



**Tomah VA Medical Center  
VA Center for Development and Civic Engagement (135)  
500 East Veterans Street  
Tomah, WI 54660  
608-372-1727  
VHATOMVoluntaryService@va.gov  
Office Hours: 0600-1430 Monday-Friday, Closed Holidays**

**Upcoming VAVS Executive & Quarterly Committee Meetings:**

**CDCE Executive Committee Meeting**—Wednesday, May 8, 2024 @ 10:00am 407/1724

**CDCE Quarterly Committee Meeting**—Tuesday, May 14, 2024 @ 10:00am 407/1724 OR

via Microsoft Teams — Virtual Teams call 1-872-701-0185 Phone Conference ID: 536 291 305#



**Upcoming Special Events: \*Volunteers Needed**

May 15, 2024—Fishing Tournament, 9:00am; VA pond

May 15, 2024—VA2K (see Flyer on page 4), 12:00pm; outside building 400

May 23, 2024—Memorial Day Program, 10:00am; outside building 400

**Current Volunteer Needs**

- **NEW! Bowling Alley Volunteers:** Mondays and Thursday afternoons 2:00-4:00pm  
\*open bowling alley, assist bowlers with getting shoes, ball, electronic scoring.
- **Chapel Volunteers**—escort inpatient Veterans to Chapel as scheduled:  
Sundays at 1:00pm Protestant  
Fridays at 10:15am Catholic Mass
- **Golf Course Volunteers** — opening date TBD
- **Bene-travel claims** (using VA issue iPads)
- **455 Activities**—Volunteers to assist inpatients to scheduled 455 activities (see page 2) **\*especially evening and weekends**
- **Recreation and Musical Volunteers** —- to assist with programming and 1:1 visits with inpatient Veterans
- **Vet-to-Vet Peer Facilitators** (Veteran volunteer who lives with chronic pain, communicates effectively, willing to participate in facilitation trainings, able and willing to participate in regular trainings/meetings, has knowledge of whole health pathways (training provided))
- **402b (rehab unit) escorts**—to take Veterans to/from appointments (Monday-Friday 0830-1600)  
This assignment can be shared amongst many volunteers, scheduling shifts.
- **Compassionate Contact Corps**—virtual volunteers to call Veterans from comfort of your own home
- **Coffee Cart Volunteers** - Outpatient Clinic locations (Wausau, Wisconsin Rapids, La Crosse, Tomah)



**Don't forget to turn in your volunteer hours on a regular basis.**



Thank for all you do!

Jen, Cindy, Heath and Deb



# MAY 2024



Tomah VA Free Choice Activities—All Veterans Welcome

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p><b>*Need medical clearance &amp; appointment</b></p>			<p>1 *1:00-3:00pm Pickleball Clinic Bldg. 15</p>	<p>2 10:00am-12:00pm Creative Arts Festival Open Registration; Bldg 455</p> <p>1:00-2:30pm— Project Healing Waters; La Crosse Vet Center</p>	<p>3 10:15am Catholic Mass, VA Chapel</p> <p>*1:00-2:30pm Archery Clinic Bldg. 15</p>	<p>4 9:30 Dance Art Centers Spring Performance; Bldg. 455; Veterans Hall</p> <p>10:00am-2:00pm VA Library Open</p>
<p>5 9:00am-12:00pm VA Library Open</p> <p>1:00 Protestant Service, VA Chapel</p>	<p>6</p>	<p>7 10:00am-12:00pm Creative Arts Festival Open Registration; Bldg 455</p> <p>*12:30-2:30 Air Rifle Clinic Bldg. 15</p>	<p>8 1:30 Bingo (ALA Elroy) Bldg. 455; Veterans Hall</p> <p>*1:00-2:30pm Nat'l Events Clinic Bldg. 15</p>	<p>9</p>	<p>10 10:15am Catholic Mass, VA Chapel</p>	<p>11 10:00am-2:00pm VA Library Open</p>
<p>12 9:00am-12:00pm VA Library Open</p> <p>1:00 Protestant Service, VA Chapel</p>	<p>13 *9:30am-11:30am Adaptive Cycling Clinic, Center Courtyard;</p>	<p>14 *2:00-4:00pm Adaptive Golf Clinic; Jason Simcakoski Memorial Golf Course</p>	<p>15 9:00am Fishing Tournament, VA pond (inpatient Veterans only)</p> <p>12:00pm VA2K Walk and Roll , outside building 400</p> <p>*1:00-3:00pm Pickleball Clinic Bldg. 15</p>	<p>16</p>	<p>17 10:00am-12:00pm Creative Arts Festival Open Registration; Bldg 455</p> <p>10:15am Catholic Mass, VA Chapel</p> <p>*1:00-2:30pm Archery Clinic Bldg. 15</p>	<p>18 10:00am-2:00pm VA Library Open</p>
<p>19 9:00am-12:00pm VA Library Open</p> <p>1:00 Protestant Service, VA Chapel</p>	<p>20 6:00pm Night at the Races (AMVETS) Bldg. 455; Veterans Hall</p>	<p>21 1:00-2:30pm— Project Healing Waters; Bldg. 455; Veterans Hall</p> <p>*2:00-4:00pm Adaptive Golf Clinic; Jason Simcakoski Memorial Golf Course</p>	<p>22 1:30 Bingo (AMVETS) Bldg. 455; Veterans Hall</p>	<p>23 10:00 Memorial Day Program (outside Building 400)</p>	<p>24 10:15am Catholic Mass, VA Chapel</p>	<p>25 10:00am-2:00pm VA Library Open</p>
<p>26 9:00am-12:00pm VA Library Open</p> <p>1:00 Protestant Service, VA Chapel</p>	<p>27 9:00am-12:00pm VA Library Open</p> 	<p>28 10:00am-12:00pm Creative Arts Festival Open Registration; Bldg 455</p> <p>6:00pm Bingo (DAV—Ch. 27) Bldg. 455; Veterans Hall</p>	<p>29 1:30 Bingo (VFWA State) Bldg. 455; Veterans Hall</p>	<p>30</p>	<p>31 10:00am-12:00pm Creative Arts Festival Open Registration; Bldg 455</p> <p>10:15am Catholic Mass, VA Chapel</p>	<p>VA Library Open Monday-Friday 8:00am-4:00pm</p> 

## Current Needs List

- Decaf Coffee—large tubs for units
- 2XL Pocket short sleeve t-shirts
- White briefs (XL)
- Men's Sweatpants (S, M, L)
- Spiral notebooks
- Drawing pads
- Paint brushes assorted sizes
- Laundry Pods

# DONATIONS NEEDED

## Can you help??



## SAVE THE DATE: Tomah VA Creative Arts Festival Competition 2024

Performing Arts Show - June 17, 2024 @ 9:00am; 455 Veterans Hall

Visual Arts Gallery - June 12—18, 2024 @ 9:00am—3:30pm; Building 401, room 1120

**\*\*See Page 6 for information for Veterans to Register to participate!**

## New Volunteer Assignments....and some not so new, but needed

Please take a minute to review the list of current volunteer needs on Page 1. Please reach out to anyone on our team if you are interested in learning more about any of them! We need your help.

## Upcoming Special Events—Summer 2024 \*block your calendar now!

\*\*we rely on our volunteers and community partners to make these special events possible

June 13—June Dairy Days

July 10—Independence Day Celebration

July 20—DAV Family Day

August 25—Platoon Run

# VOLUNTEERS MAKE A DIFFERENCE SIGN UP TODAY!



With school wrapping up in May, we wanted to remind you we're looking for *youth volunteers* for the summer and throughout the year!

Youth can volunteer starting at age 15 years old. They simply complete application and receive parent/guardian approval, clear TB test and attend orientation. There is no minimum hour requirement.

*Youth Assignments may include*, but not limited to: public affairs, recreation, canteen services, supply chain management, chapel escort, golf course, food services, roads and grounds and more.

It's a great way to provide services and assistance to Veterans, gain workplace experience, develop resumes, network, improve job and communication skills, and simply develop a better understanding and appreciation of medical services and the healthcare community.

Interested youth (or parents) can contact CDCE youth volunteer coordinator Cindy Rogge [cindy.rogge@va.gov](mailto:cindy.rogge@va.gov) or 608-372-3971 ext 66226 to learn more!



## Tomah VA Medical Center

500 E. Veterans Street

Tomah, WI 54660

When:

Wednesday, May 15, 2024

12:00 p.m. - 1:00 p.m.

Meet at:

Building 400 - Flag Poles



More info:  [va.gov/wholehealth/va2k](https://va.gov/wholehealth/va2k)

Get on the move and support your Whole Health and well-being, while helping Veterans who are or at risk of being homeless.

Join us for the 14<sup>th</sup> annual VA2K. Tomah VA invites the community, staff, and Veterans to take part in this free event. Together we will walk or roll 1.24 miles. Tomah VA Center for Development and Civic Engagement (CDCE) accepts donations to help Veterans who are or at risk of being homeless. You can drop off any donation the day of the VA2K or call Tomah VAMC CDCE for more information.

608-372-1727 or 1-800-872-8662, Ext. 61727

Donation ideas:

- Gas Gift Card
- Grocery Gift Card
- Fire Blanket (to extinguish or suppress fires)
- Fireproof Safe/Lock Box
- Mini First Aid Kit
- Roll of Quarters (for Laundry Mat)

## 14TH ANNUAL NATIONAL VA 2K WALK AND ROLL

VA



U.S. Department of Veterans Affairs

Veterans Health Administration  
Tomah VA Medical Center

VHE 6027 4-2024



# PROJECT HEALING WATERS

EST. 2005

VA



U.S. Department of Veterans Affairs  
Veterans Health Administration  
Tomah VA Medical Center

Are you interested in learning a new skill?

## Have you tried Fly Fishing?

Project Healing Waters and Tomah VAMC welcome you to join us to learn more about fly fishing.

Project Healing Waters is a national non-profit program. The group helps teach fly fishing basics, fly casting, fly tying, and rod building.

### Join us on the:

#### First Thursday of each month at:

La Crosse Vet Center  
910 2<sup>nd</sup> Avenue North  
Onalaska, WI 54650

#### Third Tuesday of each month at:

Tomah VAMC  
500 E. Veterans Street, Building 455  
Tomah, WI 54660

**1:00 p.m. - 2:30 p.m.** (Closed on Federal Holidays)

For more information call  
1-800-872-8662

Heath Riniker, Ext. 66931 or  
David Meyer, Ext. 67709

Veterans and volunteers must register online before taking part in the group.

Veteran registration:  
[www.phwffparticipant.org](http://www.phwffparticipant.org)

Volunteer registration:  
[www.phwffvolunteer.org](http://www.phwffvolunteer.org)





NATIONAL VETERANS  
**CREATIVE ARTS**  
COMPETITION

**The local competition is open to Veterans who receive care at Tomah VAMC or related VA Clinics.**

For more information on the Visual Arts call:

Brittany Kelly, CTRS-SG, CDP  
1-800-872-8662, Ext. 61652

For more information or help to prepare your Performing Arts entry call:

Bethany Riedel, MT-BC  
608-377-1308 or 1-800-872-8662, Ext. 61262

For more information:

Visit:

[www.va.gov/tomah-health-care/programs/creative-arts-competition/](http://www.va.gov/tomah-health-care/programs/creative-arts-competition/)

Or scan the QR code:



VHE 5013A 2-2024

## Tomah VA 2024 Creative Arts Festival Competition

You may enter each division.

The divisions are:

Creative Writing

Dance

Drama

Music

Visual Arts

(Applied Art, Fine Art, Kits)

You may only enter 1 item per category with a max of 3 entries in each division.

### Entry Registration Information:

Where Building 455

When: 10:00 a.m. - 12:00 p.m.

Monday, April 22

Tuesday, April 23

Tuesday, April 30

Thursday, May 2

Tuesday, May 7

Friday, May 17

Tuesday, May 28

Friday, May 31

VA



U.S. Department of Veterans Affairs

Veterans Health Administration  
Tomah VA Medical Center