

Featured Topics

January 2018

[www.Shiawassee.net /Departments/Veteran](http://www.Shiawassee.net/Departments/Veteran)

2018 MVTF & VRF
Meeting Schedule

Veteran
Caregivers

CARE
Consumers Energy



Serving Those Who Served

Shiawassee County

Veteran News

Welcome...

Vet Affairs Monthly Newsletter by Shiawassee County Veterans Affairs & Services.

Each month look for information and current events to keep you updated. All monthly newsletters will be available online and in our office. Sign up at vetaffairs@shiawassee.net to receive monthly newsletter via email.



Calendar of Events:

- January 1 **New Year's Day/Office Closed**
- January 15 **Martin Luther King Jr. Day/Office Closed**
- January 17 **Veterans Trust Fund Meeting/1pm**
- January 17 **Veterans Relief Fund Meeting/3pm**



Wishing you and your family a
Happy New Year!

Contact Us:

201 N. Shiawassee St.
3rd floor, Surbeck Building
Corunna, MI 48817
Phone: (989)743-2231
Fax: (989)743-2393
vetaffairs@shiawassee.net

**Michigan Veterans Trust Fund
County Committee
Monthly Meeting Schedule**

January 17, 2018	July 18, 2018
February 21, 2018	August 15, 2018
March 21, 2018	September 19, 2018
April 18, 2018	October 17, 2018
May 16, 2018	November 07, 2018
June 20, 2018	December 12, 2018

Meeting Time: 1:00pm

Location

**201 N. Shiawassee St.
3rd Floor, Surbeck Building
Corunna, MI 48817**

Changes in meeting dates or times are posted to the public on County website, in the Clerk's office, Shiawassee County Veterans Affairs and Services office and the Administration office on the 1st floor Surbeck Building.



Caregivers who are assisting Veterans are eligible for:

- Peer Mentoring
- Online Courses
- Face-to-Face Classes
- Phone Support

These services are offered in addition to the care provided by VA physicians, nurses and clinicians.

www.caregiver.va.gov

#VACaregiver



U.S. Department of Veterans Affairs

**Shiawassee County Department of
Veterans Affairs and Services
Veterans Relief Fund
Committee Monthly Meeting Schedule**

January 17, 2018	July 18, 2018
February 21, 2018	August 15, 2018
March 21, 2018	September 19, 2018
April 18, 2018	October 17, 2018
May 16, 2018	November 07, 2018
June 20, 2018	December 12, 2018

Meeting Time: 3:00pm

Location

**201 N. Shiawassee St.
3rd Floor, Surbeck Building
Corunna, MI 48817**

Changes in meeting dates or times are posted to the public on County website, in the Clerk's office, Shiawassee County Veterans Affairs and Services office and the Administration office on the 1st floor Surbeck Building

The public is welcome to attend meetings.



Make Your Energy Bill More Manageable

If you need assistance managing your energy bill, the Consumers Affordable Resource for Energy (CARE) Program may help. CARE is a two-year payment plan that provides monthly bill credits, payment rewards and catch-up assistance for those who qualify. You can also learn to cut energy costs with tips and tools to make your home more energy efficient. Find out if you qualify.

Apply online: www.tnempower.org

Phone: (231)355-5880

VA



U.S. Department
of Veterans Affairs

News Release

Office of Public Affairs
Media Relations

Washington, DC 20420
(202) 461-7600
www.va.gov

FOR IMMEDIATE RELEASE
November 29, 2017

VA Announces Rollout and Application Process for New Veterans ID Card

WASHINGTON — Today the U.S. Department of Veterans Affairs (VA) announced that the application process for the national Veterans Identification Card (VIC) is now available for Veterans — yet another action honoring their service.

This has been mandated through legislation since 2015 to honor Veterans, and today’s rollout of the ID card fulfills that overdue promise.

Only those Veterans with honorable service will be able to apply for the ID card, which will provide proof of military service, and may be accepted by retailers in lieu of the standard DD-214 form to obtain promotional discounts and other services where offered to Veterans.

“The new Veterans Identification Card provides a safer and more convenient and efficient way for most Veterans to show proof of service,” said VA Secretary Dr. David J. Shulkin. “With the card, Veterans with honorable service to our nation will no longer need to carry around their paper DD-214s to obtain Veteran discounts and other services.

The VIC provides a more portable and secure alternative for those who served the minimum obligated time in service, but did not meet the retirement or medical discharge threshold. Veterans who served in the armed forces, including the reserve components, and who have a discharge of honorable or general (under honorable conditions) can request a VIC.

To request a VIC, Veterans must visit vets.gov, click on “[Apply for Printed Veteran ID Card](#)” on the bottom left of the page and sign in or create an account.

Veterans who apply for a card should receive it within 60 days and can check delivery status of their cards at vets.gov. A digital version of the VIC will be available online by mid-December.

**American Legion
Elsie Post #502**

41st Old Time
Country Jamboree

January 10, 2018

6pm-9pm

Donation Only



American Legion
220 South Ovid St.
Elsie, MI 48831
(989)834-2438

**Veterans of Foreign
War - Owosso Post #9455**

Every Sunday
Breakfast

8am-Noon



VFW
519 S. Chipman St.
Owosso, MI 48867
(989)723-8655

SHIAWASSEE FREE MEDICAL CLINIC

- FOR THE UNINSURED-

(For anyone without Medical Insurance, Medicare or Medicaid)

Suite K, 2nd Floor - Mitchell Building, 802 W. King Street, Owosso, MI
(Clinic Entrance & Parking on North side of Memorial Healthcare)

WALK-IN CLINIC OPEN 7AM-11AM CHECK-IN BY 10:30AM

Saturday, 06 January 2018

Saturday, 20 January 2018

Saturday, 03 February 2018

Saturday, 17 February 2018

Saturday, 03 March 2018

Saturday, 17 March 2018

Saturday, 07 April 2018

Saturday, 21 April 2018

Saturday, 05 May 2018

Saturday, 19 May 2018

Donations to Shiawassee Free Medical Clinic are Tax-Exempt.

The Clinic is a Non-profit

Public Charity pursuant Section 501 (c) (3) & Michigan Statute, MCL 333.16277 WEBSITE:

www.shiawasseeffreemedicalclinic.org TELEPHONE: 989.720.7866

E-mail: shiawasseeffreemedicalclinic@aol.com

Veteran ID Card

Before you begin, you must have the following:

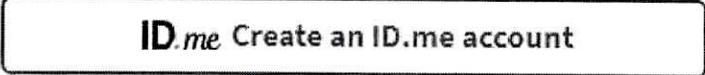
1. Government-issued ID
 - a. The government issued ID (driver's license, state issued identification card or Passport) must be valid.
2. Photo of yourself from the shoulders up.
 - a. The image that will appear on the card must:
 - i. Be of the same person.
 - ii. Be in color. Color pictures should be 2 x 2 inches in size. Sized such that the top of the head and the neck or sides of the face are not cropped (this is the typical size of a passport photo).
 - iii. Be taken within the last 6 months. It must be full front view of face with a neutral expression and both eyes open.
 - iv. Provide visibility of the face, head and shoulders without cropping any portion of the head or shoulders.
 - v. Not contain eyeglasses and sunglasses, hats or head covering (unless the individual submits a letter that it is traditional religious attire) have been removed.
 - vi. Have full visibility of the face with no shadows or obscured hairline.
 - vii. Not have visible headphones or wireless hands-free devices.
 - viii. Be taken on plain white paper or off-white background.
3. Make sure that a copy of the Government issued ID and the personal photo are uploaded to your computer before you begin.

Go to www.vets.gov/veteran-id-card/

If you have an eBenefits account, click on the DS Logon button.

 Sign in with DS Logon

If **don't** have an eBenefits account you will need to create an ID.me account.

 ID.me Create an ID.me account

Once you are logged in, scroll down to the green request button to begin the process.

 Request a Veteran ID card 



Start the Conversation: *Talking to a Veteran When You Are Concerned*

You don't have to be an expert to share your concerns with a Veteran who is going through a tough time, or even a Veteran in crisis. Starting a conversation is an important step that can help a Veteran to feel cared for and valued, and to recognize that help is available.

For a Veteran in crisis — one whose emotional struggles may lead to thoughts of suicide — these conversations can mean the difference between a tragic outcome and a life saved.

OPENING THE DOOR TO A CONVERSATION ABOUT MENTAL HEALTH

If you notice changes in a Veteran's behavior or moods, it's time to open a line of communication. By starting a conversation about your concerns, you let the Veteran know you're there, you care, and you're ready to listen.

Veterans are 20% more likely to die by suicide than their civilian peers.

— Department of Veterans Affairs, 2016

The goal is to provide support, not fix the situation. You should not feel that you need to solve the Veteran's problems. By simply sharing your concern and listening to what the Veteran is saying, you are making a big impact.

To start a conversation with a Veteran you're concerned about, focus on your own observations and share your feelings:

- ▶ I've noticed you've been acting differently lately, and I'm wondering how you're doing.
- ▶ I wanted to check in with you because you haven't seemed like yourself lately.
- ▶ I've been worried about you lately.



U.S. Department
of Veterans Affairs

Once you've started the conversation, you can begin to ask questions like:

- ▶ When did you first start feeling like this?
- ▶ Did something happen that made you begin to feel this way?
- ▶ Are you having thoughts of hurting yourself?
- ▶ Are you having thoughts of suicide?
- ▶ What can I do to best support you right now?
- ▶ Have you thought about getting help?

When responding to answers from a Veteran, remember that simple, encouraging responses go a long way:

- ▶ You're not alone, even if you feel if you are. I'm here for you, and I want to help you in any way I can.
- ▶ It may not seem possible right now, but the way you're feeling will change.
- ▶ I might not be able to understand exactly what you're going through or how you feel, but I care about you and want to help.
- ▶ When you want to give up, or feel overwhelmed by emotion, try to just focus on getting through the next minute, hour, or day — whatever you can manage.

Being yourself, staying calm and positive, and listening without judgment — these all create a safe, supportive space for the Veteran to speak openly about how they're feeling. Remember that you can't solve someone else's mental health challenges. The best thing you can do is support a Veteran on their journey.

REMEMBER: YOU CAN MAKE A DIFFERENCE, AND IT STARTS WITH ONE CONVERSATION



It's important that you talk to someone right away if you have thoughts of harming yourself, death, or suicide. You can always contact the **Veterans Crisis Line** by calling **1-800-273-8255 PRESS 1**, using the online chat, or **texting to 838255**. These services provide free, **confidential support 24 hours a day, 7 days a week, 365 days a year**.

For additional information and resources to help a Veteran you're concerned about, visit *Start the Conversation: New Tools for Veteran Suicide Prevention* at www.VeteransCrisisLine.net/starttheconversation



National Diabetes Prevention Program

The **National Diabetes Prevention Program** (NDPP) is a program proven to motivate and support people at risk for developing diabetes and those with prediabetes to make practical, real-life changes and cut their risk of developing type 2 diabetes by more than half. The program can show you how to make better food choices, be more physically active and find helpful ways to cope with problems and stress.

You'll work with a trained lifestyle coach and a small group of people who share the same goal. MSU Extension has achieved full program recognition from the Centers for Disease Control and Prevention. *The program consists of 16 weekly sessions within the first 6 months followed by 6 monthly sessions.*

Do you have prediabetes?
Visit www.DidHavePrediabetes.org.

There is a class starting soon! Take the first step toward lasting change.

Location: Memorial Diabetes & Nutritional Counseling Center, 802 W. King St., Owosso

Dates: Tuesdays, beginning January 16, 2018. January 16 is a free information session.

Time: 5:30 pm to 6:30 pm

Cost: \$50. The actual cost of the National Diabetes Prevention Program is \$450, but with the support of Michigan State University Extension and Memorial Healthcare Center, the cost of this workshop is reduced to \$50 per person. Financial assistance is available upon request.

For more information call the Memorial Diabetes & Nutritional Counseling Center, 989-729-4712 or Cathy Newkirk, MSU Extension educator, 810-244-8523.

Register online: <https://events.anr.msu.edu/NDPPOwosso2018/> or contact Cathy Newkirk, 810-244-8523, newkirk@msu.edu.



**Memorial
Healthcare**





Want to make a huge difference in someone's life?
Be a Respite Volunteer
and make a difference in your life too!

Tues., Jan. 23, 2018
10:00am - 2:00pm
St. Paul's Episcopal Church
111 S. Shiawassee St.
Corunna, MI 48817

Volunteer Opportunities include; helping a patient & caregiving family, helping in the office, helping on committees, helping with fundraisers, and special projects. To register or for additional information please contact: 989-725-1127 or office@respitivolunteers.org. Please see our website at www.respitivolunteers.org. Find Respite Volunteers on Facebook.

A light lunch will be provided at the training for potential volunteers



Respite Volunteer Workshop Offered

The next Respite Volunteers of Shiawassee Volunteer Workshop is Tues. Jan. 23rd from 10 am- 2 pm at the St. Paul Episcopal Church, 111 S. Shiawassee St. (State Rd.) Corunna. Lunch is provided at the workshop in Corunna. The workshop is an opportunity to learn more about the program, and volunteer opportunities that are available.

There are multiple volunteer opportunities; volunteering for a person with health/medical challenges in the volunteer's own community, providing respite for the family caregiver, helping at the office in Owosso, helping with events, helping with special projects. Volunteer opportunities for helping in the office include; greeting guests, answering the phone, answering questions, filing, helping prepare newsletters, data entry, correspondence, cleaning, yard work, maintaining the building, preparing for workshops and events and helping with fundraising.

The program serves adults who have ongoing health and medical challenges, especially if their family caregivers need respite volunteer services. The volunteer service is based on availability of volunteers for each community. A home visit is completed by a Respite Volunteer case manager for persons requesting the service, to assess the person, and their family caregiver, and basic home safety in order to establish the person and family is eligible, offer suggestions, and be able to choose a compatible volunteer to be matched. Staff members also provide the person and their family caregivers with patient and caregiver education about the many other health, home care and senior services that are available, that may further stabilize the person being able to remain at home. Volunteers primarily provide friendly visiting, and respite (a gift of time) to 24/7 family caregivers.

The largest need for volunteers is to be matched with and serve adults with ongoing health needs, and their caregiving families, and especially persons who are frail, elderly, and living alone. Respite volunteers typically spend one to three hours a week of time with the person they are matched with in their own community, and help as needed depending on each person and family caregiving situation. The volunteers provide friendly visiting, play cards or board games, help the person with hobbies, and provide respite to the family caregivers.

For additional information, please see the website: www.respitevolunteers.org or the Respite Volunteer facebook page, call 989-725-1127 or stop by the office at the historic brick home east of Memorial Healthcare, 710 W. King St. in Owosso. The main entrance is on the parking lot side. Persons who are interested in attending the workshop are asked to register in advance office@respitevolunteers.org or 989-725-1127. Adults with health and medical challenges, and their family caregivers may also contact Respite Volunteers to request and evaluation to receive services.