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*Dec. 2012/Jan. 2013*

## Dorothy Hanson Joins WDVA as Director of Behavioral Health Services and PTSD Programs



The Washington State Department of Veterans Affairs is proud to announce the selection of Dorothy Hanson as Director of Behavioral Health Services and PTSD Programs.

Dorothy is a United States Air Force veteran. A native of Maine, she entered the military in 1976 where she worked in the supply field and then accounting and finance until completing her service after 15 years as a Master Sergeant. While in the Air Force, she obtained her Bachelor's Degree and upon separation went on to complete her Masters Degree in Psychology with an Emphasis in Marriage and Family Therapy.

Dorothy has been providing direct services to veterans for the past 20 years; initially working as an intern for the Tacoma Vet Center, then as a case manager for homeless veterans at the King County Veterans Program until opening a private practice. In her practice, she provided counseling and outreach for over 16 years to veterans and their family members as a WDVA contract therapist.

As director of the Behavioral Health Services and PTSD programs, Dorothy has oversight of 38 PTSD therapists throughout Washington State providing direct counseling services to eligible veterans including individual, couples, family and group therapy. In this position she also oversees the Vet Corps with over 50 Vet Corps members who are embedded in colleges, universities, and technical schools. Her primary focus will be to continue to identify and ensure veterans with invisible wounds - PTSD, Traumatic Brain Injury, and Military Sexual Trauma - are given the resources and services they have earned by serving their country.

To learn more about the Behavioral Health Services and PTSD programs at the Washington State Department of Veterans Affairs, visit [http://www.dva.wa.gov/ptsd\\_counseling.html](http://www.dva.wa.gov/ptsd_counseling.html)

Dorothy Hanson can be reached at [Dorothyh@dva.wa.gov](mailto:Dorothyh@dva.wa.gov) or 360-725-2220.

# A *Final* Note from John



I am sure you are aware that I will be leaving WDVA as your director and let me start by telling each of you what an incredible honor it has been. I am keenly aware that the successes we have enjoyed are a direct result of each of you and the dedication to your work and service...service to veterans and their families of this great state.

As I contemplate the dedication of this administration, our many partners, and our wonderful WDVA staff, I am mindful of the predictable aftermath of the wars against terrorism and the tens of thousands of Washington Citizens who have honorably served.

It is important to consider what this state will do and the role of WDVA when the wars are over; when the yellow ribbons have faded and the attention to the casualty reports and funerals for the fallen are no longer in the forefront of the media. How will we sustain the good work of our country and this state in our collective efforts to “Serve Those Who Served”?

I cannot thank the Governor enough for the privilege to lead this incredible agency during such a pivotal time in our history and for the opportunity to represent the growing veteran population in our state and their families.

I also want to commend my good friend Mike Gregoire, who we fondly call First Mike, for his tireless dedication to the cause of honoring the men and women of our military and those who have so honorably served this great country. The many hours we spent together, the many places he has visited to engage with veterans and their families, and the time he has devoted to recognizing those who have served has left an indelible mark of appreciation on our citizens.

In my humble opinion, the new administration and leadership of WDVA must plan for and consider the following:

1. How will we meet the long term care needs of our aging veteran population? It is estimated that the need for care will far exceed the capacity we currently have.

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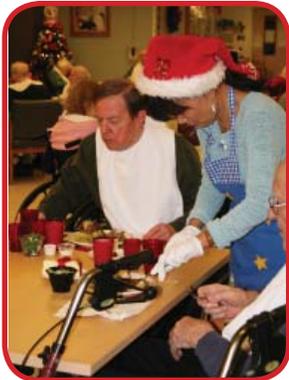
2. Anticipating continuing budget challenges, how will WDVA maintain this program structure that has yielded so much success?
3. While we have a significant presence at JBLM and are critically involved in the transition of our soldiers, how will we muster the resources to invest in the various Navy and Air Force installations that are so critical to our state?
4. Should WDVA pursue federal funding for a second Veterans Cemetery in eastern Washington?
5. Will WDVA achieve the goal of ending homelessness among veterans by 2015?
6. What will be the continued role of WDVA in serving the behavioral health needs of our veterans and their families and what must the state do beyond the federal government relative to Traumatic Brain Injury?

Unlike the majority of other states, our veteran population continues to grow. Our requirements and need for services will not diminish. Predictably they will increase with the anticipated downsizing of our military force and the attractive place the State of Washington is to live not only during a military career but for years after in retirement.

Finally, I want to thank each of you for the role I know you will continue to play. The great reputation we have is earned through our commitment to work together and face the challenges of a strained economy united in our message and actions. I am particularly proud of the staff of WDVA, the Governor's Veterans Affairs Advisory Committee, Veterans Legislative Coalition, our Veterans Service Organizations, our federal VA, and our many local and community partners.

*I am a blessed man because of you...  
thank you from the bottom of my heart.*

  
WDVA Director



A tradition of more than two decades continued on Dec. 8, 2012 at the Washington Veterans Home as our Residents were honored by the Bremerton Elks Lodge hosting a Prime Rib Dinner.

Entertainment was provided by the Kitsap Banjo Club and there were many door prizes!

The Bremerton Elks organize the event, with many different Elks lodges contributing time and money to assist.



# Thank You!



Every year during the second week of December, the Washington Veterans Home activity staff doubt that the holiday preparations will ever really come together!

And every year the entire staff at Retsil pull it off in spite of lost gifts, unplanned snow and new admissions the day of the party.

This year was no exception to that. There were FIVE separate parties conducted simultaneously and were all successful!

Volunteers across the county adopted residents and bought personalized gifts for everyone. The ASPA from Naval Station Puget Sound organized the giving program and amazed everyone with their generosity.

The Port Townsend American Legion donated all the home baked cookies for the party for the second year. Thank you to all who contributed to five joyous parties this year!



## A Moment with Chaplain Jeffery

It is my honor to conduct memorial and burial services for comrades and their dependents. Each time, as I work with the family, I usually find that important data is not available.

This is not a finger pointing exercise, but one of those things that has a psychological block.

No one likes to think of the death of themselves or of others. Yet, death is as real as birth. And there are death pangs as well as birth pangs.

Hence, in the few lines listed below, I offer this guidance:

**Form a file folder:** One for yourself. One for your responsible next of kin.

### **The folder MUST contain:**

- DD214 -- your discharge certificate, on the back is the record of your service.
- Contact information for Doctor, Lawyer and Dentist
- Veterans Organization membership
- Bank and Credit Union name and account numbers
- Credit card information
- Cell phone data
- Electronics and appliance data.
- The location of important papers such as insurance policies and vehicle titles.
- Your paper trail with the Veterans Administration and/or military medical facility.
- Have a list of those who must be notified of your death.
- Have a list of those whom you wish to have notified of your death and last rites.
- If you are to have a memorial and/or burial service:
  1. Select the Holy Scriptures you wish used; hymns and/or music.
  2. Is there to be a eulogy? If so, how long will the speakers talk?
  3. Remember - you and the person you choose to do the services are in control, not the mortuary. You are paying them to work for you.
- If you choose to have military honors:
  1. You can choose to have rifle fire or not.
  2. You can choose to have a bugle render TAPS or not.

This is a tough time for the family and they need all the assistance they can acquire.

*Pro Deo et Patria.* Take nothing for granted.

*Padre Jeff*

[fjeffery@aol.com](mailto:fjeffery@aol.com)

## Spokane Veterans Home Holidays Cheerful and Bright!

The holidays brought lots of family and friends to the Spokane Veterans Home.

Volunteers from Fairchild AFB helped decorate, Veteran Service Organizations rallied with plenty of gifts and surprises. Veteran Motorcycle Clubs brought good cheer and entertainment from community groups brought smiles to our residents.

Thank you to all who brought so much to the Spokane Veterans Home this holiday season!



## Washington Veterans Deserve the Best!

When a Qualifying Hospital Stay requires Inpatient Rehabilitation Care

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*For additional information, please call 1-877-838-7787  
or visit [http://www.dva.wa.gov/washington\\_state\\_veterans\\_homes.html](http://www.dva.wa.gov/washington_state_veterans_homes.html)*



### Residents at the Washington Soldiers Home had two separate Christmas parties this year!

The first celebration was in the morning at Chilson Hall. Residents were served hot cinnamon rolls from the Orting Bakery while watching the Pacific Ballroom Dancers perform. Later Santa arrived and handed out residents' presents with the help from JBLM soldiers.



That afternoon Santa arrived at the Nursing Care Facility to spread Christmas cheer!

Thank you to all who shared the warmth and cheer of the Holidays with our Residents!





While we can't predict precisely how, when, or where Mother Nature or some other emergency may strike, we can do our part by preparing for the unexpected.

The Washington State Emergency Management Division (EMD) has a number of resources available to help businesses prepare for potential emergencies and develop plans to continue operations as soon as possible.

The EMD Business Portal features a number of free resources, including training videos, exercises and template plans.

[http://www.emd.wa.gov/preparedness/prepare\\_business.shtml](http://www.emd.wa.gov/preparedness/prepare_business.shtml)

[http://www.emd.wa.gov/preparedness/prepare\\_index.shtml](http://www.emd.wa.gov/preparedness/prepare_index.shtml)

## Thank you Gretchen Garth!!



The WDVA Vet Corps recently received a generous donation valued at \$10,000 from Carhartt, Inc., when all 50 members were provided jackets, shirts and stocking caps!

The connection to Carhartt was made by Gretchen Garth, whose brother is president and CEO of Carhartt. <http://www.carhartt.com>

Garth is Board President of the 21 Acres Center for Local Food and Sustainable Living, which is an agricultural and environmental

learning center dedicated to the mission of growing, eating and living more sustainably.

Three years ago, Garth and others worked with the WDVA Veterans Conservation Corps to begin a project at the 21 Acres Center called The Veteran Half Acre, whose focus has been providing a relaxing and safe environment for Veterans to work in the dirt, receive alternative therapies, grow and give back to the community.



To learn more about [21 Acres](http://21acres.org/) or [The Veteran Half Acre](http://21acres.org/) visit <http://21acres.org/>



## Vet Corps Representative at Lower Columbia College and LCC staff making a difference in their community!



### *Longview Housing Authority*

*Christina M. Pegg, C.E.O.*

December 10, 2012

Bryan Bales  
Vet Corps Representative  
Lower Columbia College  
1600 Maple Street  
Longview, WA. 98632

Dear Bryan,

I would like to take the time to thank you for your tremendous support of our men and women in uniform overseas in Afghanistan. We, the staff at Longview Housing Authority, asked to partner with you as the representative of Vet Corps Lower Columbia College, and other agencies in assembling items for a care package to be delivered to LCpl. Pennington, Zane A., R4 Operations Group in Afghanistan.

Your response was above and beyond the call of duty. The items collected included cookies, candy, games, DVD movies, blank DVD's, energy drinks, hygiene items, snacks, crackers, books and word games. Bryan with your combined effort as the representative for Vet Corps LCC, we were able to box and ship 21 care packages overseas to a Company of Marines. You have made such an unselfish act so rewarding for those who are away from family and friends this holiday season. Receiving this care package is so greatly appreciated; for many Marines this is their first duty assignment away from home at Christmas. They will cherish this memory for years to come.

Again, a BIG thanks goes to you Bryan and staff at L.C.C. Your work and effort is helping our community "get things done" and making it a better place for all of us to live. Looking forward to partnering with you again – it's been a rewarding experience.

Thank you for making the holidays a little brighter for our Men and Women in Uniform – These gifts of kindness are so appreciated – Merry Christmas.

Sincerely,

Christina M. Pegg  
Chief Executive Officer



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## Tacoma-Pierce County Chamber Introduces New Veteran and Business Specialist

*Greg Mowat, Chamber Member, Selected as Service Coordinator*

TACOMA, Wash. – “Experience, maturity, a winning attitude, organizational maturity – these are great reasons to hire a world class employee. Veterans possess all of these and more,” said Greg Mowat, the Chamber’s new Veteran and Business Specialist.

The new Veteran and Business Service of the Tacoma-Pierce County Chamber is designed to bring the winning attributes of veterans and the Chamber’s business members together for success. A partnership between the Chamber and Workforce Central; this program will strive to assist Chamber member employers understand the benefits available as well as the skills, knowledge and abilities that veterans bring to a workplace and direct avenues to access Veterans as an employees.

The Chamber hired Greg Mowat to lead this new service. Mowat comes to the Chamber with three decades of experience with workforce development, employment standards, labor relations, alternative dispute resolution, and organizational assessment and development. He is a veteran of U.S. Army service in Southeast Asia and the owner of a small business that is a member of the Chamber.

Contact Greg Mowat, [gregm@tacomachamber.org](mailto:gregm@tacomachamber.org), 253.682.1724 at the Chamber to learn more about opportunities to employ veterans.



Washington Veterans Home Staff were on hand Dec. 1 to support the Port Orchard Jingle Bell Run for arthritis!

**Way to go Team!**



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## **PRIORITY OF SERVICE FOR VETERANS**

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**[WWW.AIRWASHINGTON.ORG/TRAINING/](http://WWW.AIRWASHINGTON.ORG/TRAINING/)**

### **PROGRAMS OF STUDY:**

- ★ **AVIATION MAINTENANCE (PATHWAY TO FAA AIRFRAME & POWERPLANT LICENSES)**
- ★ **MACHINIST/CNC TECHNOLOGY**
- ★ **ELECTRONICS/AVIONICS TECHNICIAN**
- ★ **COMPOSITE FABRICATION TECHNICIAN/ASSISTANT**

### **IF YOU EITHER...**

- ★ **...SERVED IN ACTIVE FEDERAL MILITARY SERVICE (NOT INCLUDING TRAINING TIME) AND RECEIVED A DISCHARGE IN ANY CONDITION *OTHER THAN DISHONORABLE* ....OR....**
- ★ **...ARE THE SPOUSE OF A VETERAN WHO HAS A V.A. DISABILITY RATING OF "100% SERVICE-CONNECTED" ...**

**...THEN YOU ARE ELIGIBLE FOR PRIORITY ENROLLING TO THESE PROGRAMS**

Greater detail on "priority of service" is available on the main [www.airwashington.org](http://www.airwashington.org) website.

Please contact [vets@airwashington.org](mailto:vets@airwashington.org) indicating the program(s) and training locations that interest you.



DO YOU HAVE THE 3 P'S... PRIDE, PATRIOTISM, PLATES?

Our Armed Forces License Plates not only let you show pride in your service and honor your family member's service – they also honor veterans in their final resting place because funds from the plates pay the operational costs of the State Veterans Cemetery. We'll be putting information out soon letting you know how your organization can get involved in a new Armed Forces License Plate promotion. Do you have ideas on how we can get the word out? Let our newest team member, Tommy Carson, know at [tommymc@dva.wa.gov](mailto:tommymc@dva.wa.gov). Tommy will be with WDVA for the next few months implementing an exciting plan to get the word out on our License Plates.



What's ***YOUR*** Armed Forces License Plate Number?

You are eligible to purchase a plate at any Vehicle Licensing Office if you:

- Served at any time in the [U.S.Military](#)
- Are currently on active duty
- Served in the Guard or Reserves
- Currently in the Guard or Reserves
- Are a Family Member of those listed above

[http://www.dva.wa.gov/armed\\_forces\\_license\\_plate.html](http://www.dva.wa.gov/armed_forces_license_plate.html)

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