



VETERANS VOICE

Winnebago County Department of Veterans Services Newsletter

October 2020

Women Veterans Health Care

At each VA Medical Center nationwide, a Women Veterans Program Manager is designated to advise and advocate for women Veterans. She can help coordinate all the services you may need, from primary care to specialized care for chronic conditions or reproductive health. Women Veterans who are interested in receiving care at VA should contact the nearest [VA Medical Center](#) and ask for the Women Veterans Program Manager.

VA health care for women Veterans includes:

Primary Care

- General care includes health evaluation and counseling, disease prevention, nutrition counseling, weight control, smoking cessation, and substance abuse counseling and treatment as well as gender-specific primary care, e.g., cervical cancer screens (Pap smears), breast cancer screens (mammograms), birth control, pre-conception counseling, Human Papillomavirus (HPV) vaccine, menopausal support (hormone replacement therapy).
- Mental health includes evaluation and assistance for issues such as depression, mood, and anxiety disorders; intimate partner and domestic violence; sexual trauma; elder abuse or neglect; parenting and anger management; marital, caregiver, or family-related stress; and post-deployment adjustment or post-traumatic stress disorder (PTSD).
- Military Sexual Trauma (MST). Women—and men as well—may experience repeated sexual harassment or sexual assault during their military service. Special services are available to women who have experienced MST. VA provides free, confidential counseling and treatment for mental and physical health conditions related to MST.

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Yesterday's the past, tomorrow's the future, but today is a gift. That's why it's called the present."

- Bil Keane

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855.VA.WOMEN WOMEN VETERANS CALL CENTER

Call or Text: 1-855-829-6636

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Specialty Care

- Management and screening of chronic conditions includes heart disease, diabetes, cancer, glandular disorders, osteoporosis, and fibromyalgia as well as sexually transmitted diseases such as HIV/AIDS and hepatitis.
- Reproductive health care includes maternity care, infertility evaluation and limited treatment; sexual problems, tubal ligation, urinary incontinence, and others. VA is prohibited by legislative authority from providing abortion services.
- Rehabilitation, homebound, and long-term care. VA referrals are given to those in need of rehabilitation therapies such as physical therapy, occupational therapy, speech-language therapy, exercise therapy, recreational therapy, and vocational therapy. Homebound and long-term care services are available as well, limited to those meeting specific requirements.

Telephone Care

For enrolled women Veterans, a VA health care professional is available by phone at each VA Medical Center to answer questions and advise on health concerns 24 hours a day, 7 days a week. If you are currently enrolled as a VA patient, you can contact your VA Medical Center and ask for the telephone care number.

Programs for Special Groups

Special programs provide services for homeless women Veterans, victims of domestic violence, and women Veterans interested in education and training, employment assistance, and vocational rehabilitation.

The Women Veterans Health Program is dedicated to women Veterans living healthy and staying well during every stage of their lives. They want to engage women Veterans as partners in managing their health. This involves partnerships with national VA groups already working on patient education such as National Center for Health Promotion and Disease Prevention and MyHealth-Vet and others.



Breast Cancer Awareness Month

Breast Cancer Awareness Month, marked in countries across the world every October, helps to increase attention and support for the awareness, early detection and treatment as well as palliative care of this disease.

Breast cancer is by far the most common cancer in women worldwide. Currently there is not sufficient knowledge on the causes of breast cancer control. When breast cancer is detected early, and if adequate diagnosis and treatment are available, there is a good chance that breast cancer can be cured. If detected late, however, curative treatment is often no longer an option. In such cases, palliative care to relieve the suffering of patients and their families is needed.

Now, more than ever, people need help getting care, staying in treatment and having access to accurate information. The Breast Cancer Awareness campaign is designed to increase awareness, encourage research in the right direction and implement community care programs that are designed to provide support and care to breast cancer patients. Saving lives is the goal and ensuring every woman has the support and care when they need it.

As part of the National Breast Cancer Awareness Month, it is time to encourage women to get checked, make healthy choices, and take care of their breast health.

Military Sexual Trauma (MST)

Military sexual trauma (MST) refers to sexual assault or repeated, threatening sexual harassment that happened while a Veteran was in the military. This can happen to both women and men. If you were involved in any sexual act against your will during your time in the military, you may have experienced MST.

The VA provides free, confidential (private) counseling and treatment to male and female Veterans for both mental and physical health problems linked to MST. Their services include:

- MST-related treatment and support at every VA medical center, and providers knowledgeable about treating the aftereffects of MST at each facility.
- Specialized outpatient mental health services focused on sexual trauma at many VA locations.
- Counseling with professionals who are specially trained to treat conditions related to sexual trauma at Vet Centers across the country.
- Specialized MST treatment in a residential (live-in) or inpatient setting - including gender-specific programs - for Veterans who need more intensive care.
- Treatment and support for health conditions linked to MST, like:
 - [Posttraumatic Stress Disorder \(PTSD\)](#)
 - [Depression](#)
 - [Substance use problems](#)

If you're a Veteran who has experienced MST, you can get help through VA. You don't need to have a service-connected disability rating, and you may be able to get MST-related care even if you don't qualify for other VA services. You also don't need to have reported the MST or have other proof that it happened. Here's how to access VA services for MST:

- **If you have a VA primary care provider**, talk to that professional about what you've been through. All primary care providers are trained in MST and can help you figure out if you have related issues, like PTSD or depression. Your provider will offer treatment and support as needed.
- **If you don't have a VA primary care provider**, call your nearest VA medical center and ask to speak to the MST coordinator. You should feel free to ask for a provider of a specific gender if that makes you feel more comfortable.

[Find a VA medical center near you](#)

- **If you'd prefer to receive MST-related care outside a medical setting**, get free confidential counseling, alcohol and drug assessment, and other support at one of the 300 community Vet Centers.

[Find a Vet Center near you](#)

You can't get disability compensation (monthly payments) for the traumatic event itself. But you may be able to get disability compensation for conditions resulting from MST - like PTSD (the most common mental health condition linked to MST). Or get help applying for disability compensation by:

- Reading the fact sheet to learn about disability compensation for other conditions related to MST.

[Read the MST fact sheet \(PDF\)](#)

- Talking to an MST outreach coordinator at your nearest VA regional office. You can ask to talk to a female or male coordinator.

[Find an MST outreach coordinator near you](#)

If you feel you would like to file a claim please contact our office and we can assist you with your claim. Let us know if you would prefer to work with a male or female Benefit Specialist.

Upcoming Events



The Salvation Army—Oshkosh Seasonal Assistance Program

Sign-up Information



Due to COVID-19 there will be
NO in-person sign-ups.

Coats for Kids Sign-up

For birth—18(school age).

(No coats for parents or other adults.)

September 1st—October 30th, 2020

Go to: saoshkosh.org

(go to Program & Services Page)

And click on the corresponding link

Or

Scan QR code with phone camera & follow link.

Coats for Kids



Toy Store



Toy Store (Toys for Tots)

For birth—18(school age).

September 1st—December 4th, 2020

Go to: saoshkosh.org

(go to Program & Services Page)

And click on the corresponding link

Or

Scan QR code with phone camera & follow link.

If no online access, call 920-232-7660 to register over the phone.

WATER CITY CARE MISSION
PRESENTS

ST. ANNE'S CLINIC 449 HIGH AVE. OSHKOSH, WI

a charitable clinic for the uninsured and underinsured

- primary care
- health promotion
- disease prevention
- chronic disease management
- acute illness management
- care coordination
- mental health care (on-site counseling)
- hosting weekly AA meetings



OPENING FALL 2020
TUESDAYS 12–4PM
SATURDAYS 10AM–2PM



*Special thanks to Most Blessed Sacrament Parish
for helping to make this happen!*

CONTACT US

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

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Visit us on the web at:

[www.co.winnebago.wi.us/
veterans](http://www.co.winnebago.wi.us/veterans)



[www.facebook.com/
WinnebagoCVSO](http://www.facebook.com/WinnebagoCVSO)

For a list of more events,
check out our [calendar!](#)