

**2021 Women Veterans Conference
Resources – Zoom Chat Box**

09:05:28 From David Boire-Senator Rosen to Everyone : Good Morning, David Boire, Senator Rosen, Regional Representative, david_boire@rosen.senate.gov

09:08:06 From Alexandra Martinez to Everyone : Good morning! Alex Martinez, Office of Senator Rosen (Las Vegas office)
Alexandra_martinez@rosen.senate.gov

09:09:22 From A'Keia Sanders(U.S. Senator Catherine Cortez Masto) to Everyone : Good Morning! A'Keia Sanders, US Senator Catherine Cortez Masto (Reno Office). akeia_sanders@cortezmasto.senate.gov

09:32:41 From Beth Hemmila- NDVS Women Veterans Service Officer to Everyone : Shoshona's information:

Author Page <https://www.simonandschuster.com/authors/Shoshana-Johnson/46047911>

Amazon book <https://www.amazon.com/Im-Still-Standing-Captive-Citizen-My/dp/B006CDHLOC>

09:34:06 From Brenda Campbell to Everyone : Defense Health Agency's inTransition Program is a free, confidential, coaching into behavioral health care for ALL service members, Guard, reservists, and veterans. If you have ever worn the uniform, you are eligible! Call us 24/7/365 1-800-424-7877

<https://pdhealth.mil/inTransition>

09:35:58 From Christina Burr to Everyone : Read the stories of women Veteran's here in our community in the Through Our Eyes The Women Veteran's Experience link in this program. These women Veterans age from 100 to 25 years old and the five branches of military service are represented. This exhibit speaks to the idea of hearing what women have done in the service to community and country.

09:37:03 From Beth Hemmila- NDVS Women Veterans Service Officer to Everyone : Link to Through our Eyes
https://www.reno.va.gov/through_our_eyes.asp

09:53:53 From Beth Hemmila- NDVS Women Veterans Service Officer to Everyone : Check out fellow women veterans in Nevada here: I Am Not Invisible Project
Reno

<https://www.facebook.com/media/set/?vanity=VAWomenVets&set=a.2512403>

992397318

Elko

<https://www.facebook.com/media/set/?vanity=VAWomenVets&set=a.1906096593028064>

Las Vegas

<https://www.facebook.com/media/set/?vanity=VAWomenVets&set=a.2508338332803884>

09:55:05 From Zaneta Adams to Everyone :

<https://www.challengeamerica.com/msi>

09:56:30 From Beth Hemmila- NDVS Women Veterans Service Officer to Everyone : Here is my contact info for the Women Veterans Service Officer for NDVS hemmilab@veterans.nv.gov

09:57:32 From Melissa Washington to Everyone : Visit

<http://www.WomenVeteransAlliance.com> We are the premier national network focused on directly impacting the quality of life of women veterans.

10:01:49 From Beth Hemmila- NDVS Women Veterans Service Officer to Everyone : Please check out Congresswoman Susie Lee video with a special message to women veterans

<https://drive.google.com/file/d/1smJVgmaAL7cQkRrtgvPxdyj6SGcrI15i/view>

10:05:44 From Genesee Roberts to Everyone : Wounded Warrior Project has Women Alumni Only events! I recommend anyone eligible for WWP please register at woundedwarriorproject.org :)

10:08:26 From Kacie Ortiz to Everyone :

https://l.facebook.com/l.php?u=https%3A%2F%2Fwww.instagram.com%2Fp%2FCL403qbnQbM%2F%3Ffigshid%3D111dsoja77atf%26fbclid%3DIwAR26hNUN2c_n5TWoTjt09p0JnXLsMSYEYi4HtvT_ty1KG7iapSVy5rNoMzY&h=AT2jTxH6MkXOYY5_iS9jaaFZjvVtSOg45J0TBgmTFe9YMIHjY61nAilgiCExfOcaA4i9zIQaAmtb4yrYCWARKKpiz9Ek0eZa3pjZf2-tNjIJB8p-f-7QyO-OIGhls2KOW8s

10:11:16 From Bobi Oates to Everyone : www.womensmemorial.org

10:21:45 From Cecilia Solberg to Everyone : If there is anything that Military OneSource can assist anyone with please feel free to reach out Cecilia Solberg: Cecilia.solberg@militaryonesource.com 775-200-6154

10:35:54 From Beth Hemmila- NDVS Women Veterans Service Officer to Everyone : VA Women Veterans Health <https://www.womenshealth.va.gov/> Center for Women Veterans <https://www.va.gov/womenvet/>

Nevada Women Veterans Portrait Exhibit "Through Our Eyes" from the VA Sierra Nevada Health Care System. Click on each Women Veteran's photo to read their full story. https://www.reno.va.gov/through_our_eyes.asp

10:41:32 From Alanna S. (U.S. Senator Cortez Masto) to Everyone : VA Resources for Women Veterans in Southern Nevada Women's Health Center ((VA Southern Nevada Healthcare System) <https://www.lasvegas.va.gov/services/women/index.asp>

VA MST Coordinator (VA Southern Nevada Healthcare System)

https://www.lasvegas.va.gov/Military_Sexual_Trauma_MST.asp

10:47:46 From Beth Hemmila- NDVS Women Veterans Service Officer to Everyone : Read about Deborah Sampson Act <https://www.veterans.senate.gov/newsroom/minority-news/testers-historic-deborah-sampson-act-signed-into-law>

10:49:14 From Alanna S. (U.S. Senator Cortez Masto) to Everyone : VA Behavioral Health (VA Southern Nevada Healthcare System) https://www.lasvegas.va.gov/services/Behavioral_Health.asp
Phone: 702-791-9062

VA PTSD Program (VA Southern Nevada Healthcare System)

*Requires referral from behavioral health

https://www.lasvegas.va.gov/Behavioral_Health/Posttraumatic_Stress_Disorder_Program_PTSD_Program.asp

10:49:31 From Lachrisha Parker to Everyone : We at the Military Women's Memorial would love for you to register your story and share with other women that have served. Past, Present and Future. #Herstory

<https://womensmemorial.org/index.php/make-herstory/>

10:53:40 From Fred Wagar, NDVS Deputy Director of Ops to Everyone : Reno information: <https://www.reno.va.gov/services/women/index.asp>

10:54:51 From Bobi Oates to Everyone : LA Vegas VA has a new Women's Program Manager, Cindy Miller, she is starting this week

10:55:09 From Fred Wagar, NDVS Deputy Director of Ops to Everyone : Bobi, thanks for sharing!

10:55:18 From Bobi Oates to Everyone : SNV phone number 702-791-9000, ext 14358

10:55:41 From Melissa Washington to Everyone : Hello Everyone! October 8-10 Tropicana Resort, Las Vegas Connecting with your sisters! Feeling inspired by engaging speakers. Tasting delicious food. Relaxing & Laughing. Healing & Growing all in one weekend. Come be a part of this amazing weekend!
<http://womenveteransunconference.com/>

10:57:03 From Bobi Oates to Everyone : Please register with the Military Women's Memorial www.womensmemorial.org

10:58:22 From A'Keia Sanders(U.S. Senator Catherine Cortez Masto) to Everyone : Hello! I have attached US Senator Catherine Cortez Masto's veteran resource guide, which includes a lot of the resources that have been discussed today. If you would like a hard copy, please email me at akeia_sanders@cortezmasto.senate.gov and I will mail you a copy.
<https://www.cortezmasto.senate.gov/imo/media/doc/20191108VetsGuide.pdf>

11:03:39 From Bobi Oates to Everyone : www.swordandplough.com

11:04:35 From Bobi Oates to Everyone : ladybrigade.com

11:05:51 From Pamela to Everyone : We have a special program we are opening in Ohio for Women Veterans for MST, PTSD treatment and substance abuse treatment programs called Heroes' Mile Ohio. We also have Heroes' Mile in Deland, FL near Daytona for all Veterans. And soon opening a Heroes Mile in Longview, TX and a Heroes' Mile in Las Vegas at the Vance Johnson Recovery Center. This program is Recovery through Common Ground and is For Veterans by Veterans with the medical staff and Director being Veterans themselves. Please call me or email pmartis@oglethorpe.com if you would like additional information. Mobile 813.283.8717. You can view the website at www.heroesmile.com and www.vjrc.org. TX and Ohio coming soon! V/R Pamela Martis

11:17:18 From Beth Hemmila- NDVS Women Veterans Service Officer to Everyone : EMDR Resources (eligible veterans) - Reno Vet Center

5580 Mill St. Suite 600

Reno, NV 89502

775-323-1294

<https://www.va.gov/directory/guide/facility.asp?ID=493>

11:21:27 From Kathleen Roehr's iPad to Everyone : Two excellent books for Women Veterans History month: No Man's Land by Wendy Moore. Healing Wounds by Diane Carlson Evans. Both on Amazon.

11:34:06 From Bobi Oates to Everyone : Last reminder, register with the Military Women's Memorial www.womensmemorial.org

11:41:53 From Brenda Campbell to Everyone : <https://pdhealth.mil/resource-center/intransition/media>

11:43:47 From Beth Hemmila- NDVS Women Veterans Service Officer to Everyone : https://taylorlab.psych.ucla.edu/wp-content/uploads/sites/5/2014/11/2011_Tend-and-Befriend-Theory.pdf

11:45:09 From Susan Shanahan to Everyone : https://taylorlab.psych.ucla.edu/wp-content/uploads/sites/5/2014/10/2006_Tend-and-Befriend_Biobehavioral-Bases-of-Affiliation-Under-Stress.pdf

11:47:24 From Annie Emprima-Martin to Everyone : My email is Annie@OneEmprima.com.

11:49:37 From Ingrid Swanson to Everyone : https://www.ted.com/talks/robert_waldinger_what_makes_a_good_life_lessons_from_the_longest_study_on_happiness

11:50:16 From Sgt Dixie to Everyone : Women Veterans of Nevada has members throughout the state. Meetings are held in Las Vegas, but our FB page shares information on events in all of Nevada for women veterans.

11:50:52 From Beth Hemmila- NDVS Women Veterans Service Officer to Everyone : Resources from the Women Veterans Conference will be posted here <https://veterans.nv.gov/women-veteran-events/>
NDVS Women Veterans Web Page <https://veterans.nv.gov/benefits-and-services/women-veterans/>
NDVS VSO services <https://veterans.nv.gov/benefits-and-services/veterans-service-officers/>
Link to Survey <https://veterans.nv.gov/2021survey/>
University of Alabama Women Veterans Survey tinyurl.com/y24z685p
<https://www.facebook.com/NevadaDepartmentofVeteransServices/posts/3504379712992969>

11:51:04 From Beth Hemmila- NDVS Women Veterans Service Officer to Everyone : University of Alabama Women Veterans Survey tinyurl.com/y24z685p
<https://www.facebook.com/NevadaDepartmentofVeteransServices/posts/3504379712992969>

11:52:43 From Rebecca Ryals VBA Reno to Everyone : Veterans seeking compensation and pension assistance from the VBA in Nevada are welcome to call either the Reno or Las Vegas office: Reno 775-321-4712 or Las Vegas 702-224-6840. www.va.gov

11:58:20 From Alanna S. (U.S. Senator Cortez Masto) to Everyone : Senator Cortez Masto is co-hosting Nevada's Virtual Job Fair
March 25th , 2021 10:00am-2:00pm

More information:

<https://www.nvcareercenter.org/wp-content/uploads/2021/02/8-2021-Virtual-Job-Fair.pdf>