

VFW Auxiliary
Department of Connecticut
Hospital
Bulletin #4
September 2023

BANDING TOGETHER FOR OUR VETERANS

REMEMBER YOUR WHY



NEWINGTON VA HOSPITAL FOOD BANK

The following is the list of suggested/requested food items for the food bank at Newington.

Peanut Butter - Jelly/Jam – Tuna – Pasta - Sauce – Rice
Canned beans – various types e.g., baked, cannelloni, garbanzo, etc.
Mac & Cheese – canned vegetables – canned fruits – cereal – canned soup & broth

Bring to quarterly meeting October 28th in Old Saybrook.

Check on MALTA (www.vfwauxiliary.org) Hospital program awards for the Auxiliary awards for the most outstanding activity and/or event that recognizes veterans on non-traditional holidays

Here are a few for the end of September – Visit a Nursing Home Even if you leave something at the nurses station for the residents and staff.

Monday 9/25 Comic Book Day
Quesadilla Day
Tune Up Day (Help a Veteran – Tune up his/her car or bring his/her car for a tune up)
Tuesday 9/26 Love Note Day
(Leave a note for a Vet on their doorstep or door. Let them know they are being thought of)
Pancake Day
Shamu the Whale
Wed. 9/27 – Chocolate Milk Day
Crush a can Day (collect cans and donate the money to a program)
Scarf Day
Fri. 9/29 - Coffee Day
VFW Day
Biscotti Day
Sat. 9/30 Chewing Gum Day
Ghost Hunting Day
Hot Mulled Cider Day
Fri 10/1 World Smile Day 😊 Everyone could use a smile

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