

1720 Mesquite Ave Ste 101
Lake Havasu City, AZ 86403
928-505-0394



June 2025
MONTHLY OUTREACH
NEWSLETTER

JUNE 2025

VET CENTER NEWSLETTER



Lake Havasu City Vet Center
1720 Mesquite Ave. Ste 101
Lake Havasu City, Az 86403
928-505-0394



Lake Havasu



Connection.
Camaraderie.
Community.

If you or your organization would like to be added to our monthly newsletter list, please contact us at 928-505-0394, and we will get you added!

To add or remove your name from our mailing list, please email stacy.lee2@va.gov

Questions or comments? Call (928) 505-0394

Happy June 2025 to our Clients, Partners, and Veteran Community!

**WEAR RED ON
Fridays!
Remember
Everyone
Deployed!!**

June has some awesome days for observance!

June 12, 2025 – Women Veteran's Recognition Day

June 14th is not only Flag Day but it's the US Army's
250th Birthday!

Happy Birthday Army HOOAHH!



June 27, 2025

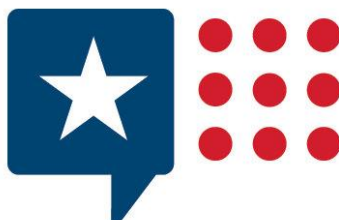
National PTSD Awareness Day!

On this day, we recognize the effects of post-traumatic stress disorder on those affected by it, including their loved ones.



Even though PTSD treatments work, most people who have PTSD don't get the help they need. **Help us spread the word that effective PTSD treatments are available.** Everyone with PTSD—whether they are Veterans or civilians who experienced sexual assault, serious accidents, natural disasters, or other traumatic events—needs to know that treatments really do work and can lead to a better quality of life.

Veterans Crisis Line



**DIAL 988 then
PRESS 1**

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Our Vet Center Monthly Groups!

Lake Havasu **VET CENTER** EST. 1975 Connection. Camaraderie. Community.

WELLNESS GROUP

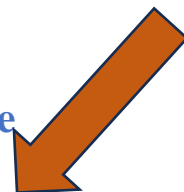
Mondays & Wednesdays
0600-0700hrs
40 London Bridge Rd. LHC
Meet Gwendolyn, @ the Fountain!

For Veterans & Family Members!

Call for Information/Questions
928-505-0394

Reminder: No Pets allowed at Rotary Park per City Ordinance

Stacy Lee is at The
Parker Regional
Center for Border
Health 601 W
Riverside Dr (The
Veteran's Center)
bi-weekly to provide
you information and
resources! Stop in!
June 26th this month
only.
Dates for July will
be in the newsletter!



Women's Group

Bi-Weekly **Wednesdays**
11:00-12:30pm



Call 928-505-0394
Must be registered with the Vet Center

VA S.A.V.E. TRAINING AVAILABLE
FOR YOU AND YOUR STAFF ON
VETERAN SPECIFIC SUICIDE
AWARENESS & PREVENTION!

CONTACT STACY LEE TO HAVE THIS
SCHEDULED AT 928-273-2522



To add or remove your name from our mailing list, please email stacy.lee2@va.gov

Questions or comments? Call (928) 505-0394

Save time by filing your CHAMPVA claim Online!

If you're the spouse, widow(er) or child of an eligible Veteran who receives [Civilian Health and Medical Program of VA](#) (CHAMPVA) benefits, you can file your claim [online](#). It's quick and easy.

What you need to know before filing your claim

If your provider doesn't file for you, just ask for an itemized billing statement and explanation of benefits (EOB) if you have other health insurance. We'll take care of paying the provider directly for covered services.

If your provider doesn't accept [CHAMPVA](#) or you use an out-of-network pharmacy, you'll have to pay up front and file a claim to get reimbursed.

Remember: You have to file your claim within one year of receiving care. If you were in the hospital, make sure to file within one year of your discharge date.

Make sure you have these on hand when you're ready to file online:

- An itemized billing statement from your provider.
- A receipt or a billing statement marked "paid."
- The EOB from your other health insurance, if applicable.
- Documents related to your prescription.

How to file your claim

Once you have all your documents, go to the [File a CHAMPVA claim](#) webpage. You will be guided through each step. We recommend signing in with a verified account. If you don't have one yet, no problem. Create a Login.gov or ID.me account, and we'll help you verify your identity. You can also submit your claim without signing in.

Prefer to send in your claim by fax or mail? Send your completed CHAMPVA claim ([VA Form 10-7959A](#)) and supporting documents to:

Fax: 303-331-7808

Mail:

VHA Office of Integrated Veteran Care
CHAMPVA Beneficiary Claims
PO Box 500
Spring City, PA 19475

We welcome you to reach out to us or refer any Veteran or their family members to us for resources, assistance and/or guidance.

We are your central hub for all things Veteran, and we CAN help!

If you aren't sure what questions to ask, call us or come in.

If you aren't sure what your benefits are, call us or come in!

Khristina from Nation's Finest is in our office to serve you on Mon, Tues, Thurs, and Friday from 0800-1630!

If you need a place to live, please come on in and ask for her to see if you are eligible for their services!

We have a state employed Veteran's Service Officer in our office WEEKLY, they are here to help you file a disability claim!

You can Schedule your OWN appointment! (We cannot schedule appointments for you, and no walk-ins.)

Click/follow this link or type it in to your browser:

<https://calendly.com/d/5bs-yvv-ky7>

Todd Baldwin from Arizona DES is in our offices once a week,

Thursdays from 0800-1630.

No appt. needed!

He can help you find work!