

Warriors Heart to Art Retreat: “The art broke me open to things I couldn’t say”

By Mary DeLateur, LICSW
Warriors Heart to Art Retreat Director



It’s early Saturday morning, the final full day of our retreat. A few veterans are sipping coffee in the dining room, quietly talking; others sit together in silence while journaling.

Down the hall in the great room, there is artistic chaos strewn over and under the tables after three days of creating under the guidance of an art professor. The once tidy circle of chairs in the middle of the room are scattered in smaller groups amid guitars, flutes, shoes slipped off and retreat folders.

And on the far west end of this room, with a 20-foot glass view of Mother Nature’s majesty, there is already a fire crackling. Feels like home.

The Warriors Heart to Art retreat uses the expressive arts to help veterans with post-traumatic stress tell their story, not with words, but with paint, glue, shards of broken glass, nuts and bolts, barbed wire and anything they find on their walks.

They tell their story through song, digging to find feelings that can only point to the unspeakable. They tell their story during Tai Chi, moving shoulders stiff with moral burdens and legs that have walked among the dead. Their bodies surrender stories under the healing hands of massage therapists.

Often, the horror of the initial trauma renders one speechless, but right brain art activities can open the door to healing. Warriors Heart

to Art is a Spokane based, all-volunteer non-profit organization whose mission is to help veterans heal through art and fellowship and to help our community understand military trauma. Veterans of all ages, eras and genders who struggle are welcome to attend.

The last night of the retreat, the vets emerge to do truth-telling at “The Welcome.” This public gathering is held at Unitarian Universalist Church on Fort George Wright Drive. The veterans choose if and how to share their truth and the public bears witness. It is a powerful combination of fear and triumph of the human spirit surrounded by battle buddies, friends, family and strangers.

This year’s retreat is Nov. 20-24. The retreat is offered to veterans at no cost thanks to donations from area partners.

“The Welcome” is 7 p.m. on Saturday, Nov. 23. The event is appropriate for high school juniors and older.

To register, donate or volunteer, visit www.warriorshearttoart.org. Call (509) 939-0324 for more information.

HEY, VETERANS DID YOU KNOW

Base Exchange is expanding to serve more veterans?

Starting Jan. 1, all service-connected disabled veterans, Purple Heart recipients, former prisoners of war and primary veteran caregivers will be eligible to shop at base commissaries and exchanges. The fiscal 2019 National Defense Authorization Act expanded the pool of eligible shoppers by about 50%. If you are a disabled veteran with any service-connected disability, your VA health card will give access to military bases at the front gate; previously only 100% service-connected disabled veterans were eligible.



How cash benefit can help seniors

By Holland McBurns
Evergreen Elder Law

Seniors are faced with rising costs of long-term care, and some must decide to sell a house or deplete their savings to pay for ongoing care.

Veterans and surviving spouses who are eligible for a VA pension and require the aid and attendance of another person may be eligible for additional monetary payment.

A veteran does not need to have a service connected disability to be eligible for the Aid & Attendance pension benefit.

There are certain criteria that must be met to receive this benefit:

1. The veteran must have served 90 days of active duty during a period of conflict.
2. The veteran or surviving spouse requires assistance with at least some of the following: bathing, toileting, general hygiene, eating, transferring and transportation.
3. The veteran or surviving spouse must meet an income and asset test. The asset test allows for a net worth of \$123,600. A home, “reasonable

lot area,” personal effects and some vehicles are not countable. To satisfy the income test, gross income must be slightly less than medical expenses. For example, if veteran or surviving spouse has an income from social security and pension of \$3,000/month and the cost of long-term care is \$4,000 per month, VA calls that a -\$1000. Typically, the need for long-term care would satisfy this income test. The benefit continues for life.

The Aid & Attendance benefit can be difficult to navigate and determine eligibility, but it is an underutilized resource that more veterans and surviving spouses can get. This process can be complicated and consulting your Veteran Service Officer and/or a VA accredited elder law attorney is recommended.

If you think you may qualify, Evergreen Elder Law offers a free consultation. Visit www.evergreenelderlaw.com or call (509) 325-5222.

Does this sound like someone you know? Show them this article!

“Not just a bunch of old guys telling war stories” at Valley Legion Post

By Dr. David Sutton
Chaplain

To say the Vernon J. Baker American Legion Post 241 in Spokane Valley is busy and active may be an understatement.

Monthly meetings at Holman-Gardens Retirement Community are attended by 25-30 members, but the real work is done in the community.

The Legion Post has qualified and certified Veteran Service Officers who are ready to help former military members receive their entitled benefits.

“Many of our veterans are unaware of what benefits they are entitled to,” said past Post Commander Tim Gray, a VSO who served in the United States Air Force.

The Post 241 Adjutant Officer Anthony Bradley, a retired U.S. Army veteran, works with homeless and indigent veterans in Spokane. He is very knowledgeable of their needs and resources to assist them.

The Post sponsors both a Cub Scout den and a Boy Scout troop. The Cubs meets at McDonald Elementary. The Boy Scout Troop specializes in flag etiquette. Paul Fuchs heads up the Scouting activities at the Post. He is a Son of The American Legion, a support organization of non-veterans whose parents or grandparents served.

Twice a year, the Post veterans work at an I-90 rest stop to provide free coffee and snacks,

and encouragement to travel safely, to motorists.

“We meet so many veterans at the rest stops,” reported Navy veteran Neal Arveschong. “We exchange stories and express appreciation and support.”

The Post also volunteers at Hoopfest, cleaning the streets and removing trash. Their booth gives free water to players and spectators.

The Post 241 Honor Guard is always in demand. This elite group serves at school activities, funerals, sporting events and parades. It is seeking more veterans who want to serve in this capacity.

As a service to the community, Post 241 has a Chaplaincy Program whereby the Chaplain is available to perform funeral services for veterans. Post volunteers in the program also arrange visits with veterans and their families in local hospitals and nursing homes.

World War II veteran Betty Woolley stays in contact with all the widows of deceased Post members. She sends birthday cards to members, and assists in Chaplaincy-related correspondence.

“We need to keep in front of our vets the fact that we are involved in God and country,” she said.

The Post also supports American Legion Baseball, the world’s largest amateur baseball organization. Thom Sutton, a



U.S. Army Vietnam vet, and Dave Sutton, a U.S. Army vet, have been umpiring for a combined total of 75 years and enjoy traveling to games in Washington and Idaho.

“We take extra flags and information wherever we go,” said Thom. “We just promote American Legion as an entity, but sure brag a lot about our Post back home.”

Several Post members have gone on the Northwest Honor Flight to visit military memorials in Washington D.C., including Tzena Scarborough, U.S. Army; Rex Walker, U.S. Marine Corps; Bill Lee, U.S. Air Force; Neil Arveschong; U.S. Navy; David Sutton, U.S. Army; Chet Bothun, U.S. Air Force; and Neil Fuchs, U.S. Army.

The Vernon J. Baker American Legion Post 241 certainly does stay busy.

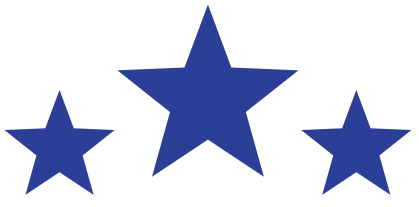
“We all can’t do everything” said one member. “But we tell people that it’s like many other things in life ... you get out of it what you put in it!”

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Veteran Bill Misner, USMC, medals at Golden Age Games

By Bret Bowers, PAO
Mann-Grandstaff VAMC

Vietnam War-era veteran Bill Misner, a Marine, participated with 733 veterans in the 33rd Annual National Veterans Golden Age Games, June 5-10, 2019, in Anchorage, Alaska, earning medals in every event he entered. Misner, 79-years-old and a Native American veteran of Oklahoma's Choctaw Nation, received permission to wear a racing singlet displaying the Spokane Tribe of Indians' Salish emblem, honoring his local ties with the Tribe, as Misner is a member of the American Indian Veterans Advisory Council (AIVAC) at the Spokane VA. Misner earned gold medals in three Golden Age Games running events: the 1500m, 100m and 400m – despite

having to complete all three events in less than 45 minutes! He also earned a silver medal for the javelin and a bronze medal for the 25m freestyle swim. "Bill totally encompasses whole health in his everyday life and I think that played a huge role in his performance," said VA Recreation Therapist Chelsey Pangborn. "I had so much fun, and Chelsey was just terrific for her outstanding support. I am grateful to Mann-Grandstaff VAMC and the entire Physical Therapy team for how the VA is empowering my life and clearly, so many more!" Misner said. After his military enlistment, Misner earned a Ph.D in nutrition and



dedicated his life to helping others through healthy eating and exercise that can curb diabetes and heart disease.



In 2014, Misner set a world record for the 1-mile run (on a calibrated treadmill) in the Mann-Grandstaff VAMC Physical Therapy clinic, with VA staff and veterans cheering him on. KREM-2 News produced a feature story on his training regimen

and life-changing success at the VA. The Golden Age Games are just one of several events VA sponsors or facilitates for veterans year-round, as well as the National Veterans Wheelchair Games, National Disabled Veterans Winter Sports Clinic and National Veterans Creative Arts Competition. For more information about these and other programs, visit www.blogs.va.gov/nvpspe/.

Upcoming Inland Northwest Stand Downs

Stand Downs provide supplies and services to homeless veterans, such as food, shelter, clothing, health screenings and VA Social Security benefits counseling. Veterans can also receive referrals for other assistance, such as health care, housing solutions, employment, substance use treatment and mental health counseling. Free to all veterans.

All opening ceremonies at begin at 8 a.m.

Sept. 14
National Guard Armory
Wenatchee, WA

Sept. 28
Grant County Fairgrounds
Moses Lake, WA

Sept. 21
Stevens County Fairgrounds
Colville, WA

Oct. 5-6
Asa Wood Elementary
Libby, MT

Sponsored by local veteran organizations and Mann-Grandstaff VAMC. For more information, contact Mann-Grandstaff VAMC Outreach /Stand Down Coordinator Kevin Copelin at (509) 462-2500, ext. 4017 or Kevin.Copelin@va.gov. Visit www.va.gov/homeless/events.asp to find Stand Down events across the country.

HEY, VETERANS DID YOU KNOW

You can access your VA health care team with your smart device?

VA Video Connect connects Veterans with their health care team from anywhere, using encryption to ensure a secure and private session. VA Video Connect works on nearly any device that has an internet connection and a web camera, including smart phones, tablets and laptops. Visit mobile.va.gov/app/va-video-connect to learn more. For technical assistance, contact the National Telehealth Technology Help Desk at 866-651-3180.

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
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Why Should I Consider
Hiring a Veteran?

Courtesy of National Veterans Training Institute

Military experience provides veterans with training and work experience valued by many employers. Veterans and employers are encouraged to consider these opportunities and to use the information to your best advantage.

21 Strengths Arising
from Military
Experience
Part 1 of 7

1. LEADERSHIP TRAINING: The military trains people to accept and discharge responsibility for other people, for activities, resources, and for one's own behavior. This training includes setting an example, giving carefully considered directions, inspiring leadership capabilities in others and continually motivating other personnel in the group.

2. ABILITY TO WORK AS A TEAM MEMBER AND LEADER: Essential to the military experience is the ability to work as a member of a team. Almost all military activity is performed with

the assistance, coordination and awareness of other persons or other units. Many military personnel serve as team leaders where they have analyzed situations and options, made appropriate decisions, given directions, followed through with a viable plan and accepted responsibility for the outcome.

3. ABILITY TO GET ALONG WITH AND WORK WITH ALL TYPES OF PEOPLE: The government attracts all types of Americans regardless of race, gender, economic status, age, religion, attitude, intelligence or physical conditions. In the service, military personnel have worked for and with people of all types of backgrounds, attitudes and characteristics. This experience has prepared service members and their families to work with all types of people on a continuing basis.

Each month, we will be publishing 3 strengths. The full article is available online at www.veteranshelpnet.com.

HEY, VETERANS
DID YOU KNOW

Emergency medical care does not require prior notification?
If you receive your medical care from the VA, veterans who need emergency care should immediately seek care at the nearest medical facility. A medical emergency is an injury, illness or symptom that you believe is life threatening. If you believe your life or health is in danger, call 911 or go to the nearest emergency department right away. Veterans do not need to check with VA before calling for an ambulance or going to an emergency department. Veterans should promptly notify VA after receiving emergency care. Notification should be made within 72 hours. This allows VA to assist in coordinating necessary care or transfer, and helps to ensure that the administrative and clinical requirements for VA to pay for the care are met. Visit www.va.gov/communitycare/ for details.

HEY, VETERANS
DID YOU KNOW

Urgent care is now a supplemental benefit?
If you receive your medical care from the VA, urgent care is now a supplemental benefit for eligible veterans through the MISSION Act, which expands same-day services in primary care and mental health. Urgent care is for minor injuries and illnesses that require immediate attention, but are not life-threatening. Urgent care should not replace the important relationship that you have with your VA health care team.
When using the urgent care benefit, it is important to visit an urgent care location in your community that is within the newly established VA contracted network. Approved Network Urgent Care locations can be found at vaurgentcarelocator.triwest.com/Locator/Care.
If the urgent care provider gives you a prescription, you can fill a 14-day supply at the VA or a pharmacy within the VA network. If you fill an urgent care prescription outside of the VA network, you will be required to pay for the prescription and then file a claim for reimbursement at your local VA.
If you have difficulty receiving care at an urgent care network location, call 866-620-2071.

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 or visit www.VeteransHelpNet.com. For advertising information, please contact (509) 459-5095 or advertising@spokesman.com.

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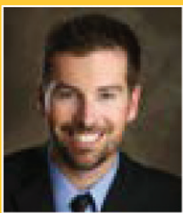
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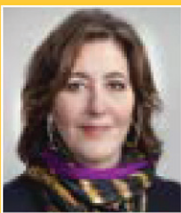
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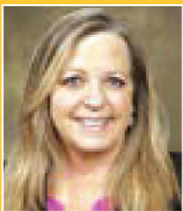
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Upcoming EVENTS

Post Falls Veterans Town Hall

Tuesday, Aug. 20 • 4:30-6 p.m.

American Legion Post #143

1138. E. Poleline Ave., Post Falls, ID
Mann-Grandstaff VAMC leadership and VA's North Idaho CBOC invite veterans, their families and the public to a Veterans Town Hall featuring veteran service organizations, VA community partners, congressional offices and stakeholder groups. Media may be present. Contact Bret Bowers, PAO, at (509) 434-7378.

Family & Friends CPR Class

Aug. 28, Sept. 25, Oct. 23 • 4-5:30 p.m.

Mann-Grandstaff VA Medical Center
2nd Floor, Room C223

Learn basic CPR skills, choking relief for adults and infants, and AED operation (no CPR card will be issued). Free for veterans, their family members, caregivers, or friends (children over 12 years old please). Space is limited. Call Kari at (509) 434-7657 to register.

Idaho Department of Labor Monthly Hiring Event

Wednesday, Sept. 11 • 10 a.m. - 12 p.m.

600 N. Thornton St.

Post Falls, Idaho

Full-time, Part-time, Seasonal, and Temporary Entry-level, Skilled Trades and Professional-level positions available. Computers onsite for online applications. Call (208) 457-8789 or visit labor.idaho.gov for more information.

10th Annual American Indian Veterans Advisory Council Memorial and Honoring Ceremony

Saturday, Sept. 14, 10 a.m.-2 p.m.

Mann-Grandstaff VAMC

4815 N. Assembly St., Spokane, WA

Recognize U.S. military veteran warriors from several Pacific Northwest American Indian Tribes. Ceremony will include traditional Native American customs and honor all veterans in attendance. Contact (509) 434-7378.

WorkSource Services for Veterans

1st and 3rd Monday

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