

December 2025



Tomah VA Center for Development and Civic Engagement (CDCE)

500 East Veterans Street (135), Tomah, WI 54660

608-372-1727

VHATOMVoluntaryService@va.gov

Office Hours: Monday-Friday 0600-1430, Closed Holidays

Happy Holidays!

As the holiday season approaches, we want to take a moment to express our heartfelt gratitude for your unwavering dedication and selfless contributions throughout the year. Your commitment and hard work have made a significant impact on the lives of many, and for that, we are incredibly thankful.

In the spirit of the holidays, we celebrate you and all that you do. Your generosity, kindness, and compassion exemplify the true meaning of this festive season. Whether lending a helping hand, offering a listening ear, or supporting our various projects, your efforts have helped create a positive and caring community.

May your holidays be filled with joy, peace, and love. We wish you and your loved ones a season of warmth, happiness, and special moments.

Thank you for being such an integral part of our mission. We look forward to achieving even greater things together in the upcoming year.

Jen, Deb, Cindy & Heath

1. **Stop and see us** for your **2026 planner & Annual Reviews**. We will also coordinate sending them to CBOCs if that works better for you. Norther Tier DRIVERS– check for messages from Heath regarding December 5th, 2026. Tomah/ La Crosse Area drivers — Heath will be connecting with you.

2. **Volunteers needed for Upcoming Special Events!**

scan QR Code for SignUpGenius link

12/4/25 Hall of Heroes Induction Ceremony, 2:00pm, Bldg 455 Veterans Hall

12/15/25 Holiday Gala, 1:30pm, Bldg 455, Veterans Hall

Please see calendar on page 4 for more information to include times and location.

3. For those who need to update their Volunteer PIV badges (Expired or soon will be expiring), stop by and we'll help to start the process:

Monday, December 1, 9:00am-11:00am

Wednesday, December 3, 12:00pm-2:00pm

Monday, December 8, 9:00am -11:00am

Wednesday, December 10, 12:00pm-2:00pm

Or stop by any time between 0800-1400, but recommend you call to ensure someone's in the office with upcoming scheduled activities (608-372-1727)



Current Volunteer Needs

- **NEW! Storybook Club**—Visit Small homes weekly and ready to Veterans together (30 minutes or so)
- **NEW! Store Runners**—assist small home Veterans to canteen to spend their bingo money
- **NEW! Volunteers for Small Homes (Dementia)** - Volunteers would be interacting with residents within the Small Homes, all of which are living with dementia. Ideally, Volunteers would provide engagement via conversation, hobby type activities that the Veteran is interested in, and assisting to participate in recreational activities as provided by Recreation staff. Daytime hours would be most beneficial (0900-1600) as these hours provide the larger opportunities for social engagement (Early evening hours also available). Increasing socialization and engagement with the residents living with dementia would assist in improving their quality of life, meeting their need of human connection, and helping to provide a sense of purpose. Training would be provided to all interested Volunteers
- **NEW! Volunteer In-Home Visitor Program**—Veterans are matched with Volunteers, who live in the same community as the Veteran. Volunteers provide friendly social home visits-provide conversation, support, engage in simple activities (crafts, puzzles, games, reading, short walks, etc). Volunteers are not trained health care professional and will not provide any hands-on or medical care. Volunteers visit once per week for 2 – 4 hours, no more than eight hours per week.
- **Loving Spoonfuls**—specifically in building 409 during breakfast (7:00am) and dinner (4:30pm).
- **Evening Recreation activities (1:1 or group) on 402b(Rehab)**
- **403 to assist Veterans to Canteen/library**—Monday and Wednesdays 9am-11am
- **Wausau Vet Center Outstation**—assist with phones, greeting visitors 0800-1630 M, W, Th, F; 11am--1930pm Tuesdays *volunteers can select hours based on their availability in these timeframes

- **Chapel Volunteers**—escort inpatient Veterans to Chapel as scheduled:
 - Sundays at 1:00pm - Protestant
 - Wednesdays at 2:45pm - Catholic Mass
- **Compassionate Contact Corps (CCC)**— Requesting more male Veteran volunteers virtual volunteers to call Veterans who struggle with loneliness and social isolation (average 15 minute commitment / week)
- **Coffee Cart Volunteers** - Outpatient Clinic locations
 - Wausau/Rothchild (Friday)
 - Wisconsin Rapids (Monday, Wednesday, Thursday, Friday)
 - La Crosse (Friday)

Current Donation Needs List

- **NEW!** Eye Glasses cleaning wipes
- **NEW!** iTunes Gift cards—used by Music and Memory program
- **NEW!** Create Sorting and Reminiscing boxes—fill small boxes with textured fabrics, old photos, household items to sort through.
- Walmart Gift Cards—\$25—any use (inpatient or outpatient Veterans)
- Deodorant—men's and women's
- 3 in 1 Men's Shampoo/conditioner/bodywash
- Instant Coffee—regular and decaf
- White brief (medium & large)
- Colored Boxer **briefs** (medium & large)
- Winter Boots (sizes 9-12)
- Women's winter Boots (sizes 6-8)
- Winter Gloves/Mittens (Men's large and XL)
- Long Sleeve Cotton colored t-shirts (Large-2XL)
- Colored Pocket t-shirts (L-2XL)
- Sweatshirts L-2XL *not hooded
- Women's sweatshirts (M-2XL)
- Women's sweatpants (M-2XL)
- Women's 8.5 shoes
- Backpacks
- Men's Shoes (size 9.5)
- 3XL Men's Winter Coats



FY 25 Total Resource Impact

Donations

Monetary Donations \$93,505.54

Activity Donations \$19,714.70

Item Donations \$179,716.24

Grand Total All Donations \$292,936.48

Volunteers

237 Regular Volunteers

19,211.5 hours logged

2,479.50 Occasional Volunteer Hours

21,691 Total Volunteer Hours (equivalent to 10.4 FTE)

\$754,629.89 Volunteer Value (\$34.79/hour)

**Total Resource Impact:
\$1,047,566.37**

Tomah VA Medical Center



Celebrating the Impactful Contributions of Our Volunteers and Donors in Fiscal Year 2025!

During the November VAVS quarterly meeting, CDCE chief, Jennifer Conzemius presented Tomah VA Associate Director, Dr. Bryan Prahla a check representing CDCE Total Resource Impact from last FY. We are incredibly grateful for the unwavering support and dedication shown by our volunteers and donors throughout Fiscal Year 2025. Your generous contributions have made a significant impact on the Tomah VA and the veterans we serve. Your time, effort, and financial support have not only enriched the lives of our veterans but also bolstered our ability to provide exceptional care and service. From the bottom of our hearts, thank you.

Microwave Caramel Corn Recipe

Ingredients:

- 16 cups popcorn about $\frac{1}{2}$ cup - $\frac{2}{3}$ cup kernels
- 1 cup brown sugar
- $\frac{1}{4}$ cup corn syrup
- $\frac{1}{2}$ cup butter
- $\frac{1}{2}$ teaspoon salt
- 1 teaspoon vanilla
- $\frac{1}{2}$ teaspoon baking soda

Instructions:

1. Melt brown sugar, corn syrup, butter, and salt in microwave for 3 minutes, stirring every minute.
2. Add vanilla and baking soda to brown sugar mixture. Mix well.
3. Pour popped popcorn into a brown grocery bag. Pour brown sugar mixture over the popcorn. Shake bag.
4. Place paper grocery bag in microwave. Microwave for 3 minutes in 1 minute increments. After each minute, take bag out and shake. After three minutes microwave for 1 minute and 30 seconds. Shake after each 30 second interval. Pour onto wax paper and let cool.

December 2025

Tomah VA Free Choice Activities—All Veterans Welcome

Sun	Mon	Tue	Wed	Thu	Fri	Sat	
	1	2 1:00pm-3:00pm Open Bowling	3 *1:00-3:00pm Pickle- ball Clinic; Bldg. 15 2:45pm Catholic Mass, VA Chapel	4 1:00-3:00pm Open Bowling 2:00pm Hall of Heroes Induction, Bldg 455 Veterans Hall	5 1:00-2:30pm Archery Clinic, Bldg. 15	6 9:00am-12:00pm VA Library Open 1:30pm-4:00pm Open Bowling 1:30 Pokeno (ALA State) Bldg. 455; Veterans Hall	
7 9:00am-12:00pm VA Library Open 1:00 Protestant Service, VA Chapel	8 6:00pm THS Lim- ited Edition Show Choir and Games with THS DECA; Bldg 455, Veter- ans Hall	9 8:00am-1:00pm Versiti Blood Drive; Bldg. 455; Veterans Hall *12:30-2:30 Air Rifle Clinic Bldg. 15 1:00pm-3:00pm Open Bowling	10 2:45pm Catholic Mass, VA Chapel	11 1:00-3:00pm Open Bowling	12	13 9:00am-12:00pm VA Library Open 1:30pm-4:00pm Open Bowling	
14 9:00am-12:00pm VA Library Open 12:30pm-4:00pm Open Bowling 1:00 Protestant Service, VA Chapel 2:00pm—Caroling by Queen of the Apos- tles Catholic Parish	15 1:30 Holiday Gala & Photos with Santa, Bldg. 455; Veterans Hall	16 1:00pm-3:00pm Open Bowling	17 *1:00-3:00pm Pickle- ball Clinic; Bldg. 15 1:30 Bingo (VFWA State) Bldg. 455; Veterans Hall	18 1:00-3:00pm Open Bowling 2:45pm Catholic Mass, VA Chapel	19 1:00-2:30pm Archery Clinic, Bldg. 15 1:30pm Games with Necedah N -Gage Acade- my; Bldg. 455, Veterans Hall	20 9:00am-12:00pm VA Library Open 1:30pm-4:00pm Open Bowling	
21 9:00am-12:00pm VA Library Open 1:00 Protestant Service, VA Chapel	22	23 1:00pm-3:00pm Open Bowling 1:30pm Bingo (DAV—Ch. 27) Bldg. 455; Veterans Hall 2:45pm Catholic Mass, VA Chapel	24 10:15am Christmas Eve Service, VA Chapel	25 Christmas Day	26	27 9:00am-12:00pm VA Library Open 1:30pm-4:00pm Open Bowling	
28 9:00am-12:00pm VA Library Open 12:30pm-4:00pm Open Bowling 1:00 Protestant Service, VA Chapel	29	30 1:00pm-3:00pm Open Bowling 2:45pm Catholic Mass, VA Chapel	31	<p>VA Library Hours Monday-Friday 8:00am-4:00pm Building 401, room 1100</p> 		<p>Need medical clearance & appointment for adaptive sports events</p> 	<p>Bowling Alley is located in Building 406, room 1615</p> 