



*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.



## Calendar of Events:

- November 8 Veterans Relief Fund Meeting/3pm
- November 10 Observed for Veterans Day/Office Closed
- November 10 Happy Marine Corps 242nd Birthday
- November 11 Veterans Day
- November 11 Veterans Day Parade/Corunna-7pm Michigan
- November 15 Veterans Trust Fund Meeting/1pm
- November 23 Thanksgiving Day



## 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)

## Suicide Awareness

The following is sent on behalf Mr. Jim Rice, OGIAMC Medical Center Director.

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in September during Suicide Prevention Month. We'll be sending  
monthly messaging about how we all can #BeThere for our Veterans  
and continue to learn more about ways we can help reduce the number  
of Veteran Suicides. In September, our theme was **Suicide  
Prevention is Everyone's Business**. We had #BeThere declaration  
signings with both our facility leadership and our VSOs, held a Suicide  
Prevention event on September 12 that was open to the public, and  
held Employee Town Halls on this very important topic.

In October, we want you to know that **Suicide Is Preventable**. Some  
of the ways we can help prevent suicide include:

- **Assisting and encouraging Veterans to seek treatment and reaching out to a Veteran if you observe signs of distress or need.** You can learn more about how reaching out prevents suicide from our SAVE or clinical suicide prevention training, which is now mandatory for all employees. This training can provide you the awareness and skills needed to help save a life and we're excited that almost 80% of our employees completed SAVE training. If you have not yet completed SAVE training in TMS, it's never too late.
- **Safe storage of lethal means such as firearms and medications during emotional crises has been shown to save lives.** If you'd like to learn more about gun safety, please go to <https://www.veteranscrisisline.net/Resources/Videos.aspx?v=-fGHTvTsApq> to watch VA's Gun Safety Video.
- **Adopting a mindset that Suicide Is Preventable will help us think more creatively about preventing suicide.** Two resources you may not know about for helping Veterans are:
  - **Coaching Into Care: 1-888-823-7458.** Coaching into Care is VA's National Telephone Service that supports loved ones in finding appropriate care and resources at their local VA and/or in their community. It also provides coaching for loved ones about how to talk with Veteran about their challenges and struggles. [www.va.gov/coachingintocare](http://www.va.gov/coachingintocare)
  - **Veteran Suicide Risk Management Consultation Program for VA Providers: 1-866-948-7880.** This service provides one on one consultation at no charge for VA Providers who have general or specific questions about Suicide Risk Management. [www.mirecc.va.gov/vsn19/consult/index.asp](http://www.mirecc.va.gov/vsn19/consult/index.asp)
- Finally, I suggest that you add the Veterans Crisis Line phone number (800-273-8255) into your smart phone for ready access, if you have not done so already.

I've attached two documents below that you can review and keep on-hand so that when faced with a Veteran in crisis, you can assist with resources.

## Shiawassee County Veterans Day Parade

Saturday, November 11th

City of Corunna at 7pm

Parade step-off at 7pm, beginning at the VFW Post and traveling north on Shiawassee St. and ending at Mack St.



## Help for the Holiday

Do you need help with Christmas for your family?



If you are in need of some help with Christmas please stop in and see a TEAM member or call (989)743-2231 to speak with a Shiawassee County Veterans Affairs and Services TEAM member for more information about how you may receive help with Christmas for your children and/or grandchildren this holiday season.

**VA**



U.S. Department  
of Veterans Affairs

Aleda E. Lutz VA Medical Center  
1500 Weiss Street  
Saginaw, MI 48602

Contact: Carrie Seward, Public Affairs Officer  
(989) 7-2500, extension 13020  
carrie.seward@va.gov

# News Release

October 2, 2017

## **VA works with local partners to support homeless Veterans**

*Aleda E. Lutz VAMC encourages all Mid-Michigan residents to learn about resources available to help Veterans in their community*

The U.S. Department of Veterans Affairs (VA) reminds all Mid-Michigan residents the Aleda E. Lutz VAMC team stands ready to help all homeless Veterans in the community find immediate housing and get connected to supportive services.

“VA remains committed to ending Veteran homelessness across the country. Our contribution to this important national effort is focused specifically on Mid-Central, Eastern, and Western lower peninsula of Michigan, said Ginny Creasman, Medical Center Director. “Working together with community partners, we can ensure every Veteran in our care area has a safe place to sleep.”

Our VA partners dedicated to the effort include: Mid-Michigan Community Action Agency, Blue Water Center for Independent Living, Northern Michigan Community Action Agency, Michigan State Housing Development Authority, and the Saginaw Housing Commission. Together, they work to locate Veterans who are literally homeless and those Veterans who are at imminent risk of becoming homeless. The VA partners who hold the Supportive Services for Veterans and Families (SSVF) grant are, in most cases, able to rapidly rehouse those Veterans who are literally homeless while also assisting those who are at-risk of becoming homeless to save the place they call home. The Aleda E. Lutz VA also partners with four local emergency shelters spread out within the Saginaw, Bay City, and Traverse City areas. Veterans who are residing in a place not meant for human habitation can be temporarily housed in an emergency shelter while working with VA staff to re-establish safe and affordable housing.

For assistance, or to learn how you can support Veterans in your area who are homeless or at risk of becoming homeless, please contact Eric Norman, Supervisory Social Worker, 989-497-2500, Ext. 11773, [eric.norman@va.gov](mailto:eric.norman@va.gov).

Homeless and at-risk Veterans can also call 1-877-4AID-VET (1-877-424-3838) to access VA homeless services 24 hours a day, seven days a week, 365 days a year.

To learn more about VA programs and services designed specifically to help these Veterans, visit [www.va.gov/homeless](http://www.va.gov/homeless). An infographic on VA's work to end Veteran homelessness can be found

The Aleda E. Lutz VAMC in Saginaw, Michigan operates an 81-bed skilled nursing and rehabilitation Community Living Center, with an additional 8-bed acute medicine and telemetry wing. It provides care to over 35,400 Veterans in a 35-county geographic area, from mid-Michigan to the Mackinac Bridge. Veterans also receive care at one of our nine VA Community Based Outpatient Clinics located throughout Michigan. More information about this VA can be found at [www.saginaw.va.gov](http://www.saginaw.va.gov).



U.S. Department  
of Veterans Affairs

Aleda E. Lutz VA Medical Center  
1500 Weiss Street  
Saginaw, MI 48602

Contact: Carrie Seward, Public Affairs Officer  
(989) 7-2500, extension 13020  
carrie.seward@va.gov

# News Release

October 10, 2017

## Aleda E. Lutz Shares Perspective on Michigan Suicide Data and Provides Information on VA Suicide Prevention Programs to Help Those in Need

The Aleda E. Lutz VA and their many Community Based Outpatient Clinics have staff ready to help Veterans in need when it comes to preventing suicide.

The VA has a comprehensive suicide prevention program which includes identifying at risk Veterans and providing them with an enhanced care package which includes weekly contact either in person or by phone during the initial 30 days of increased high risk. Veterans identified at high risk have a safety plan completed which is a crisis intervention plan to be used when in crisis.

The Suicide Prevention program receives consults from the Veterans Crisis Line for Veterans in our service area to assure appropriate follow-up care is facilitated. Our Suicide Prevention Coordinator is responsible for training all VA staff in Operation SAVE, the VA's gatekeeper training for suicide prevention.

Additional support in the Suicide Prevention Program includes our VA having same day scheduling for appointments and emergency walk in services. The VA has also developed a Veteran Outreach Toolkit which the suicide prevention coordinator will share widely with community partners in educating and preventing Veteran suicide. The Suicide Prevention Coordinator is involved in at least 5 community outreach events to provide community partners and Veterans with resources for suicide prevention.

Veteran suicides in Michigan accounted for 213 deaths in 2014, or 36.4 Veterans per 100,000 individuals, slightly lower than the national rate of 38.4. The suicide rate for Michigan was higher than the national average for the 18-34 age group at 122.2 per 100,000, compared with the national rate of 70.4.

The Veteran suicide rate was also high in Michigan for the age range of 35-54 at 52.3 compared with the 47.7 national rate. Every day, an average of 20 Veterans die by suicide. Of the 20, only 6 receive healthcare through the VA, and only 3 were enrolled in VA mental health, leaving 14 who have never enrolled for care at the VA.

Total suicides in Michigan in 2014 were 1,300 for a 35.5 per 100,000 suicide rate, double the national rate of 17 per 100,000. The Michigan Veteran suicide rate was also double the overall state suicide rate of 16.9.

We encourage our community, Veteran Service Organizations, and others to become involved with helping to prevent any suicide. However, if you identify a Veteran who is at risk, please contact the

Veterans Crisis Line at 1-800-273-8255 and press 1, or get them to the nearest VA or community facility to ensure their safety. Veterans in crisis will be treated at a VA regardless of their military discharge status and treatment plans will be determined for that individual.

One Veteran suicide, any suicide, is one too many. The Aleda E. Lutz VAMC in Saginaw, Michigan operates an 81-bed skilled nursing and rehabilitation Community Living Center, with an additional 8-bed acute medicine and telemetry wing. It provides care to over 35,400 Veterans in a 35-county geographic area, from mid-Michigan to the Mackinac Bridge. Veterans also receive care at one of our nine VA Community Based Outpatient Clinics located throughout Michigan. More information about this VA can be found at [www.saginaw.va.gov](http://www.saginaw.va.gov).

**American Legion  
Elsie Post #502**

Country Jamboree

November 8, 2017

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

Happy  
Thanksgiving

All of us at the  
Shiawassee County Veterans Affairs and  
Services

wish you and your family a  
Happy Thanksgiving.



## TALKING WITH A VETERAN IN CRISIS

You don't have to be an expert to ask if someone is going through a difficult time or having thoughts of suicide. If you notice changes in a Veteran's behavior or moods and you think they might be in crisis, it's time to respond. The simple act of having a conversation can help save a life.

### Here are some ways to approach a conversation with a Veteran who may be suicidal.

First, assess the situation to determine if the Veteran may be in **imminent danger**. Check to see if there are any harmful objects in the area, such as firearms, sharp objects, or lethal drugs. Those at the highest risk for suicide often have a specific suicide plan, the means to carry out the plan, a time set for doing it, and an intention of following through with it.

Asking whether a Veteran is having thoughts of self-harm or suicide may seem extreme, but it is important. Although many people may not show clear signs of intent to harm themselves before doing so, they will likely answer direct questions about their intentions when asked. **Remember, asking if someone is having suicidal thoughts will not give them the idea or increase their risk.**

However, some of those who are at risk may not admit that they plan to attempt suicide. In case the Veteran won't talk about it, be sure to look for warning signs in the box to the right.

#### Safety Issues:

If you believe a Veteran is at high risk and has already harmed himself or herself, you need to call local emergency services at 911.

- **Never** negotiate with someone who has a gun. Get to safety and **call 911**.
- If the Veteran has taken pills or harmed himself or herself in some way, **call 911**.

Veterans who are in emotional distress and are showing warning signs for suicide can be connected to the 24-hour **Veterans Crisis Line**: Call **1-800-273-8255** and **Press 1**, use the **online chat**, or **text to 838255**. Caring, specially trained responders are available to provide free, **confidential support 24 hours a day, 7 days a week, 365 days a year**. Responders are available to speak to Veterans and their caregivers, family members, or friends.

### Warning Signs of Imminent Suicide Risk

- Acting recklessly or engaging in risky activities that could lead to death, such as driving fast or running red lights — seemingly without thinking
- Showing violent behavior such as punching holes in walls, getting into fights, or engaging in self-destructive violence; feeling rage or uncontrolled anger; or seeking revenge
- Giving away prized possessions, putting affairs in order, tying up loose ends, and/or making out a will
- Seeking access to firearms, pills, or other means of harming oneself

**If you and/or the Veteran are not in imminent danger, start a conversation to help the Veteran open up and to find out how you might be able to help. You can ask questions such as:**

- "When did you first start feeling like this?"
- "Did something happen that made you begin to feel this way?"

**When responding to answers from a Veteran, remember that simple, encouraging feedback goes a long way in showing support and encouraging help-seeking:**

- "You're not alone, even if you feel like 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."

**Even for Veterans who do not appear to be suicidal, it is important to direct them to resources to help them face mental health challenges and more.**

For more information about the Veterans Crisis Line, visit [VeteransCrisisLine.net](https://www.veteranscrisisline.net)

For more information about VA's mental health resources, visit [www.mentalhealth.va.gov](https://www.mentalhealth.va.gov)

For access to more than 400 stories of strength and recovery from Veterans and their family members, visit [MakeTheConnection.net](https://www.maketheconnection.net)



# ANSWERING THE CALL

The simple act of talking with a Veteran by phone can help save a life. For a Veteran in crisis — whose emotional struggles and health challenges may lead to thoughts of suicide — these conversations can mean the difference between a tragic outcome and a life saved. When talking to a Veteran, listen for signs of distress or other clues that might indicate that they need immediate help.

### Determine if the caller is in distress.

1. Remain **calm** and **listen**.

2. **Ask the question:** "Sometimes when people are (upset/angry/in pain/etc.) they think about suicide. Are you thinking about killing yourself or someone else?"

**NO**  
NOT suicidal, homicidal, or in crisis

**YES**  
Suicidal, homicidal, or in crisis

3. Route caller to appropriate local resources.

You can find resources in your area, including local Suicide Prevention Coordinators and crisis centers, using our Resource Locator here: [VeteransCrisisLine.net/ResourceLocator](http://VeteransCrisisLine.net/ResourceLocator)

3. Assess whether the Veteran is at **imminent risk**, and determine if he or she has already inflicted self-harm or injured others or has an immediate plan to do so, with access to means.

**Signs of Distress:**

- Emotional (crying, loud, yelling)
- Making concerning statements like:
  - My family would be better off if I wasn't here.
  - I can't go on like this.
  - No one can help me.

### If you are a staff member of a Veterans Service Organization, suicide prevention organization, or another type of support group:

- Notify your supervisor (or other staff) of the situation.
- Try to obtain the Veteran's phone number, name, and location.
- Have your supervisor (or other staff) immediately contact 911 for a safety check.
- Remain on the phone with the caller until emergency personnel arrive.

### If you work for a support organization or you are a friend, family member, or acquaintance of the Veteran:

- Try to find out where the Veteran is located and whether anyone else is nearby.
- Verify the Veteran's phone number and, if possible, the last four digits of their Social Security number.
- Explain** that you will conference a Veterans Crisis Line staff member into the call.
- Call 1-800-273-8255, Press 1.**
- Complete a warm transfer:** When the VCL responder answers, identify yourself, explain what is going on, and provide the Veteran's information.
- Inform the Veteran** that you will hang up and he or she is in good hands with the VCL responder.
- Make sure the Veteran is on the call with the VCL responder** before hanging up.
- If you work for a VSO, a suicide prevention organization, or similar, notify your supervisor per facility procedure or protocol.

For more information about the Veterans Crisis Line, visit [VeteransCrisisLine.net](http://VeteransCrisisLine.net)

For more information about VA's mental health resources, visit [www.mentalhealth.va.gov](http://www.mentalhealth.va.gov)

For access to more than 400 stories of strength and recovery from Veterans and their family members, visit [MakeTheConnection.net](http://MakeTheConnection.net)

# VA Mobile

## Additional Resources

Subscribe to VA Mobile's newsletter for email updates about VA-developed apps as they are released, as well as explore and access additional apps, free for both care team members and patients on the VA App Store: <https://mobile.va.gov/appstore>.

For more information about VHA's office of Women's Health Services and to view additional resources available for care team members working with women Veterans, visit: <http://www.womenshealth.va.gov/>.

Learn more about the VA Mobile Health Provider Program, which is designed to equip VA health care teams with mobile technology to enhance the way they deliver health care to Veterans: <https://mobile.va.gov/providers>.

## Feedback and Technical Support

For questions about the Women's Health Services mobile applications, or to report content issues or suggested revisions, please contact the VA Mobile help desk at (877) 470-5947 (available weekdays 7 a.m.-7 p.m. CT).



## VHA Office of Women's Health Services

[www.womenshealth.va.gov](http://www.womenshealth.va.gov)  
Women's Health Services (10P4W)  
Office of Patient Care Services  
Department of Veterans Affairs  
Veterans Health Administration  
810 Vermont Avenue, NW  
Washington, DC 20420

# VHA Office of Women's Health Services

## Introducing New Mobile Apps



**Preconception Care**  
**Caring4Women Veterans**  
**Maternity Care Coordinator (MCC)**  
**Support**  
**SafewomenRx**  
**VA Moms**

**VA Mobile**

**VA**



U.S. Department of Veterans Affairs  
Veterans Health Administration  
Office of Informatics and Analytics



# Available now on the VA App Store



## Preconception Care\*

For VA and non-VA care team members

- Find recommended questions to help guide discussions about planning for or preventing pregnancy.
- Access talking points about health issues and concerns specific to pre-pregnancy and pregnancy decisions.
- Review a healthy lifestyle checklist with patients.

Access training materials, FAQs and the direct download link at:

<https://mobile.va.gov/training/preconception-care>.



## Caring4Women Veterans\*

For VA and non-VA care team members

- Learn about health issues common to a specific era of service, including the Gulf, Iraq and Afghanistan wars.
- View screening and treatment guidelines for Posttraumatic Stress Disorder (PTSD) and Military Sexual Trauma (MST).
- Share helpful, relevant resources with women Veterans who are transitioning to civilian life.

Access training materials, FAQs and the direct download link at:

<https://mobile.va.gov/training/caring-4-women-veterans>.

## Coming soon to the VA App Store!

### **VA**Moms

For Pregnant Veterans

- Access pregnancy and childbirth resources.
- Use tools to track pregnancy care and well-being.

### **MCC** Support

For VA Staff

- Add Veterans to a maternity care coordination list.
- Track Veterans' non-VA maternity care based upon the Veterans Health Information Systems and Technology Architecture (VistA) and as entered by the Veteran.

### **SafeWomen** Rx

For VA and non-VA care team members

- Improve awareness of high-risk medication use by women Veterans who are pregnant, breastfeeding or may become pregnant.
- Quickly reference information to make informed decisions about prescribing medications to reproductive age women.



## TRANSFERRING A CALL TO THE VETERANS CRISIS LINE (VCL)

### 1. Determine if the caller is in distress.

a. Remain **calm** and **listen**.

b. **Ask the question:** "Sometimes when people are (upset/angry/in pain/etc.) they think about suicide. Are you thinking about killing yourself or someone else?"

#### Signs of Distress:

- Emotional (crying, loud, yelling)
- Making concerning statements like:
  - My family would be better off if I wasn't here.
  - I can't go on like this.
  - No one can help me.

**YES**

Suicidal, homicidal, or in crisis

**NO**

NOT suicidal, homicidal, or in crisis

Route caller to  
appropriate local  
resources.

### 2. Assess if caller is at **imminent risk** (has already hurt self/others **or** has immediate plan to harm self/others and has access to means).

- Notify your supervisor (or other staff) of the situation.
- Try to obtain Veteran's information (phone number, name, last four digits of Social Security number, location).
- Have supervisor (or other staff) immediately contact 911 for safety check.
- Remain on the phone with caller until emergency personnel arrive.

### 3. If caller is **not** at imminent risk, collect information:

- Caller's **phone number** (caller ID or **ask** for their phone number)
- Veteran's **name**
- Veteran's **Social Security number** (or last four digits of the SSN)
- Veteran's current **location**

### 4. Transfer the call:

- Explain** that you will conference a VCL staff member into the call.
- Call 1-800-273-8255, Press 1.**
- Complete a warm transfer:** When the VCL responder answers, identify yourself and the office you are calling from. Explain what is going on and provide the information that you collected about the caller before bringing the caller on the line.
- Inform caller** that you will hang up and he or she is in good hands with the VCL responder.
- Make sure** the caller is on the call with the VCL responder before hanging up.
- Document** the initial call and warm transfer to VCL in a CPRS administrative progress note or Report of Contact (VA Form 119), as required locally. Notify your supervisor, per facility procedure or protocol.

For more information about the Veterans Crisis Line, visit [VeteransCrisisLine.net](https://www.veteranscrisisline.net)

For more information about VA's mental health resources, visit [www.mentalhealth.va.gov](https://www.mentalhealth.va.gov)



# The Direct Express® Debit MasterCard® card is a safer, more convenient way to receive federal benefits.



VA is now offering the Direct Express® card to veterans receiving medical benefits. Just like electronic fund transfers (EFT) directly to bank accounts, deposits to the Direct Express® card are safer and faster than paper checks.



- *Anyone receiving VHA medical benefits can enroll*
- *No bank account needed*
- *Payments are automatically deposited to your Direct Express® card*
- *Use your card anywhere debit MasterCard® is accepted*
- *Recommended by the U.S. Department of the Treasury*

**For more information, please visit your agent cashier or contact**



# FREE CANCER SCREENINGS



**Saturday, November 4**

**9:00 AM - 12:00 Noon**

**Memorial Healthcare Cancer Center**  
(Inside the Medical Arts Building)

**721 N. Shiawassee Street (M-52), Owosso**

CANCER SCREENINGS	LAB SERVICES	TAKE-HOME KITS
<ul style="list-style-type: none"><li>• Clinical Breast Exam</li><li>• Prostate</li><li>• Skin</li></ul>	<ul style="list-style-type: none"><li>• Prostate Specific Antigen (PSA)</li></ul>	<ul style="list-style-type: none"><li>• Colorectal</li></ul>

*American Cancer Society (ACS) recommendations for age limits will be followed for all screenings.*

**To register for this FREE screening, call  
(989) 729-6422 • Toll-Free (866) 900-6422**

Screenings performed by our dedicated oncology physician specialists  
Walk-ins accepted up to one hour prior to closing.



Community Cancer Screenings are provided in conjunction with Memorial Healthcare Foundation, Silver Stars and the Community Cancer Fund.

VA



U.S. Department  
of Veterans Affairs

VETERANS



# In Vitro Fertilization (IVF) Treatment Now Offered to Eligible Veterans

## See your VA for more information and an initial evaluation.

Earlier this year, the U.S. Department of Veterans Affairs (VA) amended its fertility counseling and treatment regulations to include in vitro fertilization (IVF). The new benefit offers IVF as an option for eligible Veterans with service-connected disabilities that result in infertility.

This benefit also gives the spouses of eligible Veterans access to assisted reproductive technologies, including IVF.

If you would like more information about infertility treatment options for eligible Veterans and their spouses, do the following:

- If you **are enrolled** in VA health care, schedule an appointment with your VA provider (e.g., primary care provider or gynecologist) to discuss evaluation. If you are eligible for this benefit, your provider will refer you to a fertility specialist.
- If you **are not yet enrolled** in VA health care, enroll today. Once enrolled, schedule an appointment with your VA provider.

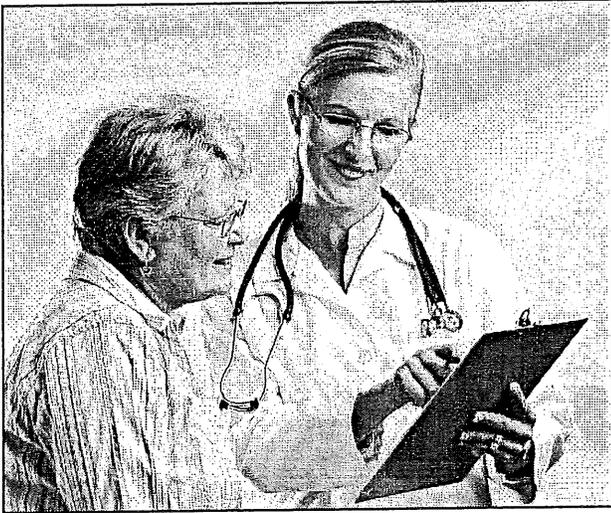
For more information, male and female Veterans can contact the Women Veterans Call Center at **855-829-6636**.

**VA**

U.S. Department of Veterans Affairs  
Veterans Health Administration

# Seamless Care for Traveling Veterans

## Frequently Asked Questions



### **How does VA coordinate care if I am traveling or living at a temporary address?**

Generally, your VA Patient Aligned Care Team (PACT) – located within your primary care clinic -- is responsible for your health care even when you travel or are temporarily experiencing a change of address, such as living in one state during the winter and another during summer. If you see a VA provider while traveling, care received at that facility will be documented in your electronic medical record. The information will be available to your local VA PACT to review and follow up with treatment options for you, if necessary.

### **When should I contact my PACT regarding travel?**

To ensure your health care is timely and coordinated, contact your PACT or Specialty Care Provider(s) 4 to 6

weeks prior to beginning extended travel, or as soon as possible. When you contact your PACT, have the following information available:

- the travel destination(s) and temporary address
- a valid telephone number
- arrival and departure dates
- specific care concerns

### **How can I reach my PACT or provider without an appointment?**

If you are unable to make an appointment to see your PACT or provider in person, you can reach them by telephone or through secure messaging in MyHealthVet. For more information about MyHealthVet and how to register, visit [www.MyHealthVet.va.gov](http://www.MyHealthVet.va.gov).

### **Why is it important to discuss my travel plans with the VA?**

VA's goal is to ensure your quality of health care is consistent across medical facilities. When you inform your PACT of your extended travel plans, VA can prepare the alternate site for your arrival, if outpatient care is needed. Coordination helps to prevent any disruption in your care.

### **Who can I contact for more information?**

For more information, contact your PACT or Traveling Veteran Coordinator at your local VA facility or call toll free 1-877-222-VETS (8387) Monday through Friday between 8 a.m. and 8 p.m. Eastern.



#### GENERAL GUIDELINES ON ELIGIBILITY

- 2 Years of Active Duty Service
- Deployment in Operation Enduring Freedom, Operation Iraqi Freedom, or Operation New Dawn (OEF/OIF/OND)
- Military Sexual Trauma

Each Veteran is unique. Contact your local VA facility or call 1-800-827-1000 for help with your individual eligibility status.

#### FOR MORE INFORMATION

VA Health Benefits Call Center  
1-877-222-VETS (1-877-222-8387)  
Veterans Benefits Administration  
1-800-827-1000

[www.vba.va.gov](http://www.vba.va.gov)

Women's Health Services

[www.womenshealth.va.gov](http://www.womenshealth.va.gov)

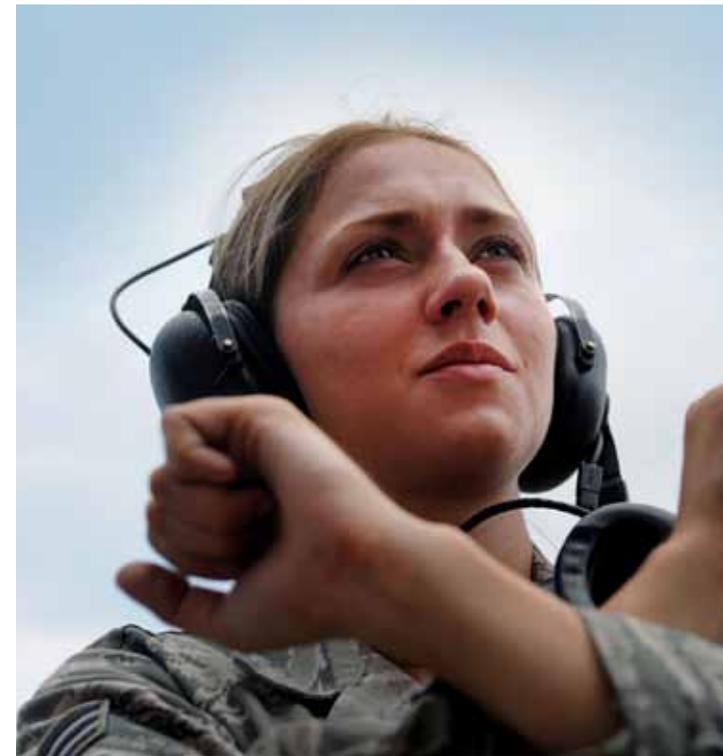
#### A PROMISE KEPT

*VA Women's Health Services promotes the health, welfare, and dignity of women Veterans and their families by ensuring equitable access to timely, sensitive, high-quality health care.*

[www.womenshealth.va.gov](http://www.womenshealth.va.gov)

Women's Health Services (10P4W)  
Office of Patient Care Services  
Department of Veterans Affairs  
Veterans Health Administration  
810 Vermont Avenue, NW  
Washington, DC 20420

# WOMEN VETERANS HEALTH CARE



*You served, you deserve  
the best  
care anywhere*





**EVERY VA FACILITY** is committed to meeting the unique needs of women Veterans by delivering the highest quality health care to each woman, while offering her the privacy, dignity, and sensitivity to gender-specific needs that she deserves. Your local VA facility has a full-time Women Veterans Program Manager ready to assist you in getting timely access to the health care you need.



#### ★ GENERAL HEALTH

Primary Care  
Gynecological Care  
Maternity Care/Newborn Care  
Birth Control  
Infertility Evaluation and Treatment  
Menopause Evaluation and Treatment  
Osteoporosis Screening and Treatment  
Cancer Screenings  
Mammograms  
Wellness and Healthy Living  
Nutrition and Weight Management  
Stop Smoking Program

#### ★ MENTAL HEALTH

Management of Depression, Anxiety, and Stress  
Adjustment from Deployment  
Counseling and Treatment for:

- Military Sexual Trauma
- Parenting and Caregiver Issues
- Violence and Abuse
- Alcohol and Drug Dependence

#### ★ SPECIAL PROGRAMS

Vocational Rehabilitation  
Educational Opportunities  
Links to Job and Career Counseling  
Services for Homeless Veterans  
MOVE! – Managing Obesity in Veterans Everywhere

  
**Our vision is to provide the highest quality care to every woman Veteran.**



**ATTENTION ALL MARINES**

**UNITED STATES MARINE CORPS**

**242<sup>nd</sup> BIRTHDAY BALL**

**HAROLD R. COOLEY DETACHMENT #841**

*Friday the Tenth of November, Two Thousand and Seventeen*

*Owosso American Legion Hall Post #57*

*201 East Mason St.*

*Owosso, MI 48867*

*6pm - Social Hour • 7pm - Five Course Plated Dinner • 8pm - Program*

*\$20.00 Per Person Reserved \$ \$25.00 Per Person at Event*

*~ Call 989-725-8886 for Reservations or Tickets ~*