



Health Care Resources for Women Veterans



VA's Women Health Transition Training

About the Program

This course provides important information for transitioning servicewomen on women's health care services available from VA post-separation from the military.

After participating in the VA Women's Health Transition Training, you will have a better understanding of:

- How VA health care is designed to serve you

- Available women’s health care services (e.g. maternity care, cancer screenings, whole health, and mental health care services)
- The process and eligibility requirements for enrollment—you don’t have to be disabled to receive health care at VA
- How to connect with other women Veterans through women-specific networks, resources, and programs post-service
- How to find your local VA facility and resources for additional support

Eligibility

All servicewomen and women Veterans are welcome to participate. If you are a servicewoman who will be transitioning to civilian life or to the reserve components within the next calendar year, you are strongly encouraged to take the training.

The online, self-paced Women’s Health Transition Training is available for servicewomen and women Veterans to take anytime, anyplace at TAPevents.mil/courses.

Military Sexual Trauma

What is MST?

Military sexual trauma (MST) refers to sexual assault or sexual harassment experienced during military service. Veterans of all genders and from all types of backgrounds have experienced MST.

Examples of MST

- Being pressured or coerced into sexual activities, such as with threats of negative treatment if you refuse to cooperate or with promises of better treatment
- Sexual contact or activities without your consent, including when you were asleep or intoxicated
- Being overpowered or physically forced to have sex
- Being touched or grabbed in a sexual way that made you uncomfortable, including during “hazing” experiences
- Comments about your body or sexual activities that you found threatening

- Unwanted sexual advances that you found threatening

VA services offered to those who have experienced MST

- MST coordinator at every VA medical facility to serve as a contact person for MST-related issues and who can assist you in accessing care
- MST-related outpatient services at every VA medical center and many VA community-based outpatient clinics
- Mental health services, including psychological assessment and evaluation, medication evaluation and treatment, and individual and group psychotherapy for mental health conditions associated with MST, like:
 - [Posttraumatic stress disorder \(PTSD\)](#)
 - [Depression](#)
 - [Substance use problems](#)
- MST-related outpatient counseling through VA's community-based Vet Centers
- MST-related treatment in VA's residential (live-in) or inpatient programs for individuals who need more intensive treatment and support

Note: MST services are not limited to only women Veterans.



Beyond MST Mobile App

Free, secure and private self-help mobile app created specifically to support the health and well-being of survivors of MST. The app has over 30 specialized tools and other features to help MST survivors cope with challenges, manage symptoms, improve their quality of life and find hope. Users do not need to create

an account or be in treatment to use the app. Any personal information entered in the app is not shared with anyone, including the VA.



For more information, please contact your nearest VA medical center and ask to speak to the MST coordinator or visit [VA's MST webpage](#).

Center for Women Veterans (CWV)

Mission Statement

The Center for Women Veterans' (CWV) mission is to monitor and coordinate VA's administration of health care, benefits, services, and programs for women Veterans. They serve as an advocate for cultural transformation and to raise awareness of the responsibility to treat women Veterans with dignity and respect to #BringWomenVeteransHome2VA.

Today's VA is focused on the needs of women Veterans and cultural transformation. The CWV aims to provide an environment free from harassment. The VA has introduced [White Ribbon](#), a national call to action to eliminate sexual harassment, sexual assault, and domestic violence. VA Secretary McDonough is making accountability of those who commit harassment or sexual assault, an important part of creating a culture that is free from harassment and sexual assault, without fear of retaliation.

Who They Are

They are women Veterans proud to serve their sister Veterans and those who serve them. They share information on benefits and services, events, stories, research and more.

Follow them on [Facebook](#) and [Twitter](#) @VAWomenVets.

To learn more about the **CWV**, visit the [Center for Women Veterans homepage](#).

Trailblazers: The Women in Our Ranks Making History Today



First Chief Master Sergeant of the Air Force: JoAnne S. Bass

ARLINGTON, VA (*Air Force News Service, June 19, 2020*)

Chief Master Sgt. JoAnne S. Bass was selected June 19 to become the 19th Chief Master Sergeant of the Air Force, becoming the first woman in history to serve as the highest ranking noncommissioned member of a U.S. military service.

Bass emerged as the consensus choice from a group of more than a dozen finalists from across the Air Force's global operation, officials said. The finalists were selected

based on breadth of experience, recommendations from senior commanders and performance across each candidate's Air Force career.

"I'm honored and humbled to be selected as the 19th Chief Master Sergeant of the Air Force, and follow in the footsteps of some of the best leaders our Air Force has ever known," Bass said. "The history of the moment isn't lost on me; I'm just ready to get after it. And I'm extremely grateful for and proud of my family and friends who helped me along the way."

She began her career in 1993 with a posting at Pope Air Force Base, North Carolina, and has served at Ramstein Air Base, Germany, as the command chief master sergeant for the 17th Training Wing at Goodfellow Air Force Base, Texas, and at the Pentagon as chief, Air Force Enlisted Developmental Education.

Read more about her experience [here](#).

The U.S. military's first female Major General: Gen. Jeanne M. Holm

Major General Holm was born in 1921, in Portland, Ore. She joined the Army in July 1942, soon after the Women's Army Auxiliary Corps was established by Congress. She attended Officer Candidate School at Fort Des Moines, Iowa, and in January 1943 received a commission as a "Third Officer," the WAAC equivalent to second lieutenant.

General Holm was appointed director, Women in the Air Force, Office of the Deputy Chief of Staff, Personnel, in November 1965. She was extended in that position twice. She was responsible for overall staff cognizance of and advice on matters concerning military women in the Air Force. During her tenure, policies affecting women were updated, WAF strength more than doubled, job and assignment opportunities greatly expanded, and uniforms modernized. She has been an active exponent for expanding the opportunities for women to serve in the Armed Forces and a catalyst for changing their roles and career opportunities within the Air Force. For her exceptionally meritorious service in this assignment; she was awarded the Distinguished Service Medal.

She was promoted to the grade of brigadier general July 16, 1971, the first woman to be appointed in this grade in the Air Force. She was later promoted to the grade of major general and is the first woman in the Armed Forces to serve in that grade.

Read more about her experience [here](#).

The Neon Nutrition Kitchen: Veteran-Only Pantry Days

Attention NYC Veterans! [The NeON Nutrition Kitchen](#) will be hosting Veterans-only Pantry days on Staten Island and The Bronx, providing non-perishable foods as well as a meat/fish to Veterans and their families.

There will also be a Veterans Benefit Coordinator on site to help with claims and benefits.



The NeON Nutrition Kitchen

FREE HEALTHY FOODS

WHAT NeON Nutrition Kitchen Veterans Only Day
Free Packaged Groceries, Produce and Dairy

WHEN Every Friday - 10am to 1pm
from March 3 - May 26

WHERE
Staten Island
340 Bay Street

NYC **NYC** **YOUNG MEN'S INITIATIVE**
Department of Veterans' Services

FOOD BANK **NeON**

For requests regarding accessibility or language interpretation services please email disability/facilitator@probation.nyc.gov or call 212-510-3862.



The NeON Nutrition Kitchen

FREE HEALTHY FOODS

WHAT NeON Nutrition Kitchen Veterans Only Day
Free Packaged Groceries, Produce and Dairy

WHEN Every Monday - 9:30am to 12:30pm
from March 13 - June 6

WHERE
Bronx
198 East 161st 10451

NYC **NYC** **YOUNG MEN'S INITIATIVE**
Department of Veterans' Services

FOOD BANK **NeON**

For requests regarding accessibility or language interpretation services please email disability/facilitator@probation.nyc.gov or call 212-510-3862.

Staten Island:

📅 Fridays, March 3 - May 26

📍 340 Bay Street

🕒 10a-1p

The Bronx:

📅 Mondays, March 13 - June 6

📍 198 East 161st

🕒 9:30a-12:30p

Honoring Veteran Community Changemakers (HVCC)



The DVS Veteran Community Changemaker Series is our way of highlighting Veterans, spouses/caregivers, civilian volunteers, and other practitioners who actively support the NYC Veteran community. Each month DVS will honor two New York City Veteran champions with a Certificate and feature in this newsletter and on social media.

This month's Veteran Changemaker Honorees are Wendy McClinton and John Rowan. A decorated Army Veteran—Wendy served during the Desert Storm Persian Gulf Era and is now the President/CEO of Black Veterans for Social Justice. John is an Air Force Veteran who served as a linguist during the Vietnam War and served eight terms as the National President of the Vietnam Veterans for America. Both Honorees are also members of the NYC Veterans Advisory Board and wholly committed to making sure those who serve our

country receive the care and respect they have earned.

Thank you for all of the work you've done and continue to do for our Veterans!

VETERAN NEWS

Woman who posed as sick, wounded Marine gets nearly 6 years in prison



March 15, 2023

By Kerry Breen/ CBS NEWS

A Rhode Island woman who posed as an ailing military veteran to collect hundreds of thousands of dollars in benefits and charitable contributions has been sentenced to nearly six years in federal prison, the [Department of Justice said Tuesday](#).

Sarah Jane Cavanaugh — who never served in the U.S. military — claimed that she was a Purple Heart and Bronze Star-decorated Marine who had been wounded by an IED in Iraq. Cavanaugh, 32, also claimed that she had developed service-related cancer.

Read the full article and watch video [here](#).

More Veteran-related Headlines

Military Times: [VA aims to help 38,000+ homeless veterans again this year](#)

Politico (Pulse Check, Audio): [Why the VA's health arm will cover a new Alzheimer's drug ... and Medicare won't](#)

NBC News: [Black veterans were more often denied VA benefits for PTSD than white counterparts, newly surfaced study shows](#)

The New York Times (Video): [Opinion: Iraq Veterans, 20 Years Later: 'I Don't Know How to Explain the War to Myself'](#)



We are looking to highlight Veterans in the arts community! Whether it's an upcoming free exhibition, performance, or piece/installation you've created, we want to showcase your work and help spread the word. Submissions will be reviewed on a rolling basis and promoted at our discretion. We want this to be a space for Veteran artists to express themselves in an authentic way.

Please email submissions to connect@veterans.nyc.gov with a brief write-up describing your piece and your affiliation to the Veteran community.



This week's artist highlight is **Jenny Pacanowski**. Jenny is Poetic Theater Productions' ***Veteran Voices*** Program Director. She is also the Founder and Director of ***Women Veterans Empowered & Thriving***, a reintegration program utilizing writing and performance to empower experiences and facilitate skills to thrive in daily life. Jenny served in the Army as a combat medic and deployed to Iraq. Currently, Jenny is a professional poet,

performer, public speaker and playwright who has been featured on WFMZ, The New York Times, The Washington Post, Turner Classic Movies, Thrive Thursday's with Robin Roberts, and The Chew on ABC. Her critically acclaimed play, "Dionysus in America," was featured at the Vortex theatre in Austin, Texas.

**THE FOLLOWING POEM CONTAINS GRAPHIC LANGUAGE
SURROUNDING WAR, DEATH, AND SUICIDE**

Art Medium:

Poem

Title:

Death Becomes...

I get the question all the time...

Do you regret joining the military?

Well, no, I don't believe in regrets, maybe sadness that drowned my soul,

Or resentment or maybe some shame at times at my behavior,

Oh and the guilt

Guilt loves me, loves to attach to me,

Maybe it was that catholic, catechism, first holy communion shit,

I still can't vomit out of my childhood cells

But regrets, no,

Well, I got some cool stories, bruh...

A life experiences, many people don't have,

They say I was made of steel,

Branded by the sands of Iraq

Burnt my snow white skin with my innocence

And for time my idealism

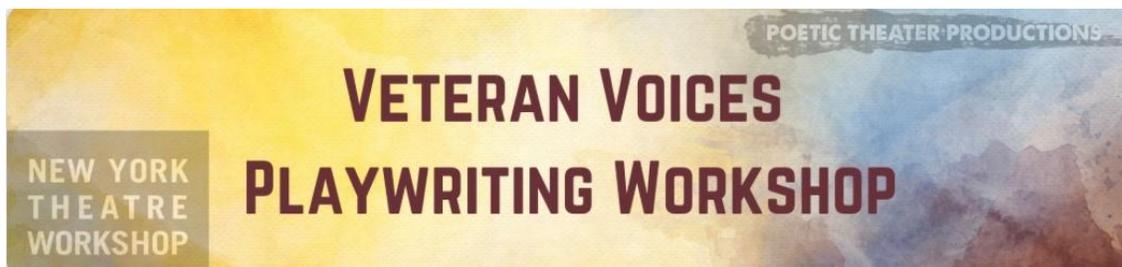
My memories so heated,

Casting reflections

Of someone I don't recognize yet
The thing is I could have died, many of us died
Not of combat death
But a death of our own doing
Acceptance of Death is the contract
I signed
A grave I already dug with my own hands
By our own hands
22 a day
Suicide
So much more than combat deaths in Iraq and Afghanistan
Uncounted
Drunks in crashes
Drug abusers choke on it
Suffocate in it
Pass out into that dark abyss
That I held the hand of as it coaxed me, talked sweet to me,
Sung songs of the promise of peace
Peace to me is death
Quiet, Still, Inevitable
What becomes apparent to me after years of chasing death,
Taunting it to take me,

I discovered instead...inside myself
Living
Suffering
Struggling
Meant Something
That my absence in this world would be felt

I had other dreams
Those sweet lies death told me
As we held hands,
With the mission of militarism
The purpose of my death
Funding a capitalistic cause
Not a humanitarian one
This indoctrination of acceptance of death
That check!
That check, I supposedly signed to give up my life for this country
It was signed by a child, by a girl who believed she had no other options.
When militance is spoken to children in songs and pledges
The words of indoctrination weave a contract
With death as a promise for the future



New York Theater Workshop (NYTW) and Poetic Theater Productions (PTP) Veteran
Voices Playwriting Workshop 2023 Application

DEADLINE FOR SUBMISSIONS: MONDAY, March 27th, 5:00pm ET

Back by popular demand! NYTW and PTP's Veteran Voices team are joining forces to present a free workshop series for Veterans and family members of Veterans, designed to take participants' writing to the next level. The nine-week series will focus on honing skills specific to playwriting and on deepening participants' professional development in the theater world. By the end of the program, all participants will have created a complete 10

minute play that will be shared at a Final Presentation.

This workshop series is ideal for artists who have participated in Poetic Theater Productions' Veteran Voices Workshop Series or other writing workshop series, have a solid foundation in writing and sharing their own stories in the form of poetry or poetic storytelling, and now want to take their ability to create theatre to the next level. This series will help participants create a piece of theatre, excerpts from which will be cast by New York Theatre Workshop and read by professional actors in a staged reading at the end of the workshop series.

All workshops will be held on Tuesdays 6:00PM - 8:00 PM from April 4 to May 23, with one additional workshop on May 24.

Their showcase reading will be Tuesday May 23 from 7:00PM - 9:00PM

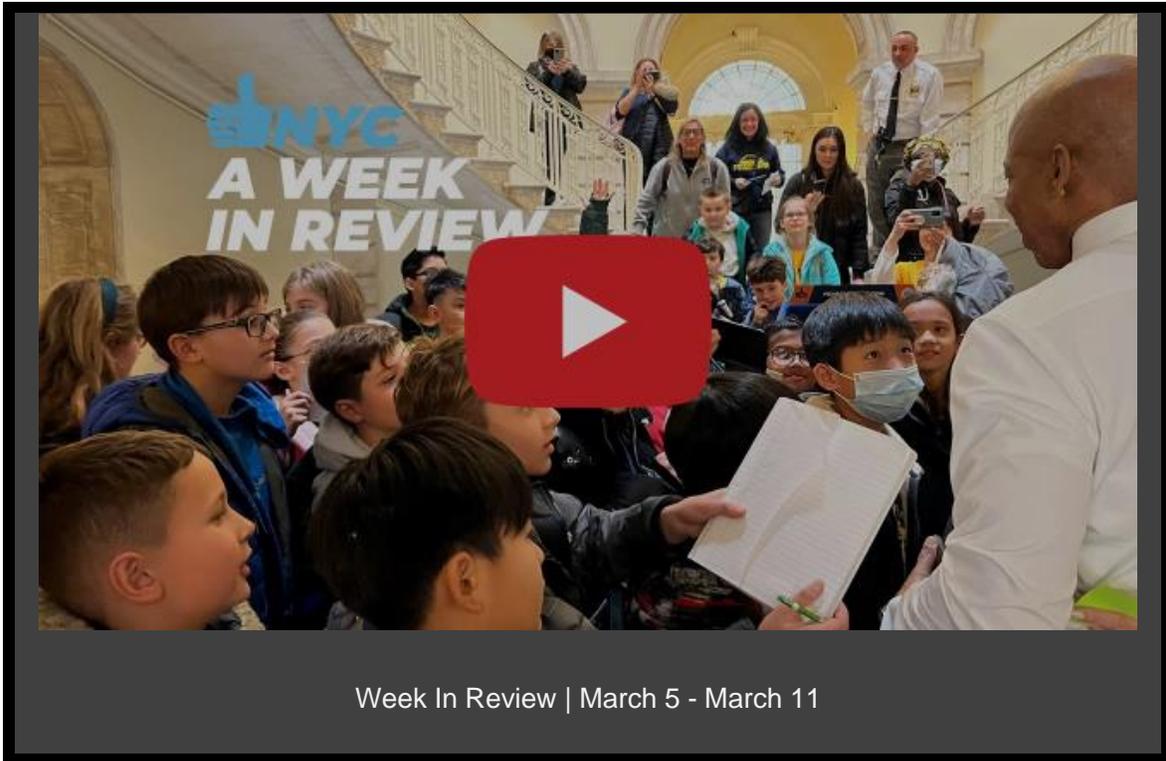
All workshops will take place over Zoom. All participants must attend all workshops in the series, as they are designed to build one upon the other. The Zoom meeting link will be provided to participants upon acceptance into the program.

The Veteran Voices Playwriting Workshop Series will be led by Dylan Guerra and assisted by Jenny Pacanowski.

For more information, [click here](#).

A Message From Mayor Adams:

Each week DVS will share a short update about how our administration is getting stuff done for New Yorkers.



The Adams administration is dedicated to cutting through the noise and delivering information directly to you and all New Yorkers.

Sign up to "Hear From Eric" and get direct messages from City Hall, tailored to your interests and neighborhood, sent directly to your inbox – at [nyc.gov/hearfromeric!](https://nyc.gov/hearfromeric)

PFC Joseph P. Dwyer Veterans' Support Program Request for Information (RFI)



Attention!

Introducing PFC Joseph P. Dwyer Veterans' Support Program Request for Information (RFI)

Seeking RFI submissions for profit **and** not-for-profit organizations.

The PFC Joseph P. Dwyer Veteran Support Program was created to increase social connectivity of U.S. Military Veterans and their families. Organizations looking to submit a response should submit in PASSPort or by email at DVSDwyer@veterans.nyc.gov no later than March 24, 2023. For more information visit nyc.gov/vetdwyer

Some examples of services/programs to be offered to the Veteran community :

- Animal Assisted/Oriented Programs
- Body & Mind-body Exercises or Therapies
- Creative Arts Programs
 - Art, dance, music, film, poetry, etc.
- Culinary Arts
- Community Construction Programs

Upcoming Information Sessions:

- | | |
|------------------|----------|
| • March 8, 2023 | 10:30 AM |
| • March 9, 2023 | 11:30 AM |
| • March 14, 2023 | 2:30 PM |

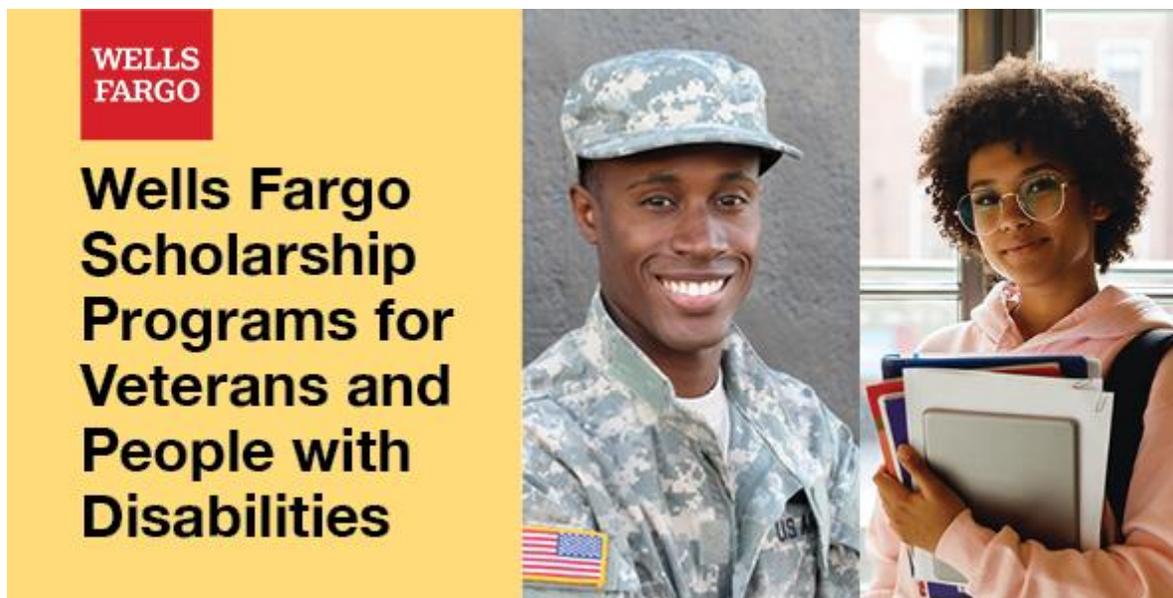
Meetings will be held virtually through Microsoft Teams. Those interested in attending should email dvsdwyer@veterans.nyc.gov ahead of the information session.

Responses to the Dwyer Support Fund RFI should be submitted in PASSPort or by email at DVSDwyer@veterans.nyc.gov by no later than March 24, 2023.

To view/access the RFI search EPIN: 06323Y0007 in the [PASSPort Procurement Navigator](#).

[Learn More About the PFC Dwyer Veterans' Support Fund](#)

Wells Fargo Scholarship Program



Scholarship America and Wells Fargo are pleased to announce the 2023 **Wells Fargo Veterans Scholarship**, **Wells Fargo Veterans Emergency Grant** and **Wells Fargo Scholarships for People with Disabilities** programs.

The [Wells Fargo Veterans Scholarship Program](#) provides renewable scholarships up to \$5,000 per year, to fill gaps for eligible Veterans, their spouses

and widows after military benefits and other grants and scholarships have been utilized. **The deadline to apply is April 10, 2023.**

Wells Fargo's [Veterans Emergency Grant program](#) helps Veterans already enrolled in postsecondary education meet their household expenses when faced with unexpected financial setbacks. Ranging up to \$1,000, these immediate, one-time grants are designed to keep recipients in school without creating undue financial hardship. **Applications will be accepted for this program beginning March 17, 2023.**

Finally, the [Wells Fargo Scholarship Program for People with Disabilities](#) provides renewable scholarships up to \$2,500 for full-time students and up to \$1,250 for half-time students who have an identified disability (defined as someone who has, or considers themselves to have, a long-term or recurring issue that impacts one or more major life activity). **Applications for this program are open through April 10, 2023**



NYS DVS Funding Opportunity



New York State Division of Veterans' Services is currently accepting applications for the [state's newly created Veterans' Nonprofit Capital Program](#) which will provide \$5 million in Grant funds for reimbursement for costs related to capital improvements designed to

expand and enhance quality services available to the state's veterans, service members and their families. Funding for projects will range between \$25,000 and \$75,000 and be administered by the New York State Division of Veterans' Services.

Applicants are encouraged to submit questions about the Veterans' Nonprofit Capital Program to grants@veterans.ny.gov. Applicants also can find more information on the [New York State Grants Gateway](#) website, which must be used to submit the application for funding.

The deadline for applications is March 31, 2023 at 4:00 PM

Learn More about the Veterans' Nonprofit Capital Program (VNCP) Grant Opportunity

Join Our Team! Be Part of the Mission!

Current DVS Job Openings

Being part of our team is a great way to continue to serve.



[Visit NYC.gov/jobs and select “Veterans’ Services” from the agency menu to learn more about and apply to the job below.](#)

Senior Policy Analyst - Reporting to the External Affairs Unit, the Senior Policy Analyst acts as a liaison between the agency, the Mayor's Office, governmental agencies, non-profit and private veteran advocate stakeholders. The selected candidate will provide project management, analytical assistance for planning, coordinating and implementing inter agency and agency-specific projects. These projects represent critical initiatives, directed by the Commissioner / External Affairs Unit to improve efficiency, effectiveness, coordination, and accessibility of key City, non-profit, and private veteran services.

VA Work Study Positions at DVS

The NYC Department of Veterans' Services (DVS) supports VA Work-Study Positions! Here is a current list of available VA Work-Study openings:

- [Administrative Intern](#)
- [Benefit Intern](#)
- [Care Coordination Intern](#)
- [Data Analyst Intern](#)
- [Information Technology Intern](#)
- [IT Support Intern](#)
- [Legal Intern](#)
- [Outreach Coordinator Intern](#)
- [Veteran Business Promotion Intern](#)

If you are interested in applying for a DVS-specific Work-Study position and meet eligibility requirements, please submit the following to VAWorkStudy@veterans.nyc.gov:

- Resume
- Job Specific Cover Letter

- Supporting Documents found in the Job Description

[Check Here for VA Work-Study Postings](#)

NYC Civil Service Job Openings and Exams



Open Competitive Exams

Inspector (Consumer and Worker Protection): Inspectors conduct or participate in the conducting of inspections, investigations, surveys, and analyses in relation to the licensing of businesses and occupations and the sale and offering for sale of all commodities and services at every level of distribution and trade. They also conduct or participate in regulatory investigations to identify and correct violations of municipal worker protection laws. Inspectors (Consumer and Worker Protection) may operate motor vehicles in the performance of assigned duties.

Roofer: Roofers repair and maintain roofs made of tar, gravel, slate, ruberoid, tin, copper,

and galvanized metal. They spread tar or asphalt over roof surfaces and apply roofing felt and mineral surfaced roll roofing; repair built up roofing; cut roofing paper, asphalt shingles, and other roofing materials to fit roof corners, pipes and other objects; replace asphalt and slate shingles; repair skylights, ventilators, gutters, valleys, flashings, and ridges; keep work records. Roofers may operate a motor vehicle in the performance of assigned duties.

Plumber: Plumbers perform work relating to the installation, alteration, maintenance, and repair of piping of gas, potable water, plumbing and drainage systems. They install, maintain and repair piping of all kinds for water, gas, storm, waste, soil and vent systems; set, maintain and repair plumbing fixtures, equipment and appurtenances; when necessary, determine and requisition job materials while work is in progress; supervise and are responsible for the work of Plumber's Helpers; in the temporary absence of the supervisor, may perform the duties of that position; and operate a motor vehicle.

To receive monthly updates on upcoming civil service exams click the button below to be directed to the Subscribe to the DCAS Newsletter page. On the registration form, select "City Jobs and Civil Service Announcements".

[Subscribe to the DCAS Newsletter Here](#)

Programs and Initiatives

Affordable Housing For Veterans



The [NYC Department of Veterans' Services \(DVS\)](#) maintains a list of federal, state, and city programs that offers a limited, but selective list of affordable housing options for veterans seeking financial relief for their housing arrangements. Visit our [Affordable Housing for Veterans](#) page to learn more.

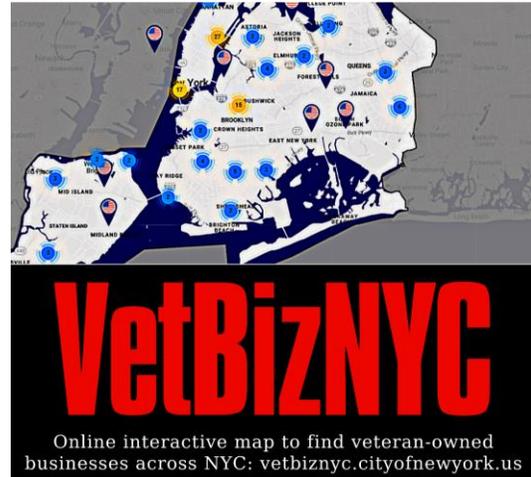
Empowering Veteran Business Owners



The primary mission of the [VBLA](#) is to serve Veterans seeking support and assistance with running a business and in their pursuit of New York City Government contracting opportunities. Our leadership association engages with the private sector, government, advisory board, and local partners to build a consortium that facilitates the growth and development of Veteran Businesses.

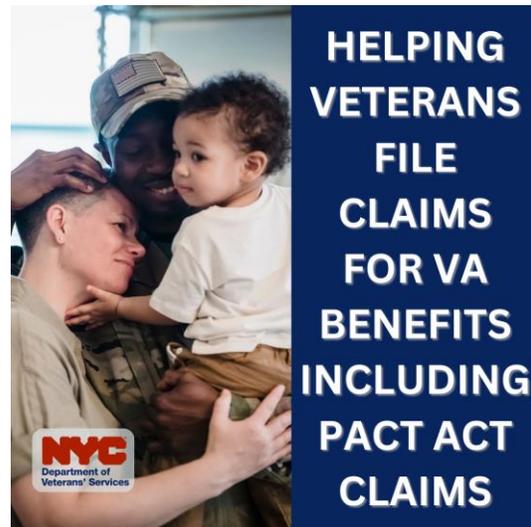
VetBizNYC: Supporting Veteran Entrepreneurship

DVS has launched [VetBizNYC](#), an interactive map that identifies Veteran-owned businesses across the five boroughs. New Yorkers can use our interactive map to find and support Veteran-owned businesses in their community.



Are You Getting the Benefits You Deserve?

The [NYC Department of Veterans' Services \(DVS\)](#) represents NYC Veterans in claims for benefits from the [U.S. Department of Veteran Affairs](#). Our team is also qualified to assist with PACT Act related claims. If you had a toxic exposure during your service, time is crucial for you to get the benefits you deserve. To file a claim, fill out the [VetConnectNYC.org](#) form and select **Benefits Navigation** as your preferred service.



VetConnectPro: A First-in-the-Nation Employment Tool



[VetConnectPro](#), is a new employment tool designed to help Veterans find employment within NYC government. The platform features a military skills translator that can match your service experience and Military Occupational Specialty (MOS) to City jobs and civil service exams. Upload your resume and get started today: nyc.gov/vetconnectpro.

Newsletter Sign-up

If you received this newsletter by way of a friend or colleague and have yet to sign-up on your own, click [here](#), and stay up-to-date with the latest news impacting the community, updates on city services, info on DVS programs, Veteran-specific resources & more.

Contact Us

- Complete a service request form at vetconnectnyc.org
- [Message the Commissioner](#)
- [Partner with DVS](#)
- [Press Inquiries](#)
- [Event Request Form](#)

Stay tuned on our website www.nyc.gov/vets and social media platforms [@nycveterans](#), or via email at connect@veterans.nyc.gov.