



# Manuel Schneidmiller Post 154, Inc.

## Rathdrum Idaho

### Newsletter

Volume 6 Issue #3

March 2020

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Mailing Address: PO Box 1116, Rathdrum ID

Meeting at: Lions Club 16114 N. Meyer Rd Rathdrum

Editor: Jean Bledsoe

#### Post 154 Mission Statement

The American Legion Post 154 is a patriotic veterans organization devoted to mutual helpfulness to support Veterans and the Community at large. We are committed to mentoring and sponsorship of youth programs, advocating patriotism and honor, promoting a strong national security, and continued devotion to our fellow service members, veterans, and their families in our communities. Our success depends entirely on active membership, participation and volunteerism. This organization belongs to the people it serves and the community in which it thrives.



## Commander:

Vietnam War Veterans Thank You and Welcome Home

The Vietnam war began in the Southeast Asian country of Vietnam as well as the neighboring countries of Cambodia and Laos, with the struggle for autonomy by South Vietnam from the communist regime to its north known as North Vietnam. The conflict ensued in the 1950s when escalation of tensions between the two countries brought the United States into the conflict. The U.S. involvement was aimed at stopping the promotion and spread of communist ideology worldwide.

The Vietnam War lasted from 1955 to 1975 ending with the fall of Saigon and the victory by North Vietnam. Of the 500,000 troops sent to Southeast Asia, about 58,000 were killed and 1,253 are still missing. <https://www.timeanddate.com/holidays/us/national-vietnamwar-veterans-day> It's taken many years for tensions over the war to ease and on March 29, 2012, then President Barack Obama issued a proclamation calling for all people in the United States to honor Vietnam Veterans Day.

In November 2017, President Donald Trump declared National Vietnam War Veterans Day, to be held every year on March 29<sup>th</sup>, and was made official through the "Vietnam War Veterans Recognition Act of 2017". President Trump encourages all Americans to fly the U.S. flag in honor of Vietnam Veterans. Many activities surround the annual event, and more and more are planned every year to honor those who served during this highly controversial war, including memorial ceremonies.

President Trump, in a meeting with veterans at a hotel in Danang, Vietnam in November 2017, "pledged to continue to support efforts by the Pentagon's POW/MIA Accounting Agency which works worldwide to recover the remains of U.S. troops missing in combat".

Spring is coming and longer days! For God and Country - Dee Sasse, Commander

**Editor's note:** There will be a celebration of Vietnam Era Veterans held in Rathdrum on March 21<sup>st</sup>. See [page \\_\\_\\_\\_](#) for details.



Now is the time to get  
your membership  
dues paid for 2020!

There are still twenty Post 154 members that have not yet renewed for 2020. Please do so as soon as possible.

To receive your certificate for continuous years of membership, this is the year that will count for many of you. Please renew now! Thank you.

- Bill Kinder. 1<sup>st</sup> Vice-Commander, Manuel Schneidmiller Post 154 Membership Chairman

## Finance Officer:

Our finances for January continued to be steady with a small loss as we renewed our insurance, post office box, chamber membership, and made our annual contribution to our hosts at the Lions Club.

Our Audit Committee completed its audit of the Post's books and records and made its report to the Executive Committee.

The Budget Committee completed its preparation of the Post's 2020 operating budget and it was approved by the Executive Committee. The budget was presented to the Membership and approved at our February meeting.

The Post's Federal Tax Return was completed by the Finance Officer, approved by the Commander and Executive Committee and mailed out immediately to our friends at the IRS.

Lonnie Morse stepped up to head our important Poppy Committee, which is our major fundraiser and formed a Committee. More members are needed to help that Committee plan this event and to volunteer in May to distribute the Poppies for Memorial Day.

Please step up and take advantage of the many great opportunities to become more involved in our Post!!

– Len Crosby, Finance Officer

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## Legislative Chairman:

**SECURE ACT CHANGES HOW YOUR IRA WORKS:** The Setting Every Community Up for Retirement Enhancement — the SECURE Act — was signed into law Dec. 20, 2019, with many provisions taking effect Jan. 1, 2020. The SECURE Act retirement planning changes that are most relevant in the near term include:

- A later age for required minimum distributions (RMDs): age 72 from 70 ½ previously.
- A change to the IRA stretch strategy for non-spouse beneficiaries who inherit retirement accounts.

Required minimum distributions:

The SECURE Act increases the RMD age to 72 from 70 ½ and applies to anyone who turns 70 ½ in 2020 or later.

If you don't need income from your retirement plan or IRA accounts, the SECURE Act enables you to defer taxes from those accounts. If you want to work longer, the later RMD age provides more time for retirement-income planning.

### IRA stretch strategy in estate plans

Prior to the Secure Act, beneficiaries who inherited retirement accounts (such as a traditional or Roth IRA) could take the RMDs over their lifetime. The SECURE Act changes that financial strategy for most non-spouse beneficiaries who inherit their retirement account on or after Jan. 1, 2020. As a result:

- Most non-spouse beneficiaries must take the account proceeds (and pay the corresponding taxes) within 10 years of inheriting the account. This can be done with any number of distributions.
- Spouse beneficiaries, non-spouse beneficiaries who are no more than 10 years younger than the IRA owner and non-spouse beneficiaries who are disabled or chronically ill will continue to be able to stretch their IRAs over their lifetime.
- If a minor child inherits the IRA, the 10-year period begins when the beneficiary reaches the age of majority (the age at which a minor child legally becomes an adult, generally between 18 – 21 years old).
- A beneficiary who inherits an individual retirement account before the end of 2019 can still draw down the account over their lifetime. However, if a beneficiary inherits an IRA before the end of 2019 and dies Jan. 1, 2020, or later, that beneficiary's beneficiary will be subject to the 10-year rule. (cont. below)

**House Approves VA Dental Pilot Program:** The House has approved [H. J. Res. 80](#), which would provide congressional approval of the VA Innovation Center’s programs to expand access to dental care through pro bono services at community dental clinics. This legislation is now being considered in the Senate.

**VA Inspector General Finds Long Wait Times for Community Care:** The Department of Veterans Affairs Office of Inspector General (OIG) released a report that addressed the consult process for community care appointments in VISN 8. VISN 8 is composed of the seven VA Medical Centers (VAMC) in Florida and one in Puerto Rico. The report found that the average wait time in VISN 8 for community care appointments under MISSION Act authority is 106 days. VA OIG found that while contributing factors included staffing shortages and a higher community care workload than VAMC directors had planned, the average time to forward a community care consult between offices within the VAMC itself was 10 days and an additional 18 days were spent waiting for VA to authorize the care. The report cites an example of ophthalmology care at the James A. Haley VAMC in Tampa where of the 66 days it took on average to receive treatment, 34 of those days were spent “waiting for community care staff to create an authorization for care.” Wait time goals under the MISSION Act are 20 days for primary care and 28 days for specialty care. Recommendations to remediate the issues identified in the report include hiring to fill staffing shortages, adjusting assignments to cover the workload, and better monitoring of staff processing time.

**VA Delays New Presumptive Conditions Related to Agent Orange Exposure:** On Monday, VA sent a report to the House and Senate Committees on Veterans’ Affairs detailing VA’s concern with the scientific evidence behind the link between bladder cancer, hypothyroidism, parkinsonism, and hypertension and exposure to Agent Orange. Secretary of Veterans Affairs Robert Wilkie stated that the National Academies of Sciences, Engineering, and Medicine did not identify any “definitive causal links” between Agent Orange and the diseases. VA is now waiting on the results of its own study.

**TRICARE Expands Coverage for Breast Cancer Screenings:** To improve preventive health care services for women, on Jan. 1, 2020, TRICARE expanded coverage for breast cancer screenings to include 3-D mammography (also known as digital breast tomosynthesis). TRICARE will cover 3-D mammography as a population-based, preventive health care service through the provisional coverage program, which requires pre-authorization. TRICARE covers annual screenings for all female beneficiaries age 40, and older and those age 30–39 who are high-risk and have either a 15 percent or greater lifetime risk of breast cancer as determined by a screening instrument or who meet a risk factor. In a 3-D mammogram, an X-ray source moves over the breast to obtain cross-sectional images of the tissue and this has the potential to improve accuracy in detecting abnormalities and reduce imaging problems due to overlapping tissue and dense breast tissue.

**VA Transitioning to New Electronic Health Record System:** In May 2018, VA began a 10-year effort to migrate veteran health data into a modern electronic health record that will give VA providers secure access to patients’ complete medical histories from the time they enter military service through transition to veteran status. How VA’s Electronic Health Record Modernization (EHRM) effort will affect each individual veteran depends on two primary factors: whether their military records already exist in a digital form, and when EHRM is being implemented in their region. VA will begin deploying its new system in March at select VA medical facilities in the Pacific Northwest and will install the system nationwide over the next several years.

**TRICARE Users Receive More Health Options in New Pilot:** The latest TRICARE pilot program meant to provide better care and reduce costs has come to Atlanta, Georgia, as TRICARE partners with Kaiser Permanente. Nearly 1,760 [TRICARE](#) beneficiaries signed up during open enrollment last year for the health care pilot that will be available for three years. TRICARE officials are testing partnerships like this so they can move to a value-based system instead of volume-based reimbursements. In this pilot, beneficiaries have access to more health programs such as no-cost telephone health coaching, special rates on gym memberships, and discounts on acupuncture, chiropractic, and massage therapy. — Len Crosby, Legislative Chairman

## Adjutant:

I attended the VA Town Hall Meeting in Coeur d'Alene on Thursday February 20<sup>th</sup>. Very few veterans attended. Here are a few main points:

1. Community Care is the replacement for the Choice Program (all existing referrals will expire in June for the Choice Program).
  - A. The biggest problem Community Care has is reaching Veterans who screen calls and don't answer the phone, let their mail stack up or read their mail and don't respond to it within 14 days. They ask that everyone program VA Community Care phone number into their phone, which is 509-484-7969. That way when they call you will know who is calling and answer the call. They receive and make thousands of calls each month so help them out.
  - B. Another way to reach them is through My Health Vet Secure Messaging.
  - C. The requirement for using Community Care is as follows:
    - i. Primary Care - more than 20 day wait for appointment or more than 30-minute drive.
    - ii. Specialty Care - greater than 28 days wait for appointment or more than 60-minute drive.
    - iii. However, you may not be able to get an appointment that quickly outside the VA system and they have been tracking wait times for primary care and specialty care which they have a very good idea of what the wait times in the community are now..
    - iv. They gave an example of getting an appointment outside of the VA system for a neurologist in the Spokane area is 6 months to a year. They might be able to get an appointment in 54 days in Seattle or Portland and if you are eligible for travel reimbursement VA can pay transportation, motels, etc. They will give this information to you upfront so you can make an informed decision. This is a recent addition to their service.
2. Electronic Health Care System by Cerner is being rolled out at the Spokane VA Hospital which will be the first in the country as other VA hospitals are added over the next 10 years.
  - A. Cerner built a training facility across from the VA hospital and initially trained about 140 VA employees. The new system was set up to go live the end of March.
  - B. Based on the feedback received VA National leadership has decided to delay the roll out while the concerns of the frontline users in Spokane are addressed. It should be ready to go in a few months.
  - C. Dr Fisher, VA Medical Center Director, believes this is a very positive move so that everything goes correctly when the new system is implemented. – Bryan Bledsoe, Adjutant



**Chaplain's Pew:**



**IRISH BLESSING**  
**MAY THE ROAD**  
**RISE UP TO MEET YOU.**  
**MAY THE WIND BE ALWAYS**  
**AT YOUR BACK. MAY THE**  
**SUNSHINE WARM UPON**  
**YOUR FACE. THE RAINS FALL**  
**SOFT UPON YOUR FIELDS.**  
**AND UNTIL WE MEET AGAIN.**  
**MAY GOD HOLD YOU IN**  
**THE PALM OF HIS HAND.**

**Happy**    
**St. Patrick's Day**

**Sick Call:**

Our commander, Dee Sasse had open heart surgery on February 21<sup>st</sup> for a double bypass. The surgery went very well, and she was able to go home on the 26<sup>th</sup>. She has help and meals are being provided by the teachers at the high school where she works. Cards would be nice to receive though. If you'd like to send her good wishes, or drop of treats, her address is 3191 E Bogie Drive, Post Falls, ID 83854

## **Service Officer:**

### **How VA health care works with Medicare and other insurance**

Should I give up my private health insurance or other insurance (like TRICARE or Medicare) if I'm accepted into the VA health care program?

This is your decision. You can save money if you drop your private health insurance, but there are risks. We encourage you to keep your insurance because:

- We don't normally provide care for Veterans' family members. So, if you drop your private insurance plan, your family may not have health coverage.
- We don't know if Congress will provide enough funding in future years for us to care for all Veterans who are signed up for VA health care. If you're in one of the lower priority groups, you could lose your VA health care benefits in the future. If you don't keep your private insurance, this would leave you without health coverage.
- If you have Medicare Part B (coverage for doctors and outpatient services) and you cancel it, you won't be able to get it back until January of the following year. You may also have to pay a penalty to get your coverage back (called reinstating your coverage).
- You'll need to choose which benefits to use each time you receive care.

To use VA benefits, you'll need to get care at a VA medical center or other VA location. We'll also cover your care if we pre-authorize you (meaning we give you permission ahead of time) to get services in a non-VA hospital or other care setting. Keep in mind that you may need to pay a VA copayment for non-service-connected care.

If you go to a non-VA (or VA authorized) care facility, Medicare may pay for other services you may need during your stay. Or, if we only authorize some services in a non-VA location, then Medicare may pay for other services you may need during your stay. Check your Medicare plan, so you know which care locations and services you're covered for.

### **URGENT CARE**

VA offers an urgent care benefit that provides eligible Veterans with greater choice and access to timely, high-quality care. Urgent care providers treat injuries and illnesses that require immediate attention, but are not life-threatening. The benefit supplements care Veterans may also have access to at a VA medical facility.

When using the urgent care benefit, Veterans must go to an urgent care provider in VA's network. Upon arriving, Veterans must state they are using their VA urgent care benefit.

The urgent care provider will verify the Veteran's eligibility before providing care. If a Veteran arrives at an urgent care network location and has any difficulty receiving care, they can call 866-620-2071 to receive assistance.

Within a 15-mile radius, these are our local urgent care network providers:

**LAKELAND IMMEDIATE CARE 208-687-4878 15622 N Highway 41 - Rathdrum**

**KOOTENAI URGENT CARE 208-625-3600 566 W Prairie Ave - CDA**

**KOOTENAI URGENT CARE 208-625-3600 700 W Ironwood Dr Ste 120E - CDA**

**NORTHWEST SPECIALTY HOSPITAL URGENT CARE 208-262-2600 315 E Dalton Ave Ste A – CDA**

**KOOTENAI URGENT CARE 208-625-3600 1300 E Mullan Ave Ste 600 - Post Falls**

**NORTHWEST SPECIALTY HOSPITAL URGENT CARE 208-262-2600 750 N Syringa St Ste 100 - Post Falls**

- Ruth Aresvik, Service Officer

## AMERICAN LEGION POST 154 POPPY'S PROJECT FOR 2020



The 2020 Poppy Project is underway. The letters, envelopes, confirmations and brief description have been created. The packets have all been delivered to the store managers at the Super-1s in Rathdrum, Post Falls and Athol. I also delivered to the Wal-Marts in Hayden and Post Falls and to the Yokes in Post Falls. All said there should be no problem but will check further. The Wal-Mart in Hayden has already locked us in.

At this point I will wait for the confirmation letters. Any store that has not responded by February 24<sup>th</sup> will be called.

The Poppy Committee has been formed. It consists of me, Ruth, Craig and Paula. Paula will again create the six kits that go to each of the stores (thank you Paula). In April there will be signup sheets at each meeting and more tasks will be assigned so the committee will be ready and waiting.

Len has stepped down as chairman, so I have some big shoes to follow. He created a SOP that I have been following so there should be no problems other than me not being able to follow instructions.

The dates will be Friday and Saturday in May on the 8<sup>th</sup> & 9<sup>th</sup>, 15<sup>th</sup> & 16<sup>th</sup> and 22<sup>nd</sup> & 23<sup>rd</sup> so please keep those dates open so we will have a rip roaring, super fabulous and successful outcome. - Lonnie Morse



### 101st BIRTHDAY CELEBRATION

This month we will celebrate The American Legion's 101st birthday. On Thursday, March 26, Post 154 will be honoring our members for their continuous years of service in The American Legion. The Post wanted to start this year with something new and we hope to continue annually. We wish to invite all our members to attend this special event.

Presently, we have eighty of our members receiving a certificate and continuous years membership star. The stars are given for each five years of continuous American Legion service. If you have been a member from five to 50 years you will receive recognition at this meeting.

We will begin the meeting with our Potluck Dinner at 5:30 pm. The General meeting will begin at 6:00 pm with our awards during this time.

I personally want to see as many of you as possible attending this celebration. Please join us on the evening of March 26, 2020. - Bill Kinder, 1st Vice Commander, Rathdrum Post 154 Membership Committee



## Bits & Pieces

- **Buddy Check** is a plan for outreach through personal phone contact to see if there is anything that our Post can assist members with and see how they are doing. It is a Legion National program. We have a script to use when calling and information you would need. Easy. BUDDY CHECK is scheduled for SATURDAY, MARCH 14<sup>th</sup> from 9:45am until 1:00pm. If we have enough volunteers it would not take very long. Last year we did it in under one hour. Any willing volunteers please let us know if you could help if you did not sign up at our last meeting. PLEASE REMEMBER TO BRING YOUR CELL PHONE FULLY CHARGED. Thank you. Helen Kinder, Chaplain
- **Vietnam Veterans of America to Congress: Focus on Military Toxic Exposures**  
“Toxic exposures remain a prime concern,” said VVA National President John Rowan at a hearing today before a joint session of the Senate and House Veterans’ Affairs Committees. He called upon Congress to require the Secretary of Veterans Affairs to enter into an agreement with the National Academy of Medicine to empanel distinguished scientists and clinicians in the fields of toxicology and environmental hazards to research the literature, hold public hearings, and produce biennial updates of Veterans and Toxic Exposures. This publication would succeed and follow the format of the Veterans and Agent Orange Updates mandated by the Agent Orange Act of 1991.” [Read More...](#)
- **The Spokane Mobile Vet Center** is coming to our area! Their goal is to connect you with resources, VA benefits, counseling and answering any questions you may have concerning your benefits. No appointment necessary.
  - WHEN: Monday, March 2, 2020 9am - 3pm
  - WHERE: Newby-Ginnings
  - 570 S. Clearwater Loop Unit A
  - Post Falls ID 83854If you have questions, please call Stu Sturtevant at 509-444-8387

## Post 154 Honor Guard:

For those of you not aware, our Post has an Honor Guard. They march in parades, present the colors at ceremonies, and most importantly, provide a rifle salute to honor Veterans at their funerals. Starting this month there will be an account of the honors and hours given by the men and women in our Honor Guard. However, more members are always needed to serve in this capacity. If you are interested in participating in this very fulfilling activity, contact Harold Markiewitz at 208-691-3039.

Note: the first numbered column is the number of hours spent, the second is the number of guard members who participated.

January 5 <sup>th</sup> - Post 143 Veteran	3	7
January 17 <sup>th</sup> - Veterans Cemetery	8	3
February 1 <sup>st</sup> - Clay Larken ceremony	2	7
February 15 <sup>th</sup> -Pinegrove cemetery	3	8
February 21 <sup>st</sup> -Veterans Cemetery	8	4



# Faces of AGENT ORANGE

Sonja Holybee says of her oldest child, Stephanie, 35: “She will not give in to it.” She says the same thing of her other two children, Melisa, 33, and Dan, 30. But Stephanie is the oldest, the first to be diagnosed with illnesses never before found in either her immediate family or the extended families of her parents. Her mother can find only a single connector: “I feel that the only way Stephanie could have gotten any of these things is from Agent Orange,” Sonja says. “There’s nothing in me or my family or in Ken’s family that shows this stuff showing up. The lone factor is Agent Orange.” Sonja’s husband, Ken, former VVA California State Council President and an Army veteran, served in I Corps. He swam in Vietnam’s rivers; he was sprayed frequently with Agent Orange by the lumbering aircraft charged with the mission of killing vegetation in Vietnam. Ken reports they were told that they were killing Mosquitoes. He has not been diagnosed with any Agent Orange-connected disease by the VA. But disease has been visited upon his children. Stephanie was the first, diagnosed with rheumatoid arthritis, scleroderma, and Raynaud’s Phenomenon. A brief visit to MedicineNet.com is required to draw an elemental picture of what the young

woman faces in her life. Rheumatoid arthritis is an autoimmune disease that causes chronic inflammation of the joints. It can also cause inflammation of the tissue around the joints and in other organs in the body. Those with autoimmune diseases have antibodies in their blood that target their own body tissues. Rheumatoid arthritis typically is a progressive illness that can cause joint destruction and disability. Scleroderma is a chronic connective tissue disease classified as an autoimmune disease. Hardening of the skin is one of the most visible symptoms. It is not contagious or infectious, cancerous or malignant. Raynaud’s Phenomenon is a condition resulting from a series of discolorations of the fingers and toes after exposure to changes in temperature. At first, the digits turn white, then blue. Then the blood vessels reopen, turning the digits red. Raynaud’s most frequently affects women. Stephanie Holybee, first diagnosed at 17, suffers from all three. See complete story [here](#).



*Ken Holybee served with the 528th Quartermaster Company (Petroleum Supply). He was stationed in Vung Tau from June 15-July 15, 1969, and in Phu Bai, from July 1969-September 1971.*



*Ken Holybee during his tour in Vietnam*



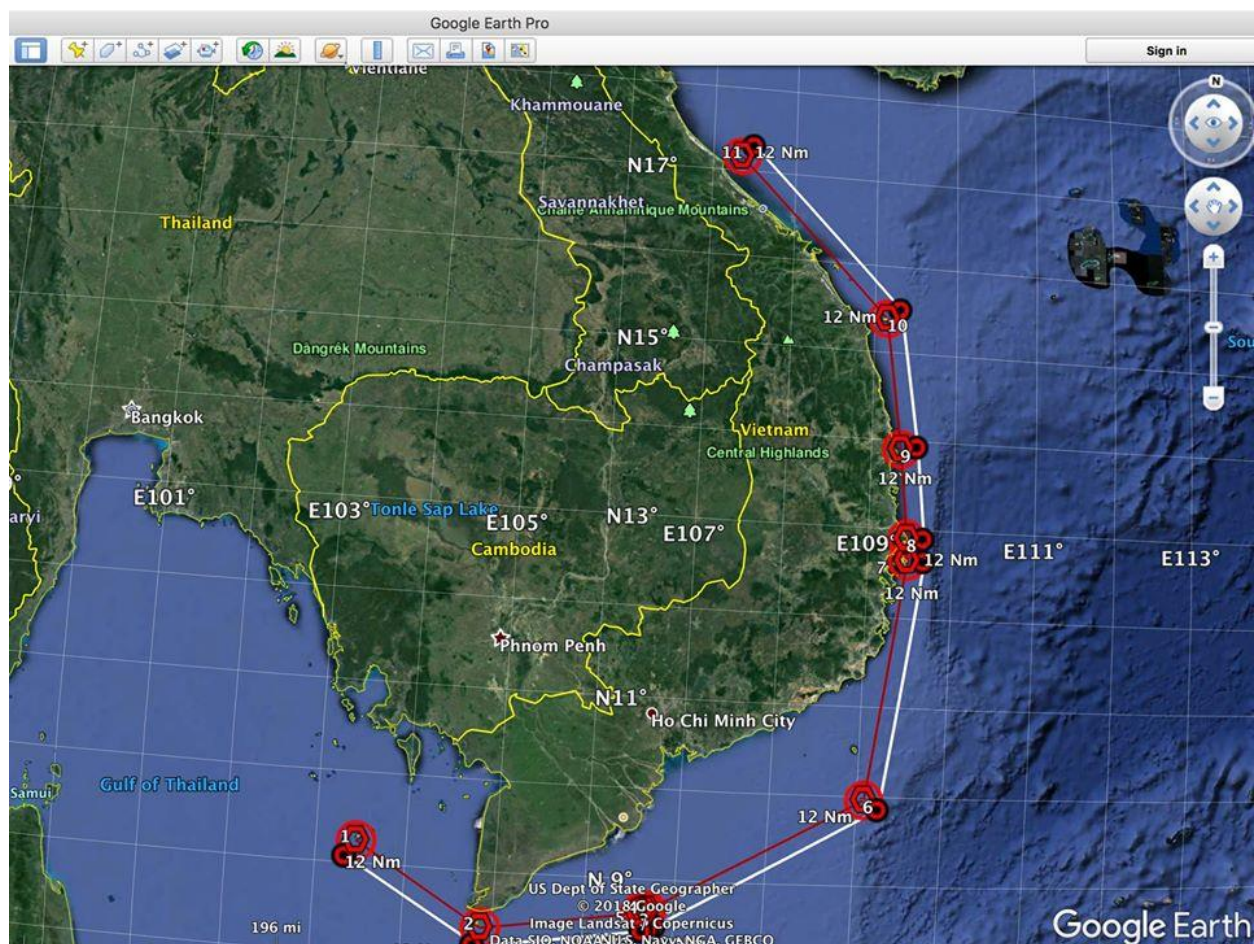
*Melisa, Dan, and Stephanie Holybee*

## Vietnam Toxic Exposure:

### Attention Blue Water Navy Sailors

You may be eligible to receive benefits for Agent Orange exposure if you served in the Territorial Waters of Vietnam between January 9, 1962, and May 7, 1975. If you were aboard a U.S. military vessel that operated in the inland waterways of Vietnam, or served on a vessel not more than 12 nautical miles seaward from the demarcation line of the waters of Vietnam and Cambodia (as detailed in Public Law 116-23, the Blue Water Navy Vietnam Veterans Act of 2019). The demarcation line is simply the Straight Baseline offshore of Vietnam as noted by the latitudes and longitudes promulgated by members of Congress in HR 299 / PL 116-23. (NOTE the VA and others often say 12 miles from the shore of Vietnam, which is incorrect)

The red line on the map below shows approximately where the demarcation line runs, and the white line is 12 miles seaward from the red line. – Bryan Bledsoe



## A Healthier You: from The People's Pharmacy



### How Will We Manage the Coronavirus in the US?

Public health authorities acknowledge that it will be difficult to manage COVID-19. They urge us to prepare for significant disruption.

CDC authorities have started warning the public that the coronavirus COVID-19 is likely to start spreading in the US. This virus first came to the attention of public health authorities in Wuhan, Hubei Province, China, in late December. As infections spread throughout the population, China imposed stringent quarantines on the population of Wuhan and nearby cities. Nonetheless, many other countries have reported COVID-19 infections, and some are reporting deaths from this respiratory disease. How will the US manage COVID-19? [Read this article](#)



International Women's Day  
www.NationalDayCalendar.com

March 8  
#InternationalWomensDay

NATIONAL  
DAY  
CALENDAR

## Mark Your Calendar:

March 2<sup>nd</sup> - Mobile Vet Center - see page 9 Bits & Pieces

March 8<sup>th</sup> - Daylight Savings Time

**March 12<sup>th</sup> - Post 154 Executive Committee Meeting @ 6 pm Lions Club**

March 14<sup>th</sup> – Buddy Check Day - see page 9 Bits & Pieces

March 15<sup>th</sup> - American Legion 101<sup>st</sup> Birthday – see page 8

March 17<sup>th</sup> - St Patrick's Day

March 18<sup>th</sup> – National Supreme Sacrifice Day

March 21<sup>st</sup> - Vietnam ERA Celebration at Running W 2-4 pm – see page 14

March 25<sup>th</sup> - Congressional Medal of Honor Day

**March 26<sup>th</sup> - Post 154 General Membership Meeting @ 6 pm Lions Club (Potluck 5:30)**

March 28<sup>th</sup> – Flapjack Fundraiser – see page 15

March 29<sup>th</sup> - National Vietnam Veterans Day

April 11<sup>th</sup> - Rathdrum Easter Egg Hunt – more later

## MOBILITY MANAGEMENT PROJECT, SPOKANE TRANSPORTATION DIRECTORY **NEW**

### VETERANS TRANSPORTATION

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- **VA Transportation Services (VTS): Wheelchair Accessible.** Veterans who are eligible for VA health care benefits or VA authorized appointments are eligible for **transportation** through the VTS program. Service for 40-mile service area from the VA @ 4815 N Assembly St., Spokane, WA 99205, subject to availability. Appointments must be scheduled from 9:00 a.m- 2:30 p.m. *Notice:* Prefers 1 week prior to appointment. **Door-to-door** transportation. <https://www.veptide.net/login>. *Contact:* (509) 434-7537.
- **Disabled American Veterans (DAV):** Provides non-emergency **door-to-door** transportation for ambulatory **veteran's** to access the VA medical center, regardless of service connection. *Notice:* schedule 3 days prior to the appointment. Unable to serve Spokane Valley past Sullivan Rd, commutes to Newport and Colville. Ability to serve subject to volunteer availability. <https://www.dav.org/veterans/i-need-a-ride/>. *Contact:* (509) 434-7019.
- **Regional Veterans Service Center:** Provides veterans **emergency assistance** for **gas vouchers** or **bus passes** for access to work, medical appointments and education. Income verification required. **Veterans** must have lived in Spokane County for at least 6 months. Veterans must have served 6 months or more and have had an honorable or general discharge. **Visit:** <https://www.spokanecounty.org/1122/Veteran-Services>. *Contact:* (509) 477-3690.
- **Inland Northwest Disabled Veterans Sports Association:** We provide free **door-to-door** rides for **veterans** in the greater Spokane area. *Services:* Taking down barriers to an active lifestyle. Organizing and providing sports-related workshops. **Visit:** <http://www.indvsa.org/> , *Contact:* (509) 723-3440
- **The Guardians Foundation-** Now offering rates with very low labor for veterans on car repairs. Call for an estimate. [www.TheGuardiansFoundation.org](http://www.TheGuardiansFoundation.org), *Click assist.* Utilizing resources within our communities, we reach out to veterans and their families to bring comfort, offer hope, and provide immediate assistance using fluid and effective methods. *Address:* 115 N Stone St., Spokane, WA 99202. Chris, (509) 960-1717.
- **Supportive Services for Veteran Families (SSVF):** Helps **veterans** and their families connect with landlords and housing. Serving low-income families who are homeless or at risk for homelessness. Income not to exceed 50% of AMI. *Services:* SSVF participants are supported to connect with **transportation** on an as-needed basis and for housing stability purposes (can provide **bus passes** or **vehicle repair, gas vouchers**). SSVF uses a housing-first approach to assisting Veterans. The focus is on housing stability, not treatment, with an emphasis on crisis intervention and client self-determination. SSVF also provides outreach services, case management services, assist participants in obtaining VA benefits and some employment assistance services. **Visit:** <http://discovergoodwill.org/veterans/>. *Contact Goodwill:* (509) 828-2449.
- **Blue Moon Mending-** Provides equine-assisted therapy for veterans. The program offers eight sessions of therapy to veterans and their families. If transportation is a barrier, let us know, and we will help you. Located at: 5808 E Green Bluff Rd., Colbert, WA 99005. This location is accessible from SMS community shuttles, (509) 534-7171. Contact, Chris Pemberton. (509) 220-2800.
- **See Mobility Training & Mobility 4 All, for veteran's service animals.**

Submitted by Bryan Bledsoe, Adjutant

# VIETNAM ERA VETERANS CELEBRATION

Saturday, March 21, 2020

2:00 – 4:00 p.m.

**PATRIOTIC CEREMONY @ 2:30 PM**

A Fun Family Event for Vietnam Veterans and their Children and Grand-Children

This is a community opportunity to honor and thank all US Military Personnel who served from  
November 1, 1955 – May 15, 1975



*Rain  
or  
Shine!*

**FREE EVENT!**

**OPEN TO THE PUBLIC!**



**COME ENJOY THE  
HORSES, GAMES AND  
ENTERTAINMENT!**



*Indoor  
Arena!*

Hosted by Don and Cyndie Wiltsie

## Running W Therapeutic Riding Center

6147 W. Harvest Avenue

Rathdrum, ID 83858

[runningwranch.net](http://runningwranch.net)

The Running W is a 501(c)(3) non-profit.

For more information or to become  
a proud Sponsor of this event,  
please contact Barb Nelson 208-930-  
1661, [IdahoBarb208@gmail.com](mailto:IdahoBarb208@gmail.com)

**RUNNING W**



**THERAPEUTIC  
RIDING CENTER**



In Honor of National Vietnam  
War Veterans Day - March 29



# FLAPJACK FUNDRAISER

## Christ The King Lutheran Church Military Ministry

**Breakfast includes: pancakes, sausage,  
scrambled eggs, coffee and juice**

**Saturday, March 28, 2020**

**8:30—10:30 a.m.**

**280 W. Hanley, Coeur d'Alene**



**\$10.00**



These fundraisers by Christ The King Lutheran Church Military ministry always benefit some organization that supports veterans and their families. Let's help them in their efforts. For tickets contact Holly or Daisy Gleaves at 208-660-7170 or Ruth Aresvik at 208-699-6615



**FORGE**  
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