



VETERANS AFFAIRS



Strengthening Our Bonds

Dear Veterans, Families, and Friends,

As we approach Veterans Day, a time dedicated to honoring the courageous individuals who have served our country, I want to reflect on what this day truly means and how we can collectively strengthen our bonds as a community.

Veterans Day is not just a day marked on our calendars; it is an opportunity for us to express our gratitude and respect for the sacrifices made by our Veterans. Originally called Armistice Day, it was established on November 11, 1918, to commemorate the end of World War I, which officially ceased hostilities on the eleventh hour of the eleventh day of the eleventh month. In 1954, after the devastation of World War II and the Korean War, Congress amended the Act to honor all Veterans, and thus Armistice Day became Veterans Day. It's a reminder of the bravery and commitment displayed by those who have served in defense of our freedoms. This day invites us to pause, reflect, and recognize the invaluable contributions of our Veterans, both past and present.

Indiana County is proud to have a robust community of Veterans. Currently, there are over 5,000 Veterans living in our county, each with unique stories and experiences and also from various branches of the military, including the Army, Navy, Air Force, Marine Corps, and Coast Guard. Many of these individuals have faced significant challenges upon returning home, and it is our duty to honor and support them.

This November, we are proud to participate in Operation Green Light for Veterans, a nationwide initiative aimed at raising awareness and showing support for Veterans and their families. By displaying green lights at our homes and businesses, we send a powerful message of solidarity. It's a simple yet impactful way to let our Veterans know they are seen, appreciated, and supported.

As we commemorate Veterans Day, let's commit to nurturing these connections not just for a day, but throughout the year. By standing together, we can create an environment where Veterans feel valued and supported. Each initiative we undertake—like Operation Green Light—helps to build a network of care and respect that benefits us all.

I appreciate your support and thank you for taking the time to honor those who have served. Together, let's continue to strengthen our bonds and make a positive impact in the lives of our Veterans and their families.

Warm regards,

Jessica Walker
Director, Department of Veterans Affairs

Highlights

Veterans Day Discounts

Military Veterans Outdoors

Cyber Safety

VA Innovation Report

Sisters In Arms

TechOwl

Sensory Prosthetic

Community News

Happy Veterans Day!

**Indiana County
Veterans Day Parade**
11/11 at 10:45 am

**America 250 Revolutionary Patriot
Plaque Dedication**
following parade



The Daughters of the American Revolution Indiana County Chapter will be dedicating an America 250 Revolutionary Patriot Plaque at the Indiana County Courthouse. The plaque will honor at least 140 Revolutionary Patriots that are buried in Indiana County. The Patriots participated in the Revolutionary war and most likely were the pioneers who were the first residents of Indiana County along with the Native Americans. A Memory Medallion will be placed on the plaque with a QR code that can be scanned with a smart phone to allow viewing of the 140 names and burial places of the patriots.



Military Veterans Outdoors is Non Profit 501(c)3 which offers over 700 acres of hunting, trapping, and fishing land. MVO is staffed by Veterans and civilian patriots who give selflessly to ensure the well being of our Veterans. 100% of all donations go towards developing the hunting and fishing experiences on the land.

If you are looking to apply to become a member, click the Membership Application button below, download the PDF document, fill it out and email it to: membership@militaryveteransoutdoors.com

MVO Application



Veterans Day Discounts and Deals

Ace Hardware: 10% discount everyday

Advanced Auto: 10% off regular priced item

Applebee's: Free meal from special menu

Aroma Joe's: Free 24oz drink

Dunham's Sports: 10% discount everyday

Dunkin': Free donut and 10% discount everyday

Eat n' Park: 10% discount and free cookie

Hoss's: Free soup, salad, nacho, and dessert bar

Insomnia Cookies: Enjoy 1 Free Classic Cookie

Lowe's: 10% discount everyday

Olive Garden: Free meal from special menu

Perkins: Free magnificent seven breakfast meal

Primanti Bros: Free classic sandwich on Nov 10th or 11th
(Dine-in only)

Red Robin: Free Red's Tavern Double Burger & Fries

Sheetz: Free 6in turkey sub and regular fountain drink and
free car wash

Target: 10% discount 10/27/24-10/11/24
(verified through target.com)

Tractor Supply: 10% discount on Veterans Day

Wendys: Free small breakfast combo

Veteran Spotlight

This month's Veteran is Justin Quilliam.

Justin grew up in Swanton, Vermont and enlisted into the Army National Guard in 2002 as a 62E, heavy construction equipment operator. He eventually changed career paths to a 12N, horizontal construction engineer.



Justin deployed multiple times in support of Operation Iraqi Freedom and Operation Enduring Freedom where he conducted route clearance missions. Clearing roads of obstacles to allow safe transport for friendly forces and civilians.

Currently Justin works for Local 66 as an equipment operator. In his spare time, you can find him hanging out with a few close Veteran friends and spending time outdoors with his dogs or in his garage tinkering with a project.

Justin's has been married to his wife Jennifer since 2019 and they have three children Nick (22), Joey (18), and Beau (14), and three dogs, Digger, Daisy and Oliver.



Pharmacists: Essential care team members

VA pharmacists play a crucial role as part of your care team. Your pharmacist collaborates with your health care providers to manage chronic medical conditions and offer disease management services. This includes prescribing and adjusting medications, addressing any medication-related inquiries and reviewing and discussing lab results, allergies and medications. VA offers a convenient and secure way to manage your prescriptions online through [MyHealtheVet](#) and the [VA Health and Benefits Mobile app](#). This includes access to your personal prescription list, the ability to request refills online and tracking for the delivery of your VA prescriptions. [Read More](#)



Veterans and caregiver cyber safety advice

VA is attuned to Veterans' needs because so many of our employees are Veterans and caregivers themselves, including those working to protect Veteran information. VA recently sat down with three Veterans and a caregiver who work for the Department, all working to keep Veteran information confidential. The Veterans have the same cyber safety challenges as you, your caregivers and families. They receive the same emails targeting the Veteran community aimed to fleece your benefits, trick you into sharing personal, financial and health information; and send misinformation to sway you to their way of thinking. [Read More](#)



Screenings could save your life

One in eight women will be diagnosed with breast cancer in their lifetime and over 1,200 Veterans enrolled in VA care receive this diagnosis each year. VA provides comprehensive health services from breast screening mammograms to cancer treatment, supporting women through routine preventative care and recovery. Regular screenings, can identify cancer in its earliest stages when it is most treatable. Every VA medical center has a Women Veterans Program manager and Women's Health primary care providers dedicated to ensuring women Veterans have access to appropriate care and treatment. [Read More](#)

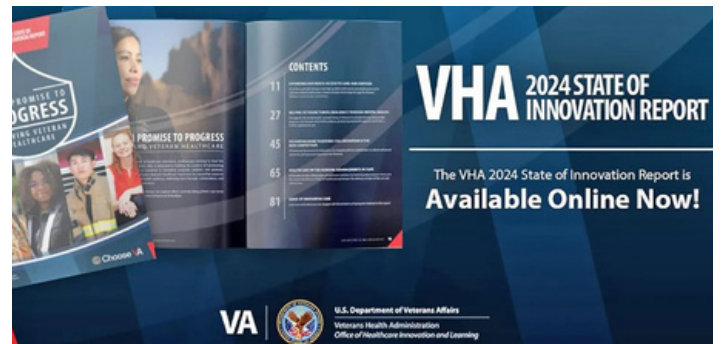


Care and research for Alzheimer's and related dementias

Veterans with posttraumatic stress disorder (PTSD), spinal cord injuries and traumatic brain injuries (TBI) may face a heightened risk of Alzheimer's disease and related dementias (ARD).

Research shows that chronic stress from PTSD can accelerate brain aging while certain injuries to the spine can disrupt brain signals, both of which increase vulnerability to neurodegenerative conditions like ARD. Veterans who have experienced these conditions may face cognitive decline earlier than expected, making timely diagnosis and support crucial for their overall well-being.

Given that other conditions can mimic dementia symptoms, it is essential that Veterans—especially those with PTSD, TBI or spinal cord injuries—undergo a thorough medical evaluation if exhibiting any of the above symptoms. [Read more](#)



VA Announces 2024 State of Innovation Report

For decades, innovation has fueled VA's mission to deliver exceptional health care to Veterans. Early inventions, like the cardiac pacemaker, and recent innovations, like the radiotherapy bolus that helps protect cancer patients' healthy tissue during treatment, serve as a testament to VA's dedication to delivering high-quality health care.

Since 2019, VHA's Office of Healthcare Innovation and Learning has published an annual report, the State of Innovation Report, that highlights notable VA innovations that are advancing the care delivery and experiences for Veterans. The [2024 SOI Report](#) is now available online, demonstrating VA's leadership in health care innovation and ensuring that Veterans are informed about the latest advancements we have to offer. The theme of this year's report is "From Promise to Progress: Evolving Veteran Health Care." [Read more](#)

Resources



Mental health needs of military service members and Veterans continue to increase, and the reality is that the demand for support outweighs the military's ability to meet those needs.

Give an Hour is poised to step in and provide confidential, no-cost mental health care services to active-duty military, reservists, guard, Veterans, and, in certain cases, spouses and caregivers.

Programs include one-on-one counseling, peer support groups, and emotional wellness training. Additionally, mental health care professionals receive specialized training to address the unique challenges and strategies to support these clients.



<https://giveanhour.org/military/>



Mission Statement

Collective of women, organizations and businesses who serve female Veterans aiming to eliminate barriers while maximizing resources by providing resources and services to enhance overall mental and physical health, self-sufficiency, and education.

Meetings are the 1st Tuesday of each month at 12:00 pm via Microsoft Teams
Meeting ID: 288 947 362 298
Passcode: VpLSEr

For more information email Amanda Taylor-Strandburg at atams10047@psu.edu

<https://herboots.org/> or Facebook: Her Boots

Tools help people.

TechOWL finds tools and technology for people across Pennsylvania.

- Lending Library**
see what items will work best for you
- Free Special Phones**
if you have difficulty hearing, talking, seeing, thinking or moving
- Used Equipment**
donate or get free devices
- Information and Assistance**
call, email or chat online
- Emergency Plans**
in case of a disaster
- Get a Demonstration**
try a variety of different devices

- Affordable AT**
help paying for what you need
- iCanConnectPA**
communication access if you have both hearing and vision loss
- Testing and Recommendations**
to match your needs with tools and technology
- Training**
wide range of topics for your class or organization
- Get Something Made**
3D printed and custom devices
- Connect with Tech**
Free tablets to help you stay connected to healthcare

Follow us on social media @TechOWLpa
[TechOWLpa.org](https://www.techowlpa.org)
 tel 800-204-7428
 email TechOWL@temple.edu
 Technology for Our Whole Lives (TechOWL) at the Institute on Disabilities

YOUR LOCAL CONTACT IS:

Rebekah Nesbitt
 Speech-Language Pathologist
 Assistive Technology Coordinator
 (412) 683-7100 *2179
rnesbitt@classcommunity.org

Temple University | Institute on Disabilities
 College of Education and Human Development

walkasins®

Lower Limb Sensory Prosthesis

Balance and mobility for people with peripheral neuropathy

The Walkasins System is a prosthetic device that replaces part of the function of the nerves in the feet that are used to detect and inform the brain about foot contact with the ground which is critical for maintaining balance during standing and walking activities.

Clinically proven to improve balance and gait and reduce the risk of falls in people with peripheral neuropathy experiencing balance and mobility issues. [Read more](#)

Ask your VA provider today!



Thank you for reading!

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

