



HOOSIER VETERAN

Newsletter



"The way to right wrongs is to turn the light of truth upon them." – Ida B. Wells

**This Month has meaning for many of our
Indiana Military & Veteran Community**

February
Black History
Month

February 1
National
Freedom Day



February 4
USO
Birthday

February 19
Coast Guard
Reserve Birthday

Week of February 12
National Salute to Veteran Patients



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Honoring Black History Month and the Indiana Veteran Community



The Indiana Department of Veterans Affairs (IDVA) proudly recognizes the invaluable contributions of Black service members throughout our nation's history. This month serves as an opportunity to reflect on the sacrifices and achievements of African American veterans who have played a pivotal role in securing the freedoms we cherish today.

Black servicemen and women have demonstrated courage, resilience, and dedication in the face of adversity. Despite the challenges they have faced both in and out of uniform, their unwavering commitment to defending our nation is inspiring.

The IDVA remains committed to honoring and supporting Indiana's diverse veteran community. Through various programs, events, and initiatives, we strive to ensure that all veterans receive the recognition, resources, and assistance they deserve. As part of our efforts, we encourage all Hoosiers to take the time to learn more about the rich history and sacrifices of African American service members.

LEARN MORE FROM:

- [National Veterans Memorial Museum](#)
- [Veterans Administration](#)



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Healthy Hearts Fashion Show



Cardiovascular disease (CVD) is nothing to skip a beat about especially for women who serve or have served in the military. Studies show women veterans face a higher of risk CVD than women who have never served. There are multiple factors behind this elevated risk everyone should know.

While many are familiar with common heart attack symptoms; chest pains, shortness of breath, and dizziness, women often have additional signs which are less commonly identified with having a heart attack. Additional signs include abdominal pain, nausea, and extreme fatigue (to name a few). Many women do not identify these signs as being life threatening and are mistaken for temporary digestive issues. This misdiagnosis can delay essential medical treatment and can result in irreversible damage to the heart or even death.

Missed diagnosis is just one barrier women veterans are challenged with when it comes to CVD. When comparing women veterans to women who have not served in the military, the Veterans Administration (VA) Health Systems Research reports women veterans have a higher rate of obesity and a higher diagnosis of diabetes in every age group. Women veterans also face a higher risk of being homeless, survived sexual assault, and a much higher rate of depression or Post Traumatic Stress Disorder than women who have not served in the military. When compared their male counterparts, women veterans have a lower success rate of quitting smoking.

The Mayo Clinic in an article titled, "Heart disease in women: Understand symptoms and risk factors" acknowledges diabetes, obesity, smoking, and emotional stress and depression are all risk factors for women having CVD.



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Healthy Hearts Fashion Show

The Indiana Department of Veterans Affairs is teaming up with the Roudebush VA Medical Center to raise awareness regarding women veteran heart health during the second annual Healthy Heart Fashion Show. The fashion show is a platform to bring the community together and inform about identifying barriers, eliminating risks, practicing prevention techniques, and seeking treatment for a healthy heart.

Join us Friday, February 28 for the Healthy Heart Fashion Show at 777 North Meridian St. There will be free parking located across the street. The social hour starts at 6:00 p.m. with free hors d'oeuvres and the show starts promptly at 7:00 p.m. showcasing over more than 35 all fitted with a healthy heart tip for attendees.

**FASHION SHOW
HEALTHY HEART**

FEBRUARY 28, 2025

6:00pm-7:00pm
Social Hour with free hors d'oeuvres

7:00pm PROMPTLY
Fashion Show

Free Parking ♥ Free Parking ♥ Free Parking

Indiana Veterans Center
777 North Meridian St. Indianapolis

Limited Seating Available

PROMOTING HEALTHY HEARTS FOR
WOMEN VETERANS

IDVA  Indiana Department of Veterans Affairs
777 North Meridian St.
Indianapolis, IN 46204

VA  U.S. Department of Veterans Affairs
Veterans Health Administration
Veteran Health Indiana

 **OPERATION:
JOB READY VETERANS** 

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What's Happening

Scott County Vietnam Veterans Day Celebration

The Scott County Vietnam Veterans Day Celebration is scheduled for Saturday, March 29, 2025, from 10:00 AM to 4:00 PM, at the Scott County Courthouse Front Lawn, located at 1 E McClain Ave., Scottsburg, IN 47170. This event honors Vietnam veterans, their families, and all veterans of Scott County. For more information, [click here](#).




SUBMIT A VETERAN EVENT!

Tell us about events to support, serve, and advocate for your veteran community!

We want to know about events happening all across our great state. Visit our site and let us know to add it to our website calendar!



What's Happening?

Find events 
Check out the IDVA event calendar today.

VISIT THE IDVA NEWSROOM FOR OTHER NEWS & INFORMATION



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VA News & Notes

The 2025
Veterans
Benefits Guide
is now
available

LEARN MORE 

Federal Benefits

for Veterans, Dependents, Survivors, and Caregivers

2025 Edition

VA
insurance
options and
eligibility.

LEARN MORE 



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Your IDVA

[Indiana Veterans Memorial Cemetery](#)



[Learn More](#)



[Learn More](#)



[Indiana Veterans Home](#)

[Military Family Relief Fund \(MFRF\)](#)



[Learn More](#)



Indiana Benefits Spotlight

Apply for a Veteran ID Card



Eligible veterans with an honorable or general discharge can apply online for a digital Veteran ID Card (VIC) to access various discounts and services. Ensure you have your Social Security number, a digital copy of your discharge documents, a valid government-issued ID, and a recent color photo that meets specific requirements. To apply, click below.

[Apply Today](#)



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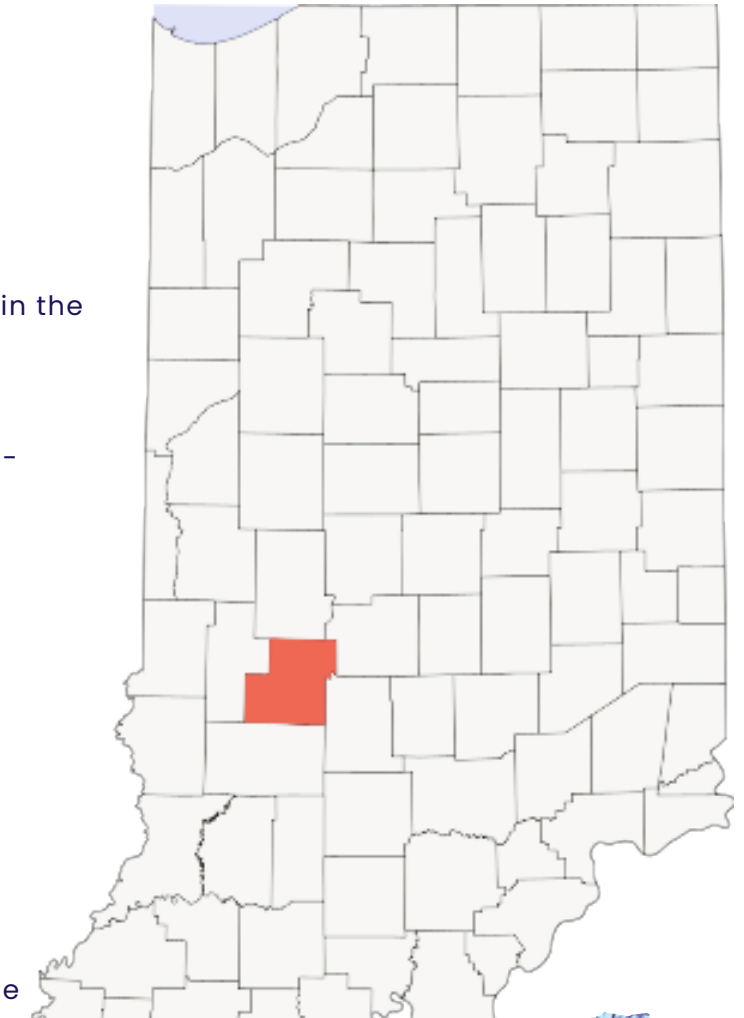
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CVSO Spotlight

CVSO SPOTLIGHT

This Veteran Service office offers assistance in the following:

- Obtaining your DD-214
- Discharge Review
- Filing claims for service connected or non-service connected disabilities
- Education benefits
- Low Income Wartime Pension Benefits
- Survivor Benefits
- VA Medical Care
- VA Home Loans
- G.I. Bill Benefits
- Vocational Rehabilitation
- Burial Benefits
- Property Tax Abatement
- Tuition and Fee Exemption for Children of Disabled Veterans
- Motor Vehicle License Plates
- Resident Veteran Hunting & Fishing License



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[Read More](#)

GI Bill® is a registered trademark of the U.S. Department of Veterans Affairs (VA). More information about education benefits offered by VA is available at the official U.S. government Web site at <http://www.benefits.va.gov/gibill>.

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IDVA Partner Spotlight

This Indiana Veteran Community consists of veterans, family members, caregivers, friends, organizations, and providers that touch veteran lives in some way. Indiana owes a great debt to its veterans, past and present, for their personal sacrifices and dedicated service. IDVA is committed to providing quality services, benefits, and programming with our great partners.

[Read More](#)

IDVA Partner Feature:

The True Top 1% Foundation is a non-profit organization dedicated to supporting military veterans through art therapy. Only about 1% of Americans serve in the military, and the foundation honors these individuals as the "True Top 1%."



Inspired by the experiences of a retired Army veteran, the foundation believes in empowering veterans to reclaim their narratives, confront trauma, and build resilience. Through initiatives like Arts4Vets, #Painting4PTS, and Mental Health Art Packages, they provide creative outlets to navigate PTSD and other challenges.

Learn more about the foundation and how you can get involved by visiting truetop1percent.com.



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