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WVI Newsletter

MARCH 2022



Spring Card Making Event

- * Sunday, March 20, 2022
- * Time: 2:00pm-3:00pm (Doors open at 1:45pm)
- * Location: 1755 Indian Wood Circle Maumee
- * RSVP deadline Friday, March 18 by noon.
Email: cenagy@bex.net or call 419-893-5491 (home phone) to register
- * Class size: 16
- * Fee will be covered by WVI



Please be prompt. As instructions and “first dibs” choices will be at 2:00pm. Bring a pair of small scissors if desired. Everything will be provided in kits-just adhere parts together and stamp or color. Easy and fun. Make 5-6 multi-occasion cards; keep three cards and your extras will be shipped to “Cards for Soldiers”.

Post event, join your fellow artists at Panera (Ford and Dussel) for a beverage and conversation. (Note: Refreshments are not covered by WVI)

VA Women's Health Re-Engagement Training (heaRT) Continued on Page 3

VA's Office of Women's Health (OWH) has pioneered 30 years of health research and programming for women Veterans. Now, OWH is launching a new program - the VA Women's Health Re-engagement Training (heaRT). This program is designed specifically for women with military service experience who are not enrolled in VA health care.

Women Veterans may experience unique health-related challenges compared to their male counterparts, such as chronic pain, musculoskeletal issues

Something to think about ...

“It was one of those March days when the sun shines hot and wind blows cold: when it is summer in the light and winter in the shade.

Quote by Charles Dickens

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Women's History Month

During World War II, a senior nursing student from Pittsburg, Pennsylvania heard the urgent call from her country to help the war effort and join the US Public Health Services Cadet Nurse Corps. Dorothe did just that and began a journey that would shape not only her life, but that of her daughter and granddaughter.

Dorothe worked among the Native Americans in Talihina, Oklahoma with the "Indian Health Service" and quickly learned to love and respect the culture of one of the "5 Civilized Tribes". She was struck by how little the families had, the amount of tuberculous among the people....but how welcoming and truly happy each person was. The one thing she never failed to include in a conversation about her experience was that in each home, prominently displayed, was a picture of Jesus...and President Roosevelt.

I tell you this story about my Mother to illustrate that you don't have to be "The First..." or "The Best..." to take your place in recorded history. If you served, you DESERVE to be included in history. Register your service to our country at YOUR Military Women's Memorial, our nation's only major national memorial that honors the women who have preserved our precious freedom.

Tell your story (or that of a loved one or friend) by registering at the MilitaryWomensMemorial.org. If you have questions, please reach out to our Ohio Ambassador, Judy Pearson WIM-SA.amb.oh1@gmail.com.

Note: The article and pictures honoring her mother were provide by COL Judy Pearson, U.S. Air Force (Ret.). Judy is also a registered nurse.

WVI would like to encourage our members to become part of history by registering your experience. If anyone needs assistance, contact cenagy@bex.net or 419-893-5491.



Tax Season

As we inch closer to the April 15 tax deadline, AARP Foundation's Tax-Aide is among the programs aimed at helping the military community and others file their state and federal tax returns. Tax-Aide is free and available (appointment only) to all Veterans, military personnel and their families regardless of age or whether they are AARP members.

The nationwide tax help program is geared toward people 50 and older or those who have low to moderate incomes, but Tax-Aide is open to anyone free of charge. AARP membership isn't required to take advantage of Tax-Aide's knowledgeable volunteers, nor will there be any sales pitch for other services.

Due to the pandemic, Tax-Aide availability is limited this year. Other programs offering free tax help include Tax Counseling for the Elderly (TCE), Volunteer Income Tax Assistance (VITA), IRS Free File and MilTax. In addition, here is some helpful information specifically for military Veterans from CPA and tax expert Lisa Greene-Lewis of Turbo Tax.

VA payments exempt from federal taxes:

- * VA education benefit payments.
- * VA disability payments.
- * Interest from VA life insurance policies.
- * Benefits under a dependent-care assistance program.
- * Money paid to a survivor of a member of the armed forces who died after Sept. 10, 2001.
- * Payments made under the compensated work therapy program.
- * Any bonus pay from a state, county, city or town because of service in a combat zone.

Information provided by: US Department of Veterans Affairs: Veteran Benefits Newsletter (2/22)

VA Women's Health Re-Engagement Training (heaRT)

Continued from Page 1

and depression. Research has linked many of these challenges to military experiences that women face, such as ill-fitting equipment, harassment, bias and others. This underscores why it's important that women Veterans know about VA health care and support services.

You have distinct health care needs as an individual, a woman and a Veteran. VA is uniquely equipped to care for you and understands the impact of your service on your health. There are a number of women advocates inside VA to help you navigate your health journey and providers that are trained specifically for your woman- and Veteran-centered health care needs.

The training will be a women-only, one-time, 3.5-hour session. To register, visit <https://calendly.com/womensHearT>. You are welcome to register for any session, but we recommend attending one hosted in your state to learn about customized local resources to you. Note: The virtual training session for Ohio is scheduled for April 5, 2022 from 9:00-1:00pm.

Information provided by U.S. Department of Veteran Affairs Center for Women Veterans, February 2022.

Operation Stronger Together 5K

- * Sunday, June 26, 2022
- * Location: Whitehouse
- * Registration begins: 8:00am
- * Race/Walk begins at 10:00am
- * Free lunch at the American Legion Post 384 sponsored by Trinity Care of Ohio and food provided by veteran owned Warrior Wings
- * Register before May 31 for only \$30.00
- * Visit the Gaven A. Smith Resource Fair in the park
- * Family and friends invited to join the WVI team (walking)

This event will also be a fundraiser for WVI. For each person that registers using the link:

https://runsignup.com/Race/Register/?raceId=115103&multi_use_reservation_code=bRiUqmUN1liY839cSVtn8patbfXqHqZNunder

WVI will receive a \$5.00 donation. Those that would like to register and do not have internet service, contact C. Nagy at 419-893-5491 (land line) for assistance.

Once the temperature rises and the park paths are clear and dry WVI will start training for the 5K (3.1 miles). Information will be provided when available.

Note: Walking in the park will get members in shape for the Lucas County Memorial Day Parade Saturday, May 28.



WVI Walking Team
Picture Provided by: C. Nagy

