



**Tomah VA Medical Center**  
**VA Center for Development and Civic Engagement (135)**  
**500 East Veterans Street**  
**Tomah, WI 54660**  
**608-372-1727**  
**VHATOMVoluntaryService@va.gov**  
**Office Hours: 0600-1430 Monday-Friday, Closed Holidays**

**Upcoming Special Events:** \*please see page 2 for additional activities that could use assistance

October 3 & 4, 2024 @ 9:00am-6:00pm; Drive Thru Flu Clinic (Tomah Washbay)

October 29th, 2024 @ 6:30pm—Creative Arts Coffeehouse (open mic night); Building 455 Veterans Hall

October 30th, 2024 @ 1:30pm -Oktoberfest, Building 455 Veterans Hall

October 31st, 2024 @ 1:30pm—Pumpkin Drop (outside building 406)

November 1, 2024 @ 1:00pm-2:30pm—Trunk or Treat (outside building 406)

November 8, 2024 @ 10:00am—Veterans Day Program; Building 455 Veterans Hall

### **Volunteer Reminders**

1. **Fiscal year ends September 30, 2024! Hours for FY24 need to be turned in no later than October 8th, 2024.. Hours can be also emailed to Deb at [deborah.johnson@va.gov](mailto:deborah.johnson@va.gov)**
2. Would you like to learn more about how you can enter your own hours electronically (same day only)? We can send information to anyone interested in learning more!
3. 2025 Recreation Planning letters (Building 455 activities) went out last month and are due back November 6, 2024. Reminder: to host an event in building 455, your organization must provide 4 volunteers to help escort inpatients to the event.
4. Flu Shots are required for All Volunteers by December 1st. Please complete form and turn it in with documentation to be in compliance. Flu Shots are available at employee health Monday-Friday or at outpatient clinics during flu clinic times.
5. Wear your Volunteer ID anytime (and only) when you're on volunteer duty. **Please also check expiration date and our office know if ID will expire soon.**
6. Volunteers can only "volunteer" in approved volunteer assignments. Do not complete tasks/requests without CDCE approval for new volunteer assignments.
7. Volunteers on CLC (inpatient units), must comply with masking requirement. If unsure current requirement (masking, testing, etc) PLEASE ASK. Updates are often sent via email.

Looking forward to working with you all in fiscal year 2025!

Jen, Cindy, Heath and Deb



# October 2024

Tomah VA Free Choice Activities—All Veterans Welcome

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p><b>VA Library Open Monday-Friday 8:00am-4:00pm</b></p>		<p><b>1</b> 9:00am-11:00am Open Bowling Alley (bldg. 406; room 1615)</p>	<p><b>2</b> *1:00-3:00pm Pickleball Clinic Bldg. 15</p>	<p><b>3</b> 2:45pm Catholic Mass, VA Chapel</p>	<p><b>4</b></p>	<p><b>5</b> 10:00am-2:00pm VA Library Open</p> <p>1:30 Bingo (ALA State) Bldg. 455; Veterans Hall</p>
<p><b>6</b> 10:00am-2:00pm VA Library Open</p> <p>1:00 Protestant Service, VA Chapel</p>	<p><b>7</b></p>	<p><b>8</b> *12:30-2:30 Air Rifle Clinic Bldg. 15</p>	<p><b>9</b> *1:00-2:30pm Nat'l Events Clinic Bldg. 15</p> <p>1:30 Bingo (ALA Elroy) Bldg. 455; Veterans Hall</p>	<p><b>10</b></p>	<p><b>11</b></p>	<p><b>12</b> 10:00am-2:00pm VA Library Open</p>
<p><b>13</b> 10:00am-2:00pm VA Library Open</p> <p>1:00 Protestant Service, VA Chapel</p>	<p><b>14</b> Columbus Day 6:00pm-7:30pm Open Bowling Alley (bldg. 406; room 1615)</p>	<p><b>15</b> 9:00am-11:00am Open Bowling Alley (bldg. 406; room 1615)</p> <p>6:00pm Bingo (AL- Kendall) Bldg. 455; Veterans Hall</p>	<p><b>16</b> *1:00-3:00pm Pickleball Clinic Bldg. 15</p> <p>1:30 Bingo (VFWA State) Bldg. 455; Veterans Hall</p>	<p><b>17</b> 2:45pm Catholic Mass, VA Chapel</p>	<p><b>18</b></p>	<p><b>19</b> 10:00am-2:00pm VA Library Open</p>
<p><b>20</b> 10:00am-2:00pm VA Library Open</p> <p>1:00 Protestant Service, VA Chapel</p>	<p><b>21</b> 1:30pm Day at the Races (AMVETS) Bldg. 455; Veterans Hall</p>	<p><b>22</b> 6:00pm Bingo (DAV—Ch. 27) Bldg. 455; Veterans Hall</p>	<p><b>23</b> 1:30 Music by 'Timed Out,' Bldg. 455; Veterans Hall</p>	<p><b>24</b> 2:45pm Catholic Mass, VA Chapel</p>	<p><b>25</b></p>	<p><b>26</b> 10:00am-2:00pm VA Library Open</p>
<p><b>27</b> 10:00am-2:00pm VA Library Open</p> <p>1:00 Protestant Service, VA Chapel</p>	<p><b>28</b> 6:00pm-7:30pm Open Bowling Alley (bldg. 406; room 1615)</p>	<p><b>29</b> 6:00pm-7:30pm Creative Arts Coffeehouse (open mic night) Bldg. 455; Veterans Hall</p>	<p><b>30</b> 1:30 Oktoberfest (VFWA); Bldg. 455; Veterans Hall</p>	<p><b>31</b> 1:30pm Pumpkin Drop! Outside building 406</p> <p>2:45pm Catholic Mass, VA Chapel</p>		<p><b>*Need medical clearance &amp; appointment for adaptive sports events</b></p>

### Current Needs List

- Reading Glasses (all strengths)
- Regular and Decaf Coffee—large tubs for units
- Suspenders
- Men's sweatpants (M, L)
- Coloring Markers (i.e. Crayola)

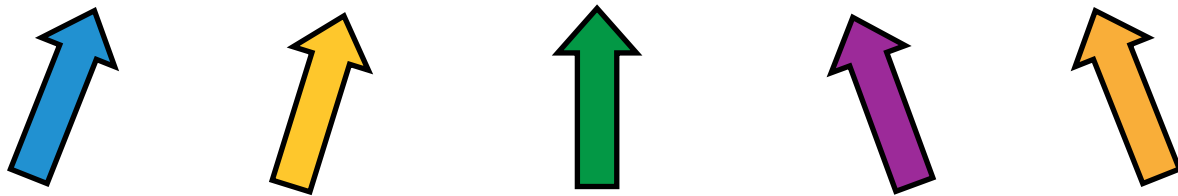


### Current Volunteer Needs

- **BIGGEST NEED: 455 Activities**—Volunteers to assist inpatients to scheduled 455 activities (see page 2) **\*if we don't have a enough volunteers, we may have to move activity to unit instead of hospital wide.**
- **NEW! La Crosse Vet Center**—Wednesday mornings
- **Drivers for VTS** (Wheelchair vehicles), weekend coverage as able (Dialysis)
- **Blue Team BTSSS Computer Assistant** - assist Veterans with myhealthvet and BTSSS Portal
- **Wausau Outpatient Clinic Greeter**
- **Bowling Alley Volunteers:** open bowling alley, assist bowlers with getting shoes, ball, electronic scoring.
- **Chapel Volunteers**—escort inpatient Veterans to Chapel as scheduled:
  - Sundays at 1:00pm - Protestant
  - Thursdays at 2:45pm - Catholic Mass
- **455 Activities**—Volunteers to assist inpatients to scheduled 455 activities (see page 2) **\*especially evening and weekends.**
- **Recreation Volunteers (fishing, games, visiting, music, art)**— to assist with programming and 1:1 visits with inpatient Veterans
- **Compassionate Contact Corps**—virtual volunteers to call Veterans from comfort of your own home (average 15 minute commitment /week)
- **Coffee Cart Volunteers** - Outpatient Clinic locations (Wausau, Wisconsin Rapids, La Crosse, Tomah (Friday))



**September 30, 2024 is the end of Fiscal Year 2024. Reminder that ALL Volunteer Hours between 10/1/2023—9/30/2024 are DUE no later than October 8th.**



### Hatch Act

Election year is in full swing and all of us must review and abide by the restrictions imposed by the Hatch Act on partisan political activities of Federal employees/volunteers this year and every year.

That Hatch Act restricts certain “partisan political activities” by Federal employees/volunteers. “Partisan political activity” is defined as activity directed at the success or failure of a:


- Political party;
- Candidate for partisan political office; or Partisan political group



A volunteer must not canvass or solicit support for any political party, candidate, or faction, nor do any act on their behalf while on duty as a volunteer. Volunteers are responsible for abiding by the HATCH Act, which imposes restrictions on partisan political activity. In general, a volunteer should not participate, advertise for (including wearing hats, buttons or other insignia) nor solicit support or contributions for a political candidate while on duty. They should also refrain from wearing any official VA uniforms or badges while participating in political activities while off duty. The department of Veterans Affairs remains a non-partisan government organization. All volunteers must keep this in mind while volunteering and refrain from discussing politics.

The OSC website <https://www.osc.gov> provides more details. If you have questions or concerns, please contact the Integrity & Compliance Officer at (608) 372-3971 ext. 66550





# Fall into Wellness Veteran Expo

Tomah VA Medical Center and community partners invite Veterans to take part in their health and wellness. Join us to learn about wellness resources in the area and VA. You can take part in wellness activities and/or get your flu shot.

**Dates and locations:**

Monday, October 7, 2024

10:00 a.m. - 2:00 p.m.

Marathon County River Drive Complex

Veteran Service Office

212 River Drive

Wausau, WI 54403

Tuesday, October 8, 2024

10:00 a.m. - 2:00 p.m.

Tomah VA Medical Center

500 E. Veterans Street

Building 455, Veterans Hall

Tomah, WI 54660

Wednesday, October 9, 2024

10:00 a.m. - 2:00 p.m.

South Wood County YMCA

601 W. Grand Avenue

Wisconsin Rapids, WI 54495

Thursday, October 10, 2024

10:00 a.m. - 2:00 p.m.

La Crosse Vet Center

910 2<sup>nd</sup> Avenue N.

Onalaska, WI 54650

For more information, please contact:

Tomah VA Medical Center

Whole Health Services

1-800-872-8662, Ext. 61417

500 E. Veterans Street

Tomah, WI 54660

Monday - Friday 7:30 a.m. - 4:30 p.m.

(Excluding Federal Holidays)




**VA**



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

VHE 6033 8-2024



# Drive - Thru Flu Clinic

Tomah VA Medical Center  
Partners with Monroe  
County Health Department



Get Your  
Flu Shot

9 a.m. to 6 p.m.  
Thursday, October 3rd  
Friday, October 4th

**This event is open to the public.**

**Everyone 6 months of age or older should get the flu vaccine every year!**

Bring appropriate ID or insurance information. You are able to stay in your car.

Dress appropriately so your upper arm can be exposed.

Enter VA Medical Center on 2nd Street and follow the signs.



**Don't Wait - Vaccinate. Get your flu shot.**



## For more information call:

For Veteran's or VA Employee's (608) 372-1787

For the General Public Contact Monroe County Health Dept. at (608) 269-8666

## For the General Public:

Monroe County Health Department can file insurance claims for the influenza vaccines for most insurance companies. We will also bill Medicare Part B and Medicaid. However, we will bill the participant any amount that their insurance company does not cover.

**Cost Without Insurance: Regular Dose \$30.00 / High Dose \$65.00**

**VA**



U.S. Department of Veterans Affairs

Veterans Health Administration  
Tomah VA Medical Center