



WVI NEWSLETTER



Women Veteran Retreat



Love Thyself: A Women Veteran Retreat took place on February 21, 2026, at American Legion Post #587 from 9:00 a.m. to 3:00 p.m. The event welcomed 23 women veterans along with 14 guests and volunteers for a day focused on wellness, connection, and empowerment.

Speakers shared valuable insights on topics including brain health, heart health, hormones, and navigating life transitions. Participants also explored practical self-defense techniques and wrapped up the day learning three fun line dances.

Resource tables offered information from Arista Home Care Solutions, Women Safety Education, Operation Outfit, American Legion membership, Alcoholics Anonymous and the Military Women's Memorial, along with opportunities to connect personally with the presenters.

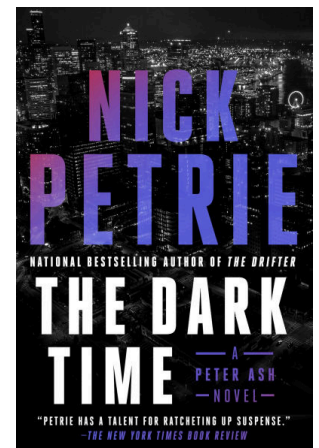


Veteran Advocate

Award-winning author Nick Petrie. will be appearing at the Toledo Lucas County Public Library on April 2 to discuss the latest book in the Peter Ash series, *The Dark Time*, which follows a war veteran struggling with PTSD who finds himself in dangerous situations and facing challenges that only a man with his unique skill set can solve.

Nick is an advocate for veterans' rights and support, and he would love for members of the local veteran community to have the opportunity to attend this event.

Register with the Toledo Lucas County Library.



Veteran Suicide Prevention

VA recently released the National Veteran Suicide Prevention Annual Report, which analyzes Veteran suicide from 2001 to 2023, the most recent year for which data is available.

The report shows there were 6,398 suicides among Veterans in 2023, down from 6,442 in 2022. The average number of Veteran suicides per day fell slightly, to 17.5 in 2023 from 17.6 in 2022.

Other key findings from the report include:

- 61% of Veterans who died by suicide in 2023 were not receiving VA health care in the last year of their life.
- The suicide rate per 100,000 Veterans rose for both male and female Veterans in 2023. For women, the rate rose from 13.7 to 13.9, and for men, it rose from 37.3 to 37.8.
- Suicide rates are elevated for Veterans aged 18 to 34 years, and those with certain risk characteristics, including homelessness, health problems and pain. The most frequently identified risk factor for suicide was pain.

In fiscal year 2025, VA offered 1.3 million calls, chats and texts to Veterans in need through the Veterans Crisis Line, a 39% increase over the prior year, with a Veteran satisfaction rate of 97%. The VA continues to expand suicide prevention training with health care professionals both at VA and in the community.

Suicide prevention is VA's top clinical priority, and all VA health care facilities provide Veterans same-day emergency mental health care access if they need it. If you're a Veteran in crisis or concerned about one, contact the Veterans Crisis Line to receive 24/7 confidential support. To reach responders, dial 988 then press 1. You don't have to be enrolled in VA benefits or health care to call.

Article: VA News February 2026

Ohio Veteran Convention

The Ohio Department of Veteran Services has announced that the next Ohio Veteran Convention will be August 8, 2026 at the Ohio Union (1739 N. High Street Columbus) on the OSU campus. Attendee online registration open April 1, 2026.

**The 2026
Ohio Veterans
Convention**

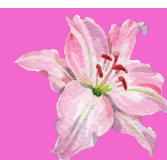
**Save
the Date**

**August 8,
2026**

Presented by



Department of
Veterans Services



cont: Retreat

Guests enjoyed a delicious morning snack and lunch prepared by Debbie Raric of American Legion Post #587. Marie Good composed and read a special poem titled “Sisters in Service, Walk Proud” for the retreat. The poem has been posted on the Women Veterans Initiative of North West Ohio FB page.

Special thanks to all the speakers, volunteers, donors, and sponsors who made this relaxing and uplifting retreat possible, including American Legion Post #587, American Legion Post #553, and the Women Veterans Initiative.

Sponsors: American Legion Post #587 and #553 and the Women Veterans Initiative.
Picture provided by: C. Nagy

Sam’s Club Grant

United States Vets, Inc. is pleased to announce that it has received a Spark Good Local

Grant from Sam’s Club (Holland). This generous support will help provide emergency assistance to local veterans and their families when unexpected needs arise. We are grateful for Sam’s Club’s commitment to supporting those who have served our community and country



Happy Easter

