

Hi, I am Sandra (Sandy) Rowland, and I am pleased to serve as your chairperson for the Hospital and VAVS program for the year 2025-2026. I am a life member of VFW Auxiliary Post 3433. I joined under the eligibility of my husband, Jay, who served with the US Submarine Service for 26 years. We have 3 children, 4 grandchildren and 3 great-grandchildren.

I am looking forward to working with you and getting to know you as we work to bring the bright “smiles of sunshine” to our veterans faces when we visit them in the VA Hospitals and nursing homes.

Listed below are a few ideas on how we can accomplish our goal of putting smiles on our veteran’s faces:

1. Making cards for our veterans, i.e. for Veterans Day, Christmas, Valentine’s Day, or a card just to say hello.
2. Volunteer at a VA or Veterans Home to help with a project or just visit with a veteran because they just want to talk to someone. Always remember to follow the rules of the facility that you are volunteering at.
3. How about a sock hop at a nursing home? Buy little scarves or something to indicate the era. Play music of the times. Work with the facility on possible snacks.
4. Volunteer to host a movie night, bingo night or other projects or events at a nursing home.

Remember to check with the VA Hospital, nursing home and non-VA medical facility to see what is needed for the veterans. Communicate with the VAVS Representative about the needs of VA facilities.

Thank your volunteers and remember to keep up with their hours, mileage and how much money your auxiliary spends. Remember also that all volunteers do not have to be auxiliary members.

If you have any questions or concerns, please contact me anytime.

Sandy Rowland
208 Seminole Dr
Summerville, SC 29486
843-870-3048
sandyrowl@gmail.com

