



THE CENTURION

DELAWARE COMMISSION OF VETERANS AFFAIRS

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Jack A Markell, Governor

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Volume 16, Number 3

Paul Lardizzone, Chairman

Antonio Davila, Executive Director

Jul-Sep 2009

CHAIRMAN'S UPDATE

I want to thank all of the veterans' organizations for their support in making the air show at Dover Air Force Base a successful event. The organizations were successful in providing information to veterans and their dependents on the benefits of organizational membership as well as respond to specific questions concerning current / changing veteran benefits and entitlements.

You will begin to notice some changes occurring at the Sussex County Veterans Memorial Cemetery. Shortly we will begin new construction on a 1280 niche columbarium. We will also add 1140 double vaults and provide site work for an additional 400 single vaults and 200 in ground crypts. In addition, a new irrigation system will provide for better maintenance of the grounds and surrounding landscape. Additional upgrades to the New Castle Veterans Memorial Cemetery are currently in the planning stage.

Given the current budget crunch, the Commission encourages all veterans to remain positive and continue requesting veteran services from our offices located throughout the state. Our staff remains committed to serving your needs as well as those of your dependents. Hopefully we will all pull through this difficult economic situation together.

Sincerely,

Paul V. Lardizzone
Chairman

DOD CHANGES IDENTIFICATION CARDS

The Department of Defense (DOD) began the process of removing Social Security numbers from issued identification (ID) cards in an effort to prevent identity theft. The exception to this applies to Geneva Convention cardholders whose last four numbers of their Social Security number will remain on their cards. All ID card holders should wait until their cards are in need of renewal before replacing their cards with ones devoid of a Social Security number. The DOD instructed retirees with indefinite expiration dates on their cards to start replacing them in January 2010. Cardholders whose cards have expired may contact the nearest Real-time Automated Personnel Identification System site. If the cardholder does not know where their local RAPIDS site is located, they can visit the [Rapids Site Locator](#) to find a location nearby. (*Military.com, March 30, 2009*)

RELAXATION OF PRIORITY GROUP 8 ENROLLMENT RESTRICTIONS

1. Purpose: This Veterans Health Administration (VHA) Directive provides policy on relaxation of the Department of Veterans Affairs’ (VA) enrollment restriction for certain Priority Group 8 Veterans whose income exceeds the current means test (MT) and geographic means test (GMT) income thresholds by 10 percent or less.

2. Background:

a. On January 17, 2003, VA published in the Federal Register an interim final rule that amended Title 38 Code of Federal Regulations (CFR) 17.36 to add two new subpriorities to enrollment Priority Groups 7 and 8, for a total of four subcategories in each group. It also announced that beginning January 17, 2003, VA would enroll all priority categories of Veterans, except for those Veterans in Priority Group 8 who were not in an enrolled status as of January 17, 2003, or who requested disenrollment on, or after, that date. The Veterans in this Priority Group are those whose incomes exceed the applicable VA income threshold limits

and who do not otherwise qualify for enrollment in another Priority Group.

b. In a proposed rule published in the Federal Register on January 21, 2009, VA proposed amendments to 38 CFR 17.36 that would establish additional subpriorities 8(ii) and 8(iv) for Veterans whose income exceeds the current MT and GMT income thresholds by 10 percent or less and authorizing enrollment of Veterans who qualify under this new rule. In a final rule published in the Federal Register on May 15, 2009, VA adopted these proposed amendments with an effective date of June 15, 2009.

c. Priority Group 8 Veterans are those not included in Priority Group 4 or 7, who are eligible for care only if they agree to pay to the United States the applicable co-payment determined under Title 38 United States Code (U.S.C.) 1710(f) and 1710(g). For VHA purposes, this Priority Group is further prioritized into the following subpriorities:

(1) **Subpriority a:** Noncompensable zero percent service-connected Veterans who were in an enrolled status on January 17, 2003, or who are moved from a higher Priority Group or subpriority due to no longer being eligible for inclusion in such Priority Group or subpriority and who subsequently do not request disenrollment.

(2) **Subpriority b.** Noncompensable zero percent service-connected Veterans not included in subpriority a and applying for enrollment on or after June 15, 2009, whose income is not greater than 10 percent more than the income that would permit their enrollment in Priority Group 5 or 7, whichever is higher.

This VHA directive expires June 30, 2014.

(3) **Subpriority c.** Nonservice-connected Veterans who were in an enrolled status on January 17, 2003, or who are moved from a higher Priority Group or subpriority due to no longer being eligible for inclusion in such Priority Group or subpriority and who subsequently do not request disenrollment.

(4) **Subpriority d.** Nonservice-connected Veterans not included in subpriority c and applying for enrollment on or after June 15, 2009, whose income is not greater than 10 percent more than the income

that would permit their enrollment in Priority Group 5 or 7, whichever is higher.

(5) **Subpriority e.** Noncompensable zero percent service-connected Veterans who are not included in subpriority a or b.

(6) **Subpriority g.** Nonservice-connected Veterans who are not included in subpriority c or d.

3. Policy: It is VHA policy to enroll all eligible Veterans who apply for enrollment in VA's Health Care System.

4. ACTION

a. **Facility Director.** Each Facility Director is responsible for:

(1) Ensuring the initial VA Form 10-10EZ, Application for Health Benefits, is processed as soon as administratively feasible, but no later than 7 calendar days after receipt of the application.

(2) Ensuring the management of patient administration (e.g., scheduling, primary care team or provider assignment, consult management, maintenance of Electronic Wait List) activities in a timely and standardized manner in accordance with current VHA policy.

(3) Ensuring Veterans are informed, as appropriate, of VA's Hardship and Catastrophically Disability (CD) processes to ensure Veterans are afforded all due considerations that may impact their enrollment Priority Group placement.

(4) Ensuring that Veterans are informed that their self-reported income and assets information may be subject to verification by matching data from the Internal Revenue Service (IRS) and the Social Security Administration (SSA).

b. **Director, Health Eligibility Center (HEC).**

The Director, HEC, or designated HEC staff, is the authoritative source for all eligibility and enrollment determinations, and is responsible for:

(1) Confirming a VA facility's initial enrollment placement of Veterans into subpriority groups 8b or 8d as previously defined. If the HEC determines the Veteran is eligible for enrollment into subpriority group 8b or 8d under the criteria in this Directive, the HEC will mail the Veteran written official enrollment notification.

(2) Confirming a VA facility's initial enrollment placement of a Veteran into subpriority group 8e or 8g as previously defined. If the HEC determines

the Veteran is not eligible for enrollment under the criteria in this Directive, the HEC will mail the Veteran written official enrollment denial notification and appellate rights.

***NOTE:** Veterans who submitted an enrollment application between January 1 and June 14, 2009, but were declined enrollment due to income, will have their applications automatically reassessed to determine whether amended 38 CFR 17.36 (i.e., Subpriority b or d) will allow for their enrollment. The HEC will officially notify these Veterans the results of this reassessment.*

5. REFERENCES

a. Public Law 110-329.

b. Title 38 CFR Section 17.36.

6. FOLLOW-UP RESPONSIBILITY: The Chief Business Office (16) is responsible for the contents of this Directive. Questions should be referred to the Health Eligibility Center at (404) 828-5257.

7. RESCISSIONS: None. This VHA Directive expires June 30, 2014. Gerald M. Cross, MD, FAAFP, Acting Under Secretary for Health (VA News Release, June 11, 2009)

VA COPAY

Some veterans must make the following copays to receive VA health care and/or medications for non-service connected conditions:

- **Inpatient Care: Priority Group 7** and certain other veterans are responsible for paying 20% of VA's inpatient copay or \$213.60 for the first 90 days of inpatient hospital care during any 365-day period. For each additional 90 days, the charge is \$106.80. In addition, there is a \$2 per diem charge.

- **Inpatient Care: Priority Group 8** and certain other veterans are responsible for VA's inpatient copay of \$1,068 for the first 90 days of care during any 365-day period. For each additional 90 days, the charge is \$534. In addition, there is a \$10 per diem charge.

- **Extended Care:** For extended care services, veterans may be subject to a copay determined by information supplied by completing a VA Form 10-10EC. VA social workers can help veterans interpret their eligibility and copay requirements. The copay amount is based on each veteran's

financial situation and is determined upon application for extended care services and will range from \$0 to \$97 a day.

● **Outpatient Care:** A three-tiered copay system is used for all outpatient services. The copay is \$15 for a primary care visit and \$50 for some specialized care. Certain services are not charged a copay. Copays do not apply to publicly announced VA health fairs or outpatient visits solely for preventive screening and/or immunizations, such as immunizations for influenza and pneumococcal, or screening for hypertension, hepatitis C, tobacco, alcohol, hyperlipidemia, breast cancer, cervical cancer, colorectal cancer by fecal occult blood testing, education about the risks and benefits of prostate cancer screening, and weight reduction or smoking cessation counseling (individual and group). Laboratory, flat film radiology, electrocardiograms, and hospice care are also exempt from copays.

● **Medication:** Most Veterans are charged \$8 for each 30-day or less supply of medication provided by VA for treatment of conditions that are not service-connected. For veterans enrolled in Priority Groups 2 through 6, the maximum copay for medications that will be charged in calendar year 2009 is \$960. The following groups of veterans are not charged medication copays:

- 1.) Veterans with a service-connected disability of 50 % or more;
- 2.) Veterans receiving medication for service-connected conditions;
- 3.) Veterans whose annual income does not exceed the maximum annual rate of the VA pension;
- 4.) Veterans enrolled in Priority Group 6 who receive medication under their special authority;
- 5.) Veterans receiving medication for conditions related to sexual trauma related to service on active duty;
- 6.) Certain veterans receiving medication for treatment of cancer of the head or neck;
- 7.) Veterans receiving medication for a VA-approved research project; and
- 8.) Former POWs.

NOTE: Copays apply to prescription and over-the-counter medications, such as aspirin, cough syrup or vitamins, dispensed by a VA pharmacy. However,

veterans may prefer to purchase over-the-counter drugs, such as aspirin or vitamins, at a local pharmacy rather than making the copay. Copays are not charged for medications injected during the course of treatment or for medical supplies, such as syringes or alcohol wipes. (*VA HANDBOOK, 2009*)

RETIREE TELEPHONE NEWS LINE

A 7/24 telephone news line has been set up for those retirees and surviving spouses who do not have computer access. By calling (800) 558-1404, retirees and spouses can stay informed using this new easy-to-use menu-driven service. Callers can select from several different topics that are compiled from various electronic news sources. Topics include pay and annuity matters, medical and health care, and other benefits and entitlements. This news line joins the e-Afterburner, Air Force Retiree News Service, and Air Force Retiree Web site at www.retirees.af.mil in providing the latest news and information to the service's retiree community. (*AFRN Press Release No., June 03, 09*)

VA ACCEPTING APPLICATIONS FOR POST 9/11 GI BILL BENEFITS

The Department of Veterans Affairs (VA) announced that Veterans can begin submitting applications on-line for the Post-9/11 GI Bill. "There is no better investment than education," said Tammy Duckworth, VA's assistant secretary for public and intergovernmental affairs. "The Post-9/11 GI Bill will provide new opportunities that are essential to our Veterans, our workforce and our economy." Veterans, service members, reservists and National Guard members with active duty since Sept. 10, 2001, may be eligible for this benefit. Veterans will remain eligible for benefits for 15 years from the date of last discharge or release from a period of active duty of at least 90 continuous days. Eligible applicants must have served for an aggregate period of at least 90 days since Sept. 10, 2001, or served at least 30 continuous days on active duty since Sept. 10, 2001, and received a discharge for disability. Benefit payment rates range from 40 percent of the maximum benefit for a person with at least 90 days, but less than 6 months

of aggregate service and up to 100 percent of the benefit for people with at least 36 months of aggregate service or 30 continuous days and a discharge due to a service connected disability. Prospective beneficiaries may apply on-line through the GI Bill Web site at www.GIBILL.VA.gov. Qualified Veterans will receive a "Certification of Eligibility" as well as additional information regarding benefits they may qualify for under the Post-9/11 GI Bill, which will become effective on Aug. 1, 2009. The Post-9/11 GI Bill, passed by Congress last year, is the most extensive educational assistance program authorized since the original GI Bill was signed into law in 1944. It provides eligible applicants with tuition payments to assist them in getting a college education. For many participants, it also provides a housing allowance and a stipend for books and supplies. Information about the new program and VA's other educational benefits can be obtained through www.GIBILL.VA.gov or by calling 1-888-GIBILL1 (1-888-442-4551). (VA News Release, May 01, 2009)

SOCIAL SECURITY FOR MILITARY

Military service members can receive expedited processing of disability claims from Social Security. Benefits available through Social Security are different than those from the Department of Veterans Affairs and require a separate application. The expedited process is used for military service members who become disabled while on active military service on or after 1 OCT 01 regardless of where the disability occurs. The following are answers to questions most people ask about applying for disability benefits. Knowing the answers to these questions will help you understand the process.

- **What types of benefits can I receive?** Social Security pays disability benefits through two programs: the Social Security disability insurance program, which pays benefits to you and certain members of your family if you are "insured," meaning that you worked long enough and paid Social Security taxes; and the Supplemental Security Income (SSI) program, which pays

benefits based on financial need. A fact sheet about the Social Security disability program is available at www.ssa.gov/pubs/10029.html. For information about the SSI disability program for adults refer to www.ssa.gov/pubs/11000.html.

- **What is Social Security's definition of disability?** By law, Social Security has a very strict definition. To be found disabled you must be unable to do substantial work because of your medical condition(s); and your medical condition(s) must have lasted, or be expected to last, at least one year or be expected to result in death. Note: While some programs give money to people with partial disability or short-term disability, Social Security does not.

- **How does military pay affect eligibility for disability benefits?** You cannot engage in substantial work activity for pay or profit, also known as substantial gainful activity. Active duty status and receipt of military pay does not, in itself, necessarily prevent payment of disability benefits. Receipt of military payments should never stop you from applying for disability benefits from Social Security. If you are receiving treatment at a military medical facility and working in a designated therapy program or on limited duty, SSA will evaluate your work activity to determine your eligibility for benefits. The actual work activity is the controlling factor and not the amount of pay you receive or your military duty status.

- **How do I apply?** You may apply for disability benefits at any time while in military status or after discharge, whether you are still hospitalized, in a rehabilitation program or undergoing out-patient treatment in a military or civilian medical facility. You can apply online at www.socialsecurity.gov/woundedwarriors, in person at the nearest Social Security office or by telephone. You can call 1-800-772-1213 to schedule an appointment. If you are deaf or hard of hearing, you can call the TTY number, 1-800-325-0778. Online a "disability starter kit" is available to help you complete your application.

- **What do I need to apply?** Claimants and their representatives must provide information and documentation about age, employment, proof of citizenship, Social Security coverage and

information regarding all impairments and related treatment. Social Security will make every reasonable effort to help you get the necessary medical evidence. You should file the application for disability benefits as soon as possible with any documents readily available. Include the below documents as applicable but do not delay filing because you do not have them all:

1. Original or certified copy of your birth certificate or proof of U.S. citizenship or legal residency if foreign born;
2. Form DD 214, if discharged from the military service;
3. W-2 Form or income tax return from last year;
4. Military or workers' compensation to include proof of payment;
5. Social Security numbers of your spouse and minor children;
6. Checking or savings account number, if you have one;
7. Name, address and phone number of a contact person, in case you are unavailable; and
8. Medical records that you have and/or that you can easily obtain from all military and civilian sources.

• ***How does Social Security make the decision?***

Your claim is sent to a state Disability Determination Services (DDS) office that makes disability decisions. The state has medical and vocational experts who will contact your doctors and other places where you received treatment to get your medical records. The state agency may ask you to have an examination or medical test. You will not have to pay the costs of any additional exams or tests you are asked to take. If the state does request an examination, make sure you keep the appointment.

• ***How long does it take for a decision?*** The length of time it takes to receive a decision on your disability claim can vary, depending on several factors, but primarily on:

- a.) The nature of your disability;
- b.) How quickly SSA obtains medical evidence from your doctor or other medical source; and
- c.) Whether it is necessary to send you for a medical examination in order to obtain evidence to support your claim.

• ***Can I do anything to speed the decision?*** *Yes.* You can speed the decision by being prepared for your interview and having information available regarding all the doctors you have seen and your work history. It is important that you notify Social Security of any address changes that you have while we are working on your claim or any changes in doctors, hospitals or outpatient clinics where you are receiving treatment. This will help to prevent delays. After the application for Social Security disability benefits is received, it is uniquely identified as a military service member claim, and it is expedited through all phases of processing, both in Social Security and the DDS. Disability claims filed online also are expedited.

• ***Can my family get benefits?*** Certain members of your family may qualify for benefits based on your work. They include:

1. Your spouse, if he or she is age 62 or older;
2. Your spouse, at any age, if he or she is caring for a child of yours who is younger than age 16 or disabled;
3. Your unmarried child, including an adopted child, or, in some cases, a stepchild or grandchild. The child must be younger than age 18 or younger than age 19 if in elementary or secondary school full time;
4. Your unmarried child, age 18 or older, if he or she has a disability that started before age 22. (The child's disability also must meet the definition of disability for adults.); and
5. In some situations, a divorced spouse may qualify for benefits based on your earnings if he or she was married to you for at least 10 years, is not currently married and is at least age 62. The money paid to a divorced spouse does not reduce your benefit or any benefits due to your current spouse or children.

For more information and to find copies of SSA publications, refer to www.socialsecurity.gov or call toll-free, 1-800-772-1213 (for the deaf or hard of hearing, call our TTY number, 1-800-325-0778). SSA can answer specific questions from 0700 to 1930 M-F. SSA can provide information by automated phone service 24 hours a day. All calls are treated with confidentiality. In order to make sure you receive accurate and courteous service we

have a second Social Security representative monitoring telephone calls. (www.ssa.gov/woundedwarriors, June 09)

TRICARE 4U

TRICARE4u.com website is the online resource for Tricare for Life (TFL) and Overseas beneficiaries and providers. The site allows both the beneficiary and provider to view claim status, their explanation of benefits, contact customer service in a secure environment and view patient eligibility. Those who have not logged onto their TRICARE4U account recently will be prompted to change their password the next time they visit the site. The requirement to change passwords is due to recent system upgrades, and all registered TRICARE4U users (beneficiaries, providers and government users) will receive the automatic prompt. To start the password change process, sign-in at <http://www.tricare4u.com> with your username and latest password.

- Beneficiaries should select “update security information” on their personal profile page;
- Providers should select “update my account” on their homepage and then “update security information;”
- Government users should select “update security” in the left hand navigation of their homepage. The guidelines for creating that password are:
 - Passwords must be at least 8 characters long, but not longer than 20 characters.
 - Passwords must include at least one of each of the following:
 - A capital letter.
 - A lowercase letter.
 - A number,
 - A special character such as an asterisk *, pound sign #, dollar sign \$, exclamation point !, @ symbol or plus sign +.
 - Passwords must not contain spaces, brackets [] or {}, caret ^, back slash \, tilde ~ or vertical bar |.
 - Do not repeat any particular character more than twice in a row.
 - Do not repeat a password you have used before.
 - Do not include your Username or your first or last name in your password.

If you have any further questions or need additional assistance, contact TRICARE Overseas customer service at 1-608-301-2310 (Europe/Pacific), 1-608-301-2311 (Virgin Islands/Canada), or 1-877-616-5963 (Puerto Rico). (*Tricare News Release, Apr 14, 2009*)

ADMINISTRATION ON AGING

The mission of the Administration on Aging (AoA) is to help elderly individuals maintain their dignity and independence in their homes and communities through comprehensive, coordinated, and cost effective systems of long-term care, and livable communities across the U.S. The vision of AoA for older people is embodied in the Older Americans Act and is based on the American value that dignity is inherent to all individuals in our democratic society, and the belief that older people should have the opportunity to fully participate in all aspects of society and community life, be able to maintain their health and independence, and remain in their own homes and communities for as long as possible. At the AoA website www.aoa.gov can be found information and guidance for the benefit and care of our aging veterans and family members. Anyone experiencing or anticipating elder care would find it useful to check out The Eldercare Locator at www.aoa.gov/AoARoot/Elders_Families/index.aspx. This is the first step for finding local agencies in every U.S. community that can help older persons and their families’ access home and community-based services like transportation, meals, home care, and caregiver support services. Also at this site can under the Resource section be found:

- Fact sheets on Adult Day Care, Assisted Living, Assistive Technology, Government Assisted Housing, Home Health Care, Home Modifications, Hospice Care, and Respite Care.
- Booklets/brochures in PDF or Word versions that address the issues of:
 - a. Housing Options for Older Adults - A Guide for Making Housing Decisions provides an overview of the types of housing available to older adults, and highlights some personal and legal issues to consider in making housing decisions.

b. Staying "IN TOUCH" in Crisis Situations - Outlines how families can stay in touch with older loved ones and be prepared when a crisis situation occurs. It includes a tear-off sheet for personal planning.

c. Pick Up the Pace - A consumer guide designed to educate boomers about financial and retirement planning choices and to help them secure their financial outlook for the future.

d. Preventing Falls at Home - Describes safety checks older adults can do in and around the house to reduce their risk of falling and help enhance their independent living.

e. Transportation Options for Older Adults - Choices for Mobility Independence describes various types of transportation services for older adults and lists key questions to ask transportation provider to determine the best option to meet individual needs.

- A listing of federal Web sites that offer valuable information on a range of critical eldercare issues.

- Links to numerous non-profit organizations that focus on eldercare and other aging issues.

- Links to Caregiver resources designed to assist family members and caregivers of older adults.

(www.aoa.gov, Jun 09)

VA RETRO PAY PROJECT

The Defense Finance and Accounting Service (DFAS) has acknowledged a computer error prevented some 39,000 retirees from receiving VA Retro Pay. The mistake was discovered after a group of 20 veterans were proved correct when they pointed out to DFAS that they were owed back pay. DFAS processed these claims by hand and found all were owed money. By the time the audit was completed, DFAS received several hundred claims from other retirees stating they too were eligible for the VA Retro Pay program. Upon closer examination, DFAS determined the initial criteria used to determine eligibility left out several qualifying points. The necessary changes were made and when all was said and done, 39,000 retirees were found to be owed back pay. DFAS says they are working very hard to ensure all

veterans who are owed back pay will be paid by 15 JUL. As with the original batch, some veterans are owed by DFAS, some by VA and some by both agencies. Anyone reading this who believes they are owed back pay should contact DFAS directly at 1-800-321-1080 and ask what the status on your account is. If 39,000 veterans could not be found at first, it is suspected there could be more. (*NAUS Weekly Update, 29 May 09*)

VA WEB SITE HELPS COLLEGE COUNSELORS AID VETERANS

The Department of Veterans Affairs (VA) has launched a new Web site to strengthen the connection between college and university mental health professionals and the Veterans of the Iraq and Afghanistan conflicts now studying on their campuses. "Many of our newest Veterans are beginning their post-service lives by furthering their educations," said Dr. Gerald M. Cross, VA's acting under secretary for health. "This initiative is designed to ensure that colleges and universities are able to assist with any special mental health needs they may have." The Web site, www.mentalhealth.va.gov/College, features recommended training for college and university counselors, with online modules including "Operation SAVE" for suicide prevention, "PTSD 101" and "Helping Students Who Drink Too Much." It also will feature a resource list that will be updated regularly. Although the Web site is designed primarily for counselors, it also serves as a resource for Veteran-students who wish to learn more about the challenges they may face in adjusting to their lives after leaving the military. "We hope counselors and our returning Veterans find this site helpful and easy to use," Cross said. "As the site grows, we expect it will become an increasingly valuable resource." The new site is one of several Web-based tools VA has developed to assist Veterans in dealing with mental health issues. Others include a guide for families of military members returning from deployment and information about a suicide prevention hotline for Veterans. (*VA News Release, May 27, 2009*)

COUGHING

We all cough from time to time, but severe coughing may signal a respiratory disease. Coughing is a reflex that keeps the lungs and airways free from phlegm (excess mucus) and foreign objects (such as food) that might interfere with breathing. Occasional coughing is normal, as is the coughing associated with a cold (the most common acute medical problem that triggers a cough). Any cough that lasts more than two months, however, is defined as chronic and requires medical attention -- even if the cough occurs only in the morning, at night, or at certain times of the year. Chronic cough is not a disease; rather, it is considered a symptom of another condition. A cough attributable to a cold, flu, or some other known cause that fails to get better within three weeks, or a persistent cough of unknown origin, is reason to see your doctor. Your cough may have qualities that, together with other symptoms, point towards an underlying cause that requires proper diagnosis and treatment. A chronic cough associated with a normal chest x-ray most often results from one or more conditions that include postnasal drip, asthma, gastroesophageal reflux disease (GERD, in which stomach acid flows back into the esophagus), and chronic bronchitis. Blood pressure medications can also cause a dry, hacking cough in some people. More serious, but less common, causes of chronic cough include: interstitial lung disease (a group of lung disorders that affect the supporting matrix of the lungs); bronchiectasis (persistent dilatation of the bronchi or bronchioles); and pneumonia. All of these conditions produce inflammation or scarring of the lungs. Lung cancer is usually suspected only when someone with a history of smoking has an abnormal chest x-ray. Bottom-line advice: Self-care measures may help relieve a chronic cough but are not a substitute for medical evaluation. Try to increase the humidity in your home and drink plenty of fluids to thin phlegm and other secretions. However, do not treat a chronic cough with over-the-counter (OTC) cough medicine for more than two weeks unless directed by your doctor. These

medications can suppress your cough but may not cure it. If your cough never entirely clears up or returns after you stop taking OTC medications, see your doctor.

(Johns Hopkins Health Alerts, June 09)

VETERAN SERVICE OFFICERS

Delaware Commission of Veterans Affairs

(New Castle County) - Mr. John K. Williams - located in Bear, DE, may be reached Monday - Friday, 8:00 AM - 4:00 PM, (302) 834-8046. Please call for an appointment.

(Kent County) - Mrs. Melanie E. Bronov - Dover office - may be reached Monday - Friday, 9:00 AM - 4:30 PM, (302) 739-2792 or (800) 344-9900 (in State). Please call for an appointment.

(Sussex County) - Ms. Laurie A. White - Pyle State Service Center located in Roxanna, DE, may be reached Monday-Friday, 8:30 AM - 4:30 PM, (302) 732-9560. Please call for an appointment.

DELAWARE VETERANS MEMORIAL CEMETERY

New Castle Co. Section (Bear, DE).....834-8046

Sussex Co. Section (Millsboro, DE).....934-5653

DELAWARE VETERANS HOME

100 Delaware Veterans Blvd.....424-6000
Milford, DE 19963

MOBILE VETERANS SERVICE CENTER

Ms. White will be providing services for veterans from the mobile Service Center at the following locations:

JUL 07	Georgetown Service Center
JUL 10	Home of the Brave
JUL 15	Delaware Veterans Home
JUL 17	Seaford Senior Center
JUL 22	Bridgeville Town Hall
JUL 29	Bethany Beach Town Hall
AUG 04	Georgetown Cheer Center
AUG 05	Delaware Veterans Home
AUG 14	Home of the Brave

AUG 19 Delaware Veterans Home
 AUG 21 Seaford Senior Center

SEP 01 Georgetown Cheer Center
 SEP 02 Delaware Veterans Home
 SEP 11 Home of the Brave
 SEP 16 Delaware Veterans Home
 SEP 18 Seaford Senior Center
 SEP 23 Bethany Beach Town Hall

For more information, contact Ms. White at the Pyle State Service Center, (302) 732-9560.

American Legion

Robert McBride, Dept. Service Officer, (302) 993-7254 or (302) 993-7256, will visit the following posts between 9:00 AM and 1:00 PM on the following dates:

JUL 10 Oak Orchard/Riverdale, Post 28 (8:00-12:00)	945-1673
JUL 17 Walter L Fox, Post 2	674-3922
JUL 24 Laurel Post #19	875-9948
JUL 31 David Harrison, Post 14	633-1711
AUG 07 Oak Orchard/Riverdale, Post 28 (8:00-12:00)	945-1673
AUG 14 Walter L Fox, Post 2	674-3922
AUG 21 Laurel Post #19	875-9948
AUG 28 David Harrison, Post 14	633-1711
SEP 04 Oak Orchard/Riverdale, Post 28 (8:00-12:00)	945-1673
SEP 11 Walter L Fox, Post 2	674-3922
SEP 18 Laurel Post #19	875-9948
SEP 25 David Harrison, Post 14	633-1711

Disabled American Veterans (DAV)

DAV Dept. Service Officers 302-382-3448
 Paul Lardizzone 302-697-9061
 H. Mark Wischman 302 697-9061

Kent County Schedule:

DAV Headquarters Building
 183 South Street
 Camden, DE 19934
 Mondays 8:00-3:00 PM are by Appt only

Tuesday & Wednesday 8:00-12:00 PM Walk-Ins
 Monday – Friday 1:00-3:00 PM are by Appt only

Sussex County Schedule:

Department of Labor
 Division of Employment & Training
 600 N. DuPont Hwy
 Georgetown, DE 19947
 Thursday 8:00-1:00 PM Walk-Ins (302)856-5230
 Evening Appts for Kent & Sussex by appt only.

Purple Heart NSO (MOPH)

Deborah Frazier, National Service Officer, VA Regional Office, 1601 Kirkwood Hwy, Wilmington, DE 19805, (302) 993-7263 M-F 8:30 to 4:30 by appt only.

Paralyzed Veterans of America (DE/MD PVA)

Darrell Johnson, Sr., National Service Officer, VA Regional Office, 1601 Kirkwood Hwy, Room 26, Wilmington, DE 19805, (302) 993-7252 or (302) 993-7253. Mr. Johnson will make home visits upon request for Vets who do not have transportation to the VA. He will be in the Oak Orchard area the 1st Tuesday, Dover the 2nd Tuesday, Frederica the 3rd Tuesday and at the Home of the Brave on the 4th Tuesday of each month. In addition to our service officer at the Wilmington VA Regional Office, we also have a representative, David Timberman, National Liaison Service Officer, at the Home of the Brave on the 2nd & 4th Tuesdays from 10:00 AM until 2:00 PM. The Home of the Brave is located at 6632 Sharps Rd, Milford, DE (302) 424-1681 or 1682.

Veterans of Foreign Wars (VFW)

James Withrow, Dept. Service Officer, VA Regional Office, 1601 Kirkwood Hwy, Room 21, Wilmington, DE 19805, (302) 993-7260 .

1ST Thursday

Delaware DOL	(993-7260)	8:00-11:00 AM
Milford VFW	(422-4412)	1:30-4:00 PM

2nd Thursday

Delaware DOL	(993-7260)	8:00-11:00 AM
Milton VFW	(684-4975)	1:30-4:00 PM

3rd Thursday

Delaware DOL (993-7260) 8:00-11:00 AM
 Rehoboth VFW (227-3469) 1:30-4:00 PM
4th Thursday
 Delaware DOL (993-7260) 8:00-11:00 AM
 Seaford VFW (629-3092) 1:30-4:00 PM
5th Thursday
 Delaware DOL (993-7260) 8:00-11:00 AM

NOTE: All persons interested in Outreach Services should first call our office so that some advance information may be obtained to accelerate the application process. Kent & Sussex County residents may call 1-302-993-7260. NOTE: persons desiring assistance at the Thursday-downstate locations should be at the Delaware DOL no later than 9:00 AM or at the afternoon locations by 2:00 PM. The VFW provides services to veterans and their dependents without respect to veteran service organization affiliation; membership in the VFW is NOT required for service.

USN Veterans Association

CDR Jim Anderson.....(302) 295-7051

Vietnam Veterans of America (VVA)

Terry Baker, National Service Officer, VA Regional Office, 1601 Kirkwood Hwy, Wilmington, DE 19805, (302) 993-7250 or (302) 993-7251.

VETERANS ADMINISTRATION

Claims, Benefits, Veterans Services
 (Regional Office).....1-800-827-1000
 VA Hospital Scheduling.....1-800-461-8262
302-994-2511
 Dover VA Outpatient Clinic.1-800-461-8262 x2400
 Georgetown VA Outpatient
 Clinic.....1-800-461-8262 x2300
 Veterans Outreach Center
 (New Castle County).....302-633-5360
 (Kent and Sussex Counties).....302-422-8011

EMPLOYMENT SERVICES

Al Barclift (Wilmington).....302-761-8093

Allen Jones (Wilmington).....302-761-8141
 James Williams (Newark).....302-368-6622
 Joann Johnson (Dover).....302-739-5473
 Cliff Rumph (Georgetown).....302-856-5230

RETIREE ACTIVITIES

Retired Activities Office

Lt. Col Ken Smith, (USAF RET), Bldg 520, Room 105, Dover AFB, DE 19902, (302) 677-4612.

Retired Navy Activities Affairs Office

Naval & Marine Corps Reserve Center, 3920 Kirkwood Hwy, Wilmington, DE 19808, (302) 998-5194.

VETERANS ORGANIZATIONS POC

Air Force Sergeants Association

Bill McMullen.....(302) 697-9750

American Legion

Richard "Ric" Santos.....(302) 628-5221

AMVETS

Dale Nauman.....(302) 249-9275

Colonial Paralyzed Veterans of America

Ron Hoskins.....(302) 368-4898

Phyllis Palabrica.....(302) 368-4898

DELVETS

Robert Wasson.....(302) 798-2951

Disabled American Veterans

Paul Lardizzone.....(302) 697-9061
 40 & 8

Eugene "Chip" Rosan.....(302) 678-8077

Jewish War Veterans

Len Markovitz.....(302) 234-4785

Korean War Veterans Association

Charles Garrod.....(302) 430-0634

Marine Corps League

James Thompson.....(302) 284-2708

Military Officers Association of America

Tom Kelly (New Castle Co.).....(302) 834-9659

Ron Sarg (Kent Co.).....(302) 678-1603

Dick Cecil (Sussex Co.).....(302) 645-0432

Military Order of the Purple Heart

Cornelius "Bill" Carroll.....(302) 655-3820

Military Order of the World Wars

COL (Ret) Eugene A. Hebert.....(302) 335-0110
 E-mail: gene@hebert.net
The Reserve Officers Association
 CWO John V. Hawkins, Sr. (Ret)...(302) 328-8115
U.S. Navy Veterans Association
 Jim Anderson.....(302) 295-7051
Veterans of Foreign Wars
 Paul Phillips Jr.....(302) 656-5022
Vietnam Veterans of America
 Tom Daws.....(302) 738-8875
WAVES Nat'l
 Ruth Harden.....(302) 998-1373

Commissioners may be reached by calling (800) 344-9900.
 Paul Lardizzone (Chairman).....DAV
 Jim Thompson (Vice Chairman).....MCL
 Cornelius "Bill" Carroll.....MOPH
 Robert P. Corsa.....VVA
 Maurice Evans.....American Legion
 Ruth B. Harden.....WAVES NAT'L
 Jesse Kitson.....VFW
 Joseph "Joe" Lank.....MOWW
 Barry Newstadt.....JWV
 Ronald G. Sarg.....MOAA
 David W. Timberman.....CPVA
 Robert E. Wasson.....DELVETS
 Albert W. WeirAMVETS

COMMISSION OF VETERANS AFFAIRS

The Centurion is published for informational purposes only and does not necessarily reflect the views of the Commission of Veterans Affairs or the State of Delaware. Paid for with State Funds.

ATTENTION!!! ATTENTION!!! ATTENTION!!!

AS A RESULT OF THE STATE'S CURRENT ECONOMIC CLIMATE, "THE CENTURION" NEWSLETTER WILL BE DISTRIBUTED ELECTRONICALLY.

TO RECEIVE YOUR COPY BY EMAIL
 SUBSCRIBE TO "THE CENTURION" AT OUR WEB SITE:
www.veteransaffairs.delaware.gov.

TO OBTAIN A HARD COPY OF THE NEWSLETTER,
 VISIT ONE OF OUR OFFICE LOCATIONS OR
 YOUR LOCAL VETERANS POST HOME.

THIS POLICY WILL REMAIN IN EFFECT UNTIL FURTHER NOTICE.

THANK YOU FOR YOUR CONSIDERATION AND UNDERSTANDING.

Homeless Veterans Stand Down 2009

Veterans Helping Veterans “A HAND UP, NOT A HAND OUT”

If you are a veteran, homeless and in need, consider attending this program. Fellow veterans and friends of veterans are offering options, opportunities and assistance.

- ✓ Shelter
- ✓ Meals
- ✓ Employment Assistance
- ✓ Medical Assistance
- ✓ Drug & Alcohol Treatment Information
- ✓ Veterans Benefits Information
- ✓ Barbers
- ✓ Legal Advice

SEPTEMBER 11, 12, 13, 2009
WISSINOMING PARK
5900 FRANKFORD AVENUE
PHILADELPHIA, PA 19135

Intake Registration: September 11th
Cut Off Time: Friday, 7:00 p.m.

Note: Only a veteran's spouse and dependent children ages 15 and under may accompany a veteran to Stand Down. Proof of age may be required. No Exceptions.

Free Pick-up will be made at the following sites:

Friday, September 11th

6:00 a.m.

Whatcoat Shelter.....381 State College Road
Dover, De 19904

6:30a.m.

House of Pride.....110 S. New Street
Dover, De 19904

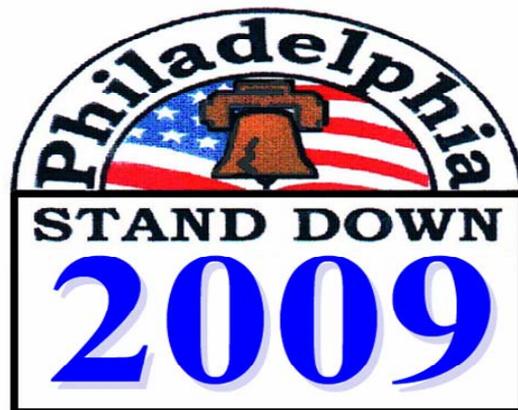
7:00a.m.

Wilmington VA.....1601 Kirkwood Highway
YMCA-.....1000 N. Walnut Street

8:00 a.m.

Friendship House.....226N. Walnut Street

**NOTE: Return transportation will be available
Friday, Saturday and Sunday.**



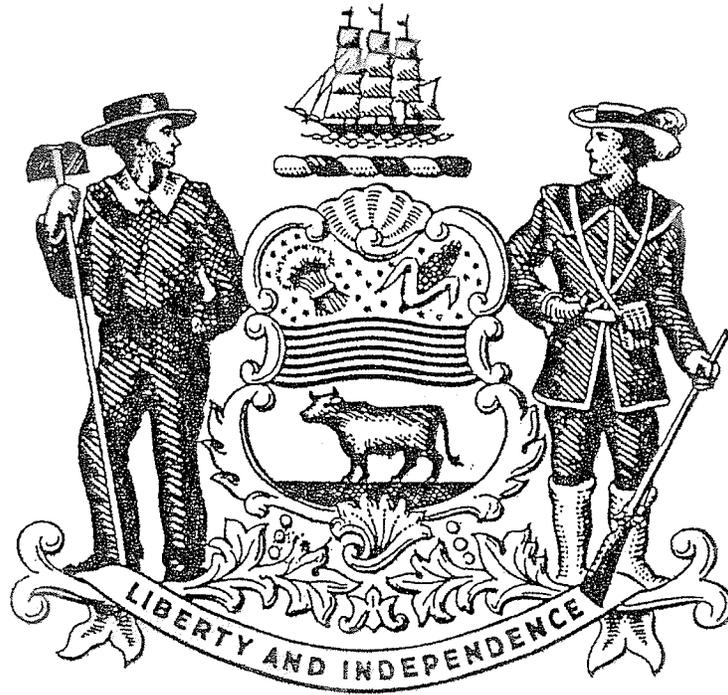
For more Information and to confirm your attendance call:

Tracy Polk, HCHV Outreach Coordinator at: 302-383-8672

Jay Hills, HUD- VASH Coordinator at: 302-540-8532

STATE OF DELAWARE

"Serving Delaware's Veterans"



Delaware Commission of Veterans Affairs
Robbins Building
802 Silver Lake Blvd, Suite 100
Dover, Delaware 19904

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