



# WVI NEWSLETTER

Sept  
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## The Things She Carried: September 2024

1950's.

Sports in the military have been associated with fitness, morale and patriotism. Team sports allowed for competition within and between the Services. Sports stars were featured in service magazines and newsletters. Championship winning teams and individuals received trophies, jackets and sometime R&R trips.



Information provided by: Military Women's Memorial

## How to get a Free and/or Discounted Mattress

Marie Jones at [SleepDoctor.com](https://www.sleepdoctor.com) writes "We are committed to enhancing community well-being through cutting-edge sleep research and education. At [SleepDoctor.com](https://www.sleepdoctor.com), we believe that a good night's sleep is essential for everyone, especially our veterans, who have given so much. Unfortunately, for many veterans, a quality mattress—an essential component of healthy sleep—is often a financial burden.

To address this, we have curated a list of organizations dedicated to providing free or discounted mattresses to those in need, including veterans. Our resource is designed to make essential sleep solutions more accessible, helping those who served us to achieve the rest they deserve. Resource guide: [How to Get Free and Discounted Mattresses](#)

Link to guide: [sleepdoctor.com/best-mattress/best-cheap-mattress/free-and-discounted-mattress/](https://www.sleepdoctor.com/best-mattress/best-cheap-mattress/free-and-discounted-mattress/) or call 1-844-757-9355.

## Invitation

### Horsing Around

Little Blessings Veteran Community Outreach, Core Wealth Benefits and Women Veterans Initiative are sponsoring a free event on Sunday, September 22 from noon – 3:00pm. The free event consists of lunch, camaraderie and Horsing Around at 5725 W. Sterns Road, Ottawa Lake, Michigan. Dress: Casual. RSVP by September 19 to [cenagy@bex.net](mailto:cenagy@bex.net) or 419-893-5491 (Land Line).

### Coffee Clutch

Join other women veterans for a casual gab session at the Brew House Coffee and Bake Shop (320 Conant Street, Maumee) on Monday, September 16 at 2:00pm. The Brew House serves a variety of coffees, teas, lemonade and delicious calorie loaded desserts. RSVP by September 14 to [cenagy@bex.net](mailto:cenagy@bex.net).

### Advice from a Ladybug

- Spot new opportunities
- Spend time in your garden
- Be well-rounded
- Enjoy the wonders of nature
- Don't let the small things bug you
- Keep family close by
- Be simply beautiful!

Provided by: [Myadviceforlife.com](https://www.myadviceforlife.com)



## Veteran Family Summer Picnic

United States Vets, Inc. sponsored their annual Veteran Family Summer Picnic July 21 at Swan Creek Park from 11:00am-3:00pm. David Neal (Navy) manned the grill and turned out some delicious hamburgers and hot dogs. There were 17 veterans and 7 guests in attendance who enjoyed good conversation, networking and food. A big thank you to the following: Austin Rehberg (Core Wealth) provided a variety of cookies and a presentation on Medicare scams, Beth Vollmer (BOST Benefits) spoke about Medicare and led an exercise session with bands, Jacob Healy (Army and Veteran Outreach Program Specialist) offered information regarding mental health programs, James Cooper (Army and Ohio Means Jobs) provided water and information, and Jim Phillips (Navy) provided information on the cleaning of veteran grave markers. There were a number of raffle baskets, provided by: Lucinda League (Army), Max Piasecki (Home In Stead), Jena Rambo (also a volunteer at the picnic). Louann Fletcher (Supporter) and WWI.



The picnic provided an opportunity for Carolyn Nagy, Cathy Middleton and Sherry Burger Skiba who served in the 350th Evacuation Hospital Detachment #1 during Desert Shield/Storm to renew their friendship and catch up on each other's lives.

## Free Medical Alert System for Veterans

Veterans of all ages may be eligible for a free medical alert system from providers that have partnered with the Department of Veterans Affairs. These systems can help you or your loved one remain safer and more independent even when living alone. These devices are sometimes referred to as personal emergency response systems (PERS) and usually take the form of a bracelet or pendant. The features and functionality vary, from basics such as two-way speech to automatic fall detection, GPS and voice guidance.

Here is a link to access a detailed guide: <https://www.assistedliving.org/best-medical-alert-systems/free-medical-alerts-for-veterans/>

Qualifying for a medical alert system through the VA depends on the veteran's health conditions, functional abilities and quality of life, and eligibility is determined as part of the application process.

To request a medical alert system paid for by the VA:

- Contact the individual's VA primary care doctor or VA hospital clinician
- Discuss the reasons for requesting a medical alert system (no family nearby, risk of falls, previous incidents, etc.)
- The physician may then send a prescription to the VA for authorization
- If approved, the requested device is provided at no cost directly through Latitude USA or MedEquip

The VA Benefits helpline can be contacted at (800) 827-1000. Veterans can also contact their state's Department of Veterans' Affairs office to arrange in-person assistance.