



# VETERANS CHRONICLE

FRIDAY, May 17, 2019



Learn more  
at VeteransHelpNet.com.

## A special message from Veterans Help Net

### What veterans say when we ask about VA benefits ...

“There are veterans who are more deserving.”

“I tried once, but it took too long.”

“They gave me a run around ... they kept asking for more stuff.”

“I couldn’t find my records.”

“Is it really worth it?”

### But what do MORE veterans say?

“I wish I would have kept trying.”

“Why didn’t anyone tell me about this?”

“I wish I would have known about this 20 years ago.”

“I didn’t know that it would also help my family.”

*We hear these statements every day. If you’re a veteran or you know a veteran, you need to know ...*

## You do deserve it! It is worth it! You can get through the process!

**To all veterans, remember:** You served. You owe it to yourself and your family to seek the VA benefits that you earned through your service and sacrifice.

**If you quit, try again!**

**If you never started, begin now!**

No one will do it for you; you have to do your part to gather necessary information and documents to complete any application. But there


are many people and resources in your community that can and want to help you access your benefits!

Don’t wait. It will make your life better.

If you’re wondering where to start, see “How Do I Get Help?” (right) for resources that can answer questions about benefit eligibility and application assistance.

## HOW CAN I GET HELP?

Every county and state has a Veteran Affairs office to answer questions about benefits and provide assistance. There are also other useful resources for veterans in the Inland Northwest.




### GO ONLINE

**VA.gov**  
The Department of Veterans Affairs website has resources on every topic relevant to veterans.

**VA.gov/welcome-kit**  
The VA Welcome Guide covers all types of benefits and services available for veterans, new recruits, active service members and their families.

**DAV9.com**  
Based in Post Falls, Disabled American Veterans Chapter 9 Fort Sherman shares links and information to both local and national help organizations for veterans.

**Explore.VA.gov/benefits-navigator**  
Explore VA benefits and discover which ones you and your family may be eligible to receive.




### IN PERSON

**Spokane County Regional Veteran Service**  
**1117 N. Evergreen Rd., Spokane Valley, WA (509) 477-3690**  
Apply for emergency services, or have any benefits or service questions answered by 5 Veteran Service Officers (VSO) and staff.

**North Idaho Veteran Services and Benefits Office**  
**120 E. Railroad Ave., Post Falls, ID (208) 446-1092**  
Meet with a VSO or staff for help with VA benefits enrollment, claims or other veteran needs.

**Goodwill Support Services for Veteran Families (SSVF)**  
**130 E. Third Ave., Spokane, WA (509) 828-2449**  
SSVF helps homeless veterans and their families find housing and connects veterans with other support organizations.



### BY PHONE

**Spokane County Regional Veteran Service (509) 477-3690**  
**North Idaho Veteran Services and Benefits Office (208) 446-1092**  
**Veteran Crisis Line 1 (800) 273-8255, press 1**  
**North Idaho Crisis Center (208) 625-4884**  
**Washington or Idaho 2-1-1**  
**Dial “2-1-1” for health and human resources referrals. Healthcare for Homeless Veterans HCHV**  
**In Person or Phone 504 E. Second Ave., Spokane, WA Phone: (509) 435-2019**  
Provides healthcare and outreach for housing, job opportunities and counseling.

### Veteran Testimonial

I’m a 60 year old Army veteran. I never used the VA before because of the stories I had heard. This year, I needed to use my VA benefits. I love the VA health care system. I was concerned because my serious health issues were not being taken care of in the private health sector. I have made more progress in two months with the VA than 3 years in the private side. The treatment and respect I experience is incredible. I love my VA!

## Rich’s story part II: “The Walk”

By Rich Henning

As you may remember from last month’s issue, my name is Rich Henning and I am a proud, retired, 100% disabled soldier. As a soldier, we realize quickly that we have a mission

that is much bigger than ourselves – a mission that involves not only service to country, but service to others.

Ten years after my retirement, I was still lost and still trying to fit in. I got help and now I am trying to help others with PTSD. The Army is my past and my community is my future. I simply need to lead and serve in my community now.

While attending a Project Odyssey Event, I was challenged to address my self-sabotaging belief that I am “the only one suffering” and that “no one” understands my pain. I now realize I am not alone! It awakened me to the realization that I can and will take responsibility for my actions, my fears and my isolation.

On June 24, 2019, I am beginning a 500 Mile Walking Journey to bring PTSD awareness to veterans and their communities. My mission is to share my success so other veterans will see the potential to manage their PTSD and access help. Beyond supporting PTSD, I intend to connect veterans with agencies that will assist them with disability claims, housing assistance, job assistance, education benefits, and more.

During my walk, I will create a video documentary focusing on PTSD success stories and confidence building through exercise, teamwork, and resilience. More importantly, the walk will reestablish the courage for struggling veterans to live with energy, determination, and the tools necessary to adjust to a new life outside of the military reestablishing their much needed leadership in our communities.

The completed documentary will be shared with our non-profit veteran sponsors, local veteran

centers, and any other agency dedicated to assisting veterans.

My walk will begin in Olympia, Wash., and then continue to Seattle, the Montana border, and home to Coeur d’Alene, Idaho. I will be conducting daily vlogs and podcasts along the way. I invite people along the way to contact me if they would like to host one of these informative vlogs.


I will meet with warriors along my route and encourage them to walk with me so as to share the amazing resources available that can lead them to success. These amazing warriors need to see that they have a community that cares about them and values their knowledge, leadership and selfless service.

Additionally, in collaboration with North Idaho College, I am proud to announce that we have created an academic scholarship to be granted to a veteran exuding the spirit of leadership, determination and selfless dedication to community.

I lost my courage to seek help, to seek the care I needed to regain my life. Please believe that you are worth this care and have the courage to find your way. Please consider joining me and these other warriors on a journey of enlightenment, education, awareness of PTSD and essential veteran programs.

Read Rich’s complete story at [www.veteranshelpnet.com](http://www.veteranshelpnet.com). Follow his journey and make donations at [www.walkawayfromptsd.com](http://www.walkawayfromptsd.com). Contact Rich at [richforcuisine@yahoo.com](mailto:richforcuisine@yahoo.com) or by (208) 651-9673.

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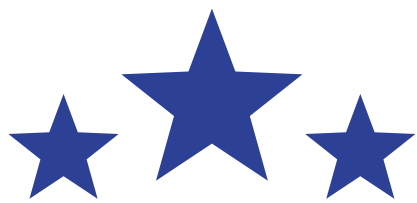


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## VFW Post 51 helps veterans, community

Veterans of Foreign Wars Post 51 is a nonprofit service organization that helps veterans in our community. The mission of the VFW is to foster camaraderie among veterans of overseas conflicts; to serve our veterans, the military, and our communities; and to advocate on behalf of all veterans. We work to ensure that veterans are respected for their service; always receive their earned entitlements; and are recognized for the sacrifices they and their loved ones have made on behalf of this great county.

*VFW Post 51 has a Service Office to assist veterans with VA benefits and claims. For more information, call (509) 327-9847 or visit the post at 300 W. Mission Ave., Spokane.*



## Post 147 helps Priest River veteran in distress

When veterans in the Priest River area need help, they know that American Legion Post 147 is there for them.

This winter, a local Vietnam veteran with back cancer needed help to heat his home. After reaching out to other organizations without resolve, the veteran heard about Post 147.

“He told us that his back made it impossible for him to chop wood or even to haul chopped wood into his trailer,” said Terri

English, Post 147’s finance officer. “We realized that he needed another way to keep warm. If he didn’t get help, his back would get worse – or he might freeze to death this winter.”

Post 147 leaders visited the veteran’s home and looked for options. With the help of a local propane professional, Idaho Community Foundation, and the labor of several Post 147 members, a new propane heating system was installed in the veteran’s home.

“He reached out for help for several organizations in the area and Post 147 came to his aid,” said Wm Hughes Crumpler, Commander of Post 147. “We are veterans helping veterans. If you are a veteran who wants to help our brothers and sisters in need, we welcome you.”

*For more information, contact Post 147 at IdahoLegionPost147@gmail.com.*



## Sobriety Support Group is a useful resource for combat veterans

Facilitated by Curley Lawson, LICSW, this weekly sobriety support group works to gradually weaken alcohol, drug, and substance associations, halt the cycle of addiction, and allow time for new associations to form as one experiences life with addictive chemicals. As one continues to make peace with the facts regarding his or her arrested addiction – that is, as one

continues to recognize alcohol and drug as non-option – one comes to prefer a sober life; one longs to preserve it, to respect the arrested addiction and to protect the new sober life. Remember: sobriety is a journey, not a destination.

**Meets Tuesdays, 10-11:30 a.m.  
Spokane Veteran Center  
13109 E. Mirabeau Parkway  
Spokane Valley**

*Combat veterans of all eras and military sexual trauma survivors are eligible to attend upon completion of an intake assessment. Contact Andrea at (509) 893-4752 to make an intake appointment; DD214 required.*

### HEY, VETERANS DID YOU KNOW

#### National Guard are eligible for VA home loans?

*National Guard members and reservists are eligible for a VA home loan if they have completed at least six years of honorable service, are mobilized for active duty service for a period of at least 90 days, or have been discharged because of a service-connected disability. Reservists who do not qualify for VA housing loan benefits may be eligible for loans on favorable terms insured by the Federal Housing Administration (FHA).*

*For more information, contact Spokane County Veteran Services at (509) 477-3690.*

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## VA, PsychArmor offers free suicide prevention training video

The U.S. Department of Veterans Affairs (VA), in collaboration with PsychArmor Institute, a national nonprofit that provides online education and support to Americans who work with, live with, or care for military service members, veterans, and their families, recently launched an online suicide-prevention training video, titled “SAVE,” which is designed to equip anyone who interacts with veterans to

demonstrate care, support, and compassion when talking with a veteran who could be at risk for suicide.

SAVE, which stands for Signs, Ask, Validate, Encourage, and Expedite, offers simple steps anyone – whether a treatment provider, clinician, friend, or family member – can take when talking with veterans at risk for suicide.

“VA is leading efforts to prevent suicide among

## HEY, VETERANS DID YOU KNOW

### Type II diabetes can lead to many other service-connected disabilities?

If you receive VA disability compensation for diabetes mellitus (Type 2), check with your treating physician/specialist to see if other conditions may be considered a secondary condition as a result of your diabetes. You should also request an independent medical exam (IME). You may be able to increase your compensation and receive additional benefits. Contact a Veteran Service Officer (VSO) listed on page 1.

veterans, but VA alone cannot end veteran suicide,” said VA former Acting Secretary Peter O’Rourke. “We need strategic partners, care providers, and communities to join us in this effort. Resources such as SAVE are crucial in helping all Americans support veterans in their community.”

VA suicide prevention coordinators have led the SAVE course at VA facilities and community centers across the nation. The VA officials said extending and promoting this important training outside VA is critical in helping everyone play a role in suicide prevention.

The 25-minute online training course covers three main topics of suicide as a public health issue in the U.S., signs that a veteran may be at risk for suicide, and actions people can take if they identify a veteran at risk.

**The FREE training video can be viewed at [psycharmor.org/courses/s-a-v-e/](http://psycharmor.org/courses/s-a-v-e/).**



## What not to say to a veteran

By Jason Moon

It is important that we understand that how we address combat veterans not only shows understanding, compassion and respect, but saying the right or wrong thing can open doors to help and healing.

### What not to say

**1** Never say “What was it like?” Or “Tell me about your war experience” or “How many people did you kill?” These types of

questions can lead to re-experiencing the trauma of combat and that is the fundamental driving force of PTSD.

**2** Never say “I know how you must feel.” Civilians can never know and experience the pain of war like a veteran; it’s not the same as other types of trauma.

**3** Don’t say “I’m glad you made it home OK” or “I’m glad you’re home safe” or “I’m glad nothing bad happened to you.” All combat

veterans have damage, even if their injuries are not visible.

**4** Finally – and this is the MOST important and the HARDEST for non-veterans to understand – you should never, never, never offer a veteran help unless you are 100% sure that you can follow through. A veteran in crisis may reach out at any time of day or night. If you don’t feel capable, learn about the resources that can assist veterans (see page 1 “How Can I Get Help?”).

### What to say to invite conversation

**1** Say, “Welcome home.”

**2** You can say, “Thank you for your service.” Regardless of how a veteran feels about their service, they’re willing to serve and we thank them for that.

**3** Say, “I’m sorry” or “I’m sorry for your suffering” or “I’m sorry you have to go through this.”


**4** It is OK to say, “We’ll never forget.” When you say this to a veteran, you are implying that as an American, you are in it with them.

**5** Finally ... say nothing. Quit talking and start listening. By listening without judgment or waiting for your chance to speak, you can give a veteran the opportunity to share their truth and share the weight of the burdens they carry.

*Adapted from an essay by Iraq War veteran Jason Moon. Jason was interviewed on The Story, a nationally syndicated public radio program from American Public Media, about the things people say that alienate and anger combat veterans in 2013.*

**Do you have your own list of what to say or not to say to a veteran? Send a note to [info@veteranshelpnet.com](mailto:info@veteranshelpnet.com) or text (509) 655-9266.**

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Visit [alz.org/CRF](http://alz.org/CRF) to register online and explore additional education programs in your area.

**DSHS-approved Continuing Education hours (CEs) are available for professionals upon request. There is a \$20 processing fee for 2 CEs if requested for this program.**

**Thursday, June 13, 2019 2 to 4 p.m.**



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There will be door prizes on July 2<sup>nd</sup> & a raffle drawing on the last day, July 6<sup>th</sup>.

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# New resource center offers help to struggling Spokane residents



By Casey Decker and Ian Smay

SPOKANE — Spokane’s Resource Center, which provides a place for nonprofits to offer services in one central location, held its grand opening on Monday, March 11.

Previously known as Envision Center, the center’s full name is the Spokane Resource Center: A HUD EnVision Center, according to City of Spokane Communications Manager Julie Happy.

The grand opening event included a social hour, followed by tours, a chance to meet service providers who will be present in the center and staff members explaining who the center will serve and how it will operate, according to Happy. In March, the center held a “soft opening,” which allowed service

providers like Catholic Charities and the Arc to move into the center. During the soft opening, they helped people but didn’t take walk-ins.

“There’s been just shy of 40 appointments a week,” said Alex Reynolds with the City of Spokane’s Integrated Social Service.

Reynolds says that the Resource Center is a big part of the fight against homelessness but there are other purposes, too.

“We want to help people who are on the verge of homelessness, people who are homeless, and people who are getting by but they feel like they’re just not living up to their potential and they’re under-served here in Spokane,” he said.

The services are grouped into seven categories: housing, pre-employment, health and wellness, peer mentoring, education and workshops, benefits and basic needs and justice.

Housing will be one of the most important sectors of the Resource Center.

“I think it is going to be a large piece. It’s one of our main service areas that we’re focusing on,” Reynolds said.

There is legal help for those trying to re-enter society after being in jail, and assistance with work or housing rights.

“If you’re a tenant and you have an issue with your landlord and you’re not really sure how to resolve that dispute, we have legal help here,” Reynolds said.

There’s help with access to healthcare, classes on handling finances, and preparation for job searches.

The Resource Center is on the second floor of the WorkSource building at 130 S. Arthur St., just east of downtown. WorkSource is a state program aimed at helping

people get jobs, but some people have more immediate needs before they can begin that search. “Really we would call it pre-employment,” Reynolds said. “This is to help prepare people to be able to go downstairs and really access the services down there to their maximum effect.”

Though having all the services in one place is a big help, the Resource Center aims to take that centralization a step further by making sure the providers are actively collaborating with each other.

“So if somebody’s working with Catholic Charities, and they identify that somebody has some healthcare needs, then they could walk them over to the CHAS staff member,” Reynolds said. “[That’s] rather than sending them across town for those services, and maybe they [wouldn’t] make it the same day. So this is to make that same-day, face-to-face connection.”

Reynolds says they have received mostly good feedback from the providers about that collaborative process so far.

## VOLUNTEER OPPORTUNITIES

 Volunteer DAV Van Drivers are needed in Coeur d’Alene, Sandpoint and Spokane. If you can donate one day per week to drive disabled veterans, contact Jeannie Kyle at (509) 434-7019 for more information.

 Newby-ginnings of North Idaho, Inc. provides basic necessities and essential household items to veterans, active military and their families at no cost. For volunteer opportunities, call (208) 619-6996. Hours of operation are Monday-Wednesday, 9 a.m.-5 p.m. 570 Clearwater Loop, Unit A, Post Falls, Idaho.

 VeteransHelpNet needs volunteers to gather and share stories for Veterans Chronicle, and to help us connect with local organizations that provide support for veterans. For more information, contact Don Walker at (509) 655-9266 or don@Vethelpnet.com. Learn more at VeteransHelpNet.com.

VeteransHelpNet partners with *The Spokesman-Review* to publish **Veterans Chronicle** on the third Friday of every month to increase awareness about veteran issues and help veterans find hope and help.

If you would like to share a veteran story or a “Did You Know” fact about resources for veterans, please contact [info@VeteransHelpNet.com](mailto:info@VeteransHelpNet.com) or visit [www.VeteransHelpNet.com](http://www.VeteransHelpNet.com). For advertising information, please contact (509) 459-5095 or [advertising@spokesman.com](mailto:advertising@spokesman.com).

### HEY. VETERANS DID YOU KNOW

#### You can camp for free?

Idaho veterans with 100 percent service-related disabilities receive free camping and day-use access within Idaho’s State Parks. For details, visit <https://parksandrecreation.idaho.gov/activities/camping> and select “Discounts and Fees.” Washington veterans with 30 percent service-related disabilities receive a free Lifetime Pass free camping/moorage and campsite reservations. For details, visit <https://parks.state.wa.us/205/Passes>.

### HEY. VETERANS DID YOU KNOW

#### You can get a zero premium Medicare plan?

If you are Medicare age (65 and older) and receive VA health care, zero premium Medicare plans are available in some counties that you can use as a back up to your VA health care. There’s no monthly cost to you! For more information, contact Tim Osterman at Omega Benefits Group at (509) 991-0992 or email [timo@cio.net](mailto:timo@cio.net).

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***There are six ways to get a disability or condition service connected?***

Service connection is when VA recognizes that a veteran's condition is the result of or due to military service. The six ways to establish service connection are:

**Direct service connection:** A disability, injury or illness that was incurred during active military service.

**Presumptive service connection:** Certain chronic and tropical diseases, if the disease becomes at least 10 percent disabling within the applicable time limit following service.

**Secondary service connection:** A new disability that's linked to a service-connected disability you already have.

**Aggravation:** A preexisting non-service-connected disability, injury or illness determined to be made worse by active military service.

**Paired organ:** Combination of service-connected and non-service-connected disabilities as if both were service-connected for paired organs and extremities (eyes, kidneys, hands, etc.).

**1151 service connection:** A disability, injury, illness or death that results from negligence by a VA medical professional or facility, or due to participation in a program of vocational rehabilitation.

For more information, see "How Can I Get Help" on page 1.

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# UPCOMING EVENTS



## Stand Downs connect veterans with supplies and services

Stand Downs are one- to three-day events providing supplies and services to homeless veterans, such as food, shelter, clothing, health screenings and VA Social Security benefits counseling. Veterans can also receive referrals to other assistance such as health care, housing solutions, employment, substance use treatment and mental health counseling. They are collaborative events, coordinated between local VA Medical Centers, other government agencies and community-based homeless service providers.

For more information, contact Mann-Grandstaff VAMC Outreach /Stand Down Coordinator Kevin Copelin at (509) 462-2500, ext. 4017 or [Kevin.Copelin@va.gov](mailto:Kevin.Copelin@va.gov). Visit <https://www.va.gov/homeless/events.asp> to find Stand Down events across the country.

## Financial Education Workshops for veterans

The Spokane County Regional Veteran Services Center is partnering with Spokane Federal Credit Union to provide veterans with monthly Financial Education Workshops. Veterans, active military and their family members are invited to attend.

May 29, 4 p.m., “How to access a VA mortgage”

June 24, 4 p.m., “How to build or rebuild your credit”

July 29, 4 p.m., “The Basics of Estate Planning”

Aug. 28, 4 p.m., “How to Make the Financial Transition to Civilian Life”

Sept. 30, 4 p.m., “Borrowing Protections for Veterans”

All workshops will be held at the Spokane County Regional Veteran Services Center, 1117 N. Evergreen Road, Spokane Valley, WA 99216. Please call (509) 477-3690 to sign up.



## Traveling Vietnam veterans memorial to visit Medical Lake

“The Moving Wall” is a half-size replica of the Washington, D.C. Vietnam Veterans Memorial that has toured the country for over 30 years. Re\*Imagine Medical Lake and community partners are bringing The Moving Wall to Medical Lake for the 2019 Founders Day Festival.

The Moving Wall will be exhibited at 200 Block S. Prentis St., west of the Medical Lake Middle School, Thursday, June 13 through Sunday, June 16. It will be open to the public daily, 24 hours each day. There is also a schedule of special events:

Thurs., June 13, 6 p.m. : Opening Ceremony

Sat., June 15, 12 p.m. : Dedication Ceremony with flyover

Sun., June 16, 6 p.m. : Closing Ceremony

For more information, visit [medicallake.org/vmwall/](http://medicallake.org/vmwall/).

Send events to [info@veteranshelpnet.com](mailto:info@veteranshelpnet.com)

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