

Featured Topics

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

VA News Release

Social Security
Benefits for Vets

Special Program Contacts



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.

Social Security Benefits for Vets Prior to 1967

In many cases veterans that served prior to 1967 did not get full credit for their service with the Social Security Administration. If you are retiring be sure to take a copy of your DD-214 to the SSA office. If you are retired take a copy of your discharge papers to the SSA to get your earning record corrected. This might mean more per month for you.

Social Security Benefits for Wounded Veterans

If you are a disabled veteran, and receiving benefits from the VA, you may still be entitled to extra benefits from the Social Security Administration. For more information check with the Social Security Administration local office or go to: <http://www.socialsecurity.gov/woundedwarriors/>



Calendar of Events:

- | | |
|----------|---|
| March 15 | Michigan Veterans Trust Fund Meeting /1pm |
| March 15 | Veterans Relief Fund Meeting/3pm |
| March 17 | St. Patrick's Day |
| April 1 | Welcome Home and Thank You for Your Service Dinner/See Attached Flyer |



Contact Us:

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

FOR IMMEDIATE RELEASE
February 22, 2017

VA offering up to \$8 million in grants for adaptive-sports programs that aid disabled Veterans

WASHINGTON — The Department of Veterans Affairs (VA) is providing up to \$8 million in grants to fund adaptive-sports programs that offer activities for disabled Veterans and members of the armed forces who have disabilities, VA announced Feb. 22.

The application period for the fiscal 2018 Adaptive Sports Grant begins Feb. 21, 2017, and will close at 11:59 p.m. (EST) on April 21, 2017.

“We know disabled Veterans and military members of all ages and abilities report better health and an improved quality of life when participating in adaptive sports,” said VA Secretary Dr. David Shulkin. “We encourage organizations to apply for a grant to better assist those who have faced life changes due to their military service. At VA, caring for Veterans, day in and day out, is a noble cause.”

Previous VA grants included eligible nonprofits, Veterans’ groups, universities and municipalities, which plan, develop, manage and implement adaptive sports activities. Funding may be used for training, program development, coaching, sports equipment, supplies, program evaluation and other activities related to adaptive-sports program implementation and operation.

In fiscal 2016, VA awarded \$7.8 million in adaptive-sports grants to 90 programs providing services nationwide. The Grant Notice of Funding Availability is published on the Grants.gov website (www.grants.gov) under opportunity number VA-ASG-2018-01, linked through <https://www.grants.gov/web/grants/search-grants.html?keywords=adaptive%20sports>.

For more information about VA’s Adaptive Sports Program, go to http://www.va.gov/adaptivesports/va_grant_program.asp.

Special Program Contacts

In Michigan Toll Free 800-406-5143

Suicide Prevention Coordinator

989-497-2500, extension 11778

Former Prisoner of War Advocate

989-497-2500, extension 11798

Military Sexual Trauma Coordinator

989-497-2500, extension 15713

Multiple Sclerosis Coordinator

989-497-2500, extension 11440

Spinal Cord Injury Coordinator

989-497-2500, extension 11783

Transition Care Management

989-497-2500, extension 11794

VA Caregiver Support Coordinator

989-497-2500, extension 11953

Veterans Justice Outreach Coordinators

989-497-2500, extension 11916
or extension 11694

Women Veterans Coordinator

989-497-2500, extension 11560

**Veterans
Crisis Line**



**1-800-273-8255
PRESS 1**

CMYK

***PTSD Awareness
Learn, Connect, and
Share
Visit
www.ptsd.va.gov***

**Saginaw VET Center
Readjustment Counseling
Services
5360 Hampton Place
Saginaw
(989) 321-4650**

VA supports, Great American Spit Out, encouraging Veterans to quit smokeless tobacco

February 22, 2017, 11:07AM

VA supports 'Great American Spit Out, encouraging Veterans to quit smokeless tobacco

WASHINGTON — The U.S. Department of Veterans Affairs' (VA) is urging Veterans with smokeless tobacco habits to participate in the "Great American Spit Out" on Feb. 23.

Sponsored by the Department of Defense, the annual nationwide observance challenges smokeless tobacco users to quit for good by committing to a "quit date."

"Whether you're using smokeless or smoking tobacco, quitting is possible," said Kim Hamlett-Berry, VA's national program director for Tobacco and Health Policy and Programs. "VA has the tools to help Veterans set a quit date, find their personal motivation — be it to improve your health or to just save money — and provide the support and treatment they need to quit for good. We're confident that, with the right information and resources, many more Veterans will choose to be tobacco-free."

Veterans who use smokeless tobacco must deal with the heavy economic burdens that come with dipping or chewing. According to the American Cancer Society, a one-can-a-day habit can cost more than \$1,400 a year.

"By quitting smokeless tobacco, Veterans can spend less time worrying about their health and budget and more time participating in the activities they love," Hamlett-Berry said.

Research shows smoking is one of the most preventable causes of premature death. Yet smokeless tobacco, such as dip and chew, is dangerous and often overlooked. According to the U.S. Department of Health and Human Services (HHS), smokeless tobacco products contain 2,000 chemical compounds, including 30 cancer-causing chemicals, such as arsenic, nickel, lead and formaldehyde. These substances can increase a user's risk of death from heart disease and stroke; cause cancer of the mouth, esophagus and pancreas; and result in painful, chronic dental problems, such as mouth sores and tooth loss, HHS reported.

The National Cancer Institute's Smokefree.gov initiative noted dip and chew tobacco contained more nicotine than cigarettes, which may cause an even stronger addiction than smoking.

To observe this year's Spit Out, VA is partnering with other federal agencies, including the Centers for Disease Control and Prevention's Office of Smoking and Health, the Substance Abuse and Mental Health Services Administration, the National Cancer Institute's Smokefree.gov Initiative and the Food and Drug Administration's Center for Tobacco Products.

Veterans interested in becoming tobacco-free can access VA resources, including:

Tobacco Quitline (855-QUIT-VET; (855-784-8838)): This VA hotline connects Veterans with a trained counselor who can help them develop a quit plan, provide individualized counseling and identify strategies to prevent relapse.

SmokefreeVET: By texting "VET" to 47848, Veterans can sign up for VA's text-message support program, which offers 24/7 encouragement, advice and tips to help tobacco users quit for good.

Smokefree.gov Quit Plan: Veterans can use the resources developed alongside Smokefree.gov to build a plan that prepares them for quitting smokeless tobacco and increases their likelihood of staying tobacco-free.

To learn more about tobacco cessation, visit: <http://www.publichealth.va.gov/smoking/index.asp>



American Legion Post 248

1240 E. Grand River
Laingsburg, MI

Phone: (517)651-6323

March 10, 2017

Fish Fry
4:30pm-7pm
\$12.00

Sponsored by: American Legion Auxiliary
Location: Post 248 Laingsburg

March 31, 2017

Fish Fry
4:30pm-7pm
\$12.00-Walleye

Sponsored by: American Legion Auxiliary
Location: Post 248 Laingsburg

March 24, 2017

Fish Fry
4:30pm-7pm
\$12.00

Sponsored by: American Legion Auxiliary
Location: Post 248 Laingsburg

Every Sunday

American Legion Breakfast
8am-11am
(Different Prices)

Sponsored by: Post 248
Location: Post 248 Laingsburg



April 1, 2017

Vietnam Dinner
4pm-?

All Veterans Welcome

Call Post (517)651-6323

See Attached Flyer



American Legion Post 502

220 S. Ovid St.
Elsie, MI 48831

Phone: (989)834-2438

March 8, 2017

32nd Old Time Country
amboree
6pm-9pm
\$2.00 Donation

Sponsored by: American Legion Post 502

Anyone that plays a stringed instrument can join the player signers. Open mike with M C Mr. Tim Evans. There is a sign up sheet and this determines when you sing.

Location: Elsie American Legion Post

March 23, 2017

Our American Legion is having
it's 70th Anniversary
Open House from 4pm-7pm
Free

Sponsored by: American Legion Post 502

There will be music and members there along with cake and beverages.

We hope that people will want to come and visit and enjoy our Post Home for a while.

Location: Elsie American Legion Post



April 1st 2017 Laingsburg American Legion Riders

Present our annual

**WELCOME HOME AND THANK YOU FOR
YOUR SERVICE DINNER**

**BRING YOUR SPOUSE OR A FRIEND AND
RELAX AND ENJOY Dinner ,Music and Special
Speakers. As always All veterans welcome
and is Free to All Veterans.**

APRIL 1ST 2017 AT 4PM

LAINGSBURG AMERICAN LEGION

1240 E. GRAND RIVER LAINGSBURG MI

48848. Any question please contact

Jon Smith @ 571-719-0885 or

post @ 517-651-6050



Saginaw



Veteran Service Officer Open House
Friday March 24

from 10a - 12p

5360 Hampton Place, Suite 200

Saginaw, MI 48604

(989) 321-4650

Meet Mobile Vet Center Driver

William

And tour the Mobile Vet Center!!!

