



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

Announcements:

1. **National Volunteer Appreciation Week**—April 21-27th, 2024. We will be holding our Annual Awards Banquet on Thursday, April 25, 2024 at the Sparta American Legion. Invitations were sent out via email and USPS. RSVPs are due April 10th to include your CDCE Polo order form. See Page 4 as a reminder and hope to see you there.
2. **Annual Review** was included in February newsletter. New this year, there is an additional training now required for all volunteers— Annual Integrity and Compliance and Awareness Training for Volunteers. Please READ through all information and return the two (Front and back) forms signed. Please reach out if you have any questions.

Current Volunteer Needs

- ****BIG NEED!** Volunteers to help with bene-travel claims (using VA issue iPads)
- 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)

Current Needs

- 2XL Pocket short sleeve t-shirts
- White briefs (S, XL)

Thank for all you do!
Jen, Cindy, Heath and Deb





April 2024

Tomah VA Free Choice Activities—All Veterans Welcome

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|---|--|---|--|-----|--|---|
| | 1 | 2 | 3 1:00-2:30pm Pickleball Clinic Bldg. 15 *Need medical clearance and apt | 4 | 5 1:00-2:30pm Archery Clinic Bldg. 15 *Need medical clearance and apt | 6 1:30 Bingo (ALA State) Bldg. 455; Veterans Hall |
| 7 | 8 | 9 12:30-2:30 Air Rifle Clinic Bldg. 15 *Need medical clearance and apt. | 10 1:30 Bingo (ALA Elroy) Bldg. 455; Veterans Hall 1:00-2:30pm Nat'l Events Clinic Bldg. 15 *Need medical clearance and apt | 11 | 12 | 13 |
| 14 | 15 6:00pm Night at the Races (AMVETS) Bldg. 455; Veterans Hall | 16 6:00pm Bingo (AL– Kendall) Bldg. 455; Veterans Hall | 17 1:30 Bingo (VFWA State) Bldg. 455; Veterans Hall 1:00-2:30pm Pickleball Clinic Bldg. 15 *Need medical clearance and apt | 18 | 19 1:00-2:30pm Archery Clinic Bldg. 15 *Need medical clearance and apt | 20 |
| 21 | 22 | 23 6:00pm Bingo (DAV—Ch. 27) Bldg. 455; Veterans Hall | 24 1:30 Music by 'Timed Out,' Bldg. 455; Veterans Hall | 25 | 26 9:30 BINGO (Boy Scout Troop 30); Bldg. 455; Veterans Hall | 27 |
| National Volunteer Appreciation Week—THANK YOU! | | | | | | |
| 28 | 29 | 30 | **We will need Volunteer Escorts for all 455 Events. All Volunteers are welcome to just arrive to building 455 30 minutes prior to event to offer assistance. | | | |

Organization Spotlight—DAV of Wisconsin

The DAV Department of Wisconsin has transportation operations at each of the three VA Hospitals and their CBOCs. These operations are 42 vans stationed around the state. Each of the VAMCs have a HSC (hospital scheduling coordinator), and a staff of volunteer drivers. The DAV provides transportation to all veterans to their VA appointments. This service is provided at no cost to the veteran.

The DAV also has a VAVS representative at each of the hospitals. Each of these reps are in charge of distributing DAV chapter hospital donations to the needed areas at each hospital to take care of the veterans that are patients there.

The DAV also provides veterans at no cost, claims filing services. This is handled by Chapter Service Officers that receive ongoing professional training every 12-18 months.

All of the DAV members strive to continue the proud tradition of the DAV that has been going on for more than 100 years, of volunteerism and taking care of our fellow disabled veterans.



We are working on re-installing the disc golf course on campus and expanding it to 9 holes. Disc golf is an environmentally sound activity that can be played most of the year (weather pending of course) and enjoyed immediately even by beginners. Disc golf has low maintenance costs once course is set up. Playing disc golf helps individuals by: building an appreciation of nature, providing an exercise outlet and boosting energy and mood, developing confidence and patience, building problem solving skills (including some physics), and providing a stress reliever. We currently have the equipment for four holes and would like to expand the course to nine holes which would require the need to purchase five additional baskets. If your organization is interested in supporting this project, please reach out to Jen to learn more.

During **National Volunteer Week**, VA is proud to recognize the outstanding individuals who honor Veterans with their time, talent, and tender hearts by volunteering at VA medical facilities across the country. With approximately 25,403 volunteers providing more than 3.2 million hours of driving, escorting, feeding, visiting, serving, connecting with socially isolated Veterans and sometimes simply sitting with a Veteran in their hospital room, VA boasts one of the most extensive volunteer networks in the United States. Locally, we thank your roughly 200 Volunteers who last fiscal year provided almost 23,000 hours of support to our Tomah Veterans and program. Thank you to all every one of our volunteers for your selfless support.

Thank
you 

Tomah VA Volunteer Appreciation Banquet

Thursday, April 25th, 2024
10:00am

Sparta American Legion, Post 100
1116 Angelo Road, Sparta WI 54656

- This event will honor and recognize ALL of Tomah VA's active & dedicated volunteers
- The meal is free for all Regularly Scheduled volunteers who have 10 hours in FY23
- Volunteers without 10 hours in FY23 are welcome, but need to pay - \$16.00 (check Payable to "Sparta American Legion")
- Guests are welcome, but also need to pay!! (check Payable to "Sparta American Legion")
- Everyone (volunteers and guests) must send in their RSVP
- This event is by reservation only, so be sure to return the enclosed RSVP form by April 10, 2024

Schedule for April 25 2024

**No matter how the cookie crumbles,
you're the best Volunteer around!**

VA



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



**RSVP's for Tomah VA 2024 National Volunteer Week:
Appreciation Banquet**

Awards Program, Thursday, April 25 2024

Sparta American Legion, Post 100, 1116 Angelo Road, Sparta WI 54656

VA Volunteer Name—please print legibly

Food Allergies

_____ **YES**, I plan to attend the Awards Program on April 25, 2024

_____ **NO**, I am unable to attend this year.

Please list any guest(s) who will be joining you for the awards program and include a check made out to **“Sparta American Legion”** for **\$16.00** for **each guest** attending.

Guest Names: (please print legibly)

Food Allergies

Awards Program Buffet Luncheon:

Buffet lunch will include: **Broasted Chicken, Roast Beef, Baked Potato, Loaded Mashed Potatoes, Green Beans, California Medley, Tossed salad, roll and of course—cookies for dessert!**

RETURN RSVP by April 10, 2024

**No matter how the cookie crumbles,
you're the best Volunteer around!**

**2 sides — please fill out both sides
Apparel order form on back**



Volunteers who have volunteered at least 10 hours in FY23 will have the opportunity to receive a Tomah VA CDCE polo FREE as a gift. Volunteers who didn't meet the required 10 hours may purchase one for \$19.00

Gifts this year will be your choice of CDCE embroidered "Micro Mesh UV Performance Polo." The Polos are Port Authority® Dry Zone® UV Micro-Mesh made of 4.5-oz, 100% polyester double knit pique fabric. The performance fabric is breathable, moisture wicking and features a UPF 30+ rating. Snag-resistant material provides added durability for long-lasting use. Available in Men's sizes XS-6XL; and ladies Sizes XS-4XL

There will NOT be additional orders for these polos. DEADLINE for order is April 10, 2024.

_____ Thank you, I'll take a **Ladies size** _____ (XS, S, M, L, XL, 2XL, 3XL, 4XL)

Or **Men' size** _____ (XS, S, M, L, XL, 2XL, 3XL, 4XL, 5XL, 6XL)

& Choose Color (circle one) **True Royal** **River Blue Navy** **Graphite (Gray)** **Rich Red**

_____ No Thank you, I would not like a Tomah Volunteer/CDCE Polo

Checks made payable to: "VCS" (for those required to pay) Prices: \$19.00
***If unsure of how many volunteer hours in FY23,
please call our office at 608-372-1727**

DEADLINE for order is April 10, 2024. Please complete both sides of this form and mail to our office or scan in a copy and email it back to VHATOM-VoluntaryService@va.gov

****Please make sure you select polo Size AND Color and complete BOTH SIDES of this form.**

***** If unable to attend awards, we will mail or arrange pick up time for polos.**