



ASSOCIATES OF VIETNAM VETERANS OF AMERICA, INC.
BOARD OF DIRECTOR
Region 7 Report – April 2023

REGION 7: Dear AVVA Members,

Glad to see many of you involved with your chapters, the Veterans and your communities. As we slowly move in a new direction from COVID-19, I keep sending information out to take advantage of offers to our Veterans and all. Please continue to recruit for Dual and new AVVA members.

I sent out information at the start of the new year for our new program "Heartbreak to Hope." This is a much-needed program to help our families. In case you didn't receive my New Year's message, please go to the [avva.org](https://www.avva.org) webpage and under programs, you can obtain the information: [https://www.avva.org/Heartbreak Hope program.pdf](https://www.avva.org/Heartbreak_Hope_program.pdf)

I keep making an attempt for AVVA members in Region 7, to send in your VISTA hours. It only takes a couple of minutes to write down your volunteer hours and thank you for those who continue to do so. Remember to send your hours to Ms. Kathy Andras at Kathy.andras@yahoo.com.

I sent out information to AVVA Region 7, to nominate our AVVA members for annual awards. I've even contacted the VVA Region 7 members to nominate their AVVA members.

As I send the Flash News and any updates, remember to keep our region informed.

I continue to solicit for any photos from your chapter to post on my social media page to keep tabs of our members and to thank them. Call me and I will assist to highlight our region.

Thank you for all you do. Stay in touch and be safe. I am here for you.

Respectfully,

Teresa Rangel
Region 7 Director