

Healthy Living Resource Guide

Your health, your way.
Choose Truman VA



VA



U.S. Department of Veterans Affairs

Veterans Health Administration
Harry S. Truman Memorial Veterans' Hospital

800 Hospital Drive
Columbia, MO 65201



Whole Health is a philosophy and an approach to delivering healthcare that empowers and equips people to take charge of their health and well-being and live their life to the fullest. Truman VA is committed to implementing the Whole Health System to provide health and well-being services that are based on partnering with Veterans to support their Whole Health and what matters most to them.



Healthy Living Matters. Prevention Works.

Healthy Living services, programs and tools, developed by the National Center for Health Promotion and Disease Prevention, are aligned with and support Whole Health and the Veterans Health Administration Whole Health System by specifically addressing Veterans' needs and preferences for health education, health promotion and prevention.

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Healthy Living Messages

Look for the icons in the top corner of the page that correspond with the messages below.



Be Involved in Your Health Care

- Take an active role.
- Work with your health care team to improve your health.



Be Tobacco Free

- Quitting smoking is the single most important thing you can do to improve your health and protect the health of your family members.
- Don't use tobacco in any form.



Eat Wisely

- Eat a variety of foods including vegetables, fruits, and whole grains.
- Limit salt, fat, sugar, and alcohol.



Be Physically Active

- Avoid inactivity.
- Aim for at least 2 1/2 hours of moderate intensity aerobic activity each week.



Strive for a Healthy Weight

- If you need to lose weight, losing even a little will help.
- If you are of normal weight, maintain it.



Limit Alcohol

- If you choose to drink alcohol, drink in moderation (woman no more than 1 drink a day; men no more than 2 drinks a day).
- Avoid "binge drinking".



Get Recommended Screening Tests and Immunizations

- Recommendations for preventive services depend on your age, gender, health status, and family history.
- Ask which screening tests and immunizations are recommended for you.



Manage Stress

- Pay attention to stress.
- Learn about ways to help you manage and reduce your stress.



Be Safe

- Find out how to prevent sexually transmitted infections, falls, and motor vehicle crashes.
- Take action to protect yourself and those you love from harm.

Veterans Health Library (VHL)



A health and medical information resource developed for use by Veterans and their family members. All the information in the VHL has been written and designed specifically for Veterans in a way that is easy to understand. The purpose of the VHL is to promote Veteran understanding and participation in their health care. The VHL provides over 2,000 health and drug information sheets in English and Spanish, over 100 health education videos, online booklets with easy-to-use page turning, and hands-on tools and quizzes.



Online Resources

<https://veteranshealthlibrary.va.gov/>





Whole Health Facilitated Groups

What do I want my health for?

Whole Health is a new concept of approaching health and well-being. In this group, together, we will focus on advanced healthcare planning and the components of health and well-being such as: mindfulness, exercise, sleep, nutrition, connecting with others and contemplating what really matters to us. We will ask ourselves, "What do I want my health for?"

Eligibility

Any Veteran interested in making positive changes for their health and well-being may participate in these closed groups. Providers or other clinical staff can add if the Veteran is interested. Consults are currently being built, but are not available for use at this time.

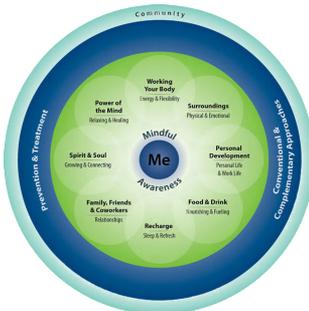
Dates and Times

These are 60-90 minute weekly sessions, lasting for 9 weeks. Due to the building nature of the content, Veterans must begin with session one.

Online Resources

Veterans can visit this site to learn about the Whole Health approach and to print a copy of a personalized health plan (PHP).

<http://www.va.gov/patientcenteredcare/>



**Whole
Health**
for **Life**

Be Tobacco Free



Thinking about Quitting Tobacco?

Many tobacco users would like to quit tobacco, but just aren't sure they can. Just thinking about quitting tobacco can make them nervous.

However, with support and coaching, you can overcome fear, learn healthy ways to manage stress and beat the urge to use tobacco.

Quitting is one of the best things you can do to improve your health and your quality of life. Don't let fear or lack of confidence stand in the way of achieving your freedom from tobacco!

Tobacco Cessation Program

The Truman VA Tobacco Cessation Program offers education, coaching and support to help Veterans quit tobacco.

Thinking About Quitting Class

This one-time educational program teaches you how to successfully quit when you are ready. You are not required to quit to attend this program. Learn about:

- The many benefits of quitting.
- How to build a 'Quit Plan' to target the physical, psychological and habit parts of tobacco dependence.
- How cessation aides and medications can help you quit.
- Preventing slips and relapse.
- Options to help you quit when ready.

Quit Tobacco Program

Meets Tuesdays from 8:30 to 10:00 am for 7 weeks. Helps you better understand your tobacco habit, develop a personal quit plan, learn how to cope with urges, and how to enjoy life a tobacco-free lifestyle! Veterans quit as a group on session 4. The remaining classes help you to stay quit and prevent slips and relapse. Classes are available at most CBOCs.



Be Tobacco Free (cont.)

Telephone Quit Line

1-855 QUIT VET (1-855-784-8838) is a toll free telephone smoking quit line for Veterans. Speak with a counselor to get individualized coaching, help developing a quit plan, strategies to prevent relapse, and follow-up calls to help you stay quit. Trained cessation counselors are available Mon-Fri 7am-9pm Central Time.

Follow-Up

Relapse Prevention Group is for Veterans who have quit tobacco but could use additional support to address any ongoing difficulties. Offered bi-monthly.



Be Tobacco Free

Eligibility

No consult required call directly to make an appointment.

Contact Information

573-814-6000 x52489

Online Resources

<http://www.publichealth.va.gov/smoking/>

<https://www.mentalhealth.va.gov/quit-tobacco/how-to-quit.asp>



MOVE! Level I Program



This is a two hour educational program taught by a dietitian, psychologist and MOVE! coordinator. We focus on nutrition, goal setting for weight loss and increasing daily physical activity.

Eligibility

Must have a BMI of 25 or higher. No consult is required.

Dates and Times

Second Monday and third Friday from 9:30-1130. Offered only at Truman VA Medical Center.

Contact Information

573-814-6000 x52489

Online Resources

www.move.va.gov

www.choosemyplate.gov





MOVE! Level II Program

This is a 16-week weight management class. We focus on nutrition, developing a new relationship with food (coping/stress management) and increasing daily physical activity. Weekly food journaling, nutrition and activity goal setting is included as part of this program.

Eligibility

Must complete MOVE! Level I first. BMI > 30

Dates and Times

Mondays from 1:00 pm - 2:00 pm

Truman VA Medical Center, Waynesville, Osage Beach, Sedalia and Kirksville

Wednesdays from 1:00 pm - 2:00 pm

Waynesville, Marshfield, Mexico, St. James

Thursdays from 8:30 am - 9:30 am

Truman VA Medical Center, Waynesville, Osage Beach, Sedalia, Kirksville and Jefferson City

Contact Information

573-814-6000 x52489

Online Resources

www.move.va.gov

www.choosemyplate.gov



MOVE! Coach App



MOVE!® Coach is a weight loss app for Veterans, service members, their families, and others who want to lose weight. This 19-week program guides the participants to achieve success with weight loss through education, and use of tools, in an easy and convenient way. Participants can monitor, track, and receive feedback regarding their progress with weight, diet, and exercise goals.

- **Self-Management Guides** – educate the participant on a variety of weight-management success strategies using videos, worksheets, games, and other tools. Guides will be made available weekly or bi-weekly, based on your progression through the 19-week program.
- **Weight, Diet and Physical Activity Diaries** – for daily tracking of weight, diet, and physical activity
- **My Goals and Progress** – participants can set weight loss and SMART goals, and see progress reports and summaries
- **How to Solve Problems** – additional resources for overcoming barriers. This app can be used by itself, but additional benefit may be achieved if used in combination with treatment with your healthcare provider.





Integrative Medicine Program

Integrative Health and Wellness program teaches our Veterans and Employees methods to achieve stress reduction and relaxation, increased comfort and strength, flexibility and improved overall health.

What to Wear

Dress comfortably in clothes in which you can easily move. Tennis shoes are preferred.

Programs Offered

Mantram Repetition - The process of repeating a mantram, a spiritual word, phrase, or brief prayer that when repeated silently to the self can calm the body, quiet the mind and improve concentration to restore the spirit.

Guided Meditation - A group of techniques where individuals learn to focus their attention and suspend the stream of thoughts that normally occupy the mind

Reiki - Reiki is a biofield therapy where an experienced practitioner uses their hands to strengthen and normalize certain vital energy fields within the body.

Tai Chi - Tai chi is a mind-body practice that originated in China as a martial art. The practice includes slow and gentle body movement, while breathing deeply and meditating to help the flow throughout the body of a proposed vital energy called "qi."

Whole Health Coaching - Whole Health Coaching is a process that empowers individuals to make lasting health behavior changes that are the cornerstones of lifelong well-being. It bridges the gap between medical recommendations and patients' abilities to successfully implement those recommendations into their life.

**Whole
Health
for Life** 

Integrative Medicine Program (cont.)



Yoga

Yoga is a mind and body practice with origins in ancient Indian philosophy. The various styles of yoga typically combine physical postures, breathing techniques, and meditation or relaxation.

Whole Health 101

A one-time monthly introductory course (with in-class practice) to orient interested individuals with little or no experience in Whole Health and the Integrative Health and Wellness services offered.

Eligibility

Please contact your Primary Care team or the extension below to schedule Veterans. All Truman VA staff members and volunteers may participate in any class offerings as walk-in if space is available.

For Tai Chi, Guided Meditation, and Yoga - enter "Integrative Medicine Consult."

Dates and Times

Variable. Please call for more information.

Contact Information

573-814-6000 x56273





PACT Dietitians

An individual telephone or in-person appointment can be made with a PACT Dietitian. Individualized nutrition assessment and education for general health or disease-specific interventions. Significant others are welcome to attend appointment.

Eligibility

A consult from your provider or walk-ins also welcome.

Dates and Times

Monday through Friday
8:00 am - 4:30 pm
excluding Federal Holidays

Contact Information

All Registered Dietitians are accessible through Secure Messaging at CO-NUTRITION



Introduction to Diabetes Self-Management



The Diabetic Education Program is designed to help Veterans better understand diabetes and the importance self-management skills to living well with diabetes.

Eligibility

Veteran must have diagnosis of diabetes.

Dates and Times

Three hour class held twice a month, first and third Wednesday.
Call for specific times and locations.

Contact Information

All Registered Dietitians are accessible through
Secure Messaging at CO-NUTRITION

573-814-6000 x54510

Online Resources

www.move.va.gov

www.choosemyplate.gov



Diabetes Shared Medical Appointment

The Diabetes Shared Medical Appointment is a follow-up to the Introduction to Diabetes Self-Management. This two hour monthly class enhances Veterans understanding of nutritional aspects of diabetes management, in particular counting carbohydrates. Veterans also receive an individual medical evaluation, a foot examination, and health coaching for setting achievable lifestyle goals to help better manage diabetes.

Eligibility

Completion of Introduction to Diabetes Self-Management

Dates and Times

Second Tuesday of each month from 10:00 am - Noon

Contact Information

573-814-6000 x54510



Bariatric Surgery Referral Educational Program



90 minute presentation for Veterans who are considering bariatric surgery. Discussion on surgical options, nutrition changes required and lifestyle changes required for surgery.

Eligibility

Must have BMI 40-60 or BMI 35-39.9 with co-morbidities: type II diabetes, hypertension, sleep apnea, coronary heart disease, hyperlipidemia, high cholesterol or osteoarthritis.

Primary Care Provider must send a bariatric surgery referral consult. Consult is located under "Misc Consults" and is titled "Bariatric Surgery Screening."

Dates and Times

Class offered every 4th Wednesday of the month from 9:00 am - 11:30 pm

Contact Information

All Registered Dietitians are accessible through Secure Messaging at CO-NUTRITION

573-814-6000 x54510

Online Resources

<http://www.obesityhelp.com>

<http://www.bariatriceating.com>

<http://www.bsciresourcecenter.com>

<http://bariatricadvantage.com>



Team Red, White & Blue

Team RWB's mission is to enrich the lives of America's Veterans by connecting them to their community through physical and social activity.

Eligibility

Anybody can join.

Dates and Times

All activities can be found on the website link below.

Online Resources

<https://www.teamrwb.org/>

Contact Information

Todd Cowan, Team RWB's Athletic Director
todd.cowan@va.gov
573-814-6000 x52375



Peer Support Groups



Peer Support Specialists are Veterans who are VA employees too. These specialists help Veterans with serious mental illnesses and/or substance abuse/disorders to successfully engage in their treatment. Peer Support Specialists promote recovery by sharing their own recovery stories, providing encouragement, instilling a sense of hope, and teaching skills to Veterans. The Peer Support Specialists that provide these services are qualified and certified.



In this facility the Peer Support Specialists are assigned to a primary area of responsibility (PRRC, HUD-VASH and VJO). Even though they are assigned primary duties, they still facilitate peer groups both at this facility and surrounding Community Based Outpatient Clinics like Jefferson City, Lake of The Ozarks/Osage Beach, and Waynesville.

Dates, Times and Group Descriptions

Please click below to download and print a list of groups, their descriptions and schedules.

[Peer Support Groups in the Columbia EDIT.docx](#)



Primary Care Mental Health Integration (PCMHI)

PCMHI services offer assistance to Veterans when habits, behaviors, stress, worry or emotional concerns about physical or other life problems are interfering with daily life and or overall health. The PCMHI consultants work with your primary care team and are co-located within your primary care clinic to provide brief, solution focused interventions as well as care management of emotional concerns. In addition, PCMHI serves as a gateway to specialty behavioral health should more intervention is required.

Eligibility

None - all Veterans may use this service.

Dates and Times

No appointments are required. Services available during normal business hours. Walk-ins welcome.

Contact Information

Red & Silver Clinics

Lori Daniel, Ph.D.

573-814-6000 x53919

Blue & White Clinics

Paul Korte, Ph.D.

573-814-6000 x53958

All Clinics

Najmeh Feger, MSN

573-814-6000 x56277

Chaplain Service



Truman VA's Chaplain Service is available to address spiritual care needs of Veterans and family members. Chaplains provide bedside visitation, bereavement care, religious services, and address religious accommodations. They can also provide a link to community spiritual care leaders.

All Veterans and family members are eligible for chaplain support. Chaplain Service also provides support to staff for personal concerns, ethical consultations, and for assessment of patient needs. Chaplains lead weekly spiritual growth groups in the Behavioral Health unit for addictions treatment.



The Truman VA Chapel is located on the 3rd floor (room D309) of the hospital and is open 24 hours daily to everyone for prayer, meditation, or silent reflection.

Regularly scheduled worship services:

Sunday Protestant Service, 9 a.m.

Wednesday Catholic Mass, 4 p.m.

Saturday Catholic Mass, 4 p.m.

Other services as announced.





Chaplain Service

Chaplains are available daily during regular daytime hours and are on call for emergencies after hours. Contact Chaplain Service with the information below or ask a Truman VA staff member for help.



Online Resources

<http://www.columbiamo.va.gov/services/chaplain.asp>

Contact Information

Fr. Patrick Adejoh, Chief Chaplain Service

573-814-6000 x52200

patrick.adejoh@va.gov

Daniel Sparks, Chaplain

573-814-6000 x52202

daniel.sparks@va.gov



Rec Therapy Services



Recreation Therapy provides services to restore, remediate, and/or rehabilitate functional capabilities for Veterans with injuries, chronic illnesses, and disabling conditions. Recreation Therapy services embraces a philosophy of health promotion and disease prevention facilitated by qualified clinicians designed to support each Veteran's self-directed, self determined, and fully independent participation in their chosen life pursuits. Recreation Therapy services include assessment and treatment for physical, cognitive, emotional, psychosocial, and leisure deficits. Services are provided based upon applying the best available research evidence, using expert clinical judgment in consideration with the Veteran's individual goals, preferences, and values.

Recreational Therapy offers the following:

- Art Group
- Guitar Group (Healing Box Project)
- Rock Climbing
- Community Reintegration Group
- PGA Hope Golf Program
- Therapeutic Horseback riding with Cedar Creek
- Community Partnership Horseback riding with Coyote Hill
- Ski Clinic
- Bowling Tournament
- Softball Tournament
- Camo Sneakers Exercise class
-

National events:

- Golden Age Games
- Winter sports Clinic
- Summer Sports Clinic
- Creative Arts Festival





Rec Therapy Services



Eligibility

Meet with Recreational Therapist to determine eligibility.

Dates and Times

Variable. Please contact Erin Carr for more information.

Contact Information

Truman VA Recreational Therapy

Erin Carr

Recreation Therapist

erin.carr@va.gov

573-814-6000 x53647

Kelly Schilling

Recreation Therapist

kelly.schilling@va.gov

573-814-6000 x53646

Taylor Cudd

Recreation Therapist

taylor.cudd@va.gov

573-814-6000 x53645



PTSD Coach App



PTSD Coach was designed for those who have, or may have, post traumatic stress disorder (PTSD). This app provides you with education about PTSD, information about professional care, a self-assessment for PTSD, opportunities to find support, and tools that can help you manage the stresses of daily life with PTSD. Tools range from relaxation skills and positive self-talk to anger management and other common self-help strategies. You can customize tools based on your preferences and can integrate your own contacts, photos, and music. This app can be used by people who are in treatment as well as those who are not.



Help Desk

VA Care Teams: 844-482-6624

Veterans: 877-470-5947

Weekdays 7:00 am - 7:00 pm (CT)



Moving Forward App



Moving Forward provides on-the-go tools and teaches problem solving skills to overcome obstacles and deal with stress. The app is designed for Veterans and Service members, but is useful for anyone with stressful problems. It is especially helpful in managing challenges such as: returning to civilian life, balancing school and family life,

financial difficulties, relationship problems, difficult career decisions, and coping with physical injuries. It may be used alone or in combination with the Moving Forward online course.

The Moving Forward mobile app and online course were developed by the Department of Veterans Affairs and the Department of Defense.

Help Desk

VA Care Teams: 844-482-6624

Veterans: 877-470-5947

Weekdays 7:00 am - 7:00 pm (CT)

Mindfulness App



Mindfulness means noticing and paying attention to what is going on in the present moment, without passing judgment on it. Mindfulness has been shown to be effective for reducing stress, improving emotional balance, increasing self-awareness, helping with anxiety and depression, and coping more effectively with chronic pain.



Mindfulness Coach 2 was developed to help Veterans, Service members, and others learn how to practice mindfulness. The app provides a gradual, self-guided training program designed to help you understand and adopt a simple mindfulness practice. Mindfulness Coach also offers a library of information about mindfulness, 12 audio-guided mindfulness exercises, a growing catalog of additional exercises available for free download, goal-setting and tracking, a mindfulness mastery assessment to help you track your progress over time, customizable reminders, and access to other support and crisis resources.

Mindfulness Coach was created by VA's National Center for PTSD.

Help Desk

VA Care Teams: 844-482-6624

Veterans: 877-470-5947

Weekdays 7:00 am - 7:00 pm (CT)



Community Living Center (CLC) Caregiver Support Group

On-site support group for family members or significant others with a long term care patient admitted to the CLC.

Eligibility

Must be a significant other supporting a long-term resident on the CLC.



Dates and Times

Every other Wednesday from 1:00 pm - 3:00 pm in CLC's Family Room.

Contact Information

Marcia Gorrell, LCSW
marcia.gorrell@va.gov
573-814-6000 x52472

Caregiver Support Line



Caregivers play an important role in the health and well-being of Veterans. The Caregiver Support Program offers training, educational resources, and multiple tools to help you succeed.

The CSL is a toll free number for Caregivers, Veterans and/or Community Partners to call for supportive counseling, information, education, inquiries related to Public Law 111-163, referral to community local resources and/or CSCs. Click here for a calendar of regularly occurring educational calls.

Dates and Times

24/7

Online Resources

http://www.caregiver.va.gov/help_landing.asp

Brochures and Flyers

[December 2016 CSL Group Flyer.docx](#)

Contact Information

1-855-260-3274





REACH VA

The REACH VA Program is an opportunity for Caregivers of Veterans to take better care of themselves and their loved ones by providing them with important information in the challenging areas of care giving, and building their skills in stress management, mood management, and problem-solving.

Reach person

The trained and certified REACH VA Program Coach usually provides four individual sessions with the Caregiver over a period of 2 to 3 months, extending the number of sessions if both the Coach and Caregiver feel there is more work to do. The sessions normally last about an hour each and may be held face to face, over the telephone, or over telehealth video conferencing.



Eligibility

To be eligible for the REACH VA Program, the Caregiver must be caring for a Veteran or a Veteran caring for a loved one, where the Veteran is receiving services at the VA. Caregivers receive a Caregiver Notebook, which is the first resource for caregiver issues and challenges, for stress management, mood management, and problem-solving. REACH VA is available for Caregivers of Veterans diagnosed with: ALS, Dementia, MS, PTSD, or Spinal Cord Injury/Disorder.

Contact Information

573-814-6000 x53457 or
VA's Caregiver Support Line – 1-855-260-3274



Vet Center - Columbia, MO

Vet Centers provide a broad range of counseling, outreach, and referral services to combat Veterans and their families. Vet Centers guide Veterans and their families through many of the major adjustments in lifestyle that often occur after a Veteran returns from combat. Services for a Veteran may include individual and group counseling in areas such as Post-Traumatic Stress Disorder (PTSD), alcohol and drug assessment, and suicide prevention referrals. All services are free of cost and are strictly confidential.

Eligibility

Any Veterans and active duty Service members, to include members of the National Guard and Reserve components, who:

- Have served on active military duty in any combat theater or area of hostility*
- Experienced a military sexual trauma;
- Provided direct emergent medical care or mortuary services, while serving on active military duty, to the casualties of war, or;
- Served as a member of an unmanned aerial vehicle crew that provided direct support to operations in a combat zone or area of hostility.
- Vietnam Era veterans who have accessed care at a Vet Center prior to January 1, 2004



Vet Center services are also provided to family members of Veterans and Service members for military related issues when it is found aid in the readjustment of those that have served. This includes bereavement counseling for families who experience an active duty death.



Vet Center (cont.)

*Service in combat theater or area of hostility to include but not limited to:

World War II
(including American Merchant Marines)
Korean War
Vietnam War
Lebanon
Grenada
Desert Storm/ Desert Shield Bosnia
Kosovo

Operations in the former
Yugoslavia area
Global War on Terrorism
Operation Enduring Freedom
Operation Freedom's Sentinel
Operation Iraqi Freedom
Operation New Dawn

Dates and Times

Monday: 8 am - 7 pm and Tuesday through Friday: 8 am - 4:30 pm

In an effort to better serve the veteran and family members, upon request, Vet Centers will provide services after normal work hours and/or on weekends.

Online Resources

www.vetcenter.va.gov

Printable Brochure:

[Vet Center Fact Sheet Apr 2015.docx](#)

Contact Information

4040 Rangeline Street, Suite 105
Columbia, MO 65202
573-814-6206 or 877-927-8387



Parenting2GO helps Veterans and Service members reconnect with their children and provides convenient tools to strengthen parenting skills. It can be used alone or in combination with the online Parenting for Service Members & Veterans course. Parents can find quick parenting advice; relaxation tools to use when frustrated or stressed; tools

to improve their relationship with their children through positive communication; and strategies to switch gears between military life and home. The app addresses challenges that come with parenting children of all ages and backgrounds. The app also offers guidance for seeking professional help and access to additional resources.



Parenting2GO was developed by the Department of Veterans Affairs and the Department of Defense with a development team of leading parenting experts, researchers, and therapists.

Help Desk

VA Care Teams: 844-482-6624

Veterans: 877-470-5947

Weekdays 7:00 am - 7:00 pm (CT)



Transportation Services

DAV (Disabled American Veterans)

DAV operates a fleet of vehicles around the country to provide free transportation to VA medical facilities for injured and ill

veterans. DAV stepped in to help veterans get the care they need when the federal government

terminated its program that helped many of them pay for transportation to and from medical facilities. The vans are driven by volunteers, and the rides coordinated by almost 190 Hospital Service Coordinators around the country. DAV has purchased 2,967 vehicles, worth nearly \$65.1 million, that have been donated to Department of Veterans Affairs medical centers nationwide since the program began in 1987 to ensure that injured or ill veterans are able to get to their medical appointments. To find out whether there is a van near you use the DAV Hospital Service Coordinator Directory to contact your nearest HSC for information or assistance. Please remember that the DAV Transportation Network is staffed by volunteers; therefore, it is unable to cover every community. We hope we can help you.



FULFILLING OUR PROMISES
TO THE MEN AND WOMEN WHO SERVED

Online Resources

[Need a Ride?](#)

Truman VA DAV Hospital Service Coordinator Info

Rides are provided for Veterans with medical appointments between 9:00 am - 2:00 pm and operating hours from 8:00 am - 4:00 pm Monday through Friday, closed for Federal holidays.

Contact Information

573-814-6002

Transportation Services (cont.)



Columbia, MO - Para-Transit

Since passage of the “Americans with Disabilities Act of 1990”, the City of Columbia has provided origin to destination transportation service to citizens who are certified as unable to ride COMO Connect’s fixed-route bus system.

Website: <http://www.comoconnect.org/services/para-transit>

OATS

OATS, Inc. is a not-for-profit 501(c)3 corporation providing specialized transportation for thousands of Missourians, including the rural general public, senior citizens and people with disabilities in 87 Missouri counties. The mission of OATS, Inc. is to provide reliable transportation for transportation disadvantaged Missourians so they can live independently in their own communities. OATS is a public transportation system that is available to everyone, regardless of age, race, gender, color, religion, or national origin, and in fact serves a wide diversity of clientele.

Home Office: 573-443-4516

Website: <http://www.oatstransit.org>

Other Travel Resources

- Northwest MO AAA 888-844-5626
- Northeast MO AAA 800-664-6338
- Mid-America Regional Council (KC) 800-593-7948
- District III Care Connection (Warrensburg) 800-748-7826
- Central MO AAA 800-369-5211
- Mid-East AAA (St. Louis) 800-243-6060
- Region X AAA (Joplin) 417-781-4562
- Southwest Office on Aging (Springfield) 800-497-0822
- Southeast MO AAA (Cape Girardeau) 800-392-8771
- <http://moaging.com/Public/Default.aspx>

The services listed above are not associated with VA and are not endorsed by VHA or Truman VA Medical Center.



For Veterans Without Housing

Psychosocial Rehabilitation Team (PSR)
Truman VA Homeless and Vocational Rehabilitation Team

Description

Provides emergency, transitional and permanent housing to Veterans experiencing homelessness. Also provides case management and referral to Veterans experiencing homelessness.

Housing Related Programs

- Health Care for Homeless Veterans
- Grant and Per Diem
- Compensated Work Therapy Transitional Residence
- Housing and Urban Development, Veterans Affairs Supported Housing
- Homeless Veteran Supported Employment Program

Eligibility

Veterans who are VHA eligible, low or zero income and experiencing homelessness.

Dates and Times

Consultation available Monday - Friday between 8:00am - 4:30pm



VA Home Loans



VA helps Service members, Veterans, and eligible surviving spouses become homeowners. As part of our mission to serve you, we provide a home loan guaranty benefit and other housing related programs to help you buy, build, repair, retain, or adapt a home for your own personal occupancy.

VA Home Loans are provided by private lenders, such as banks and mortgage companies. VA guarantees a portion of the loan, enabling the lender to provide you with more favorable terms.

Benefits

Purchase Loans help you purchase a home at a competitive interest rate often without requiring a downpayment or private mortgage insurance. Cash Out Refinance loans allow you to take cash out of your home equity to take care of concerns like paying off debt, funding school, or making home improvements. [Learn More](#)

Interest Rate Reduction Refinance Loan (IRRRL): also called the Streamline. Refinance Loan can help you obtain a lower interest rate by refinancing your existing VA loan. [Learn More](#)

Native American Direct Loan (NADL) Program: helps eligible Native American Veterans finance the purchase, construction, or improvement of homes on Federal Trust Land, or reduce the interest rate on a VA loan. [Learn More](#)

Adapted Housing Grants: help Veterans with a permanent and total service-connected disability purchase or build an adapted home or to modify an existing home to account for their disability. [Learn More](#)
Other Resources: many states offer resources to Veterans, including property tax reductions to certain Veterans. [Learn More](#)

VA Home Loans (cont.)

Eligibility Requirements

Provides emergency, transitional and permanent housing to Veterans experiencing homelessness. Also provides case management and referral to Veterans experiencing homelessness.



Purchase Loans and Cash-Out Refinance:

VA-guaranteed loans are available for homes for your occupancy or a spouse and/or dependent (for active duty service members). To be eligible, you must have satisfactory credit, sufficient income to meet the expected monthly obligations, and a valid Certificate of Eligibility (COE). [Learn More](#)

Interest Rate Reduction Refinance Loan (IRRRL): The IRRRL is a “VA to VA” loan, meaning it can only be done if you have an existing VA guaranteed loan on the property. The IRRRL is generally performed to lower the interest and reduce the monthly payment on the existing VA guaranteed loan. [Learn More](#)

Native American Direct Loan (NADL) Program: The NADL program helps Native American Veterans purchase, construct, improve, or refinance a home on Native American trust lands. Your tribal organization must participate in the VA direct loan program. You must have a valid Certificate of Eligibility (COE). [Learn More](#)

Adapted Housing Grants: VA helps Veterans with certain total and permanent disabilities related to your military service obtain suitable housing with either a Specially Adapted Housing (SAH) or Special Housing Adaptation (SHA) grant. [Learn More](#)

VA Home Loans (cont.)



How to Apply

Purchase Loan & Cash-Out Refinance: VA loans are obtained through a lender of your choice once you obtain a Certificate of Eligibility (COE). You can obtain a COE through eBenefits, by mail, and often through your lender. [Learn More](#)

Interest Rate Reduction Refinance Loan: A new Certificate of Eligibility (COE) is not required. You may take your Certificate of Eligibility to show the prior use of your entitlement or your lender may use our e-mail confirmation procedure in lieu of a certificate of eligibility. [Learn More](#)

Native American Direct Loan (NADL) Program: First, confirm that your tribal organization participates in the VA direct loan program. NADL loans are obtained through a lender of your choice once you obtain a Certificate of Eligibility (COE). You can obtain a COE through [eBenefits](#), by mail, and often through your lender. [Learn More](#)



Adapted Housing Grants: You can apply for an SAH or SHA grant by either downloading and completing [VA Form 26-4555](#) (PDF) and submitting it to your nearest Regional Loan Center, or completing the online application. [Learn More](#)



Housing Grant for Disabled Veterans

VA provides grants to Service members and Veterans with certain permanent and total service-connected disabilities to help purchase or construct an adapted home, or modify an existing home to accommodate a disability. Two grant programs exist: the Specially Adapted Housing (SAH) grant and the Special Housing Adaptation (SHA) grant.

- **Specially Adapted Housing (SAH) Grant**
- **Special Housing Adaptation (SHA) Grant**

Eligibility

If you are a Service member or Veteran with a permanent and total service-connected disability, you may be entitled to a Specially Adapted Housing (SAH) grant or a Special Housing Adaptation (SHA) grant.

How to Apply

To apply for a grant, fill out and submit VA Form 26-4555, Application in Acquiring Specially Adapted Housing or Special Home Adaptation Grant. You can access this form by:

- Applying online via www.ebenefits.va.gov
- Downloading VA Form 26-4555, Application in Acquiring Specially Adapted Housing or Special Home Adaptation Grant and mailing it to your nearest Regional Loan Center
- Calling VA toll free at 1-800-827-1000 to have a claim form mailed to you
- Visiting the nearest VA regional office. Find the office nearest you by visiting [VA Regional Office Locations](#) or calling VA toll-free at 1-800-827-1000

Need more information or have questions? Contact a Specially Adapted Housing (SAH) staff member via email at sahinfo.vbaco@va.gov or by phone at (877) 827-3702.

Specially Adapted Housing Assistive Technology



Grant Program

VA through its Specially Adapted Housing Assistive Technology (SAHAT) Grant Program is authorized to award grants of up to \$200,000 per fiscal year to persons or entities to encourage the development of specially adapted housing assistive technologies. The FY2019 grant solicitation period is open from January 30, 2019 until March 3, 2019.



Program Purpose

There are many emerging technologies that could improve home adaptations or enhance a Veteran's or Service member's ability to live independently, such as voice-recognition and voice-command operations, living environment controls, and adaptive feeding equipment. VA has defined "new assistive technology" as an advancement that could aid or enhance the ability of a Veteran or Service member to live in an adapted home.

Please note: SAHAT funding does not support the construction or modification of residential dwellings for accessibility. Veterans and Service members interested in adapting their home for barrier-free living are encouraged to review this factsheet to identify Home Adaptation programs offered by VA.

For more Information

For information on the PMS, please refer to: <https://pms.psc.gov/>
For more information on the SAHAT Grant Program, please write to SAHAT.VBAVACO@va.gov



Veteran Education and Training



VET TEC, a new pilot program offering training for high-tech careers to Veterans, is now taking applications from potential training providers. See our webpage for more information.



Post-9/11 GI Bill STEM students: If you used all your benefits or are about to, you may be eligible for this extension. See our Rogers STEM Scholarship webpage for more information.

Choose a School

Compare VA-approved institutions and review other information to choose the educational program that works best for you.

Average Processing Times

24 Days: First Time Applications 10 Days: Supplemental*

*A supplemental claim is a re-enrollment or other change that impacts your benefit.

Apply for Benefits

You served with honor and you're ready to further your education and skills. If you qualify, apply for VA education and training benefits online, in person, or request an application over the phone.

Contact Us

888-GIBILL-1 (888-442-4551) between 7 a.m. - 6 p.m. Central Time, Monday-Friday

Ask us a Question - Get an answer in four to five working days. You can also search for answers to frequently asked questions. This contact method is available worldwide 24 hours a day, seven days a week.

Vocational Rehabilitation and Employment (VR&E)



For Veterans and Servicemembers

You may receive Vocational Rehabilitation and Employment (VR&E) services to help with job training, employment accommodations, resume development, and job seeking skills coaching. Other services may be provided to assist Veterans and Servicemembers in starting their own businesses or independent living services for those who are severely disabled and unable to work in traditional employment. To learn more about the VR&E program, review the [VR&E Process page](#), and the tabs and links on this page.

<https://www.benefits.va.gov/vocrehab/>

VA's Education and Career Counseling program is a great opportunity for Veterans and Servicemembers to get personalized counseling and support to help guide their career paths, ensure the most effective use of their VA benefits, and achieve their goals. [Learn more and apply for education and career counseling.](#)

VA Careers

MAKE THE DIFFERENCE

SERVE THOSE WHO HAVE SERVED OUR COUNTRY

COMMITMENT

VETERANS

HELPING VETERANS TRANSITION BACK HOME AND INTO MEANINGFUL CAREERS IS A PRIORITY AT VA.

We have benefits and incentives designed for your success. Get started in an engaging, new role that builds on your strengths and experience, and allows you to continue serving your country.



STUDENTS AND TRAINEES

AT VA, LEARNING IS A CONSTANT ENDEAVOR—A FRAME OF MIND INGRAINED INTO OUR VERY CULTURE.

That's why we support our employees as they pursue higher education. Through partnerships with top colleges and universities, VA conducts the largest medical education and health professional training program in the nation.

CHOOSE VA

VA OFFERS VETERANS A WEALTH OF RESOURCES TO IMPROVE THEIR LIVES.

ChooseVA helps you better understand your options by providing comprehensive information in one convenient place. Explore videos, links and firsthand accounts from Veterans and employees explaining the range of benefits, health care and employment opportunities available at VA.



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