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WVI Newsletter

MARCH 2021



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What's "All the Rage"

Are you frustrated, stressed or angry? Have you ever wanted to throw something and smash it? Well, Amanda Held, Director - Healing Of Our Veterans Equine Services (H.O.O.V.E.S.) has the answer "Rage Painting". Amanda states "this is not a conventional therapy but it is a safe release of emotions." The concept is to physically release the energy you get when mad or angry. There's a connection between mind and body. If you're not doing well mentally you're not going to feel good physically.

A participant can go into the paint studio by themselves or with others, suit up, then fling balls soaked in paint and plastic eggs filled with colored pigment at a canvas. According to Amanda "Most people don't want to go through the experience in solitude. Participants can even throw paint at each others canvas. There are a lot of layers that go into the experience." Each participant will take the canvas home to tap into the emotional release felt during the painting session.

For more information on H.O.O.V.E.S. and its classes and services, go to hooves.us or call 419-930-7936. If interested in WVI arranging a Rage Paint session contact cenagy@bex.net. Information provided by: Toledo Blade & Amanda Held.



Picture provided by A. Held

Something to think about ...

"In March winter is holding back and spring is pulling forward. Something holds and something pulls inside of us too."

Quote by Jean Hersey

VA Scheduling Number for
COVID-19 Vaccine: 419-259-2000 Press 0

Future Travel: International

Who has the bug....the travel bug that is? In the future, according to Emergency Assistance Plus (EA+), there will be digital personal record cards that will contain COVID-19 test results and vaccination records. Travelers will receive a personal code that allows them to board the plane. A health passport app, such as Common Pass, will document the necessary information that will be on your phone to show at the airport. Several airlines, such as United, are already beginning to require Common Pass. **Note:** No start date was identified.

EA+ recommends that travelers verify COVID-19 requirements by contacting the airline's customer service center prior to finalizing travel plans. If a digital health app is required, don't wait until the last minute to set it up.

References: Emergency Assistance Plus, World Health Organization and Common Pass.org



Military Women's Memorial You Tube Channel

Military Women's Memorial now has a special channel and is airing some remarkable stories and interviews. The February 11, 2021 interview was presented by Denise Rucker Kupp (Coast Guard) who is an Ambassador for the Memorial. She spoke about her military history and the history of the Tomb of the Unknown Soldier. The Tomb will be 100 years old in 2021 and the Memorial has signed a partnership agreement with the "Society of the Guards of the Tomb of the Unknown Soldier" to promote the anniversary of this very hallowed ground. To watch the You Tube video go to: (32) Women in Military Service for America Memorial - You Tube. Around the 10 - 11 minute mark there is some very interesting historical information regarding the Unknown Soldier.

There are 3 million women veterans in the United States of which 300,000 have told their story. Denise Rucker Kupp stated "if you wore the uniform, you have a story." WVI would like to encourage its members to tell their story in 2021. If assistance is needed with writing and/or submitting your story contact cenagy@bex.net. Information provided by Judy Pearson - Ambassador - Military Women's Memorial

Military Life Effects the Entire Family

Jamie Paxton (Director - Little Blessings Veteran Outreach) states that there is an 80% divorce rate for combat veterans and 1/3 of the children with a deployed parent are at "high risk" for psycho social issues. The equine programs for military spouses and children are offered in a safe environment. For children that exhibit changes in school performance, lash out in anger or have problems with expressing emotions there is a program that allows them to work on emotions, self regulation and team building skills. The military spouse will work on finding themselves, establishing healthy boundaries, communication skills and learn that there is available support.

To learn more about the programs, contact Jamie Paxton at 419-779-0342 or jamie@littleblessingsveteranoutreach.com. Information from Jamie Paxton



Picture provided by J. Paxton

Marathon Classic Volunteers Needed



United States Vets, Inc. will be one of the recipients of the net proceeds of the 37th annual 2021 Marathon LPGA Classic presented by Dana. The tournament will be held July 5-11 at Highland Meadows Golf Club.

Each charity recipient will be asked to provide 10-12 volunteers for one day at the Tournament plus 3 volunteers to help with course clean-up on Monday, July 12 in the morning. Additional information will be forwarded when available. If interested in volunteering contact cenagy@bex.net.

5K Race & Veterans Resource Event

Task Force 20 presents “Operation: Stronger Together” on PTSD Awareness Day, June 27, 2021 at 6710 Providence Street, Whitehouse, Ohio. Registration fee: \$25 per person. This is a team event but singles are welcome to participate. You may run and/or walk. See attached flier for additional details.

As a veteran organization we will receive 20% of the registration fee if the special link assigned to us is used when registering. United States Vets, Inc. and WVI will also share a table at the Veteran Resource Event. The team size is 4 people, so let’s get friends, family or fellow veterans together for either a walk and/or run. Would anyone like to form a walking and/or running team? Reminder: 5k = 3.1 miles. Contact: cenagy@bex.net if interested.



Picture provided by tf20.org

Memorial Day Parade Update

Jenna Noble (Army) is representing WVI at the Toledo Lucas County Memorial Day Association meetings. Jenna reports:

- * The status of the parade is in limbo due to COVID-19 restrictions. If the parade is a “go,” WVI will march as a unit.
- * The parade committee would like to, at least, offer Memorial Services.
- * Volunteers may be needed to assist with the placement of flags at various cemeteries.

If anyone is interested in marching and/or volunteering to place flags contact cenagy@bex.net.