

March 2026

Tomah VA Center for Development and Civic Engagement (CDCE)

500 East Veterans Street (135), Tomah, WI 54660

608-372-1727

VHATOMVoluntaryService@va.gov

Office Hours: Monday-Friday 0600-1430, Closed Holidays

[Additional Volunteers are needed for Upcoming Special Events!](#) (hyperlink)

Or Scan QR Code for SignUpGenius link



3/5/2026—LIVE Music with “Shawn and Ernie;” 1:30pm-3:00pm, Bldg. 455, Veterans Hall

3/12/26—Live Music with “Silo Jumpers;” 1:30pm-2:30pm; Bldg. 455, Veterans Hall.

Please see calendar on page 3 for more information to include times and location.

All Volunteers are welcome to assist with any of the scheduled activities. Simply show up 30 minutes prior to event to offer your assistance. Don't forget to wear your Volunteer ID!

Our Biggest Volunteer Needs are listed on Page 2, Please consider those and share with your organizations, friends, neighbors and families.

We are looking forward to celebrate with you in April for Volunteer Appreciation Week. Please remember to RSVP for the Volunteer Recognition Banquet by Friday, April 3, 2026.

- ◆ Monday, April 20, 2026 **Brunch and Bingo** 9:30am; Building 455, Veterans Hall
- ◆ Wednesday, April 22, 2026 **Volunteer Recruitment Fair** 3:00pm-5:00pm; Building 455, Veterans Hall
- ◆ Thursday, April 23, 2026 **Volunteer Recognition Banquet** 10:00am, Tomah American Legion Hall

With gratitude an a touch for spring sunshine,

Jen, Deb, Cindy & Heath



Tomah VA Medical Center
BE A VOLUNTEER!
SUPPORT OUR MISSION
608-372-1727



RESIDENT A.

401AE-HOME SWEET HOME

May have X Items Only:

- Fish
- Tartar Sauce
- Beverages
- Nectar Thick Bev
- Honey Thick Bev
- No Food/Beverage

REMINDER:

Volunteers assisting with serving food during special events MUST follow Veteran diets and only serve Veterans items noted on their nametags with an "X."

This is for the safety of the Veteran and NOT negotiable.

Current Volunteer Needs

- **NEW! Veteran Haircuts!** Our inpatient Veterans would love to have a volunteer who's willing (with some experience of course in cutting hair)
- **NEW! Open Bowling**—assist inpatient Veterans to open bowling as noted on monthly calendar (every other Sunday, Tuesday afternoons, every other Thursday evenings, Saturday afternoons)
- **NEW! Volunteer Drivers** - drive VTN (DAV donated) vans transport Veterans to clinical appointments (Wausau, Stevens Point, Marshfield, Medford, Tomah, La Crosse)
- **Volunteer In-Home Visitor Program**—Veterans are matched with Volunteers, who live in the same community as the Veteran. Volunteers provide friendly social home visits—provide conversation, support, engage in simple activities (crafts, puzzles, games, reading, short walks, etc). Volunteers are not trained health care professional and will not provide any hands-on or medical care. Volunteers visit once per week for 2 – 4 hours, no more than eight hours per week.
- **Loving Spoonfuls**—specifically in building 409 during breakfast (7:00am) and dinner (4:30pm).
- **Evening Recreation activities** (1:1 or group) on 402b Rehab
- **Wausau Vet Center Outstation**—assist with phones, greeting visitors 0800-1630 M, W, Th, F; 11am--1930pm Tuesdays *volunteers can select hours based on their availability in these timeframes
- **Chapel Volunteers**—escort inpatient Veterans to Chapel as scheduled:
 - Sundays at 1:00pm - Protestant
 - Wednesdays at 2:45pm - Catholic Mass
- **Compassionate Contact Corps (CCC)**— Requesting more virtual volunteers to call Veterans who struggle with loneliness and social isolation (average 15 minute commitment /week)
- **Coffee Cart Volunteers** - Outpatient Clinic locations
 - Wausau/Rothchild (Friday)
 - Wisconsin Rapids (Monday, Wednesday, Thursday, Friday)
 - La Crosse (Tuesday, Friday)

Current Donation Needs List

- **NEW!** Regular coffee (large tubs)
- **NEW!** Hand-sewn clothing protectors (ask Deb for details/themes)
- **NEW!** Holiday Gel window clings for Veterans Windows
- Wheelchair Accessible Garden Beds (406)
- Create Sorting and Reminiscing boxes—fill small boxes with textured fabrics, old photos, household items to sort through.

March 2026

Tomah VA Free Choice Activities—All Veterans Welcome

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>1</p> <p>9:00am-12:00pm VA Library Open</p> <p>1:00 Protestant Service, VA Chapel</p>	<p>2</p>	<p>3</p> <p>1:30pm Bingo (AL Post 508, Wilton) Bldg. 455; Veterans Hall</p>	<p>4</p> <p>*1:00-3:00pm Pickleball Clinic; Bldg. 15</p> <p>2:45pm Catholic Mass, VA Chapel</p>	<p>5</p> <p>1:00-2:30pm Project Healing Waters; La Crosse Vet Center</p> <p>1:30pm Music with Ernie & Shawn; Bldg 455, Veterans Hall</p>	<p>6</p> <p>*1:00-2:30pm Archery Shoot (sponsored by TWSA); Bldg. 15</p>	<p>7</p> <p>9:00am-12:00pm VA Library Open</p> <p>1:30pm-4:00pm Open Bowling</p> <p>1:30 Bingo (ALA State) Bldg. 455; Veterans Hall</p>
<p>8</p> <p>9:00am-12:00pm VA Library Open</p> <p>12:30pm-4:00pm Open Bowling</p> <p>1:00 Protestant Service, VA Chapel</p>	<p>9</p> <p>10:00am CLC Resident Council; Bldg. 455; Veterans Hall</p>	<p>10</p> <p>*12:30-2:30 Air Rifle Clinic Bldg. 15</p>	<p>11</p> <p>1:30 Bingo (ALA Elroy) Bldg. 455; Veterans Hall</p> <p>2:45pm Catholic Mass, VA Chapel</p>	<p>12</p> <p>1:30 Live Music with Silo Jumpers; Bldg. 455; Veterans Hall</p> <p>5:00pm-7:00pm Open Bowling</p>	<p>13</p> <p>1:30 Casino Games (Ocean Spray), Bldg 455, Veterans Hall</p>	<p>14</p> <p>9:00am-12:00pm VA Library Open</p> <p>1:30pm-4:00pm Open Bowling</p>
<p>15</p> <p>9:00am-12:00pm VA Library Open</p> <p>1:00 Protestant Service, VA Chapel</p>	<p>16</p>	<p>17</p> <p>1:00-2:30pm Project Healing Waters; Bldg. 455; Veterans Hall</p> <p>1:00pm-3:00pm Open Bowling</p>	<p>18</p> <p>*1:00-3:00pm Pickleball Clinic; Bldg. 15</p> <p>2:45pm Catholic Mass, VA Chapel</p>	<p>19</p>	<p>20</p> <p>*1:00-2:30pm Archery Clinic, Bldg. 15</p>	<p>21</p> <p>9:00am-12:00pm VA Library Open</p> <p>1:30pm-4:00pm Open Bowling</p>
<p>22</p> <p>9:00am-12:00pm VA Library Open</p> <p>12:30pm-4:00pm Open Bowling</p> <p>1:00 Protestant Service, VA Chapel</p> <p>1:30 Table Games & Root Beer Floats (ALA—Elroy); Bldg. 455, Veterans Hall</p>	<p>23</p>	<p>24</p> <p>1:00pm-3:00pm Open Bowling</p> <p>6:00pm Bingo (DAV—Ch. 27) Bldg. 455; Veterans Hall</p>	<p>25</p> <p>1:30 Bingo (VFWA State) Bldg. 455; Veterans Hall</p> <p>2:45pm Catholic Mass, VA Chapel</p>	<p>26</p> <p>5:00pm-7:00pm Open Bowling</p> <p>5:30pm-7:00pm Project Healing Waters; American Legion Post 336, Onalaska, WI</p>	<p>27</p>	<p>28</p> <p>9:00am-12:00pm VA Library Open</p> <p>1:30pm-4:00pm Open Bowling</p>
<p>29</p> <p>9:00am-12:00pm VA Library Open</p> <p>1:00 Protestant Service, VA Chapel</p>	<p>30</p>	<p>31</p> <p>1:00pm-3:00pm Open Bowling</p>		<p>VA Library Hours Monday-Friday 8:00am-4:00pm Building 401, room 1100</p> 	<p>Need medical clearance & appointment for adaptive sports</p> 	<p>Bowling Alley is located in Building 406, room 1615</p> 

SAVE THE DATE

Tomah VA Volunteer Appreciation Week

VOLUNTEERS: LIGHTING THE WAY TO THOSE WHO SERVED



Brunch & Bingo

Monday, April 20, 2026

9:30am Brunch

10:00am Bingo

Tomah VA, Building 455, Veterans Hall

Volunteer Recognition Banquet

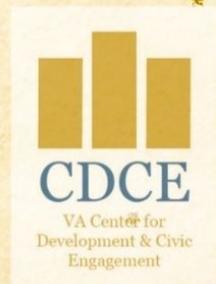
Thursday, April 23, 2026

10:00 Registration

10:30 Awards

Lunch to Follow

Tomah American Legion Hall



TOMAH VA MEDICAL CENTER

2026 Warrior to Soul Mate Retreats

Participation and Eligibility

- Tomah VA enrolled Veteran with spouse/partner
- Committed couple
- Complete intake and meet approval

Workshop Includes:

- 2-night stay at a local retreat center
- Meals and refreshment during the retreat

2026 Dates:
March 20-22
and
October 2-4



Workshops Can Help

- Develop coping skills
- Promote team building
- Increase trust
- Strengthen bonds
- Learn how to compromise
- Improve communication

Benefits

- Reduced symptoms of distress and anxiety
- Greater commitment to shared vision
- Increased resilience for couple and family relationships
- Revitalized relationships
- Higher levels of satisfaction

Please contact your Provider or Chaplain Service for more information.
1-800-872-8662 or
(608) 372-3971 X 66054

VA



U.S. Department of Veterans Affairs
Veterans Health Administration
Tomah VA Medical Center

RESERVE YOUR SPOT!

Beyond The Uniform

Connect. Share. Thrive.



Have you served after 9/11? Come meet others who understand. Share experiences and make your move back to civilian life easier.

When: Wednesdays, 5:00 - 6:00 p.m.
(No meetings on federal holidays)

Where: Tomah VA Medical Center
500 E. Veterans Street
Building 407, Room 20755
Tomah, WI 54660

Questions? Contact us today.

Tomah VA's Post-9/11
Military2VA (M2VA) staff
608-372-3971 or
800-872-8662, ext. 67709
Hours: Monday - Friday,
7:30 a.m. - 4:00 p.m.
Excludes federal holidays

VA



U.S. Department of Veterans Affairs

Veterans Health Administration
Tomah VA Medical Center