

VFW SERVICE OFFICER NOTES FOR THE TEN-HUT June 2019*

***VSO Note: The major portion of this month's notes are taken from the Veterans Expo**

This Year's Veterans Expo Was a Complete Success

A **BIG THANK YOU** out to Winona's American Legion for again hosting this year's Veterans Expo. Also, **THANK YOU** to our **SUPERB** County Veterans Service Officers Jerry Obieglo and John Heaser for coordinating this event. The Tomah VA Medical Center had a terrific presence with helpful people letting our veterans know what is available through the VA. Also, numerous local employers were available informing veterans of prospective employment opportunities. Winona Volunteer Services (WVS), is extremely interested in recruiting volunteers to assist those in need of various services. Additionally, representatives from **Winona State University (WSU)** and **Minnesota State College SOUTHWEST** were there letting veterans know what's available for furthering their education. And finally, all the local banking & financial institutions were present informing veterans on loan and savings options. Truly an impressive event! I didn't have an opportunity to take advantage of the free spaghetti dinner – but I'm sure it was good.

The Clothes Shop

The Clothes Shop is a second-hand clothing store, open to the public, with unbeatable low prices. All proceeds generate revenue for WVS, a non-profit organization that helps people address life's challenges. The Clothes Shop takes **ALL** of your unwanted clothing, i.e. worn out, kids, women's, men's, infants, accessories, Shoes & Boots, Out of Season items, linens, bedding, towels, blankets, curtains, etc. WVS cannot accept mattresses, electronics, baby furniture, appliances, and televisions. The Clothes Shop is located at 416 E. 2nd Street in Winona. Call 507.452.5591, or visit their website at: www.winonavs.org.

Home Delivered Meals

What is the Home Delivered Meals Program? Home Delivered Meals is a service provided by the WVS. Volunteers deliver a nutritious meal to qualified persons living in the city limits of Winona or Goodview. Who is eligible? Recipients are those who are physically or mentally impaired and unable to prepare adequate meals for themselves, homebound or unable to drive, living alone or with no other adults willing to prepare meals. Meals are delivered between 10:30 AM and 12:30 PM. Call: 507.452.5591 for additional information and details.

Volunteer Opportunities

Would you like to get involved and make a difference? Perhaps you're looking to fulfill some hours for a community service project, or looking for some volunteer work to keep busy and connect with the community. If this sounds interesting call: 507.452.5591 or visit: www.winonavs.org.

Free Urns for Veterans, Made by Veterans & Our Families

When a Veteran passes away to the Supreme Commander, all families have to do is complete an urn request for and send copies of the Veteran's DD-214 (or other approved discharge papers)

and cremation certificate. These FREE urns are made possible by generous donations. If you'd like to donate to Free Urns for Veterans, please visit this website: www.freeurnsforveterans.org for more information. Or call at 612.991.4608, or email: free.urns@gmail.com

A Multitude of Services Offered at the Tomah VA

Due to the number of programs offered at the Tomah VA, it is impossible to go into detail of each program for this writing. Some of the programs offered are: Pain University, Chiropractic Services, Substance Abuse Residential Rehabilitation Treatment Program, General Psychosocial Residential Rehabilitation Treatment Program, Sexual Trauma Recovery Residential Rehabilitation Treatment Program, and VA Residential Combat PTSD Program. Visit Tomah's VA Medical Center at: www.tomah.va.gov

Perhaps You're Interested Working for the Tomah VA

Again, there are too many positions open to mention in this writing. However, if you're interested all current vacancies can be found online at www.USAJobs.gov.

Blue Water Navy Act Awaits Vote by House of Representatives

The VFW is saluting the House Committee on Veterans' Affairs for unanimously passing H.R. 299, the *Blue Water Navy Vietnam Veterans Act of 2019*. The VFW-supported bill, which must still be approved by the full House and Senate before going to the president, would restore VA benefits to thousands of Vietnam veterans; expand inclusive dates to those who served along the Korean DMZ, and benefit children born with spina bifida due to a parent's exposure to Agent Orange in Thailand. "Toxic exposure is toxic exposure, and denying benefits to any veteran just because of time or location denigrates their service and marginalizes their suffering," said VFW National Commander B.J. Lawrence. "I'm urging every veteran, family member and advocate contacting their respective members of Congress to get this bill passed and signed into law now!" Stay tuned to the Action Corps Weekly for updates on this important bill. [Contact your members of Congress here.](#)

Thailand Agent Orange Bill Introduced

Senators John Boozman (R-Ark.) and Jon Tester (D-Mont.) introduced VFW-supported legislation to expand benefits for all veterans who were stationed in military bases in Thailand during the Vietnam War. Currently, presumptive disability compensation benefits for Agent Orange-related health conditions are only afforded to veterans who served in Thailand who had certain military occupations or were required to work along the parameter of the base. Read the [bill](#) or a [summary of the bill](#).

How To Change Your Address That is Currently in The VA System

Is your address up-to-date with VA? If not, you could be missing out on your VA benefits and services, such as prescription refills and appointment reminders. Updating your address online is easy. [Follow these steps to update your address.](#)

The ABCs of Hepatitis C

Did you know that VA has cured over 98,000 Veterans of hepatitis C? This number may seem high, but because of service-related exposures, Veterans are more likely to have hepatitis C. The good news: treatments for hepatitis C are available at VA and can cure most people in about 12 weeks. [Learn more.](#)

Don't Ignore the Snore – The VA Can Help

A good night's sleep is just as important as a healthy diet or regular exercise. Unfortunately, many suffer from chronic sleep disorders, such as sleep apnea, which can be dangerous to your health. Don't ignore the snore and at your next visit, talk to your health care team about improving your sleep. [Learn more.](#)

Pay Your VA Bill On-line

You can pay the balance of your VA bill without leaving home. With Pay.Gov, there is no more check writing or driving to the local VA to make your payment. It's secure, free, and the easiest way to pay your bill online. [Learn more.](#)