



Missouri Women Veterans Newsletter

Celebrating Diverse Women Veterans In The Show Me State!



Missouri Women Veterans

St. Louis Service
Women's American Legion
Post 404
(636) 281-8835

Heartland Women Veterans
American Legion Post 1107
(816) 591-5036

Central MO Women Veterans
American Legion Post 1111
(573) 814-0905

Ladies Auxiliary to
Veterans of Foreign War

Vietnam Veterans of
America

Disabled American
Veterans

National Association for
Black Veterans
Chapter 41
(816) 863-9932

American GI Forum

January - June 2015
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Greetings!

Welcome!

As the new Women Veterans Coordinator I would like to send you a bundle of thanks and gratitude for your patience for the delay of this biannual newsletter. With change sometimes comes delay. I want to thank you for allowing me to continue to bring you news for and about Women Veterans.

I hope that you like the new design, it is a work in progress. I want you to continue to send in articles, news, and happenings that will occur in your area. This newsletter is designed for you. We here at the Missouri Veterans Commission will okay and post news that you submit.

Check out the side panels and let us know of your Veterans organization and we will try to post it. We hope that this will help with your recruitment efforts.

As the new Women Veterans Coordinator I will keep you informed and will design a program that is new and will change from time to time in order to keep you intrigued and full of interest.

As part of my duties I will travel throughout the state to visit you and coordinate festivities, events and workshops. If your organization is interested in hosting a place to facilitate an event I will be there with a camera in hand to capture the fun! These photos will be added on the Women Veterans Facebook, so let's make our social media a blast!

What's Happening!

Women Veterans License Plate Now Available



Register to receive your "Woman Veteran License Plate". You can now register and receive personalized Veterans license plates. This plate is available to all female Veterans who were honorably discharged from the US Armed Forces. You may obtain your plates by registering on-line or visiting your local Department of Motor Vehicle Office. To register online type in the following address: "<http://dor.mo.gov/forms/4601.pdf>" complete the fillable form, print it and mail with a check for \$15 to the Missouri Department of Revenue, Motor Vehicle Bureau, PO Box 569, Jefferson City, MO 65105. You may also choose to pick up an application from your local office.

Find an MVC Woman VSO



Southwest Region

573-451-2533

St. Robert

Jennifer Hadley

Ft. Leonard Wood

Sonja Christlieb

St. James

Rebecca Hollingsworth

Springfield

Cathy VonHolt

Forsyth

Jennifer Henderson

Lebanon

Paula Nordin

Carthage

Carol Janeene Pierce

St. Louis Region

314/340-6389 ext 428

STL Veterans Home

Malinda Graves-Sampson

North East Region

573-882-5135

Mexico

Yvonne Allison-Mitchell

Hannibal

Mary Kientzy

South East Region

573-290-5752

Cape Girardeau

Michelle Kennon

Farmington

Lisa Helms

Northwest Region

816/655-3490

Kansas City

Rebecca Bradley

Missouri Women and Minority
Veterans Coordinator



Rebecca Bradley
7 year Army Veteran
Military Intelligence
Officer

2016 NW South Outer Rd
Blue Spring, MO 64015

(816) 655-3490

(816) 655-3489 (Fax)

Rebecca.Bradley@mvc.dps.mo.gov

**Available to serve all of the
State of Missouri**

MVC available resources:

**State Benefits Books
Programs & Contacts Booklet
Road Map to Military Resources
Annual Game Plan
MVC Annual Report
Various Handouts and
Pamphlets**

Need a speaker on Veterans Benefits? Call
me or a Veterans Representative

Missouri Veterans Commission

Mission:

Provide Veterans with timely benefits
assistance, skilled nursing care and a
final resting place with honor

Outreach Coordinators:

Women & Minority Coordinator
Incarcerated Veterans Coordinator
Veterans Outreach Coordinator

Special Veteran Support Initiative:

Missouri Veterans Ombudsman

Annual Women Veteran's Bazaar:

This event is designed to host Women
Veterans for the purpose of fun,
fellowship & fact sharing. We are
seeking Veterans organizations, women
groups, community centers, reserve
and national guard centers for space.
We'll provide food, activities and guest
speakers! Women Vet retailers welcome!



Frequently Asked Questions:

Q. How do I find out the status of my claim and how long does it take to process a claim?

A. You can now electronically find out the status of your claim and much more by going to ebenefits.gov or you can call the VA call center at (800) 827-1000. Claims in Missouri may take up to 365 days to process.

Q. I am a surviving spouse of a war-time Veteran am I eligible for benefits?

A. You may be eligible for widows death pension/DIC benefits provided you meet qualifying eligibility set forth by the VA Benefits Administration. Call your local Veterans representative or the VA call center to obtain more information.



**Become a Living Memorial
Register for the
Women in Military Service for America!
Preserve your history in the interactive
database in Washington, DC
Call (703) 533-1155**



The Department of Veterans Affairs (VA) announces the appointment of Kathleen R. Fogarty as the new director of the Kansas City VA Medical Center. Ms. Fogarty is currently the Acting Network Director in the VA Southwest Health Care Network and we anticipate that she will begin her appointment late Spring 2015. "Her sound leadership qualities and proven experience will be valuable assets for the health care system" said Dr. William Patterson, Veterans Integrated Service Network (VISN 15) Director.

2015 Upcoming Spring and Summer Events

January 7th - UCM, Warrensburg, MO will be hosting A Return with Purpose Workshop designed to help military personnel who are making the transition from active duty service to civilian life. For more information contact Jeff Huffman, 660/543-8989 or jhuffman@ucmo.edu

February 7th - Women Veterans of Southwest Missouri, Post 1214, Springfield, MO. Our temporary charter and induction of officers. Starting in February we'll meet the first Saturday of the month at 9am at the Library Station. For More info contact Shellie Jones 417-863-7700 sjones@uwozarks.com.

February 11, 1:330-3:30 Women's Heart Health - John J. Pershing VA Medical Center, Poplar Bluff. Veterans Stop by the main lobby (1st floor) to obtain women's heart health information. Attend the Friends and Family CPR and AED educational class (2-3:30).

February 14, 10:00am - 2:00 pm (DD) 214 Day! John J. Pershing VA Medical Center, Poplar Bluff. Veterans can bring their DD-214 to have an official copy recorded (FREE!) by county recorders from Butler, Ripley, Wayne, Carter, Dunklin, and Stoddard. Request your medals, register for VA benefits, meet MO Veterans Cemetery Representative, Home telehealth demonstrations, Veteran Art Show, and many Veteran program information tables.

March 4th at 11:30a.m.: The Harry S. Truman Memorial Veterans Hospital in Columbia, MO will have a ceremony for women Veterans as history makers in recognition of Women's History to include a local WWII women Veteran speaking of her journey. The Truman VA will commemorate the contributions of women Veterans throughout the day in the auditorium. For more information contact Cindy Stivers, Women Veteran Program Manager at 573-814-6000.

April 2nd - UCM will hold a presentation on The Many Faces of PTSD presented by Dr. Rieb, Topeka VA. Elliot Union 237 A&B from 3pm-5pm. For more information contact Jeff Huffman, director of the Office of Military and Veteran Services at 660/543-8989 or jhuffman@ucmo.edu

April 16, 5-6:30pm, Girls Night Out Tea -American Legion 1604 West Columbia St., Farmington MO. Veteran can bring a female friend, family, or co-worker and enjoy a fun night. Learn about women-specific health topics, meet the designated women health provider at the Farmington VA outpatient clinic and learn more about VA services.

May 9th - Stand Up for Women Veterans, St. Louis University Busch Center, 9am-1pm. For more information contact American Legion Post 404 at 636/281-8835.

May 20th - Pre-Memorial Ceremony hosted by UCM, Warrensburg. For more information contact Jeff Huffman, director of the Office of Military and Veteran Services at 660/543-8989 or jhuffman@ucmo.edu.

Featured Article

At the beginning of the New Year many of us find ourselves setting goals and establishing New Year's resolutions. To help you simplify these tasks, here are a few free tips that will help you accomplish your goals:

Goal Setting

Set Attainable Goals that Motivate You
Set Goals in Writing
Make an action plan with timeline
Visibly post your goals: Pictures, brochures...
Periodically review your goals

Health Goals

Reduce Stress & Meditate
Eat right & Exercise
Know your numbers (Blood Pressure, Cholesterol, Blood Sugar)
Get Seven Hours of Sleep
Laugh Often

Financial Goals

Boost your retirement plan contribution
Review your insurance coverage
Start a rainy day savings account
Visit with a Financial Advisor
Teach your kids to save, spend, and invest

Saluting Our Women in Uniform

Carol Wheeler



In July of 1976, I signed up to wear the Air Force blue for four years. After six weeks of basic training at Lackland Air Force Base, I attended a lengthy technical school at Shepard Air Force Base to learn how to maintain and repair electronic teletype equipment called DESTE. These were pre-computer days and an interesting era. I was one of the first women to go into these traditionally male fields. I was the only woman in my class, it was an all-male environment. I was sent to Robbins Air Force Base in Georgia after technical school. I was the only female maintenance person out of the two maintenance shops...so I tried to make myself at home and prove myself. In 1979 I left active duty through Palace Chase, a program that enabled me to swap active duty USAF time for Air National Guard time. I had to find a unit with an opening and that led me back to Missouri to work at Jefferson Barracks in Engineering and Installation. I stayed with the unit until I retired in 1999. Most of our missions involved upgrading Guard Armories in the states and bases in Europe with fiber optics. I found some adventure I expected and some challenges I did not.



Dorothy Hill



I was supervising 20 workers in a factory on a government project in St. Louis when I was only 20 years old. I decided to give that good job up to join the Marine Corps. I entered the Marine Corps Reserves in March of 1944 and spent two years in the service. I left wearing Corporal stripes. I went to Boot Camp at Camp Lejeune in NC. That would be followed by an assignment to the Marine Corps Cherry Point Air Station (originally Cunningham Field) in the same state. I worked as a clerk typing supply orders for five different bases. The women had their own camp, PX, bowling alley, and swimming pool. After a year of duty, I was going to sign up to transfer to Hawaii, but changed my mind when I found out that I couldn't come back if there was a family emergency. When I left for the Marines, I didn't know what to expect. However, after serving I know what advice to give. I think everybody ought to go, even if they just go for basic training because it teaches them to be better, more independent, and it really straightens a person up. The Marine Corps was a good experience for me and I enjoyed every bit of it. If asked if I would do it again, Yes!



Please join our Registration of the
Missouri Women Veterans
to receive a free gift



State of Missouri Women Veterans

Name: _____
Address: _____
City: _____ County: _____ State: _____ Zip: _____
Email address: _____
Birth date: _____ / _____ / _____
Month Day Year
Place of Birth: _____
City/State
Service (Circle one) USA USMC USN USAF USCG GUARD/RESERVE
Service dates: From _____ To _____
Would you like contact information and a schedule for a Veteran's Service Officer in your local area to explain your potential benefits?
Yes _____ No _____
Do you wish to share this information with WIMSA (Women in Military Service for America Memorial) in Arlington VA? Yes _____
No _____
Would you like to be featured in the next Women Veterans Newsletter? Yes _____ No _____

Missouri Veterans Commission
Rebecca Bradley
Women & Minority Veterans Coordinator
2016 NW South Outer Road
Blue Springs, MO 64015
(816)655-3490
Rebecca.Bradley@mvc.dps.mo.gov

Check us out on Facebook at
www.facebook.com/MissouriVeteransCommission/MissouriWomenVeterans

First Female 4 Star Admiral
in United States
Naval History



Go Navy!

The United States Navy moved in a very female progressive direction by appointing the first ever Four Star Admiral to the second highest Naval position. Michelle Howard, a graduate of the US Navy Academy, Commands the US Naval ship the USS Rushmore.



VICE
CHIEF
OF
UNITED
STATES
NAVAL
OPERATIONS

Admiral Michelle Howard has established herself as a "Woman of Distinction."

Annual Community Events

April 17 -18, 2015, Columbia Missouri American Legion Post 1111:

A two day Women Veterans Event with karaoke, food, dancing, and ceremony honoring Women who served. A spring event that is a blast!

Governors Proclamation: The Governors annual proclamation to Women Veterans turned out successful. Please check our Facebook for the next scheduled date.

Branson Rose Petal and Annual Duck Ride: Branson Women Committee coordinates their annual Rose Petal ceremony each November with a special guest speaker.

Tribute to Women Veterans: American Legion Post 404 St. Louis. Over two hundred women Veterans attended the Nov., 2014 "Tribute to Women Veterans" Luncheon. Thank you ladies for your superb program honoring Women Vets.

Library Series: Veteran's Benefits Workshop at your local library. Topics will include compensation, pension, and the appeal process. Contact Rebecca Bradley at 816/655-3490 to schedule this event.

Please check the **WV Facebook** page for these and other future events: www.facebook.com/MissouriVeteransCommission/MissouriWomenVeterans

Governor Proclamation, Capitol Building, Jefferson City, date to be determined.

2015 Women Veterans Bazaar: Location, date and time to be determined.

Word Search Words

Exercise Therapy	Outpatient Services
Heart Disease	Residential Care
Inpatient Services	Routine Exams
Menopause	Rural Health Care
Mental Health	Stress Management
Nursing Home	Telephone Care
Osteoporosis	

Honor Flight of the lake of the Ozarks Seeking Women Veterans

For your sacrifices and achievements, we honor your sacrifices by flying you to Washington D.C. to **Your** memorial at no cost. Flight priority is given to WWII, Korean, Vietnam and terminally ill Veterans from any era. A guardian is required to accompany each Veteran on every flight. They provide the assistance needed by each Veteran to ensure a safe and rewarding experience.

Honor Flight of The Ozarks
P.O. Box 3966 (417) 268-9052
Springfield, MO 65808-3964



Women's History month was established during the month of **March** to celebrate women's accomplishments. **Women's Health week** begins during the month of May starting on Mother's Day.

Let's take the time to celebrate Women Veterans accomplishments or those women who give volunteer hours in support of Women Veterans during the month of March.



Consider hosting a health fair encouraging Women Veterans to stay fit. Reducing stress, exercising, and eating right is the key to longevity.



Send pictures we will post your event on our Facebook!

Women Veterans Health Services

S	M	A	K	D	W	N	R	U	M	M	Y	A	R	P	C	V	D	T	S
A	M	E	N	O	P	A	E	T	R	Y	P	E	R	T	Y	I	R	N	E
S	E	A	R	C	T	E	R	M	L	P	A	T	H	E	T	T	L	E	R
S	N	Y	X	T	P	I	T	M	A	R	R	Z	C	D	T	E	E	M	A
I	T	R	W	E	X	T	Q	V	A	E	E	O	R	M	L	L	G	E	C
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O	L	O	R	A	N	N	G	E	K	L	T	H	I	N	L	P	L	A	A
R	H	R	G	H	T	E	I	I	K	L	E	W	Q	O	J	H	N	N	I
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O	U	T	P	A	T	I	A	N	T	S	E	R	V	I	C	E	S	T	E
N	T	S	R	U	R	A	L	H	E	A	L	T	H	C	A	R	E	S	R
I	I	S	E	C	I	V	R	E	S	T	N	E	I	T	A	P	N	I	R



The Missouri Veterans Commission

Central Office: 205 Jefferson Street, 12th Floor, Jefferson City, MO 65102

Phone: 573-751-3779 or 1-866-VET-INFO

Website: www.mvc.dps.mo.gov

Facebook: www.facebook.com/MissouriVeteransCommission

Who we are: We are a STATE GOVERNMENT agency.

- Established by Missouri statute to aid ALL Veterans and their dependents in determining their Veteran rights and benefits
- We operate the 7 State Missouri Veterans Homes
 - Located in: Cameron, Cape Girardeau, Mexico, Mt. Vernon, St. Louis, St. James, and Warrensburg
- We operate the 6 State Veterans Cemeteries
 - Located in: Bloomfield, Fort Leonard Wood, Higginsville, Jacksonville, Springfield, and St. James (St. James is now closed to interments)
- We have over 40 Veteran Service Officers (VSO's) across the state trained to help you determine what benefits you are eligible for



How is the Missouri Veterans Commission different from the VA?

- The VA is your FEDERAL AGENCY
- They are the ones that provide the health care, compensation, education, and other federal Veteran benefits

So why should I speak to the Missouri Veterans Commission then?

- We link you up to all of your state and federal benefits
- VSO's are trained and CERTIFIED BY the VA to help you file for your benefits. They are trained and certified EVERY year on new VA laws and regulations. They will walk you through step by step in your claims process
- There may be other State benefits that you may qualify for that are totally separate from your Federal VA benefits

So, what if I'm not from Missouri?

- Every state has a State Government agency designed to help you locate your Veterans benefits. State specific Veteran benefits vary from one state to the next. That is why it's a good idea to locate your state agency
- Visit www.nasdvva.us click on "Links" and then click on your state name to find the website and contact info for your state agency. Yes, it's that easy!

If you have ever served in the military have you:

Visited with a Veterans Service Officer?

Signed up for VA Health Care?

Joined a Veterans Service Organization?



VA Healthcare Missouri

VA Medical Centers Women Program Managers:

Columbia, MO 573/814-6000
Fayetteville, AR 479/443-4301
Kansas City, MO 816/861-4700
Poplar Bluff, MO 573/686-4151
St. Louis-Jefferson Barracks 314/652-4100
St. Louis-John Cochran 314/652-4100

VA Community Based Outreach Clinics:

Belton 816/922-2161
Branson: 417/243-2300
Cameron: 816/861-4700
Cape Girardeau: 573/339-0909
Excelsior Springs: 816/922-2970
Farmington: 573/760-1365
Ft. Leonard Wood: 573/774-2285
Mt. Vernon: 800/253-8387
Jefferson City: 573/635-0233
Kirksville: 660/627-8387
Osage Beach: 573/302-7890
Marshfield: 417/468-1963
Mexico: 573/581-9630
Nevada: 417/448-8905
Salem: 573/729-6626
Sedalia: 660/826-3800
Sikeston: 573/472-2139
St. Charles: 314/286-6988
St. James: 573/265-0448
St. Joseph: 816/676-1044
St. Louis: 314/286-6988
Warrensburg: 800/525-1483
Washington: 314/289-7950
West Plains: 417/257-2454

Veterans Ombudsman

The Veterans Ombudsman assists Veterans, Service Members and their families with extraordinary needs that are not being met by other agencies or organizations.

For more information on this program, please contact Melissa Wilding
Veteran Ombudsman
Melissa.Wilding@mvc.dps.mo.gov
573-522-4220

If you will be Homeless or at risk to be Homeless

The VA has a National Call Center for Homeless Veterans to ensure that homeless Veterans or Veterans at risk of being homeless have free, Confidential 24/7 access to trained counselors and helpful programs.

In Missouri, you can also contact Homeless Veteran Coordinators at the four Missouri VA Medical centers:

Columbia, MO 573-814-6648
Fayetteville, AR 479/443-4301
Kansas City, MO 816-861-4700
Poplar Bluff, MO 573-778-4476
St. Louis, MO 314-652-4100

Other Resources for Homeless Veterans:

1-877-4AID VET (877-424-3838)

National Coalition for Homeless Veterans
Provides services to homeless Veterans around the nation. 1-800-VET-HELP www.nchv.org

Other State Resources

Missouri Department of Mental Health
Prevention, treatment, and promotion of public understanding of mental illnesses, developmental disabilities and addictions. Don't suffer in silence
573/751-4054, www.dmh.mo.gov

Missouri Statewide Independent Living Council
All the centers in the state of Missouri are listed at: <http://www.mosilc.org/CIL.htm>

Missouri Department of Health and Senior Services
573/751-6400, www.dhss.mo.gov
*Adult Head Injury Program 800/451-0669

Local Public Health Agencies
573/751-6170, www.dhss.mo.gov/LPHA

Missouri Division of Workforce Development
573/751-9578, <http://workforce.mo.gov>
*SHOWME Heroes
*Missouri Career Center
*LVER (Local Veteran Employment Rep)
*DVOP (Disabled Veteran Outreach Program)

Missouri Department of Economic Development
573/751-4962, <http://www.ded.mo.gov>

Missouri Department of Elementary And Secondary Education
573/751-3251, 877/222-8963,
www.dese.mo.gov
*OJT – On the Job Training
*Troops to Teachers

The Brain Injury Association of MO (BIA-MO)
800/377-6442, www.biamo.org