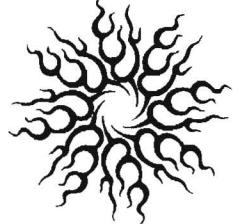




Vet Center Yoga



The Spokane Vet Center is honored to offer a 6 week yoga class for our veterans

What Is Yoga?

"Yoga is a science that has been practiced for thousands of years. It consists of Ancient Theories, observations and principles about the mind and body connection which is now being proven by modern medicine. It helps you become more aware of your body's posture, alignment and patterns of movement. It makes the body more flexible and helps you relax even in the midst of a stress stricken environment."

Benefits of Yoga include:

- Reduced stress
- Improved sleep
- Improvement of many medical conditions
- Decreased blood pressure
- Lowered heart rate
- Spiritual growth
- Improved sense of well-being
- Reduced anxiety and muscle tension
- Increased strength and flexibility

Co-ed Veterans Class

Wednesdays 6pm – 7pm
January 9th to February 13th
2013

Please Register:

Mary DeLateur, LCSW
Or
Dante Rumore, MSW
(509) 444-8387

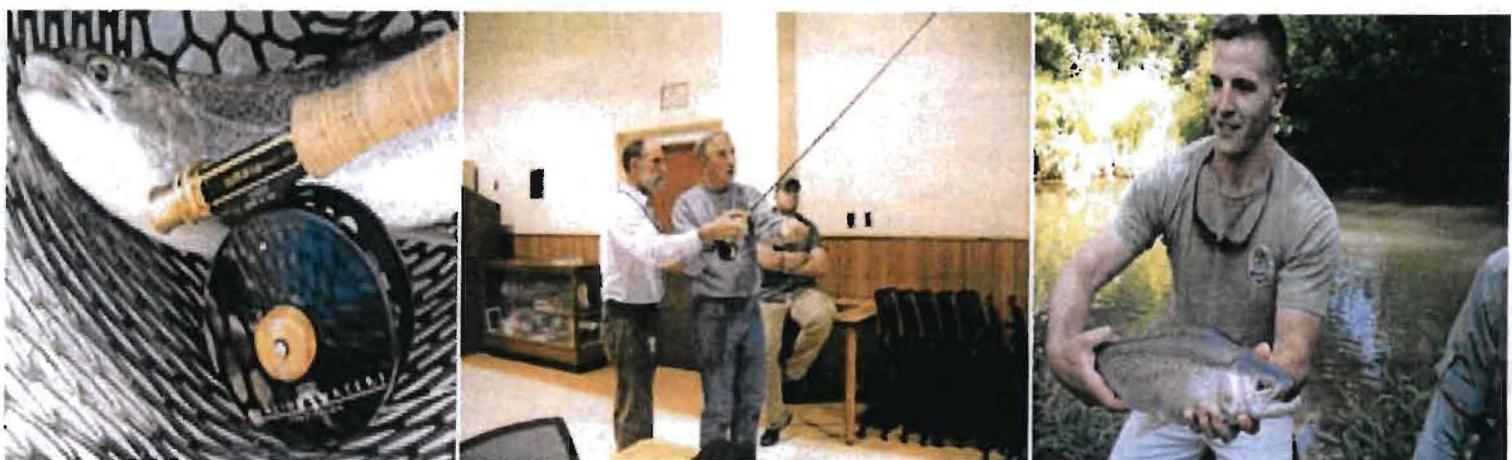
Instructors:

Margo Butler &
Natalie Gauvin



ATTENTION COMBAT VETERANS

Are you interested in Fly Fishing?



Spokane Vet Center will be offering Fly Fishing lessons at your new facility located in Mirabeau Park. This project is provided through the generosity of the Spokane Fly Fishers and Project Healing Waters Fly Fishing. There is no cost and all supplies and equipment will be provided.



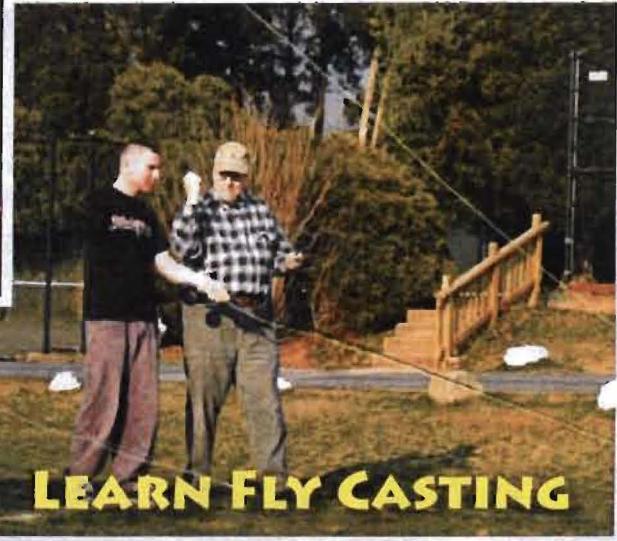
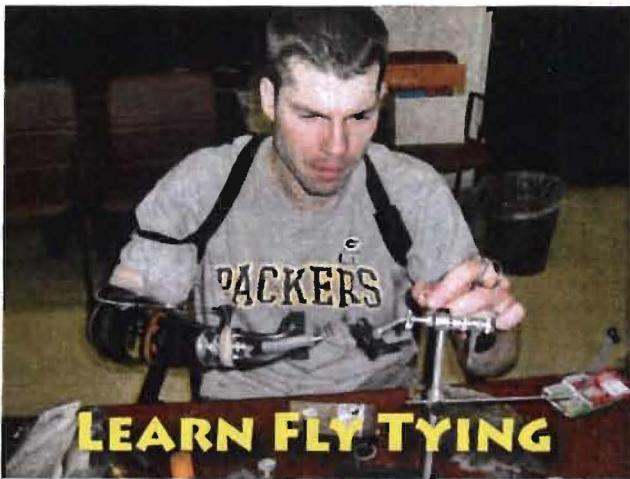
The banner for Spokane Fly Fishers. It features the club's logo on the left, which is a circular emblem with a yellow and black fly on a hook, surrounded by the text "SPOKANE FLY FISHERS" and "We Love Fly Fishing". To the right of the logo, the text "SPOKANE FLY FISHERS" is in bold capital letters, followed by "Dedicated to the Sport and Art of Fly Fishing" in a smaller font. In the bottom right corner, the name "Mike Berube, President" is written.

<http://spokaneflyfishers.com>

We are currently recruiting men and women combat veterans who are service connected disabled, or not, who are interested in learning this fun and rewarding outdoor skill to learn what fly fishing is all about from equipment selection to fly casting, entomology, fly-tying, reading water, knots and more. This is for all fly fishers from beginning amateurs and all levels of ability.

If you are interested please contact Jeff Jensen at the Spokane Vet Center at 509 893-4742 for details. Classes will begin in early spring 2013.

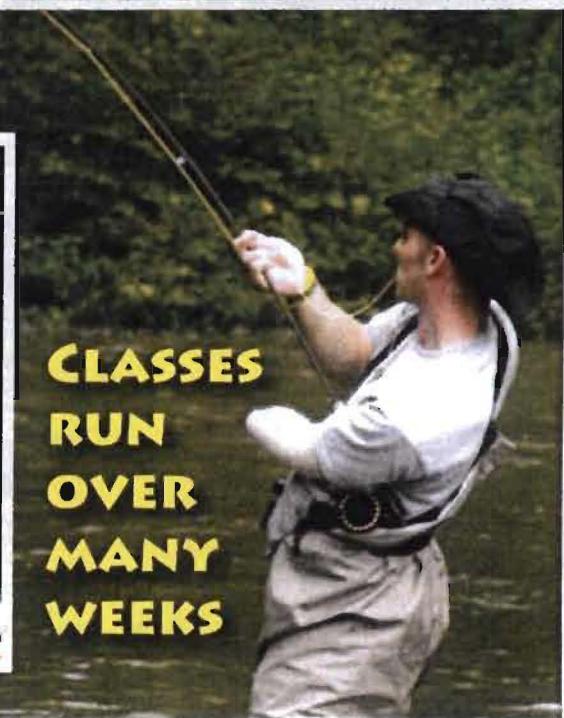
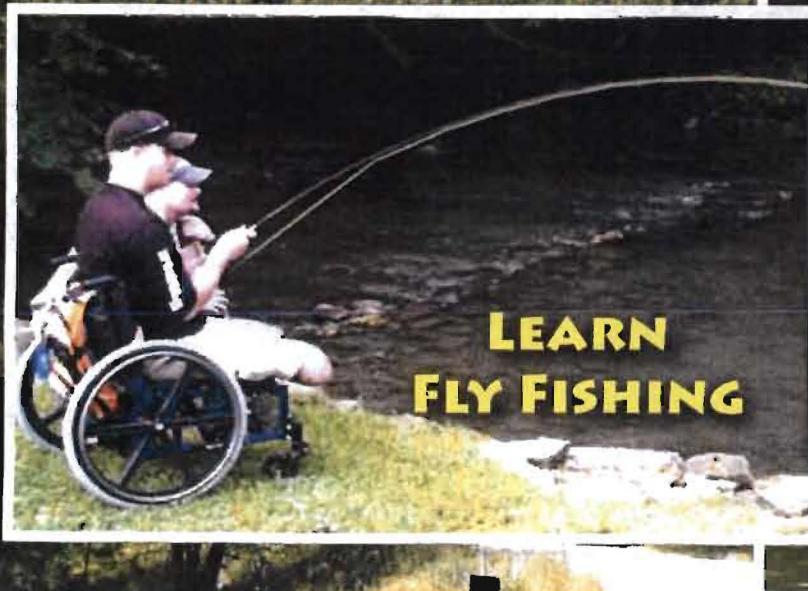
TRY A NEW ACTIVITY



Enjoy the peace and
solitude of fly fishing.

Experience the thrill of a catch,
and the beauty of nature.

All supplies & equipment provided,
no experience necessary!



CALL FOR CLASS SCHEDULES
AND LOCATIONS



HEALING WATERS



2013 WINTER ART SERIES

Have you ever wanted to be more artistic but did not know where to start?

The Spokane Vet Center will be offering introductory classes in drawing and painting to Veterans and their families. All materials will be provided and projects will be completed in class and on the students own time, Classes are drop in, no sign up required, just take one or come to all of them.

Date/Time	Event	Other information
01/16/2013 1:00-4:00 Class	Basic Drawing	Intro to materials, sketching, understanding composition, learning to see
01/23/2013 1:00-4:00 Class	Basic Drawing	Value, texture, shading , sources of light
01/30/2013 1:00-4:00 Class	Basic Drawing	Understanding perspective, study of shadows, achieving depth
02/06/2013 1:00-4:00 Class	Basic Drawing	Short cuts & Putting it all together

Join us February 27th for the first class in the
Introduction to Acrylic Painting Series

Spokane Vet Center
13109 E. Mirabeau Parkway
Spokane Valley, WA
99216

Instructor- Amanda Adams, MSW
Amanda has received formal training in art at the University of Idaho and has an AA degree in Graphic Design from the Art Institute. She enjoys oil and acrylic painting and doing anything artistic in her spare time.

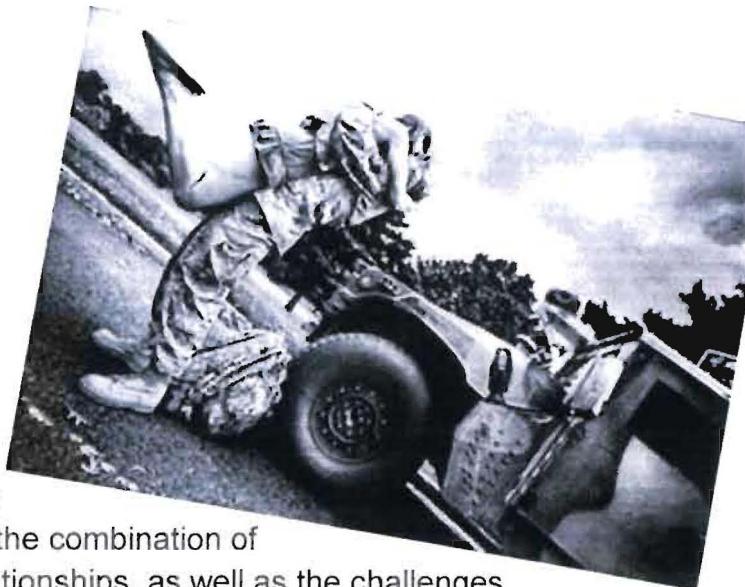
Phone: 509-444-8387



Significant Other Support Group (SOS)

A Combat Veteran significant other support group is a great way to meet and connect with other people in your community who share a number of situations and

experiences in common with you. As any significant other of a Combat Veteran knows, the combination of the stress of maintaining your life, job and relationships, as well as the challenges of caring & supporting your Veteran, can make life challenging. Fortunately, making the most of a significant other support group can help you to manage your life and connect with others.



Significant other includes: wife/husband/partner/girlfriend/boyfriend

Where: Vet Center 13109 E. Mirabeau Parkway, Spokane Valley WA 99206

509-444-8387

Date/Time: Every other Tuesday 5:30 pm to 7 pm

Facilitator: Brenda L. Thurman, LICSW & Kristin Lewis, MSW Intern

Eligibility: War Zone Veteran - all eras. Veteran would need to complete an intake assessment (if one is not already complete) in order for the significant other to attend group.

DD 214 required

NO CHILDCARE AVAILABLE

VET CENTER PROGRAM: Who We Are

We are the people in VA who welcome home war veterans with honor by providing quality readjustment counseling in a caring manner. Vet Centers understand and appreciate Veterans' war experiences while assisting them and their family members toward a successful post-war adjustment in or near their community.



CORPSMAN & MEDIC'S GROUP

This group will focus on the sharing and processing of the unique experiences of Corpsmen and Medic's and their viewpoint spanning over all era's of war.

**Group Meets Bi-Weekly
Wednesday's
9:30 am to 11:00
Starting:
September 26th, 2012**

Spokane Vet Center

13109 East Mirabeau Pkwy
Spokane Valley, WA 99216

Phone: 509-444-8387



Please see any counselor for a referral or contact David Baird,
LICSW or Jason Haynes, MSW Intern at (509) 444-8387
for further information.



Did you work in 2012? Make less than \$50,270?

Single or married, with or without children, you likely qualify to get your taxes done free. Also, based on your earnings and family situation, you may get extra money back from the Earned Income Tax Credit (EITC).

If eligible you could receive*

- \$3,169 if you have one child
- \$5,236 if you have two children
- \$5,891 if you have three children or more
- \$475 even if you have no children living with you & earnings less than \$13,980

*individual results may vary

2013 FREE TAX LOCATIONS Open February 1 to April 15 unless exception noted

Sites by appointment only.

Cheney Library **
610 1st Street
Thursday 4 PM-7 PM, Friday 1 PM-5 PM
(by appointment only)

Northeast Community Center **
4001 N. Cook
Wednesday 4 PM-8 PM,
Thursday and Saturday 10 AM-2 PM
(by appointment only)

Numerica Credit Union **
301 N. Havana
Wednesday and Thursday
10 AM-2:30 PM
(by appointment only)

Spokane County United Way **
920 N. Washington St. Suite 100
Tuesday 4 PM-7 PM, Friday 9 AM-2 PM
Saturday 9 AM-4 PM
(by appointment only)

Spokane Public Library **
906 West Main Ave.
Monday, Tuesday, Wednesday
10:30 AM-2 PM
(by appointment only)

**Call for appointment starting
on January 15th. 509.358.3526

Washington Trust Bank

What to Bring:

- 2011 tax return
- Valid PICTURE identification
- All income statements, such as 2012 W-2s, 1098, 1099 forms for you and spouse
- Social Security cards for you, spouse and all household members
- Proof of other income from you or spouse and banking information
- Child care provider information
- Property tax information if homeowner

Sites first come/first served.

Spokane Moran Prairie Library
6004 S. Regal
Tuesday 2 PM-5 PM
Saturday 11 AM-3 PM

Spokane Valley Library
12004 E. Main Ave.
Monday 4-7 PM
Friday 1 PM-4 PM
Saturday 10-1 PM
Closed Monday, Feb. 18 for President's Day

Deer Park City Library
208 S. Forest
Friday 11 AM-3 PM

Medical Lake City Hall
124 S. Lefevre
Wednesday - Thursday
5 PM-7 PM



VETERANS BENEFIT WEEKLY ORIENTATION



*Attend for
information
on VET
Benefits*

This is a weekly meeting that interested parties can attend to gain the information and hands on help they need to successfully complete their Veterans Benefits application. Orientation will include a short presentation for those just starting the process and the remaining time will be spent answering questions and help filling out the application.

PLEASE JOIN US THIS AND EVERY WEDNESDAY AT THE VET OUTREACH CENTER. THIS IS AN ON GOING MEETING HELD FROM 9:30AM—11:30AM

Event Information

When: Every Wednesday 9:30am—11:30am

Where: Vet Outreach Center

VET OUTREACH CENTER

13109 E Mirabeau Parkway
Spokane Valley, WA 99216
Phone: 509-444-8387

SENIOR HELPERS

509-922-4333

Sponsored By



In support of The Presidential Proclamation
"National Substance Abuse Prevention"

Building Healing Communities for Veterans Conference

*Credit hours

**Free
Conference
Workshops**

Tuesday



Judge Vaneo Peterson

Judge Peterson is the only sitting Airborne Ranger Green Beret Judge in the Country today. He retired from the US Army Reserve at the Rank of Lieutenant Colonel in 2003 only to be recalled to Active Duty in 2011 and 2012 where he deployed to Afghanistan as a Combat Advisor to the Balkh Province Chief of Police.



Tuesday Workshops

11:00-4:30

Wednesday Workshops

9:00-2:30

*Resource Fair available through conference

"inFORMATION" an exhibit of veteran painted uniforms on display. Painting workshop

Faith-Based Leadership Event

Date: 12-13 March 2013

Check-In Begins: 10:00am

RSVP By 6 March: KJKegerreis@GSSAC.org

OR CALL: (509) 922-8383 Website: WWW.GSSAC.ORG

*Gonzaga
University
School of Law
721 N.
Cincinnati St.



The Conference is intended for:

- Clergy/ Chaplains
- Faith-Based Counselors
- Veteran Groups
- Government Leaders
- Business Leaders
- Community Coalitions

Faith Incorporated Topics Include:

- Suicide Prevention
- Military Culture/Family
- Substance/Drug Use & Abuse
- Post Traumatic Stress
- Sexual Trauma
- Employment Issues
- Moral Injury
- War Experience

* Learn about the challenges faced by Veterans and their Families. Plan with other participants for specific ways you and your community can step forward to affirm and support Veterans and their Families. All participants will leave this event with resources to ensure that you have the support necessary to be successful.

Concussion Summit

SATURDAY, MARCH 9, 2013 - SPOKANE, WA

9:00am—12:00pm



**Sponsored by the Spokane Chapter,
Brain Injury Association of Washington**

Supporting Partners:



Location:

Gonzaga School of Law
Barbieri Courtroom
721 N Cincinnati St.
Spokane, WA 99220
March 9, 2013
9:00am—12:00pm

This seminar is open and free to all those interested in preventing and treating concussions, also known as traumatic brain injuries (TBI). Doctors and health care professionals attending will earn CME Credit and learn the latest in medical evaluation, assessments, diagnoses, and return-to-play procedures. Parents, coaches, school administrators, athletic trainers, and youth athletes will learn about the signs and symptoms of concussion, how concussions are treated, and the importance of following return to play protocols.

For more information or to register simply email Wendy wendyl@braininjurywa.org, or call 877-982-4292, or visit the Brain Injury Association of Washington's website: www.braininjurywa.org.

Featuring:



STANLEY HERRING, M.D. is a UW clinical professor in the Departments of Rehabilitation Medicine, Orthopaedics and Sports Medicine and Neurological Surgery. He is a team physician for the Seattle Seahawks and Seattle Mariners. He serves as a member of the NFL's Head, Neck and Spine Committee, and was a major contributor to the successful passage of the Zackery Lystedt Law in Washington state.



MICHELLE WHITE, PhD a clinical psychologist and clinical neuropsychologist. Dr. White obtained her PhD from Washington State University specializing in neuropsychology, behavioral medicine/medical psychology and clinical psychology. She has been treating individuals with persisting neurobehavioral and cognitive issues from injuries, illnesses and cancer for 20 years. She was the Clinical Director of Behavioral Medicine at Deaconess Medical Center.

P.Z. PEARCE, M.D. is owner of CHAMPIONS Sports Medicine in Spokane, WA and Associate Professor of Clinical Medicine for the UW. He is National Medical Director for the Rock 'n' Roll Marathon Series, and Tri Rock Triathlons, with over 30 races annually. He serves as Medical Director of the Ironman 70.3 Hawaii, and Assistant Medical Director of the Hawaii Ironman Triathlon World Championship.



BILL BROWN, WRITER & DIRECTOR. BA graduate of USC in Film and Television, MS in Education from California State, Fullerton. Taught English, Oral Communications, Psychology and History in the Fullerton School District. His recent production, "The Hidden Epidemic", a forty minute educational document/drama on Post Concussion Syndrome, shines a light on the role of concussion in low test scores, school drop-outs, depression, substance abuse and for some----suicide.



KAREN STANEK, MD, PH.D. is the founder of Northwest Medical Rehabilitation and board certified in physical medicine and rehabilitation. She serves as a Board Member of the Spokane Chapter, BIWA. Her subspecialties include Traumatic Brain Injury, spasticity management (Baclofen pumps and Botox injections) and Hyperbarics. She was named one of the outstanding doctors in Spokane in 2010 and 2011.



JOHN LAYMAN is an attorney in Washington and Idaho active within the WA State Brain Injury Association and has served as past executive director for the Spokane chapter. John is currently the president of the Foundation Board for Inland Northwest Hospital Service and is past president of the St. Luke's Rehabilitation Advisory Board of Directors.

Providence Health Care is accredited by the Washington State Medical Association CME Accreditation Committee to sponsor continuing medical education activities for physicians.

Providence Health Care designates this live activity for a maximum of 3 hours in Category I to satisfy the licensure requirements of the Washington State Medical Quality Assurance Commission.

Providence Health Care designates this live activity for a maximum of 3 AMA PRA Category I Credit(s)™. Physicians should claim only credit commensurate with the extent of their participation in the activity.



A Non-Profit Wilderness Excursion Group for Veterans!

The purpose of the Burning Boots Trail Club is to provide wilderness excursion trips and activities for veterans, who could otherwise not afford, or participate on their own.

Our mission is to provide a safe and welcoming environment for veterans to be with other veterans and not have to explain themselves, or be isolated because of PTSD and other issues specific to veterans. We are based out of Spokane Washington and operate in the Pacific Northwest to include Montana, Idaho, and Oregon.

Activities include but are not limited to the following:

- Hiking
- Backpacking
- Hunting & Fishing
- Snowshoeing, Winter Camping
- Kayak & Canoe Trips,
- Parasailing
- Cabin and Camp Retreats

Kellie Richardson
Executive Director
Phone: 208-625-0588
kellier@burningbootstrailclub.com

Steven Meisner
President
509-720-1595
stevenm@burningbootstrailclub.com

Reconnection Workshops

Presented by Walmart

Reuniting, Reconnecting and Rebuilding for Military Families

Today's service members are facing repeated deployments to conflict zones around the world. After a deployment, many realize that the return home can be just as challenging as their tour of duty.

Reconnection Workshops can help by providing small group post-deployment support and skill building for military families.

*To register or learn more,
please contact:*

Breezy Tottenhoff

[\(Breezy.Tottenhoff@redcross.org\)](mailto:Breezy.Tottenhoff@redcross.org)
(509) 326-3330 x202

Thursday classes will be held at the
American Red Cross
(315 W. Nora, Spokane)

Friday classes will be held at the
Fairchild Education Center

Light refreshments will be available



Communicating Clearly

Thursday, January 31st
6:00 - 7:30pm

Friday, February 1st
11:30am - 1:00pm

Exploring Stress and Trauma

Thursday, February 28th
6:00 - 7:30pm

Friday, March 1st
11:30am - 1:00pm

Identifying Depression

Thursday, March 28th
6:00 - 7:30pm

Friday, March 29th
11:30am - 1:00pm

The workshops are generously funded by a grant from

