



Cheyenne VAMC JANUARY 2020 Bulletin

- **Voluntary Service** wants to wish everyone a **HAPPY NEW YEAR** and to also welcome **Barbara J Sowin** as the **New Volunteer Service Assistant**.
NOTE: We at the VA feel blessed for all the donations of lap blankets. So, for now, we have a large stock of lap blankets and we can not store any more. Sorry to say that the VA cannot except any more lap blankets for now.
- **Voluntary Service;** The next **giveaway table** for veterans will be **Tuesday, January 21** from **9am till 2pm** in the hallway next to the Arrowhead building outside the Women's Clinic. This event is always a success! If you have something you would like to give to veterans, the giveaway table is the best! All monetary donations collected go toward crafts for the craft cart.
- **Community Living Center (CLC)** is requiring all CLC Volunteers to take a class before anyone can volunteer in the CLC. The dates for the CLC Volunteers Class is **01/13/2020 at 9:00 AM** and **01/17/2020 at 1:00 PM** location is **TBD**, check in with Barb or Linda 307-778 7317. **Again this class is mandatory!**
- **Mental Health Services Recreation program** and **The Residential Recovery Treatment Program** participates in weekly recreational therapy outings as a part of the Veteran's active recovery process. The goal(s) of these interventions are to enable Veterans to build rapport, explore local and regional community resources. This program offers the support of peers and recreational therapy staff to help them cope with triggers in the community. **We can't do this without your support, we try very hard to be judicious in our spending, but many activities do cost.** We are seeking financial donations to GPF 327 to make this happen for our veterans in RRTP. If you have questions on the needs of this program, call Kristi Ruben 757-7078.
- **Residential Rehabilitation Treatment Program (RRTP)** most of the veterans that come in to this program are homeless and have no money so that is why the RRTP ask for so much help.
- **RRTP** at the Cheyenne VA celebrates the graduation of each veteran who completes the 90-day program. Donations to our general funds for RRTP graduations 2-4 monthly. If you or your organization would like to purchase refreshments for one of the graduation ceremonies, or give a monetary donation, please let us know so we can coordinate with the staff. They would be very grateful for help with cakes or pies & ice cream for the graduating veterans & their guests (about 15 people each graduation).
- **RRTP Nursing** put on a mindful class for the RRTP Veterans and need gift cards from Michael's, Jo Ann's and Hobby Lobby to buy the items to do these classes
- **Whole Health** is looking for a TAI – CHI Instructor to volunteer to instruct a class for the VA Hospital once or twice a week. They are looking for an instructor to arrange the place and times.
- **YMCA Free Veterans Activities** All disabled Veteran are encouraged and welcome to participate in the ongoing YMCA Veterans events. These activities are designed to build strength and endurance while having fun, meeting new friends and trying new sporting and recreational events. Classes are held Tuesday and Thursday at 1p.m. and include Bocce Ball, Yoga, water exercise, strength training, walking groups and more. There are also evening classes available. Please e-mail Patty Walters at pwalters@cheyenneyymca.org or call the YMCA for detail at 307 634-9622.
- **Also check out www.wyvetsports.org** This local Wyoming organization offers a chance for Veterans to get involved in sports and recreational events across the state.
- Having a **bronze military headstone restored is free**. Donations can be made to the Veterans Remembrance Memorial which helps with the cost of supplies. It takes 1-2 hours depending on the amount of restoration needed. This is only done in cemeteries in Cheyenne & only during the summer months. If you are interested in having a headstone restored, contact Sallee at 307-631-4952.
- There are a lot of people/groups/volunteers who donate all kinds of wonderful things to the VA for our veterans. They tell us, "I don't want any recognition for my donation". We in Voluntary Service, understand you want to be discrete when donating but we must account for all the donations that come into the hospital & then report the numbers to our Central Office in Washington DC. **Your donations can be "anonymous"**. Please help Voluntary Service account for ALL donations. **The bottom line really does matter.**

- **Our Chaplain Service** is **desperate in need of “Final Salute” quilts** for the Community Living Center Hospice Unit. These quilts are given to veterans when they become hospice patients, so they can have them & use them while they are in the Community Living Center. When they pass away, the quilts are laid on their gurneys. As a veteran is taken down the hall, the veteran’s family & many employees line the halls saluting or putting their hand over their hearts signifying the “Final Salute”. **We ask that the red, white, & blue quilts be made 4.5’ W x 8’ L.**
- **DAV 2019 Annual Driver’s Training** All DAV Drivers and Shuttle Drivers must take the Driver’s Training, or they will not be able to drive until the training is completed. The make-up class will be held at the Cheyenne VA as follows: 9:00am to 12pm, Wednesday, 31 January 2020. Call DAV at 307-778-7577 to sign up for a class.

Items needed throughout the hospital & for outpatient veterans & their families:

- **Voluntary Service Homeless Clothing Closet needs** are **Gift cards \$10- \$20** to provide clothing for the homeless women, (not enough space to store). We need men sizes L- cold weather coats; boxer briefs size S; boxers sizes M, L; 2x winter pajama pants; Jeans sizes 30-32, 38-32; Toe nail clippers; Q-tips (small individual box); Large back packs; tooth brushes; mouthwash (specify Non-Alcoholic); Shampoo; bodywash; cleaning tablets; foot power; combs and hair brushes; T-Shoes, sizes 9, 9 ½, 10, 10½, 11.
- **Craft Cart;** needs Crafts; adult coloring books; crafts model cars ; plane; military vehicle kits for the craft cart;
- **Cookie Cart: Needs Cookies, we are out.** We cannot except homemade cookies. they must be baked in a Commercial Kitchen. The organizations like the American Legions, VFWs, Elks, Moose, ext. are considered a Commercial Kitchen. This is per the Food Service Chief.
- **Veterans Looking for;** an old string guitar
- **CLC needs/wishes:** movie theater tickets, gift cards; new record players, bird seed, and **group or VSO’s to provide more bingo days through the month.**
- **Homeless Program:** gift cards for automotive repairs; **TracFone minutes;** food for the food pantry or Food Gift cards and bus passes.
- **Intensive Community Mental Health Rehabilitation (ICMHR):**
- **Residential Rehabilitation Treatment Program (R RTP)** wish list Jelly Beans, Peanut M&M’s and Plain M&M’s, \$5 to \$10 Wal Mart cards for veterans that come through that don’t have any money while in treatment, Movie passes in CHY for veteran weekend passes, Gift Cards for restaurants in CHY for veteran weekend passes, *Looking for small Family bingo game w/cards for unit.)*
- **John J. Edmunds House:** **TracFone minutes**, dish soap, laundry soap, paper towels, toilet paper, 13 GL trash bags
- **Chaplain Service:** snacks & bottled water for support groups; funding for food & refreshments for workshops

Help is needed with these volunteer assignments:

- Volunteers needed to be phone coordinators for the No Veteran Dies Alone program.
- Voluntary service needs Shuttle Drivers for the Cheyenne VA Parking Lot.
- Experienced Bereavement Phone Callers needed. Call 307 778 7377 to learn more.
- Volunteer needed to take care of the bird cage in the CLC. (feed, clean and water the birds)

Upcoming events:

- **20 January, Martin L. King Jr. Day**
- **CLC Volunteers Class is 01/13/2020 at 9:00 AM and 01/17/2020 at 1:00 PM location is TBD, check in with Barb or Linda 307-778 7317. Again this class is mandatory!**
- **Certified Facilitator Training for the relationship skills program ‘Warrior to Soul Mate’ will be offered in late January.**

We would like to wish all our wonderful volunteers, organizations and the community Happy New Year!!

Any Questions, please contact Linda Brown, Chief Voluntary Service

THANK YOU!

Cheyenne VA Medical Center, 2360 E. Pershing Blvd., Cheyenne, WY 82001, 307-778-7317

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