

Veterans & Family Support Resources

The PACT & Dependency & Indemnity Compensation (DIC)

www.vfw.org

Click on Assistance and arrow left to VA Claims & Separation Benefits - Assistance with filing a PACT action claim. The link to find an accredited Service Officer in any state VA claims & separation benefits – VFW

National Veteran Services

Todd Gruchalla, NVS Regional Quality Assurance Specialist – West

tgruchalla@vfw.org **Schedule a PACT Benefit Training at your Post**

Find a VA Hospital go to:

<https://www.va.gov/find-locations>

Unmet Needs: Provides grants (not loans) and referrals to other organizations to active-duty service members, veterans and their immediate families to assist with basic life needs www.vfw.org/assistance/financial-grants

The VFW's "**Sport Clips Help A Hero Scholarship**": Provides service members and veterans with the financial assistance they need to complete their educational goals without incurring excessive student loan debt.

<https://www.vfw.org/assistance/student-veterans-support>

The ETS Sponsorship Program (Expiration Term of Service Sponsorship Program)

<https://etsponsorship.com>.

(ETS-SP). a non-profit organization actively partnering with the Veterans Administration (VA), the Department of Defense (DoD), and local communities, supports service members through the transition process from military to civilian life.

This program allows VFW/Auxiliary members, possibly posts and districts, the opportunity to shepherd transitioning service members, and offers another possible touch point with future VFW and auxiliary members. Really, anyone - veteran or not - who cares about service members and is willing and able to commit the time can volunteer to be a sponsor. Once certified, the sponsor then works directly with the ETS-SP Regional coordinator who connects the sponsor with the service member who has signed up for the program as they begin transition back to civilian life in their area.

This may be an opportunity for every VFW/Auxiliary members, regardless of proximity, to impact service members tangibly and meaningfully as they turn the page and start a new chapter in their lives.

Washington Department of Veterans Affairs website

<https://www.dva.wa.gov> click on Resources, click on Brochures and Newsletters arrow to WDVA Fast Facts

This fact sheet should be available in all posts & auxiliaries and can be used at an information table for all events in your community. Other resources can also be downloaded here.

US Department of Veterans Affairs

National Center for PTSD <https://www.ptsd.va.gov/family/getsupport.asp>

PTSD – HOME • Understand PTSD • Understand PTSD Treatment • Get Help • For Families and Friends

Fetch Rewards

<https://fetch.com> FAQ <https://michaelsaves.com/make-money/fetch-rewards-review/>

Fetch Rewards is a mobile shopping platform that rewards shoppers for buying the brands they love. The Fetch Rewards app gives users the easiest way to save on everyday purchases by simply scanning their receipt. That includes grocery stores, gas stations and restaurants. You'll earn at least 25 points on every receipt you snap. Over 550 popular brands in the app earn you extra.

District 1 Newsletter website

Their newsletters has resources, and information on women Veteran Health, and much more. This is a link for their newsletter. It brings you to their website.

<https://www.vfwdistrict1.org/?fbclid=IwAR2f7I6Ve0qQDzcB2IHScAifTqN913bBcFnFtThZlrpVG46Kj7FVWLT50d>
[o](#)

Heartbeat for Wounded Warriors JBLM (Joint Base Lewis McCord)

www.heartbeatforwarriors.org

Heartbeat Serving Wounded Warriors® provides some emergency assistance, therapeutic services, support groups, and morale-building programs for wounded service members and their families in Washington State. Their focus is the wounded and injured service members from all branches offering support for many types of needs: emergency, physical, psychological, and daily living. Current services and programs include:

- Emergency financial assistance for wounded Special Ops Warriors/families in WA state
- Back in the Saddle Warriors® - equine assisted therapy program
- Scuba Warriors® - therapeutic scuba activity
- Morale-Building programs and events

Stand With Our Veterans: Learn How to Navigate Memory Care Challenges

<https://www.healvets.org>

Recent research by the National Institutes of Health (NIH) has uncovered a concerning trend: veterans are twice as likely to develop dementia compared to the general population. This increased vulnerability stems from a combination of factors, including traumatic brain injuries and post-traumatic stress disorder, alongside the typical aging process.

In response to this challenge, we have developed a comprehensive guide to memory care for veterans. This valuable resource dives into the complexities of dementia and presents a range of treatment options, as well as highlighting various VA programs and resources. You can access the guide here:

Heal Veterans, Inc – provides veterans with therapeutic arts & crafts to assist in healing and recovery.

Permission to Start Dreaming

<https://ptsdfoundation.org/>

Who We Are: We are committed to bringing hope and healing to our first responders, military members, veterans and their families dealing with post-traumatic stress and combat trauma. We are a 501(c) 3 nonprofit organization based out of Gig Harbor WA, USA, and is entirely funded through private donations from individuals and corporations. Programs include: Monthly Huddles, Post Traumatic Growth Workshops & Warrior Path and various events throughout the year based in Gig Harbor, WA.

Veterans and Agriculture in Washington State

<https://agr.wa.gov/services/education-and-training/veterans>

Veteran Careers in Agriculture: A Resource Guide (download PDF guide)

Other websites:

[General farming support](#) - Many programs, organizations and resources can guide and support veterans getting started in farming - including marketing, branding, and other advice for those beginning or expanding their business.

[Financial support](#) - Check out several sources of grants and loans for farmers and ranchers.

[Ecotherapy](#) - Referring to the therapeutic benefits of nature and the outdoors, ecotherapy can help veterans who are experiencing depression, anxiety or post-traumatic stress disorder, or who are transitioning back to their communities.

[Education](#) - From state colleges and universities to farm-focused organizations, veterans can learn, build and practice the skills necessary for a career in agriculture

Community Health Partners – Veterans Free Dental Clinic

Veterans must live in Cowlitz, Wahkiakum or Lewis Counties and income is based on the National Poverty Guidelines to be eligible. Call 360-442-4165 for information on the clinic, determining eligibility and scheduling an appointment. <https://www.chpwa.org>

Planning Your Legacy: VA Survivors and Burials Benefits Kit



Veterans Affairs (.gov)

<https://www.benefits.va.gov> › BENEFITS › docs

"This Document is tricky to get to the link - GOOGLE – [WDVA Planning Legacy Book](#), click on How to Plan Your Legacy With the VA Survivors and Burial . . .

VA / News will come up - Arrow down to where it says to download kit here and click.

The documents in this packet will help guide you and **your** loved ones as you **plan**, and ensure **your survivors** know what benefits are available to them.

Yakima Resources

Yakima Transit – <https://yakimatransit.org> Google Yakima Transit for Veterans and Seniors go to: Application for Yakima Transit Reduced Fare Card

For issuance of a Reduced Fare Card only. I am providing proof of current eligibility by the **Veteran's** Administration as having a disability of at least 40%

Application for Dial-A-Ride Yakima WA

People for People – <https://www.pfp.org/pfp/> Paratransit services This is a service for people that live outside the city limits.

Northwest Harvests Fruitvale Community Market: <https://www.northwestharvest.org> Open each Monday, Wednesday & Friday Fruitvale offers community members source for free groceries and services from public agencies including healthcare, housing, legal and more.

<https://www.yakimacounty.us/166/Resources> - Veterans Demographics and Standdown & Veteran information

Honor Flight & Quilts of Valor

<https://pugetsoundhonorflight.org> Our mission at Puget Sound Honor Flight is to celebrate Western Washington veterans with a FREE trip to Washington, D.C. to visit and reflect at the memorials built in their honor. Puget Sound Honor Flight is a nonprofit organization.

Quilts of Valor for Puget Sound Honor Flight contact: Doreen Dale donndale@icloud.com 360-270-4445

<https://inwhonorflight.org> Inland Northwest Honor Flight's mission is to transport Inland Northwest war veterans to Washington D.C. to visit those memorials dedicated to honor their service and sacrifices. Inland Northwest Honor Flight is a nonprofit organization

Veterans & Military Suicide Prevention and Mental Health Awareness

Washington Department of Veterans Affairs – SPAM (Suicide Prevention Awareness Month) **September** Toolkit <https://www.dva.wa.gov>

Click on Counseling & Wellness, on the left side under Veterans, Service Members, & their Families click on Suicide Prevention and Support, click on Suicide Prevention Toolkit



In September purchase the Suicide Crisis Line License Plate Emblem

Emblems cost \$18 and can be placed on any passenger vehicle, truck, and large trailer license plate, including special and personalized plates. Ten dollars from the purchase of each emblem is deposited into the Veteran and Military Member Suicide Prevention Account. Grants from this account will be available to community organizations who provide suicide prevention, peer support, and other assistance to at-risk and transitioning Veterans, military members, and their families. Fill out a [Prevent Veteran Suicide Emblem Application](#) (on the Dept of WA Auxiliary website) and a check/money order for \$18 (one-time \$8 service fee plus \$10 per emblem, payable to the Department of Licensing). Bring these items to a [vehicle licensing office](#) or mail them to:

Special Plate Unit

Department of Licensing

PO Box 9909

Olympia, WA 98507-8500

How to Donate directly to the Veterans and Military Member Suicide Prevention Account By Mail: Complete the donation form available on the Aux Dept website and send the form, along with a check, to the State Treasurer's Office (mailing address located on the form). Online: Follow this link "Donate to the State of Washington" (or use the QR code to the right) and complete the online donation process with a credit card or bank account. Be sure to indicate that your donation will be going to the following fund: "27H - Veterans and Mil Mmbrs Suicide Prev Acct"

WASHINGTON STATE Suicide Prevention Plan

<https://www.dshs.wa.gov/sites/default/files/ALTSA/stakeholders/documents/duals/toolkit/631-058-SuicidePrevPlan.pdf>

Veterans Voices Writing Project Inc www.veteransvoices.org Information to participate, make a donation or subscribe to the magazine

VFW Mental Wellness Campaign – www.vfw.org/assistance/mental-wellness

Campaign to Change Directions – go to www.giveanhour.org (www.cnangedirection.org not available)

Give an Hour – www.giveanhour.org

Patients Like Me – www.patientslikeme.com/join/vfw

One Mind – <https://onemind.org>

The Elizabeth Dole Foundation – <https://www.elizabethdolefoundation.org>

Help Heal Veterans (Therapeutic Crafts) – www.healvets.org

GRANT Websites

VFW Foundation Grant Pass Through 501c3 from Post & Auxiliary 501c19 from local business donations

All of the resources the VFW Foundation has on the site can be found at the link below. The VFW Foundation offers this service to Posts when a donor will only make contributions to 501c3 charities. Many corporations and grant makers have policies in place that exclude supporting non-c3 organizations and most Posts are

08.2023

501c19s and, therefore, are unable to seek funding from the prospective donor. When this occurs the VFW Foundation can act as what is called a "fiscal agent," on behalf of the Post. The pass-through letter explains to the prospective donor that the Foundation will accept and then acknowledge the gift, and then pass 100% of the donation will be routed back to the Post. This allows them to receive a tax receipt from a 501c3, but not violate their giving policies. <https://www.vfw.org/foundation/training-and-support-resources>
Download the sample letter to give to those who want to gift both money and or in-kind donations.

VFW FOUNDATION GRANTS AVAILABLE FOR 2023-2024

Food Access

#StillServing Grants – Applications Available at www.vfw.org/grants

All grants will operate on a reimbursement basis. Applicants will need to do a project and then submit an application with proof of how the funding was spent. Applicants are highly encouraged to contact the VFW Foundation prior to starting a project to ensure it qualifies. Detailed guidelines can be found on the application forms of each grant. Questions may be directed to jcouch@vfw.org.

***NOTE At this time, the VFW Foundation existing grant application periods are closed.** New grants and application periods are expected to be available after Oct. 1, 2023. Please check back then for more information.

Military Assistance Program (MAP)

For more information go to: <https://www.vfw.org/community/troop-support>

The VFW is supporting our troops day in and day out. The members offer support to the military community in many different ways, whether that means helping military families get through long deployments or hosting send-off and welcome home events. The VFW knows how important troop support is because all of our members have been there.

Washington State Agriculture Department

<https://agr.wa.gov/services/food-access/programs-and-services>

We are trusted partners who anticipate and respond to the evolving needs of the food system by focusing on the intersection, viability, and success of hunger relief organizations and agricultural producers.

Together, we ensure access to healthy food and sustain vibrant communities for all Washingtonians.

The WAM (Wellness Arts and Military) General Operating Support Grant

<https://www.arts.wa.gov/grants/wam-grants/>

WAM supports the growth of artists and arts organizations who have arts and wellness programs for military connected communities. Go to this website to see what is currently being offered. The VFW would be working with the art organization to make the plan a success.

The Tulalip Tribes Charitable Contribution Mission

<https://www.tulalipcares.org>

Charitable Contributions Fund provides the opportunity for a sustainable and healthy community for all. The Tulalip Tribes strives to work together with the community to give benefits back to others to help build a stronger neighborhood. That's why, in Tulalip, it is traditional to "raise our hands" to the numerous organizations in our region that contribute to our communities.

Cowlitz Tribal Foundation

<https://www.cowlitz.org/our-giving> Timi Marie Russin, Tribal Foundation Manager email: trussin@cowlitz.org
(360) 577-8140 Ext. 2772

Mission/Vision or Current Goals/Objectives :

Since 2017, The Cowlitz Indian Tribe has donated approximately \$28 million to its local community (Clark County, WA via the Cowlitz Tribal Foundation Clark County Fund) and the State of Washington as a whole (via the Cowlitz Tribal Foundation Statewide Fund). The Cowlitz Indian Tribe is committed to building mutually supportive and long-lasting relationships with the organizations, communities, and people supporting the vast philanthropic and charitable activities within the State of Washington. Although all charitable activities are eligible for support from the Cowlitz Tribal Foundation, focuses such as art and culture, environmental justice, education (K-12 schools, universities, secondary schools, trade schools, etc.), and social services receive an emphasis in consideration for funding. Thank you for your commitment to bettering our communities, we look forward to connecting with you further.

The Puyallup Tribe of Indians—Generous and Welcoming to All People

Tribal Member Veterans Quarterly Benefit Distribution

Michael Sisson, Tribal Veterans Representative

3009 E. Portland Avenue

Tacoma, WA 98404

(253) 686-8484

TVR@PuyallupTribe-nsn.gov Email: GrantWriters@PuyallupTribe-nsn.gov

<http://puyallup-tribe.com/services/directory.html> /Tribal Veterans Rep/Quarterly Benefit Distribution webpage

Charitable Trust Board also known as the Gaming Advisory Board

Grants Main Contact Number: (253) 382-6041 Alternate Number: (253) 380-5125

Fraternal Order of Eagles

<https://www.foe.com/Charities/Requesting-Grants> <https://www.foe.com/Charities/People-Helping-Pantries>

If you are an outside organization seeking funding from Fraternal Order of Eagles charities, please contact a local chapter with your request. Grants submitted directly to the Grand Aerie will be returned.

Grants Camas Washougal Area

<https://www.camaswashougalcommunitychest.org/>

Camas-Washougal Community Chest is a non-profit organization on a mission to coordinate raising funds for other local non-profits and we've been doing that since 1946. Join us. **Grant Application Deadline is Dec 15th**

USA Funding Applications

<https://www.usafundingapplications.org>

is an online grant application system that gives you access to free money applications from over 20,000 resources. Non-Profit 9,850 applications & Veterans 6,436 applications have been processed.

In order for us to pay for the expenses we have incurred compiling this information, we are forced to charge a small \$29.95 to cover our costs. The information also comes with a guarantee. If you apply for funding and don't receive funding, your membership fees will be refunded to you immediately after providing required information

Event Postings

Washington State Department of Veterans Affairs

<https://www.dva.wa.gov/calendar>

They will post your event after approval. To share images from your event, please share your Facebook link with communications@dva.wa.gov

Partnering with Schools Fundraising Websites:

Box Tops For Education – <https://www.boxtops4education.com>

Auxiliary Outreach Websites

08.2023

Here is another Resource in the Key Peninsula (Washington) <http://www.keypeninsulacommunityservices.org/>



Want to help make a difference in your community?
Of course you do!
We are in need of Volunteers to deliver meals to Seniors, drive our bus for field trips & to work in our Food Bank or Kitchen.
Please call us @ 253-884-4440 for more info and to sign up



Volunteers Needed

The warming shelter (located at the Washougal Community Center)

Volunteers needed Susan Bennett rite2ms@frontier.com Good will ambassador aka volunteers - Each shift is three hours.