Veterans Voice radio show— www.1490wosh.com or
AM1490 - 1st Tuesday each month at 0830.

VETERANS VOICE

Winnebago County Department of Veterans Services Newsletter May 2019

VETERANS PENSION

If you're a wartime Veteran who meets certain age or disability requirements, and your income and net worth are within certain limits, you may qualify for monthly payments through the Veterans Pension program.

You may be able to get pension benefits if you meet the requirements listed below.

Both of these must be true:

- You didn't receive a dishonorable discharge, **and**
- Your yearly family income and net worth meet certain limits set by Congress. Your net worth includes all personal property you own (except your house, your car, and most home furnishings), minus any debt you owe. Your net worth includes the net worth of your spouse. Find out about Veterans pension rates.

And at least one of these must be true about your service. You:

- Started on active duty before September 8, 1980, and you served at least 90 days on active duty with at least 1 day during wartime, **or**
- Started on active duty as an enlisted person after September 7, 1980, and served at least 24 months or the full period for which you were called or ordered to active duty (with some exceptions) with at least 1 day during wartime, **or**
- Were an officer and started on active duty after October 16, 1981, and hadn't previously served on active duty for at least 24 months.

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"Patriotism is easy to under stand in America - It means looking out for yourself by looking out for your country."

Calvin Coolidge

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2019 VA PENSION RATES w/AID & ATTENDANCE

Two Married Veterans:	$2,984
Veteran with a Spouse:	$2,230
Single Veteran:	$1,881
Surviving Spouse:	$1,209

Continued...

And at least one of these must be true. You:

- Are at least 65 years old, **or**
- Have a permanent and total disability, **or**
- Are a patient in a nursing home for long-term care because of a disability, **or**
- Are getting Social Security Disability Insurance or Supplemental Security Income.

If you are eligible and would like to apply please contact our office to schedule an appointment with one of our Benefit Specialists.

VA Aid and Attendance Benefits and Housebound Allowance

If you need help with your daily activities, or you're housebound, you may qualify for Aid and Attendance or Housebound allowances in addition to your pension benefits.

You may qualify for Aid and Attendance if you get a VA pension and you meet at least one of the requirements listed below.

At least one of these must be true:

- You need another person to help you perform daily activities, like bathing, feeding, and dressing, **or**
- You have to stay in bed, or spend a large portion of the day in bed, because of illness, **or**
- You are a patient in a nursing home due to the loss of mental or physical abilities related to a disability, **or**
- Your eyesight is limited (even with glasses or contact lenses you have only 5/200 or less in both eyes; or concentric contraction of the visual field to 5 degrees or less)

You may qualify for Housebound benefits if you get a VA pension and you spend most of your time in your home because of a permanent disability (a disability that doesn't go away).

Note: You can't get Aid and Attendance benefits and Housebound benefits at the same time.

Who's covered:

- Qualified Veterans
- Qualified surviving spouses

If you qualify for this benefit please contact our office and we can assist you with the application.

Mental Health Awareness Month

Approximately one in five adults in the US, 43.8 million, or 18.5%, experience a mental illness in a given year and approximately one in five youth aged 13-18 (21.4%) experiences a severe mental health disorder at some point during their lifetime. For children aged 8-15, the estimate is 13%. Mental illness is not prejudice as mental health disorders affect men and women of all ages, races and social classes.

Since 1949, the month of May has been observed as Mental Health Month in the US and many national organizations such as NAMI, Mental Health America and other affiliates spotlight Mental Health Month to raise awareness about the importance of mental health and to stop the stigma associated with mental health disorders. The theme for this year's Mental Health Month is Fitness #4Mind4Body, meaning that health is an all-encompassing matter and we must take care of our minds just as much as we take care of our bodies. Mental health is important for our physical health and vice versa. Our bodies and mind act as one unit and therefore it is important to care of both.

Mental Health Resources for Veterans

As a veteran, you might experience difficult life events or challenges after leaving the military. The VA is here to help no matter how big or small the problem may be. VA has resources to address the unique stressors and experiences that Veterans may face—and we're just a click, call, text or chat away.

MakeTheConnection.net is an online resource designed to connect Veterans, their family members and friends, and other supporters with information, resources, and solutions to issues affecting their lives from challenging life events or experiences to mental health issues or challenges. If you are a Veteran, or family member of a Veteran, facing challenges in your everyday life, you are not alone. Over 500 Veterans and family members from across the country have shared their stories of strength and recovery. In addition to powerful stories, you can also explore information about signs, symptoms, and conditions that are related to mental health and well-being. When it's time to reach out, **MakeTheConnection.net**'s resource locator can help you find resources, programs, and facilities in your area, no matter where you are. Visit MakeTheConnection.net

Additionally, VA offers a variety of treatments, support, and resources to help you get things back on track. Explore the mental health topics pages to find more specific treatment types for conditions including PTSD, depression, effects of military sexual trauma, thoughts of suicide and more.

National Call Center for Homeless Veterans

If you are or know a Veteran who is homeless or at risk of becoming homeless, you may contact the National VA Call Center for Homeless Veterans. These resource are also available to Veterans family members and friends, VA medical centers, VA partners, community agencies, and service providers. Call **1-877-424-3838**, 24/7 or chat online.

Veterans Crisis Line

The Veterans Crisis Line connects Veterans and Service members in crisis and their families and friends with qualified, caring VA responders through a confidential toll-free hotline, online chat or text. Call the Veterans Crisis Line 24/7 at **1-800-273-8255** and **Press 1,** send a text message to **838255**, or chat online.

War Vet Call Center

The War Vet Call Center is a confidential call center where combat Veterans and their families can call to talk about their military experience or any other issue they are facing in the readjustment to civilian life. Call **1-877-WAR-VETS (1-877-927-8387),** 24/7.

Women Veterans Call Center

The Women Veterans Call Center (WVCC) provides VA services and resources to women Veterans, their families, and caregivers. You can also chat online anonymously with a WVCC representative. Call **1-855-VA-Women (1-855-829-6636)** 8 am - 10 pm ET, Monday - Friday; 8am - 6:30 pm ET, Saturday or chat 8 am - 10 pm ET Monday - Friday, 8 am - 6:30 pm ET, Saturday.

Real Warriors

Real Warriors, a program through the Defense Centers of Excellence for Psychological Health and Traumatic Brain Injury (DCoE), provides information and resources about psychological health, Posttraumatic Stress Disorder (PTSD), and traumatic brain injury. Call **1-866-966-1020**, available 24/7 or chat online 24/7.

You may be eligible for mental health benefits through the VA care network. Contact our office, we can advocate for you and help with VA claims and paperwork.

Lucky Dogz Bar & Neenah American Legion Memorial Day Antique, Collector, & Classic Car Show

Monday May 27th 2019

Annual Family Picnic Auxiliary Bake Sale

ENTRY FEE $5.00 PER VEHICLE

PLATE LUNCHES, REFRESHMENTS, BRATS AND BURGERS, BAKE SALE & 50/50 RAFFLE

CLASSES: 1ST & 2ND PLACE AWARDS

A. CORVETTE - ALL
B MUSTANG - ALL
C. CAMARO - FIREBIRD - ALL
D. IMPORTS
E. 1955 - 1957 CHEVY
F. AMC, NASH, HUDSON
G. 4 DOOR & STATION WAGONS
H. HOTRODS & RAT BASTARDS
I. 1900 - 1950 GENERAL
J. 1951 - 1971 GENERAL
K. 1972 - 1987 GENERAL
L. 1988 - 2005 GENERAL
M. 2006 - PRESENT GENERAL
N. CONVERTIBLES
O. PICKUP TRUCK 1900 - 1950
P. PICKUP TRUCK 1951 - PRESENT
Q. MOPARS

FOR INFORMATION CALL VERN @ (920) 757 5751

REGISTRATION BEGINS AT 9:00 am
Awards at 3:00 Pm

LOCATED AT THE NEENAH LABOR TEMPLE
157 S. GREEN BAY RD. NEENAH

Help Us Raise Money for Local Veterans Charities!

2nd Annual Spring Thaw Poker Run

May 18, 2019 • Tanners Grill and Bar

730 S. Railroad St., Kimberly, WI 54136

Food, Auction, Raffles, Vendors & Live Music

Registration starts @1000 hrs
First Bike Out @1100 hrs
Last Bike In @1700 hrs

Cost= Preregister $20
Day of $25
Passenger $10 to get a hand, otherwise free

High Hand Winner Rides Away With $500 · Prize also for Low Hand

For more info or to pre-register: CVMA45.3XO@gmail.com.
Website: cvma45-3.org
Facebook: facebook.com/events/2529828823700200/

scan here with your phone camera to go to the Facebook page!

Proceeds benefiting Veterans Housing and Recovery Program

Upcoming Event

Military Veterans Museum and Education Center's 3rd annual Golf Tournament

All proceeds benefit the Military Veterans Museum and Education Center.

EVENT DETAILS:

Wednesday, May 29, 2019
Oshkosh Country Club
11 W Ripple Ave
Oshkosh, WI 54902

12:00 PM Registration
1:00 PM Shotgun start/scramble

$85.00/golfer - Includes green fees, cart, meals & drinks

Sign up as a foursome or as an individual in support of the Military Veterans Museum.

Enjoy a great day of golfing at the Oshkosh Country Club.

Rain or Shine

Box lunch and dinner
(heavy hors d' oeuvres)

- Hole Events
- Hole prizes
- Raffle prizes
- Silent auction

Please RSVP by May 28, 2019

Call Jason Lowe at 920-230-2652 or email Jason.lowe@thrivent.com

For questions contact Tom Sonnleitner at 920-420-2030 or tsonny4058@aol.com

We hope to see you there!

Major sponsor: Oshkosh Lakeside Associates

Jason W Lowe, FIC * Kenneth N Hinrichs, FIC
Greg J Herlihy, FIC * Kurt Sadowska

THRIVENT FINANCIAL
Oshkosh Lakeside Associates · 920-230-2652

CONTACT US

Winnebago County Veterans Service Office

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

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

Stay informed about benefits; join our e-mail list. Send a request to:

CVSO@co.winnebago.wi.us

Visit us on the web at:

www.co.winnebago.wi.us/veterans

www.facebook.com/WinnebagoCVSO

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