

Featured Topics

October 2017

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VA News Release

Military  
Appreciation  
Day

2017 Veteran's Day  
Parade Information



*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.



**MAKE A  
DIFFERENCE  
DAY**

**Saturday, October 28, 2017  
8:00am-10:00am**

**Memorial Healthcare  
Auditorium & Main Campus  
826 W. King Street, Owosso**

**Free Mobile Food Pantry, Free Hats, Mittens  
& Halloween Costumes, Personal Care Items  
& More. See Attached Flyer!**

**Calendar of Events:**

- October 9 Columbus Day/Office Closed
- October 18 Michigan Veterans Trust Fund Meeting/1pm
- October 18 Veterans Relief Fund Meeting/3pm
- October 31 Halloween**

**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)

# 2017 Veteran's Day Parade Information

**HOST CITY OF CORUNNA FOR VETERANS DAY PARADE, SATURDAY, NOVEMBER 11TH ANNOUNCES TIME AND STREET CLOSINGS FOR EVENT.**

**PARADE ROUTE:** Corunna VFW Post 4005 at S. Shiawassee St. continue north on Shiawassee St. to Mack St.

**STAGING:** Begins at the Corunna VFW Post 4005 at 6:00pm.

**PARADE:** Begins at 7:00 PM, beginning at the VFW Post and traveling North on Shiawassee St. and ending at Mack Street.

**COURTHOUSE CEREMONY:** A Ceremony will be conducted on the Courthouse Lawn immediately following the Parade. Parade participants will turn right (east bound) on to Mack St. to gather at the Courthouse. Traffic coming into Downtown Corunna on North Shiawassee St. may be paused for a 10-15 minute period as the Parade clears.

**TRAFFIC DETOUR:** Traffic coming into Corunna on South State Rd. will detour at Lyons Rd. to Norton St. Traffic coming into Downtown Corunna on North Shiawassee St. will detour at Mack St. during the Parade, and at Corunna Ave. during the Ceremony. Shiawassee St. will be closed from McNeil St. to Mack Street during the Parade, and from State St. to Corunna Ave. during the Ceremony.



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

August 29, 2017

**We invite any media interested in interviewing our VA staff to learn more about care and services to contact our Public Affairs Officer at 989-497-2500, extension 13020 or e-mail [carrie.seward@va.gov](mailto:carrie.seward@va.gov)**

## Aleda E. Lutz VA and Community Based Outpatient Clinics Encourage Veterans to Receive Influenza "Flu" Vaccines

The Aleda E. Lutz Veterans Affairs Medical Center would like to share the following information for Veterans to receive their flu vaccine. Veterans receiving a flu vaccine from the VA must be enrolled and receiving care from the VA.

The Aleda E. Lutz VA Medical Center, 1500 Weiss Street in Saginaw, will hold their flu clinic in the main lobby of the Medical Center September 5 through October 4 on Tuesdays and Wednesdays from 9:00 a.m. – 3:00 p.m. However, if Veterans are receiving care from their primary care team at a different day and time, they can ask their provider or nurse for a vaccine as well. Also, if Veterans have received their flu vaccine somewhere other than the VA, they need to let their health care team know for documentation in their Computerized Patient Record System (CPRS).

Veterans may also go to a local Walgreens and provide their VA Identification Card. VA will receive information from Walgreens to include in their CPRS record.

For Veterans who receive their care from a Community Based Outpatient Clinic (CBOC), the flu clinics will be held 9:00 a.m. – 11:00 a.m. and 1:00 p.m. – 3:00 p.m. each day, with the exception of two CBOCs.

The Bad Axe CBOC flu clinic will run from 9:30 a.m. – 11:30 a.m. and 1:30 p.m. – 3:30 p.m. each day.

The Traverse City CBOC flu clinic will run from 9:00 a.m. – Noon and 1:00 p.m. - 3:00 p.m. on the specific dates of September 18, 19, 26, 27 and October 3, 4, 10, 11.

For information about receiving the flu vaccine at the VA or any of the Community Based Outpatient Clinics located throughout mid to northern Michigan, please call the **VA Flu Hotline at 1-800-406-5143, extension 14507**. The best way to prevent the flu is by getting **vaccinated** each year. Thank you!

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).

**Veterans of Foreign  
War -Corruna Post #4005**

Friday Fish Fry

October 20, 2017

4pm-7:30pm

Cost \$11.00



VFW

416 S. Shiawassee St.  
Corunna, MI 48817  
Phone: (989)743-5015

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

Every Sunday

Breakfast

8am-Noon



VFW

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

**MILITARY  
APPRECIATION  
NIGHT**

Saturday, November 4<sup>th</sup> 2017 || 7:05 PM @ The Dow Event Center

Presented by:  Bay City Elks Lodge #88

ALL ACTIVE AND RETIRED MILITARY MEMBERS RECEIVE  
A COMPLIMENTARY TICKET FOR MORE INFORMATION VISIT  
[WWW.SAGINAWSPIRIT.COM](http://WWW.SAGINAWSPIRIT.COM) OR CALL 989-497-7747



**Memorial  
Healthcare**

# MAKE A DIFFERENCE DAY



**Saturday, October 28, 2017**

**8:00 AM - 10:00 AM**

Memorial Healthcare • Auditorium & Main Campus  
826 W. King Street, Owosso

**FREE MOBILE FOOD PANTRY  
BEGINS AT 8:30 AM**

Provided by Memorial Healthcare  
Also Available:  
Personal Care Items  
Health & Wellness Information

**FREE HATS, MITTENS &  
HALLOWEEN COSTUMES  
BEGINS AT 7:00 AM**

Collected by Memorial Healthcare  
Providers & Staff

For more information, call Memorial Healthcare Marketing  
Director, Abbie Tipton at **(989) 729-4724.**

**Also Featuring:** Corunna & Owosso Rotary • Catholic Charities  
HDI /Shiawassee Community Health Center • Community Mental Health  
Girls Scouts & Boy Scouts • Shiawassee United Way  
Baker College Rotoract Club • RESD Employees • & More!

**Open to the Public! • No Appointments Needed!**



# MILITARY HIRING FAIR

## CAREER EVENT

Personal Branding • Hiring Fair • Career Planning

Date and Time

**Thursday, October 12, 2017**

**10:30 a.m. – 1:30 p.m.**

Location:

**Oakland University**

Recreation and Athletics Center  
569 Pioneer Drive  
Rochester, MI 48309-4482

Join local and national employers on October 12 for a hiring fair for veterans, military service members, guard, reserve, and military spouses. Jobs will be available for all ranks and levels of experience.

At 8:30 a.m., a free employment workshop for job seekers featuring resume building, networking, and interview tips. At 8:30 a.m., a free "Best Practices" workshop for employers will feature how to find the right Veteran talent and how to brand your company.

The U.S. Chamber of Commerce's "Hiring Our Heroes" event, sponsored by GM, is partnered locally by the Detroit Area Chamber of Commerce, Detroit VA Healthcare System, the Michigan Committee of Employer Support of the Guard & Reserve (ESGR), Michigan Veterans Service Division, Michigan Veterans Affairs Agency, Michigan Economic Development Corporation, Oakland County Veterans' Services, Vets Returning Home, Goodwill Industries of Greater Detroit, the U. S. Department of Labor Veterans Employment and Training Service (DOL VETS), U. S. Department of Veterans Affairs, The American Legion, NBC News and other local partners

Questions? Contact [kpoynton@uschamber.com](mailto:kpoynton@uschamber.com)

**Employers and Military Job Seekers  
register at**

**[HiringOurHeroes.org](http://HiringOurHeroes.org)**

Our Sponsors



**HIRING OUR  
HEROES**

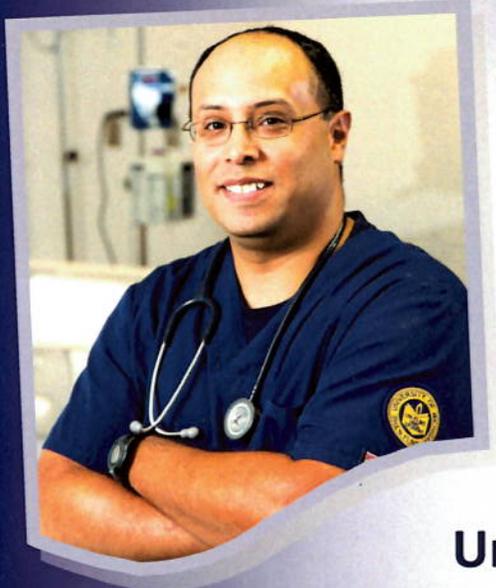
U.S. CHAMBER OF COMMERCE  
FOUNDATION

Our Partners





# Veterans' BSN



## University of Michigan-Flint Accelerated Veteran Bachelor of Science in Nursing Program

*Open to all honorably or generally discharged medics  
and service members with military healthcare training.*

The Veterans' Bachelor of Science in Nursing (VBSN) Program is an accelerated program that builds on veterans' prior military healthcare training for those who desire to complete the Bachelor of Science in Nursing (BSN) degree. Veterans will complete the program well-prepared to pass the Registered Nurse (RN) licensure exam and gain successful employment.

For more information please contact [Veterans-BSN@umflint.edu](mailto:Veterans-BSN@umflint.edu) or call (810) 762-0605

This project is/was supported by the Health Resources and Services Administration (HRSA) of the U.S. Department of Health and Human Services (HHS) under grant number UF1HP26979, Nurse Education, Practice, Quality and Retention—Veterans Serving Veterans: The University of Michigan- Flint Accelerated Bachelor of Science in Nursing (BSN) Program for Veterans for \$1,035,056. This information or content and conclusions are those of the author and should not be construed as the official position or policy of, nor should any endorsements be inferred by HRSA, HHS or the U.S. Government.

# Flu Symptoms

## When to Seek Medical Care

*This information is provided by the U. S. Department of Veterans Affairs (VA) for Veterans, their families, friends, volunteers, and employees. It describes common symptoms of influenza (flu) and how to decide when to stay at home or when to seek medical care.*

### Common Flu Symptoms

- Fever (100° F or higher)
- Body or muscle aches
- Headache
- Feeling tired or weak
- Cough
- Sore throat
- Runny or stuffy nose
- Stomach symptoms (mostly in children)

### If You Have Common Flu Symptoms

- Stay home
- Rest
- Drink fluids
- Take medicines for fever such as acetaminophen (e.g. Tylenol®) or ibuprofen (e.g. Advil® or Motrin®)
- Call your healthcare team within 48 hours for advice about what to do next
  - ▶ Antiviral medicines may reduce flu symptoms if started within 48 hours of your first symptoms

### Stop the Spread of Flu

- **Get a flu shot**
- **Stay home when sick**
- **Clean your hands**
- **Cover your coughs and sneezes**



### WARNING!

**Moderate or severe flu symptoms are signs of complications from flu!**

### When to Seek Medical Care

#### Call your healthcare team within 48 hours:

- If you have common flu symptoms or
- If you have moderate flu symptoms:
  - ▶ Not able to drink enough fluids (Dark urine or feeling dizzy when standing are signs that you are not drinking enough fluids)
  - ▶ Fever of 100° F or higher for 3 or more days
  - ▶ Feel better, and then get a fever or sore throat again

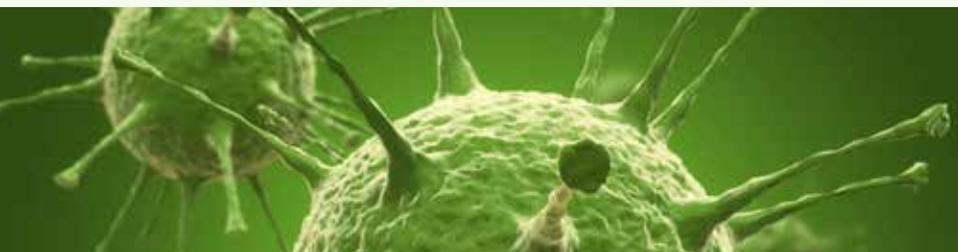
#### Go right away for medical care:

- If you have severe flu symptoms:
  - ▶ Shortness of breath or wheezing
  - ▶ Coughing up blood
  - ▶ Pain or pressure in your chest when breathing
  - ▶ Chest pain, especially if you have heart disease like angina or congestive heart failure
  - ▶ Trouble with balance, walking or sitting up, or becoming confused

# Flu vs. Cold: Know the Difference

Symptoms	Flu	Cold
Fever	Usual - 100° F or higher	Rare
Chills	Common	Uncommon
Body or muscle aches	Common – can be severe	Uncommon or mild
Headache	Common – can be severe	Uncommon
Feeling tired and weak	Common – can be severe	Sometimes – usually mild: you don't feel tired
Cough	Common – can last 2-3 weeks	Common – mild to moderate hacking
Sneezing	Sometimes	Common
Runny or stuffy nose	Sometimes	Common
Sore throat	Sometimes	Common
Chest discomfort	Common – can be severe	Sometimes – can be mild to moderate

*®Brand names included in this information are provided as examples only. Their inclusion does not mean that these products are endorsed by VA or any other Government agency. Also if a particular brand name is not mentioned, this does not mean or imply that the product is unsatisfactory.*



**Everyone, including the sick person, should clean their hands often and cover their coughs and sneezes.**

## WHERE CAN I LEARN MORE?

[www.publichealth.va.gov/flu](http://www.publichealth.va.gov/flu)  
[www.cdc.gov/flu](http://www.cdc.gov/flu)  
[www.flu.gov](http://www.flu.gov)

U.S. Department of Veterans Affairs  
 Office of Public Health (10P3b)  
 810 Vermont Avenue, NW  
 Washington, DC 20420  
[publichealth@va.gov](mailto:publichealth@va.gov)

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[www.publichealth.va.gov/InfectionDontPassItOn](http://www.publichealth.va.gov/InfectionDontPassItOn)