



## Apple Valley Beyond the Yellow Ribbon

### Newsletter for February 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 [applevalleybeyondtheyellowribbon.org](http://applevalleybeyondtheyellowribbon.org) You will find links to important information as well as pictures of our recent events.
- Our next Military Appreciation Dinner is February 15, 2024. Join us for a delicious casserole dinner. Due to limited seating, please RSVP. Call 952-923-5014 or email [yellowribbonav@gmail.com](mailto:yellowribbonav@gmail.com).
- More good news about our Military Appreciation Dinners. Starting with our February Dinner we returned 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 2024 Veterans disability compensation rates are in! Starting Jan. 1, 2024, all compensation benefit rates have increased by 3.2% to match adjustments made to Social Security benefits. This increase impacts [disability benefits, clothing allowance, dependency and indemnity compensation \(DIC\)](#), as well as other VA assistance programs.
- [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.
- After filing a disability claim, you may have some lingering questions about what comes next in the claims process. Many Veterans wonder what will happen at their [VA claim exam](#) (also known as a compensation and pension, or C&P exam). To help answer these questions, VA has updated two websites to [provide current information on frequently asked questions](#).
- Are you interested in filing a VA claim or appeal? [American Legion](#) provides expert assistance to Veterans and their families, free of charge. American Legion service officers are trained to help you develop your claim, while also providing referrals and resources on education, employment, and more. For help with your claim, contact the American Legion service officer at their nearest VA regional office.
- Upcoming Events:

Monthly Board / Member Meeting on February 1, 6:00 pm at the Apple Valley Legion  
Military Appreciation Dinner February 15 (See above)