



WVI NEWSLETTER

Nov
2025

Venus Mayes Dalton



We are sad to report that one of our strongest supporters, Venus Mayes Dalton (68 years old) passed on August 30, 2025 in Flower Hospice. Venus served in the Army and was discharged in 1986 as a SP4. She was very patriotic and displayed many military related items in her home. She always wore a veteran cap.

WVI was introduced to Venus in 2017 and throughout the years WVI assisted Venus with moving four times, yard work, vet care for her dog, Fryia, well-

ness checks, transportation, cleaning and much more. She always wanted to give back and help other veterans and she did so with donating Ensure, healing cream and other small items. Her final wish was to donate her clothing to women veterans. This was carried out October 11, 2025 with a free clothing giveaway.

We will remember Venus for her kindness, intelligence, humor, independence, fortitude, determination to live each day but most of all as a good friend.

Free Glass Blowing

Veterans's Glass Blowing Day will be November 22 at the Glass Pavilion Hot Shop (The Toledo Museum of Art). Free sessions will be scheduled between 1:00pm and 4:00pm. Space limited so register at cclasses@toledomuseum.org ASAP.

Holiday Meals

Veterans can request meals for Thanksgiving and Christmas by emailing cenagy@bex.net. Include number of meals and any food allergies or other dietary needs. Thanksgiving deadline: 11/20/25. Christmas deadline: 12/20/25.

Save the Date:

- Day of Honor is the annual veteran's banquet sponsored by Hope Baptist Church (6250 South Avenue Toledo) on November 1, 2025 at 6:00pm. RSVP for the free steak dinner by 10/30/25. Call 419-407-6593. Bring a guest.
- Genesis Village will hold its annual veterans' concert at 6:00pm on November 6, 2025. Reservation not required.
- Immaculate Conception Catholic Church (434 Eastern Avenue Toledo) will hold its annual veterans' mass on Sunday, November 9 at 11:00am. The Knights of Columbus will serve as the Honor Guard. A free lunch will be served immediately after the service in the church.
- 21 st Annual Veteran Day Resource Fair and Appreciation Breakfast will be held November 11 from 8:00am- 11:00am in Savage Arena at UT. Reservations not required.
- Annual Holiday Party will be December 7 from 2:00pm – 5:00pm at Genesis Village. RSVP by December 1 to cenagy@bex.net.

Assessing Your Surroundings

Conquering clutter

Is clutter driving you crazy? You're not alone. Our surroundings can impact our mood, stress, and even our safety.

Why Declutter?

Clutter can make us feel overwhelmed or sad. It can prevent us from doing things we love. Too much clutter can even lead to accidents or falls.

Get Started with SMART Goals

Pick the area that bothers you most. Set a smart goal (Specific, Measurable, Action-oriented, Realistic, Time-based). Example: "Clear the top drawer of my dresser this weekend."

Tips from Organizers

- Sort items into boxes: "throw away," "put away," or "donate."
- Touch each item and decide where it goes.
- Take action on each box right away.

You're Not Alone

Feeling stuck? Whole Health classes and coaching can help you tackle clutter and create a space that supports your best life. Contact your local VA facility or check out Assessing Your Surroundings handout for more tips. What's one small space you could declutter this week? Information: va.gov/wholehealth

Article: Veterans Health, September 2025



Happy Thanksgiving!



Operation: Color with Confidence

Women Veteran Initiative gathered at Genesis Village for an afternoon of color, Operation: Color with Confidence that is. Allison Kwasniak (owner Color her Confident 419-862-5448) provided an overview on how to select colors that show the woman at her best confident self. The attendees had many good questions and the opportunity to consult with Allison individually. There were tables of free colorful scarves and jewelry that could be used to accent the attendees existing wardrobe, delicious homemade brownies and beverages, raffle baskets and conversation to round out the afternoon.

Picture: Allison Kwasniak
Picture provided by: C. Nagy

