

# VHWC DISPATCH

May 2026

## 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

Throughout May, we take time to reflect on the significance of Memorial Day, a solemn occasion to honor and remember those who lost their lives in military service to our country. We also recognize the impact on their families, caregivers, and loved ones, whose lives are forever shaped by that sacrifice. Communities across Michigan will host events to honor those who have fallen, offering opportunities for reflection and connection.

This month also provides an opportunity to recognize caregivers whose role in supporting veterans is essential. Their contributions are critical to the health, stability, and well-being of the veterans they support. As rewarding as it is to assist a loved one, caregiving is a full-time responsibility that can lead to significant stress and burnout while balancing the needs of others with one's own. We encourage community partner organizations to consider how they can support caregivers, families, and dependents in addition to veterans.

As always, we invite you to share updates, events, and opportunities with our network. Your engagement continues to strengthen support systems for veterans and their families across the state. To stay informed, join our [listserv](#). Contact us at [ihp.vhwc@msu.edu](mailto:ihp.vhwc@msu.edu) if you have questions or suggestions for activities.

## SPOTLIGHT:

### VHWC Recognized with MVAA Education Impact Award



The VHWC is honored to share that we have received an MVAA Education Impact Award recognizing innovation and excellence in supporting military-connected students.

Presented by the MVAA, this award highlights initiatives that improve the educational experience for veterans and military-connected learners through innovative approaches, strong partnerships, and meaningful outcomes.

The VHWC is being recognized for our work in building a statewide network dedicated to improving access to resources, strengthening support systems, and addressing the complex challenges impacting veteran well-being.

This recognition reflects the collective efforts of our partners throughout the state who generously contribute their expertise, time, and collaboration in this work. We extend our sincere gratitude to everyone who has helped advance these efforts and strengthen support systems for veterans and their families.

### **VA Whole Health Spotlight: Moving for Your Whole Health**

This month's Whole Health focus highlights the importance of movement in supporting overall well-being. Even small amounts of regular movement can have a meaningful impact on both physical and mental health. Movement can be adapted for all ability levels. Activities such as [yoga](#), [Tai Chi and Qigong](#), strength training, and [music and movement exercises](#) can be modified for individuals with limited mobility or chronic pain.

### **Celebrating Health Professionals in Service**

This spring, we recognize and celebrate graduates entering the health professions who are committing to military services or commissioning as officers. Across Michigan, individuals are dedicating themselves to serve both as healthcare providers and members of the armed forces. We commend these graduates for their dedication to improving health outcomes and serving those who have served.

### **UPDATES: 2026 PRIORITY AREAS**

Let our team know about upcoming events and we will share that information with our network. Organizations needing help for their event should also reach out so we can put those requests in front of others who may be in a position to help.

**Housing Insecurity:** We are working on a webinar encouraging landlords to rent to veterans. If you have content or speaker recommendations, please forward names and email addresses to [ihp.vhwc@msu.edu](mailto:ihp.vhwc@msu.edu).

**Oral Health:** We welcome ideas for partnering with current dental and hygiene training programs to help expand access to oral health services for veterans. If you have any contacts or suggestions, please send them our way.

**Suicide Prevention:** We are looking for opportunities to support suicide prevention trainings and educational offerings across Michigan. Let us know of programs, trainings, or webinars you come across.

**Transition:** We are seeking input on financial literacy offerings that strengthen housing stability, as well as screeners or tools that can better connect transitioning service members and veterans to resources. Please share programs, contacts, or tools that we should explore.

## ANNOUNCEMENTS AND EVENTS

### Webinars:

Webinars can be hosted by VHWC for statewide viewing. Email [ihp.vhwc@msu.edu](mailto: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:

We are looking for those who have an interest in participating in creating podcasts for more informal and targeted discussions. We would record these for later listening. If you have an interest in hosting or participating with this, reach out to us. Also, let us know about your upcoming events for veterans! These are also listed on the [Resources and Events](#) tab of our website to boost engagement.

- Memorial Day Ceremony at The War Memorial- 5/26/26 from 10:00 am-11:00 am @ The War Memorial, 32 Lake Shore Road, Grosse Pointe Farms, MI, 48236. This lakefront ceremony will honor those who have lost their lives in service to our country and will include musical tributes, remarks of remembrance, and a reading of the names of Grosse Pointe residents who made the ultimate sacrifice. This year's keynote speaker is Rick Armstrong, Commander of U.S. Coast Guard Sector Detroit. [Register here!](#)

## 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.

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*“Those who have long enjoyed such privileges as we enjoy forget in time that men have died to win them”*

*Franklin D. Roosevelt*

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