

Macomb Veterans Action Collaborative Minutes
Macomb Community Action Training Room
21885 Dunham Clinton Township, MI 48038
Monday, May 06, 2019

I. **CALL TO ORDER**

The meeting was called to order by Laura Rios at 9:05 am.

Attendees:

Susan Casadei, HHHC

Mark Meadows, VAMC

Madeline Habib, MCCMH/HSCB

Katie Page, Vet Center

Yolanda Spencer-Dandridge, VAMC

Shaun Taft, Nat Kidney Foundation

A.C. Giles, TTI

Gabriella Barthlow, Vet Services

Adrienne Gasperoni, CARE of SE MI

Jennifer Kimm, MISC MW

M.C.S.P.C.

Lisa Murphy, Harbor Oaks

Eric Jackson

Liz Sergent, MCA

Mike Johnson, AFGE

Mike Dexter, MyCare Health

Gerald Fisher – Curley, VAMC

Joyce Moultrie, Vet Services

Colton Darrow, TTI

Mark Kilgore, CARE

Kurt Klasmeier, Detroit Arsenal

Laura Rios (Co-Chair), Veteran Services

Lisa Marie Duncan-Edwards, Veteran Services

Susan McCain, Mission Ambition

Charlene Myers, NCOA/DAV

Amy Kienast, Buddy to Buddy

Jacqui Rabine, MSUE

Nicole Gauthier (Co-Chair), Veteran Navigator

Jennifer Georgievski, MI Vet Employ Ser

Kevin Hrit, Senator Gary Peters office

II. **INTRODUCTIONS**

The committee members went around the table and introduced themselves and the service organization to which they worked.

III. **APPROVAL OF MINUTES**

The April 01, 2019 minutes were approved as a matter of record.

IV. **NEW/OLD BUSINESS**

No new/old business at this time.

V. **SPECIAL SPEAKER:** Jacqui Rabine, MSUE – Stress Less with Mindfulness

Mindfulness Stress Based Management program was created by Jon Kabot-Zinn, Ph.D. He worked at the University of Massachusetts Medical School Center for Mindfulness in Medicine, Health Care and Society. Jacqui briefly presented how to: Learn about the benefits of being mindful; Pinpoint

behaviors that can make you vulnerable to stress; and how to experience Mindful Movement and Mindful Breathing as ways to reduce stress. This is done with 3 small steps: Choose to notice what happens when you get anxious, happy or angry; Shift to gentle acceptance; Practice daily tuning into what you are doing with what you are thinking. There are many health benefits to reducing the stress in your life such as reduction in chronic pain, better sleep, reduced cardiac risk factors, increased exercise, improved immunity and diabetics have been able to better control their blood glucose levels. For more information on this program, please contact Jacqui or MSUE.

VI. VCAT UPDATE

The April 5, 2019 meeting was held at the Hispanic Development Community Center and was “well attended.” There were 18 new organizations that attended this event. The next meeting is June 21, 2019 in Oakland County. The time and venue will be sent out as a “hold the date” soon.

VII. COMMITTEE REPORTS

A. Benefits/Communication: Laura Rios – There is a new VA Missions Act that will start in June. Some of the changes pertaining to this act are: The VA Choice program will stop and the Mission Act will take over. To the veteran, this transfer should be seamless but there will be 3rd parties paying TRIWEST. If a veteran has “5” visits at a local specialist that has been approved by his/her VA doctor, the referral should still be good. The Big Changes to the veteran: if they cannot see their VA Primary doctor within 20 days or a Specialist within 28 days, they are supposed to be referred to a Community Partner that is contracted by the VA. Also, the new mileage requirement to drive to the VA hospital will change from 40 miles to 30 minutes as per Bing Maps. So if a veteran drive to the VA Hospital is longer than 30 minutes using the Bing Map, he/she can use a Community Partner. The veteran still has to be registered at the VAMC and be pre-approved to see the Community Partner. A veteran can use Urgent Care up to three times per year paid for by the VA. Because Urgent Care visits do not have to be pre-approved, the veteran can use their VA ID card at the Urgent Care facility when using.

Laura briefly mentioned how this year’s “Freedom Fest” will have a different “footprint.” The Steering Committee decided this event outreach would attend three venues that are already being scheduled. The three venues are: The Sterling Fest July 25 – July 27th; The Warren Birthday Bash August 22 – August 25th; and the Taste Fest September 21 – September 22nd. As the plans and events get closer Laura will ask committee members whether their organizations would like to attend (or just have resources) at each event.

B. Employment: The Veteran’s Boot camp is going on this week, there are around 15 people signed up. Mark stated Chrysler is opening up a plant in Detroit the spring of 2020. They will be 3,000 people added to man this facility. They are also re-tooling the plant at Jefferson and Main. There will be a new production shift added after this re-tooling. Ford is also doing some re-tooling and will be looking to hire soon. GM is looking for salary positions as they continue transferring to electric cars. Michigan is one of the top 3 manufacturing hubs in the nation. There were many Federal contracting grants awarded to this area for the DOD. Jobs in healthcare, EMS, custodial, doctors, RN and administrative positions are still hot right now. Please sign up for and check Mark’s Employment News Letter for more details. He also mentioned that VAMC is hosting a Women’s Event on June 15, 2019 which will look a lot like the Warriors to Work event.

C. Services: There was nothing new to report.

D. Membership: Shaun briefly mentioned how to sign in when coming to the meeting. She also mentioned how to get on the MVAC roster and get a name plate made.

E. Faith Based: Rodney Tolbert absent.

F. Higher Education: Kara Fields was absent.

VIII. ROUND ROBIN

Gerald Curly stated there is an opportunity for the Detroit VA to have up to 3 case managers who will actually follow an individual to transition to permanent housing. Service partners might be receiving a phone call from the VA for statistics regarding individuals who you are releasing to permanent housing.

Shaun Taft stated the National Kidney Foundation of Michigan has a program they are offering for free called Walk with Ease. This is an evidence based program that tries to get people more physically active. The only requirement for this program is that you have to be able to work for 10 minutes without a break. For more information, please contact Shaun.

Kevin Hrit, Regional Director for Senator Gary Peters office wanted to introduce himself and state he is going to try to prioritize his presence at upcoming MVAC meetings.

Lisa Murphy, there is a new building at Harbor Oaks Hospital. There is an adult unit going to be assigned there. Hopefully they will be breaking ground soon.

Gabriella stated her Financial Coaching is continuing under the Macomb County Veteran Services umbrella. She had business cards and flyers available.

Kurt Klasmeier stated he attended the collaborative for informational purposes. The Detroit Arsenal has a large number of veterans working there. Retiree veterans can come to the Detroit Arsenal to get their I.D. cards. Please contact Kurt for more information.

Nicole Gauthier mentioned she recently went through the Mental Health First Aid Instructor Training class and she will be teaching her first class in June. This 8 hour class is for the lay person to recognize symptoms of a panic attack, work with individuals that have PTSD or substance abuse disorders. All of the Navigators in the local area will be receiving training in this. After they teach of few of these types of classes they will be expanding it to the veteran component.

Madeline mentioned there are still slots available for the HSCB Traveling Tours next week. There are also hard copies of the Right Connection for sale for \$15.00.

Amy from Buddy to Buddy stated they have 144 veterans who are volunteers all of the state, if you know of a veteran who needs a buddy, please let her know. She is also looking for additional volunteers. Please contact her for more details.

Adrienne stated CARE of SE Michigan works in conjunction with 10 cities throughout Macomb County to have substance abuse prevention coalitions. These coalitions are always looking for veterans and a veteran's voice. Please contact Adrienne for more details.

Mark Kilgore stated he recently received 2 grants to do free Narcan Training. Narcan can stop the onset of Opioid overdose. Please contact Mark for additional information.

Katie Page from the Vet Center had flyers for the free Summer Trauma Sensitive Yoga schedule and the free weekly Battlefield Acupuncture.

Susan McCain from Mission Ambition is looking for facilitators in Macomb, Oakland and Wayne counties to help find the veteran female who could use the support. Please contact Susan for more details.

Laura stated there is an open seat on the Veteran Service Commission (which oversees the Veteran Services Department by Public Act 192) and the Michigan State Trust Fund. Andy Knapp recently passed away and he had been on both commissions for around 20 years. The BOC will be accepting applications for these seats in June. To apply for the Trust Fund position, the veteran must be a member of the American Legion since this commission has representation from each service organization.

NEXT MEETING

Monday, June 03, 2019 starting at 9:00 A.M. at:
Macomb Community Action Training Room, 21885 Dunham Road, Clinton Township

Special Speaker: Mary Beth Ryan, Home Care

IX. ADJOURMENT

The meeting adjourned at 10:35 A.M.