

WOMEN VETERANS PROGRAM



Giving Thanks

November brings a month of reflection and thanks, so I will take this opportunity to do so. Thank you, women veterans across New Mexico. Thank you, combat veterans and peacetime veterans. Thank you, Korean War and Vietnam War nurses, Gulf War pilots, OIF fuels troops, and OEF public affairs personnel. Thank you, those who deployed a dozen times and those who made the work happen stateside. Thank you, those who served one year and those who served 30 years. Thank you, Active Duty, National Guard, and Reserve. Thank you for signing on the dotted line, that you would sacrifice for your country. I encourage ALL of you to stand with pride on Veterans Day and every day.

Upcoming Outreach Events

Santa Fe Community College Veterans & Family Appreciation Day

8 November, 2:00 - 5:00 p.m.
6401 Richards Ave, Santa Fe

Isleta Pueblo Annual Native American Veteran Symposium

9 November, 8:00 a.m. - 4:00 p.m.
Isleta Hotel and Casino

Las Cruces Veterans' Day Parade

10 November, 3:00 p.m.
Las Cruces



THE
**WOMEN'S
MEMORIAL**

The Women in Military Service for America Memorial recognizes and honors the service of all women who have served in or with the United States Armed Forces. One of their missions is to document the experiences of women servicemembers. I encourage you to register your service and experiences (or those of a loved one) with the Women's Memorial. Though donations help keep the memorial in good condition, they are not required to share your story.

Learn more here:
[https://www.womensmemorial.org/
register](https://www.womensmemorial.org/register)



Free Acupuncture Clinic

Military women-only free acupuncture clinics are offered the first and third Thursday of the month at The Source (1111 Carlisle SE in Albuquerque). These events begin at 4:30 p.m. and run for about an hour. For those who prefer, ear seeds are an option instead of needles.

For more details, contact Terrie at (505) 577-0016.

Teeniors

The Teeniors program is offering ten free, private technology coaching sessions for female veterans between now and the end of 2018. Whether it is a smartphone, tablet, or computer, comfort with technology allows veterans to connect with loved ones as well as veteran resources.

For more details, contact Trish at (310) 266-4128 and check out their website at www.teeniors.com.

Veterans Integration Center Roswell Stand Down

The New Mexico Veterans Integration Center will be holding a Stand Down for homeless veterans at the Roswell Recreation Center (807 N Missouri Ave) on November 16th from 9:00 a.m. to 12:00 p.m.

Learn more at <http://nmvic.org/standdown.html> or call Tim at (505) 296-0800.

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The VIC also collects donations for veterans in need. Their current needs-list can be found at <http://nmvic.org/donategoods.html> and includes:

Winter clothing and accessories, travel-sized toiletries, gently-used furniture and appliances, and non-perishable food. These items can be dropped off at 13032 Central SE in Albuquerque.

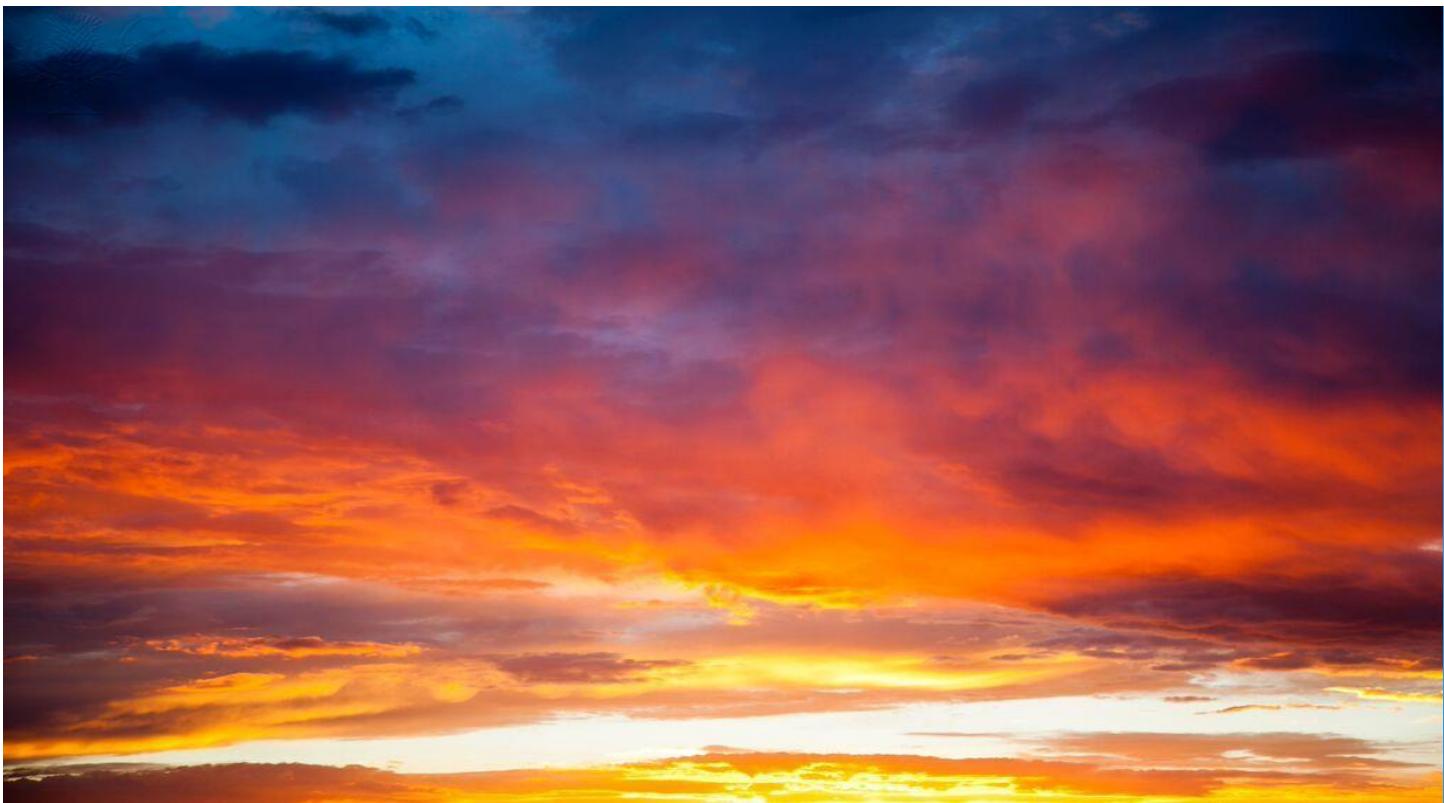
### Workforce Connection

Per the Department of Labor, general veteran unemployment is at 3.4%, but women veterans' unemployment rate is sitting at 5.3%.

If you are facing employment challenges, please contact New Mexico Workforce Connection and request to speak to a Veterans Career Services Representative. They will work with you and are available statewide.

For more details, call (505) 841-8437 or visit their website at <https://www.jobs.state.nm.us/>.





## Homelessness and Trauma Go Hand-in-Hand

In 2011, the VA partnered with the Department of Health and Human Services to look into the pathways to female veteran homelessness. Though the article is seven years old and some numbers may have changed, this study is still worth a review. The researchers identified five “roots”, including childhood adversity, trauma/substance abuse in the military, post-military abuse and/or relationship termination, post-military mental health/substance abuse, and unemployment. These were aggravated by “survivor instinct”, sense of isolation, pronounced independence, lack of social support, and barriers to care.

To learn more, read the article at [https://www.whijournal.com/article/S1049-3867\(11\)00090-9/fulltext](https://www.whijournal.com/article/S1049-3867(11)00090-9/fulltext)

and check out the following statistics:

|                                |    |
|--------------------------------|----|
| Age at interview               | 48 |
| Age at discharge from military | 26 |
| Age at first homelessness      | 36 |
| Race/ethnicity (%)             |    |
| African American               | 46 |
| White                          | 33 |
| Mixed                          | 13 |
| Hispanic                       | 4  |
| AI/AN                          | 4  |
| Marital status (%)             |    |
| Single                         | 41 |
| Divorced/separated             | 47 |
| Married                        | 0  |
| Widowed                        | 12 |
| Education level (%)            |    |
| High school/GED                | 18 |
| Vocational school              | 12 |
| Associate's degree             | 59 |
| Bachelor's degree              | 12 |

## Vocational Rehabilitation and Employment

The VA’s VR&E Program provides a variety of services, including job training, employment accommodations, resume help, assistance starting a business, or independent living services for those unable to work in traditional employment.

In most cases, eligibility requires a disability rating of at least 20% and eligibility ends 12 years from the date of separation or notification of the disability rating. However, those requirements can be waived in cases of a severe employment handicap.

To learn more about how VR&E can help you, check out their website at

<https://www.benefits.va.gov/vocrehab/index.asp>

or visit the VR&E office at the VA Regional Office at 500 Gold in Albuquerque.