

VHWC DISPATCH

December 2025

FOUNDATION

The VHWC brings together parties to build or expand pathways through which Veterans of the U.S. Armed Forces and their care partners optimize health and wellness outcomes.

CONTACT US

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CORE TEAM UPDATE

We pause to wish everyone a happy and healthy holiday season as the year ends. Our efforts during 2025 focused on sharing existing opportunities over new program development. We remain interested in expanding initiatives as resources permit. As we look ahead, we plan to continue the 2025 priority areas into 2026: Housing Insecurity, Oral Health, Suicide Prevention, and Transition. We welcome members of the network to let us know if they have the interest to spearhead projects in any of these areas. We do not have specific funding for projects and commit time and talent to support programs. Please share information on VHWC across your networks including those who may benefit directly from VHWC information sharing. For ongoing updates, join our [list-serve](#), or reach out to ihp.vhwc@msu.edu.

SPOTLIGHT:

Whole Health & the Practice of Self-Compassion (Courtesy of VA's Whole Health Office)

December often brings a complex mix of celebration, reflection, and emotional strain. Many veterans (and the teams that support them) experience heightened stress during the holiday season. In recognition of these challenges, the [VA's Whole Health initiative](#) highlights self-compassion as this month's guiding theme.

Self-compassion encourages individuals to acknowledge their feelings with honesty and treat themselves with patience and understanding. It's a simple but powerful practice that can help veterans and their care partners navigate grief, stress, or pressure that may surface during this time of year. Whole Health offers accessible tools for [compassionate breathing](#), [mindful awareness](#), and other areas of [self-care](#) to help foster balance and emotional steadiness.

MILITARY SERVICE?

There may be benefits and resources available to help you through your current situation.

Call 1-800-MICH-VET or visit Michigan.gov/MVAA



The VA's [#LiveWholeHealth series](#) includes short videos and walk-through practices designed to help individuals pause, reset, and reconnect with themselves. Incorporating even a few moments of intentional self-kindness each day can strengthen resilience and support overall well-being throughout the holidays and into the year ahead.

Heroes' Movement

[Heroes' Movement](#) is a national 501(c)(3) nonprofit dedicated to strengthening veterans' physical and mental well-being through free strength-training and movement-based workouts and athletics. Heroes' Movement partners with gyms across the country to remove financial barriers. The organization provides Veterans with a place to rebuild mobility, manage chronic pain, and reconnect with a supportive community. Their model bridges the gap between rehabilitation and long-term physical wellness by offering individualized programming. Veterans of all ages and service eras are welcome, and no disability rating is required to participate. In Michigan, Heroes' Movement classes are currently offered in the greater Detroit area. You can find their courses at Advantage Strength, Inco Strength and Conditioning, SBG Training, Detroit Thrive, 2SP Sports Performance, and Impact Sports Performance. Heroes' Movement is interested in expanding opportunities for Veterans to restore movement, strength, and connection in collaboration with partner gyms, donors, community-based organizations, and community members. Contact Mike McKay at mike@heroesmovementusa.org to learn more about Heroes' Movement, upcoming events, and how to get involved.

UPDATES: 2025 PRIORITY AREAS

Be sure to let our team know when events are scheduled and we will disseminate that information through our network. We can also share requests for assistance in hosting events to allow partners to help each other directly. We will renew our focus on the priority areas in the upcoming year.

Housing Insecurity: Suggestions – landlord trainings with a goal of expanding access to housing resources for veterans.

Oral Health: Suggestions – exploring connections with existing training programs to expand access to services.

Suicide Prevention: Suggestions – offering different suicide prevention related trainings to communities.

Transition: Suggestions – offering financial literacy trainings to support housing stability and developing/expanding existing screeners to facilitate resource connection.

ANNOUNCEMENTS AND EVENTS

Webinars:

Webinars can be hosted by VHWC for statewide viewing. Email ihp.vhwc@msu.edu to introduce yourself, your idea(s), or make referrals to subject matter experts. Our staff is available to arrange for technical support(s).

Events/Programs:

Don't hesitate to inform us about your upcoming events for veterans! These are also listed on the [Resources and Events](#) tab of our website to help boost engagement. See the upcoming event below:

- VA Townhall & Resource Fair – scheduled January 9, 2026, at the Lansing VA Clinic, 5656 S Cedar St, Lansing, MI 48911. The Townhall will be held in the Conference Room between noon-1pm. The Resource Fair will be held from 11am – 2pm. Bring your DD214 and previous year tax statement for onsite Healthcare Enrollment. Call 269-966-5600, ext. 36212, with questions.

HOW TO GET INVOLVED

- Subscribe at our website and share with your networks.
- Participate with Advisory Council or subcommittee activities.
- Volunteer your expertise: Whether you have ever served in the military, are a health care professional, community leader, or advocate, your input can make a difference.

“Some people live an entire lifetime and wonder if they have ever made a difference in the world. A Veteran doesn't have that problem.”

Ronald Reagan
