

# WVI Newsletter

July 2019



## Little Blessings Veteran & Community Outreach

WVI recently became aware of a women veteran owned program that focuses on mental wellness, transitioning, reintegration and women veterans. Jamie Paxton (Retired Master Sergeant) served with the 180th Fighter Wing, Toledo Air National Guard from Toledo to Iraq.

Ms. Paxton states “after retirement an upon entry into the ‘civilian world’ I became someone I never knew. I have anxiety, unexplained anger at times, depression and a variety of other things.” Ms. Paxton believes there needs to be opportunities to learn how to transition into a new civilian life. If there is a traumatic experience that occurred, Little Blessings is tailored to meet those needs. Little Blessings uses horses in a variety of ways to provide veterans their own solution-based answers. The veterans have both on and off experience with the horses.

Ms. Paxton would like military service women and men, currently serving or out, along with their families to visit Little Blessings at 44 Samaria Road, Temperance, MI 48182.

Contact Information: Jamie Paxton, Director—(419) 779-0342 or [jamie@littleblessingsveteranoutreach.com](mailto:jamie@littleblessingsveteranoutreach.com) or [www.littleblessingveteransoutreach.com](http://www.littleblessingveteransoutreach.com)

Donations/volunteers always appreciated. Please take a minute to check out the website and share with other veterans.



L-R: M. Hodge, J. Paxton and Lassie  
Provided by: C. Nagy

## VA Toledo Vet Center

Vet Centers are community-based counseling centers that provide a wide range of social and psychological services, including professional readjustment counseling to eligible Veterans, active duty service members, including National Guard and Reserve components, and their families. Readjustment counseling is offered to make a successful transition from military to civilian life or after a traumatic event experienced in the military. Individual, group, marriage and family counseling is offered in addition to referral and connection to other VA or community benefits and services. Vet Center counselors and outreach staff, many of whom are Veterans themselves, are experienced and prepared to discuss the tragedies of war, loss, grief and transition after trauma. VA Toledo Vet Center, (419) 213-7533, 1565 S. Byrne Road, Toledo, Ohio 43614

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# Lucas County Memorial Day Parade

Saturday, May 25 turned out to be a beautiful day for a parade. The sky was blue and the air warm for the comfort of the thirteen women veterans who participated in the parade. Prior to the parade, Elizabeth Sepeda encouraged each veteran to bring another veteran for next years parade. What a great suggestion! This year the banner was carried by Sue Theison and Marva Mason while Diana French called cadence. The color guard was from the UAW and we were followed by the Scott High School Marching Band. The crowd was enthusiastic as they showed their support for women veterans. During the post parade Veteran's Day ceremony, Carolyn Nagy and Diana French presented a wreath in remembrance of women veterans who served in the Armed Forces. A special thank you to Diana French for coordinating the WVI participation in the parade.



WVI Members  
Picture provided by C. Nagy



L-R: C. Zartman, B. Clawson, D. French, D. Schantz and E. Sepeda  
Picture provided by C. Nagy

## Veteran Owned Business

Lori Diver (Army) is the owner of Homestead Soaps. She frequently has a table at the Toledo Farmer's Market so stop by and check out her products. [www.fromthehomestead.com](http://www.fromthehomestead.com).

Becky Ohm (USAF) is the owner of The Flying Joe since 2007. The Flying Joe specializes in hand-crafted espresso, coffee, loose leaf teas and craft cocktails. They are open seven days a week. The hours vary so google the business for specific times. The Flying Joe is located at 2130 Preston Parkway (Levis Commons) Perrysburg.

## Ohio Women Veterans Conference

- ◆ Title: #SheServedToo "Strong - Healthy - Empowered"
- ◆ Friday, August 9 - Mix, Muster & Mingle afternoon and evening optional events.
- ◆ Saturday, August 10 conference at Ohio Union at OSU from 8:00am - 5:00pm
- ◆ Cost: Conference \$34.80 plus processing fee. Parking: \$13.75 (Car pool?)
- ◆ If you plan on attending, let C. Nagy know at [cenagy@bex.net](mailto:cenagy@bex.net) so that a group photo can be arranged and possible car pool
- ◆ Share the Eventbrite link to the registration page: <https://www.eventbrite.com/e/2019-ohio-women-veterans-conference-tickets-60275623011>

## Summer Veteran Family Picnic

United States Vets, Inc will hold a free picnic for all veterans and their family on Sunday, July 14 from 11:00am - 4:00pm at Swan Creek Metropark (4301 Airport Hwy.). There will be food, games and raffles. Please bring a non-perishable food item for the Toledo Food Bank.

RSVP by July 10 to Chris Cremean at [chriscremean@yahoo.com](mailto:chriscremean@yahoo.com) or 419-206-5979.

**WVI Contact: Carolyn Nagy**



United States Vets, Inc. is a tax exempt non-profit organization dedicated to meeting the needs of veterans and their families.