



Manuel Schneidmiller Post 154, Inc.

Rathdrum Idaho Newsletter

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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 community in which it thrives.

Commander's Comments:

On the first day of each month American Legion members are encouraged to wear a *Be The One* item to demonstrate their commitment to reducing the stigma around mental health issues among veterans and service members.

None of us who were alive will forget the attack on United States soil on September 11, 2001. Not only the thousands who lost their lives at the Twin Towers of the World Trade Center in New York, the 125 at the Pentagon and all 44 on the plane that crashed into a field in Pennsylvania. Hundreds of first responders died and more than were killed on that day and the following days have died as a result of toxic exposure. Sherriff Robert Norris has arranged for a 911 Memorial Event to be held at the Black Sheep Mall at 11 am on September 11, 2024. Our Honor Guard was there last year and will be there again this year. I hope that you can attend to help honor the sacrifice of the First Responders.

Our soldiers, sailors, airmen and marines were pressed into combat following 9/11. Thousands have been killed, injured, and wounded since then. Gold Star Mothers and Family Day is on September 29th. Please remember all of these Mothers and families that have endured the incredible loss of a family member.

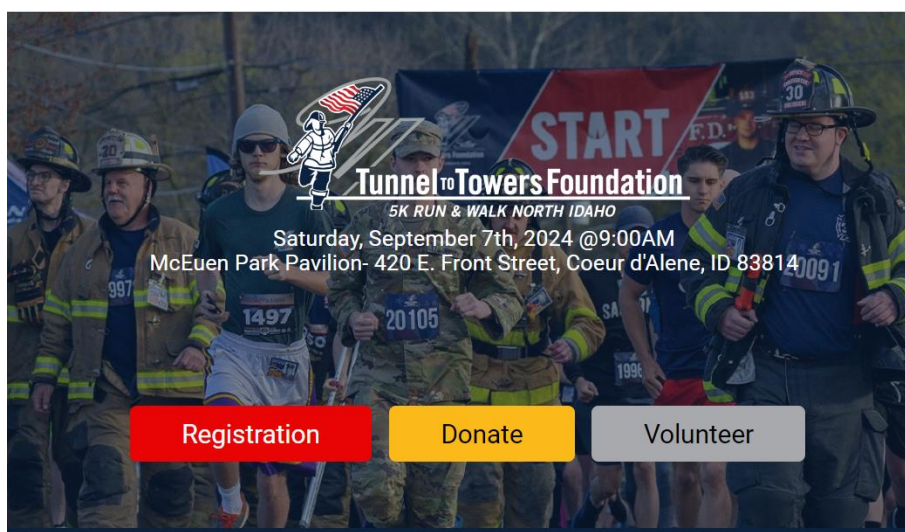
Dee Sasse, our past Post 154 Commander and current Training Officer attended the National Convention in New Orleans, Louisiana. Be sure to attend our Membership Meeting in September to hear all about it.

Rathdrum Parks and Rec will have a permanent digital sign installed on the NW corner of Highway 53 and Meyer in front of the Lions Club. We are told that it will be larger than the one that you see on Highway 41 as you enter Rathdrum.

One of the projects the Post is working on is to have a flagpole erected in front of the Rathdrum Lions Club. It will be great to see the US Flag permanently flying out front. Also, have you noticed the new Post 154 sign in front by Highway 53?

I hope everyone had a wonderful summer as Sunday, September 22, is the official day when fall begins. Of course, school will have started, and football will be being played at schools, stadiums and parks all over Idaho and across the country. - Until next month Bryan Bledsoe, Post 154 Commander

Tunnel to Towers Foundation raises money to help First Responders and Veterans. The local event is coming up soon. If you would like to participate, donate, or volunteer to help, click [HERE](#) for more information.



Post Committees:

Our Post cannot run without volunteers and committees. Our bylaws list a number of standing committees, some having assigned chairmen. But there are many more for special events and projects our Post is involved in for the community. These include the annual Easter Egg Hunt, the Veterans' Recognition event, Memorial Day Observance, Boys State, Flag Retirement, and more. Most of these committees have been filled with the same volunteers. We need more members to help. There is a list of committees as well as the members on them on page 17. Some names may be missing. If so, please contact Commander Bryan Bledsoe at 509-990-6739 or bryandbledsoe@gmail.com to let him know. Please read through the list of committees. The bolded ones are standing committees and a description can be found [HERE](#). Note all the repetitions there on this table. All these committees need new blood. Can't you find one thing that interests you? Again, contact Bryan and tell him what you'll do to help. Thank You!

Chaplain's Pew:

A Little Poem For Seniors,
so true it hurts!

Another year has passed
And we're all a little older.

Last summer felt hotter
And winter seems much colder.

There was a time not long ago
When life was quite a blast.
Now I fully understand
About 'Living in the Past'

We used to go to weddings,
Football games and lunches ...
Now we go to funeral homes
And after-funeral brunches.

We used to go out dining,
And couldn't get our fill.
Now we ask for doggie bags,
Come home and take a pill.

We used to often travel
To places near and far.
Now we get sore asses
From riding in the car.

We used to go to nightclubs
And drink a little booze.
Now we stay home at night
And watch the evening news.

That, my friend is how life is,
And now my tale is told.
So, enjoy each day and live it up ...
Before you're too damned old!

- Submitted by Helen Kinder, Chaplain

Sick Call & Taps:

The following Post members, family members, and spouses are dealing with serious health issues. They need our moral support and prayers.

Sharron & Mike McPhail

Harold Markiewicz

Heather Montee (Bill & Helen Kinder's daughter)

Also, please send your prayers to Ken & Desiree Johnson. Desiree's mother passed away on August 14th. She was the primary caregiver for her paraplegic grandson, Max. Tragically, Max passed away 2 weeks after his grandmother. They are requesting our prayers as they deal with these tragedies in their lives.



Service Officer:

The annual Service Officer Training conference was held this year at the Riverside Hotel in Boise, August 7 – 9, 2024. I first attended in 2016 and have attended every year except for the two-year shutdown during Covid. This year was just as informative and uplifting as all years. It's always good to see familiar faces and share our stories.

Wednesday August 7 th 0800. A great Marine Corps welcome from Bill Heyoh, Bureau Chief for the Idaho Office of Veteran Affairs, followed by updates from the VA Regional Office, Medical Centers and congressional representatives. It was very informative (and sometimes frustrating) to hear what is or is not going on. It's government – it's politics – it's money. There has never been a rep from the Spokane VA Medical Center so there's that.

We always get a thorough presentation from the Debt Management Center to understand the ins and outs of overpayments. Next, we learned more about the COMPACT Act. This Act was implemented by the VA in January 2023, and it aims to prevent veteran suicide by increasing access to emergency care at non-VA facilities.

After lunch (I had a sandwich in my room and watched some of the Olympics!), we heard from Sarah Kearney, a specialist from the Veterans Justice Outreach Program. Did you know that approximately 8% of the incarcerated population are veterans? It's nice to know that they have representation. Sarah told us about the outreach process and stressed how important it is to seek understanding without judgement. She said it's not an easy job. "It can get overwhelming, but I always remember that their issue is bigger than my frustration."

Idaho Honor Guard came next, then our day ended with the bright and happy faces of Mitzi Cheldelin and her gal pal Marisa McCarter. The work they've put into setting up the Idaho Veterans Guide and Joining Forces is remarkable. Never turn away a veteran in need. And oh boy howdy, Idaho does not disappoint. In 2023, at least \$229,092.69 was tracked in direct veteran support with community partners. Mitzi also works with Braveheart and travels the State, always on the hunt for local resources.

Thursday August 8 th 0800. Thank goodness for the everlasting coffee bar. The Boise Vet Center gave an overview of what they offer, much like the Spokane Vet Center. The rest of the day was heavy and all about pension, blindness, visual impairment, burial, PACT Act, presumptive conditions. But 1615 came and we went.

Although the air quality was bad due to local fires, I made a short walk next door to meet my sister for an early dinner.

Friday August 9th 0800. Bureau Chief Bill gave a complete review of dependency and concurrent claims. His examples are always welcome to solidify and clarify the points of policy and regulations. We had a class on VA Homeless Programs. Supportive Services for Veterans Families (SSVF) can be found in northern Idaho through Goodwill.

And our final session was about hearing loss and the combined rating table. If you want to know more about the measurement of pure tone thresholds in decibel Hertz, or the bilateral factor applied to disabilities before combinations are carried out for the rating and for the purpose of arranging in order of severity.....don't ask me. I quietly walked out of class and to the hotel lobby and checked out.

HOWEVER. I was and continued to be stunned and amazed that our credited and certified service officers know exactly what they are doing. Their participation and knowledge are only surpassed by the full-blown hearts they have in providing help to our veterans. Never turn away a veteran in need.

As time goes on, I will attempt to give a bit more detail about some of these programs. In the meantime, never hesitate to contact your county or state service officers for assistance. You can reach the Kootenai County Veterans Service Officer Tom Freeman at 208-446-1090. That office is located at 120 E Railroad Ave in Post Falls. Your State Service Officers are Matt and Scott at 208-415-3480 housed at the Post Falls Veterans Home. - Ruth Aresvik, 1st Vice Commander & Service Officer



SOCIAL SECURITY AND VETERANS

The Basics to SS Coverage for Veterans

- Active-duty military service earnings have been covered under SS since 1957.
- Inactive duty service in armed forces reserves has been covered since 1988.
- Anyone serving in the military before 1957 was given special credit for their service.

Earnings for Military Service

- In the military, you pay both Social Security and Medicare taxes.
- Anyone who served after 1956 paid Social Security taxes on those earnings.
Under certain circumstances, special extra earnings for periods of active duty from 1957 through 2001 can be credited to your Social Security earnings record.

If you were on active duty:

- **1957 thru 1967:** Social Security added the extra earnings to your record when you applied for your benefits.
- **1968 thru 2001:** You don't need to do anything - The earnings were automatically added to your record.
- **After 2001:** There are no special extra earnings credits.
 - **For 1957 thru 1977:** You were credited with \$300 in additional earnings for each calendar quarter.
 - **For 1978 thru 2001:** For every \$300 in active duty basic pay you're credited with an additional \$100 in earnings up to a maximum of \$1,200 per year.

Note: If you enlisted after September 7, 1980, and didn't complete at least 24 months of active duty on your full tour, you may not be able to receive the additional earnings. (Check with Social Security details.)

AMACFOUNDATION.ORG | 888.750.2622 | SSADVISOR@AMACFOUNDATION.ORG

Rev. 20240821

What About The Retirement Earnings Test / Limits?

- For *anyone* drawing Social Security benefits before their full retirement age (FRA), benefits will be reduced if earnings from employment exceed certain levels.
- Social Security sets an annual limit, based on the National Average Wage Index. At FRA,
- reduced benefits result in an adjustment to account for lost payments.
 - *VA benefits do not affect the earnings limit.*
 - *Earnings limit ends the month you reach your FRA.*
 - *These amounts are adjusted annually based on changes to the National Wage Index.*

Additional Considerations for Retirement, Earnings Test, & Other:

- Rules for retiring *under FRA mid-year* (monthly versus annual limits)
- Hourly rules for self-employed
- Effects on dependent benefits

Veterans & SSDI

The qualifications for SSDI differ from the qualifications for Veterans Disability. Criteria for VA versus SSA found at: <https://www.ssa.gov/people/veterans/>

- There are no income restrictions for receiving VA disability benefits
- VA Disability benefits are available to any veteran that the VA determined has a service-related condition that affects their health.

SSDI “Substantial Gainful Activity”

- You cannot earn more than \$1,550 per month in 2024.
- There is no annual limit.
- Amount is determined each year based on changes in the National Wage Index.

Apply for veterans benefits online or by using VA Form 21-526EZ, Application for Disability Compensation and Related Compensation Benefits. Download this form at www.va.gov/vaforms.

Apply for SSDI online, by phone, or in person at a local Social Security office.

Use the SSA’s office locator for the local office address and telephone number.

Veterans & Medicare

Why sign up for Medicare?

Medicare Part A and Part B only covers 80% of all your medical expenses if you are treated outside of the VA system - consider additional coverage.

- You’re covered if you need to go to a non-VA hospital or doctor Funding for VA health care could change in the future.
- You will pay a penalty if you delay signing up for Medicare Part B (coverage for doctors and outpatient services) and need to sign up later because you lose your VA health care benefits or need more healthcare choices.
- Medicare Part D (coverage for prescription drugs), allows you to receive medicine from nonVA doctors and fill your prescriptions at your local pharmacy instead of through VA.

VA Types-of-Care: <https://www.choose.va.gov/health/types-of-care>

Medicare Part B coverage: <https://www.medicare.gov/what-medicare-covers/what-part-b-covers>

Medicare Part A coverage (this is automatic when you take your Social Security benefits):

<https://www.medicare.gov/what-medicare-covers/what-part-a-covers>

Training Officer Communique:

As a National American Legion College graduate and currently the Area A Vice-Commander, your Training Officer and your Adjutant, the word leadership always sticks out to me. Why? Because leadership matters! The officers of our Post are veterans in leadership, and we are responsible for being accountable to ourselves and those who place us in leadership roles. We are responsible for being the example by ensuring our walk reflects our position.

Education/Training: Our leadership also requires that we educate and prepare ourselves in areas of responsibility. Whether it's how to conduct a meeting, to fold our national symbol, "the Flag" or learning about the American Legion's suicide prevention campaign, "Be the One," which encourages all of us to Be the One to save the life of a veteran by asking how they are, listening and reaching out when they are struggling. We need to know what to look for, especially as we move into the holiday season.

Training resources from The American Legion, the Department of Idaho, and your Training Officer can provide the necessary tools we need in our toolbox. I hope to help educate our members in all things LEGION. If you have something that you are interested in learning, please let me know and I will create a training for it. Thank you for allowing me to be an officer at Post 154. - Dee Sasse, Post 154 Adjutant & Training Officer

Local Bits & Pieces

- **Newbyinnings is in need.** They are very short on canned fruits, vegetables, and protein such as canned meats & seafood, chili, soups & stews. They have many families who come in every week to do their grocery shopping. Newby is also low on towels and the season is coming up for blankets. You can just drop your donations off at Newbyinnings (570 S Clearwater Loop in Post Falls) or bring them to the next meeting and give them to Jean or Bryan Bledsoe. If you can help, thank you.
- **Monday September 2nd (Labor Day) from 8 am to 11 am, there will be a Pancake Breakfast** at the Lions Club. The menu is pancakes, eggs, sausage, juice, & coffee. All this for only \$7, or \$6 per person for families of 4 or more. Please show up and support the Lions Club Sight & Hearing Program.
- **School is starting which means the Lions Club Backpack Program will be resuming.** At this time, they estimate about 122 kids will be identified as food insecure and need help with food on the weekends. The food has been ordered at a cost of approximately \$33,000. You can Adopt-a-Child for the year for about \$189. But any donation to the program is much appreciated. Please call or text Lions Club Program Chairman Becky Randles at 208/755/3275 to make a donation.
- **September 7th Fundraiser** to benefit the President of North Idaho Standown, Debbie Nadrchal, who is battling severe health issues. Dinner is open to everyone at the Elks Lodge 1170 Prairie Ave in CDA beginning at 5 pm. \$20 donation per person. See more details on page 12.
- **Annual Patriot Day Ride** – Sunday, September 8 – 7:00 a.m. Starting in Post Falls at American Legion Post 143. Breakfast will be available. Proceeds from breakfast will remain at Post 143. Ride will depart Post Falls on a guide your own ride around CDA lake to St. Maries. The finish to this Ride will be at WESTSIDE MOTORSPORTS in Spokane. There will be a BBQ with local vendors as well as the Hospitality of the Westside Motorsports team. Go [HERE](#) for more information.
- **Free Healthcare Clinic: Medical, Dental, Vision, and much more.** September 19-20 from 7 am to 1 pm. See the details on page 15.
- **Also, please remember** to send your volunteer hours to Lonnie Morse so he can compile them. These include hours devoted to Veterans, Youth, Honor Guard and Community. His email address is: lionlonnie@gmail.com or you can just hand them to him at a meeting.



Our renewal drive is moving along at a slow, but steady pace! As of August 22nd, our paid membership is at 68 of 133 for 2025. Remember membership is everyone's responsibility.

RENEWAL INFORMATION

There seemed to be a minor problem when National has signed you in for the three year renewal. Some people sign in and click the JOIN button instead of the RENEW button. This places you in Administrative Holding Post 0085 and not Post 0154. We then must transfer you out of 0085 and back in to 0154. **National may also end up giving you a new ID Number!**

Even with this I highly recommend your use of the On-Line Renewal feature. It's fast and easy. Go to legion.org, click renew. Make sure you have your ID card and credit card available for this transaction.

Do not click the Join button, only click the Renew button.

Pressing the Join button places you in the Department of Idaho Administrative Holding Post (0085) and not your active Post 154.

It doesn't matter if you're renewing online or sending your check,

DO NOT CLICK THE JOIN BUTTON, ONLY THE RENEW BUTTON



The information below was included in the August 2021 Newsletter, I thought it appropriate to send it out again.

With the passage of the Legion Act in July 2019, membership has opened for many veterans previously not eligible. The Act basically states that any veteran that has **served at least one day on Federal active duty, since December 7, 1941,** is eligible to join The American Legion. Every Post 154 member should make themselves a part of recruiting new members. There are awards given by National for your recruiting efforts. The most common is the National Commanders Incentive pin given to those who recruit at least three new members. Recruits can not have been a member in 2024. Annual dues are only \$50.00

Bill Kinder, Membership Chairman

At the last Post meeting, Bob Granger told us about a wheelchair ramp that is available for free. It is 4'x16'. The owner would like it to go to a veteran. If you know of a veteran who needs one, contact Bob Granger at bigbob442000@yahoo.com or 208-819-1405.



A Nearly \$3 Billion Shortfall in VA Benefits Is Looming

As reported July 30 by Rebecca Kheel for Military.com, seeking to avoid a disruption in veterans benefits payments later this year, a bipartisan group of senators has introduced a bill to fix a nearly \$3 billion shortfall for disability and education benefits the VA expects to face by October. The movement in the Senate to shore up VA benefits accounts comes as VA Secretary Denis McDonough responded to a key House chairman's demand for more information on the budget shortfall by the lawmaker's deadline, but it's unclear whether that will be enough to stave off a subpoena. Both developments revolve around a roughly \$15 billion budget shortfall the VA told Congress earlier this month it now projects to face this year and next. The budget gap includes \$2.9 billion for disability and education benefits this fiscal year and \$12 billion for medical care next fiscal year. [Read More...](#)

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 or by phone at 509-953-0885.

During the month of July 2024, the Post 154 Honor Guard performed at nine funerals; six Army, two Air Force, and 1 Navy. They also presented colors at the 4th of July Picnic, at Quilts of Valor presentation at the Post Falls Veterans Home, and for a 100th birthday event for a veteran. They also participated in the Rathdrum Days Parade. These performances required 57 personnel who volunteered 227 hours and traveled 1,536 miles. – submitted by Todd Halvorson, Honor Guard Co-Captain

Did you know...?

The VA 5-year rule protects your disability claim by not allowing the VA to reduce your disability rating unless your condition has significantly improved over time. This rule pertains to a rating that has been in effect for five years or longer. After a five-year period, the rating is considered a stabilized rating. – From VA.gov

Mark Your Calendar:

September 1st - Be the One Day

September 2nd - Labor Day - **fly your flag**

September 2nd - National V-J Day

September 3rd - National POW/MIA Veterans Recognition Day

September 6th - Inland Northwest Golf Classic at Prairie Falls Golf Course

September 7th - Fundraiser to benefit the President of North Idaho Standown - see page 13

September 7th - Tunnel to Towers 5K Run & Walk - see details on page 2

September 8th - 14th - National Suicide Prevention Week

September 8th - Grandparent's Day

September 8th - Patriots Day Car Show at Post Falls American Legion Post 143

September 11th - Patriot Day And National Day Of Service And Remembrance - **fly your flag**

September 11th - Patriot Day Event at the Black Sheep Mall at 11 AM

September 12th - Post 154 Executive Committee Meeting 6 PM at the Lions Club - open to the public

September 16th - 22nd - Orchid Male Cancer Awareness Week

September 16th - American Legion Day

September 17th - Constitution Day - **fly your flag**

September 18th - US Air Force Birthday

September 19th - 20th - Free Healthcare Clinic - see page 16

September 20th - POW/MIA Recognition Day - **fly your flag**

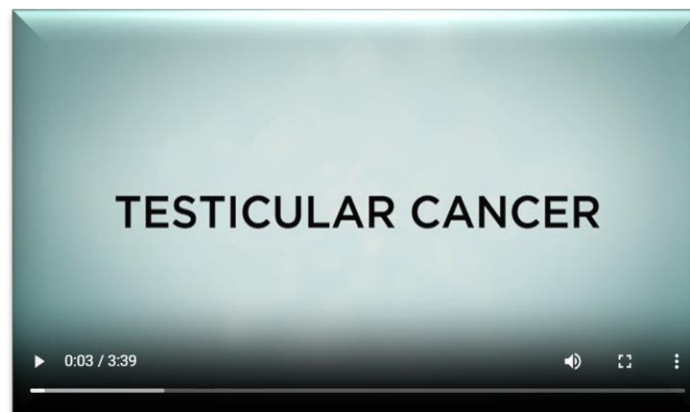
September 22nd - Autumnal Equinox

September 26th - Post 154 Membership Meeting @ Lions Club - Potluck at 5:30 PM, Meeting at 6 PM

September 29th - Gold Star Mother's and Family Day

A Healthier You:

The week of September 16th is Orchid (meaning testicle) Male Cancer Awareness Week. This includes testicular, penile, and prostate cancers. Here is a link to an informative video produced by VA Healthcare. Just click (or ctrl + click) on the graphic below.



Bits & Pieces

- Senators Tester and Rubio Introduce the *Molly R. Loomis Research for Descendants of Toxic Exposed Veterans Act of 2024* (S.3958/H.R. 9039...“Our veterans, their children, and their grandchildren have waited far too long for answers to their health conditions believed to be a result of military toxic exposures. When enacted, this important research will provide the much-needed science regarding the generational legacy of toxicants.” [Read the Press Release...](#)
A Nearly \$3 Billion Shortfall in VA Benefits Is Looming. As reported July 30 by Rebecca Kheel for Military.com, seeking to avoid a disruption in veterans benefits payments later this year, a bipartisan group of senators has introduced a bill to fix a nearly \$3 billion shortfall for disability and education benefits the VA expects to face by October. . [Read More...](#)
- **Avoid Falling Victim to Claims Predators.** Veterans and their families should never pay a fee to file an initial claim for benefits. In fact, it’s unlawful for anyone to charge a fee for preparing an initial claim. Learn how to avoid claims scams and predators looking to prey on your Veteran’s benefits. [Learn More...](#)
- **The U.S. Department of Housing and Urban Development** has announced policy changes that will expand access to housing for the nation’s homeless veterans. The joint HUD-Veterans Affairs Supportive Housing program will no longer consider a veteran’s service-connected disability benefits when determining income for the purposes of housing eligibility, according to an Aug. 8 announcement. The policy change makes it so that a veteran’s VA benefits for their service-connected disability do not count as income during the process of applying for housing through the Supportive Housing program. [Read More...](#)
- **Veterans Talking to Veterans (VTTV)** is a certified trauma-informed peer-to-peer (veteran-to-veteran) program. The Idaho Division of Veterans Services has sponsored the program and seven certified coaches have been trained across Idaho. You will be hearing more about in person one-on-one and group sessions with veterans shortly. Locations will include Treasure Valley, Northern Idaho, and Eastern Idaho. Veterans Talking To Veterans is FREE to any Veteran! To launch the program, one of our coaches is offering One-On-One Online sessions via Zoom. To sign up or find out more please call or text Adam at 208-488-2052 or email buildingstrongervets@gmail.com. For more details see page 13.
- **Burial at Sea: A Burial Option for Veterans.** Learn more about this unique burial option for service members, Veterans, and their families, to be buried at sea. [Watch...](#)
- **Did you know...eligible Veterans can get easy access to urgent care?** Here's the bottom line about accessing urgent care benefits. [Watch...](#)
- **Find Resources About Fraud Targeting Veterans.** Learn about the new single phone number 1-833-38V-SAFE (8-7233) and website that gets you information and support for fraud attempts targeting Veterans, service members, and their families. vsafe.gov provides information from across federal agencies that can be accessed in one place for education, reporting and response. [visit vsafe.gov...](#)
- **Protect Yourself and Your Pocketbook Online.** Veterans or their families should never be charged to access forms, information or assistance with filing a claim for VA disability. Learn how to avoid being charged for unnecessary fees. [Learn More...](#)

Toxic Exposure



87,000 Vietnam Vets May Qualify for \$844M in Benefits. Nobody Told Them?

As reported August 29 by Leah Rosenbaum for *The War Horse*, in the span of just a few weeks, Marc McCabe traveled this summer to Puerto Rico, California, and Texas. But the 74-year-old wasn't on an epic retirement trip. As a pro bono veterans advocate, he was searching for Vietnam veterans and surviving family members who may be eligible for disability compensation. McCabe, a

former combat corpsman attached to Marine Corps units during the Vietnam War, has survived two bouts of cancer himself. He has been a veteran's advocate for two decades, but his job has gotten a lot busier, thanks to a spate of new legislation that has expanded benefits for millions of veterans exposed to toxic chemicals in war. Technically, the U.S. Department of Veterans Affairs should be the ones notifying veterans when they may be eligible for new benefits—but McCabe says they often don't. "They're leaving them behind," he says. And the Department of Veterans Affairs' very own Office of Inspector General agrees. In an unsparing report this summer, the watchdog estimated that VA has failed to inform up to 87,000 Vietnam war veterans and their survivors that they may now qualify for retroactive compensation benefits because of exposure to toxic herbicides such as Agent Orange. [Read More...](#)

A promotional graphic for the Idaho Veterans Guide. It features a background of an American flag. The main title "IDAHO VETERANS GUIDE" is in large, bold, dark blue letters. Below it, the subtitle "QUICKLY FIND VETERAN RESOURCES NEAR YOU" is in smaller, dark blue letters. A row of seven circular icons represents different resource categories: Benefits (red), Education (dark blue), Social (grey), Work (dark blue), Legal (red), Housing (grey), and & more (dark blue). Below this row, the text "Where Idaho Veterans Can:" is followed by a list of three bullet points: "Find trusted organizations in your area", "Search anonymously from anywhere", and "Customize search options to find all low or no cost local available resources". To the left of the list is a QR code with the text "SCAN ME" below it. To the right is a circular logo with a mountain range and the text "CONNECTING VETERANS TO RESOURCES" around the perimeter and "IDAHO VETERANS GUIDE" in the center. At the bottom, the website address "www.idahoveteransguide.org" is displayed in white on a dark blue background.

“Shingles” has been bandied about a lot lately so this 37-minute video from the SITREP might answer your questions and help you decide, “Vaccine or Not?”. The very interesting information is presented by RICHARD SERRAD, M.D. | VA BOSTON | ASSOCIATE PROFESSOR, BOSTON UNIVERSITY | INSTRUCTOR, HARVARD MEDICAL SCHOOL.



Debbie Nadrchal, the president of North Idaho Standdown, is battling CANCER. She has done so much for all Veterans; she heads the Veteran Stand Down every year. With the help of many others, it has always been very successful and helpful to all Veterans. She has also championed donations from the Elks for funds to help needy Vets and their causes.

She needs our moral support as well as our financial support.

Note from Mitzi Cheldelin: Debbie Nadrchal is a huge supporter of veterans in the Panhandle Region. She and her family donate so much time and energy bringing the community together for the Veteran Stand Down each year, helping our most vulnerable veterans and their families. Let’s do all we can to show her some support!

Fundraiser



For: *Debbi Nadrchal*

PER of Coeur d'Alene Lodge 1254

and

President of North Idaho Veterans Stand Down

QR CODE



venmo

Debbi was diagnosed with breast cancer, has had a double mastectomy and will be undergoing radiation.

Brisket & Pulled Pork Dinner

Gift Basket Raffle * Dessert Auction * 50/50

Music By

Alejandro

\$20 DONATION PER PERSON

Saturday, Sept. 7th, 2024 @ 5pm

Coeur d'Alene Elks Lodge #1254

1170 W Prairie Ave, CdA

Sign up at the Lodge for dinner and/or to donate a Dessert or Gift Basket.

208-772-4049

Or for more information contact

Nancy Stoddard 208-215-8301,

Aloma Cardoza 208-667-4488 or

Angela Thomas 208-630-3380

Spokane VA Medical Center

Mann-Grandstaff VAMC's Social Work team is looking for interested homeowners or renters who would consider having a US Military Veteran as a paying tenant through VA's new "Medical Foster Home" program. Jamie Pillers, a Licensed Clinical Social Worker (LCSW) at Mann-Grandstaff is already working to find interested participants now – concentrating on North Idaho with hopes to expand the efforts into WA next year.

Medical Foster Home caregivers provide the Veteran personalized, safe, and comfortable room and board, help with carrying out activities of daily living like showering, getting dressed, transportation, home-cooked meals, laundry, and best of all – friendship! The hosts are paid by the Veteran each month, and VA in turn, provides regular site-visits and any medical care the Veteran may need. The host must be 21 years of age, live at the primary residence of the Medical Foster Home, and have informal or formal caregiving experience to assist the Veteran as seen in this special CBS news report: <https://www.cbsnews.com/.../senior-veterans-medical...> For more information, see the flyers below and/or reach out to Jamie Pillers at Mann-Grandstaff VAMC at 509-230-9357.



TO BECOME A VA MEDICAL FOSTER HOME CAREGIVER FOR A VETERAN

If you answer yes to the following questions, you may be a good candidate to become a VA Medical Foster Caregiver:

- Do you have caregiving experience (formal or informal)?
- Have a desire to "give back" to Veterans?
- Feel satisfaction caring for others?
- Have an extra room in your home?

QUALITY AND SAFETY:

Quality and Safety are of utmost importance within the VA Medical Foster Home Program.

VA MFH Coordinators oversee the program and provide frequent visits and continuous monitoring.

"I started this because I wanted to help my Grandpa. But it turned into so much more..."

The empathy I have for these guys that don't have family. In my Medical Foster Home, it is my goal to show these Veterans Love and Compassion."



MGVAMC Medical Foster Home Program Coordinator

Jamie Pillers, LCSW
509-230-9357
Jamie.Pillers@va.gov

Mann-Grandstaff VAMC
4815 N. Assembly St.
Spokane, WA 99205
509-434-7000 / 800-325-7940
www.va.gov/Spokane-health-care



MANN-GRANDSTAFF VA MEDICAL CENTER SPOKANE, WA



VA's MEDICAL FOSTER HOME PROGRAM



You can help **Veterans.**

Become a Medical Foster Home **caregiver.**

"[The MFH caregiver] has provided my brother with a loving, caring, safe environment and have given him the best care possible. This is the best home for him."

-Veteran Family Member



You can make a difference. Talk to your VA Medical Foster Home Program Coordinator today to learn how you can **become a Medical Foster Home Program caregiver and give back to those who served.**

Call Jamie L. Pillers at **509-230-9357** to learn more.



Learn more about VA's Medical Foster Home program by simply scanning the QR code with your smartphone.

VA



U.S. Department
of Veterans Affairs

www.va.gov/geriatrics

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Medical | Dental | Vision + Much More

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FIRST-COME, FIRST-SERVED | No hidden cost | No Obligation



SERVICES PROVIDED

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HEALTHY LIVING – Diabetes Education, Lifestyle Coaching, Mental Health, Nutrition Counseling

THERAPIES – Chiropractic Therapy, Massage Therapy, Physical Therapy

OTHER SERVICES – Legal Counsel, Childcare, Haircuts, Professional Portraits, Free Clothing

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Providing free healthcare services to the underserved | Partnering with Panhandle Health & Heritage Health

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Americanism: Flag Retirement School Flag Program	Ruth Aresvik Jean Bledsoe Dee Sasse Bill & Helen Kinder		Membership	Ruth Aresvik Bill & Helen Kinder	1st Vice Commander Ruth Aresvik
Post 154 Building	Bill & Helen Kinder Rich Hannah Dee Sasse		Memorial Day	Dee Sasse Ruth Aresvik Bill & Helen Kinder Pete & Barb Williams	
Ceremonials		Member at Large	Poppy Campaign	Lonnie Morse	Lonnie Morse
Children & Youth: Boys State Baseball Oratorical Contest	Dee Sasse Bob Kernen		Public Relations: Newsletter Website Social Media	Jean & Bryan Bledsoe	Jean Bledsoe
Constitution & Bylaws	Bob Kernen Jean Bledsoe Helen Kinder Lonnie Morse Harold Markiewicz	Judge Advocate Bob Kernen	Rathdrum Days	Ruth Aresvik Bill & Helen Kinder Pete & Barb Williams Jean Bledsoe	
Easter Egg Hunt	Dee Sasse Bill & Helen Kinder Ruth Aresvik Pete & Barb Williams		Post Everlasting	Helen Kinder Ruth Aresvik	Post Chaplain Helen Kinder
Finance	Lonnie Morse Bryan Bledsoe Ken Johnson Bob Flowers	Finance Officer Lonnie Morse	Veterans' Affairs & Rehabilitation	Ruth Aresvik	Service Officer Ruth Aresvik
Gun Raffle			North Idaho Veterans Home	Ruth Aresvik Helen Kinder Dee Sasse	
Sign & Flagpole Placement	Bob Kernen Lonnie Morse Dee Sasse		Veterans' Recognition	Dee Sasse Ruth Aresvik Bill & Helen Kinder Pete & Barb Williams	
Graves Registration & Memorial	Helen Kinder Tim Chandler	Post Chaplain Helen Kinder	Veterans Affairs Voluntary Service or VAVS	Helen Kinder	Post Chaplain Helen Kinder
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This compelling approach to personal growth encourages dialogue that brings into fruition fresh ways to look at your challenges and unearth potential solutions.

Ways to contact: Call or text Adam at (208)488-2052

Email: buildingstrongervets@gmail.com

Area serviced: This service is being offered online,

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More info at: www.VeteransTalkingToVeterans.com