# Nebraska Veterans Coalition Leading the way for Nebraska's Veterans

# A Volunteer Organization Bringing Awareness To Veteran's Issues

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Volume 4, Issue 10, October 1, 2023, Newsletter

The Nebraska Veterans Coalition Mission

#### WHAT WE DO AND WHAT OUR GOALS ARE

The Nebraska Veteran's Coalition is a non-partisan or bi-partisan group. It was formed to bring awareness to veterans about what is going on in the Nebraska Unicameral related to veteran-related legislation and its status regarding Veteran benefits.

For those who feel a friend would like to see this information, just forward it.

Our goal is to provide veteran-related information, keeping veterans updated on Veterans' News

Please join our Facebook group page, because it has many interesting posts. You can post to it and encourage your Veterans Service organization to post veterans' events and other information on our Facebook page (Nebraska Veterans Coalition). "Friend us," View our Website- www.NebraskaVeterans.org and follow Twitter (X) @VetsCoalitionNE

See our mission statement on our website!

Our website has considerable information on it. John Stewart does awesome with the site for us.

www.NebraskaVeterans.org

Thank You, Dean Kenkel

We do not solicit or accept funding/donations for our efforts.

Join our Newsletter





Find our Website



# <u>Open To America's#1 Veterans Magazine</u> <u>The Grapevine</u>

# Click on Publication of Your Choice

https://veteransgrapevine.com/

Find the previous Nebraska Veterans Coalition Newsletters here



# Nebraska Department of Veterans' Affairs

https://veterans.nebraska.gov/

NDVA Twitter <a href="https://twitter.com/NEVetsAffairs?ref">https://twitter.com/NEVetsAffairs?ref</a> src=twsrc%5Etfw</a>
NDVA Facebook: <a href="https://www.facebook.com/VeteransAffairs/">https://www.facebook.com/VeteransAffairs/</a>

#### Benefits and Services Overview

Part of our mission is to help veterans identify and access benefits. There is a wide range of county, state, and federal benefits related to education, employment, finance, health care, housing, legal assistance, recreation, taxes, and more. Use our Benefits Expert to help guide you to the benefits you're interested in or learn about some of the most-used benefits. If you have additional questions, don't hesitate to contact your County Veterans' Service Officer or a State Service Officer.

#### Nebraska Veterans' Gateway

Welcome to your gateway to career and employment resources for Nebraska veterans.

#### Nebraska Veterans' Homes

Nebraska's state veterans' homes offer top-of-the-line domiciliary, intermediate, and skilled nursing care for the men and women who have served our country, as well as eligible family members.

#### Military & Veterans' Registry Application

Applicants must submit a DD-214 or NGB-22 indicating the length and character of services.

#### **Newsletter & Events**

https://veterans.nebraska.gov/news MORE

The Nebraska Department of Veterans Affairs (NDVA) has awarded \$2.5 million to the Nebraska Vietnam Veterans Memorial Foundation to go towards construction of its Vietnam War Memorial in Papillion.

https://veterans.nebraska.gov/ndva-awards-25m-grant-vietnam-war-memorial

#### Other VA social media:

<u>U.S. Department of Veterans Affairs</u> <u>U.S. Department of Veterans Affairs</u> <u>Nebraska Western Iowa Health Care System Nebraska Western Iowa Health Care System https://www.facebook.com/NebraskaIowaVA/</u>

Contact the Governor

Cabinet

Nebraska Dept. of Economic Development

Nebraska Department of Labor

#### Nebraska Department of Health and Human Services

#### **Nebraska Department of Veterans Affairs**

#### Nebraska Chamber of Commerce

Find the contact information in Vol.4, Issue 8, August 1, 2023, Nebraska Veterans Coalition News <a href="https://tinyurl.com/mrxk8jh7">https://tinyurl.com/mrxk8jh7</a>

# Legislation

# 2023 Nebraska Military & Veterans Legislation

2023 Legislative Tracker (6/9/23) *Bill Tracker (6/9/23)* 

Open the bill # on the left of the listing enter your comment online and express yourself as a proponent of the bill and all senators will be able to see it

The deadline to submit comments for the official hearing record has passed but you may continue to submit comments as the Legislative session progresses.

#### NEBRASKA LEGISLATURE

# The official site of the Nebraska Unicameral Legislature

https://nebraskalegislature.gov/index.php

#### Senators' Landing Pages

https://nebraskalegislature.gov/senators/senator\_list.php

Each senator offers a page where the public can find his or her contact information, committee assignments and news releases. Senators' pages also contain his or her biography, district map, photos and information about bills the senator introduced. Click on a senator's name below to access his or her page or <u>find your senator</u>.

#### Search Bills and Resolutions

https://nebraskalegislature.gov/bills/

Choose one of the following methods to find a bill or resolution or do a keyword search of past legislation.

#### **Standing Committees**

https://nebraskalegislature.gov/committees/standing-committees.php

The Legislature has 14 standing committees that are organized around various public policy areas in order to facilitate the processing of legislation. These committees hold public hearings on the legislation. Typically, hearings are held in the afternoon of legislative days, and they begin in mid-January and last through early March.

#### Tester Introduces Bipartisan Bill to Improve Veterans' Medical Disability Exams

Chairman leads legislative effort to streamline VA's medical disability exam process and

ensure VA can keep pace with increasing demand for exams

Friday, September 8, 2023

(U.S. Senate) – Continuing his push to improve veterans' access to earned benefits, U.S. Senator Jon Tester, Chairman of the Senate Veterans Affairs Committee, introduced <u>bipartisan legislation</u> this week to strengthen the VA's process of evaluating the medical connection between a veteran's medical condition and their military service when filing for Department of Veterans Affairs (VA) benefits.

When a veteran files a claim for disability compensation, the VA often requires a medical disability exam to determine if a medical connection can be established between a condition being claimed and a veteran's military service *MORE* 

https://www.veterans.senate.gov/2023/9/tester-introduces-bipartisan-bill-to-improve-veterans-medical-disability-exams

#### Sen. Pete Ricketts proposes federal tax cut on Social Security income

#### The Nebraska senator wants to match the state tax cut made while he was governor

By: Aaron Sanderford - September 14, 2023 5:45 am

LINCOLN — U.S. Sen. Pete Ricketts was Nebraska's governor in 2022 when then-State Sen. Brett Lindstrom proposed cutting the state tax on Social Security income in incremental steps. Now Ricketts wants to take Nebraska's idea national.

U.S. Sen. Pete Ricketts, R-Neb., speaks Aug. 27 in La Vista, Neb. (Zach Wendling/Nebraska Examiner) Ricketts said he is proposing legislation Thursday to phase in a reduction on federal income taxes on Social Security payments.

Ricketts proposes ending the federal tax on 10% of the Social Security income that recipients pay taxes on in tax year 2024. The measure would increase the tax cut to 20% in tax year 2025.

Today, up to 85% of a person's Social Security income is taxable, depending on outside income and other factors. Ricketts said he wants Congress to work toward cutting the taxable income to zero.

"That's the way it originally started out, that Social Security benefits were not taxed," Ricketts said. MORE

https://nebraskaexaminer.com/2023/09/14/sen-ricketts-proposes-federal-tax-cut-on-social-security-income/



Action stalls as Sept. 30 looms | Center For Rural Affairs - Building a Better Rural Future (cfra.org)
Action stalls as Sept. 30 looms | Center For Rural Affairs - Building a Better Rural Future (cfra.org)

**POLICY** 

This blog is part of our "Farm Bill Bulletin" series, which provides intermittent updates on the development and status of our nation's next farm bill.

This month, members of Congress returned to Washington D.C. to resume business after the August recess. Their progress on the farm bill has been limited as a key date looms.

Our current farm bill—passed in 2018—will expire on Sept. 30, at which point important food, agriculture, and rural programs will be in limbo. Some programs will no longer be legally authorized to run, while others will be required to operate according to antiquated "permanent law" as far back as the 1938 and 1949 farm hills

One requirement that will be triggered in 2024 is for the U.S. Department of Agriculture to maintain dairy prices at a certain level, commonly referred to as the "dairy cliff." Earlier this month, economists at the University of Minnesota estimated this scenario would cause the retail price of milk to more than double. Other commodities, like corn and wheat, would follow.

To avoid expiration, members of Congress can take one of two actions—pass a new farm bill or pass an extension of the current one.

Unfortunately, it is not feasible for a new farm bill to be approved before Sept. 30, due to the extent of negotiations required to reach an agreement. Passing a new farm bill would first require the Senate and House to approve independent versions of the bill before coming together to agree on a final version. It also appears unlikely that Congress will agree to an extension by the deadline. It is more likely an extension will be passed by the end of year or early next year—before program changes could impact the 2024 crop year.

The stall in farm bill progress is largely attributed to another important Sept. 30 deadline—funding the government. You may have learned in civics class that Congress "controls the purse strings." Each year, it is responsible for allocating funding for the next fiscal year. If Congress fails to do so by the deadline, there will be a government shutdown and federal agencies must cease operations, with some exceptions. This year, political tension is high between Republican caucuses in the House, and both major political parties in the full Congress. We will likely see leaders try to pass a continuing resolution before Sept. 30—a temporary spending bill that would extend the timeframe to negotiate without shutting down the government. It remains to be seen whether or not they will be successful.

If there is anything lawmakers agree on, it's that the timelines for appropriations and the farm bill are uncertain. A silver lining is that the longer negotiations take, the longer our window of opportunity is to encourage them to support key initiatives.

As always, if you have any questions, do not hesitate to reach out to me at kateh@cfra.org or 515-215-1294.



Dear Dean,

In my early years at the Platte Institute, I quickly figured out that the formula for success to get legislation over the finish line could not just involve our organization and lobbyists engaging with senators. It was the real-life stories of Nebraska families, agriculture producers and businesses that resonated the most with our elected leaders as they deliberated legislation and the future of our state. That's one of the reasons why I started this weekly email, to bring in more Nebraskans into the public policy process, both to understand legislation but to make folks like you partners as we engage with our senators and governor.

It's also one of the driving factors to adding a <u>Community Engagement Director</u> at the Platte Institute so that our team can form better relationships with stakeholders and taxpayers across the state, inviting them to come along with us as partners in the public policy process. Your stories, struggles and ideas are critically important to our organization, and I also believe, to the legislative process in general.

Finally, it is exactly why we <u>championed the video archiving</u> of legislative hearings and floor debate so you have more access and opportunity to stay better informed on the decisions that affect your lives and the progress (or lack thereof) of the state.

You can imagine my delight when I learned that Speaker John Arch had introduced LR 179 to study the public's participation in the legislative process. This will be a multi-faceted study, which includes identifying the concerns of Nebraskans regarding the process for engaging with their Legislature. Speaker Arch has asked our Platte Institute team to come up with five areas of concern with the public's ability to effectively engage in the legislative process.

So, here's where you come in. I want to hear from you and all of our supporters on why it may be challenging to be part of the process.

- Do you not have the time to watch the legislature? (Fortunately, the Platte Institute championed this last session archiving videos of hearings and floor debate).
- Is contacting your senators intimidating and if so, why?
- Do you, perhaps, feel like the media or the Legislature isn't giving you a solid picture of the issues most pressing each session?
- What might be the reasons that prevent you from attending a committee hearing on a piece of legislation?

These are just a few examples that may be rolling through your mind as you contemplate this question before you. Regardless of your reasons, we want to hear from you so we can give Speaker Arch the best information as he leads this effort to get more Nebraskans engaged in the legislative process.

To provide your input, please submit your feedback using this <u>link</u>. And as always, thank you for your interest in public policy and a better Nebraska. As we approach the next legislative session, let's all make the commitment to be better informed and more involved. It starts here. Thanks for reading,

Jim Vokal, CEO of the Platte Institute and host of Nebraskanomics.

# First Responder Recruitment and Retention Act

Neb. Rev. Stat. §§ 85-2601 to 85-2606

\*LB 727 (Sections 107 through 113, Operative date September 2, 2023)

The Act expands the resident tuition waiver for law enforcement officers to include professional firefighters and legal dependents (dependent). The tuition waiver (waiver) includes tuition to the University of Nebraska, state colleges in the Nebraska state college system (Chadron State College, Peru State College, and Wayne State College) and community colleges located within the State of Nebraska (collectively, educational institution). The waiver is 100% of resident tuition charges after financial aid for pursuing an associate or baccalaureate degree program that relates to their career. A dependent of a law enforcement officer or professional firefighter is not required to pursue studies that lead to a specific career.

When the Department of Revenue (DOR) completes its review of the First Responder Certificate of Verification & Authorization for Release of Information, Form FRVA, page 2 will be returned to you. If you entered an email address on page 2 it will be returned electronically, otherwise it will be mailed back to you. You will submit the DOR completed page 2 of the Form FRVA to the educational institution when applying for the tuition waiver.

• Form FRVA, First Responder Certificate of Verification & Authorization for Release of Information First Responder Recruitment and Retention Act | Nebraska Department of Revenue

**HEALTH CARE** 

Dear Veterans,

We are pleased to inform you that VA Nebraska-Western Iowa Health Care System clinics and medical centers will remain operational in the event of a government shutdown on Oct. 1.

All patient care services and appointments will continue as normal.

Veterans in need of emergent or mental health care, can seek assistance at the Omaha VAMC or a nearby emergency department any time. For urgent/non-emergency care needs, visit the Omaha VA Hospital Express Care Clinic or your nearest in-network urgent care center. <u>Learn more about locations, times and services</u>.

Additionally, Veterans should plan to keep all scheduled appointments. If you need to cancel your appointment, please call 402-346-8800.

Veterans, family members, and caregivers may also manage appointments, request prescription refills, and send messages to their patient aligned care team via secure messaging at My HealtheVet.

If you have an emergency and need immediate attention, please call 911 for assistance. Veterans experiencing a mental health emergency should call 988 and press 1 or visit their nearest emergency room. We are honored to continue to provide world-class care to our Veterans. Please follow us on social media and monitor our website for local updates.

## Check Out These Updated TRICARE Handbooks

Looking for more information about your TRICARE health plan options? These updated handbooks can help:

- TRICARE Choices in the United States Handbook
- TRICARE Overseas Program Handbook
- TRICARE Choices for National Guard and Reserve Handbook

TRICARE has a variety of publications, including fact sheets and newsletters. Learn about TRICARE health, dental, and pharmacy benefits, costs, and more.

https://content.govdelivery.com/accounts/USMHSTMA/bulletins/36da5b3

# What You'll Pay for TRICARE Reserve, Retiree, and Young Adult Plans in 2024

The Defense Health Agency published <u>2024 costs for TRICARE premium-based plans</u> last week, including TRICARE Reserve Select (TRS), TRICARE Retired Reserve (TRR), and TRICARE Young Adult (TYA).

MOAA is vigilant in protecting the TRICARE benefit. Premium increases are not benefit cuts, but rather part of the program design for TRICARE plans that serve populations originally ineligible for TRICARE coverage. The 1994 legislation creating TRICARE did not include eligibility for nonactivated National Guard and Reserve servicemembers and their families, nor for dependents over age 23. <u>MORE:</u>

https://www.moaa.org/content/publications-and-media/news-articles/2023-news-articles/advocacy/what-youll-pay-for-tricare-retiree,-reserve,-and-young-adult-plans-in-2024/

# Total of overdue VA disability claims balloons to almost 300,000

The <u>backlog of veterans first-time disability claims</u> in coming weeks is expected to surpass 300,000 cases for the first time in almost a decade. But <u>Veterans Affairs leaders</u> insist that the rise isn't a sign of their systems being overwhelmed like they were in the past.

Instead, they said the <u>rising backlog</u> reflects a dramatic surge in claims related to <u>new military toxic</u> <u>exposure benefits</u>. Still, the growing number of overdue claims points to more veterans waiting longer for <u>disability payouts</u>, which can range from a few hundred dollars to nearly \$4,300 a month depending on the severity of the injuries. Disabled veterans can get retroactive pay if their claims linger in processing for multiple months, but that delay can cause hardship and anxiety for individuals dependent on the help for their finances.

#### MORE:

https://www.militarytimes.com/veterans/2023/09/21/total-of-overdue-va-disability-claims-balloons-to-almost-300000/





# Veterans Mission of Mercy Dental Clinic

#### **Volunteers Needed!**

Thursday, October 5

Assistance is needed for setup, which will take place from 0900 - 1700. Dental equipment will arrive via semi-truck at the <u>Atlas and Titan Army National Guard Readiness Center</u> and need to be unloaded and moved into the central assembly hall within the Titan Readiness Center

Friday, October 6

Volunteer for an all-day or five-hour shift to help with check-in/check-out, collecting charts, escorting patients to proper areas, general event coordination, clean-up, and other duties.

Saturday, October 7

Volunteer for an all-day or five-hour shift to help with check-in/check-out, collecting charts, escorting patients to proper areas, general event coordination, clean-up, and other duties.

The Mission of Mercy Dental Clinic will provide a range of dental services--including exams, cleanings, fillings, full/partial dentures, extractions and more--to eligible Nebraska veterans and their spouses. The two-day clinic will be held at the <a href="Atlas and Titan Army National Guard Readiness Center">Atlas and Titan Army National Guard Readiness Center</a>, on Friday, October 6, and Saturday, October 7.

Eligibility: any individual who served in the U.S. Armed Forces, regardless of type of service—active, reserve, or guard—as well as their spouse. If you were ever issued a US military uniform in service to our Nation, you and/or your spouse are eligible.https://veterans.nebraska.gov/dentalclinic

# U.S. Army implements Brandon Act, giving soldiers new mental health options

Soldiers can now request a mental health evaluation from a supervisor without needing to give a reason. By Nicholas Slayton | Published Sep 3, 2023 4:01 PM EDT

More than three months since the Department of Defense adopted new mental health policies, the U.S. Army has officially rolled out new guidance for mental healthcare under the Brandon Act.

Secretary of the Army Christine Wormuth signed the new guidelines this week, which immediately went into effect. Soldiers are now able to ask their supervisor or commander for a referral for a mental health evaluation.

"I call on leaders to continue making it clear that taking care of your mental health and your family is encouraged," Secretary of the Army Christine Wormuth said in an <u>Army release</u> on the new policy. "We must constantly look for additional ways to connect our Soldiers with the necessary resources for their well-being, and the Army's new policy to implement the Brandon Act gives Soldiers another tool to seek help while honoring the legacy of Petty Officer Caserta."

MORE: https://taskandpurpose.com/military-life/us-army-brandon-act/

Subscribe to Task & Purpose Today. Get the latest military news and culture in your inbox daily.

Are you a Veteran in crisis or concerned about one?

https://www.mentalhealth.va.gov/

**Learn About Resources and Support** 

VA has a variety of mental health resources, information, treatment options and more — all accessible to Veterans, Veterans' supporters and the general public. Explore the pages below to learn more about a specific mental health topic or to find information specifically tailored to your needs. You can also visit the <a href="Methodology: Get Help">Get Help</a> page to explore VA resources that address the unique stressors and experiences that Veterans may face.

# **Explore by Topic**

VA provides support for a variety of mental health conditions and other challenges. Each of these pages includes resources, information on treatment options, and more.

Anxiety Bipolar

Depression

Effects of TBI

Military Sexual Trauma

PTSD

Schizophrenia

Substance Use

Suicide Prevention

Tobacco

## Find the Support You Need

Browse our catalog of resources for specific types of Veterans and civilians.

Transitioning Service Member

Veteran Looking for Support

Woman Veteran

LGBTQ+ Veteran

Family Member or Friend

#### **Treatment**

VA is here to provide and connect you with clinical resources and peer support so you can confront and manage any mental health challenge. We offer more treatment options and more ways to access treatment than ever before.

To get more information on treatment at VA, visit our <u>Learn About Treatment</u> page.

# **MISCELLANEOUS INFORMATION**



Our new address is :

2132 S 42nd Street, Omaha NE 68105

Just south of the VAMC and Center Mall

The Omaha Vet Center will be moving! On September 25th, please visit us at our new location. The new address is:

2132 S. 42nd Street, Omaha, Nebraska. The brand new building will be just south of the Omaha VAMC and the Center Mall.

For more info, contact Robert Montag, Outreach Specialist at 402-346-6735.

**#OmahaVetCenter #NebraskaVeterans #VeteransFirst** 

#### NEVetsAffairs (@Nebraska Department of Veterans Affairs) posted:

Looking for your DD-214 and not sure where to start? NDVA may have your discharge on file depending on when and where you entered or separated from service. Use our online DD-214 request form to see if we can locate a copy to provide to you by visiting <a href="https://t.co/Tl4ejnu06M">https://t.co/Tl4ejnu06M</a>. <a href="https://t.com/nevetsaffairs/status/1697603547200667943?">https://t.com/nevetsaffairs/status/1697603547200667943?</a>

s=51&t=PH1NQjk3brDd30xbToHTAA

# This month's FEATURED COUNTY VETERAN SERVICE OFFICER INFORMATION **Extracted from**

#### **Nebraska Department of Veterans Affairs**

https://veterans.nebraska.gov/

<u>County Veterans Service Offices Directory</u> (Updated 9/18/2023)

https://veterans.nebraska.gov/cvso

#### **HAMILTON COUNTY**

Service Officer Michael Irons (402) 694-4477 vso@hamilton.net

Fax: (402) 694-2297 **Location Courthouse** 

Mailing Address 1111 13th St., Ste. 1 Aurora, NE 68818 Hours Mon, Wed, & Fri8:00 am to 5:00 pm

Closed from noon to 1:00 pm

Website https://hamiltoncountyne.com/veteran-services/

Also CVSO for Clay County

#### HARLAN COUNTY

Service Officer Patrick George (308) 920-5009 vso@harlancountyne.com

Fax: (308) 928-3125

Location Courthouse, Alma, NE 68920

Mailing Address PO Box 728 Alma, NE 68920

Hours TUESDAY ONLY 8:30 am to 4:30 pm

Website http://www.harlancounty.ne.gov/webpages/veterans services.html

#### **HAYES COUNTY**

Service Officer Garald Unger (308) 286-3366 Garaldunger58@gmail.com

(308) 883-7279 cell Fax: (308) 286-3208 **Location Courthouse** 

Mailing Address PO Box 370 Hayes Center, NE 69032

By appointment only Please call cell phone

Website http://www.hayescounty.ne.gov/webpages/veterans\_services.html

# Nebraska Digital Access and Skills Survey Statewide Broadband Map

Dear Dean,

An accurate understanding of residents' needs is essential for Nebraska to improve digital access in rural areas. As part of the state's work to effectively address the digital equity divide and provide functional broadband access to unserved and underserved residents, the Nebraska Broadband Office and partner agencies are asking residents to participate in two opportunities vital to their efforts—an online survey to gather information about Nebraskans' digital access and skills, and a public comment period on the new Nebraska Broadband Availability Map.

#### Nebraska Digital Access and Skills Survey

Conducted by the University of Nebraska-Lincoln, the Nebraska Digital Access and Skills Survey is a component of the State Digital Opportunities Plan being developed by the Office of the Chief Information Officer in conjunction with the Nebraska Broadband Office.

The online survey asks residents to weigh in on how satisfied they are with the quality of their home internet connection, whether their household has enough computer devices available, and what their confidence level is regarding the digital skills needed to use available technologies.

It is important for state officials to hear from Nebraskans on this important issue. But, don't wait too long. The deadline to take the survey is Sept. 27. You can find it here.

#### Statewide Broadband Map

The broadband office has also released the new Nebraska Broadband Availability Map. The GIS map seeks

to accurately represent all served, underserved, and unserved broadband serviceable locations across the state.

To increase the map's usefulness, the state is asking the public to provide comments on its accuracy, which can be checked by searching specific addresses to verify the level of high-speed internet access at individual homes and businesses.

We encourage all Nebraska residents, community organizations, businesses, and local authorities to participate in the public comment period. To view the map and submit a comment, <u>click here</u>. The deadline for comments is Oct. 14.

In today's world, having access to the internet has become just as important as any other utility. It is critical to agriculture and conservation, business operations, the education of young people, and health care services for all Nebraskans.

To learn more about the Nebraska State Digital Opportunities Plan, please visit <a href="nitc.nebraska.gov">nitc.nebraska.gov</a>. Jillian Linster

Assistant Policy Director

# Fishing News & Opportunities Cutthroat, rainbow stocking schedule

Ready for some good trout fishing? Cutthroat and rainbow trout are being stocked in public waters this fall and winter throughout the state, and the schedule has been posted online. Visit the link below for details. The availability of cutthroat trout provides a great opportunity for those wanting to complete their Nebraska Trout Slam. (It's also a great reason to start pursuing a slam!) See stocking locations at the link below. <a href="https://content.gov/delivery.com/accounts/NEGPC/bulletins/3705684">https://content.gov/delivery.com/accounts/NEGPC/bulletins/3705684</a>



# The Story of Team Rubicon USA

https://teamrubiconusa.org/story/

Team Rubicon is a veteran-led humanitarian organization that serves global communities before, during, and after disasters and crises. Founded following the Haiti earthquake in 2010, the organization has grown to more than 150,000 volunteers across the United States and has launched over 1,100 operations domestically and internationally

#### Make Our Mission Your Mission

The stories told in *Team Rubicon, a Roku Original* represent just a small percentage of the work we do worldwide. https://roku.teamrubiconusa.org/

For more stories of impact and the latest updates follow us on social @TeamRubicon

# Make Connections

https://www.maketheconnection.net/

Find Stories Like Yours

Veterans and their loved ones talk about their experiences, challenges, and recovery.

#### Life Events & Experiences

- Sharing LGBTQ+ Identity With Providers
- · Death of Family Members or Friends
- Families & Relationships
- Financial & Legal Issues
- Homelessness
- Work-Related Problems
- Physical Injury
- Preparing for Deployment
- Retirement & Aging
- Spirituality
- Student Veterans / Higher Education
- Transitioning From Service

#### Signs & Symptoms

- Alcohol or Drug Misuse
- Anger and Irritability
- Chronic Pain
- Confusion
- Difficulty Concentrating
- Dizziness
- Eating Problems

- Feeling on Edge
- Feelings of Hopelessness
- Flashbacks
- Gambling
- Guilt
- <u>Headaches</u>
- Loss of Interest or Pleasure
- Nightmares
- Noise or Light Irritation
- Reckless Behavior
- Relationship Problems
- Social Withdrawal / Isolation
- Stress and Anxie



Putting in the work. Like only Nebraska does.

Nebraska has what it takes to build what the world needs. But we need you.

https://onlyinnebraska.org/

# Nebraska Veterans and Family Network

#### **About**

This group is intended for everyone who are or have connections to service members, veterans, and their families. Available is a platform for these groups and people or organizations that can serve them. Please feel free to share your information, events, and concerns to the community. This group stems from a Task Force of diverse members and backgrounds. We are about helping each other, so please be respectful. <a href="https://www.facebook.com/groups/1815365022089104">https://www.facebook.com/groups/1815365022089104</a>



# Register Now for the 2023 Nebraska Women Veterans Symposium

October 13-15, 2023

**Holiday Inn and Convention Center** 

110 2nd Ave, Kearney, NE

This event is free (including meals) for women veterans and will include a wide range of presenters, special activities, recognition, and more. Our goal is to empower Nebraska's women veterans by:

https://mailchi.mp/nebraska.gov/register-now-2023-nebraska-women-veterans-symposium?e=64def6304a



#### Veterans Shine On

Thursday November 2, 2023 AT 6 p.m. - 7 p.m.

https://www.facebook.com/OmahaParks

#### Memorial Park Event by City of Omaha Parks & Recreation

Please join us for a special night honoring our Veterans, and the 70th Anniversary of the Korean War Armistice. The event will include guest speakers, a laying-of-the-wreath ceremony for our war representatives, music, and the grand lighting of the WWII Colonnade. Speakers include Mayor Jean Stothert, Congressman Don Bacon, Councilmember Pete Festersen, and special guest Dr. Carolyn Manhart.

Public · Anyone on or off Facebook

https://www.facebook.com/events/1294285247904753/?ref=newsfeed

# **Wreaths Across America - Offutt Air Force Base Cemetery**

Help Offutt be in the Top 5 again for 2023! Our community is so wonderful in helping to honor and remember our veterans. For more information on how to sponsor wreaths and volunteer opportunities, please visit <a href="https://www.offuttosc.com/wreaths-across-americ">www.offuttosc.com/wreaths-across-americ</a>

#### SUNDAY, NOVEMBER 12, 2023 AT 2 PM

## 2023 Lincoln Veterans Parade

Nebraska State Capitol 2023 Lincoln Veterans Parade VETERANS IN BUSINESS K street from S 21st to S 14th Street Sunday, Nov. 12th at 2 PM

On Sunday afternoon, everyone is invited to line K Street to see so many great sponsors, businesses, organizations, vehicles, and people in salute to our American heroes. This year we are giving special recognition to our military veterans in the workforce as business leaders, entrepreneurs, or employees. Our heroes continue to move forward after service.

The parade will start at 2 PM on 21st and K Street, moving westbound to S 14th. The parade line will stop at the Capital Building for the opening ceremony. We have 2 stations along the route of radio hosts providing emcee support. The parade will have a Live TV and Streaming Broadcast of the entire event. Expecting to last 60 to 90 minutes.

Getting involved and helping others is not just in the military but is what Nebraskans do. Send a message or visit the website to find more information. From joining the Planning Committee, helping setup on parade day, or just posting a sign in the yard.

#### 2023 VETERANS IN BUSINESS

This year's parade will be honoring veterans in business. 2021 saw one of the highest numbers of new business starts in the US – more than 5.4M. 10.7% of new business owners in 2021 were veterans. Veterans are playing a bigger role in driving the economy forward, translating military training to business success. Veterans are significantly more likely to start a business in Goods-Producing/Logistic sectors (construction, manufacturing, utilities, transportation, and warehousing) than all new business owners.

#VeteransInBusiness #lincolnparade #LNKvetswww.lincolnveteransparade.org



#### Providing PTSD services to those who serve

#### **Programs**

Contact us for help finding the program that's right for you.

**Behavioral Health Services** 

Vets 4 Vets

Trauma-Informed Yoga

Dialectical Behavior Therapy (DBT) group

Peer Support Services

Military Spouse Support Group

Teen Talk Group

#### **Events**

https://ateaseusa.org/events/

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Get In Touch

Your copy should address 3 key questions: Who am I writing for? (Audience) Why should they care? (Benefit) What do I want them to do here? (Call-to-Action)

Create a great offer by adding words like "free" "personalized" "complimentary" or "customized." A sense of urgency often helps readers take an action, so think about inserting phrases like "for a limited time only" or "only 7 remaining"!

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