# VSACT August 17th 2022 Meeting

#### **Guest Presenters**

### Joan Vanicek

- Mindfulness means purposefully paying attention to the present moment. It can help Veterans and their loved ones see things as they really are by observing but not judging their experiences.
- ➤ Mindfulness, and other self-care practices, can be accessed anywhere and anytime. Ondemand and ready when you are, <u>VA's #LiveWholehealth self-care series</u> delivers many virtual whole health resources. <a href="https://www.youtube.com/watch?v=JbGe9BpniJo&t=6">https://www.youtube.com/watch?v=JbGe9BpniJo&t=6</a>

### Information for attendees

Ken Buchanan SCSEP (Senior Community Service Employment Program), a Dept. of Labor Training Grant Program <a href="mailto:kbuchanan@aarp.org">kbuchanan@aarp.org</a> 254-730-4190



### Kimberly M. Kinerd

The Federal Women's Employment Program in collaboration with The Equal Employment Opportunity Diversity Committee, invites you to join this

Year's Women's Equality Day Celebration.

This virtual celebration will be held on August 18, 2022, and will take place and will take place via Microsoft Teams from 11:30 a.m. to 12:15 p.m.

This Celebration will include welcome remarks from Executive Leadership; Mrs. Kalpana Mehta, Deputy Executive Director, Invocation and Benediction will be delivered by Reverend. Dr. Oledia Bell,

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Microsoft Teams meeting

## Join on your computer or mobile app

Click here to join the meeting

## Or call in (audio only)

+1 469-551-3381,,831962452# United States, Dallas

Phone Conference ID: 831 962 452#

Find a local number | Reset PIN

<u>Learn More</u> | <u>Meeting options</u> heart 1 Join conversation



Trish Alger Help Heal Veterans artshow@healvets.org





Promoting Veteran's MA Mental Wellness



Through Community, Arts & Urafts



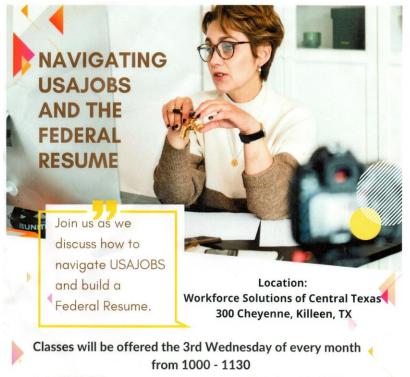


5 Hills Jeeps Parade starting at 10:30 am VFW POST #1820 (3302 AIRPORT RD. TEMPLE, TX 76504)

**Veteran Arts & Crafts Exhibit** Oct 15 from 11am to 4pm

ARTSHOW@HEALVETS.ORG





July 20, 2022 August 17, 2022 September 21, 2022 October 19,2022 November 16, 2022 December 21, 2022

For more info, give us a call







# **Contact Information for Organizations**

- Michelle Aguayo, fort hood behavioral health, cafbhs.outreach@yahoo.com. 254-553-1060
- Greg Gutierrez Bring Everyone In The Zone Military Veteran Peer Network 2548135834
  beitz.mvpn2@gmail.com
- Carmen from Families in Crisis. We can be reached at 254-634-1184- We work with the
- Veteran's program. Rhoda Hacker, Relationship Health & Safety Coordinator, CTVHCS 254-400 6239

- <u>Catherine.duttine@pchas.org</u> contact for youth mentoring (Temple/Belton), Child and Family Specialist- Providing free family support services (bell county) Parenting, case management, counseling. - Cat Duttine, LMSW
- Kametra Marzette 254.213.7847 <u>kamarzette@endeavors.org</u> Steven A. Cohen Military Family Clinic
- o Keeyawnia C. Hawkins KC Hawkins Bell County Veteran Service office 254-618-1264
- Paul Bilunas Heart of Texas Goodwill, 254-492-8377, pbilunas@hotgoodwill.org, Operation Good
  Jobs
- o Denise Finger, Rock Springs Hospital, Military Liaison- 737-215-0621, <a href="mailto:Denisefinger@spsh.com">DeniseFinger@spsh.com</a>