

# CHECKPOINT



## VFW Checkpoint – March/April 2022

Spring is here and so is this installment of your Checkpoint newsletter!

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](mailto:magazine@vfw.org) and get signed up.

This issue of Checkpoint features VFW members in Pikeville, Ky., hanging out with furry friends at the Pike County Animal Shelter. The weekly visits benefit both the dogs and the vets. When a VFW member died unexpectedly during surgery, his fellow members hosted a benefit concert to help his family with funeral expenses. VFW's National Chaplain offers sage tips for managing PTSD and advises to not go it alone. In Michigan, a VFW Post partnered with MemorialBracelets.com to increase awareness of its Voice of Democracy and Patriot's Pen competitions. The partnership was such a success, plans are under way for next year. Read this and more in your Checkpoint.

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 [jdhouse@vfw.org](mailto:jdhouse@vfw.org) your suggestion, and you just might see it in an upcoming issue of Checkpoint.



### Post Members Connect with Canines

Members of VFW Post 3769 in Pikeville, Ky., weekly visit the Pike County Animal Shelter to walk and play with the dogs living there. [Vets have found the experience to be therapeutic and calming.](#)



### Concert Benefits Veterans Family in Missouri

After one of their own died unexpectedly during a surgery, members of VFW Post 280 in Columbia, Mo., held a fundraiser for the veteran's family. [More than \\$1,800 was collected to help offset the funeral expenses.](#)



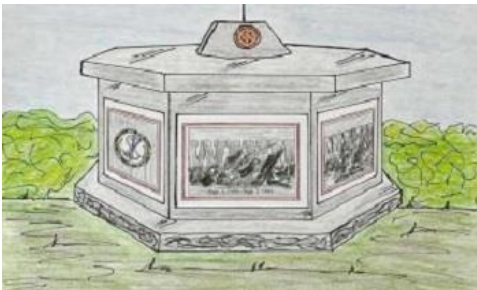
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### Taking Control Over PTSD

The VFW 2021-2022 National Chaplain provides insight into Post Traumatic Stress Disorder and offers ways to combat the “invisible wounds.” [Most importantly, he writes that when dealing with PTSD, it’s imperative to not do it alone.](#)



### Connecticut Monument Supported by Local VFW

The city of Stonington, Conn., is working to get a long-anticipated veterans memorial. [Leading the charge is a member of VFW Post 1265.](#)



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### Georgia Posts Named for Women

Three VFW Posts in the state of Georgia are named after women whose lives impacted others. [One was known as “The Poppy Lady” following World War I.](#)



## Michigan Post Teams Up with MemorialBracelets.com

The Voice of Democracy and Patriot's Pen programs at VFW Post 2269 in Wixom, Mich., got a boost following a partnership with a local company. [Participation grew thanks to the marketing efforts of MemorialBracelets.com, also located in Wixom.](#)

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### Honor Fellow Veterans with a Memorial Gift

One way to honor your brothers and sisters-in-arms is by supporting future generations of veterans with a memorial gift to the VFW in your will or trust. Learn more about estate planning and contact the VFW Planned Giving Office at 816.968.1119, email [plannedgiving@vfw.org](mailto:plannedgiving@vfw.org) or visit [vfw.org/plannedgiving](http://vfw.org/plannedgiving) for our **FREE** Personal Estate Planning Kit!



### PerkSpot Helps VFW Members Save

Whether it's a trip around the world, a night out or discounts at your favorite store, the VFW PerkSpot Discount Program is helping VFW members save more every day. [What are you waiting for? Start saving today.](#)

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