



# VETERANS VOICE

Winnebago County Department of Veterans Services Newsletter August 2020

## Veterans Programs for Health and Wellness

Veterans programs for health and wellness offer information, resources and treatment options to help you stay healthy. Find out how to get help quitting tobacco use, preventing disease, managing your weight and maintaining your mental health.

Following are VA health and wellness programs to help you care for your body and mind:

### Nutrition and food services

Find out how to connect with a VA-registered dietitian nutritionist or get help learning to prepare healthy meals in the Healthy Teaching Kitchens at some VA facilities. You can also access healthy recipes and nutrition information for specific conditions (like cancer, diabetes and neurological disorders).

### Tobacco and health

Explore VA tobacco use treatment options, and find out how to connect with the quitline counselors to make a plan for quitting tobacco use. You can also get more information on the risks of tobacco, the benefits of quitting and how to help support someone who's trying to quit.

### Weight management

Learn about the weight management health promotion program and find out how to access exercise and dietary programs that fit your needs and preferences.

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**“A healthy attitude is contagious but don’t wait to catch it from others. Be a carrier.”**

**- Tom Stoppard**

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#### [Women's health](#)

Get information about women's health concerns, and find out how to access women's health services at VA.

#### [Mental health](#)

Access self-help resources and find out how to get treatment and support for mental health needs (like depression, anxiety, PTSD and substance use).

Following are programs and resources for preventing and managing diseases and illnesses:

#### [Prevention](#)

Access evidence-based information and resources to help you stay healthy, manage stress and play an active role in your health care.

#### [Public health](#)

Learn more about diseases and illnesses related to military service, and other medical conditions that may affect Veterans.

#### [Vaccines and immunizations](#)

Review the list of important vaccines, and consider protecting yourself from getting certain diseases and viruses.

#### [VA retail immunization care coordination program](#)

If you're enrolled in VA health care, find out how to get your free yearly flu vaccine at a VA health facility, a convenient walk-in flu station or a local Walgreens pharmacy.

#### [Influenza \(flu\)](#)

Get information about flu vaccines, how to prevent and treat flu and how the VA responds to flu pandemics.



## National Wellness Month

August is National Wellness Month, a time to focus on self-care, stress management, and healthy routines. It's the perfect time to create some new, wholesome habits to look and feel better than ever. When you practice self-care, you naturally feel happier and less stressed. These benefits have another unexpected advantage: pain management and recovery from injuries. Stress, poor nutrition and inadequate rest can all make your pain worse and your recovery longer. Instead, try these four healthy ways to celebrate National Wellness Month and manage your pain and injuries better.

1. **Drink more water.** Drinking more water is a highly achievable goal and one that has almost immediate benefits. Water lubricates your joints and helps transport nutrients you need for energy and overall health.
2. **Make exercise part of your daily routine.** Exercise helps you maintain a healthy weight and is terrific for your mental health.
3. **Practice deep breathing.** Stress can interfere with your breathing. When you practice deep breathing you'll quickly notice that you feel calmer and more relaxed.
4. **Try massage.** Massage is a fantastic way to pamper yourself, reduce stress and promote overall physical and mental well-being.

## Assistance to Needy Veterans Grant

The Assistance to Needy Veterans Grant (ANVG) program provides limited financial assistance to those in need and who have exhausted all other sources of aid. The grants may be used for specified health care and subsistence needs up to maximum grant limits.

General eligibility consists of two broad requirements:

1. [Military service \(Character; Type; Duration\)](#) and
2. [Wisconsin state residency](#)

### Health Care Aid

**Dental care** - restorative care shall not exceed \$500 in any consecutive 12-month period except when an upper and lower denture is required and each denture shall not exceed \$1,875 in any consecutive 48-month period.

**Vision care** - means a vision exam by a licensed vision care provider and a prescription for lens and frame. Vision care shall not exceed \$400 for both a vision exam and the purchase of lens and frame in any consecutive 12-month period.

**Hearing care** - is limited to \$200 in any consecutive 12-month period except when a left or right hearing aid is required, each hearing aid shall not exceed \$1,875 in any consecutive 48-month period.

Grant awards for health care and subsistence aid combined cannot exceed the Assistance to Needy Veterans Grant Program \$7,500 lifetime limit.

Approved applicants will receive a Description of Benefits (DOB) that will list approved care and the time period during which the care must be obtained. The DOB should be given to the health care provider you chose who will return it to WDVA with billing information. Payments will be sent directly from WDVA to the health care provider.

### Subsistence Aid

Financial aid may be provided when there is a loss of income due to illness, injury or natural disaster. WDVA has temporarily suspended the need to apply within 120 days of the income loss onset date. Grants are awarded for subsistence aid for any 30-day period, up to a maximum of three months (90 days). Grant awards cannot exceed \$3,000 during any consecutive 12-month period or the Assistance to Needy Veterans grant program \$7,500 lifetime limit.

### Aid to Military Families

Unremarried surviving spouses and dependent children of an eligible veteran who died in the line of duty while on active duty or inactive duty for training OR the qualified spouse and dependent children of an activated or deployed military service member, who have suffered or are suffering a loss of income because of the activation or deployment and have experienced an economic emergency, may qualify for assistance.

An economic emergency includes:

- Failure of the sole means of transportation.
- Failure of a stove or refrigerator or of heating, electrical or plumbing systems, etc.
- A medical emergency.
- Severe damage to the primary residence as a result of a natural disaster.

The service member must be a member of the U.S. Armed Forces or of the WI National Guard who has been activated or deployed to serve in the U.S. Armed Forces. The service member must be a resident of WI. For military family members, federal poverty guidelines do not apply, although a loss of income due to the deployment or activation must be demonstrated.

Click [here](#) for the Application for the Assistance to Needy Veterans Grant (Health Care)

Click [here](#) for the Application for the Assistance to Needy Veterans Grant (Subsistence Aid)

NOTE: Applications for the Assistance to Needy Veterans must be submitted through your local CVSO. Please contact our office for assistance.

# Upcoming Events

**MVMEC**  
**4th Annual**  
**Golf Tournament**  
**August 12, 2020**  
**12:00 p.m.**  
**Oshkosh**  
**Country Club**



**12:00 p.m. Shotgun Start/ Scramble**  
**\$85.00/Golfer- Includes:**  
**Greens fees, Cart and Meals**



**Sign-up as a Foursome or**  
**as an individual**

**RSVP by May 26th**  
**Jason: 920 -230-2652**  
**jason.lowe@thrivent.com**  
**Tom: 920 420-2030**  
**tsonny4058@aol.com**

**Box lunch & dinner**  
**Hole Events**  
**Hole Prizes**  
**Raffle Tickets**  
**Silent Auctions**

**Major Sponsors:**  
**Thrivent Lakeside Associates - Oshkosh, Neenah**

**Wednesday**  
**August 12,2020**  
**Oshkosh Country**  
**Club**  
**11 W Ripple Ave**  
**Oshkosh,WI**



**Tickets**  
**\$20**

**OLD GLORY HONOR FLIGHT PRESENTS...**

# **A Patriotic Picnic**

**at the ballpark**

**AUGUST 22, 2020 | STARTS AT 5 P.M.**  
**FOX CITIES STADIUM 2400 N. CASALOMA DR., APPLETON**

**Food, Movie, Bingo & Fun**

## CONTACT US

**Winnebago County**  
**Veterans Service Office**

**Oshkosh Location**  
**112 Otter St.**  
**Oshkosh, WI 54901**  
**(920) 232-3400**

**Neenah Location**  
**211 N. Commercial**  
**Neenah, WI 54956**  
**(920) 729-4820**

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**For a list of more events,**  
**check out our calendar!**