

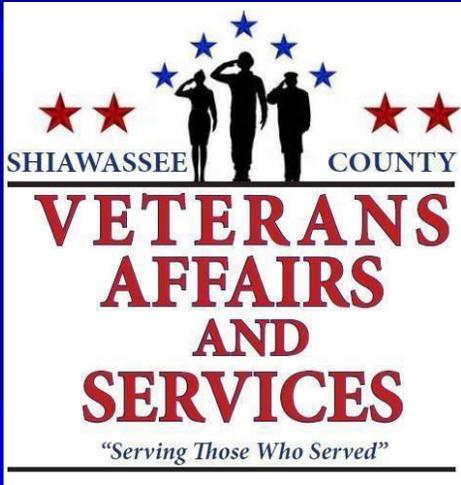
# Featured Topics

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

VA Nutrition Programs

Veteran's  
I.D. Cards

Volunteer  
Driver Recognition



*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](mailto:vetaffairs@shiawassee.net) to receive monthly newsletter via email.



## Mobile Food Pantry for Shiawassee County Residents

If you or someone you know must choose between food, filling prescriptions or having a tough time putting food on their table, please tell them about this important program.

**When: Saturday, May 20th-Registration at 9am**  
Food distribution until noon or until all food is distributed

**Where: Comstock Parking Lot**  
Behind the Bowling Alley off of Jerome Ave.  
Parking in the lot near Owosso Cinemas

### Who can participate?

Senior citizens on fixed incomes, families/individuals with limited or low income jobs, only open to residents of Shiawassee County

### What you need to bring:

Proof of residency in Shiawassee County-valid driver's license or Michigan ID and one piece of mail from where you live.

Participants **MUST** bring boxes, bags or containers to carry food. For more information about the mobile pantry call the Greater Lansing Food Bank at (517)908-3680

## Calendar of Events:

- May 14 **Mother's Day**
- May 17 **Michigan Veterans Trust Fund Meeting/1pm**
- May 17 **Veterans Relief Fund Meeting/3pm**
- May 20 **Armed Forces Day**
- May 29 **Memorial Day/Office Closed**

## Contact Us:

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

## Heat and Energy Assistance

Although it may be spring, it is still cold outside and TrueNorth Community Services' emPower heat and energy program still has assistance available.

Our emPower program can assist low-income households with their:

- Electric
- Natural Gas
- Propane/Fuel Oil
- Wood
- Pellet
- Etc.



If you are past-due or at shut-off status, have 25% or less in your propane/fuel oil tank, or have 14 days or less of wood or wood pellets, you can apply for assistance. [Learn More](#)

For more information visit <http://www.truenorthservices.org/Assistance/Heat-and-Energy>

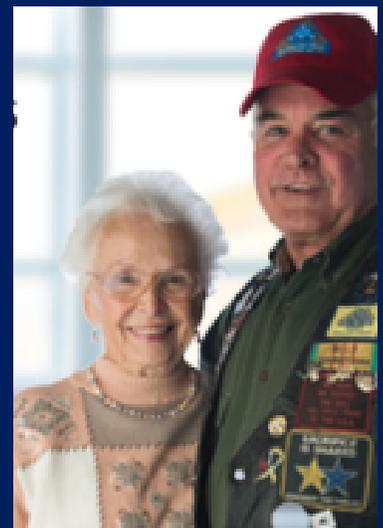
# Memorial Benefits

VA's new pre-need eligibility determination program allows you to find out in advance if you are eligible for burial in a VA national cemetery.

This allows families to plan ahead, and streamlines access to the burial benefits that Veterans have earned through military service for themselves and their eligible family members.

Want more information about this new program? Visit [ExploreVA](#) or click the button below to learn how to apply in advance for burial in a VA national cemetery.

Visit <http://explore.va.gov> and click on Memorial Benefits for more information.



# Current VA Disability Compensation Pay Rates

In 2017 VA Disability Compensation did a rate increase of 0.3%. There was a small increase for disability compensation rates for 2017. This small rate increase follows 2016, a year in which there was no cost of living increase. The previous rate increase was in 2015, when VA Disability rates increased by 1.7%. 2014 was the first year the VA has included amounts above a flat dollar amount. In previous years, the amount was rounded down to the nearest dollar. This change won't make a huge difference now, but if this policy remains in place, it will compound over time.

## 2017 VA Disability Rates

### VA Disability Rating: 10% – 20% (No Dependents)

Percentage	Rate
10%	\$133.57
20%	\$264.02

### VA Disability Rating: 30% – 60% Without Children

Dependent Status	30%	40%	50%	60%
Veteran Alone	\$408.97	\$589.12	\$838.64	\$1,062.27
Veteran with Spouse Only	\$456.97	\$654.12	\$919.64	\$1,159.27
Veteran with Spouse & One Parent	\$495.97	\$706.12	\$984.64	\$1,237.27
Veteran with Spouse and Two Parents	\$534.97	\$758.12	\$1,049.64	\$1,315.27
Veteran with One Parent	\$447.97	\$641.12	\$903.64	\$1,140.27
Veteran with Two Parents	\$486.97	\$693.12	\$968.64	\$1,218.27
Additional for A/A spouse (see footnote b)	\$45.00	\$59.00*	\$74.00	\$89.00

### VA Disability Rating: 70% – 100% Without Children

Dependent Status	70%	80%	90%	100%
Veteran Alone	\$1,338.71	\$1,556.13	\$1,748.71	\$2,915.55
Veteran with Spouse Only	\$1,451.71	\$1,686.13	\$1,894.71	\$3,078.11
Veteran with Spouse & One Parent	\$1,542.71	\$1,790.13	\$2,011.71	\$3,208.56

Shiawassee County Veterans Affairs & Services  
**Volunteer Driver Recognition**



**Joseph Jordan**

Top driver for DAV for last 2 years, 2016 Joe logged 264.9 hours, 6100 miles, and transported 56 Veterans.

When Joe was in the service he was a small arms machinist and was honorably discharged in 1970. Joe and his wife Shirley have been married for 48 years and have 1 daughter and 4 grandchildren and 1 great grandchild.

Joe has been a DAV driver since June 2014, previously a SATA driver for 7 years.

Joe enjoys collecting sports cards and he is an avid motorcycle enthusiast. Joe is also a part-time machinist.

**Why do you choose to volunteer? “Because I am a Veteran myself and I enjoy helping others.”**

**Transportation Passenger**

**If you are a Veteran and would like to register to receive a ride to your VA Medical Appointments please contact our office at (989)743-2346 or stop in and see us!**

**Volunteer Driver**

**If you or someone you know would be interested in becoming a volunteer driver of our Disabled American Veterans (DAV) van please call our office (989)743-2346 for more information or stop in!**



# Veteran ID Cards: What Your Options Are Now and In The Future

3/28/2016

<http://www.blogs.va.gov/VAntage/26568/veteran-id-cards-options/>



On July 20, 2015, the President signed into law the Veterans Identification Card Act of 2015. This act allows Veterans to apply for an identification card directly from VA. The VA identification card will allow Veterans to demonstrate proof of service for discounts at private restaurants and businesses.



It should be noted the identification card is different from a **Veteran Health Identification card** or a **DoD Uniformed Services or retiree ID card**. As such, the VA identification cards cannot be used as proof of eligibility to any federal benefits and does not grant access to military installations.

When available, Veterans will be able to request an ID card from VA for a fee. VA is currently making plans to implement the new law in the most efficient and cost-effective way possible while protecting Veterans' personal information. We estimate that VA will be able to implement the program in 2017. The cost of each card has not yet been determined.

In the meantime, Veterans who would like an identification card that displays their military service do not have to wait until VA implements the new law. You have several options:

- ◆ You can access and print a free Veterans identification card through the joint VA/DoD web portal, eBenefits. This paper identification card serves as proof of honorable service in the Uniformed Services, as defined in laws about the Department of Defense (DoD). Veterans can get a free eBenefits account by going to <https://www.ebenefits.va.gov/ebenefits/homepage>.
- ◆ Your driver's license or state identification card can carry a Veteran designation. This option is currently available in 49 states, along with Puerto Rico and the District of Columbia. We expect the 50th state, Washington, to offer this service in August 2017. Veterans wanting more information should contact their state department of motor vehicles or state department of Veterans affairs at <http://www.va.gov/statedva.htm>.
- ◆ Veterans who are enrolled in VA health care can obtain a free **Veterans Health Identification Card (VHIC)**. For more information, please go to <http://www.va.gov/HEALTHBENEFITS/vhic/index.asp>.
- ◆ Veterans who have retired from military service can receive an identification card from DoD. For information on obtaining or renewing such a card, please contact your nearest DoD identification card facility. You can find the location of these facilities through this link: <https://www.dmdc.osd.mil/rs1/appj/site>.
- ◆ *This article was submitted to Vantage Point by the Veterans Benefits Administration.*

March 15, 2017

## Veterans Are In Good Hands When It Comes to Nutrition Programs at VA

March is the Academy of Nutrition and Dietetics National Nutrition Month® 2017 and the Aleda E. Lutz VA Medical Center, along with nine Community Based Outpatient Clinics (CBOCs), are geared up to provide Veterans and their families ways to put their “Best Fork Forward” with the tools and education they need to succeed at weight loss, improved health, and fitness.

National Nutrition Month® is a designated time for VA Registered Dietitian Nutritionists to reach out and let their service shine. It’s a time where we not only highlight some of the great things we are doing for our Veterans, but also a time where we offer some great learning opportunities for VA staff as well.

Here are a few things we’ve offered in honor of National Nutrition Month®:

- We are holding weekly lunch and learn sessions for staff and Veterans.
- We are sharing information in our weekly newsletters to staff.
- We are sharing information on electronic bulletin boards throughout our VA.
- There is a special Nutrition Display near our main lobby.
- VA Staff are demonstrating healthy cooking techniques through Healthy Teaching Kitchens.
- Our employee computer screens have a special Nutrition Month screensaver.
- We are sharing nutrition month information on our Facebook page.
- Veterans enrolled in MOVE! rural health programs, and also past participants of MOVE Intensive Outpatient Program, were sent a special secure message regarding National Nutrition Month to help boost their efforts.
- And much more...

Nutrition and Environmental Services at Aleda E. Lutz works beyond the month of March to provide a positive impact on lifestyle choices for our Veterans and employees. Here are a few things you may catch us doing throughout the rest of the year:

- We conduct special Diabetes Classes.
- We provide information and care through home telehealth (virtual/video) appointments.
- Information is shared through monthly national nutrition Blog posts.
- We assist Veterans by coordinating care for bariatric surgery candidates.
- We have one of the few facilities that operate a 12-day outpatient lodger program entitled MOVE Intensive Outpatient Program, and receive referrals from other VA Medical Centers.
- We operate a Greenhouse on our Saginaw campus which produces healthy fresh food items we are able to incorporate into patient meals.
- The department caters events within the main facility and CBOCs.
- We provide residents an American Heart Association approved “Heart Healthy Diet” and encourage residents to make healthy meal choices and provide a restaurant experience within the Community Living Center.
- We provide Nutrition seminars to the Reserves and National Guard in Bay City, Saginaw, Midland, Lapeer, and Alma, Michigan.
- Our staff help homeless Veterans through the Homeless Veterans Program so they can make healthier choices with limited resources.
- We engage with Veterans at the local YMCA by presenting information on healthy living topics.
- Our Registered Dietitian Nutritionists are often called upon to present at colleges and universities, as well as other community agencies to share nutrition information and best practices.

As you can see, we have a very robust program. We would like to thank our VA nutrition staff who work very hard to make a difference in the lives of the Veterans we are so privileged to serve each and every day.

Veterans enrolled in VA health care are encouraged to talk with a VA Registered Dietitian Nutritionist regarding any nutrition topic. They are always eager to share their knowledge about nutrition to help Veterans achieve optimal health outcomes.

Carrie Seward  
Public Affairs Officer  
Aleda E. Lutz VAMC, Saginaw, MI  
(989) 497-2500, Extension 13020





### American Legion Post 502

220 S. Ovid St.  
Elsie, MI 48831

Phone: (989)834-2438

#### May 10, 2017

##### 34th Old Time Country

Jamboree

6pm-9pm

\$2.00 suggested donation

Anyone that plays a stringed instrument can join the player singers. Open mike MC Mr. Tim Evans; there is a sign up sheet and this determines when you sing.

Location: Elsie American Legion Post

Sponsored by: American Legion Post 502

#### May 16, 2017

##### Warrior's Appreciation Rally Planning Meeting

Open Meeting from 7pm to ?

Free

Planning and Support of Groups coming and demonstrating at the W.A.R. If you have a group and want to be part of the program you need to attend this event.

Location: Elsie American Legion Post

Sponsored by: American Legion Post 502

#### May 29, 2017

##### Memorial Services and Parades in 2 towns

Elsie & Ovid

10:45am in Elsie

Noon in Ovid

Free

Come on out and participate in our parade and ceremony for Memorial Day in Elsie and Ovid. The parade kicks off in Elsie at 10:45am followed by services on Main St. At noon the parade in Ovid kicks off followed by Memorial Services right on Main St.

Location: Elsie American Legion Post

Sponsored by: American Legion Post 502

### Helpful VA Community Care Information for Veterans Enrolled in Care at VA Ann Arbor Healthcare System:

- For VA Choice Program-related care, authorizations, and billing questions in regards to community care appointments, Veterans may contact Health Net at: (866) 606-8198, Hours: Monday-Friday, 8am-10am EST.
- For VA Community Care (Non-VA Care/care provided outside of the VA Ann Arbor Healthcare System) billing questions, Veterans may contact: (734) 845-3065 or (800) 361-8387 ext. 53065
- Emergency Services: When treated or discharged from emergency room services within the community at a Non-VA facility, Veterans are asked to contact the AOD at VA Ann Arbor Healthcare System within 72 hours. If the Veteran is admitted to the community (non-VA) hospital, a call must be made to the AOD within 72 hours of admission. The VA Ann Arbor Healthcare System AOD can be reached at (734) 845-5279 or (800) 361-8387 ext. 55279.
- Non-Emergent Services: Requires a referral and authorization from a VA provider. For questions about an existing authorization, Veterans may call (734) 222-8936. Note: Community Care Facilities must submit a paper or electronic claim within 90 days for consideration of payment. The claim should be submitted to: VA Ann Arbor Healthcare System Mail Code: CBO 2215 Fuller Rd. Ann Arbor, MI 48105

### Laingsburg Springtime Festival Parade



March 31, 2017

To All: Shiawassee Region Veterans Organizations

I was honored to speak to your group on March 27, 2017 at the VFW Owosso Post #9455. I am Ed Carpenter, member of the Laingsburg Lions, and we Sponsor the Laingsburg Lions Springtime Festival, which I am the chair for. We always theme our Parade; this year I would like the theme to be "Veterans".

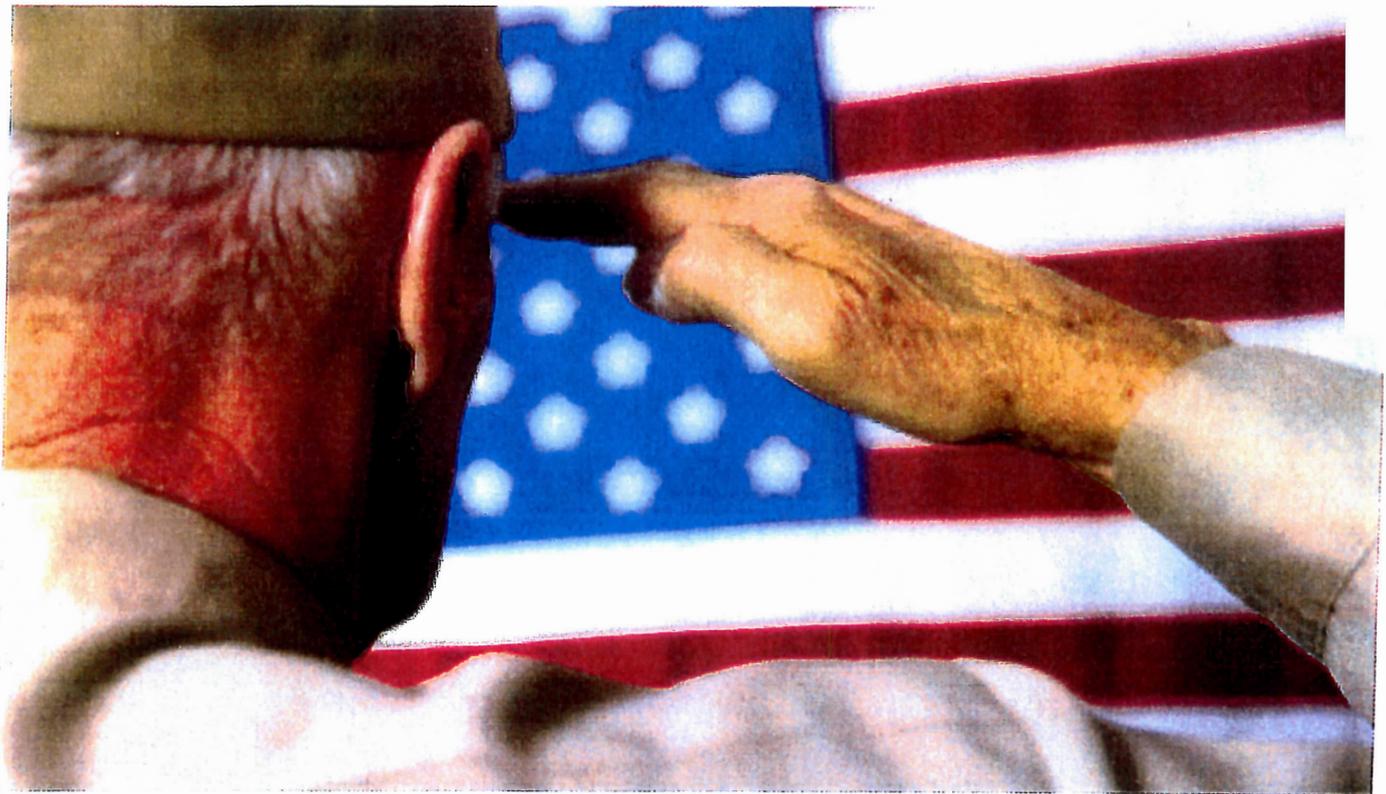
Hope that your Veterans would join us on Saturday May 20th, 2017. The parade is about a mile long, and if there are Veterans that would need assistance, we would be happy to provide a Wagon. We would like all parade units to arrive by 10:00AM, and step off time is 11:00AM.

We thank you for your service, and hope that you will join us on Saturday May 20th 2017.

Sincerely,

Ed Carpenter  
Parade Chair

(517) 651-9193 Farm  
(517)204-5856Cell  
Ed@peacockrff.com



**Heart to Heart Hospice is recruiting Veteran volunteers for our patients.  
If interested in our Veteran's Hospice services or to volunteer,  
please call 810-422-9453**

cleitheim@htohh.com  
2029 S. Elms Road  
Bldg. B, Ste. A  
Swartz Creek, MI 48473



# Household Hazardous Waste Collection



Dispose of any household item that contains *TOXIC, FLAMMABLE, CORROSIVE, or REACTIVE* material



When: **Saturday, May 6, 2017**

Where: Durand City Hall, 215 W. Clinton St., Durand, MI

Time: 8:00 am to 12:00 pm *no appointment necessary*

## Acceptable Items Include:

- \* Oil-based paints and varnishes
- \* Wood preservatives
- \* Cleaning solvents
- \* Pesticides and weed killers
- \* Household batteries
- \* Oven cleaners
- \* Mothballs
- \* Transmission fluid and antifreeze
- \* Pressurized cans
- \* Metallic mercury (thermometers and fluorescent bulbs)
- \* Lead (found in shot and sinkers)

*Shiawassee County's population has the potential to produce over 500,000 pounds of unregulated household hazardous waste annually.*



## Handling and Transportation of Materials:

- \* Put closed containers in boxes and place in trunk of car
- \* Do not mix materials
- \* Do not carry boxes or containers in your lap
- \* Staff will remove the material from your trunk when you arrive at the facility
- \* You will not even need to leave your car
- \* Licensed haulers will be contracted to transport the material to be recycled, reused, or disposed of in an environmentally friendly manner

## Items NOT Accepted:

- \* Latex paint
- \* Used motor oil
- \* Explosives
- \* Tires
- \* Smoke detectors

*Most HHW is stored in our homes, dumped in our backyards, and poured into our septic systems or lakes and streams*

**for more information, contact the  
Shiawassee County Health Department  
Environmental Health Division**

Phone: (989) 743-2390

<http://health.shiawassee.net/>



COMPRENEW

# Electronics Recycling

*Dispose of Office and Home Electronics,  
Computer Components and Accessories*

When: **Saturday, May 6, 2017**

Time: 8:00 AM to 12:00 PM  
*No appointment necessary*

Where: Durand City Hall  
215 Clinton St; Durand, MI 48429

## Office and Household Electronics:

- \* Air cleaners, humidifiers
- \* Batteries, including **car batteries** (*Alkaline, Lithium, Lithium-Ion, Ni-Cad, Nickel Metal Hydride, Zinc Oxide, Mercury Lead Acid, Etc.*)
- \* Cellular telephones
- \* Copiers
- \* DVD players and VCRs
- \* Fax machines
- \* Gaming systems
- \* GPS units
- \* iPods, MP3 players
- \* Ink and toner cartridges
- \* Microwaves
- \* Medical equipment (*non-hazardous*)
- \* Power tools (*electric only*)
- \* Projectors
- \* Radios, stereos, CD players
- \* Telephone systems, answering machines
- \* Televisions (*Intact, complete TV sets only*)
- \* Various media (*floppy disks, CDs, DVDs, memory sticks*)

## Computer Components and Accessories

- \* Circuit boards
- \* Computers (*desktops, laptops, main frames, tablets*)
- \* Docking stations, routers
- \* Hard drives
- \* Internal and external hard drives
- \* Keyboards and mice
- \* Modems
- \* Monitors (*flat screens and CRTs, any size*)
- \* Networking equipment
- \* PDAs (*Blackberry's, palm pilots, iPhones*)
- \* Power cords, cables, wires
- \* Printers, scanners
- \* RAM/memory
- \* Servers, server racks
- \* Speakers
- \* Tape back-ups
- \* UPS battery back-ups

**NOT ACCEPTED**  
**LIGHT BULBS, REFRIGERATORS, DEHUMIDIFIERS,**  
**AIR CONDITIONERS, OR LARGE APPLIANCES**

for more information, contact the  
Shiawassee Conservation District

Phone: (989) 723-8263, ext 3  
[www.shiawasseeccd.org](http://www.shiawasseeccd.org)