



Missouri Women Veterans Newsletter Celebrating Women Veterans In The Show Me State!



Local VA Contacts:

VA Medical Center Woman Program Managers:

Columbia, MO
(573) 814-6000 Ext.
56457

Fayetteville, AR
(479) 443-4301 Ext.
65321

Ft. Leavenworth, KS
(785) 350-3111 Ext.
53442

Kansas City, MO
(816) 861-4700 Ext.
52493

Popular Bluff, MO
(573) 686-4151 Ext.
52207

St. Louis, MO
(314) 652-4100 Ext.
55662

October-December 2016
Issue 36

Greetings!

I am really excited about this newsletter in the hopes that it will be used to reach out to all our women veterans, active duty, Guard and Reserve members. We will be publishing the newsletter four times a year for Women Veterans to be recognized throughout the state of Missouri. If you have a story or article for the newsletter, please e-mail it to me, Malinda Graves-Sampson, Women Veterans Coordinator/Veterans Benefits Claims Representative at the Missouri Veterans Home in St. Louis. As always, if I can be of any assistance regarding your VA benefits or if you have a question, please don't hesitate to contact Malinda. Graves-Sampson@mvc.dps.mo.gov.

Submit articles or mail items to:
Women Veterans Coordinator
10600 Lewis and Clark Blvd
St. Louis, MO 63136

Nominations for Women Veteran of the Year 2017

We are seeking nominations for the 2017 Women Veteran of the Year award. If you wish to nominate someone, please go to <http://mvc.dps.mo.gov> or contact our Women Veterans Coordinator at 314-340-6389 and she will mail you a copy.

Check us out on FACEBOOK at :
<https://www.facebook.com/MissouriVeteransCommission>
<https://www.facebook.com/MissouriWomenVeterans>

What's happening!



Women Veterans License Plates are now available:

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 Missouri DMV office.

Find a MVC Woman VSO



Southeast Region

Lisa Helms

Cape Girardeau, MO

Rebecca Evans

West Plains, MO

Brandy Hinkle

Farmington, MO

Toni Swizdor

St. James, MO

Rebecca Hollingsworth

St. James, MO

Southwest Region

Paula Nordin

St. Robert, MO

Cathy VonHolt

Springfield, MO

Jennifer Henderson

Branson, MO

St. Louis Region

Malinda Graves -

Sampson

St. Louis, MO

Northeast Region

Yvonne Allison-Mitchell

Mexico, MO

Northwest Region

Elaine Gerstenberger

Cameron, MO

**Missouri Veterans Commission
Malinda Graves-Sampson
Women Veterans Coordinator**



10600 Lewis and Clark Blvd
St. Louis, MO 63136
Office: (314) 340-6389
Fax: (314) 340-6389
Malinda. Graves-Sampson
@mvc.dps.mo.gov

Women Veterans Initiative:

Ensuring Women Veterans have equal access to federal and state Veterans services and benefits. Serves as an advocate in recognizing the service and contributions of women veterans and women in the military. Coordinates with Veterans Affairs (VA) healthcare, benefit services and programs for women veterans.

Special Veteran Support Initiatives:

Women Veterans Benefits Coordinator
Minority Women Veterans Coordinator
Incarcerated Veterans Coordinator
Veterans Ombudsman

2017 Annual MVC Women Veterans Conference:

This event is designed especially for Women Veterans to learn about VA benefits and speak with various professional dedicated members of Veterans agencies.

Additional Available Resources:

Women Veterans Health Care
www.womenshealth.va.gov

Center for Women Veterans
www.va.gov/womenvet

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 www.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 survivor's benefit provided you meet the income criteria set-forth by the VA Benefits Administration. Call your local Veterans Service Officer 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 D.C.
Call (703) 533-1155*

Annual Upcoming Community Events

The next MVC Annual Women Veterans Conference will be held sometime in 2017 in St. Louis, MO. Please check our website for more information as it becomes available.

Governors Proclamation: The Governors annual proclamations 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.

The American Legion Women Post 404 will have their annual "Tribute to Women Veterans Banquet". There will be a social hour, and 11am -12pm lunch will be served. The cost is \$20.00. Reservations is required. Contact Shirley Janes at 314-853-4746.

WOMEN VETERANS HEALTH CARE



*You served, you deserve
the best
care anywhere*

Have you downloaded the [Preconception Care](#) and [Caring4Women Veterans](#) mobile apps? The apps are part of a series of free VA-developed apps under the [Mobile Health Provider Program](#). The program is a collaborative effort between the VHA Office of Informatics and Analytics (OIA) Connected Health Office and the Office of Information and Technology (OI&T). The program is an effort to equip VA care teams with mobile technology to enhance the way they deliver care. Both the Preconception Care and Caring4Women Veterans apps provide important guidance for VA and non-VA care team members in caring for and counseling women Veterans. Access training materials and the direct download links for Apple and Android app stores in the [Preconception Care](#) and [Caring4Women Veterans](#) pages of the VA Mobile website. Browse other VA-developed apps at the [VA App Store](#).

VFW Post 2513 elects first Female Commander

Go Army!

Congratulations to Teresa Shane who was elected as the first female commander of VFW Post 2513 in Warrensburg! Teresa is an Army Veteran. You may read the entire story of Teresa's nomination as the first female commander on our Facebook page!



**TERESA SHANE,
COMMANDER,
VFW POST 2513
'THANK YOU
FOR YOUR
SERVICE!'**

*Commander Teresa Shane has
established herself a
"Woman of Distinction."*

Honor Flight of the lake of the Ozarks Seeking Women Veterans

Thank you 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 and we will
post your event on our Face-*



Missouri Women Veterans News



Why a VSO?

Veteran Service Officer's (VSO)'s are subject matter experts on VA benefits and should be the first step in obtaining your VA benefits. They are highly trained dedicated Veterans who know what forms and documents are needed for whatever benefit you are applying for. Statistically, claims filed by a VSO are processed in a more timely fashion, simply because when they are sent it, they are correct, completed applications. VSO's are there from the start to the end of the claim, assisting in whatever letters or responses that are needed by the VA Regional Offices. The Missouri Veterans Commission (MVC) has over 42 highly trained dedicated accredited service officers through our state to serve our Veteran population. (DAV, VFW, The American Legion and several other organizations also have service officers.) VSO's must have annual training to maintain their accreditation and MVC just completed their VSO training in Ozarks, MO on October 12-14, 2016. Additionally, VSO's received updated training in Chapter 33 and educational benefits, pension benefits, how claims are rated, notice of disagreements/appeals, hospital changes/ special benefits and an update on our National Call centers. Best of all VSO's services are total free of cost, why wouldn't you want to use a VSO? To contact a VSO call 866-VET-INFO or go to www.mvc.dps.mo.gov.

Vet Centers



Vet Centers recognizes the unique needs of our female veterans. We provide individual, group, and family counseling for veterans with readjustment issues as a result of combat duty, and/or sexual trauma or harassment experienced while in active duty service. Readjustment counseling includes a wide range of additional services such as housing assistance, medical referrals, assistance in applying for VA Benefits, employment counseling and referral, alcohol/drug assessments and referral, and referrals to a wide variety of other community resources. All services are provided in a family-friendly atmosphere; family members of eligible veterans have been welcomed at Vet Centers for readjustment counseling services for military related issues since the inception of the Vet Centers in 1979. Missouri-eligible veterans can find Vet Centers located in St. Louis; Kansas City; Springfield; East St. Louis, IL, and Columbia, Missouri. Each Vet Center is staffed with a Women's Coordinator to ensure our female veterans get the specialized help they may need. You can find contact information at www.va.gov/rcs or call 314-531-5355. Services are free for eligible veterans.

Previously submitted by Linda M. Housman, PhD, St. Louis Vet Center

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 task here are a few free tips that will help you accomplish 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...etc.
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



The Missouri Veterans Commission Three Key Messages:

- **Have you visited with a Veteran Service Officer?**
- **Have you signed up for VA Healthcare?**
- **Have you joined a Veterans Service Organization?**

To contact the nearest Veterans Service Officer call 1-866-838-4636



If you move or change your email address, please let me know so I can continue to share the newsletter and other important updates with you!

The Missouri Women Veterans newsletter is written and published by Missouri Veterans Commission Staff.

Veteran Service Program Director, Douglas Meyers
Senior Editor and Women Veterans Coordinator, Malinda Graves-Sampson
Editorial Assistant, Design and Layout, Pamela S. Luyk & Keisha Montgomery

Please join our Registration of the
Missouri Women Veterans

State of Missouri Women Veterans



Name: _____

Name you served under (if different from above) _____

Address: _____

City: _____ County: _____ State _____ Zip _____

Daytime phone: _____

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 _____
From _____ To _____

Where did you receive this registration form? _____

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 _____

Malinda Graves-Sampson
MO Women Veterans Coordinator
Missouri Veterans Home
10800 Lewis and Clark Blvd
St. Louis, MO 63138
(314)340-8389, ext. 428
Malinda.Graves-Samson@mvc.dps.mo.gov

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

Missouri Women Veterans' Newsletter



Missouri Veterans Commission
10600 Lewis and Clark Blvd
St. Louis, MO 63136