

## **VSACT 1/25/23 Meeting Minutes**

### **Presenters**

#### **Allen Martin Veterans Legal Assistance Program (VLAP)**

#### **Goal of the legal care**

- *Improve veteran health and access to health care by providing veterans with advice, counsel, and—when necessary—direct representation to address health-harming legal needs that adversely affect veterans' health.*

#### **Legal Care Provided**

#### **Currently, limited to:**

- *Access to benefits, mainly through discharge upgrades*
- *Limited family matters*
- *Social Security issues*
- *Landlord/tenant matters*
- *End-of-life planning, such as estate organization, power of attorney, medical power of attorney, advanced directive, etc.*

**Veterans Legal Assistance Program (VLAP)** VLAP is Texas Legal Services Center's program for providing free legal assistance to low-income Texas veterans and their families.

**Eligibility:** *To receive services, you must be a Texas resident, a veteran (or the spouse, dependent, or surviving spouse of a Texas veteran), and have household income at or below 200% of the federal poverty guidelines.*

#### **Contact information**

**Phone number:** 800-622-2520, opt. 2

<https://texaslawhelp.org/>

**Referrals at** [amartin@tlsc.org](mailto:amartin@tlsc.org).

**Lonestar Legal Aid located in Belton** they serve 72 counties in Texas and 4 in Arkansas, an area that covers one-third of the state, including almost 60,000 square miles from Texarkana, down the Louisiana-Texas Gulf Coast state-line, to Matagorda Bay, and into Central Texas, an area with over 2 million Texans eligible for free legal services.

*We have 14 offices, and cover many practice areas, including consumer, landlord tenant, foreclosure, public benefits, environmental justice, disaster recovery, tax relief, fair housing, family law, domestic violence, sexual assault, crime victim rights, veterans benefits, and more.*

*They offer services that include;*

- *Civil Matter In Criminal; Justice Project*
- *Community Advocacy*
- *Consumer*
- *Crime Victims*
- *Disaster Relief*
- *Legal Assistance to Survivors of Sexual Assault*
- *Eviction*
- *Fair Housing*
- *Family Law*

*LSLA is the third largest free legal aid provider in the United States.*

*<https://www.lonestarlegal.org/office/belton-office/>*

*<https://www.lonestarlegal.org/services/>*

*Toll Free – (800) 733-8394*

*8 a.m. – 5 p.m.*

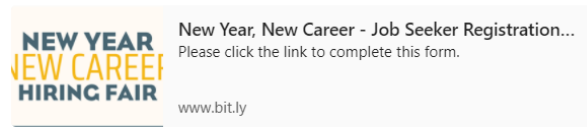
## **Upcoming Events**

<sup>1</sup> The New Year, New Career Hiring Fair is happening Thursday, Jan. 26 at the Waco Convention Center (McLennan Hall) and features over 50 local employers, 1000+ job openings, and interviews/hiring on-site! Save time, [check-in online now!](#)

When: Attend anytime Thursday, Jan 26, 3 – 6 PM

Where: Waco Convention Center, McLennan Hall located at 100 Washington Ave, Waco, TX 76701

What: This event connects job seekers to local employment opportunities by allowing them to meet directly with hiring managers & recruiters to expedite and enhance their job search.



**NEW YEAR  
NEW CAREER  
HIRING FAIR**

New Year, New Career - Job Seeker Registration...  
Please click the link to complete this form.  
[www.bit.ly](http://www.bit.ly)

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Central Texas VA Healthcare System

**WOMEN'S 28 DAY HEART HEALTH CHALLENGE**

- 1 Heart disease is the leading cause of death for women in the U.S.
- 2 Half of women recognize heart disease in their 40s when...
- 3 Nearly 80% of cardiac events are preventable with a healthy lifestyle.

**2023 Heart Health Challenge:** Each day in February, try a new heart healthy activity. See the resource page for the 28 Days Toward a Healthy Heart tip sheet. Then, make your favorite activities a part of your regular routine.

Did you complete the Challenge? Let us know. Call Ms. Kimberly Rinead at 254-922-4934 by March 5, 2023, to be entered to win a prize! The winner will be drawn at random and contacted by a VA staff member on March 8, 2023.

Want help taking charge of your health? Telephone Lifestyle Coaching (TLC) can help you with healthy lifestyle goals. If interested in TLC, talk with your provider today. TLC referrals accepted through March 31, 2023.

28 Days Toward a Healthy Heart

By one of these tips each day for a month, you'll keep up the momentum and make your favorite part of your regular routine.

#OurHearts

28 Days Toward a Healthy Heart

28 days of heart healthy tips for a month, one each day, to keep up the momentum and make your favorite part of your regular routine.

Day 1: Get a heart rate check. Day 2: Walk or hike. Day 3: Eat a heart healthy meal. Day 4: Get a stress check. Day 5: Get a cholesterol check. Day 6: Get a blood pressure check. Day 7: Get a diabetes check. Day 8: Get a thyroid check. Day 9: Get a vision check. Day 10: Get a dental check. Day 11: Get a skin check. Day 12: Get a hearing check. Day 13: Get a bone density check. Day 14: Get a prostate check. Day 15: Get a PSA check. Day 16: Get a Pap smear. Day 17: Get a mammogram. Day 18: Get a breast ultrasound. Day 19: Get a breast MRI. Day 20: Get a breast biopsy. Day 21: Get a breast reconstruction. Day 22: Get a breast lift. Day 23: Get a breast reduction. Day 24: Get a breast implant. Day 25: Get a breast prosthesis. Day 26: Get a breast prostheses. Day 27: Get a breast prostheses. Day 28: Get a breast prostheses.

28DaysTowardHealthyHeart

## Resources

April Sullivan (2023) | 1/10/2023 AM

April Sullivan, Art Spark Texas, 512-454-9912, april@artsparktx.org  
<https://www.artsparktx.org/event/texas-veterans-strong-creative-network/2023-02-09/>


<https://www.artsparktx.org/event/women-veterans-strong-2023-01-12/2023-02-09/>



**Texas Veterans Strong Creative Network - Art S...**  
 Join us for this monthly virtual creative network that connects Arts Organization, Veteran Organizations, and...

[www.artsparktx.org](http://www.artsparktx.org)

Holly Doggett, Cedar Crest Hospital & RTC  
Holly.Doggett@CedarCrestHospital.com  
512-914-7082  
[www.CedarCrestHospital.com](http://www.CedarCrestHospital.com)



**Cedar Crest Hospital & Residential Treatment C...**  
Cedar Crest Hospital & Residential Treatment Center in  
Belton, TX offers inpatient, detox, and residential care for...  
[www.cedarcresthospital.com](http://www.cedarcresthospital.com)

Michael Jackson  
Bell County Veterans Treatment Court and Virtue Recovery Center Killeen  
254-913-4123  
Mjaxonjr@hotmail.com



**AARP Foundation**  
For a future without senior poverty.  
**SCSEP** Senior Community Service Employment Program  
**55 OR OLDER, UNEMPLOYED**  
**AND LOOKING FOR WORK?**  
**WE CAN HELP!**  
**PAID TRAINING POSITIONS ARE CURRENTLY AVAILABLE IN**  
McLennan, Bell, Williamson, Brazos  
Hood, Bosque, Limestone, Robertson, Grimes, Madison & Leon  
**PROGRAM ELIGIBILITY REQUIREMENTS:**  
1. Must be age 55 or above,  
2. Must be Currently Unemployed,  
3. Must meet Federal Poverty Income Limit Guidelines and Show Proof of Income,  
4. Must reside in one of the counties served, and  
5. Must be **WILLING TO SIGN PERMANENT PART-TIME OR FULL-TIME EMPLOYMENT.**  
**FOR MORE INFORMATION PLEASE CONTACT:**  
AARP FOUNDATION SCSEP  
**254-730-4190**

Ken Buchanan, SCSEP (Senior Community Service Employment Program)  
254-730-4190

**Lori A. Spencer, USA, Ret**  
**Veterans Outreach Program Specialist**

Killeen Heights Vet Center, 0726  
302 Millers Crossing, Suite 4  
Harker Heights, TX 76548  
(254)953-7100 (Office)  
(254)987-2672 (VA Cell)  
(254)953-7120 (Fax)

[lori.spencer@va.gov](mailto:lori.spencer@va.gov)

**Website:** <http://www.vetcenter.va.gov/>

[Killeen Heights Vet Center | Veterans Affairs \(va.gov\)](#)

**24/7 Vet Center Call Center:** 1-877-927-8387

Help Heal Veterans-Cahill Center therapeutic craft kits at no charge to veterans and military service members. Classes in Center and distribution offered to veteran service providers. 819 S 5th St, Temple. M-F, 9am-5pm. 254-773-8900. temple@healvets.org

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**Savannah Bridges** 1/18 10:20 AM Edited

3) Savannah Bridges  
Catholic Charities of Central Texas- Veteran's Services  
savannah-bridges@ccctx.org

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Greg Gutierrez  
Military Veteran Peer Network  
beitz.mvpn2@gmail.com

Bring Everyone In The Zone  
(254)813-5834

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**Jim Johnson** 1/18 10:47 AM

[jim.johnson@wgu.edu](mailto:jim.johnson@wgu.edu) Military-friendly online university. wgu.edu Check out our needs-based scholarships and grants!

**Craig, Ashley R** 1/18 10:47 AM

Ashley Craig  
Outreach Coordinator  
Veteran Spouse Network  
[Ashley.craig@austin.utexas.edu](mailto:Ashley.craig@austin.utexas.edu)  
(832) 247-5137

VSN January Event Calendar (use the same link for each month)

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Carma Franco, Heart of Central Texas Independent Living DbA HOCTIL

Director of Employment and Training

Ticket to Work Employment Network

Veterans with Disabilities Services

VA Certified ETS Sponsor I focus on one on one employment services

A remote mobile Assistive Technology site through University of Texas

Technology Access Program

[carma.franco@hochtillc.org](mailto:carma.franco@hochtillc.org)

Belton Office: 254-933-7487 Ext. 106

Waco Office: 254-754-7050 Ext. 106

1-800-326-4921 Toll Free

HOCTIL, Inc. is a 501(c)3 Nonprofit serving persons with disabilities in Bell,

Coryell, Hill, McLennan, and expanded services include CTCOG and

HOTCOG areas. Have an excellent 2023 year.

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*Dino Wilson, Please feel free to have Veterans that need assistance in connecting with Health Care Services, Va. Cell 254-624-1370, A good POC for the VA. Homeless Prevention Program is Hickey, Kino 254-743-1394*

Patrick Hannigan 1/18 10:54 AM

Patrick Hannigan Texas Veteran Commission  
Veteran Career Advisor Texas Workforce Solutions office at  
1416 South New RD across from the Waco VA clinic.  
[Patrick.hannigan@tvc.texas.gov](mailto:Patrick.hannigan@tvc.texas.gov) (254) 296-5236

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***Paul Bilunas and Shelia Brown: Success Coach, at the Heart of Texas Goodwill Inc.***  
***[successcoach@hotgoodwill.org](mailto:successcoach@hotgoodwill.org) Operation Good Jobs Program, is a program dedicated to assisting veterans and their immediate family members by connecting them to sustainable employment opportunities while exploring ways to increase their skills, continue their education, or connect to other community services.***