



Apple Valley Beyond the Yellow Ribbon

Newsletter for January 2024

The AV BTYR continues to do what we have a passion for – assisting military personnel who are currently serving, Veterans, and their families. Your help and support have made this possible –making a difference for many Military connected folks.

To get needed services such as groceries, yard work, house repairs, snow removal, etc., we want to help. We have resources to connect you to the assistance you need. See below for sources:

- Please **contact us directly at 952-923-5014. Leave a message.**
- Or your County Veteran Service Office at 651-554-5631
- Or the American Legion at 952-406-0737
- For more information, visit our Website: <http://applevalleyyellowribbon.org/> You will find links to important information as well as pictures of our recent events.
- Our next Military Appreciation Dinner is January 18, 2024. Join us for a delicious Lasagna dinner. Due to limited seating, please RSVP. Call 952-923-5014 or email yellowribbonav@gmail.com.
- More good news about our Military Appreciation Dinners. Starting with our January Dinner we are going back to MONTHLY dinners! We are looking forward to seeing all of you on a regular basis.
- Did you know that VA's [Aid and Attendance and Housebound benefits](#) can increase your pension payments to support the additional care you need? If you need help with daily activities, or if you are housebound, you may qualify for an increased VA pension to help pay for in-home care, assisted living, or a nursing home.
- The Fort McCoy Retirement Services Office is now on Facebook. You'll now be able to see the 2023 Retiree Appreciation Days schedule, Updates coming from DFAS, Tricare, DEERS and many more. You'll also be able to know exactly when the latest copy of the HONORS will be printed and shipped. Please like and follow the Retirement Services Page in the link provided below for all of you Retirement Services updates.
<https://www.facebook.com/profile.php?id=100091981900713>
- **Meals on Wheels is a life-sustaining program that allows seniors who are unable to leave their homes to shop, or have difficulty preparing a meal, to have healthy meals delivered to their homes. While the diversity of each program's services and operations may vary based on the needs and resources of its community, Meals on Wheels is committed to supporting nearly 2.4 million seniors live healthier and more nourished lives. Find the program closest to you or a loved one this holiday season.**
- Veterans and Gold Star Families are eligible for a free lifetime pass to more than 2,000 federal recreation sites spread out across more than 400 million acres of public lands, including national parks, wildlife refuges and forests.

Upcoming Events:

Monthly Board / Member Meeting on January 4, 6:00 pm at the Apple Valley Legion
Military Appreciation Dinner January 18 (See above)