



**Tomah VA Medical Center
VA Center for Development and Civic Engagement (135)
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Office Hours: 0600-1430 Monday-Friday, Closed Holidays**

Happy New Year!

If your new year resolution is to volunteer more, we can help!

We're excited to bring back organizations to sponsor events in 455 on regular basis again. Please check out page 2 of newsletter for dates and times. We will need extra volunteers to assist with inpatients if you're available.

December is always an overwhelming month for our office with all the events and special guests, donations coming in faster than we can sort and gifts to wrap for patients....but we love every minute of it! Thank you to all our Organizations and volunteers who stepped up in every way. At this time, there are no items of need on our "wish list."

Current Volunteer Needs

- Volunteers to help with bene-travel claims (using VA issue iPads)
- 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)

Current Needs List:

- Men's Large & 4XL sweatpants, women's L & XL sweatpants

Wishing you a healthy new year!

Tomah CDCE Staff

HAPPY NEW YEAR

"You are never too old to set another goal or to dream a new dream."

C.S. Lewis

Want more info? Check us our website at <https://www.tomah.va.gov>, [Facebook](#), [Instagram](#) (tomah_vamc) and [Twitter](#) (@TomahVAMC)

January 2024

SUN	MON	TUE	WED	THU	FRI	SAT
	1 Happy New Year!	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 12:30-2:30pm Air Rifle Clinic Bldg. 15 *Need medical clearance and apt.	10 1:00-2:30pm National Events Clinic Bldg. 15 *Need medical clearance and apt. 1:30 Bingo (ALA Elroy) Bldg. 455; Veterans Hall	11	12	13
14	15 Martin Luther King, Jr. Day 1pm Day at the Races (AMVETS) Bldg. 455; Veterans Hall	16	17 1:00-2:30pm Pickleball Clinic Bldg. 15 *Need medical clearance and apt. 1:30 Bingo (VFWA State) Bldg. 455; Veterans Hall	18 6:00pm Bingo (VFW-1530) Bldg. 455; Veterans Hall	19 1:00-2:30pm Archery Clinic Bldg. 15 *Need medical clearance and apt.	20
21	22	23 6pm Bingo (DAV Ch. 27) Bldg. 455; Veterans Hall	24	25	26	27
28	29	30	31	**We will need Volunteer Escorts for all 455 Events.		

Volunteer and Veteran, **Duane Senogles** was recently inducted into the Tomah VA Hall of Heroes for his exemplary community service including his over 10,000 volunteer hours at the Tomah VA. In 2010, Duane and his wife Genny started to volunteer at the Tomah VA as a Blue Bird Monitor. They had also helped with coffee cart, kiosk and escorting Veterans. In 2015, they found their permanent assignment with Roads and Grounds caring for our expansive 173 acres. They loved being outside and took great pride in caring for the VA grounds. The duo became friendly faces to all the employees and patients riding around from job to job on the Kubota.

Duane was also recruited to the Health Promotions team. The program helped motivate Veterans to improve their lives by initiating exercise regimens, losing weight, adhering to a healthy dietary plans, cutting back on tobacco and alcohol all while maintain a positive Warrior attitude. Their team was searching for Veterans that embodied all these health characteristics while maintaining a positive outlook. Specifically, they knew that in order to promote the program they needed a Veteran, a spokesperson, who was 110% committed to their health and psychological well-being and whose efforts had withstood the test of time. Duane provided motivational presentations in outpatient mental health, primary care and RRTP. He exuded a positive can-do, will-do attitude and was willing to pass his knowledge and inspiration onto others. He valued grit, self-discipline and lived the attitude of 'being hard on one's self and gentle on others. Duane was a persuasive speaker encouraging other Veterans to acknowledge their issues without shame or guilt. He stressed the importance of making a plan to address their health issues which included staff as well as the support of other Veterans and finally, to pass their success and inspiration onto others.

While his beloved Genny passed away in 2019, Duane continues to volunteer at the Tomah VA five days a week. When asked why he continues to volunteer, Duane tearfully exclaimed, "It is all about the people. Friends are what life is all about, and I found this friendship at the Tomah VA".

Congratulations Duane on this very special honor!





The Jolly Jingers Handbell Choir, comprised of both Tomah VA employees and volunteers, held their holiday performance. The members vary in years of musical experience and some started with only basic knowledge, but ALL have the passion for sharing music and a little holiday spirit.

A Special Thank You to the Tomah High School Jazz Band for stopping by on the Holiday Jazz Tour and sharing some jazzy holiday classics with us.



We were excited to have the Holiday Gala again this year. Music was provided by Leather 'n Lace (sponsored by ALA). Veterans enjoyed cookies, egg nog, dancing and a special visit from Santa!

