officials and VE&E to discuss enforcement criteria of Section 3696 under Title 38, which allows VA to delist schools found to practice predatory behaviors which defraud student veterans.
- On Monday, March 30, Legislative Director Melissa Bryant participated in a VSO Legislative Directors conference call discussion concerning the Veterans Health and Benefits Administrations' responses to COVID-19 and additional legislatives fixes needed.
- On Monday, March 30, Senior Legislative Associate Lawrence Montreuil led efforts to begin drafting a comprehensive set of Standard Operating Procedures for the National Legislative Division.
- On Monday, March 30, Senior Legislative Associate Lawrence Montreuil began leading efforts to compile a Washington Conference Reference Binder to guide the National Legislative Division through all future iterations of Washington Conference.
- On Monday, March 30, Legislative Associate John Medin continued to reach out to offices regarding our draft legislation to end means testing for WWII Veterans and request that he cosponsor the bill before introduction.
- On Monday, March 30, Legislative Director Melissa Bryant participated in a conference call with the COVID-19 Military Support Initiative Partnership, a conglomeration of VSOs, MSOs, and other non profits focused on whole of government and community solutions and dissemination of resources during the pandemic.
- On Tuesday, March 31, Legislative Director Melissa Bryant participated in conference call with staff from House and Senate Veteran Affairs house committees regarding pending legislation.
- On Tuesday, March 31, Legislative Director Melissa Bryant had an interview with Politico on the VA Medicinal Cannabis Research Act.
- On Thursday, April 2, Legislative Associate John Medin reached out to Sen. Reed's office to discuss actions in Congress regarding the Selective Service System.
- Legislative Associate Alexandria Evers continues to monitor legislation that will directly affect women veterans and material care. Specifically focusing on S. 3424/H.R. 6142 - Black Maternal Health Omnibus Act of 2020 and the provisions referring to women veterans within the bill.
- Legislative Associate, Alexandria Evers, continued to work with the Auxiliary to integrate them into future grassroots and legislative initiatives.

As everyone isolates at home, we encourage our readers to take care of themselves and their loved ones. Remember that self-care includes turning off the news sometimes and keeping your body active.

**Melissa Bryant, Director
The American Legion Legislative Division
(202) 263-2981**

From the Child Welfare Foundation

There will be no new CWF report until May. The state of Indiana is currently under a "stay at home order." Once restrictions have been lifted, I will resume sending out the CWF report.

Stay safe and well.

Respectfully,

*Stacy Cope, Youth Welfare Program Manager
Americanism Division
317-630-1323 Fax 317-630-1377
scope@legion.org*



Aprons are currently available. The suggested donation price is **\$20 per apron**. Since we will be shipping aprons, I would like to ask that if at all possible please consider consolidating your orders into one large order for a detachment or squadron. This will help cut down on the processing time and the cost of shipping. If you would like to donate to help defray the cost of shipping that would greatly be appreciated.

Aprons will be shipped once the donation has been received. Please make sure to include the following information; number of aprons and where you would like them shipped too.

I have attached a picture of the apron (see below)

Please send donations to the below address
The American Legion
c/o Child Welfare Foundation
PO Box 1055
Indianapolis, IN 46206

Respectfully,

Stacy Cope, Youth Welfare Program Manager
Americanism Division
317-630-1202 Fax 317-630-1377
Scope@legion.org



Always Be Prepared To Get A New Member



THE AMERICAN LEGION – MEMBERSHIP APPLICATION



Name _____ (First) _____ (Initial) _____ (Last) _____ (Date of Birth) _____

Mailing Address _____ (Street) _____ (City) _____ (State) _____ (ZIP) _____

_____ (Phone) _____ (Email) _____ Male Female _____ (Post #) _____ (Dues) _____

I certify that I served at least one day of active military duty since December 7, 1941 and was honorably discharged or am still serving honorably.

Please check appropriate eligibility era and branch of service below:

- | | |
|---|---|
| <input type="checkbox"/> Global War on Terror | <input type="checkbox"/> U.S. Army |
| <input type="checkbox"/> Gulf War | <input type="checkbox"/> U.S. Navy |
| <input type="checkbox"/> Panama | <input type="checkbox"/> U.S. Air Force |
| <input type="checkbox"/> Lebanon/Grenada | <input type="checkbox"/> U.S. Marines |
| <input type="checkbox"/> Vietnam | <input type="checkbox"/> U.S. Coast Guard |
| <input type="checkbox"/> Korea | <input type="checkbox"/> Merchant Marines (WWII only) |
| <input type="checkbox"/> WWII | |
| <input type="checkbox"/> Other Conflicts | |

Signature of Applicant _____ Date _____ Name of Recruiter _____

Mail completed application to The American Legion National Headquarters, Attn: Internal Affairs. Annual dues must accompany completed application. Ask local contact for amount due. For current department/state address, go to www.legion.org.

ALA 08/2019

DUES RECEIPT (Please Print)

Date _____

Received From _____

\$ _____ for 20 _____ Dues

Recruiter's Name _____

Recruiter's Signature _____

Recruiter's Phone # _____



SONS OF THE AMERICAN LEGION – MEMBERSHIP APPLICATION



Date _____

Detachment of _____ Squadron No. _____ Birth Date _____

Name _____ (First) _____ (Initial) _____ (Last) _____ Recruited by _____ (Initial) _____ (Last) _____

Address _____ (Street) _____ (City) _____ (State) _____ (ZIP) _____ (Phone) _____

Veteran through whom eligibility is established _____

(a) Above is a member in good standing of Post No. _____ Department of _____

OR (b) Above is a deceased veteran who served honorably from _____ to _____

(c) Relationship of Applicant to Veteran _____

Has Applicant previously been a member of the SAL? _____ Where? _____

I hereby subscribe to the Constitution of the Sons of The American Legion, apply for membership, and

Email Address _____ Transmit \$ _____ for 20 _____ annual membership dues

Signed By Applicant (or Parent) _____ Eligibility certified by _____

Mail completed application to Sons of The American Legion department/state headquarters. Annual dues must accompany completed application. Ask local contact for amount due. For current detachment address, go to The American Legion department/state headquarters, or visit www.legion.org.

ALA 12/2013

DUES RECEIPT (Please Print)

Date _____

Received From _____

\$ _____ for 20 _____ Dues

Squadron No. _____

Department of _____



AMERICAN LEGION AUXILIARY – MEMBERSHIP APPLICATION



APPLICANT INFORMATION

Full Name _____

Address _____

City _____ State _____ ZIP _____

Home Phone _____ Cell Phone _____

Email Address _____ Unit # and Location (if known) _____

_____ / _____ / _____ Birth - 17 18 and over

Date of Birth (Required)

Have you been a member previously? Yes No (If yes, fill in below, if known.)

Previous Unit City/State: _____ ALA ID#: _____

Signature of Applicant (or legal guardian if under 18) _____ Date _____

ELIGIBILITY INFORMATION

Eligible Through—Name of Veteran (Female Veterans: List Your Own Name) _____

If Living: American Legion Member ID # _____ Post # _____ City _____ State _____

Deceased (If veteran is deceased, contact ALA unit about the necessary military records.)

Veteran Served:

WWI (4/6/1917-11/11/1918)

Anytime After 12/7/1941 (check all that apply):

<input type="checkbox"/> Global War on Terror	<input type="checkbox"/> Lebanon/Grenada	<input type="checkbox"/> WWII
<input type="checkbox"/> Gulf War	<input type="checkbox"/> Vietnam	<input type="checkbox"/> Other Conflicts
<input type="checkbox"/> Panama	<input type="checkbox"/> Korea	

Applicant's Relationship to the Veteran:

<input type="checkbox"/> Male Spouse	<input type="checkbox"/> Female Spouse	<input type="checkbox"/> Mother
<input type="checkbox"/> Grandmother	<input type="checkbox"/> Sister	<input type="checkbox"/> Self
<input type="checkbox"/> Daughter	<input type="checkbox"/> Granddaughter	

To Be Completed By The American Legion Post Adjutant/Officer

I certify that the above named individual served at least one day of active duty during the dates marked above and was honorably discharged or is still serving honorably.

Post Adjutant/Officer Membership Verification _____ / _____ / _____ Date _____

DUES RECEIPT (Please Print)

Date _____

Received From _____

\$ _____ for 20 _____ Dues

Recruiter's Name _____

Recruiter's Signature _____

Recruiter's Phone # _____

Submit this application to the ALA unit you wish to join. If unit is unknown, contact National Headquarters at (317) 569-4500 for assistance. Annual dues must accompany completed application. Ask local contact for amount due. **Membership pending approval of application.**

ALA 09/2019

SPECIAL SECTION

COVID-19

EDITOR'S NOTE: This section is for sharing information from government and health officials related to COVID-19. It is not intended to be a directive from The American Legion or Sons of The American Legion, unless otherwise noted by National Headquarters. Please follow the instructions from officials in your area.

The American Legion has created an information center for updates related to COVID-19. Please click the link regularly for updates.

<https://www.legion.org/headlines/coronavirus>

All Concerned,

I wanted to take a moment to reflect and give words of encouragement as we go into the weekend. I first would like to say that your headquarters staff is working remotely with full capabilities as if we are in the office (phone, email, reporting.) It may take a little longer to complete certain tasks, but nonetheless, everything can be completed.

I also wanted to state that it is during the trying times where we, as a country and an organization, are at our best. We make an extra effort to look after one another, we check on members of our communities, and see to their needs. At the VA, many volunteer for VAVS, but your post, needs volunteers to perform "Buddy Checks." Now more than any other time, we should make the extra effort to check on our fellow SAL members and Legionnaires. Though these are all very important, it is also essential to keep up with post/squadron administration tasks. For example; membership transmittals, now that they can be done online for most detachments. Membership processing becomes a much simpler and safer task with having the ability to complete transmittals you're your home. The world may have stopped for a moment; our post and squadron needs have not if your detachment does not have membership transmittal capability talk to your department leadership and request the capability. The SAL membership is on record to surpass last year, let's keep up the pace to get over the hump.

Please stay safe and healthy. Wash your hands and face regularly and check on your members. Pick a battle buddy and make it a point to check

on each other a few times a week. Reach out to those you have not heard from in a while.

The HQ staff and I are here for you in the event you need anything from us.

On a separate note, if your squadron or members are doing something above and beyond, take a few pictures and write a short story about it. Forward it to me and post to legiontown.org. Your stories and actions are a beacon of hope for others around the country. They also provide ideas on how to serve your community best.

Regards,

Ken A. George

Member Engagement Coordinator

National SAL & ALR Liaison

NALC Alumni – Class of 2016

Phone 317.630.1376 | Fax 317.655.1509

www.legion.org

Veterans Strengthening America

Let's Be Proactive!



Here is a list of things your Post might want to consider helping with your finances while your Post is closed. Some may be feasible for your Post and some may not, but we need to get creative to lessen the burden on our Posts while on shut down.

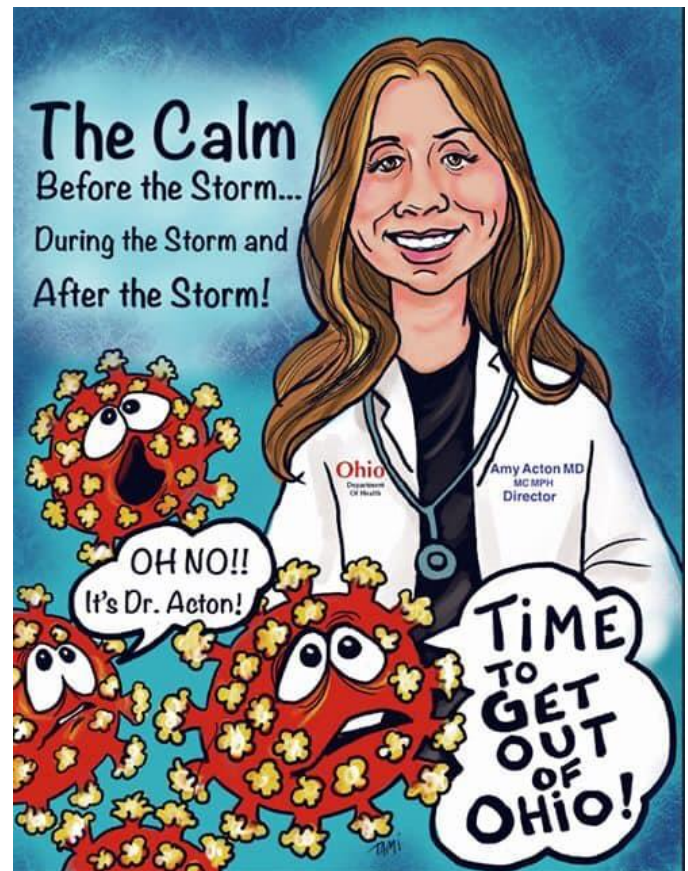
These are just a few suggestions. Please remember you may have to wait on the phone; there are lots of people calling. Be courteous and be sure even if they can't help you thank them for their time and help. Be sure that your Post Officers know what you are trying to do. I do suggest, if possible, that the Post Finance Officer call as he/she has all the records and account numbers. I also suggest that you get the name of the person you are talking to and make a [written] record of it.

1. If your Post has a mortgage call them and see what arrangements, if any, can be made if you can't make your payment on time. They may work with you to wave late fees and penalties.
2. Contact your cable provider and ask to be shut off until you reopen. Example: DIRECTV® will put your service on hold for six months without

charge. When you reopen you just need to call to reinstate service.

3. Contact your water and sewer provider. Ask them to turn your water off. Have them do it at the street. You will need to contact them to turn back on and see what you will need to do to flush out your water lines.
4. Phone service – example Cincinnati Bell will not charge for two months.
5. Unplug any unnecessary plugs. Example: juke box, games, etc. even when not in use they are still adding to your electric bill.
6. Contact your insurance carrier to see if there are any coverages you can suspend while on shut down, i.e.: liquor liability insurance.
7. Trash removal – contact your trash removal company and ask to suspend service until you reopen.
8. Turn your thermostat down. I wouldn't suggest turning off your heat but turn in down to a level where it is safe for your Post.
9. Subscription services – if your Post uses a subscription service of Wi-Fi, Netflix®, Hulu®, sports applications, or any subscription services your Post or Canteen ay be using, either call or log in to your account to cancel or suspend the service.
10. The President has implemented an extension of filing taxes. You may want to work with municipalities and cities to get those filings extended as well.

*Jean Wilson, First Vice-Commander
The American Legion
Department of Ohio*



© Tami Brown

SYMPTOMS OF CORONAVIRUS DISEASE 2019

Patients with COVID-19 have experienced mild to severe respiratory illness.

Symptoms* can include

FEVER

COUGH

*Symptoms may appear 2-14 days after exposure.

SHORTNESS OF BREATH

Seek medical advice if you develop symptoms, and have been in close contact with a person known to have COVID-19 or if you live in or have recently been in an area with ongoing spread of COVID-19.



0510204 Rev. 03/2020 1219W

cdc.gov/COVID19-symptoms

THE PRESIDENT'S CORONAVIRUS GUIDELINES FOR AMERICA

30 DAYS TO SLOW THE SPREAD

Listen to and follow the directions of your **STATE AND LOCAL AUTHORITIES**.

IF YOU FEEL SICK, stay home. Do not go to work. Contact your medical provider.

IF YOUR CHILDREN ARE SICK, keep them at home. Do not send them to school. Contact your medical provider.

IF SOMEONE IN YOUR HOUSEHOLD HAS TESTED POSITIVE for the coronavirus, keep the entire household at home. Do not go to work. Do not go to school. Contact your medical provider.

IF YOU ARE AN OLDER PERSON, stay home and away from other people.

IF YOU ARE A PERSON WITH A SERIOUS UNDERLYING HEALTH CONDITION that can put you at increased risk (for example, a condition that impairs your lung or heart function or weakens your immune system), stay home and away from other people.



For more information, please visit CORONAVIRUS.GOV

STOP THE SPREAD OF GERMS

Help prevent the spread of respiratory diseases like COVID-19.

Avoid close contact with people who are sick.

Cover your cough or sneeze with a tissue, then throw the tissue in the trash.

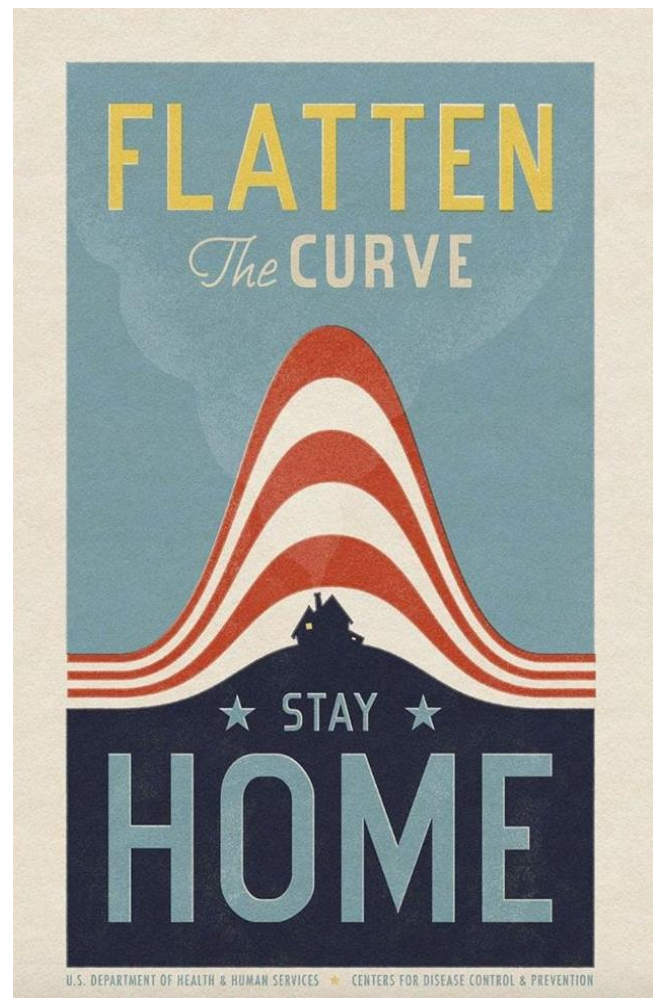
Avoid touching your eyes, nose, and mouth.

Clean and disinfect frequently touched objects and surfaces.

Stay home when you are sick, except to get medical care.

Wash your hands often with soap and water for at least 20 seconds.

cdc.gov/COVID19



The federal government has made COVID-19 resources available by visiting www.coronavirus.gov

NO MEANS NO!

↑
Do pictures help?!

→
Do colors help?!

→
WHAT will it take for you to understand?!

NO gatherings with friends

- even if you sit/stand bft apart
- even if you keep it under 10 people
- even if you have all been quarantining
- even if you are symptom free
- even if you are young
- even if it is for a "quick glass of wine"
- even if you're bored, lonely or stir crazy
- even if it is outside/at a park/for a walk

STAY HOME

NO gatherings with family

- even though they're family
- even though you miss them

COVID-19 SYMPTOMS vs. Flu, Cold & Allergies

	COVID-19	FLU	COLD	ALLERGIES
COUGH	●	●	●	●
FEVER	●	●	●	●
BREATHLESSNESS	●	○	○	●
BODY ACHES	●	●	●	○
HEADACHE	●	●	●	●
FATIGUE	●	●	●	●
SORE THROAT	●	●	●	○
DIARRHEA	●	●	○	○
RUNNY NOSE	●	●	●	●
SNEEZING	●	○	●	●
WATERY EYES	○	○	○	●

● Frequently ● Sometimes ● Little ● Rarely ○ None

Public Health
Prevent. Promote. Protect.

Sources: WHO, CDC www.co.carver.mn.us/covid-19



Gentlemen,

The Department of Veterans Affairs has passed along information from the Office of Mental Health & Suicide Prevention, about their ongoing efforts to end Veteran suicide, which is an especially growing concern right now. Message excerpts are as follows:

“We continue to work on finalizing the PREVENTS Roadmap, recently issued under Executive Order, and begin implementation steps in anticipation of the launch. Although our official launch has been delayed, our work continues. Indeed, the pandemic has created an urgent need for PREVENTS, and we need your help.

We are already seeing an increase in calls to the Suicide Prevention Lifeline and the Veterans Crisis Line – and we are anticipating an overall increase in mental health challenges. We must encourage all Americans to pay attention to their emotional well-being and the well-being of their loved ones. This is as necessary as are other prevention tips during this time of crisis, such as washing hands.

To that end, we have created a messaging campaign specifically in response to the COVID 19 crisis called, More Than Ever Before. This campaign is designed to help people deal with the stress and anxiety caused by the pandemic by encouraging them to care for their mental health – and support those they love – every day. We are providing information, tips and resources to help people manage their stress - and to help them reach others who are vulnerable. Our goal is to improve overall mental health during this challenging time while preventing emotional suffering and the potential spike in suicides.”

As we are all partners in this endeavor, please read and share the attached Tool Kit as you feel appropriate.

Gabe Cinquegrana,
National VAWS Representative
Sons of The American Legion

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and End a National Tragedy of Suicide



PREVENTS More Than Ever Before Partner Toolkit

Thank you for your continued support of PREVENTS. As a partner in this mission, your commitment to PREVENTS will help change the culture around emotional well-being, mental health and suicide nationally.

The COVID-19 pandemic has created an urgent need for PREVENTS and for our partners. We are already seeing an increase in calls to the Suicide Prevention Lifeline and the Veterans Crisis Line – and we are anticipating an overall increase in mental health challenges. We must encourage all Americans to pay attention to their emotional well-being and the well-being of their loved ones. This isn't an option – it's a necessity.

This toolkit will provide the materials you need to help us implement the **More Than Ever Before** messaging campaign to respond specifically to the COVID-19 crisis. This campaign is designed to help people deal with the stress and anxiety caused by the pandemic by encouraging them to care for their mental health – and support those they love – every day. We are providing information, tips and resources to help people manage their stress – and to help them reach others who are vulnerable.

How Can You Help With the Campaign

- Social Media:
 - Like our Facebook page www.facebook.com/WeArePREVENTS and promote it to your Facebook friends.
 - Follow our Twitter feed @WeArePrevents and retweet
 - Send the tweets below on your twitter feed
 - Include our hashtag #MoreThanEverBefore in relevant posts
 - Use the approved graphics below
- If you are comfortable, create a short video of your own about the importance of caring for our emotional well-being everyday – and feel free to challenge others to do the same. Please see talking points below to help guide you.
- Talk to your friends and network about #MoreThanEverBefore and encourage them to share the messages and resources listed below.

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and End a National Tragedy of Suicide



Thank you again for your continued support of PREVENTS!

Talking Points

About the Campaign:

- More Than Ever Before, we must pay attention to our emotional well-being and the well-being of our loved ones. This isn't an option – it's a necessity.
- Just as washing our hands, disinfecting surfaces and maintaining physical distance is required to minimize the impact of this pandemic, so too is caring for our mental health and the mental health of those around us.
- Fortunately, there are things we can do to minimize the psychological damage done to our families and communities during this profoundly challenging time. In response to this emergency, we need a fundamental shift in how we promote and maintain our mental health.
- The key is for everyone to become part of the solution. We need to focus daily on caring for our own emotional well-being while supporting the well-being of those we love. We can successfully mitigate the mental health effects of the novel coronavirus to our families and the communities during the profoundly challenging time.

Scope of the Problem:

- Americans across the country are being dramatically affected by this unprecedented psychological challenge. The national public health emergency poses factors that can contribute to an increased risk for a variety of mental health conditions including: fear and uncertainty, individuals losing jobs, families losing savings, constant information overload, vulnerable loved ones, along with compounding challenges that many individuals and families are already facing – further driving them to hopelessness and despair.
- If we all step into this challenge, we will limit emotional suffering, save lives and lay the foundation for a mentally healthier nation going forward. We have recently seen a shift in how Americans are beginning to think about the importance of emotional well-being – but at this time during this crisis we need ALL Americans to actively engage in behaviors that will enhance their overall psychological functioning, protect the emotional health of their kids, and support the mental health of those who are struggling.

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Sample Social Media Posts

- Check in with yourself. You know how you are doing emotionally better than anyone. #MoreThanEverBefore It is important to prioritize #mentalhealth. Online tools are a great place to start. Visit [PREVENTS MTEB page link] for helpful resources.
- While there is a lot that seems out of our control right now, we can control how we take care of ourselves. Exercise, worship, meditate, cook, read, call friends and family, continue therapy through telehealth options. Do what you know helps. #MoreThanEverBefore
- Who have you reached out to today? #MoreThanEverBefore, our social connection must be strong as we continue to face this period of #physicaldistancing. Share your struggles and your successes with loved ones. You are not alone.
- As we adopt new routines, tune in to your kids—they might be feeling confused, scared, or sad. Open conversations that prioritize their #mentalhealth are necessary and good for you and for them! Check out online resources for parents to help you navigate those conversations.
- If you or someone you know is in crisis, call the National Suicide Prevention Lifeline at 1-800-273-8255 (and press 1 if you're a Veteran). #MoreThanEverBefore, we must take action to #PreventSuicide.
- #MoreThanEverBefore, your #mentalhealth deserves the same attention and care as your physical health. [Insert Partner name] is proud to be working with @WeArePREVENTS to spread this message. What are you doing to take care of yourself today?
- #MoreThanEverBefore, we must connect with our friends, family members, co-workers, and community members to share our struggles and successes! We all do better when we see that we are not alone. We will get through this, and we'll get through it together.
- #MentalHealth is something [Company name] cares deeply about. We have been working with @WeArePREVENTS to promote positive mental health and encourage our followers to check-in on coworkers, friends, and family during this challenging time. #MoreThanEverBefore
- It's okay to not be okay. #MoreThanEverBefore it is important that you ask for help if you need it. Visit [PREVENTS MTEB/or Company mental health page] page for support and resources to help keep yourself mentally/physically healthy. And reach out to trusted family and friends who can provide additional support.

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- Contact your local Vet center and Suicide Prevention Coordinator to inquire about free gun locks.
- **Veterans Affairs- Maintaining and Enhancing Your Mental Health and Well-being During the Novel Coronavirus Disease (COVID-19) Outbreak**
 - How to manage stress and anxiety, avoid too much exposure to news, stay connected, and stay informed during the coronavirus outbreak.
- **Substance Abuse and Mental Health Services Administration – COVID-19 Guidance and Resources**
 - SAMHSA is providing guidance and resources to assist individuals, providers, communities, and states across the country.
- **Veterans Crisis Line – Local Resources**
 - No matter what you are experiencing, there are resources and support systems near you to help.
- **Suicide Prevention Lifeline- Talk to Someone Now**
 - If you or someone you know is in distress, call or chat with the lifeline 24/7 for free and confidential crisis services.

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- What is one virtual way you can spread kindness today as you practice #physicaldistancing? Call a friend to check in, send an encouraging note or email, or text a family member to let them know you are thinking about them! #MoreThanEverBefore
- The effects of the pandemic can compound the challenges that many individuals and families are already facing. #MoreThanEverBefore, we must reach out to friends, family, and neighbors who may be struggling or vulnerable. A simple call or text can really help. .
- We all need compassion and support right now—some of us will need more. Take a minute every day to think about your network—and if there is someone who may need additional support, reach out and offer it. You don't need to have all of the answers—you just need to offer to be part of their support system.
- If you or someone you know struggles with addiction and is in need of help, this may be an especially difficult time for them. Please reach out to them to provide support. Find treatment options near you: <https://findtreatment.gov>
- An increase in stress may lead some individuals to increase their use of alcohol, tobacco, or illegal drugs. It is important to recognize the signs of stress in yourself and your loved ones. Learn more from @samhsagov/@samhsa: [<https://store.samhsa.gov/sites/default/files/d7/priv/sma14-4885.pdf>]

Resources for Mental Health Support

- **American Psychological Association– General Resources**
 - Information and preparedness and safety resources, resources specifically for psychology professionals and students, healthcare professionals, and parents and caregivers.
- **Centers for Disease Control and Prevention – Stress & Coping**
 - Tips and resources for mental health management during stressful situations.
- **National Alliance on Mental Illness- COVID-19 Resource and Information Guide**
 - A comprehensive guide to answer questions about COVID-19, resources, and how to care for yourself and others.
- **Mental Health America- Mental Health and COVID-19- Information and Resources**
 - A range of resources and information for all individuals, as well as resources specifically organized for mental health providers, parents, caregivers, older adults, domestic violence survivors, LGBTQ+ individuals, and Veterans.
- **Veterans Affairs – Reducing firearm and other household safety risks**

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Graphics

