

Veteran Affairs & Rehabilitation September 11,2025 Update

I've truly enjoyed my time as both an associate representative for the VA and as a volunteer. It's been a rewarding experience, and I'm very grateful for the opportunity to serve our veterans and their families.

This year, we've held 2 official meetings to review upcoming changes, events, and programs within the VA system. These meetings have helped us better understand how to support and advocate for veterans more.

WRJ , VA offers a wide variety of essential services, including:

- **Homeless Support Programs – including VA Homefront and Vet Center services.**
- **VA Benefits Assistance**
- **Suicide Prevention Initiatives – including:**
 - **Understanding Veteran Suicide resources**
 - **Combat Call Center**
- **Healthy Living & Wellness**
 - **On-site gym on campus for veterans and community-based health/exercise programs self lead.**
 - **“Veggies for Vets” nutrition support**
- **Work & Personal Development**
 - **Volunteer Program**
 - **2025 Volunteer Recognition**
 - ***Lesia Vorachak* – 120 hours of volunteer service**
 - ***Joan Richard Scelza* – Over 1,000 hours of dedicated service**

Women Veterans Program

A strong focus has been placed on supporting women veterans through:

- **Monthly Tea & Social Hours**
- **Book Clubs with food/gift card support**

- **Distribution of baby items and toiletries**
- **Group support sessions and community engagement events.**

Wish List for women Veterans Program

Supplies:

- **10 sets of paint markers**
- **10 bottles of Gorilla Glue (non-foaming)**
- **Disposable paint sponges**
- **Toiletries (new, assorted)**

Gift Cards:

- **Dunkin' Donuts (for monthly socials)**
- **Local restaurants (for women's veteran events, including pizza/book club gatherings)**

Baby Items:

- **Diapers, wipes, clothes, formula, bottles, etc.**

All donations go directly to benefit veterans through VA Volunteer Services and the Women Veterans Program.

How to Donate

I have included the Forms but also can be obtained from VA Volunteer Services at the White River Junction VA Medical Center if you forget yours

 **Tree of Warmth -**

November 5-6,2025 Cafeteria at the VA hours 8-3 pm both days

Keeping Veterans & Their Families Warm This Winter. We're excited to announce that Tree of Warmth is happening again this year!

We're accepting donations of new items to help keep our veterans and their families warm through the cold winter months.



Items Needed:

- **Socks (all sizes)**
- **Sweaters & Sweatshirts**
- **Gloves & Mittens**
- **Hand Warmers & Foot Warmers**
- **Hats & Scarves**
- **Fleece Blankets & Quilts**
- **Winter Coats**
- **Thermal Underwear & Layers**

Every item donated will be shared with veterans and their families in need, ensuring they stay safe and warm this season.

For God and country,

Lesia Vorachak
**President, Unit 22 | NH Associate Representative - White River
Junction, VT VA**