

Veteran Crisis Line

If you or a Veteran you know is in crisis or having thoughts of suicide, call the Veterans Crisis Line at **1-800-273-8255 and press 1**, or chat [online](#), or text **838255**, or webpage: <https://www.veteranscrisisline.net/>

Prostate Cancer and Genetic Testing

Genetic testing looks for variations in a person's genes. Finding gene variations can help with decisions about cancer treatment. Finding gene variations can also help to understand why cancer developed and how best to find cancers early or to prevent them altogether. See the post [Genetic testing – the new standard in treatment for advanced prostate cancer](#) . (VA 7/6/21)

Memory Loss

[Care for Veterans with Alzheimer's or dementia](#) is provided throughout the full range of VA health care services. Depending on the Veteran's needs, services may include [Home Based Primary Care](#), [Homemaker and Home Health Aide](#), [Respite Care](#), [Adult Day Health Care](#), outpatient clinic, inpatient hospital, [Nursing Home](#), [Palliative Care](#), or [Hospice Care](#). [Caregiver support](#) is a key part (VA 7/2/21)

Consider getting an HIV test

Adults should get an HIV test at least once in their lifetime. At VA, only about 46% of Veterans have an HIV test in their records. Say yes to the test. See the post [June 27th is HIV testing day. Say yes to the test!](#) (VA 6/27/21)

Diabetes Emergency Kit

If you have a diabetic emergency, are you ready? Find a small makeup or travel bag, then fill it with what you need. Here's a list of supplies to get started. [Learn more..](#) (VA 6/29/21)

How your toothbrush can reduce your chances of pneumonia

VA is using a surprisingly simple life-saving weapon against disease and it's not new, nor is it high-tech: It's a toothbrush. Poor oral hygiene is associated with a greater chance of developing pneumonia in hospitals. That's because not taking care of teeth can lead to plaque, which creates a bacteria-friendly environment in the mouth. In turn, those bacteria can easily travel down the throat and into the lungs. See the post [Brushing away the potential for a deadly illness](#) (VA 6/22/21)

Stay Cool and Hydrated

There's hot summer weather, and then there are heat waves or extreme heat. Much like other natural disasters, extreme heat can be very dangerous. See the post [Extreme heat: How to stay cool, hydrated and informed](#) (VA 7/8/21)

Patient Advocates at VA Medical Facilities

Patient advocates are available at VA facilities to listen, document and manage your feedback, including compliments, concerns, complaints, and customer service-related issues. See : [Patient advocates care about you and your health care](#) (VA 6/24/21)

Veteran ID Card from the VA

A Veteran ID Card (VIC) is a form of photo ID you can use to get discounts offered to Veterans at many restaurants, hotels, stores and other businesses. Find out if you're eligible for a Veteran ID Card—and how to apply. VA Veteran ID Cards *do not permit access* to bases or commissaries. See : [LEARN MORE](#). (VA 6/23/21)

Homeless Veterans and Rideshare Program

Veterans enrolled in VHA's Homeless Program may be eligible for transportation assistance getting to and from their place of employment, health care and home following their discharge from care. See the post [VA Rideshare program offers homeless Veterans a lift](#). (VA 7/14/21)

Medical Foster Homes Program

The VA program is an alternative to placing Veterans in a nursing home. The homes are chosen by the Veteran from a list of homes that meet a nursing home level of care. See the post [Medical Foster Homes offer Veterans sense of family](#) (VA 7/9/21)

Advance Directive

As service members transition to Veteran status, they may not be aware that previously completed advance directive documents may no longer be valid. Here's a lot of information and forms. See the post [Hospital director Veteran urges others to complete advance directive](#) .. (VA 6/17/21)

See What Health Records You Can View and Download

You can better manage your health records with VA's Blue Button feature on My HealtheVet. Just select the date and type of information, and it'll create a single report for you. See: [Learn more](#). (VA 6/29/21)

My HealthVet Advanced Accounts will be Discontinued

Upgrading your My HealthVet account takes just a few steps and is free. If you want to upgrade in person or through a video appointment, contact the My HealthVet Coordinator in your VA facility. See the post [My HealthVet Advanced accounts will be discontinued](#) .(VA 7/12/21)

Individual and Group-based Exercises

Gerofit can include individual and group-based exercises such as balance and strengthening classes. Program may include treadmills, bicycles, elliptical machines, and stair climbers. See the post [Gerofit – Supervised exercise program for Veterans](#) . (VA 6/30/21)

Easy Exercises for Back Pain

Regular back pain can make life harder sometimes. There are exercises and stretches that can help you feel better. [Learn more](#). (VA 6/29/21)

Better Balance with 5 Standing Exercises

Strengthen your legs and hips with balance training exercises from a VA physical therapist. If your balance needs work, some training can reduce your risk of falling and injury. [Learn more](#). (VA 7/13/21)

Phone Based Yoga Classes for Veterans

All Veterans are invited to join VA's iRest™ Yoga Nidra Meditation phone-based classes to help you relax deeply, release stress, increase resiliency, and more. VA's War Related Illness and Injury Study Center offers this class every Tuesday at 5pm ET and every Thursday at 8pm ET. Join as many classes as you wish. Learn more at [Guided iRest Yoga Nidra Meditation Phone-based Class from Home \(va.gov\)](#) (VA 7/14/21)

Michigan Veterans Trust Fund

Applications for MVTF assistance are taken through the veteran's local county veterans affairs office or by calling MVAA's 24/7 hotline at 1-800-MICH-VET. Locally approved grants of up to \$3,500 are available to wartime-era veterans and spouses, un-remarried widow(er)s and minor children of eligible veterans who are experiencing an unforeseen, temporary financial emergency or hardship.(MVAA 6/24/21)

MISSION STATEMENT VCAT 9 (MVAA 10/19/20)

Creating effective relationships among community partners who guide veterans in Livingston, Jackson, Washtenaw, Hillsdale, Lenawee and Monroe counties, while being: Inclusive, Accessible, Community Driven, Flexible and Integrated.