

Missouri Women Veterans Newsletter

Volume 2018, Issue 39

Winter 2018

SPECIAL POINTS OF INTEREST

UPDATE FROM THE WOMEN VETERAN COORDINATOR

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The Year 2018 in Review



It is hard to imagine 2018 has ended. This past year I had the opportunity to attend several different outreach events throughout the state. During these events, I found that many of the Women Veterans were all very passionate about participating and helping others, while being flexible along the way. They are able to take little resources and make something bigger out of it. A great example of this would be the Annual Rose Petal Ceremony, held in November in Branson. The original venue cancelled 4 days before the event. I could only imagine the stress this committee was feeling. That week is one of the biggest weeks for Branson. The committee worked together to find a way to make it work. The Event Center, Shoppes at Branson Meadow, provided a space to hold the luncheon, and Golden Coral provided the Food. It is as though the committee did not skip a beat to get the job done. It was fantastic; at least 100 Women Veterans attended.

Several different women Veteran events are planned in 2019. March is Women Veteran Month, so keep an eye on the Women Veteran Facebook page to see what is going on. There is a Women's Conference in Osage Beach in April I am hoping to attend. I also want to have another Women Information Event in Sedalia in May. The Warrensburg and Cape Girardeau Veterans homes plan to host a WWI Women Veteran Exhibit in November. Also, as I mentioned in my last newsletter that I was fortunate to go to Washington D.C for the State Women Veteran Coordinator conference. As I learn about the different things the other states are doing, one that stood out the most to me was the "I am not invisible campaign." I am hoping to bring that campaign to Missouri in 2019.

To keep informed on the different outreach events, check out all the different Facebook pages for the Missouri Veterans Commission. Also, check out our new app. There is a section just for Outreach events near you.

Missouri Veterans Commission 3 Key Messages:



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?

The Kaufman Fund

I am very impressed on what the Kaufman Fund helps with. The Kaufman fund has been helping St. Louis Veterans and Children for the last 20 years. It was originally set up to honor Ralph Kaufman, an Air Force Veteran. This organization helps Veterans with dental and legal referrals. This is an immense help for Veterans because VA will not provide dental services unless you are 100% service connected. They will also help assist homeless Veterans and their family to find housing. In addition, they have trees for Vets. This program gives Christmas trees and stands to deserving Veterans and their families. They have provided over 1,400 trees in the last 4 years. The Kaufman Fund is another great resource for our Veterans in the St. Louis area.

Buddy Check 22: 22 Veterans commit suicide every day. Check on a Veteran on the 22nd day of each month to help get 22 to 0. Just ask them "Are you okay?"



The Women in Military Service for America Memorial (Women's Memorial)

The women memorial mission is to collect history of women in military, recognize all women who served in or with the United States Armed Forces, and document the experience.

The Women's Memorial depends on donations. The donations contribute to help maintain and operate the Women's Memorial. Every dollar supports their mission in developing programs, activities, conduct research, and maintaining a world-class archive.

I was fortunate enough to have the opportunity to visit the Women's Memorial this summer. It was captivating to see the tribute to women who served and being able to learn about their experiences. You too can tell your story when you register for the Women's Memorial.

If you would like to register, visit the their website:

<https://www.womensmemorial.org/register-now>



Million Dollar Veterans Program

The VA research and development program has launched the Million Dollar Veterans (MVP). It is a voluntary research program. The research database for MVP may one-day help with preventing and treating illnesses of Veterans. Some of the questions the research may help answer are:

Why does a treatment work well for some Veterans but not others?

Why are some Veterans at greater risk of developing an illness?

How can we prevent certain illnesses in the first place?

The St. Louis Medical Center is the only enrollment for Missouri. Currently, the program is temporarily closed for enrollment. If you are interested in participating, keep checking the website or call (866) 441-6075 to find out when the enrollment reopens.

To sign up to receive emails:

https://public.govdelivery.com/accounts/USVHA/subscriber/new?topic_id=USVHA_1001

A Little Inspiration

There's no quitting, I can't have quit in me. There was never an option to stop and quit -- Major Lisa Jaster, third woman to graduate from U.S. Army Ranger School

America without her Soldiers would be like God without His angels -- Claudia Pemberton

A hero is someone who has given his or her life to something bigger than oneself -- Joseph Campbell

VFW National Home for Children

Founded in 1925, the VFW National Home for Children is a living memorial for military and Veterans. The National Home is located in Eaton Rapids, Michigan. It consists of 42 single-family home with facilities like gym, library, computer and science labs.

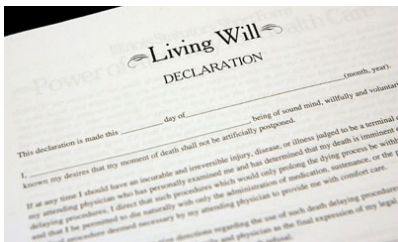
The VFW has created a community of homes to help families of Military, Veterans and VFW family member that have falling on difficult times.

The purpose of the community is to help Veteran families find satiability and security during deployment, recover from crisis, deal with life challenges to get their feet under them, also keep the family whole during Vocational Rehab.

Veterans and their families may live there up to 4 years. The community provided housing, education, day care, basic needs, recreation and case management.

For more information you can call 1-800-313-4200 or visit their website at <https://www.vfwnationalhome.org/>.

Living Will



I would recommend a living will for everyone. A living will is a document that explains whether you want to be kept on life support if you become terminally ill and will die shortly without life support, or fall into a persistent vegetative state. It also addresses other important questions, detailing your preferences for tube feeding, artificial hydration, and pain medication in certain situations. A living will becomes effective only when you cannot communicate your desires on your own.

In the event you are unable to communicate your desires in such situations, and do not have a living will, doctors or hospitals may decide. They are legally obligated to perform certain procedures that you may not desire. If your spouse, adult child or another relative is called upon to make a decision about your care, he or she will find it helpful if you have expressed your wishes in a living will. A living will tells others what you want to happen in such circumstances.

If you are enrolled in VA Healthcare, the VA has an advance directive durable power of attorney for health care and living will. It is VA form 10-0137.

Crock Pot Sweedish Meatballs

Prep Time: 10 minutes

Cook Time: 6 - 8 hours

Servings: 6 large

Ingredients:

2-3 lbs. frozen meatballs
2 cans cream of mushroom soup
2 cans golden mushroom soup
2 cans condensed beef broth
2 envelopes brown gravy mix
8 oz. sliced mushrooms (optional)
Egg noodles

Directions:

1. In large bowl, whisk together soups, gravy mix, and mushrooms if using. Put meatballs in crockpot; pour sauce mixture over meatballs.
2. Cook on low 6-8 hours
3. Serve over egg noodles

Veterans Business Outreach Center (VBOC)

Some Veterans would like to start up a small business but not sure how to go about doing so. The VBOC program is a one-stop-shop for transitioning service members, Veterans and military spouses looking to start, purchase, or grow a business.

VBOC provides entrepreneurial development service such as business training, counseling and resource partner referrals. They will help the Veteran develop a 5-year business plan. If you are thinking about starting up your own business, VBOC may be able to help.

Region VII

- **Veterans Business Resource Center**

- Coverage: Iowa, Kansas, Missouri, Nebraska
- Addresses:
 - 911 Washington Ave, St. Louis, MO 63101
 - 2700 N 14th St, St. Louis, MO 63106
 - 1000 Walnut 5th Floor, Kansas City, MO 64101
- Website: www.vetbiz.com
- Telephone: (314) 531-8387 for HQ | (314) 532-8387 for Kansas City ONLY
- Fax: (877) 825-4190
- Email: Info@vetbiz.com



Ask Toni



Q. The VA has granted me 100% service connected permanent and total recently. I am interested in applying for S-DVI. Even though I am currently working, can I submit a waiver to cover the cost of the insurance due to my being 100% disabled?

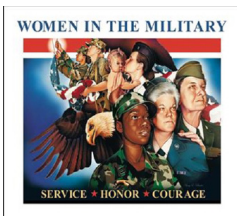
A. No, if you were 100% service connected and unable to work you could. However, since you are working the waiver will not be granted.

Q. Can I apply for VA healthcare if I do not have a service-connected disability?

A. Possibly. There are two ways to qualify for VA Healthcare.

1. Being service connected for 10% or higher. If you have a rating of 0% and above the income limit, you will only be seen for your service-connected disability.
2. Income is also another way of qualifying.
 - Single, income 32,715 or less after medical expense.
 - With 1 dependent, 39,259.00 or less after medical expense
 - With 2 dependents, 41,509.00 or less after medical expense
 - With 3 dependents, 43,759.00 or less after medical expense
 - With 4 dependents, 46,009.00 or less after medical expense

If you do not currently qualify because you are not service connected or your income is too high, does not mean you cannot apply later. An example would be when you retire, your income is reduced and often your health insurance increases, you might qualify then.



Saluting Our Women In Uniform

A special thank you to American Legion Post 404 for sharing these Veterans' stories with us

Gloria Barnes



Inspired by my grandfather and encouraged by a friend's husband, I signed up for the Missouri Air National Guard in August of 1975 at the age of 29, and turned 30 while in basic training at Lackland Air Force Base. After Basic I was sent to technical school at Sheppard Air Force Base. I was going to make history and become the first female Pole Climber. I passed a prerequisite climb up and down an 80' tower. But the real trouble began the next day. I wear a size 3 boot and my government issue combat boots were on special order for 6 months. Climbers wear camouflage gaps with sharp daggers pulled over their shoes and I was given size 11 gaps to wear over my size 3 shoes. I made it up the pole, but woke up in the emergency room after my boots slipped out of the gaps on the way down. My leg was split open and my knee was injured. Tech School wanted me back climbing after the leg healed, but offered no solutions to the ill-fitting gear. I fought hard to remain in service, requesting that I be trained in a different specialty and fortunately, an understanding squadron leader found a spot for me as a Signal/Communications specialist. So, I did not make history as the first female pole climber, but I was one of the first black females assigned to Jefferson Barracks. My assignments there included Radar, then Communications, and eventually Civil Engineering where I spent most of my time. We travelled and we built stuff. Some of my duties included repairing runways, buildings, and setting up shelters. I was able to go to Germany, the Azores, and Paris. I stayed until 1986 when I left to focus more on family and health. Eventually, I was hired as a civilian in Civil Engineering and retired in 2007. Yes, there were some moments when I was on the receiving end of prejudice, but my overall experience was positive. Co-workers at Jefferson Barracks became a second family to me and my daughter. I would encourage young people to consider joining the military. It helped me find confidence in myself and realize I was much more capable than I thought.



Susan Linan



Both grandfathers, my father, and two brothers served, and it was something my mother had wanted to do. Family tradition led me into the military. A good recruiter led me into the Marines. I served in the Marine Corps from January 1977 until December 1980, and in the Naval Reserves from January 1988 until August 1995. I attended basic training at Parris Island, South Carolina, which was like finishing school, no weapons or combat training. After basic I attended Administrative Clerk School at Camp Pendleton and was then assigned to HQMC in Washington, D.C. I started out working in parking control and ended up in the aviation department. I was there during the Iranian Hostage Crisis when my unit provided as much support as we could. While working administrative duties, I hoped to do something more exciting. I became an EMT and firefighter at the McLean Volunteer Fire Department. During this time, another volunteer was studying to become a Physician's Assistant (P.A.) and that sparked my interest. I also had two great friends who looked out for the younger Marines. One helped me with the SAT test so I could get into college after the Marine Corps. I credit my mentors for leading me into a career as a Physician's Assistant and my military experience for preparing me for life. I became a P.A. and eventually went into the Naval Reserves as a Chief Warrant Officer 1. The P.A.s were changed to commissioned officers and I was promoted to a Lt. J.G. and left as Lieutenant 03. While in the Reserves, I attended a Combat Casualty Course in San Antonio. This training included advanced trauma care, inserting chest tubes, and emergency tracheotomies. Shortly after completing the course, I was called up for active duty and was deployed in Desert Shield to Bahrain during the Persian Gulf War. Overall, I was treated with respect, received promotions, and made great friends while serving. If asked about joining the military I would say it is a very positive thing and would expand your horizons.



Check out our Facebook Page:
<https://www.facebook.com/MissouriWomenVeterans/>



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