



IOWA COUNTY VETERANS NEWSLETTER

Published by the Iowa County Veterans Service Office: 303 W. Chapel Street, Suite 1300, Dodgeville, WI 53533
Office Hours: M-F 8:30 am-4:30 pm Phone: **608/930-9865** Fax: 608/935-0358 Email: vet@iowacounty.org
Jeffrey T. Lindeman, County Veterans Service Officer

SUMMER, 2024

KNOW BEFORE YOU GO:

MANAGE YOUR VA CARE WHILE TRAVELING

For many, summer means more travel. And travel planning can feel overwhelming, especially if you have complex health needs. My HealtheVet, VA's online patient portal, makes it easy to manage your health care while traveling.

Whether you're traveling in-state or out of the country, you can rest assured knowing you'll have access to VA care regardless of where you are.

Follow these five tips to ensure your health care needs are met while you're away from home.

1. Notify your VA care team

VA highly recommends that you notify your health care team four to six weeks before travel, particularly if you need medication refills or regular medical appointments. Send a secure message through [My HealtheVet](#) to notify your provider of your upcoming travel.

2. Ensure you have up-to-date documentation

It's important to have up-to-date copies of all important documents, whenever you travel. Use My HealtheVet to print a health insurance wallet ID card to keep on hand while you travel.

3. Update your vaccines

Staying up to date on vaccines is important regardless of whether you're planning to travel.

Can't remember when you were last vaccinated? Don't fret. My HealtheVet makes it easy to view and download your vaccination history with VA Health Summary. If you see that you're due for a vaccination—or if you're traveling to an area that poses a risk for tropical disease—schedule an appointment with your VA provider as soon as possible.

4. Manage your prescriptions

Be sure to pack enough medication refills to last your entire trip and extra in case of flight delays. Always pack your medications in your carry-on bag in case your checked luggage is lost or delayed. Discuss your current medications and the plan for refills with your VA care team. My HealtheVet's prescription tool makes it easier to manage your medication online.

5. Familiarize yourself with VA's telehealth options

If you have a diagnosis that requires routine appointments, telehealth can help you keep up with those appointments while traveling domestically. Through telehealth technologies and programs, VA works to connect Veterans and VA providers regardless of distance. Speak with your VA care team about whether telehealth is a right fit for your care, then schedule your virtual appointments through the online scheduling feature on My HealtheVet.

DISPELLING THE MYTHS OF WOMEN VETERANS RECOGNITION DAY

Women Veterans Recognition Day is not a separate Veterans Day for women. The day, celebrated yearly

on June 12, recognizes, honors and remembers the signing of the [Women's Armed Services Integration Act \(pub.L. 80-625, 62 Stat. 356\)](#), allowing women the right to permanently serve in the regular armed forces.

Women have served in America's wars and conflicts throughout our history. They played vital roles in the Revolutionary War, serving as soldiers, raising morale and spying on the enemy. It is known that some even [disguised themselves as men](#) to be able to serve.

More than 400 women fought in the Union and Confederate armies during the Civil War. During World War I, about 35,000 women officially served. Women served in lifesaving roles such as nurses, and critical support staff roles such as [the Hello Girls](#), formally known as the Signal Corps Female Telephone Operators Unit. In World War II, 350,000 women served in the U.S. military in occupations such as nursing, military intelligence, cryptography and parachute rigging.

In August 1943, the Women's Flying Training Detachment (WFTD) and the Women's Auxiliary Ferrying Squadron (WAFS) merged into a single unit for all women pilots and formed the Women's Airforce Service Pilots (WASPs). They flew more than 60 million miles in two years. During this time, the [6888th](#) Battalion was formed as the first and only all-Black Women Army Corps (WAC) unit to deploy overseas during WWII. Their nickname was "Six-Triple Eight" and their motto was "No Mail, Low Morale."

Breaking barriers on June Day 1948

Before the signing of the [Women's Armed Services Integration Act](#) on June 12, 1948, only women nurses could serve in the regular and reserve forces during peacetime. All other women were sent home after each conflict. The signing of the Act deemed women essential to the war efforts and allowed them to serve in the regular armed forces full time. The Women's Armed Services Integration Act, coupled with President Truman's decision to desegregate the military, also permitted African American women to officially serve in the military, five years after the 6888th Battalion accomplished its mission of

cleaning two years of mail backlog in three months, twice. When women can, they do.

A day worth recognizing

June 12 proclamations and events around the U.S. each year commemorate the signing of the Women's Armed Service Integration Act by President Truman in 1948. The date was first recognized as a commemorative date when the [New York State Assembly](#) declared June 12, 2008, to be Women Veterans' Recognition Day.

Currently, Women Veterans Recognition Day is a state-recognized commemoration. The states of Alaska, California, Florida, Hawaii, Illinois, Indiana, Kentucky, Maryland, Massachusetts, Michigan, Mississippi, Nebraska, New Jersey, New York, Ohio, Oregon, Rhode Island, South Carolina, Utah, Virgin Islands, and Wisconsin all recognize Women Veterans Recognition Day.

Women served, women belong

Today, women serve in all military occupational specialties, including logistics, munitions, intelligence, and many combat. Women contribute to the most professional, educated, agile and strongest military the U.S. has ever seen.

Despite their longstanding service, many women Veterans struggle to be recognized, respected and valued as Veterans in civilian life. After all they have done and continue to do, women Veterans deserve the support and respect they have earned through their service. They should feel like they belong at VA.

VA understands that women Veterans face specific challenges and have unique health care needs. Beginning in 1992 with the Veterans Health Care Act, VA has been providing gender-specific care to eligible women Veterans. Since then, VA has been [expanding those gender-specific services](#) and launching initiatives to make women Veterans aware of their well-deserved benefits.

Recognize outstanding women

There is so much history about women Veterans to be told, and it's important that women continue to be recognized for their service and sacrifice. On

March 12, 2022, [Public Law 117-97](#) was passed to award the Congressional Gold Medal to the members of the Women's Army Corps who were assigned to the 6888th Central Postal Directory Battalion, known as the "[Six Triple Eight](#)." This June 12, to all women Veterans out there – Happy Women Veterans Recognition Day.

SPRING CLEANING SEASON

As many of you are already aware, Iowa County maintains a healthcare equipment loan program, which is administered through the Veterans Service Office. Given that often our emergence from winter hibernation involves cleaning/decluttering our residences. I am requesting donations to the Healthcare Equipment Loan Program (HELP). We are always accepting serviceable durable medical equipment such as wheelchairs, walkers, toilet seat risers, canes, and other mobility equipment. In the past year (May, 2023 – April, 2024) the program was able to service 135 requests for equipment to help Iowa County residents maintain their mobility. If you have equipment available that you want to get out of the way, please contact HELP at (608)930-9864 to arrange a donation.

FREE MENTAL HEALTH COUNSELING SERVICES AVAILABLE FOR VETERANS

WI Department of Veteran's Affairs (WDVA) Secretary James Bond awarded Highland Springs Counseling, LLC with the Emergency/Crisis Mental Health Treatment Program for Veterans Grant on May 1, 2024. This grant funds traditional therapy to maintain mental health well-being as well as crisis intervention programs. Therapy is provided at no cost to eligible Wisconsin residents who have served our country as military, National Guard, or Reserve members. Eligibility is not based on years served, and reasons for therapy do not have to be directly related to duty and often are about relationships and other life stressors. Highland Springs Counseling, LLC is located at 523 Main St. in Highland Wisconsin and provides therapy to maintain and increase mental health, especially for those who have experienced trauma. Therapy is offered in-person at the office, telehealth, or in-home for homebound people in the local area. As the therapist, Tricia Morzenti is honored to serve you as you have served our community. She values your sacrifice, courage, and determination. This opportunity goes through

March 2025, so contact her at (608)937-9390 for a consultation and check out the website at highlandspringscounseling.com.

IOWA AND LAFAYETTE COUNTY VETERAN'S MUSEUM TRIPS

Iowa and Lafayette County Veterans Service Offices are collaborating to provide free trips to veterans to the Wisconsin Veteran's Museum in Madison, WI. These trips are possible due to receipt of ARPA grant funds through Wisconsin Department of Veterans Affairs. Motorcoach transportation to the museum will be provided in addition to lunch and a snack on the bus on the way up. The first scheduled trip is 19 July 2024. This trip will depart Dodgeville at 9:00 a.m. (meeting location to be determined) with a guided tour of the museum scheduled for 10:30 a.m. Lunch will be provided after the museum tour. There is also the option of a stop at the Veterans Memorial in Mount Horeb on the return trip. Future trip dates are in the works at this time as the plan is to offer several trips through the summer.

If you are interested in spending the day at an interesting venue with your fellow veterans, you are encouraged to sign up for one of the trips. Feel free to contact the Iowa County Veterans Service Office at (608)930-9865 or Lafayette County Veterans Service Office at (608)776-4886 if you have any questions or would like to sign up for a trip.

VOLUNTEER DRIVER ESCORT

The Aging and Disabilities Resource Center is looking for volunteer drivers to provide transportation for medical appointments. If you are interested contact Nohe Caygill at (608)930-9835.

THAT OLD, TATTERED FLAG

It is time again to retire the flags that have become too worn and faded to remain in service. The Mineral Point American Legion provides the location for the county-wide flag retirement ceremony. This year's ceremony will be on June 18th at 7:00 p.m. If you have flags you would like to have retired, you can drop them off at several locations around the county as well as at the Veterans Service Office.

Information in the newsletter is compiled from various news sources and press releases.

Iowa County Veterans Service Office
303 W. Chapel Street – Suite 1300
Dodgeville, WI 53533

**Veterans
Newsletter**

IMPORTANT DATES

May 27 th	Memorial Day
June 12 th	Women Veterans Recognition Day
June 14 th	Flag Day
June 18 th	Flag Retirement – Mineral Point American Legion - 7:00 p.m.
July 4 th	Independence Day

VETERANS SERVICE OFFICE CLOSINGS IN 2024

Memorial Day	Monday, May 27 th
Independence Day	Thursday, July 4 th
Labor Day	Monday, September 2 nd