



# VETERANS AFFAIRS



## Honoring Veterans Together

Dear Veterans, Families, and Members of Our Community,

As we move into June, I want to extend my sincere gratitude to the many volunteers who helped place grave marker flags at more than 150 cemeteries throughout Indiana County in observance of Memorial Day. These flags serve as a powerful reminder that the sacrifices of our Veterans are neither forgotten nor taken for granted. Your dedication helps ensure that those who served our nation are honored with the dignity and respect they deserve.

As we honor the past, we also look forward to an exciting opportunity to celebrate the Veterans among us. On Friday, June 26, at 6:30 p.m., Indiana County will host America 250 PA: A Salute to Our Veterans at Memorial Park. The evening will begin with a tribute honoring Indiana County Veterans, followed by a reception and special exhibits at the Indiana County Historical & Genealogical Society highlighting all six branches of the United States military.

This special event has been many months in the making, thanks to the hard work and collaboration of the Indiana County Historical & Genealogical Society and numerous community partners. Attendees will enjoy performances by the Otter Creek Brass Band and the Indiana Fife and Drum Corps, explore military exhibits, and view a Veteran Photo Wall showcasing the faces and stories of those who have served our nation. Through exhibits, photographs, music, and shared stories, we honor not just history, but the individuals behind it—the men and women whose service has shaped our community, our nation, and our future. I encourage all Veterans, family members, and community residents to join us for this meaningful evening of remembrance, gratitude, and pride.

In closing, I am continually grateful for the way Indiana County comes together to support those who have served. Whether through volunteer efforts, community events, acts of remembrance, or simply taking the time to say "thank you," our residents consistently demonstrate their commitment to honoring our Veterans. Time and again, this community steps up and shows up, ensuring that the sacrifices of our service members are remembered, their stories are preserved, and their contributions are never forgotten. Thank you!

*Jessica*  
Jessica Walker  
Director

### Highlights

A Salute to Our Veterans

Veterans Spotlight


Lunch and Learn Series

VA Pregnancy Benefits

Stay Safe with Medication

Drive with Purpose

Miles of Honor



**A Salute to Our Veterans**  
Indiana County, PA

**America 250 PA**  
**“A Salute to Our Veterans”**

Join us for a program in Memorial Park honoring all Indiana County veterans and service members.

**June 26, 2026**  
**6:30 PM**  
**Bring Lawn Chairs**

To compliment the evening celebration, the Historical and Genealogical Society of Indiana County will feature an exhibit highlighting the six branches of the U. S. military.

Reception to follow  
621 Wayne Avenue  
Indiana, PA

RSVP  
[hgsic.org](http://hgsic.org) or call 724-463-9600



**JOB FAIR**

**SAVE THE DATE**  
**June 4, 2026**  
10 a.m. - 3 p.m.

**S&T Bank Arena**  
497 East Pike Rd  
Indiana, PA 15701

For more information, contact  
PA CareerLink® Indiana County  
Call: 724-471-7220

PA CareerLink® is a national organization of state career centers. It offers jobs and training opportunities to job seekers with disabilities. Participants in our job placement program are eligible for federal, state and local financial incentives. For more information, visit [www.pacarelink.org](http://www.pacarelink.org) or call 724-471-7220.

A proud partner of the  
**America's JobCenter**  
network



Department of Veterans Affairs hosts

**Battle BREW**

A Veteran only coffee group with meetings the first Friday of each month.

April 3rd	May 1st	June 5th
9:00 - 10:00 am	9:00 - 10:00 am	9:00 - 10:00 am
Obsessions Coffee Roastery 109 South Main Street Homer City, PA 15748	Three Log Cabin Restaurant 11141 US-422 Elderton, PA 15736	Riziki Cafe 398 Airport Road Indiana, PA 15701

We are dedicated to fostering a supportive community for Veterans through the power of connection and conversation. Our mission is to create a welcoming space where Veterans can come together to share experiences, build friendships, and provide mutual support over a cup of coffee. We honor the sacrifices made by our service members while promoting well-being and camaraderie within our community. Together, we brew strength and resilience.

Sponsored by  
**IN FIRST BANK**

For more information please contact (724) 465-3815



**WE'RE LOOKING FOR VETERANS!**

We are looking for additional Veterans to be featured in our **Veteran Spotlight** IN THE MONTHLY NEWSLETTER.

**PLEASE SUBMIT:**

- Completed Veteran Spotlight Application
- A photo from your time of service

Send to Amelia:  
[anelson@indianacountypa.gov](mailto:anelson@indianacountypa.gov)

Scan the QR code to access the Veteran Spotlight Application!

**YOUR SERVICE. YOUR STORY. OUR HONOR.**



Indiana County Department of Veterans Affairs presents a

**Veterans Lunch and Learn series**

3rd Thursday of each month

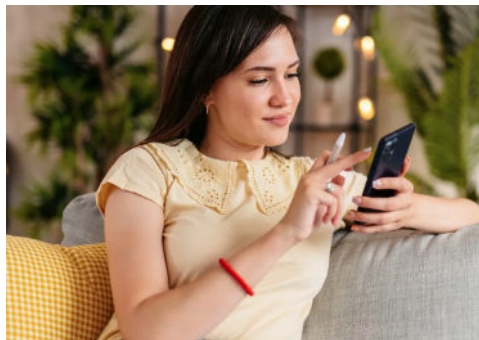
11:30-1:00 PM  
County Forensics Center  
220 Airport Road  
Indiana, PA

Bring a lunch!

- 18 JUNE** Tobacco Cessation Presented by Adagio Health
- 16 JULY** Veterans Benefits 101 Presented by Jessica Walker, Director, Indiana County Veterans Affairs
- 20 AUGUST** Military to Civilian Transition Presented by Chaplain Burney

Reserve your spot! Call 724-465-3815 or [click here!](#)

# VA News and Information



## [VA Pregnancy Benefits](#)

VA provides comprehensive maternity care for pregnant Veterans, covering services from prenatal care through delivery, postpartum support, and initial newborn care. Benefits include ultrasounds, lab tests, prenatal education, prescription medications, mental health services, lactation support, and care following miscarriage or stillbirth. VA also supplies essential items such as breast pumps, nursing bras, lactation pads, and maternity support belts, often at little or no additional cost. Every Veteran is assigned a Maternity Care Coordinator to help navigate care, answer questions, and connect with resources. Veterans planning pregnancy or currently expecting are encouraged to work with their VA care team to ensure a healthy pregnancy and postpartum experience.

[Read More](#)

## [Stress Caused by Fraud](#)

VA offers resources to help Veterans protect finances, recover from fraud, and maintain well-being. Fraud can cause emotional and physical effects, including anxiety, depression, loss of trust, stress-related health issues, and, in severe cases, suicidal thoughts. Veterans are encouraged to seek support from family, friends, support groups, or mental health professionals and practice self-care. VA resources such as the Veterans Crisis Line, FINVET, Make the Connection, and VBBP provide financial education, counseling, and mental health support. To prevent fraud, Veterans should protect personal information, use strong passwords, enable multi-factor authentication, avoid phishing scams, and monitor benefits payments. Suspected fraud or missing VA payments should be reported immediately to VA or VSAFE.

[Read More](#)

## [Military Life Cycle](#)

VA's free Military Life Cycle (MLC) modules help Veterans, service members, and their families plan for the future and maximize available benefits. Designed to support individuals through every stage of military and civilian life, the modules provide valuable information on education benefits, home loans, life insurance, disability compensation, mental health resources, and community support programs. In 2024, VA helped more than 900,000 Veterans and family members pay for education and job training. MLC modules are accessible, easy to use, and tailored to important life transitions, helping Veterans and their families make informed decisions and confidently prepare for future opportunities and challenges.

[Read More](#)



## [Stay Safe With Medication This Summer](#)

Summer brings more time outdoors, but hot weather can be especially challenging for people taking certain medications. Some medicines may reduce sweating, increase urination, decrease thirst, affect blood flow, or make skin more sensitive to sunlight. These effects can increase the risk of overheating, dehydration, and sun-related illnesses. To stay safe, Veterans should be aware of how their medications may affect them and consult their VA provider or pharmacist with any questions. Staying hydrated is essential—aim for 8–12 cups of water daily. When outdoors, seek shade, take breaks in cool areas, and avoid strenuous activities during the hottest hours, typically between 10 a.m. and 4 p.m. Protect your skin by using sunscreen with SPF 30 or higher and wearing protective clothing. Limiting alcohol and excessive caffeine can also help prevent dehydration. Know the warning signs of heat-related illness, including dizziness, nausea, headaches, muscle cramps, confusion, rapid heartbeat, and extreme fatigue. Proper medication storage is equally important—keep medicines away from heat and direct sunlight. Never stop or change medications without first consulting your healthcare team. [Read More](#)



## [VA Whole Health Improves Outcomes](#)

New research shows that VA's Whole Health program is helping Veterans achieve better health outcomes and become more engaged in their care. Whole Health focuses on what matters most to Veterans, empowering them to take an active role in managing their health and well-being. Studies found that Veterans participating in Whole Health reported improved physical and mental health, stronger support from providers, and were 32% more likely to discuss personal health goals with their care teams. Veterans with chronic pain experienced meaningful improvements, with 40% reporting reduced pain interference through therapies such as acupuncture and meditation. The program also supports management of chronic conditions. More Veterans with diabetes achieved healthy blood sugar levels, and blood pressure control improved compared to those receiving traditional care alone. Whole Health participants had higher tobacco quit rates, reduced opioid use, and were 1.5 times more likely to complete PTSD and other mental health therapies. These results demonstrate Whole Health's lasting impact on Veterans' overall wellness. [Read More](#)



**DRIVE WITH Purpose**

Your time behind the wheel can **change a Veteran's day**—and impact their health and future.

★ SERVING THOSE WHO SERVED ★

As a volunteer driver with the D.A.V. Transportation Network, you'll provide safe, reliable rides to Veterans traveling to VA medical appointments. **It's more than a ride—it's a lifeline.**

★ MAKE A DIFFERENCE. BECOME A VOLUNTEER DRIVER. ★

- Make a real *difference* in a Veteran's life.
- Flexible* schedules that fit your life.
- Support the *health, independence, and well-being* of Veterans.
- Join a team of *compassionate* volunteers.
- Honor their *service*. Strengthen our community.

**READY TO HELP?**  
Contact the Indiana County Department of Veterans Affairs to learn how you can become a volunteer driver!

724-465-3815

TOGETHER, WE DRIVE HOPE, HEALTH, AND GRATITUDE.



**Improving Balance and Reducing Falls with Walkasins®** For many Veterans living with peripheral neuropathy, maintaining balance and mobility can become increasingly difficult. The Walkasins® System is an innovative prosthetic device designed to replace part of the lost nerve function in the feet that helps the brain detect foot contact with the ground—an essential part of maintaining balance while standing and walking. Clinical studies have shown that Walkasins can improve balance and gait while reducing the risk of falls in individuals experiencing mobility challenges related to peripheral neuropathy. If you are struggling with balance issues, talk with your VA healthcare provider to learn whether Walkasins may be right for you. Ask your VA provider today for more information.

*Thank you for reading!*

<p>Indiana County Department of Veterans Affairs</p>	<p>(724) 465-3815</p>
<p><a href="https://www.indianacountypa.gov/departments/veteran-affairs/">https://www.indianacountypa.gov/departments/veteran-affairs/</a></p>	<p>825 Philadelphia Street Second Floor, Court House Indiana, PA 15701</p>

INTRODUCING

**Miles of Honor**

Closing the transportation gap for those who served.



Reliable transportation is essential to maintaining independence, accessing services, and staying connected to the community. While many transportation programs help Veterans travel to VA medical appointments, transportation challenges often extend far beyond healthcare.

Recognizing this need, IndiGO has partnered with I-GO Mobility Works to help ensure local veterans have access to the everyday destinations that are vital to a full and connected life.

I-GO Mobility Works is a nonprofit initiative established to expand transportation access beyond traditional funding and program limitations. Its mission is to help individuals who may not qualify for existing transportation assistance programs but still face significant barriers getting where they need to go.

The organization's first focus is supporting transportation for Veterans through IndiGO's Shared Ride program. Donations will help provide reliable transportation to grocery stores, local appointments, employment opportunities, community activities, and other essential destinations throughout the community.

Through the Miles of Honor initiative, community members, businesses, and organizations can help bridge transportation gaps for Veterans who have served our nation. Every contribution helps ensure that local veterans remain active, engaged, and connected to the resources and opportunities they need.

***Together, we can help keep our Veterans moving.***



To learn more or support the program, contact Brenda Hill, Executive Director, at 724-465-2140, ext. 301, or email [Bhill@indigobus.com](mailto:Bhill@indigobus.com).

