

ATTENTION WOMEN VETERANS!!



You are invited to the following activities for women veterans who are enrolled at
VA Central Iowa Health Care System in Des Moines

<p>Mon. Jan. 8—6-8pm Bldg. 12/CLC Room B109</p> <p>Cat Rocketship, artist, is coming back to teach us some drawing or painting techniques. Your finished piece could be entered into the National Veterans Creative Arts Competition in Feb too! No experience needed but please RSVP by Jan. 3 so we have enough supplies on hand.</p>	
<p>Wed. Jan. 17—1:30-2:30pm Canteen Area Main Bldg of VA</p> <p>Meet with the Dietician</p> <p>Come learn about and make some healthy recipes with one of the VA Dieticians. Ask your food and health questions!</p>	
<p>Various dates in Jan and Feb-Suzanne will send out an e-mail to those interested after the Dec. 15 meeting to discuss options.</p> <p>Work on group entries for the National Veterans Creative Arts Competition. You must be present at most meeting times if you want to participate in these projects. Please see more info on this activity below. Deadline for entering is FEB 1, 2018!!!! The show will be towards the end of Feb. Will let you know date when it is available.</p>	
<p>Thurs. Feb. 8 —4-7pm Bldg. 12/CLC Room B109</p> <p>Scrapbooking and Valentine's Treats</p> <p>Bring your crafts and/or pictures with you. We will have lots of paper, cutting tools, tape, stickers, ribbon and more as well as some help on hand if you need it. Come and visit with peers and enjoy some Valentine's Day treats. Feel free to bring a snack to share or your own dinner. Come and go as you like.</p>	
<p>Thurs. Feb. 22 —1-3pm Bldg. 7M/Conference Room 181</p> <p>Fleece Blankets-- Come make a few tie fleece blankets that are given out to hospitalized female veterans. No experience needed. Please stop by any time during this timeframe and help!</p> <p>***date may change once we find out date of Local Creative Arts Show-Suzanne will keep you posted.</p>	

SAVE THE DATE!

Our 2018 Women Veterans' Retreat will be Wed. May 9 to Thurs. May 10 at Camp Wesley Woods. More details to follow as it gets closer. Hope to see you there!



For questions or to sign up for an activity, please contact Suzanne Anderson, Music Therapist at 515-323-1427 (Suzanne.anderson4@va.gov) or Joni Osmundson, Recreation Therapist at 515-699-5999 x4980 (joni.osmundson@va.gov)

Bldg. 12 is located to the West of the Main Entrance at the VA. It is also called the Community Living Center (CLC—or nursing home building). Go in the main door under the bronze-colored awning and turn left. Room B109 is on your right halfway down the short hallway by the pop machine.

Bldg. 7M is located on the very west side of the VA campus. It houses audiology, low vision clinic and pain clinic. Come in the north door and go to your left and room 181 will be there on your right. It is a smaller room, but we can easily work on the blankets in there.

The National Veterans Creative Arts Competition is a talent contest that is nationwide throughout the VA system. Veterans can enter in the areas of art, creative writing, dance, drama or music. You may enter as an individual as well as with the group. There are a lot of categories you can enter in, including painting, photography, pottery, drawings, jewelry making, glasswork, knotting, craft kits, poetry, essay, short story, skits, presenting speeches or other's poetry, dancing, vocal music or instrumental music. Various members from the Women's Group have entered group projects over the past 3 years and 3 women won last year and attended the big Festival week in Buffalo, NY. If you would like more information on this National Competition, please contact Suzanne. **Deadline to enter is Feb. 1, 2018!!!!!!**