

Macomb Veterans Action Collaborative Minutes  
Virtual Meeting  
Monday, February 07, 2022

**I. CALL TO ORDER**

The meeting was called to order by Laura Rios at 9:03 A.M.

**II. ATTENDEES:**

David Hannum	Lisa Marie Duncan-Edwards	Laura Rios
Mike Schmitz	April Clipper	Chris Reilly
Diana Laskey	Erika DeLange	Gabriella Barthlow
Gary Purcell	Gerald Curley	Joe Thayer
John Babcock	Joyce Moultrie	Kara Fields
Katie Carroll	Kevin Hrit	Lisa Bowling
Mark Kilgore	Mark Meadows	Monica Alderman
Ninette Probyn	Paul Salcepuedes	Pazz Colston
Stephen Boegehold	Teena Sawicki	Monisha Scott
Sharon Urban		

**III. INTRODUCTIONS/APPROVAL OF MINUTES**

**Laura asked all attendees to enter their name in the chat box.**

The December 6, 2021 meeting minutes were approved and recorded as written.

**IV. SPECIAL SPEAKER: Michael Schmitz – H-Wave**

*“H-Wave is a multi-functional electrical stimulation device intended to speed recovery, restore function, and manage chronic, acute or post-operative pain. It is a non-invasive drug-free alternative treatment option without harmful side effects. This unique technology stands apart from other electrotherapy modalities such as TENS, which only masks pain while the device is on, and traditional muscle stimulators; which use harsh signals and fatiguing muscle contractions to re-educate muscle. Whereas H-Wave is a rehabilitative device that focuses on addressing the root cause of symptoms and providing lasting, cumulative benefits; which patients can feel long after the device is taken off. H-Wave can be used in a clinical setting, but is most effective when used on a regular basis. Patients can easily use the Home H-Wave device on their own several times per day or several times per week. Treatments typically last 30-60 minutes on average and can be done while relaxing in the comfort, convenience and privacy of their own home or preferred setting. Home H-Wave is used to help relieve pain and help speed the recovery process by increasing blood circulation and lymphatic drainage, improving range of motion, relaxing muscle spasms, and preventing disuse atrophy.” (Excerpt taken from <https://www.h-wave.com>)*

This company is Veteran owned, made in the USA and is FSS & VA (Federal Supply Scheduled Service) contracted. The summarized process for ordering an H-Wave from VA is as follows: VA doctor or therapist places prosthetics request, VA Doctor/therapist documents medical justification, Prosthetics issues PO to H-Wave, H-Wave consultant provides the Veterans with a personalized fitting, Veterans provides feedback on Function,

Medication, and Pain, and Veteran has H-Wave for life and can contact the H-Wave consultant with any questions. Please contact Michael at 773-595-5320 or [mschmitz@h-wave.com](mailto:mschmitz@h-wave.com) for more information.

**V. AGENCY UPDATES/ROUND ROBIN:** There were no agency updates at this meeting.

Chris Reilly stated all four Macomb County offices are open for services. Work shop activities such as the boot camp are still on hold. The contact persons for each of these offices have changed, so please contact Chris for updated information. [creilly@macomb-stclairworks.org](mailto:creilly@macomb-stclairworks.org)

Paz Coleston stated that two veterans had moved on out of their shared housing. If you know of any male veterans who are in need of her services, please contact her at 313-757-2269 or visit their web site at [homesforheroicveterans.com](http://homesforheroicveterans.com).

Gary Purcell stated is March 29 is the nationally recognized Welcome Home Vietnam Veterans Day. The VVA Chapter 154 will be celebrating at the VFW Bruce Post from 3:00 pm - 8:00 pm. All veterans are welcome to attend. There will be food, music and fellowship. The VA hospitalized veteran program is open from February 13 – February 19<sup>th</sup>. Please contact the VAMC to find out how you can send cards to the veterans who are hospitalized. The VVA Chapter 154 remains busy as well as their food bank.

Ninette Probyn stated the Chesterfield VA Veteran's Home received "a ton" of donations in December. They will be having a 5K run on May 21 (Armed Forces Day) to support the Life Enrichment Fund. They will be looking for donations for this event. They are looking for people to donate and adopt a bed at their gardens. Please contact her at 586-260-0850 or [probyn@michigan.gov](mailto:probyn@michigan.gov) for more information.

Joe Thayer stated the Macomb Family Services has been operating since 1957. They have three different branches of services: Group Homes, Behavioral Health and Prevention. They also do telehealth and school presentations. Please visit their website at <https://macombfamily.org/about> or contact him directly [jthayer@macombfamily.org](mailto:jthayer@macombfamily.org) for more information.

Kara stated there are continuous changes within the education services. Regarding the Post 911 GI Bill, veterans must certify they have been attending with VA, if they do not, they will not get a housing payment. Please contact [fieldsk61@macomb.edu](mailto:fieldsk61@macomb.edu) for additional information.

Mark Kilgore stated the Sober bowl party will be held on 2/13/22 this year; this is an alcohol free alternative for a Super bowl party. Care of SE Michigan is expanding their services for veterans training. They are seeking Peer Recovery Coaches to assist veterans who are recovering from substance abuse. All services are free. Please contact [mkilgore@careofsem.com](mailto:mkilgore@careofsem.com) or 586-224-1114 for more information.

Mark Meadows stated Veteran employment in Healthcare and manufacturing is still strong. The VA has been supporting Veteran resource fairs by providing food boxes, health screenings/Covid shots and the Vet Center van.

Kevin Hrit stated the Senator Peter remains committed to assisting veterans and support services. Please contact his office at 248-678-9129 or [Kevin\\_hrit@peters.senate.gov](mailto:Kevin_hrit@peters.senate.gov) for questions and/or concerns.

April Clipper, Military One Source, stated the Chill Drill app is available for download. *"Chill Drills is a collection of simple audio mindfulness exercises to relax the body and mind. The Department of Defense developed these relaxation exercises for the military community and are free to service members and their*

families via the mobile app or the Military OneSource website.” (Excerpt taken from <https://www.militaryonesource.mil/health-wellness/healthy-living/managing-stress/chill-drills-by-military-onesource-app>.) Contact [april.clipper@militaryonesource.com](mailto:april.clipper@militaryonesource.com) or 989-415-9846 for more information.

Katie Carroll gave a brief summary of the Michigan Veteran Trust Fund and the Soldiers and Sailors Relief Act/Fund. She is the Macomb County agent for both of these grant programs. Please contact her for more information. [Katie.carroll@macombgov.org](mailto:Katie.carroll@macombgov.org) or 486-469-6138.

Diane Laskey introduced herself as the new Veteran Navigator. She encouraged anyone to reach out to her. Starting on March 11, they will be hosting a Coffee Hour for Macomb County veterans at the VVA Chapter 154. This event will run every Saturday (after March 11) from 9:00 – 10:00.

Laura stated that Commissioner Don Brown wanted to do Veteran Events in Romeo, Shelby and Richmond. They dates will be April 14, 19 and 21 from 4:00 – 8:00 pm. These dates and times have not been confirmed. Typically staff from Laura’s office and member representative from the different service branches of the collaborative will attend and set up a table to talk to veterans and give information. She will keep the collaborative updated as it progresses.

Paul Salcepuedes stated their offices are still working remotely. The best way for a veteran to get assistance is to contact MichiganWorks! and identify as a veteran. As of right now, there are no plans to come back into the office and/or work face to face.

Elizabeth Sargent stated they have SSVF funds available please send Veterans who are experiencing homelessness or eviction to us. 586-469-6314

Teena Sawicki from the VA wanted to remind everyone that her office is available to provide free training regarding suicide. The training lasts 1 hour and gives an overview of suicide prevalence, risks, warning signs and guidance on how to intervene when someone is suicidal. For more information please contact her at 313-576-1000 x 65794 or [tenna.sawicki@va.gov](mailto:tenna.sawicki@va.gov). She also asked that everyone to put on their website, phone message and keep handy, the VA Veteran Crisis Line 800-273-8255 x 1.

**VI. VCAT UPDATE/MVAA UPDATES:** There were no MVAA updates

Kara stated the next VCAT meeting will be held virtually on 3/4/22 at 10:00. (A link was provided in the chat box) The focus of this meeting will be Quality of Life. Gabriella stated she will be stepping down from VCAT within the next few months; Monica Alderman will be taking on her duties.

**VII. NEXT MEETING**

April 4, 2022

**ADJOURNMENT**

The meeting was adjourned at 10:35 A.M.