



**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 Special Events:** \*please see page 2 for additional activities that could use assistance



November 1, 2024 @ 1:00pm-2:30pm—Trunk or Treat (outside building 406)

November 7, 2024 @ 9:00am-3:00pm —Festival of Lights Set up—Center Courtyard (

November 8, 2024 @ 10:00am—Veterans Day Program; Building 455 Veterans Hall

November 11, 2024 @ 1:30—Lemonweir Elementary School Veterans Day Program, Bldg. 455, Veterans Hall

November 21, 2024 @ 10:00am—Reindeer Visits, outside building 403

December 11, 2024 @ 1:30pm—Holiday Gala, Building 455, Veterans Hall

### VAVS Committee Meetings

**VAVS Executive Meeting—11/13/2024 @ 10:00am, Building 407, 1724**

**VAVS Quarterly Meeting—11/20/2024 @ 10:00am, Building 455, Veterans Hall; Luncheon to follow**

\*\*Flu and COVID Vaccines will be available 9:30am-10:15am in building 455 prior to meeting.

### Volunteer Reminders

1. Would you like to learn more about how you can enter your own hours electronically (same day only)? We can send information to anyone interested in learning more!
2. **2025 Recreation Planning letters (Building 455 activities) went out last month and are due back November 6, 2024. Reminder: to host an event in building 455, your organization must provide 4 volunteers to help escort inpatients to the event.**
3. Flu Shots are required for **All** Volunteers by December 1st. Please complete form and turn it in with documentation to be in compliance. Flu Shots are available at employee health Monday-Friday or at outpatient clinics. \*Form 10-9050 (page 6) needs to be returned with documentation of vaccine OR physician signature OR religious exception request in writing.
4. Wear your Volunteer ID anytime (and only) when you're on volunteer duty. **Please also check expiration date and our office know if ID will expire soon.**
5. Volunteers can only "volunteer" in approved volunteer assignments. Do not complete tasks/requests without CDCE approval for new volunteer assignments.
6. Volunteers on CLC (inpatient units), must comply with masking requirement. If unsure current requirement (masking, testing, etc) PLEASE ASK. Updates are often sent via email.

We're grateful for each and every one of you!

Jen, Cindy, Heath and Deb



# November 2024

Tomah VA Free Choice Activities—All Veterans Welcome

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p><b>VA Library Open Monday-Friday 8:00am-4:00pm</b></p>					<p>1 1:00-2:30pm Trunk or Treat, outside Building 455/406</p> <p>3:00pm All Souls Remembrance, VA Chapel</p>	<p>2 10:00am-2:00pm VA Library Open</p> <p>1:30 Bingo (ALA State) Bldg. 455; Veterans Hall</p>
<p>3 10:00am-2:00pm VA Library Open</p> <p>1:00 Protestant Service, VA Chapel</p>	<p>4 6:00pm-7:30pm Open Bowling</p>	<p>5</p>	<p>6 2:45pm Catholic Mass, VA Chapel</p> <p>3:00pm-7:00pm Open Bowling</p>	<p>7 1:00-2:30pm—Project Healing Waters; La Crosse Vet Center</p>	<p>8 10:00 Tomah VA Veterans Day Program ; Bldg. 455; Veterans Hall</p>	<p>9 10:00am-2:00pm VA Library Open</p>
<p>10 10:00am-2:00pm VA Library Open</p> <p>1:00 Protestant Service, VA Chapel</p>	<p><b>11 Veterans Day</b> 1:30 Lemonweir Elementary School Veterans Day Program, Bldg. 455; Veterans Hall</p> <p>6:00pm-7:30pm Open Bowling</p>	<p>12 9:00am-11:00am Open Bowling</p>	<p>13 1:30 Bingo (ALA Elroy) Bldg. 455; Veterans Hall</p> <p>2:45pm Catholic Mass, VA Chapel</p> <p>3:00pm-7:00pm Open Bowling</p>	<p>14</p>	<p>15</p>	<p>16 10:00am-2:00pm VA Library Open</p>
<p>17 10:00am-2:00pm VA Library Open</p> <p>1:00 Protestant Service, VA Chapel</p>	<p>18 1:30pm Day at the Races (AMVETS) Bldg. 455; Veterans Hall</p> <p>6:00pm-7:30pm Open Bowling</p>	<p>19 1:00-2:30pm—Project Healing Waters; Bldg. 455; Veterans Hall</p>	<p>20 1:30 Bingo (VFWA State) Bldg. 455; Veterans Hall</p> <p>2:45pm Catholic Mass, VA Chapel</p> <p>3:00pm-7:00pm Open Bowling</p>	<p>21 10:00am Reindeer Visit—outside building 403</p> <p>6:00pm Night at the Races (AL #116 Coon Valley) Bldg. 455; Veterans Hall</p>	<p>22</p>	<p>23 10:00am-2:00pm VA Library Open</p>
<p>24 10:00am-2:00pm VA Library Open</p> <p>1:00 Protestant Service, VA Chapel</p>	<p>25 6:00pm-7:30pm Open Bowling</p>	<p>26 8:00am-1:00pm Versiti Blood Drive; Bldg. 455; Veterans Hall</p> <p>9:00am-11:00am Open Bowling</p> <p>6:00pm Bingo (DAV—Ch. 27) Bldg. 455; Veterans Hall</p>	<p>27 2:45pm Catholic Mass, VA Chapel</p> <p>3:00pm-7:00pm Open Bowling</p>	<p>28 <b>Thanksgiving Day</b></p> 	<p>29</p>	<p>30 10:00am-2:00pm VA Library Open</p>

## Current Needs List

- Reading Glasses (all strengths)
- Regular and Decaf Coffee—large tubs for units
- Hot Chocolate, Regular and sugar free
- Suspenders
- Men’s sweatpants (M, L, 3XL, 4XL)
- Large Backpacks
- White briefs—2XL
- Men’s belts—32”-40” waist
- Coloring Markers (i.e. Crayola)



## Current Volunteer Needs

- **BIGGEST NEED: 455 Activities**—Volunteers to assist inpatients to scheduled 455 activities (see page 2)  
\*if we don’t have a enough volunteers, we may have to move activity to unit instead of hospital wide.
- **NEW! La Crosse Vet Center**—Wednesday mornings
- **Drivers for VTS** (Wheelchair vehicles), weekend coverage as able (Dialysis)
- **Blue Team BTSSS Computer Assistant** - assist Veterans with myhealthvet and BTSSS Portal
- **Wausau Outpatient Clinic Greeter**
- **Bowling Alley Volunteers:** 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
  - Wednesdays at 2:45pm - Catholic Mass
- **Recreation Volunteers (fishing, games, visiting, music, art)**— to assist with programming and 1:1 visits with inpatient Veterans
- **Compassionate Contact Corps**—virtual volunteers to call Veterans from comfort of your own home (average 15 minute commitment /week)
- **Coffee Cart Volunteers** - Outpatient Clinic locations (Wausau, Wisconsin Rapids, La Crosse)



If your organization wants to support holiday gifts, please reach out to CDCE to ask for current holiday “Wish list” to support both inpatient and outpatient Veterans.

**608-372-1727**

## Blue Star Mothers of America, Inc.



The Blue Star Mothers of America, Inc. is an organization that is fairly new to the Tomah VA. Denise and Tony Guerra became Reps and Deps for the organization in early 2022. The organization is not new. There are no local chapters in the Tomah area at this time. There are two chapters in southeastern Wisconsin and 6 in Minnesota. We belong to the St Paul Blue Star Mothers chapter.

A blue star mother has a child serving in the military or has served in the military in the past. A blue star mother associate can be other family or friends that support the mission. We support the active duty military, veterans and Gold Star Families (families that have lost a child while serving). Our organization not only provides support for active duty service personnel, promotes patriotism, assists Veterans organizations, and is available to assist in homeland volunteer efforts to help our country remain strong.

On January 22, 1942 the Flint News Advertiser printed a coupon asking Mothers of serviceman to return the coupon after filling it out. The following February 1st 300 mothers met in the Durant Hotel, in Flint Michigan. Captain George H. Maines, who had conceived the idea for this group, acted as the chair of this first meeting. It was decided that after receiving 1000 responses from the ad to form a permanent organization.

On February 6th the organization was reported on Congressional record. Chapters then formed in Michigan, Ohio, Wisconsin, New York, Pennsylvania, Oregon, California, Iowa and Washington. In June of 1960 the organization was chartered by congress.

There are 200+ chapters throughout the nation that volunteer at 70+ VA facilities.

**We're planning to set up our light displays (think Rotary lights) in the center courtyard again this year — lights, inflatables, wooden cut outs, etc!  
Many hands make light work....especially when we're detangling lights and trying to keep our fingers warm!**

**Join us Thursday, November 7th starting 9:00am  
until we're done!**





# Tomah VA

## Open Bowling Alley Hours

The bowling alley is open to all Veterans and has shoes, ramps, and bowling balls to use. The bowling alley is in building 406, room 1615.

### Join us during open bowling alley hours:

Mondays from 6:00 p.m. - 7:30 p.m.

1<sup>st</sup> and 3<sup>rd</sup> Tuesdays of each month from 9:00 a.m. - 11:00 a.m.

Wednesdays from 3:00 p.m. - 7:00 p.m.

For more information, call Tomah VA Recreation and Creative Arts Therapy Supervisor at:

608-372-1769 or 1-800-872-8662, Ext. 61769

Monday - Friday 8:00 a.m. - 4:30 p.m.

Excluding Federal Holidays

\*\*Open bowling alley hours are subject to change due to staff and volunteer availability.

**VA**



**U.S. Department of Veterans Affairs**

Veterans Health Administration  
Tomah VA Medical Center