

RISFAC Regional Inter-Service Family Assistance Committee

Region 2
(Southeast Ohio)
January 2016



Meeting Minutes

The Region 2 Quarterly RISFAC Meeting was held on January 13th, at 6 pm at the Chillicothe Armory.

Jennifer Moore Welcomed all the attendees and introduced herself and Brian Giesey as the Troop and Family Assistance Center Specialist (TFAC) for Region .

Partner highlights:

Adam Kaufman, the Military One Source Consultant for Ohio gave a presentation on his program and some of the specific things that Military One Source does to assist Service Members and their Families. He also discussed eligibility for their assistance. Some of the services they provide:

- Non-Medical Counseling
- Free Tax Filing Service
- Finding Registered Child Care

LeeAnn Rahe is the National Guard Employment Enhancement Program Specialist for Region 2. She gave an overview and discussed what her program does for the military community.

- Help secure employment for unemployed/underemployed
- Builds partnerships with employers located in the

region.

- Assists Service Members with resume building. This program will be a valuable asset to our region based on the high level of unemployment compared to the rest of Ohio.

SGT Burdiss of the Education and Incentives Office briefed benefits available focusing on 100% Paid Tuition through the Ohio National Guard Scholarship Program, Federal Tuition Assistance, License Testing and GI Bill.

SSG Dewyer is the local recruiter and he discussed the benefits of joining the Ohio Army National Guard.

SSG Payne is the Rear Detachment Readiness NCO for the 1194th Engineer Company which is currently deployed to Kuwait. He is the primary contact for the unit while they are gone. He provided updates on the unit and let us know that they are all doing fine and have been overwhelmed with care packages. Instead of sending more items overseas, suggested that volunteering to help families back here at home with lawn care, snow removal and other household chores would be more beneficial. He also let us

know that the Family Day for 2016 will be held in June and the unit is in need of assistance to help fund the event.

CPT Stanton, 2-174 ADA Admin Officer gave an update that his unit will be deploying to Afghanistan sometime in the 2nd Quarter of 2017. This will be a new opportunity and challenge for the Battalion who normally performs Air Defense missions in Washington DC.

Chillicothe VA Hospital is conducting workshops to assist the military in transition to civilian life (Jan 14th, 28th, Feb 11th from 10-11/4:30-5:30). Can also provide a tour of the facility in conjunction with the workshop.

Richard Shanks, the Ross County Veterans Service Officer, discussed the different services provided: financial, healthcare and benefits assistance. Some services provided are income based.

Volunteers of America discussed their involvement to end homelessness in the veteran community. They also have a program for utility assistance. They provide case management service for veterans and serve 9 counties in WV and 5 counties in OH.

RISFAC Coordinator(s):

Jennifer Moore, Contractor
Troop & Family Assistance
Center Specialist
Camp Sherman
2154 Narrows Road
Chillicothe, Ohio
45601
614-336-6943
jennifer.l.moore2.ctr@
mail.mil

Or

Brian Giesey, Contractor
Troop & Family Assistance
Center Specialist
Clarence E Miller Armory
4497 Hawk Drive
McConnelsville, Ohio
43756
614-336-4311
james.b.giesey.ctr@
mail.mil

Meeting Minutes (Continued)

John McClure of Ohio Department of Job and Family Services spoke about the Tax Credit available to Employers for hiring a Veteran.

The American Red Cross described their emergency notification service. Craig also spoke about the Coping with Deployment course. They have youth oriented workshops available. There Home Fire Prevention program is offering FREE smoke detectors in an attempt to reduce fire deaths.

Kari Pfeifer of the VFW talked about scholarships available. She announced a Women Veterans 5K to be held on April 9th at Glacier Metro Park.

Leon Johnson of the VFW gave an overview of the services his office provides and how to receive assistance from his office by going through the Regional FAC Office.

Ohio University-Chillicothe is looking to improve outreach to Veteran Students to provide better services to Veterans. They will be hosting a Job Fair on March 3rd in the Shoemaker Center on their campus which should have 80-100 employers present.

LaKelvin Hill from Kidspace talked about their partnership with TRICARE and how they provide long-term mental health care to 13-21 year old children of military personnel. They provide resident care for up to 150 days in their 36 bed facility located in Lehigh Valley, PA servicing the North East Region of the United States.

The Military Veterans Resource Center provides case management services to find employment for Veterans. They are a full-service center which also provides food, clothing and many other needs to help a Veteran move from unemployment to a Self Supporting Member of Society.

Participants found time after the presentations to network and enjoy refreshments.

Upcoming Inter-Service Family Assistance Committee Meeting (ISFAC) Date and Location:

09 February 2016

9:30 am.

Xenos Christian Church
1340 Community Park Drive
Columbus, OH 43229

Upcoming Region 2 RISFAC Meetings:

- 13 April 2016 at 6 pm
4497 Hawk Drive
McConnelsville, OH 43756

Roll Call - January 2016

LeeAnn Rahe, NG Employment Specialist
Adam Kaufman, Military One Source Consultant
Patricia Hamilton, VAMC
Leon Johnson, VFW
Kari Pfeifer, VFW
Bill Mangus, VFW District 12 Commander
Mike Jefferis, Jackson Co. Veteran Service Commission
John McClure, ODJFS
Craig Nagy, Red Cross
Dwayne Fradd, Volunteers of America
Billy Gallaher, Volunteers of America
Richard Shnks, Ross County VSO
John Fisher, Ohio University-Chillicothe
LaKelvin Hill, Kidspace

Dennis Lambert, Military Veterans Resource Center
Brandon Taylor, Military Veterans Resource Center
SGT Jamie Burdiss, Education/Incentives Office
CPT John Stanton, 2-174 ADA Admin Officer
SSG Brad Payne, Readiness NCO (Rear Det)
SSG Cody Dewyer, Recruiter
Angie Dyer, Family Assistance Center Coordinator
Brian Giesey, Region 2 TFAC
Facilitator: Jennifer Moore, Region 2 TFAC

RISFAC in Other Regions:



Region 1 – Northeast Ohio
 28 January 2016 / 6:30pm – 8:00pm
 Veterans Service Commission of Summit County
 1060 East Waterloo Rd, Akron, OH
 Garfield Heights, OH 44125

TFACS: Joyce Stingel and Rita Stahl
 Office Phone: 800-589-9914 (option 1)
 joyce.e.stingel.ctr@mail.mil
 rita.a.stahl.ctr@mail.mil

Region 3 – Southwest Ohio
 14 April 2016 / 6:30pm – 8:00pm
 Woodlawn Community Center
 10050 Woodlawn Blvd, Cincinnati, OH

TFAC: Mandy Humerick
 Office Phone: 800-589-9914 (option 3)
 amanda.c.humerick.ctr@mail.mil

Region 4 – West Central Ohio
 26 January 2016 / 6:30pm – 8:00pm
 Nutter Center, Berry Room Ste 430
 3640 Colonel Glenn Highway, Dayton, OH

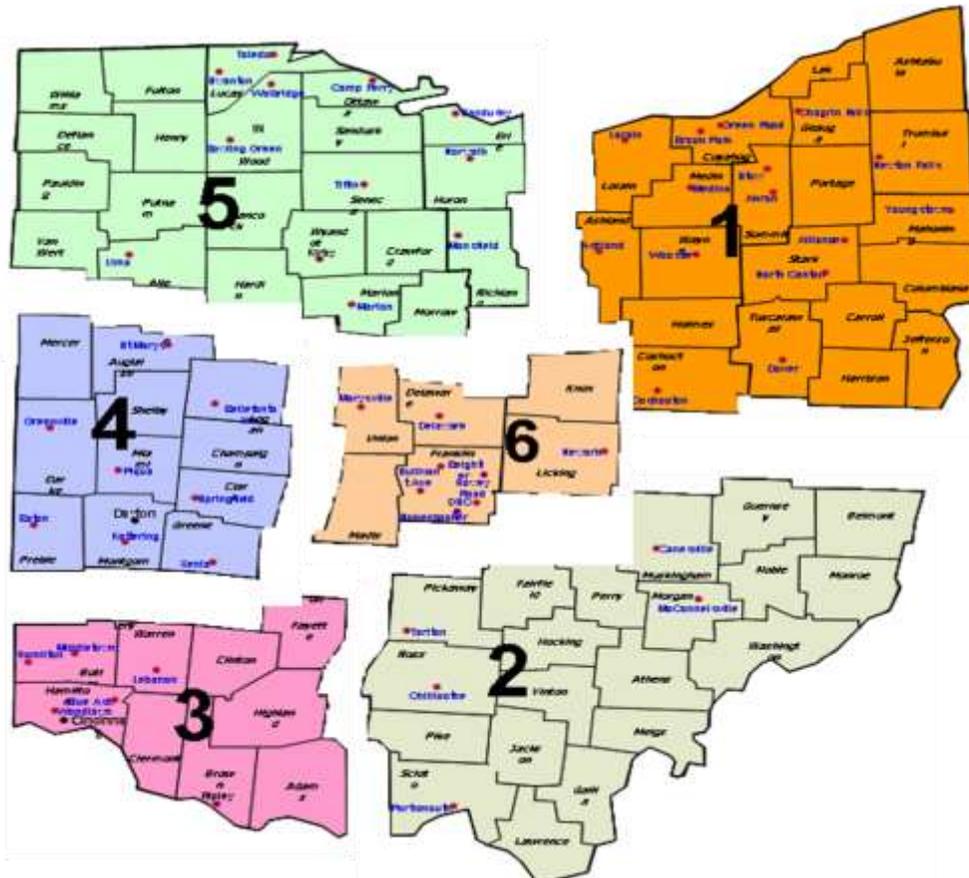
Region 4 con't
 TFAC: Billy Madden
 Office Phone: 800-589-9914 (option 4)

Region 5 – Northwest Ohio
 12 April 2016 / 6:30-8:00 pm
 Richland County Red Cross Chapter
 39 North Park, Mansfield, OH

TFACS: Margret Szymanski, Patricia Markowski and
 Tabitha Hoke-Mujihad
 Office Phone: 614-336-4312 or 800-589-9914 (option 5)
 margret.r.szymanski2.ctr@mail.mil
 patricia.markowski.ctr@mail.mil
 Tabitha.hokemujihad@gmail.com

Region 6 – Central Ohio
 07 April 2016 / 6:30pm – 8:00 pm
 DeVry University
 1350 Alum Creek Dr Columbus, OH 43209

TFAC: Heather Smith
 Office Phone: 800-589-9914 (option 6)
 heather.d.smith106.ctr@mail.mil



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WWW.VETERANRECRUITING.COM



Looking for work? A change in jobs?
Something part time? Decide to get back into the workforce?

DON'T MISS OUT!

**27th Annual
Employment Expo**

Brought to you by:



March 3, 2016

at

Ohio University Chillicothe
in the

Shoemaker Center

from

12-3PM

Early admission for veterans will begin at

11:30AM



Event is free to ALL job seekers!

Employers can setup for free as chamber members and \$30 per table for non-members

Register at www.chillicotheohio.com or by calling 740-702-2722

Community Partners



WHAT'S HAPPENING AT YOUR VA:

- Couch to 5k Training Classes - Every Mon. & Wed. 4:30 -5:30p Meet at the Gym: Bldg. 247
- Farmer's Market: Baked Goods - Every Friday in the Canton 10a -1p or until sold out
- Caregiver Support Group - 1st Saturday of each month: Bldg. 35 Rm-BB112, 11a -1p
- Female Veterans Peer Led Recovery Group - Every Wednesday at 10am Bldg. 35 Rm-BB102

Save the Date:

- January 18-22 - Healthy Weight Week
- Feb 1 - Deadline for Entries into the Local Veterans Art Show
- Feb 7-13 - Salute to Veteran Patient Week
- Feb 23 - Local Veterans Art Show 11a -2p Bldg. 9
- March 31 -Vietnam Veterans Commemoration Ceremony (Details TBD)

For Military & Veteran Discounts Visit

<https://www.id.me/military>

The Monthly Veteran Connection

Volume 1, Issue 1

January 2016

LIVE WELL! Eat Wisely, MOVE! More and Weigh Less

Veterans know how to lose weight. You already know that to lose weight you need to eat and drink fewer calories and increase physical activity. Occasionally, we meet Veterans that want us to give them five things they can do to lose weight. Just explaining what to do is not going to help you be successful at losing the weight and keeping it off. Veterans that have been successful at weight loss have these comments to help their fellow Veterans:

- Make up your mind that you want to lose weight. Veterans have different motivating factors behind their desire to lose weight. Veterans say they want to live healthier, to be with their children, grandchildren, family, pets and friends. Other Veterans say they want to have more energy and to move around easier, take less medication, have less pain, lower their risk for sleep apnea, reduce blood pressure and prevent diabetes and heart disease. What motivates you?

GOALS: Set goals that are realistic and safe - ones that set you up for success. The pounds didn't come on quickly; don't expect to lose them quickly.

CHANGE: In changing your behavior by one or two steps at a time, you'll be more successful. Set short term SMART goals that are:

- **Specific:** What will I do?
- **Measurable:** How much and how will I know when I meet my goal?
- **Action-Oriented:** Commit to it!
- **Realistic:** Create a goal you can meet.
- **Time Based:** When will I meet my goal? Give yourself a deadline

and continually update your goals to further progress.

- **Positive Thinking:** Tell yourself you're worth it! Think about what motivates you!

- **Support:** Ask family and friends to help arrange your environment and to support your efforts to lose weight.

- **Plan:** Think about future meals and snacks to prevent impulsive snacking and unhealthy choices.

- **Remember:** Expect setbacks and learn how to overcome them.

- **Realize:** You have control over your weight. Being aware that eating and other lifestyle behaviors have been learned. Habits can be replaced or changed, too.

- **Reward Yourself:** Celebrate when you have reached a goal.

- **Document:** Writing down your daily weight, daily food intake and your physical activity will help you meet and maintain goals.

- **Avoid:** Steer away from fad diets. Signs of fad diets include miraculous claims and testimonials, promises of quick weight loss, rules that make you avoid certain food groups and plans that do not consider your lifestyle or preferences.

- **Eat mindfully:** Be aware of physical and emotional feelings connected to eating. Notice hunger and fullness signs that tell you to start or stop eating. Don't judge yourself. Pay attention to your reaction to food.

-What do you like or dislike? Savor your food; notice all the colors, flavors, smells and textures of the food(s).

The MOVE! Weight Management Program for Veterans offers:

- Weekly classes at the Chillicothe Station and CBOCS
- Individual Appointments
- Telephone Lifestyle Coaching
- A MOVE! Coach with Care
- Healthy Teaching Kitchen
- Support Groups
- Tele MOVE

For more information about the MOVE! Weight Management Program for Veterans, please contact Jeri Eichenlaub, Registered Dietitian and Program Coordinator at ext. 6120.

The Healthy Hearts program for Veterans offers a weekly class at the Chillicothe Station and Athens CBOC. It focuses on ways to reduce your risk of heart problems. These groups are led by therapists who help make behavior changes such as exercise, stress, diet, etc. and a dietitian who will help you address your diet. In addition, one hour is spent with an exercise specialist to explore and expose you to activities within your range of motion. For more information please contact Ashley Bergmann, RD, CDE at ext. 7496.



Heroes Helping Heroes

-Are you a Veteran who's participated in Mental Health programs at the Chillicothe VA?

-Do you wish you could provide feedback about those services, both positive and encouraging improvement?

-Do you enjoy reaching out to other Veterans to engage them in care and support?

-Would you like to empower other Veterans in their own recovery?

-Do you have time to devote to making a difference in YOUR VA?

If you said yes to any of the questions above, please join the local Recovery Coordinator for an Informational/Interest Meeting of the Veterans Mental Health Council to be held on Wed, Feb. 3, at 1:00pm in the Bldg. 3 VTEC Classroom. For more information, call Sherri Gouly at ext. 6322.

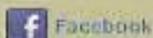
Volunteer or Donate

Are you interested in helping your fellow Veterans? Would you like to become a volunteer? Are you a student who would like to receive valuable experience and training? Would you like to make a donation to help our local Veterans? If so, please contact Voluntary Services at ext. 7420 or visit Voluntary Services in Bldg 9.

Chillicothe VA Medical Center
17273 So. Rr. 104

Main Phone: 740-773-1141
or toll free: 800-358-8262

CONNECT WITH US



<http://www.chillicothe.va.gov/>



ICARE – Integrity – Commitment – Advocacy – Respect – Excellence

Transitioning from uniformed service to civilian status is not just a change of jobs; it's a change in almost all aspects of life: careers, responsibilities, homes, communities, lifestyle, healthcare and more.

Post-Deployment Transition: **Readjusting to Civilian Life** is a one hour workshop designed to help Veterans smooth the transition from military service. The program includes information on reconnecting with family and friends, community life, employment, education, establishing services and available resources. Join us at one of the upcoming **Readjusting to Civilian Life** workshops by calling to register today! This is a great opportunity for Veterans and their significant others to learn about the VA and how the TCM Team can assist. This workshop also includes a tour of the campus to allow for better navigation of the facility. There is a telephone conference option available for those who are unable to attend in person.

Who: OEF/OIF/OND Veterans (Iraq and Afghanistan Theater)

Date: Attend or call in for one of our upcoming sessions -
January 14th, January 28th, or February 11th

Time: 10:00am – 11:00am OR 4:30pm – 5:30pm

Location: Building 31, 3rd Floor OEF/OIF/OND Group Room

To Attend via Phone: 1-800-767-1750 enter 65805 at prompt

To Register: Contact Patty Hamilton ext. 7459 OR Debbie Crabtree ext. 6075

Employee Spotlight - Get to Know Your VA Family!



Melinda Johnson has been employed with the Chillicothe VA for nine years. Her current position is with Fiscal Service; however, since July of 2015, she has voluntarily been detailed to the Non-VA Fee Department to assist with processing fee bills for payment(s).

Ms. Johnson is a great asset to the VA facility. Her extensive knowledge regarding billing, benefits both Veterans and staff. Ms. Johnson interacts with patients, their families and Non-VA Provider Offices with great customer service. Although her daily tasks can be quite daunting, for example; claims that have been handled incorrectly making them difficult to process; she is willing to do everything in her capability to assist the Veteran for a positive outcome.

As a Chillicothe VA employee, Ms. Johnson is always positive and willing to assist others. Veterans and their families have enjoyed interacting with her and voice praise from their experience. Melinda states she enjoys the personal interaction with her customers and feels a sense of pride in her work.

If you have a Non-VA billing issue and need to speak with Ms. Johnson, she can be reached at ext. 6296.



Melinda Johnson Fiscal Service & Non-VA Fee Billing

Military One Source is available 24/7
(800) 342-9647

Child Care, Spousal Employment, Car Repair,
Plumbing, Money Management, Counseling,
Relocation, and much more.
www.militaryonesource.com



Military Community and Family Policy Fact Sheet

MoodHacker, CoachHub and Love Every Day

Top 5 reasons for seeking non-medical counseling

- *Marital or relationship issue*
- *Job stress*
- *Communication*
- *Grief or loss*
- *Parent-child relationship*

Additional information

<http://www.MilitaryOneSource.mil>
Hover over Confidential Help
and click on the mobile solutions
listed under Other Services
and Counseling.

Background

Relationships and stress can greatly affect your service members' readiness and their families' levels of satisfaction in life. MoodHacker, CoachHub and Love Every Day are three components of Military OneSource's new suite of mobile solutions that can help improve their quality of life. CoachHub is designed as a standalone coaching platform, or one that can be used to take MoodHacker to the next level by providing coaching to assist users in managing their stress and moods. These no-cost, easy-to-use mobile solutions can help reduce stress and spark some fun whenever and wherever it is most convenient.

Highlights

Military OneSource helps boost the quality of your service members' and their families' lives with these mobile tools:

- **MoodHacker:** Get an edge on managing mood with MoodHacker. This self-directed tool will help users track, understand and ultimately improve their moods and mental well-being.
- **CoachHub:** Help meet stress management goals with an online coach through CoachHub. Coaches can view user progress and results in real time to keep them on track, whenever they need it.
- **Love Every Day:** Users can connect with their partners in a fun and meaningful way to improve the stability and resilience in their relationship with Love Every Day. Couples get personalized text messages to help them develop a renewed sense of connection.



Heroes Tribute Hunt

Honoring Those Who Protect Our Freedoms
Saturday April 9, 2016

A day filled with Family Oriented Outdoor Events and a Guided Hunt for Disabled Veterans

Locations: McKean Farms Upland Hunting Preserve
195 Fairfield Church Road
Gallipolis, Ohio 45631
www.mckeanfarms.com

Gallipolis Elks Farm
6010 Ohio 588
Gallipolis, Ohio 45631
www.gallipoliselkslodge107.com

Time: 8:00 AM to 6:00 PM

Activities Will Include:

- Upland Game Bird Hunt for 24 Disabled Veterans
- Veterans can join their family members after the hunt to enjoy a variety of outdoor activities as listed below
- Demonstration of proper care practices for harvested game
- Demonstration of safe gun handling techniques and use of firearms
- Modified sporting clays course
- Passport to Fishing activities including casting, knot-tying and more
- NASP style archery shooting
- Demonstration about training and care of versatile hunting dogs

Also Provided:

- Breakfast pastries, fruit, beverages, etc.
- Lunch sandwiches, chips, light salads, beverages, etc.
- Dinner will consist of a sit-down meal including salad, entrée, dessert, beverages, etc.
- All Terrain Vehicles to transport individuals as required
- Indoor dining and activities area
- Personnel available to assist participants throughout the day

All activities and services are provided to all participants at no cost.

Registration opens on January 12, 2016 and will close on February 7, 2016. Participants will be selected through a digital lottery system.

To register online go to Facebook at <https://www.facebook.com/AppalachianValleyNavhda/>

To register, to volunteer or for more information, contact John Costanzo at 740-698-3318 or johnc55@frontier.com

This event is funded by



Who's eligible for non-medical counseling?

- Active duty (Army, Marine Corps, Navy, Air Force)
- National Guard
- Reserve
- Family members
- Coast Guards when activated under the Navy



Counselors can help you with non-medical counseling issues including:

- Coping with stress
- Family concerns
- Marital communication
- Dealing with family separations
- Parent-child communication
- Deployment and re-entry
- Grief and loss
- Finding community resources

Our counselors are:

- Professional
- Licensed
- Knowledgeable about military life

Counseling is:

- Private
- Short-term
- Available for up to 12 sessions per issue
- At no cost to you

"The counselor really helped me deal with the stress of being a temporary single parent."

— Army spouse, Fort Bragg, N.C.



"The counseling is private so I didn't have to worry about my issues impacting my husband's career."

— Army spouse, Fort Campbell, Ky

Not sure if you are eligible?

Call the toll free number for additional eligibility information.

800-342-9647

Non-medical counseling services are available for:

- Individuals
- Couples
- Families
- Children



Multiple delivery options to meet your needs:

- Face-to-face
- Telephone
- Online through secure chat

Call 800-342-9647

Click: MilitaryOneSource.mil

Connect 24/7



KidsPeace

Working Together



KidsPeace now offers a TRICARE Adolescent Residential Treatment Program at our Orchard Hills Campus in Pennsylvania. TRICARE certification allows us to provide a complete

continuum of care for our clients whose families are in the military.

Admissions criteria

Males and females 13 to 21 years old (those falling outside of this criteria will be considered on a case-by-case basis)

Program description

The Residential Treatment Center offers 24-hour residential care and treatment in an unlocked staff secure setting for adolescents. Clients can use the KidsPeace continuum to move to less restrictive settings as treatment progresses, but can also utilize the KidsPeace Psychiatric Hospital, located on the Orchard Hills Campus, for periods of stabilization when necessary.



Active involvement of the adolescent and family in the treatment process begins at admission and is encouraged throughout the adolescent's stay at KidsPeace. Treatment goals and objectives are developed with input from the adolescent and parents, if possible.

Client services

Individual therapy with a Master's level clinician at least once a week; individual evening check-ins with a clinical counselor; group/relaxation therapy; group psycho-education; family therapy; psychiatric services; psychological services; case management; nursing

services; life skills; Sanctuary Model; Life Space Crisis Intervention (LSCI); therapeutic activities; Positive Youth Environment (PYE)

Family support services

Active involvement of the family is accomplished through face-to-face sessions, therapeutic leave and on-campus visits with the client. Family visits are considered an important part of the treatment planning process, and KidsPeace recommends they take place at least once every two weeks. In addition to residential and on-site acute care services, staff will facilitate family therapy with relatives of TRICARE clients. We understand that military life often involves family members living at a distance, so if weekly on-site visits are not possible, staff will help the family secure a local therapist who can coordinate geographic family therapy sessions.



Contact:
800-8KID-123
(800-854-3123)



Volunteers of America Mid-States serves Kentucky, Tennessee, West Virginia, Southern Indiana, and Southern Ohio

SUPPORTIVE SERVICES FOR VETERAN FAMILIES- *South Point*

PROGRAM OVERVIEW The Supportive Services for Veteran Families Program (SSVF) promotes housing stability among very low-income veteran families who reside in or are transitioning to permanent housing.

Through the SSVF program, the U.S. Department of Veterans Affairs aims to improve the housing stability of very low-income veteran families by providing intensive case management and assisting participants to obtain VA benefits and other public benefits including:

- Vocational and rehabilitation counseling
- Employment and training services
- Educational assistance
- Health care services
- Daily living services
- Personal financial planning service
- Transportation services
- Income support services
- Fiduciary and representative payee services
- Legal services
- Child care services
- Housing counseling services
- Other supportive services, including third party payments to landlords, utility companies, moving companies, and eligible child care providers

To become an SSVF participant the following conditions must be met:

- A member of a veteran family: either a veteran, a member of a family in which the head of household is a veteran, or the spouse of the head of household is a veteran
- Very low-income: household income cannot exceed 50 percent of area median income
- Occupy permanent housing in one of three categories:
 1. Is residing in permanent housing
 2. Is homeless and is scheduled to become a resident of permanent housing within 90 days
 3. Has exited permanent housing within the previous 90 days to seek alternative low-income housing

PROGRAM OUTCOMES 100% of veteran families in the program demonstrated an improvement in self-sufficiency after six months

CLIENT SATISFACTION

- 94% of respondents surveyed indicated they were satisfied with the services they received
- 100% of respondents surveyed indicated they benefited from the services

YEAR ESTABLISHED

2013

COUNTIES SERVED

Ohio counties: Lawrence, Jackson, Pike, Ross and Scioto. West Virginia counties: Mason, Jackson, Boone, Putnam Boone, Lincoln, Logan, Mingo, and Wayne.

FY 2015 BUDGET

\$307,519.80

PEOPLE SERVED

67 Veteran Households to date.



221 Township Road 1013, Suite 5
South Point, OH 45680
(740) 451-0822

Contact:
Timothy Blake
Program Manager
TimothyB@voamid.org

www.voamid.org

This program is funded by the U.S. Department of Veterans Affairs



Volunteers of America Mid-States creates positive change in the lives of individuals and communities through a ministry of service.