

COVID-19
 UPDATE

The One Stop is not requiring the wearing of masks for staff, volunteers, and clients; however, you are welcome to wear one if you choose. We are still conducting COVID screenings. All services are by appointment only. We celebrated the breakdown of a 15-month barrier by hosting donation based Memorial Day drive-thru BBQ for 100 clients.



Ira's Story

Ira Walton, 96, a welcome veteran at the Veterans One Stop, donated a Tuskegee Airman jacket. We honored his gift by having it professionally framed, and presented it back to him. 6 media networks gathered to hear some of this local hero's treasured memories. Ira is a vet of World War II, and the Korean, and Viet Nam wars. He also has a life long passion for table tennis.

Hear the full story at our website link:

<https://youtu.be/vqccGi4PTus>

Upcoming Events!

Wednesday, June 16 (9-4pm)

Military Cultural Competence Basic Training (MVPN training)

new name, same TVC certification for providing peer support to extend the mission of trust, hope and camaraderie in the veteran community. Anyone can be a peer and volunteer!

Every Tuesday—11am-12pm



Mindfulness Based Stress Reduction Class

- Hosted by licensed professional clinicians at the One Stop
- **What is Mindfulness?** It is more than sitting still in 1 pose. It is being able to ground yourself in the present moment. Mindfulness techniques help redirect your thoughts by focusing on what your senses are feeling.
- **Examples** - recognizing that you can feel how your back is touching the chair, how you can hear the AC blowing, all of the textures and flavors of something you are eating etc.

Every Friday—10am

Garden group— Join Rachel every Friday to work in our therapeutic garden

- Looking to join a peer group of gardeners? Want to share or improve green thumb?
- Donations of any plants, soil, gardening tools or manpower are always accepted.



Next Month

Military Cultural Competence Basic Training; (MVPN) **July 21 & 28— 9-4**; check out www.milvetpeer.net or call us to see how you can get involved!



Check out our Social Media!

Instagram: hot_veteransonestop

Twitter: @HOTveterans

Facebook: Veterans One Stop



Women Veteran Spotlight

Rachel Mims

MS, ATR-BC, LPC-AT



Rachel, a counselor at Veterans One Stop, and Army veteran, September 2001—April 2012. Served as a PATRIOT missile launder/operator/maintainer. She has a passion for helping veterans overcome challenges. Her spare time is spent on horticulture projects and bee keeping. She has two poodles, Delta and Charlie.

Since 2018, Rachel has counselled in

- Military Sexual Trauma (MST) counseling,
- Eye Movement Desensitization and Reprocessing (EMDR),
- Cognitive Processing Therapy (CPT),
- Art Therapy and Garden Therapy groups
- Coming soon— TBA- group for veterans living with traumatic brain injury (TBI).

Rachel believes it is important to recognize the accomplishments of women veterans so achievements don't get overlooked.

Fun Fact: Rachel is working on her book called "Art Therapy with Veterans" that should be released around October, 2021!



Check out this Article!

<https://militarybenefits.info/women-veterans-day/>



Bobbi, Program Manager, Military Veterans Peer Coordinator, and Army Veteran welcomed her 2nd anniversary with MHMR at the Vet One Stop last month. During reflection of past and present events, she tells us that honoring women vets is important because if we don't tell our stories, nothing changes. It is important for us to know and value our worth, and sometimes that gets realized after it's professionally "unpacked".



A local woman vet gave us a beautiful hand sewn quilted flag. It was framed and will be proudly displayed at the One Stop.

Veterans One Stop

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