



It was great to see all of you this past weekend in beautiful Portsmouth!
As promised, here is an itemized list of what our Medical Centers are in need of.
If you have any questions, please feel free to contact me or any of our VAVS
Representatives.

All centers:

- ★ Monetary donations - please make checks payable to ALA Dept. of Virginia, and designate in the memo line VA&R project or specify the medical center.

Washington D.C. VAMC

- ★ Gift cards for a virtual baby shower in May

Martinsburg VA

- ★ Men & women's razors and shaving lotion
- ★ Healthy items/snack for their food pantry
- ★ Travel sized backpacks and duffle bags
- ★ Hand lotion
- ★ Deodorant (men and women)
- ★ Personal size vaseline
- ★ Men's size large gloves
- ★ Heavy toboggan hats
- ★ Q-tips
- ★ Handheld electronic games (ex: Yahtzee)
- ★ Car model kits (snap-together or glue kits)

***Please do not forget to get your tickets for the dollhouse raffle! All proceeds will be going to our medical centers! Winner will be picked at our Convention!
Please contact RuthAnn Brown for your ticket(s).***

For God and Country,
Darla Lisbon
VA&R Chair
Department of Virginia