



# Manuel Schneidmiller Post 154, Inc. Rathdrum Idaho Newsletter

Volume 10 Issue #10

October 2024

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Mailing Address: PO Box 1116, Rathdrum ID

Meeting at: Lions Club 16114 N. Meyer Rd Rathdrum - Editor: Jean Bledsoe



## Manuel Schneidmiller Post 154 Mission Statement

The American Legion Post 154 is a patriotic veterans organization devoted to mutual helpfulness to support Veterans and the Community at large. We are committed to mentoring and sponsorship of youth programs, advocating patriotism and honor, promoting a strong national security, and continued devotion to our fellow service members, veterans, and their families in our communities. Our success depends entirely on active membership, participation and volunteerism. This organization belongs to the people it serves and the

### Commander's Comments:

Each of us has a chance to *Be The One* to save a veteran. Learn how to save a veteran in crisis. Sign up for Be The One: 90 Minutes To Save A Veterans Life <https://www.legion.org/advocacy/be-the-one> My wife and I did this, it was painless and we learned a lot.

This past Friday, Post 154 had a booth at the first Fall Festival at the Post Falls Veterans Home. It was a great way to meet and mingle with the residents that live there. I am told that there are 59 residents at the Home. American Legion Post 25 from St Maries also had a booth along with Newbyinnings and five other groups. It was well attended by residents and their families and looked like everyone was having a great time. It was a fun way to show our appreciation for the military service of these men and women.

Any kind of cancer is a frightening and painful journey, but you will be seeing lots of pink ribbons as October is Breast Cancer Awareness month. Many of our Post members and/or spouses have been hit with breast cancer, including my wife. The statistics are one in eight women will be struck with breast cancer in their lifetime. Men are also susceptible to this form of cancer. Encourage the women in your life to have regular breast cancer screening mammograms. It just might save their life.

The Post and the Honor Guard will be participating in the Idaho National Guard Fall Festival on October 18<sup>th</sup>. It is open to all local military, retiree and veteran families. If you are looking for a chance to have some fun and get involved join us at our booth. It will be at the Post Falls Armory 5453 E Seltice Way from 5-8pm.

While November is a way off, many of our Post members have been working hard on the Veterans Recognition Event which will be held on November 9<sup>th</sup>. It's always around Veterans Day which is November 11<sup>th</sup>. Reserve the date on your calendar and look for the flyer with more details in this newsletter.

The last membership meeting of the year will be on Thursday October 24<sup>th</sup>. The reason is the Thanksgiving and Christmas Holidays. However, we will have a Christmas Party following the Wreaths Across America event at Pinegrove Cemetery on December 14<sup>th</sup>. More details to follow.

Stay safe. - Bryan Bledsoe, Commander Post 154



1<sup>st</sup> Vice Commander Ruth Aresvik and Past Commander Dee Sasse. Commander Bledsoe was also in the booth greeting residents and family members. The spinning wheel was very popular, and the ladies gave out lots of prizes.

**Quilt of Valor:** Our Mission: to cover Service Members and Veterans touched by war with comforting and healing Quilts of Valor. A Quilt of Valor® (QOV) is a quality, handmade quilt that is machine or hand quilted. It is awarded to a Service Member or Veteran who has been touched by war. The Quilt says unequivocally, "Thank you for your service and sacrifice in serving our nation."

To use the term Quilt of Valor, Quilts of Valor or QOV, the quilt must be a specific size, must have a label with required information, it must be awarded (it is not a gift) and it must be recorded.

**Who is eligible for a QOV?**

Any service member or living veteran who served in one of the following branches: Army, Marines, Navy, Air Force, and Coast Guard. Members of the activated National Guard and activated or active duty-special work (ADSW) reservists are included. The Army National Guard and Air Force National Guard are components of the Army and Air Force respectively. Merchant Marines activated from 1941 to 1945. Additionally, anyone who serves at the Dover Mortuary Facility is eligible.

- Served during declared war, conflicts, police actions, peacekeeping missions, and counter terrorism operations and/or times of peace.
- Service during, but not necessarily limited to, WWII, Korea, Vietnam, Panama, Beirut, Granada, Bosnia, the Cold War, Desert Storm, Desert Shield, Iraq, Afghanistan, anti-terrorism operations, and terrorism attacks against Armed Forces personnel is included.
- Only veterans with an Honorable or General Discharge status are eligible.
- QOVF does not award QOVs posthumously.

Follow this link to nominate someone for a Quilt of Valor. <https://www.qovf.org/nominations-awards/>

**Chaplain's Pew:**



**Sick Call & Taps:**

We have a number of women in our Post who are recovering from serious illnesses or are currently struggling through treatment. They need our continuing thoughts, prayers, and maybe an occasional phone call or card.

- Maggie Ogram (member and wife of deceased member, Al Ogram)
- Desiree Johnson
- Sharron McPhail

Thankfully, these ladies are improving:

- Helen Calhoun (wife of deceased member, Tuck Calhoun)
- Denise Sweeney
- Betty Potter



## **Service Officer:**

Founded in 2003, [Togetherweserved.com](http://Togetherweserved.com) (TWS) is the largest Military Veteran online community existing today with a membership of 2,390,134 U.S. Military Veterans. Veterans join TogetherWeServed.com to find and re-connect with people they served with, share in the camaraderie of other Veterans, and create a comprehensive legacy of their military service which may live on for their family and future generations.

Conducting a successful U.S. Military Veteran search is made possible due to TWS's comprehensive database of U.S. military records and military service histories. TWS enables Veterans to find those they served with by matching their service information entered on their TWS Military Service Page with the service information of all other Veterans in its membership. You can find a Veteran by name, by basic training attended, military units served in, combat operations participated, or by years served. Togetherweserved.com contains the largest and most comprehensive directory of U.S. Military units complete with detailed history, unit patches, photos, and more for over 158,271 Military units.

TogetherWeServed.com's unique format and researched databases not only enables a Veteran to record their entire military history, in the most accurate and comprehensive format available, but also enables them to preserve their military memories, in their own words and photographs. A Veteran's service history is beautifully summarized in a unique and personal; Shadow Box and Military Service Plaque which can be downloaded, printed out and framed. – Ruth Aresvik, Service Officer

## **Training Communiqué:**

Leadership by example is an ethos instilled in every veteran on the first day of basic training. Those on the drill field are the cream of the crop. The best instructors don't merely intimidate recruits but inspire trainees with their knowledge.

Knowledge is an essential ingredient to any recipe for success. If you were an uncertain customer, would you buy a car from a salesperson who had no idea what type of engine was beneath the hood? Likewise, would you be impressed by an "experienced" American Legion leader who did not know any of the words to the Preamble of our Constitution?

Legion Family. I truly believe the Basic Training Course will enhance the recruiting and retention of our members. Also, there is the American Legion Education Institute, a series of online training modules designed to educate our members and increase involvement and retention which is called training in a box.

The American Legion has over 100 years of fascinating history. It has four pillars upon which it was founded. Our Veterans do not automatically become familiar with the nuances and procedures of our programs on their first day of Legion membership. They don't often wish to study every provision of our National Constitution and Bylaws, nor do they want to memorize the Post Officers Guide.

Much of what they need to know can come with experience, but it usually takes an effort and a willingness to learn. Our numbers continually prove the more involved a Legionnaire is in our organization, the more likely he or she will be to renew membership. "American Legion Basic Training," will go a long way to baiting the hook and building brand loyalty for those with the desire to lead, participate in and manage our programs, advocacy and daily activities. We are not asking that every Legionnaire be a full-fledged scholar and graduate-level historian. But we are hoping they learn the basics. And "American Legion Basic Training" is a great way to start. Please take this course to help our American Legion. - Dee Sasse, Training Officer



## Toxic Exposures:

This is a comprehensive study by DAV & MOAA on actions to take to help veterans and their families. There are 3 downloads so doing them on a computer might be best. This covers Agent Orange, burn pits and radiation. Ending the wait for toxic exposed veterans. Follow the link on the picture below.



## Post 154 Honor Guard:

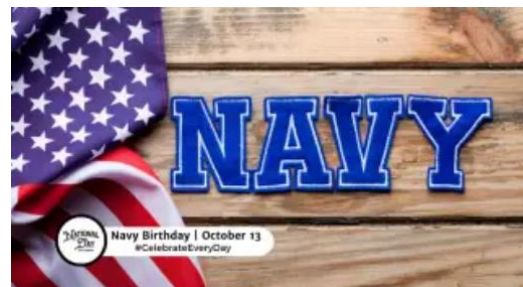
Our Honor Guard is very active. They march in parades, present the colors at ceremonies, and most importantly, provide a rifle salute to honor Veterans at their funerals. However, more members are always needed to serve in this capacity. If you are interested in participating in this very fulfilling activity, contact Todd Halvorson at [keltod11@gmail.com](mailto:keltod11@gmail.com) or by phone at 509-953-0885.

Here are the Honor Guard Stats for August 2024:

I believe this is a record for us. Job well done to you all. There were 27 Ceremonies. We honored 26 veterans who had passed. 14 Army, 5 Navy, 4 Marine, 2 Air Force, and 1 Coast Guard.

We also presented colors at 1 Quilts of Valor Presentation. These events required 135 Personnel, 493 Volunteer Hours, and 2,967 Miles Traveled. – Todd Halvorsen, Honor Guard Co-Captain

Editor's Note: There are only about 14 active members of the Honor Guard at any given time as age and illness diminish the numbers. If you can wear a uniform, relearn to march, and carry a rifle, flag, or electric bugle, you can join this respected group of volunteers. Please consider this and call Todd if you have questions or wish to join. Membership in Post 154 is not a requirement, only belonging to a veterans' service organization. Thank you.



# RENEW YOUR MEMBERSHIP

I hope everyone is doing well. As a member of Post 154, your support is an integral part of our growth and success. I am reaching out to remind you that your membership renewal for 2025 is due. Your continued participation is vital for the sustenance and enrichment of our programs and initiatives. Since July 1<sup>st</sup> we have had 72 members renew for 2025. We still have 64 members that have not yet renewed. Dues need to be paid by December 31, 2024, or members will be considered suspended and expired after January 31, 2025.

I understand that life gets busy, and it's easy to overlook such matters. Therefore, I'm extending a warm invitation to renew your membership and rejoin our vibrant post. Your contribution not only supports our ongoing efforts but also grants you access to the exclusive benefits and events that our members enjoy. This year National has offered a three-year renewal to members, along with the one-year renewal. Before July 2024, the cost for this was \$135.00. Currently the three-year offer is at the regular rate of \$150.00. There is no cost savings, but you will not receive any renewal notices until the 2028 renewals begin in July 2027. National has raised the one-year membership \$5.00. So, our Post had to raise ours to \$50.00.

If you wish to renew online you will need your Legion ID number and credit card and go to: [legion.org/renew](https://legion.org/renew) (DO NOT CLICK ON JOIN, ONLY RENEW)

The processing usually takes less than 24 hours. To mail directly to Post 154 mail your check to Post 154, PO Box 1116, Rathdrum, Idaho 83858 - Bill Kinder, Membership Chairman

## **A laughter break from a member with a great sense of humor...**

A man and woman had been married for more than 60 years. They had shared everything. They had talked about everything. They had kept no secrets from each other except that the little old woman had a shoe box in the top of her closet that she had cautioned her husband never to open or ask her about.

For all of these years, he had never thought about the box, but one day the little old woman got very sick and the doctor said she would not recover.

In trying to sort out their affairs, the little old man took down the shoe box and took it to his wife's bedside. She agreed that it was time that he should know what was in the box. When he opened it, he found two crocheted dolls and a stack of money totalling \$95,000.

He asked her about the contents.

'When we were to be married,' she said, 'my grandmother told me the secret of a happy marriage was to never argue. She told me that if I ever got angry with you, I should just keep quiet and crochet a doll.'

The little old man was so moved; he had to fight back tears. Only two precious dolls were in the box. She had only been angry with him two times in all those years of living and loving. He almost burst with happiness.

'Honey,' he said, 'that explains the doll, but what about all of this money? Where did it come from?'

'Oh,' she said, 'that's the money I made from selling the dolls.' – submitted by Ruth Aresvik

Now who will submit one for next month?

## Did you know...?

### Financial Assistance for Buying, Building or Modifying Your Home

VA offers grants to help Veterans pay for renovations that can make their homes more accessible if they've lost mobility. Learn more in the [free Home Modification Benefits Guide](#)

### Winners Of The Early Renewal Contest

Winners of the 2 \$50 incentives for early membership renewal before August. We had 72 early renewals. Thank you everyone who renewed early.

First ticket pulled was Bill Kinder who did not take the prize. Pulled another ticket. This winner was Jerry Tretwold.

The final ticket winner was Ruth Aresvik. She donated the \$50 back to the Post. - Helen Kinder, Membership Committee

### House Lawmakers Urge Support for Caregiver Services to Help Disabled Veterans Stay out of Nursing Homes

As reported September 23 by Linda Hersey for *Stars and Stripes*, this week, House lawmakers urged the swift passage of legislation to better support family caregivers and home health aides who help veterans with serious disabilities continue to live at home and stay out of institutional care. Rep. Mike Bost (R-Ill.), chair of the House Veterans' Affairs Committee, said he soon plans to bring to the floor the *Sen. Elizabeth Dole Act*, which would increase funding for the VA for non-institutional alternatives to nursing home care. The legislation also would address the needs of family members serving as full-time caretakers, including providing them with mental health care services, respite care, home health aide, and other assistance. It was introduced by Rep. Julia Brownley (D-Calif.) in 2023 and would authorize agreements with non-VA medical and social service agencies to offer community and at-home services that are comparable to what veterans receive in nursing homes. [Read More...](#)

### Mark Your Calendar:

October 1<sup>st</sup> Breast Cancer Awareness Month

October 1<sup>st</sup> Be The One Day

**October 10<sup>th</sup> Post 154 Executive Committee Meeting 6 PM at Lions Club**

October 12<sup>th</sup> VFW fundraiser spaghetti feed 5:00PM

October 13<sup>th</sup> The US Navy will celebrate its 249<sup>th</sup> birthday

October 18<sup>th</sup> Post Falls Armory Fall Festival

October 18<sup>th</sup> National Mammography Day

**October 20<sup>th</sup> Area A District 1 Fall Meeting – Contact Commander Bledsoe 509-990-6739 to attend.**

October 24<sup>th</sup> Post 154 Membership Meeting @ Lions Club – Potluck at 5:30 Meeting 6 pm

October 26<sup>th</sup> National Day of the Deployed

October 31<sup>st</sup> Halloween

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November 8<sup>th</sup> Inland Northwest Honor Flight Fundraiser – see flyer on page 13

November 9<sup>th</sup> Veterans Recognition Event – see flyer on page 12

## Bits & Pieces

- **Newby-ginnings is looking for both donations and volunteers.** Dedicated men and women are needed to make this fine organization run. Any days, Monday through Thursday, and any hours. Come in and fill out a volunteer application. As the cold weather approaches our clients need warm clothing, shoes, coats and other cold weather gear, toiletries, medical equipment, blankets and non-perishable food. Essential household items such as furniture, appliances, lamps, curtains, towels and bed linens; small kitchen appliances, cookware, bake ware, flatware and dishes. Please donate and volunteer as you are able to keep this vital service for veterans, their families and Gold Star Families going strong. Remember, everything is completely free, and *any* veteran is eligible. [Learn More](#) – Jean Bledsoe, Post Member and Newby-ginnings Volunteer
- **Senators Push \$15M Bill to Study Birth Defects in Children of Veterans Exposed to Toxic Chemicals** As reported September 4 by Linda F. Hersey for *Stars and Stripes*, the generational effects of chemical warfare agents and other hazardous materials on the descendants of servicemembers would be evaluated under a bill to fund \$15 million in research on birth defects identified in the children and grandchildren of toxic-exposed veterans. *The Molly R. Loomis Research for Descendants of Toxic Exposed Veterans Act* would commission multiple studies that look at the connections between toxic exposures of servicemembers in combat zones and severe disabilities that were later diagnosed in their descendants. The bill is included in two separate appropriations bills for the Defense Department and the Interior Department that have advanced in the Senate. [Read More...](#)
- **2024 Veterans Day Teacher's Resource Guide Available for Download** As a new school year begins and Veterans Day nears, now is a great time to acknowledge those who fought and served in harm's way to preserve our freedom and the freedom of others. [Download](#) the 2024 Veterans Day Teacher's Resource Guide.
- **3 Tips for VA Disability Claims** Learn three important tips to consider when submitting a claim for VA disability. [Watch](#)
- **Volunteer to Assist in POW/MIA Research and Recovery Missions** TERRA Search Promise has been completing POW/MIA research, recovery and repatriation missions since October 2020. Joining this unique mission allows Veterans to explore their service-connected past while influencing their own future. [learn More](#)
- **Find Your Boot Camp, Basic Training Photo for Free** Find a copy of your Boot Camp, Basic Training class or platoon photo from Together We Served! Browse their growing library of over 30,000 photos today! [Find Your Photo](#)
- **Avoid the Seasonal CRUD! Get Your Free Vaccine at VA or Retail Pharmacies** Respiratory illness season is approaching. Vaccines can help protect from flu, RSV (Respiratory Syncytial Virus), COVID-19, and pneumococcal pneumonia. These vaccines are available free of charge to Veterans receiving care at VA. To locate a VA medical facility, in-network urgent care or retail pharmacy near you, use the [VA locator](#). [Protect Yourself This Season](#)
- **The VA is moving to a simpler, more modern sign-in experience with 2 secure sign-in account options (Login.gov and ID.me).** After January 31, 2025, you won't be able to sign in to VA websites or apps with a My HealtheVet user ID and password. After September 30, 2025, you won't be able to sign in with a DS Logon username and password. We encourage you to create a Login.gov or ID.me account now. If you already have one of these accounts but haven't yet used it, start now so you have time to get used to it before the change. With Login.gov or ID.me, you'll have access to all the same information and services you use today. - Ruth Aresvik - 1st Vice/Service Officer



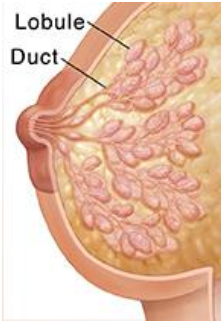
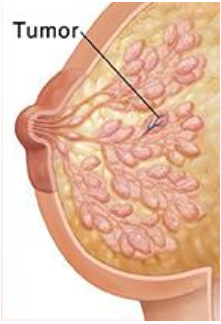
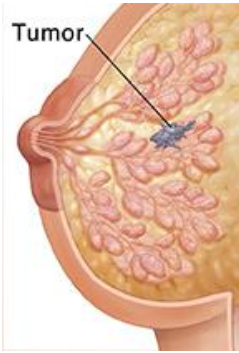
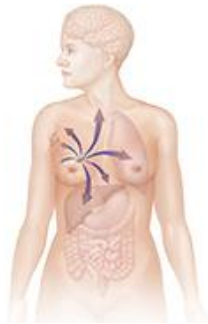
**A Healthier You:** October is Breast Cancer Awareness month. Breast Cancer can occur in both women and men. Here is some information from the VA Health System and links to more.

**What Is Breast Cancer?**

Having breast cancer means that some cells in your breast are growing abnormally. Learning about the different types and stages of breast cancer can help you take an active role in your treatment.

**Changes in Your Breast**

Your entire body is made of living tissue. This tissue is made up of tiny cells. You can't see these cells with the naked eye. Normal cells reproduce (divide) in a controlled way. When you have cancer, some cells become abnormal, changing shape. These cells may divide quickly and spread into other parts of the body.

	
<p>Normal breast tissue is made of healthy cells. They reproduce new cells that look and work the same.</p>	<p>Noninvasive breast cancer (carcinoma in situ) happens when cancer cells are only in the ducts.</p>
	
<p>Invasive breast cancer happens when cancer cells move out of the ducts or lobules into the surrounding breast tissue.</p>	<p>Metastasis happens when cancer cells move into the lymph nodes or bloodstream and travel to another part of the body.</p>

**Stages of breast cancer**

Several tests are used to measure the size of a tumor and learn how far it has spread. This is called staging. The stage of your cancer will help determine your treatment. Based on American Cancer Society guidelines, the stages of breast cancer are:

- Stage 0. The cancer is noninvasive. Cancer cells are found only in the ducts (ductal carcinoma in situ).
- Stage I. The tumor is 2 cm or less in diameter. It has invaded the surrounding breast tissue but has not spread to the underarm lymph nodes.
- Stage II. The tumor is larger than 2 cm or has spread to the lymph nodes under the arm.
- Stage III. The tumor is larger than 5 cm. Or the tumor has spread to the skin, chest wall, or nearby lymph nodes.
- Stage IV. The tumor has spread to the bones, lungs, or lymph nodes far away from the breast.

Note: Your health care provider may use the TNM (tumor node metastases) method for staging. You will be given more information about this if needed.

Recurrent breast cancer is when the cancer returns despite treatment.

For more information on breast cancer prevention, screening, and treatment visit [Breast Cancer Treatment](#).

Here is a [link](#) to the Susan B. Komen Foundation.  
 – Jean Bledsoe, Breast Cancer Survivor

**The National Cancer Foundation** is happy to announce a new program that helps fulfill our mission of Helping Women Now! The [Military Women's Patient Relief Fund](#) is now available to help eligible military women diagnosed with breast cancer.

**Military women are up to 40% more likely to develop breast cancer than civilians.** Many of these women face social determinants of health, such as food insecurity and poverty, preventing their access to timely, quality healthcare.

To address this need, NCF launched the Military Women's Patient Relief Fund in partnership with the [Jordan Spieth Family Foundation](#). This fund will provide financial support to eligible military women diagnosed with breast cancer who face barriers to care, such as:

- Transportation and childcare costs during treatment
- Housing and rent costs due to lack of income
- Groceries to prevent food insecurity
- Expensive prescription co-pays or underinsured treatment costs

**If you or someone you know is an active-duty service member or veteran, you may qualify to receive a one-time disbursement of up to \$800 through this fund.**

To learn more about the Military Women's Patient Relief Fund, including eligibility requirements, and to apply for funds, click the link here: [Learn more & apply now](#)



**Guitars 4 Vets.** I'm writing today in hopes of getting the word out to our veteran community...

**Who:** I'm the local Chapter Coordinator for Guitars 4 Vets (G4V) a nationwide 501(c)3 charitable organization headquartered in Milwaukee Wisconsin. Our website is: <https://guitars4vets.org> Email: [id.postfalls@guitarsforvets.org](mailto:id.postfalls@guitarsforvets.org)

**What:** We provide free guitar lessons to eligible veterans, and all the supplies are provided by generous donors. The Post Falls Chapter of G4V is currently the only chapter in Idaho, and we have graduated our first 3 students over the past couple of weeks. Instructors are available now to begin lessons if Veterans are interested in the program - no strings attached (except on our guitars!) It usually takes about 10 weeks to complete all lessons and be playing music, but there will be some good homework expected. **Editor's Note:** this program is aimed at veterans who are struggling.

**Where:** We're honored to be working with the American Legion, Steven H Nipp Post 143 in Post Falls, who is a gracious host for our guitar lessons.

**When:** Instructors are available now. Veterans will work directly with their instructor to set a schedule that works for them. Fridays have been working well for students/instructors/American Legion

**Why:** The healing power of music.

**How:** Visit <https://guitars4vets.org> or contact me at [id.postfalls@guitarsforvets.org](mailto:id.postfalls@guitarsforvets.org)

Lastly, if members of the community (or organizations) wish to make a monetary donations, or donate guitars and/or supplies from an estate, they can contact me directly with the information below.

Thank you for taking the time to learn about our organization and help get the word out to our community.

Kind regards,

Pete Weigman, Chapter Coordinator G4V - Post Falls, ID

541-331-2638

[id.postfalls@guitarsforvets.org](mailto:id.postfalls@guitarsforvets.org)

<https://www.facebook.com/profile.php?id=61557103897046>

**MIKE CRAPO**  
U.S. SENATOR  
IDAHO

CO-CHAIRMAN, SENATE RENEWABLE ENERGY AND  
ENERGY EFFICIENCY CAUCUS  
JOINT COMMITTEE ON TAXATION  
WORKING FOREST CAUCUS  
SENATE WESTERN CAUCUS

**United States Senate**  
WASHINGTON, DC 20510

COMMITTEES:  
FINANCE  
RANKING MEMBER  
BANKING, HOUSING, AND  
URBAN AFFAIRS  
BUDGET

September 17, 2024

Dear Veteran Leader:

It is with great honor that I will again be recognizing veterans and the volunteers who serve veterans with the 2024 Spirit of Freedom Award. Awards are traditionally presented on Veterans Day at various locations throughout Idaho. Because award recipients reside across the state, the award dates, location and scope may differ from others. Nevertheless, honoring distinguished Idaho veterans and the volunteers who serve veterans with this annual award remains a top priority.

Each organization may submit the name of one veteran and one volunteer for the 2024 Spirit of Freedom Awards. Nomination forms are enclosed. **Please return completed nomination forms by Friday, October 18, 2024**, to allow time for flags to be flown over the U.S. Capitol in honor of the recipients.

Send completed forms to:

U.S. Senator Mike Crapo  
Attention: Courtney Lehosit  
251 East Front Street, Suite 205  
Boise, ID 83702

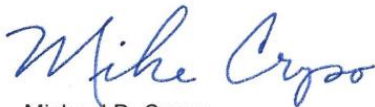
(208) 334-1776 phone  
(208) 334-9044 fax

Courtney\_Lehosit@Crapo.Senate.Gov

This award was created to publicly recognize the many men and women who have fought so bravely for our country and for those who have given countless hours assisting veterans throughout the state. I look forward to receiving the nomination forms and acknowledging these outstanding individuals.

Thank you for all you do to make a difference in the lives of those who have given us our freedom.

Sincerely,



Michael D. Crapo  
United States Senator

WASHINGTON, DC  
239 Dirksen Senate Office Bldg.  
Washington, DC 20510  
(202) 224-6142  
FAX: (202) 224-1776

IDAHO STATE OFFICE  
251 East Front Street  
Suite 205  
Boise, ID 83702  
PHONE: (208) 334-1776

NORTH IDAHO  
610 Hubbard  
Suite 209  
Coeur d'Alene, ID 83814  
PHONE: (208) 765-2340

EASTERN IDAHO, NORTH  
410 Memorial Drive  
Suite 204  
Idaho Falls, ID 83402  
PHONE: (208) 746-2340

NORTH-CENTRAL  
313 D Street  
Suite 105  
Lewiston, ID 83501  
PHONE: (208) 746-2340

EASTERN IDAHO, SOUTH  
275 S. 5th Avenue  
Suite 100  
Pocatello, ID 83201  
PHONE: (208) 746-2340

SOUTH-CENTRAL  
202 Falls Avenue  
Suite 2  
Twin Falls, ID 83301  
PHONE: (208) 746-2340

Find the applications for nominating a veteran or a volunteer [Here](#). If you are not able to personally make the nomination, find someone who is. We have many deserving veterans and volunteers both in our Post and our community.



*Please Join the Rathdrum Community*

**2024**

# Veterans Recognition Ceremony

**Honoring all Veterans**

**Saturday, November 9**

**Lakeland High School**

**Commons Area**

- All Veterans and Families Welcome
  - Doors Open at 10:00 AM
  - Ceremony Starts at 11:00 AM
  - Free Lunch at 12:00 PM
- Special Recognition To All Veterans

Everyone is invited to this free celebration to meet, honor, & thank our Veterans. Event sponsored by the American Legion Post 154, N.W. Guardian Riders, and the City of Rathdrum.



**POST 154**



For more information please call Barbara Williams at 208-691-7964 or Helen Kinder at 208-772-7736. For more information call Rathdrum Parks and Recreation at 208-687-2399 or go to [www.rathdrum.gov](http://www.rathdrum.gov)





# A “Big Band” Tribute To INW Honor Flight



## **North Idaho Veterans & Friends to Support 2025 Inland Northwest Honor Flights to Washington, D.C.**

**When:** Friday, November 8, 2024, 5:00 – 8:00 PM

**Where:** Coeur d'Alene Eagles Ballroom (Elevator), 209 E. Sherman Ave.

**Entertainment:** The Big Band of Coeur d'Alene – 18 Piece Dance Band

**Refreshments:** Complimentary Hors d'Oeuvres & No-Host Bar

**Suggested Parking:** City of CdA Garage, 318 E. Coeur d'Alene Ave.

**Tickets:** \$50/person. Capacity: 150

Your check is your reservation and must be received by October 31.

**CHECKS ONLY** for tickets and/or tax-deductible donations, payable to INW Honor Flight should be mailed to:

INW Honor Flight  
PO Box 1024  
Hayden, ID 83835-9998

**Contact:** Joe Deacon for information, [jsphdeacon@gmail.com](mailto:jsphdeacon@gmail.com),  
Phone/text: 707-806-4299

**Sponsors:** CdA VFW Post 889 & Auxiliary, CdA American Legion Post 14



# Military Women's Group

Women Combat Veterans, Active/Guard/Reserve members, and Military Sexual Trauma Survivors are invited to this unique group that deals with daily life stressors and mental health struggles. The goal of the group is to have a safe place and build camaraderie with other Women. Contact any counselor at the Spokane Vet Center to get started.

**When:** 1st and 3rd Thursday of the month

(starts October 3rd, 2024)

**Where:** Spokane Vet Center **Time:** 4 p.m. — 5:30 p.m.



**ACTIVE DUTY, GUARD,  
AND RESERVES  
WELCOMED!**

Facilitators:

Marissa Webb, LICSW

US Navy Veteran

13109 East Mirabeau Parkway

Spokane Valley, WA 99216

509 444-8387

**Eligibility:** Combat Veteran (campaign medal on DD Form 214) - all eras or Military Sexual Trauma Survivor. Veteran would need to complete an intake assessment (if one is not already complete) to attend group. Contact 509.444.8387 to make an appointment.

DD Form 214 or Active Duty ID required



# Adult Day Center

[www.onsite4seniors.org](http://www.onsite4seniors.org)

## ARE YOU A CAREGIVER? DO YOU NEED A BREAK?

One Site for Seniors Adult Day Center can help by providing a safe and secure setting for adults who have memory problems, mobility issues, or otherwise benefit from a nearby care partner!



### Services Provided:

- Spiritual support groups
- Exercise Programs
- Nutritious meals and snacks
- Assistance with personal care
- Social interaction and companionship
- Professional supervision from experienced, trained caregivers
- Medication Assistance
- Care navigator - a personalized 'guide' for care needs
- Caregiver support groups, education and resources



### Activities:

- Games
- Arts & Crafts
- Music
- Worship
- Exercise
- Outside entertainment

### Benefits for both Guests and their Caregivers:

**Guests** gain the opportunity to socialize with peers and nurture friendships outside of the home, engage in meaningful activities, exercise, and home style meals!

**Caregivers** get a break from the physical and emotional demands of providing 24/7 care - imagine time to take care of personal matters, to relax and recharge, knowing your loved one is in good hands!

**Come in and spend the day with us -- you'll be glad you did!**

296 W. Sunset Ave., Suite 14 - Coeur d'Alene, ID 83815  
Open M - F 10 AM to 4 PM  
(Ask about hourly rates, scholarships, and flexible payment options)

**CALL NOW**

(208) 651-9060