



THERE
ARE NO



WITHOUT



HEROES
HER!



When I was scrolling thru pictures on FB I came across this one....I thought about it for a moment and thought to myself what if this Mother was talking to her daughter about joining the military? What words could she share that would truly impact her daughter and that we can share as well....

This mother having served herself, perhaps she would say,
"Women Veterans have achieved amazing successes in the military. Some have become four-star generals, commanded ships, earned medals of honor, and piloted space shuttles. There is no limit to what they can achieve. They've served our country with courage, loyalty, and pride. After they have taken off their uniforms, they continue to serve as leaders in so many ways, leaders in government, leaders in their community, and leaders in business with the training they received. They are mothers, daughters and so much more....Today's women Veterans are shaping the future, and did you know that the VA is committed to providing women Veterans the access to gender-specific care they have earned and deserve!"



But who can be a Women Veteran...

“A woman is a Veteran if she served in the active military, naval or air service and separated under any conditions other than dishonorable. There are **more than 2 million women Veterans living in the U.S. today**. Women are the fastest growing group in the Veteran population. In 2000, women were only 4% of the Veteran population. **By 2040**, women **will be 18% of the Veteran population**. Today’s women Veterans are the best-educated and most diverse generation. **They are generally younger than male Veterans and will**

have many opportunities to receive VA care!!!

She served, she deserves
the best care anywhere!!!



“Well, where do you find VA care???”

You start out by contacting.....

- Women Veterans Call Center: 855-VA-WOMEN for information,

OR

- **Laura Caisse, LCSW**
Women Program Manager
Rm W643, 6th Floor, 718 Smyth Road, Manchester, NH
03104
603-624-4366 Ext. 6541
Email: Laura.Caisse@va.gov

Care that is provided at VA Manchester health care.....an overview to start:

The women's health program offers women Veterans comprehensive care, including:



- Primary care
- Gynecology
- Maternity care, childbirth education classes, and postpartum support
- Ultrasounds and mammograms
- Mental health care and counseling
- Lifestyle wellness services

Here are more specific details under the above care:

What women's health services does VA provide? (according to the VA Manchester website)

They provide primary care services, including:

- General services, like disease prevention and nutrition counseling
- Reproductive health services, like birth control, preconception counseling, and menopausal support (hormone replacement therapy)
[Learn more about reproductive health services](#)
- Screenings, like cervical cancer screens (Pap smears) and breast cancer screens (mammograms)
- Mental health services for depression, posttraumatic stress disorder (PTSD), and substance use problems
[Learn more about mental health services](#)
- Free, confidential (private) counseling and treatment for mental and physical health conditions related to military sexual trauma (MST)
[Learn more about services for MST](#)

They also provide specialty services, including:

- Screening and management of chronic (long-lasting) conditions, like heart disease and diabetes
- Screening and management of sexually transmitted diseases (STDs) like HIV/AIDS and hepatitis
- Maternity care and other reproductive health services
- Treatment for sexual problems, urinary incontinence, and other issues
- Prosthetic and sensory aid (PSA) services, like prosthetic limbs, hearing aids, and post-mastectomy items
- Referrals for physical therapy, occupational therapy, speech-language therapy, and other rehabilitation therapies

- [Homebound and long-term care for those who meet specific requirements](#)

Telephone care

If you're a woman Veteran and you're currently signed up for VA health care, you can reach a VA health care provider at your local VA medical center by phone 24 hours a day, 7 days a week. This provider will answer questions and give you advice on health concerns. If you're currently signed up for VA health care, contact your VA medical center and ask for the provider's phone number.



Take the time to share this valuable information and foundation to all women Veterans so they too can embrace the Women's Health Services that are available at the VA Medical Center in Manchester, remember.....

She served, she deserves the best care anywhere!

Remember, "With Hands that Serve, and Hearts that Care" take time and put these important telephone numbers in your phone today so you can be ready to share as needed.....



- Women Veterans Call Center: 855-VA-WOMEN
- Center for Homeless Vets: 877-424-3838
- Veteran Crisis Hotline: 800-273-8255, press 1
- Caregiver Support Line: 855-260-3274

In doing so, you have demonstrated, "*your reason to live is your reason to give of yourself*" and help Women Veterans receive the gender specific medical care that they earned and so rightly deserve.....

Thank you! Madeline Dreusicke, Hospital Chairman