



# Women Veteran's Initiative

of Northwest Ohio



Established by and in partnership with United States Vets, Inc.

## February 2018 Newsletter

### Live, Work, and Lead - Positively

- Free workshop
- February 27, 2018
- 7:30am Breakfast
- 8:00am - 9:00am program
- Location: Perrysburg Commons
- Speaker: Janet Miller, MA, LPCC
- RSVP: Susan Snoddy at 419-290-7152
- 1.0 CE for Social Workers/Nurses

The presentation will focus on how life-style choices impact ones health span, techniques for a positive workplace, and “nonviolent communication”.



### 7 Power Foods for Women

Whole foods are powerful medicine. Include these groceries in your healthy diet to cut your risk of heart disease, diabetes, cancer, and more.

- Berries
- Nuts
- Quinoa
- Tomatoes
- Cold-water fatty fish (salmon)
- leafy greens
- Low-fat or nonfat yogurt

(Weill Cornell Medicine Women's Nutrition Connection 2017)

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United States Vets, Inc. is a tax exempt non-profit organization dedicated to meeting the needs of veterans and their families.

## Veteran Support

If you are a veteran on a pension, or qualify for (or are already on) Medicaid, look into additional support.

Two government agencies – Department of Veterans Affairs and the Centers for Medicare and Medicaid Services – offer financial support that can be used to pay family caregivers.

If you or your spouse is a veteran who served at least 90 days of active duty with at least one day during a period of war, check out what the VA provides.

If you or your spouse qualifies for Medicaid there are many self directed care plans that allow people to hire/fire their own caregivers.

The names of these programs vary from state to state and include:

- ◆ Personal Assistance Services,
- ◆ In-Home Supportive Services,
- ◆ Cash and Counseling.

Be forewarned: Waiting lists for some Medicaid programs are so long, you may never see any money. (AARP January 2018)

## The Groundhog Says . . .

6 more weeks . . .

Ways to ease the winter doldrums:

Make your environment brighter;

Eat smarter;

Exercise;

Turn on the tunes;

Plan a vacation;

Help others;

Get outside!



## Military Exchange Open to Veterans

- Honorably discharged veterans are allowed to shop online at AAFES
  - Enrollment guidance at [www.shopmyexchange.com](http://www.shopmyexchange.com)

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