

## Veterans Community Response

By David Sutton

Word spread during the Vietnam era that citizens and families would tie a Yellow Ribbon 'round the old oak tree, waiting for their warriors to come from service to their country. It was a popular theme that inspired a hit song and created many organizations and acts of celebration and love for veterans.

The old Yellow Ribbon still exists in spirit and some veterans are carrying it step further as warriors from all conflicts return home and re-adjust to civilian life. Beyond The Yellow Ribbon is composed of firefighters, veterans and therapists working diligently to support combat veterans in their post-war readjustment process.

Firefighter Mike Patterson and 38-year Army veteran Terri Fowler are working to continue the Yellow Ribbon spirit that highlights hands-on activities and beneficial camaraderie with Veterans Community Response (formerly Beyond the Yellow Ribbon).

Speaking at a recent American Legion Post 241 meeting, Patterson and Fowler explained the annual multi-day retreats hosted by VCR. These are three-day events that promote the healing process with activities like rock climbing, yoga, rafting, skeet shooting and open sharing with each other, Patterson explained. The events have no cost for veterans.

The program also provides veterans with a meaningful way to be of service to their community. Fowler noted that veterans use their military and professional skills to develop a strong support network that not only benefits the community but creates camaraderie among veterans who participate.

"We have several veterans who are willing to help in the community with snow shoveling, lawn mowing and other tasks," Paterson said. "It's all a part of who we are and what we do," he said.

Veteran Community Response welcomes veterans from all military service eras. Not all veterans are afflicted with service-connected injuries, Fowler noted, but all veterans have

a story and many are willing to share other veterans in an attempt to challenge them and support their post-military journeys.

One of the VCR teams participates in disaster response efforts. These friends and brothers train together regularly to work regional and national forest health. Men and women work in community service to assist in local fire control, but have the opportunity to deploy nationally and internationally in disaster response missions.

"It's all a part of readjusting," said Patterson. "Not all veterans can participate in the same activities and skills, but VCR offers confidence-building activities along with skilled, professional counseling to assist our veterans in making the adjustment to post-military life."

Patterson also noted that many veterans want to just help the community by offering their military and civilian skills.

Fowler noted that the structured environment promotes a needed healing process for many of the veterans.

The VCR also hosts one-day events twice a year at many local resorts for a day of skiing, or (if the weather permits) white-water rafting.

What began as simply tying a yellow ribbon around a tree, has developed into a well-organized community service and disaster response team for veterans who gave a portion of their lives in service to preserve the freedoms we all enjoy.

So the Veteran Community Response continues by building more programs to support and help our post military warriors. Several activities such as woodworking shops, automobile repair, nutrition classes and martial arts are in developmental stages. Whatever the activity may be, VCR sees a great future for men and women who need and desire to continue serving Americans who supported them.

If you are a veteran and would like to connect with others who have served contact P.O. Box 292, Spokane Valley, WA 99037 or call (509) 730-9413.



## Agent Orange: My Brother's Story

My oldest brother is a Vietnam veteran who served in the U.S. Navy during the 1960s. For a couple years he was stationed on the U.S.S. Valley Forge aircraft carrier off the coast of Vietnam. During his tour, he was exposed to Agent Orange from the air drift or through contact with casualties.

Little did he know at the time and for years to come what effect this would have on his life. He got married and had three sons. One of them was born with spina bifida, a condition that was later linked to AO.

I'm not sure how old my nephew was when this was figured out, but he has been receiving some compensation from the VA when a claim was finally submitted. He also has required use of a wheelchair most his life and cannot work. I believe he is entitled to the same "Unemployability" status as a veteran receiving service-connected disability benefits. This is an argument that needs to go to Congress.

My brother is one of those Vietnam veterans that never sought out VA services. It wasn't until he was diagnosed with prostate cancer that he started getting healthcare services. He applied for service-connected benefits once his health condition was linked

to Agent Orange.

He was granted 100% SC benefits – until he had his prostate removed and then the VA said "You're cured" and reduced his amount to 40%. Since then, he's experienced urinary incontinence and erectile dysfunction. He's developing a hernia and has gone through a complete hip replacement. He's experienced periods of depression and another divorce.

My brother struggles with working even though he would never admit to that. He was trying to work two jobs, but had to quit one because of the hernia, which is probably as a result of the heavy lifting required of that particular job.

How much of this is related to Agent Orange and should his SC rating ever have been reduced? I think not.

My brother lives in Bellevue, and he needs to meet with a Veteran Service Officer on that side of the mountains. His conditions need to be re-evaluated to see what is linked to Agent Orange, as new diseases related to that horrible chemical are still being determined!

Like many Vietnam veterans, he isn't very good at following up on his own situation or lobbying for himself. He has a big heart



and his faith is enormous so he chooses to simply "Trust in God." He doesn't feel like he deserves disability status because he is still functional to a degree. I have worked hard trying to convince him there are many Vietnam veterans finally getting compensated for exposure to AO once they seek help and get connected to one of the many good service officers that are out there.

If you are a Vietnam veteran and served in or off the coast of Vietnam, I say you owe it to yourself to at least look into whether your health-related issues might be attributed to exposure to Agent Orange. Let the experts investigate and make a fair decision on whether you should be compensated for your injuries. And if you know of another veteran in a similar circumstance, please encourage them to reach out and get the help they need.

If you read this letter and think you can help, please contact [info@veteranshelpnet.com](mailto:info@veteranshelpnet.com) and we will connect you to these veterans in need. And if this sounds like someone you know, the VA Medical Center offers a free "Agent Orange Registry Exam" to help determine what issue they might have from their exposure to toxins and what can be done to help. See "How Can I Get Help?" to start the process.

## Medal of Honor recipient fights mental health stigma

Edited by Michelle Cannon

Photo by Staff Sgt. Bernardo Fuller

Ty Michael Carter was born in Spokane, Wash., in January 1980. At 18, to avoid collegiate studies, Carter joined the Marine Corps, attending the Marine Corps Combat Engineer School. He served in Okinawa, Japan, as an intelligence clerk. Showing impressive marksmanship skills, Carter went to Primary Marksmanship Instructor School in 1999. Prior to being honorably discharged in 2002, he served two training deployments: one in San Clemente Island and another in Egypt.

Carter then enrolled in Los Medanos Community College in California to study biology. But he missed the camaraderie and sense of purpose that the military provided. In January 2008, Carter enlisted in the Army and then deployed to Afghanistan in 2009. He deployed to Afghanistan again in 2012. This second deployment would change the course of his life, leading to Aug. 26, 2013, when he was awarded the Medal of Honor by President Obama for his actions in battle.

After leaving the Army in 2014, Carter turned his attention to fighting the stigma associated with post-traumatic stress disorder (PTSD). He has championed for the removal of the 'D' from PTSD, encouraging those who



deal with mental health issues to get help.

Carter was motivated by the idea of using his experiences to help others. He was impressed by how the military began acknowledging PTS as a combat wound and treating it as a life-threatening injury.

"Because by calling it a disorder, individuals believe that 'If I have this, then there's something wrong with me,'" Carter said. "With PTS, you just had a bad experience and you're trying to learn from it and trying to reintegrate how you live your life with it, because that trauma will never go away."

Carter now travels the country as a motivational speaker, focusing on mental health education. He is also a full-time student, studying firearms science and technology.

*Originally published on VAntage Point, the official blog of the U.S. Department of Veterans Affairs.*

## Five Facts About the Purple Heart

1. The Purple Heart was created by George Washington. In 1782, Continental Army Commander in Chief Washington created the Badge of Military Merit. He designed it in the form of a cloth purple heart soldier who had displayed "unusual gallantry in battle" and "extraordinary fidelity and essential service."

2. The first Badge of Military Merit recipient was Sgt. William Brown, a Continental Army soldier in 1783. The award was bestowed on Brown for his service during the Battle of Yorktown.

3. Gen. Douglas MacArthur revived and redesigned the Purple Heart in 1932. The Badge of Military Merit had not been awarded since the Revolution, so MacArthur worked to reinstate it as the Purple Heart medal to mark Washington's 200th birthday. The new medal was created as a combat

decoration for commendable action, as well as for soldiers who were wounded or killed in combat. In 1944, the Purple Heart became a decoration exclusively for those wounded or killed in enemy action.

4. John F. Kennedy is the only president to have been awarded the Purple Heart. As a lieutenant in the U.S. Navy during World War II, Kennedy injured his back when his patrol torpedo boat collided with a Japanese destroyer.

5. Vietnam War veteran Curry T. Haynes Jr. received a record 10 Purple Hearts. While serving in the U.S. Army, Haynes was wounded during an attack in 1967, which led to his first Purple Heart. The other nine were awarded for the wounds he received during an attack in 1968. Haynes died in 2017 from cancer.



Submitted by Len Crosby  
Vietnam War veteran, recipient of  
two Purple Hearts and The Silver Star

## HEY, VETERANS DID YOU KNOW

### Agent Orange survivor benefits may be available even if a veteran died without a claim?

When veterans don't realize that they are eligible for disability benefits based on ailments added to the VA's Agent Orange list, their survivors also miss out on monthly payments under a program called Dependency and Indemnity Compensation (DIC), which provides lifetime tax-free income to survivors of veterans who had service-related disabilities or diseases.

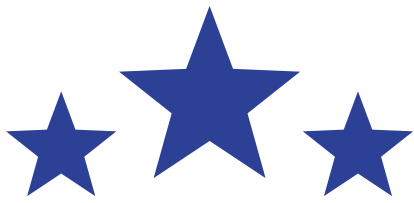
It has been estimated that tens of thousands of survivors are unaware they are eligible for benefits because their spouses had diseases that the VA linked to Agent Orange only after their death.

Does this sound like someone you know? Show them this article and see "How Can I Get Help?" for resources to apply. You never know unless you ask.

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).





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# Spokane Stand Down connects veterans, community

By Dave Lucas, USMC (Ret) and Joe Havens USA (Vet)

As the percentage of veterans among us in society gets smaller, some of our veterans find themselves in need of connection. That connection can come in many ways. We as Americans are making an effort to thank our veterans for their service to us and our country and the personal sacrifices that they made on our behalf.

But what else can we do for our veterans? Thanking them for their service is important, but many still need to find that sense of connection that they left behind in service to America.

On Jan. 25, Spokane will host a Veteran Stand Down at the West Central Community Center. This event will be a chance to connect with other veterans or to connect with resources that will assist them with challenges they may face.

The weather may have turned cold and dreary outside, but the Stand Down will be anything but cold. It will be filled with warmth and fellowship. This will be a great opportunity for our veterans to have a hot meal and share stories of their common bond that helps fill that need for a sense of connection.

This Stand Down is also a great opportunity for our community to support our veterans and show Spokane's gratitude in a very personal and tangible manner. This event is a great opportunity for our homeless veterans or those at-risk veterans to connect with resources that they may need, all in one place.

General George Washington once declared, "The willingness with which our young people are likely to serve in any war, no matter how justified, shall be directly proportional to how they perceive the veterans of earlier wars were treated and appreciated by their nation."

In a soldier's world, there is more truth in what people do than in what people say. Our veterans surely did whatever was required of them. Is sharing a little of your time or treasure too much to ask of you?

After considering the General's words, this writer believes if we do not do our best, the consequences may be that we



as a nation could find we are unable to field a military. The world is a dangerous place, we all need to stand together to survive! One first small step could have profound effect. A life just might be saved, another life could be turned around. Our nation's future liberty could be on its way to being preserved because we once again stood together. This is a day for Spokane to shine!

General Washington was right then and is still right today. Are we doing all we can to show pride in, and appreciation for the many sacrifices each of our friends, neighbors, sons, and daughters have made to preserve our liberty?

Please get involved, join us or support our efforts with this Spokane Veteran Stand Down on Jan. 25, 10 a.m.-3 p.m. at the West Central Community Center (1603 N. Belt St., Spokane).

## Veterans Chronicle gets a new look



Starting in February Veterans Chronicle will be published in a 12-page tabloid format, similar to previously published Veterans Day and Memorial Day editions. This expanded format will allow for more Veteran Stories and more "Did you Know's" as well as more chances to feature Veteran Organizations and impacting individuals.

February's issue will focus on education and training opportunities for veterans, as well as special training and vocational rehab programs.

Veterans Chronicle will

continue to be distributed with *The Spokesman-Review* on the third Friday of the month. It can also be found at distribution demand locations throughout the Inland Northwest, such as hospitals, veteran resource organizations and other community locations. If you'd like to become a distribution location, email info@veteranshelpnet.com.

Opportunities to advertise are also available. Please contact (509) 459-5095 or advertising@spokesman.com to learn more.



### Vet Tix provides free and discounted tickets to veterans

The 7% of our population that are veterans and less than 1% actively serving shoulder unique burdens of stress, sacrifice and time away from their families. The majority of veterans have served during wartime, but experience difficult transitions as they reintegrate back into their families, their communities and eventually civilian life.

Attending sporting events, concerts, performing arts, educational and family activities can reduce stress, strengthen family bonds, build life-long memories and encourage service members and veterans to stay engaged with local

communities and American life. We support our troops by honoring their service and providing positive family and life experiences, during and after their years of service to our country.

Veteran Tickets Foundation teams up with major sports teams, leagues, promoters, organizations, venues and ticket holders to provide free and discounted tickets to the more than 21 million military and veterans.

It's free to sign up online at [www.vettix.org/](http://www.vettix.org/) (proof of veteran status, such as a DD214, is required).

## HEY, VETERANS DID YOU KNOW

Anyone who  
served active duty  
in the military can  
apply for medical  
benefits?

All you need is to take a DD214 to the 7th floor of Spokane's Mann-Grandstaff VA Medical Center. The VA also has a dental insurance program available to VA-enrolled veterans and CHAMPVA beneficiaries, and, Iraq (OIF) or Afghanistan (OEF) are veterans are eligible for a one-time emergency assistance award from Washington Department of Veteran Affairs.

WorkSource Case Managers know all the intricacies of VA benefits, and veterans have priority of service at WorkSource Spokane, too. WorkSource Spokane is located at 130 S Arthur Street. Call (509) 532-3120 or visit [www.worksourcespokane.com](http://www.worksourcespokane.com).

## 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

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HEY, VETERANS  
DID YOU KNOW

More veterans get commissary/exchange access in 2020?

The new law provides eligible veterans (Purple Heart recipients, former prisoners of war and all service-connected disabled veterans) and Primary Family Caregivers with access to Department of Defense and Coast Guard commissaries, exchanges, and morale, welfare, and recreation retail services.

Eligible veterans must obtain a Veteran Health Identification Card for in-person installation and privilege access. The card must display the Veteran’s eligibility status. Eligible caregivers will receive an eligibility letter from VA’s Office of Community Care. If you need help getting these credentials, see “How Can I Get Help?” to connect with a VSO.



Comcast NBC Universal awarded  
2019 Hire-a-Vet award

Comcast NBC Universal was recently awarded the 2019 Hire-a-Vet award, presented by the Washington State Employment Security Department. Comcast surpassed its nationwide goal to hire more than 10,000 veterans, National Guard and Reserve members, and military spouses between 2015 and 2017. An extension of the military hiring goal was announced in November 2018, lifting the total number to 21,000 members of the military community by the end of 2021. Comcast has many external partnerships available to help accomplish this goal locally and nationally.

Comcast’s Spokane Talent Acquisition Team has built a solid partnership with Fairchild AFB, local National Guard units, federal and state veteran services, and American Job Centers in the Inland Northwest. Talent Solutions by WorkSource Spokane has also supported Comcast locally in its effort to recruit and retain veterans and their families through an ongoing partnership with Chaz Donovan, Senior Recruiter. Comcast’s team has hired more veterans in the Spokane area than any other Comcast location nationwide. Their recruiting strategies include attending all local military hiring events, online military job fairs, and an exclusive tour of their regional site in Liberty Lake.

The onsite event allowed veterans and service members a firsthand look at Comcast’s culture and an opportunity to speak with hiring managers in person.

Between August 2018 and August 2019, 166 military candidates were screened, 115 were scheduled for interviews, and 40 were offered jobs locally. Comcast is excited to see this number continue

to increase toward a 21,000 nationwide goal.

The company has been awarded on multiple occasions for its hiring and retention of veterans, National Guard and Reserve members, and military spouses. Comcast was a recipient of the 2017 Secretary of Defense Employer Support of the Guard and Reserve (ESGR) “Freedom Award,” the highest honor the Department of Defense awards to employers for support of their National Guard and Reserve employees. Other recent awards and recognition received include:

- Military Times, ranked #3 for the 2019 Best for Vets Employers
  - Diversity Inc., ranked #6 for the 2019 Top Companies for Veterans
  - Thayer Development Group’s 2018 Patriots in Business Award
  - G.I. Jobs, ranked #6 for the 2018 Military Friendly Employer ranking
  - 2017 Liberty USO Chairman Award
  - Military Spouse Magazine, ranked #1 for the Military Spouse Friendly Employer
- Comcast has clearly established itself as a company committed to honoring the men and women of the armed services, and their spouses, by providing employment opportunities, both nationally and locally.
- If your company is interested in hiring members of the military community, contact Talent Solutions by WorkSource Spokane. Find out more at [www.WorkSourceSpokane.com/employers](http://www.WorkSourceSpokane.com/employers).

HEY, VETERANS  
DID YOU KNOW

Idaho has a property tax benefit for 100% service-connected disabled veterans?

Between Jan. 2 and April 15, disabled veterans having a rating of 100% service-connected disability, may apply for a \$1320 property tax benefit. This benefit can be combined with the Property Tax Reduction (Circuit Breaker) if applicable; however, the combined benefit cannot be more than the actual bill. Income is not a factor for qualification. If you have received this tax benefit previously, you must apply again to receive it in 2020. The veteran must provide a VA letter each year, stating the 100% rating and must have this determination prior to Jan. 1. You can get help from your county or state Veteran Service Office (see the “How Can I Find Help?”). For more information, contact the Kootenai County Assessor’s Office at (208) 446-1500.



Aid and Attendance Benefits

Information courtesy Military.com

Aid and Attendance (A&A) is a benefit paid in addition to monthly veteran pension and disability compensation that can help cover the cost of in-home care, assisted living, or a nursing home. This benefit may not be paid without eligibility to pension.

A veteran may be eligible for A&A when:

- The veteran requires the aid of another person in order to perform personal functions required in everyday living, such as bathing, feeding, dressing, attending to the wants of nature, adjusting prosthetic devices, or protecting himself/herself from the hazards of his/her daily environment, OR,
- The veteran is bedridden, in that his/her disability or disabilities requires that he/she remain in bed apart from any prescribed course of convalescence or treatment, OR,
- The veteran is a patient in a nursing home due to mental or physical incapacity, OR,
- The veteran is blind, or so nearly blind as to have corrected visual acuity of 5/200 or less, in both eyes, or concentric contraction of the visual field to 5 degrees or less.

Does this sound like someone you know? Show them this article and help them contact their local Veteran Service Center for application assistance. You can locate your local regional benefit office using the “Where Can I Get Help?” section.



Support sought to rename local highway  
the Gold Star Memorial Highway

The Director of the Washington State Veterans Cemetery in Medical Lake is joining the Eastern Washington Veterans Task Force in requesting support from community and veteran organizations in the Eastern Washington and North Idaho to rename Washington State Route 902 (SR902) to the Gold Star Memorial Highway.

The term Gold Star derives its origin from WWI when mothers of service members lost during the war came together to support one another in their grief. These families hung gold stars in the windows of their homes.

Several individuals interred at Washington State Veterans Cemetery lost their lives during service in the military. If approved, this proposal would honor those individual and recognize surviving families as they travel to the Washington State Veterans Cemetery on this highway.

SR 902 is 12.36 miles long and begins at exit 264 where it travels northwesterly where it passes Lakeland Village, then through Medical Lake before turning east at Brooks Road and continuing northeast before intersecting I-90 at exit 272.

The goal is to submit a package to the state’s Transportation Commission early in 2020 for consideration and approval to coincide with the Cemetery’s 10th anniversary in May 2020.

If your group will provide a letter of support please send correspondence to the following:

Eastern Washington Veterans Task Force  
Attn: Rudy Lopez  
21702 W Espanola Rd  
Medical Lake WA 99022

Please include the following information:

- Your organization’s mission.
  - The scope of your membership and membership (i.e., 20 years of existence, 100 members spanning five counties in Eastern WA and North Idaho).
- Please consider supporting this proposal.

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Residential Loan Officer  
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Ken Hunt  
NMLS# 506480  
Residential Loan Officer  
509-462-5805



Deidre Arnold  
NMLS# 643782  
Residential Loan Officer  
509-227-5497



Lisa Knight  
NMLS# 785378  
Residential Loan Officer  
509-462-5809



Mike Coffey  
NMLS# 699335  
Residential Loan Officer  
509-227-5465



Laura Lund  
NMLS# 507140  
Residential Loan Officer  
509-227-5492

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Spokane Vet Center provides many services

In an effort to better serve the veteran and family members, upon request, the Spokane Vet Center will provide services after normal work hours and/ or on weekends.  
13109 E Mirabeau Parkway  
Spokane, WA 99216  
Phone: (509) 444-8387  
Fax: (509)444-8388

Regular hours of operation

Monday	7 a.m.-5:30 p.m.
Tuesday	6 a.m.-7:30 p.m.
Wednesday	6 a.m.-8 p.m.
Thursday	7 a.m.-5:30 p.m.
Friday	7 a.m.-8 p.m.
Saturday	By appointment only
Sunday	Closed

For assistance after hours, weekends, and holidays, call 1-877-WAR-VETS (1-877-927-8387).

The following events are held weekly. Contact the Spokane Vet Center for additional information.

**Mondays** VFW VSO walk-ins, 8 a.m. - 3 p.m.

**Tuesdays** Veterans Employment Specialist with WorkSource, 9 a.m. - 4 p.m.  
VFW VSO by appointment only, 7 a.m. - 5 p.m.  
Counselor at Spokane Community College, 9 a.m. - 1:30p.m.

**Wednesdays** Counselor at Spokane Community College (9 a.m. - 1:30 pm.

**Thursdays** Counselors available at Sandpoint Community Resource Center, North Idaho College, and North Valley Hospital. Please call the Spokane Vet Center for details.

**Fridays** VFW VSO walk-ins. 8 a.m.- 3 p.m.

**Saturdays** On the 2nd and 4th Saturdays of the month, the following are offered: Qi Gong, walking group, Running group, Body Weight Resistance Training, Garden Therapy, Cycling group, Yoga, Tai Chi, and Self-Help Addictions group for Veterans. Please call the Spokane Vet Center for times.

The following groups are also offered; contact the Spokane Vet Center for dates and times: Modern Warrior, Corpsman/Medic, Women Warrior, Vietnam, Sobriety Support, Salty Flak/Adjust Fire, MRT-DV, Decreasing Anger, SOS group, Project Healing Waters, Shame group, Mens group, Infantry group, LV Pride, Vet Trans group, Tai Chi, All Era Vet group, NIC Readjustment, Muddy Boots, Cinema, Gay Vets, Red Badge Project, Warrior Renew, and Moral Injury.

UPCOMING  
EVENTS

Spokane Veteran Stand Down  
Saturday, Jan. 25

10 a.m.-3 p.m.  
1603 N. Belt St., Spokane  
Stand Downs are events during which VA staff and volunteers provide food, clothing and health screenings to homeless and at-risk veterans. In addition, veterans also receive referrals for health care, housing solutions, employment, substance use treatment, mental health counseling and other essential services. Contact Kevin Copelin at (509) 319-5332 for more information.

Family & Friends CPR  
& Stop the Bleed Class

Jan. 28, Feb. 25, March 24  
3:30-5:30 p.m.

Mann-Grandstaff VA Medical Center  
4815 N. Assembly St., Spokane  
Learn basic CPR skills, choking relief, AED operation, and basic bleeding control (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.

2020 Disabled Veterans  
Snowmobile Ride

Saturday, March 14  
McCall Campground & RV Park  
190 Krahn Lane, McCall, Idaho  
Disabled veterans who are rated 30% disabled or more are invited on an all-expenses paid snowmobile ride in McCall. Includes personal riding coach, lunch and snowmobile. Veterans will be selected on a first-come basis. To sign up or volunteer, call Josh at (208) 422-1054 by March 6.

Vietnam Veterans Wellness Groups  
Tuesday, 9-11 a.m.

Spokane Vet Center  
13109 E. Mirabeau Pkwy, Spokane Valley  
Tuesday, 9-11 a.m.      Wednesday, 3-5 p.m.      Thursday, 10 a.m.-12 p.m.  
Liberty Lake      Spokane Vet Center      Spokane Vet Center  
Weekly Vietnam Veterans Wellness Group meetings focus on coping with real readjustment issues: stress, civilian life after serving in combat, functioning in society, etc. Veterans will need to complete an intake assessment to attend. Contact Andrea at (509) 838-4752 to make an intake appointment; DD-214 required.

WorkSource Veterans Services  
1st and 3rd Mondays, 9:30-11:30 a.m.

WorkSource Spokane  
130 S. Arthur St., Spokane  
Receive essential information pertinent to: Active Duty service, Guard/Reserve members, veterans and their dependents. Call (509) 532-3120 or visit WorkSourceWA.com for more information.

**SPOKANE TRANSPORTATION COLLABORATIVE**

**Veterans Transportation Service (VTS)**  
Provides transportation to and from VA health care facilities and authorized non-VA health care appointments.

- Wheelchair accessible
- 40-mile service area from the VA
- Appointments must be scheduled 9 a.m.-2:30 p.m.
- Request: 1 week before the appointment
- Subject to availability

Call (509) 434-7537 or visit [www.vetride.net](http://www.vetride.net).

**Disabled American Veterans (DAV)**  
Provides transportation to the VA medical center for ambulatory veterans.

- Request: 3 days before appointment
- Cannot serve Spokane Valley past Sullivan Road
- Does commute from Spokane to Newport and Colville
- Ability to serve subject to volunteer availability

Volunteer drivers are needed. Call (509) 434-7019 or visit [www.dav.org/veterans/i-need-a-ride](http://www.dav.org/veterans/i-need-a-ride).

**Spokane Regional Veterans Center**  
1117 N Evergreen Rd,  
Spokane Valley, WA 99216  
Agency provides: Disability claims assistance, employment search assistance, rental and utility assistance and referral network of partners. Also provides gas vouchers or bus passes for the purposes of medical treatment or education or employment.

- Veterans must have lived in Spokane County for at least 6 months
- Veterans must have served 6 months or have an honorable/ general discharge
- Income verification applies to emergency services

Call (509) 477-3690 or visit [www.spokanecounty.org/1122/Veteran-Services](http://www.spokanecounty.org/1122/Veteran-Services).

**Goodwill Supportive Services for Veteran Families**  
Agency connects veterans and their families with landlords and housing. SSVF participants are supported to connect with transportation including bus passes, car repair, and gas vouchers.

- On an as-needed basis and for housing stability purposes
- Serving low-income families who are homeless or at risk for homelessness
- Income not to exceed 50% of AML.

Call (509) 828-2449 or visit [discovergoodwill.org/veterans](http://discovergoodwill.org/veterans).

**SMS Community Shuttles**  
Agency provides dial-a-ride services in Deer Park for only \$1. Also stops at all major hospitals the Northtown Mall, 29th & Regal, Fancher & Sprague and Trent & Fancher. Shuttle services connecting rural communities to Spokane. Serving 395, Hwy 2, Deer Park, Newport, Davenport, and Ritzville.

- Request time: 1 day before appointment
- Community Shuttle fees vary from \$1.00-\$5.00.
- Wheelchair accessible
- Request a drop off at the VA Medical Center as needed

Call (509) 534-7171 for more information.

**Inland Northwest Disabled Veterans Sports Association**  
Removes barriers to an active lifestyle with free rides for veterans in the Greater Spokane Area. Assistance in finding local sporting events and trainers, and provides sports-related workshops.

Call (509) 723-3440 or visit [www.indvsa.org](http://www.indvsa.org).

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**SPOKANE - NORTH**

 Steve Wright Financial Advisor 4407 N Division St. Suite 502 509-413-2514	 Stacie Duenich AAMS® Financial Advisor 5515 N. Alberta 509-326-5740	 Catherine Dixon Financial Advisor 5515 N. Alberta 509-326-5740	 Jon Shroyer AAMS® Financial Advisor 9029 N. Indian Trail 509-468-3737	 Tim Zacharias AAMS® Financial Advisor 7407 N. Division St., Suite E 509-468-5290	 Kevin Lake AAMS® Financial Advisor 9708 N. Nevada St. Ste 003 509-468-2150	 Jessica Ekstrom AAMS® Financial Advisor 2603 W. Wellesley Ave 509-328-2115	 Kenneth Faust Financial Advisor 2603 W. Wellesley Ave 509-328-2115	 Joel Mitchell CFP®, AAMS® Financial Advisor 824 W. Hastings Rd. Suite 13 509-466-0239	 Tom Hunt AAMS® Financial Advisor 12310 N. ST. RT 395 Suite 103A 509-467-2454	 Michelle Courson Financial Advisor 9425 N Nevada St., Suite 202 509-290-6257	 Joseph Carter AAMS®, ChFC®, CRPC Financial Advisor 605 E Holland Ave. Suite 216 509-468-2541
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**SPOKANE - VALLEY**

 Gordon Jones AAMS® Financial Advisor 11707 E. Sprague Ave., Suite 103 509-927-8033	 Carla E. Brooks AAMS® Financial Advisor 2901 N Argonne Suite 1-B 509-924-0581	 Scott Brockway Financial Advisor 708 N. Argonne Suite 3 509-926-9807	 Joshua Simmons Financial Advisor 18114 E. Indiana Ave. Suite 110 509-926-5723	 Eric Conway Financial Advisor 13221 E 32nd St. Suite 4 509-928-2175	 Morgan Hyslop Financial Advisor 15404 E Springfield Ave. Suite 1100 509-927-1180	 Casey Clabby Financial Advisor 2020 E. 29th Ave. Suite 105 509-624-6067	 Steve Wilkins Financial Advisor 3022 E. 57th Ave. Suite 15 509-535-4501	 Angie Wilkins Financial Advisor 3022 E 57th Ave Suite 15 509-535-4501	 Dave Bingham AAMS® Financial Advisor 5915 S. Regal St. Suite 207 509-241-3164	 Matthew DeRicco Financial Advisor 2922 S. Grand Blvd 509-838-2408
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**SPOKANE - VALLEY**

 Dennis Tomlinson Financial Advisor 505 N. Argonne Rd, Suite A104 509-926-5378	 Dennis Elrod Financial Advisor 505 N Argonne Rd. Suite A104 509-926-5378	 David Lamb Financial Advisor 12623 E Sprague Ave. Suite 1 509-927-1655	 Scott Murock CFP®, ChFC®, CLU® Financial Advisor 12121 E. Broadway, Bldg 6, Suite 101 509-921-0985	 Marc Rubin Financial Advisor 12121 E Broadway, Bldg 6, Suite 101 509-921-0985	 Casey Getty AAMS® Financial Advisor 210 N University Rd Suite 580 509-922-6047	 Scott Draper AAMS® Financial Advisor 23403 E. Mission Suite 101, Liberty Lake 509-892-5811	 Scott Hoagburg Financial Advisor 23403 E Mission Suite 101, Liberty Lake 509-892-5811	 Chris Bernardi AAMS® Financial Advisor 111 W. North River Dr., Suite 201 509-279-2574	 Cooper Helm Financial Advisor 201 W North River Dr. Suite 440 509-455-3004	 Josh Daniels-Sampson CFP®, AAMS® Financial Advisor 1212 N Washington, Ste 130 509-325-6376	 Curtis Spores Financial Advisor 1212 N Washington, Ste 130 509-325-6376
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**LIBERTY LAKE**

**DOWNTOWN**

**OUTLYING AREAS**

 Stacy Harrick Financial Advisor 126 S. Main St. Colville, WA 509-684-6649	 Zachary Hull Financial Advisor 126 S. Main St. Colville, WA 509-684-6649	 Ryan Moore Financial Advisor 830 S Main, Suite A Deer Park 509-276-2974	 Tyrone Barbery Financial Advisor 18101 W. Sunset Hwy. Suite A Airway Heights 509-244-9737	 Justin Ashley CFP®, AAMS® Financial Advisor 321 S. Beech St. Ste I Moses Lake, WA 509-765-2566	 James Shank Financial Advisor 2219 W. Broadway, Suite C Moses Lake, WA 509-765-4464	 Greg Bloom Financial Advisor 1260 SE Bishop Blvd. Suite C Pullman, WA 509-332-1564	 Chris Grover AAMS® Financial Advisor 1835 First St. Cheney, WA 509-235-4920	 Jesse Applehans AAMS® Financial Advisor 1895 N Lakewood Dr Ste 102 Coeur D'Alene, ID 208-676-9450	 Carolyn S Hicklin Financial Advisor 212 Rodeo Dr, Ste 810 - Moscow, ID 208-683-4460
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**IDAHO**