



THE CENTURION

DELAWARE COMMISSION OF VETERANS AFFAIRS

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Paul Lardizzone, Chairman

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CHAIRMAN'S UPDATE

As the Commission's re-elected Chairman for 2009-2010, I would like to thank my fellow Commissioners for their vote of confidence in my ability to serve as your Chairman for an additional year. Congratulations are extended to our new Vice Chairman, Mr. Jesse Kitson, representing the Veterans of Foreign War. We also extend a welcome to our newly appointed Commissioners, Mr. George Goss, representing the Korean War Veterans Association and Mr. Charles Keithley of the 40&8. As Commissioners, we are extremely aware and appreciate the many contributions and sacrifices made by our military members past and present, as well as the sacrifices of their families. We salute and welcome home all members the 261st Theater Tactical Signal Brigade for a job well done during their recent tour in Iraq. On November 11, 2009, the Commission, along with members of *The Friends of the Veterans Home, Inc.*, will participate in a ground breaking ceremony for the new Pavilion that will be erected on the grounds. Our resident veterans will now have a covered facility that will offer them numerous opportunities for additional outdoor activities to include fishing and picnicking. The Commission extends an invitation to you to participate at our monthly meetings that are held every fourth Tuesday of the month at 10:00 a.m. (except June and December – third Tuesday). We are located at 802 Silver Lake Blvd., Suite 100, Robbins Bldg., Dover, DE. You can view our newsletter "THE CENTURION" online at www.veteransaffairs.delaware.gov. I look forward to meeting, as well as working, with each and every one of you during my tenure as Chairman.

Sincerely,

Paul V. Lardizzone
Chairman

THOUGHT FOR THE QUARTER

“Isn’t it remarkable how our pioneering ancestors built up a great nation without asking Congress for help?”

VETERANS DAY SERVICES

The Delaware Commission of Veterans Affairs and Marine Corps League will host Veterans Day Services on Wednesday, November 11, 2009. The service will be held at the Memorial Bridge Plaza, Delaware Memorial Bridge, New Castle, Delaware, and will begin at 10:30 AM. For more information call 1-800-344-9900 or (302) 739-2792.

DELAWARE MILITARY HERITAGE DAY AT THE DELAWARE MILITARY MUSEUM



Mark your calendars for a very special event to be held on Veteran’s Day weekend. On Saturday, November 7, 2009, the Delaware Military Heritage and Education Foundation will hold its first Military Heritage Day. This will be held on the Museum grounds at Fort DuPont State Park from 10:00 AM to 4:00 PM and will include a cornucopia of exciting events, a true living history day. The Foundation will have displays of antique military vehicles, re-enactors from most of the major periods of our military history, military music, parades and more. If you are interested in collecting, buying, selling or swapping military memorabilia, there will be plenty of dealers and vendors on hand. The Foundation plans a noontime ceremony with a parade in review and a musket salute on the parade ground in front of the museum. Governor Jack Markell has declared this day to be Military Heritage Day in Delaware and we have invited him to be on hand when we are presented the flag from the USS Cole, after it was struck by a terrorist attack, donated as part of our permanent collection. “General Douglas Mac Arthur” will assist. A Coast Guard Cutter will also be in port. Throughout the program we will host seminar lectures by military historians inside the museum building. These will include Nancy Lynch, author of “Vietnam Mailbag”, Wade Catts on the Battle of Cooches Bridge, Jan Churchill on Women

in Military Aviation, and Dave Rickman on Fort Miles. This event is designed to honor all our military veterans and to celebrate their gallant accomplishments. It will include a display by the Vietnam Veterans of America Chapter 83’s Delaware Hometown Heroes Banner Program of the known servicemen killed in action since the Southeast Asian War. Delaware Gold Star Families contributed these banners in honor of their loved ones. These banners depict the photograph, name and service of each of these fallen heroes. We hope to incorporate these banners as part of our museum displays in the future. We invite all uniformed military veterans to attend and we hope you will join us for this free event.

WHAT: Delaware Military Heritage Day
WHERE: Ft DuPont State Park, Delaware City, DE
WHEN: November 7, 2009
Admission Free to the Public

FREE APPLEBEE’S MEALS ON VETERANS DAY

In recognition of your service to our country, all veterans and active duty military personnel are invited to eat free at Applebee’s Neighborhood Grill & Bar Restaurants this Veterans Day, Wednesday, Nov. 11, 2009. As you may recall, Applebee’s launched a pilot program last year on Veterans Day offering free entrees to military service personnel and veterans. Because the response was so overwhelmingly positive, Applebee’s is extending the invitation throughout the country this year. All U.S. veterans and active duty military with proof of current or former military service will eat free at all Applebee’s nationwide on Veterans Day, Wednesday, Nov. 11, 2009. Proof of service includes: U.S. Uniformed Services Identification Card, U.S. Uniformed Services Retired Identification Card, Current Leave and Earnings Statement, Veterans Organization Card, photograph in uniform or wearing uniform. For additional details, visit their website at: www.applebees.com/vetsday.

INFLUENZA IMMUNIZATION SCHEDULE AND INFORMATION

The regular seasonal flu vaccine is available at the Wilmington VA Medical Center and the Dover and Georgetown Community Based Outpatient Clinics. The seasonal flu vaccines are available to enrolled veterans. The flu shot is an inactivated vaccine. The flu shot does not contain live virus and cannot give you the flu. You should not get the flu shot if you are allergic to eggs. To get your flu shot: Go to any regularly scheduled appointment, go to the Wilmington VA's Flu Shot Clinic in the ground floor auditorium or attend a drive-thru clinic [\[printable Adobe .pdf version\]](#)



Wilmington VAMC Flu Shot Clinics:

Date	Location	Time
Oct 24, 2009	Drive -thru Clinic in Parking Lot	8:00am to 1:00pm
Oct 29, 2009	Auditorium	8:00am to 11:00am
Nov 03, 2009	Auditorium	8:00am to 11:00am
Nov 06, 2009	Auditorium	9:30am to 11:30am
Nov 12, 2009	Auditorium	8:00am to 11:00am & 3:00pm to 6:00pm
Nov 20, 2009	Auditorium	8:00am to 11:00am
Dec 09, 2009	Auditorium	8:00am to 11:00am & 3:00pm to 6:00pm

Go to the Wilmington VA Medical Center Lobby after October 26 for flu shots from 8:30am to 11:00am and 1:30pm to 3:00pm

Go to any Community Based Outpatient Clinic (CBOC) starting the week of October 5, 2009 [\[printable Adobe .pdf version\]](#)

Dover & Georgetown CBOC Flu Vaccinations:

Fridays 1:00pm to 3:30pm

Remember to cover your coughs and sneezes and wash your hands frequently to protect your health and the health of others! For more information go to: http://www.wilmington.va.gov/patient_and_family_resources/influenza_immunizations.asp

TRICARE NURSING HOME COVERAGE

In general, Tricare can cover skilled nursing care, and not custodial care. Care must be provided by a Tricare-authorized provider, such as a skilled nursing facility. Note that nursing homes, intermediate care facilities, etc., are excluded from Tricare coverage. Skilled nursing care is normally provided for rehabilitative services, with projected improvement goals. Custodial care is defined by law as providing assistance with the activities of daily living (bathing, dressing and eating) and can be provided safely and reasonably by a person who is not medically skilled. It is very important to remember that Tricare For Life (TFL) is the last payer to all other health insurances. Beneficiaries should first look to Medicare if they are eligible, and/or their other health insurance (OHI) if they have any, to pay for the skilled nursing. After their Medicare 100-day skilled nursing facility benefit is exhausted, TFL may then begin to cover the services as the primary payer, if the services continue to be considered skilled nursing care and the beneficiary does not have OHI. The doctor makes the determination about whether skilled nursing or custodial care is needed. However, if the Medicare benefit is terminated because the care is no longer considered skilled, but rather custodial, TFL will not cover charges for the care. Custodial care is not a Tricare covered benefit, just as it is not a Medicare covered benefit, nor a covered benefit of most civilian health plans. There are options, though, for covering custodial care in a nursing home setting. While Tricare does not cover long-term care, you may purchase long-term care insurance through commercial insurance programs or through the Federal Long-Term Care Insurance Program (FLTCIP), which some retired service members may be eligible for. Long-term care primarily involves providing help with activities of daily living (walking, personal hygiene, dressing, cooking, feeding, etc.) or supervision of someone who is cognitively impaired. For information about coverage alternatives, visit the Tricare beneficiary page on long-term care at www.Tricare.mil/mybenefit/jsp/Medical/IsItCovered.do?kw=Long%20Term%20Care&x=1&y=1. For more information

about TFL refer to www.Tricare.mil/mybenefit/ProfileFilter.do?&puri=%2Fhome%2Foverview%2FPlans%2FForLife or contact Wisconsin Physicians Service, the TFL contractor, at 1-866-773-0404. (*The Tricare Blog, May 28, 2009*)

DOD ANNOUNCES TRANSFERABILITY OPTIONS FOR “POST 9/11 GI BILL”

The Defense Department announced its policy for transferring educational benefits to the spouses and children of service members under the “Post 9/11 GI Bill,” which took effect Aug. 1, 2009. “This is as it should be in a volunteer force where families also serve,” said Deputy Under Secretary of Defense for Military Personnel Policy Bill Carr. “Transferability of GI Bill benefits is the most requested initiative we receive from our service members, and we believe it will assist us in retaining highly qualified military personnel.” Career service members on active duty or in the selected reserve on Aug. 1, 2009, and who are eligible for the “Post 9/11 GI Bill,” may be entitled to transfer all or a portion of their education entitlement to one or more family members. To be eligible, service members must have served in the Armed Forces for at least six years, and agree to serve four additional years, from the date of election to transfer. Service members with at least 10 years of service, who by DoD or service policy are prevented from committing to four additional years, may transfer their benefits provided they commit for the maximum amount of time allowed by such policy or statute. Additionally, to maintain proper force structure and promotion opportunities, temporary rules have been developed for service members eligible to retire between Aug. 1, 2009 and Aug. 1, 2012. Depending on their retirement eligibility date, these service members will commit to one to three additional years, from the date of election to transfer. The services will provide further implementation guidance. Beginning June 29, 2009, eligible service members may make transfer designations by visiting this Web site: <https://www.dmdc.osd.mil/TEB>. Service members may be eligible for the “Post 9/11 GI Bill” if they served at least 90 aggregate days on active duty on

or after Sept. 11, 2001, and were honorably discharged. Based on the length of active duty service, members are entitled to a percentage of the cost of tuition and fees, not to exceed the most expensive in-state undergraduate tuition at a public institution of higher learning. Members not on active duty may also receive a monthly living stipend equal to the basic allowance for housing payable to a military E-5 with dependents, and to an annual \$1,000 stipend for books and supplies. The Department of Veterans Affairs administers the “Post 9/11 GI Bill,” and determines eligibility for education benefits. Further information on eligibility, benefit levels, and application procedures can be found at their Web site, <http://www.gibill.va.gov>. (<http://www.defenselink.mil/releases/release.aspx?releaseid=12762>)

PTSD COMPENSATION RULES

Secretary of Veterans Affairs Eric K. Shinseki announced the Department of Veterans Affairs (VA) is taking steps to assist veterans seeking compensation for Post-Traumatic Stress Disorder (PTSD). “The hidden wounds of war are being addressed vigorously and comprehensively by this administration as we move VA forward in its transformation to the 21st century,” said Secretary Shinseki. The VA is publishing a proposed regulation in the *Federal Register* to make it easier for a veteran to claim service connection for PTSD by reducing the evidence needed if the stressor claimed by a veteran is related to fear of hostile military or terrorist activity. Comments on the proposed rule will be accepted over the next 60 days. A final regulation will be published after consideration of all comments received. Under the new rule, VA would not require corroboration of a stressor related to fear of hostile military or terrorist activity if a VA psychiatrist or psychologist confirms that the stressful experience recalled by a veteran adequately supports a diagnosis of PTSD and the veteran’s symptoms are related to the claimed stressor. Previously, claims adjudicators were required to corroborate that a non-combat veteran actually experienced a stressor related to

hostile military activity. This rule would simplify the development that is required for these cases. PTSD is a recognized anxiety disorder that can follow seeing or experiencing an event that involves actual or threatened death or serious injury to which a person responds with intense fear, helplessness or horror, and is not uncommon in war. Feelings of fear, confusion or anger often subside, but if the feelings don't go away or get worse, a veteran may have PTSD. VA is bolstering its mental health capacity to serve combat veterans, adding thousands of new professionals to its rolls in the last four years. The Department also has established a suicide prevention helpline (1-800-273-TALK) and website available for online chat in the evenings at www.suicidepreventionlifeline.org/veterans. (VA News Release, August 24, 2009)

DFAS MYPAY SYSTEM

Coming later this fall, DFAS will implement new myPay access requirements to increase the security of user information. One change will require users to establish a new user name (login ID) and password. Customized login IDs and passwords will allow you more flexibility and opportunities to increase the security of your personal information. To take action the following is germane:

- When logging into myPay the first time following implementation of the new security enhancements, you will be allowed to use your existing login ID and PIN and will be prompted to change your login credentials.
- New login IDs will require six to 129 alphanumeric characters that will be unique to one user only. If you attempt to create a login ID that has already been established you will be prompted to create a different login ID.
- Help screens will contain the login ID requirements. You will be required to establish a password to accompany your customized login ID. Passwords must be no less than eight and no more than 15 characters. Help screens will contain the password requirements.
- If you have established a Restricted Access PIN, you will also be prompted to establish a limited

access login ID and password using the same requirements.

Questions regarding this myPay change may be directed to the Centralized Customer Support Unit at 1-888-332-7411, commercial (216) 522-5096. (DFAS Advisory, October, 11 2009)

VA EXTENDS “AGENT ORANGE” BENEFITS TO MORE VETERANS Parkinson’s disease, two other illnesses recognized

Relying on an independent study by the Institute of Medicine (IOM), Secretary of Veterans Affairs Eric K. Shinseki decided to establish a service-connection for Vietnam Veterans with three specific illnesses based on the latest evidence of an association with the herbicides referred to Agent Orange. The illnesses affected by the recent decision are B cell leukemias, such as hairy cell leukemia; Parkinson’s disease; and ischemic heart disease. Used in Vietnam to defoliate trees and remove concealment for the enemy, Agent Orange left a legacy of suffering and disability that continues to the present. Between January 1965 and April 1970, an estimated 2.6 million military personnel who served in Vietnam were potentially exposed to sprayed Agent Orange. In practical terms, Veterans who served in Vietnam during the war and who have a “presumed” illness don’t have to prove an association between their illnesses and their military service. This “presumption” simplifies and speeds up the application process for benefits. The Secretary’s decision brings to 15 the number of presumed illnesses recognized by the Department of Veterans Affairs (VA). “We must do better reviews of illnesses that may be connected to service, and we will,” Shinseki added. “Veterans who endure health problems deserve timely decisions based on solid evidence.” Other illnesses previously recognized under VA’s “presumption” rule as being caused by exposure to herbicides during the Vietnam War are:

- Acute and Subacute Transient Peripheral Neuropathy
- Chloracne
- Chronic Lymphocytic Leukemia

- Diabetes Mellitus (Type 2)
- Hodgkin's Disease
- Multiple Myeloma
- Non-Hodgkin's Lymphoma
- Porphyria Cutanea Tarda
- Prostate Cancer
- Respiratory Cancers, and
- Soft Tissue Sarcoma (other than Osteosarcoma, Chondrosarcoma, Kaposi's sarcoma, or Mesothelioma)

Additional information about Agent Orange and VA's services and programs for Veterans exposed to the chemical are available at www.publichealth.va.gov/exposures/agentorange. (VA News Release, October 13, 2009)

NATIONAL GUARD RETIREMENT GUIDE

The U.S. Army has published the first Retirement Guide for National Guard Soldiers and Families. The 56-page Army National Guard Information Guide on Non-Regular Retirement was written for anyone with an interest in how a member of the Army National Guard can earn retirement points credit, qualify for retired pay for non-regular service and apply for retired pay. It is the result of collaboration between the Army G-1 Retirement Services Division, part of the G-1's Human Resources Policy Directorate, and the Army National Guard. The rules, links, and references covered therein are not the definitive answer on any subject. All are subject to changes in laws, directives, regulations and the determinations of the offices and agencies responsible for the information assembled and presented. For matters concerning individual Retirement Points Accounting, contact the RPAM Administrator (Retirement Points Accounting Management Administrator) for the state in which the Soldier is a member or held membership. For specific determinations of retirement eligibility, the RPAM Administrator can refer questions to Human Resources Command – St. Louis. The guide can be viewed at www.armyg1.army.mil/rso/docs/ARReserveRetirementGuide.doc. (Army Echoes, Sep-Dec 09)

VA BLUE WATER CLAIMS

As most Vietnam-era veterans know presumption for Agent Orange related health conditions are based upon the member having actually had “boots on the ground” for at least one day. Those serving aboard ships have been divided into two groups. In the Blue Water groups are those individuals who were considered not to have been in country and among the Brown Water group are those who worked primarily on the rivers and are already considered to qualify. A question by a veterans organization representative, at a previous quarterly meeting, has led the VA to slightly change the rule. Now if a service member can prove that he was aboard a ship that actually tied up to a pier in Vietnam and that can be proven, the member will be considered as being in country and the presumptive conditions can apply. If you or someone you know meets these qualifications and has previously been turned down for Agent Orange related conditions, now is the time to re-open your case with the VA. (NAUS Weekly Update, May 29, 2009)

GULF WAR SYNDROME

Citing persistent noncompliance and numerous performance deficiencies, the Department of Veterans Affairs (VA) will not exercise the third year of a five-year, \$75 million contract with the University of Texas Southwestern Medical Center (UTSWMC) to perform research into Gulf War Veterans' Illnesses (GWVI). "Research into the illnesses suffered by Gulf War Veterans remains a priority for VA," said Dr. Gerald M. Cross, VA's Acting Under Secretary for Health. "As part of our commitment to this vital effort, we must make certain that our resources are used to support effective and productive research." VA listed several reasons for not exercising the contract option, including UTSWMC's persistent and continuing noncompliance with contract terms and conditions and detailed documentation by the contracting officer of performance deficiencies. VA also noted that its Office of Inspector General documented severe performance deficiencies in a 15 JUL report and recommended that no further task orders be issued under the contract. VA will meet with UTSWMC contract staff 26 AUG to

provide guidance for completing work in progress and submitting adequate documentation to allow payment. UTSWMC will be allowed to fulfill task orders already in progress if it corrects all performance deficiencies. The decision not to continue the contract means VA's research program will be able to redirect funds to support additional research into GWVI. In 2010, that research will include a genomic study to identify susceptibility factors and markers of GWVI; studies of similarities and differences with chronic fatigue syndrome and fibromyalgia; studies of new diagnostic tests; identification of sub-populations of ill Gulf War Veterans; and studies of potential new treatments. The redirected funding for these new VA research initiatives will be in addition to the substantial support VA already provides for GWVI research--\$7 million in 2008 and \$4.8 million so far in 2009. (VA News Release, August 26, 2009)

WOMEN VETERANS PROGRAMS

Secretary of Veterans Affairs Eric K. Shinseki pledged on Women's Equality Day 26 AUG that the Department of Veterans Affairs (VA) will work to ensure the nation upholds its obligation to meet the needs of our veterans - including women veterans. Although VA has long provided equal benefits to women veterans, the Department has embarked on new initiatives to meet their unique needs. These initiatives include:

- Comprehensive primary care and specialized medical care at every VA medical center;
- Enhanced mental healthcare specifically for women veterans;
- Staffing every VA medical center with a Women Veterans Program Manager;
- Creating a mini-residency on women's health for primary care physicians;
- Supporting a multifaceted research program on women's health;
- Improving communication and outreach to women veterans; and
- Continuing the operation of organizations such as VA's Center for Women Veterans and the Women Veterans Health Strategic Healthcare Group.

Assistant Secretary L. Tammy Duckworth said, "During this observance we should remember the special contributions and sacrifices of the 200,000 women currently serving in the armed forces and 1.8 million who are veterans," Women veterans are one of the fastest growing segments of the veteran population. They comprise 7.5% of the total veteran population and nearly 5.5% of all veterans who use VA health care services. VA estimates women veterans will constitute 10% of the veteran population by 2020 and 9.5% of VA patients. For more information about VA programs and services for women Veterans refer to www.va.gov/womenvet and www.publichealth.va.gov/womenshealth . (VA News Release, August 26, 2009)

VA'S HEALTH SYSTEM TOP EMPLOYER FOR AARP *One of nation's best for workers over 50*

The health care network operated by the Department of Veterans Affairs (VA) has been named as one of the best employers this year for workers over 50 by the American Association of Retired Persons (AARP). "Quality care is what drives VA and is our primary mission," said Secretary of Veterans Affairs Eric K. Shinseki. "VA is proud to be recognized as a top employer for the most experienced employees." AARP's annual awards program recognizes companies and organizations with the best policies for an aging labor force. VA's health care system – the Veterans Health Administration (VHA) – has more than 251,000 people in a wide array of clinical and administrative professions, including some of the most demanding medical specialties. Nearly half of VHA employees are over the age of 50. "In today's health care industry, being recognized for quality service and being supported by your organization is very appealing to employees who want to give their best to each life they touch," said Dr. Gerald Cross, VA's Acting Under Secretary for Health. VA's health care system includes 153 medical centers, with at least one in each state, Puerto Rico and the District of Columbia. VA also operates 942 ambulatory care and community-based outpatient clinics, 134 nursing homes, 50 residential

rehabilitation treatment programs, 232 Veterans Centers and 108 comprehensive home-care programs. VA health care facilities provide a broad spectrum of medical, surgical and rehabilitative care. Recipients of the AARP “Best Employers for Workers Over 50” designation are selected for their policies and practices in meeting the needs of an aging workforce. Key areas of consideration include recruiting practices; opportunities for training; education and career development; workplace accommodations; alternative work options, flexible scheduling, job sharing, and phased retirement; employee health and pension benefits; retiree benefits; and age diversity of the workforce. To learn more about VA career opportunities visit www.vacareers.va.gov. (VA News Release, September 22, 2009)

TRICARE WEIGHT OPTIONS

Tricare beneficiaries whose weight poses a serious health risk have surgical alternatives available to them. For those who medically qualify, Tricare covers gastric bypass, gastric stapling and gastroplasty procedures including vertical banded gastroplasty and laparoscopic adjustable gastric banding, commonly known as Lap-Band surgery. These procedures are covered for non-active duty beneficiaries who suffer from morbid obesity and meet specific medical criteria. For a Tricare beneficiary to medically qualify he or she must weigh 100 pounds or more over their ideal weight for height and bone structure, and the excess weight must be associated with a severe medical condition. Beneficiaries who weigh more than twice their ideal weight for height and bone structure are also eligible. Additionally, Tricare covers surgery for beneficiaries who had a previous intestinal bypass or other surgery for obesity and, because of complications, require a second surgery and procedures that have been proven safe and effective, and are accepted by the medical community,” said John Kugler, Chief Medical Officer, Tricare Management Activity. “For some beneficiaries, gastric surgery may be the right course of action to preserve their health.” Nonsurgical treatment of obesity, morbid obesity,

dietary control or weight reduction, biliopancreatic bypass and gastric bubble or balloon for the treatment of morbid obesity are not covered by Tricare. Details of Tricare’s coverage of surgical treatments for morbid obesity are available in Chapter 4, Section 13.2 of the Tricare Policy Manual, and can be found at <http://manuals.Tricare.osd.mil>. Bariatric surgery represents a major and permanent change in the digestive system and beneficiaries are required to maintain a strict adherence to a specific dietary regimen, which may interfere with the operational deployment of active duty service members (ADSMs). Because of this, ADSMs are not allowed to have bariatric surgery and may be separated from the service if they choose to have the procedure. If an ADSM has bariatric surgery without Military Health System authorization—e.g., by using other health insurance carried by a spouse—he or she is permanently non deployable and may be considered for separation. Before gastric bypass or Lap-Band procedures are considered, Tricare encourages beneficiaries to use healthy diets and exercise to prevent obesity. Military personnel, retirees and their families can use the tools provided by Tricare at the Healthy Living Web site at www.Tricare.mil/getfit/ or the Defense Commissary Agency, www.commissaries.com, including dietary advice columns, recipes and information on making healthy food choices. The Department of Agriculture’s “MyPyramid” tool at www.mypyramid.gov can help in creating personalized meal and physical activity plans. Physical activity is important for physical health and weight management. Exercise reduces the risk of cardiovascular disease, diabetes and other diseases. Consistent physical activity is helpful in weight loss and helps prevent regaining the weight. The Centers for Disease Control and Prevention recommends 30 minutes of daily physical activity for adults and 60 minutes for children. Everyday activities provide opportunities for being more active. Visit the CDC Healthy Living Web Page at www.cdc.gov/healthyliving and try a few of these suggestions:

- ◆ Walk, cycle, jog, skate, etc., to work, school, the store or place of worship.
- ◆ Park the car farther away from your destination.

- ◆ Take the stairs instead of the elevator or escalator.
- ◆ Use leg power by taking small trips on foot to get your body moving.
- ◆ Take fitness breaks by walking or doing desk exercises instead of taking cigarette or coffee breaks.
- ◆ Perform gardening or home repair activities.
(*Tricare News Release, September 24, 2009*)

**VETERANS GIVE HIGH MARKS
TO VA PHARMACIES**
J.D. Power Survey Documents
“Customer Satisfaction”

Secretary of Veterans Affairs Eric K. Shinseki announced J.D. Power and Associates, a firm specializing in consumer surveys, has given VA pharmacies some of the highest customer satisfaction scores in a national sampling of pharmacy customers. “Veterans are our clients. Providing the highest quality pharmacy services is an essential part of delivering health care to our nation’s heroes,” said Secretary Shinseki. “As we transform VA and move forward, we will make certain that our approach in delivering health care is, first and foremost, Veteran-centric.” J.D. Power and Associates surveyed about 12,000 pharmacy customers who use pharmacy retailers, including independent and mail-out pharmacies, chain drug stores, mass merchandisers and supermarkets. VA received an “*Among the Best*” ranking for the mail order category, the same overall ranking as Kaiser Permanente Pharmacy and Prescriptions Solutions. Among the factors examined in the *J.D. Power and Associates 2009 National Pharmacy Study* were pharmacy environment, price and value of prescription drugs, experience with online ordering and mail delivery, and experience with pharmacist and non-pharmacist staff. Every Veteran enrolled in the VA health care system is eligible to receive prescription medications, over-the-counter medications, and medical and surgical supplies. In 2008, VA provided approximately 126 million outpatient prescriptions to more than 4.4 million patients. VA operates seven mail-out pharmacies, known officially as consolidated mail outpatient

pharmacies. They are located in Charleston, S.C.; Dallas, TX; Hines, Ill.; Leavenworth, Kan.; Murfreesboro, Tenn.; Chelmsford, Mass.; and Tucson, Ariz. These facilities support VA’s health care mission through advanced automated production technologies to dispense and mail prescriptions to eligible Veterans. In addition to supporting VA health care facilities, the mail-out pharmacies also support the Civilian Health and Medical Program for VA and the Naval Medical Center in San Diego. To see the full survey results, visit <http://www.jdpower.com/healthcare/articles/2009-National-Pharmacy-Study>. (VA News Release, October 26, 2009)

**SECRETARY SHINSEKI ORDERS
EMERGENCY CHECKS TO STUDENTS
AWAITING EDUCATION BENEFITS**
*Thousands of Checks to Alleviate Student
Financial Burden*

Secretary of Veterans Affairs Eric K. Shinseki announced the Department of Veterans Affairs (VA) has authorized checks for up to \$3,000 to be given to students who have applied for educational benefits and who have not yet received their government payment. The checks will be distributed to eligible students at VA regional benefits offices across the country starting Oct. 2, 2009. “Students should be focusing on their studies, not worrying about financial difficulties,” Secretary Shinseki said. “Education creates life-expanding opportunities for our Veterans.” Starting Friday, Oct. 2, 2009, students can go to one of VA’s 57 regional benefit offices with a photo ID, a course schedule and an eligibility certificate to request advance payment of their housing and book allowance. Because not all these offices are located near students, VA expects to send representatives to schools with large Veteran-student bodies and work with Veteran Service Organizations to help students with transportation needs. A list of those VA regional offices is available at www.vba.va.gov/VBA/benefits/offices.asp. “I’m asking our people to get out their road maps and determine how we can reach the largest number of college students who can’t reach us,” VA’s Under Secretary for

Benefits Patrick Dunne said. “Not everyone has a car. Not everyone can walk to a VA benefits office.” Although VA does not know how many students will request emergency funds, it has approximately 25,000 claims pending that may result in payments to students. The funds VA will give to students now are advance payments of the earned benefits for housing and books. This money will be deducted from future education payments. VA officials said students should know that after this special payment, they can expect to receive education payments on the normal schedule -- the beginning of the month following the period for which they are reimbursed. “This is an extraordinary action we’re taking,” said Shinseki. “But it’s necessary because we recognize the hardships some of our Veterans face.” More than 27,500 students have already received benefits for housing or books under the new Post-9/11 GI Bill, or their schools received their tuition payments. (VA News Release, September 27, 2009)

VA EDUCATION WORKLOAD

The following is a breakdown as of the Veterans Benefit Administration’s (VBA) current workload, claim status, and associated processing times in providing Education benefits to veterans:

Post-9/11 GI Bill Workload

- VA has received 277,403 claims for Post-9/11 GI Bill benefits (249,668 eligibility determinations and 27,735 enrollment certifications). Eligibility determinations often also contain an enrollment certification that is processed simultaneously.
- VA has completed action on nearly 205,074 of those claims (189,597 eligibility determinations (and simultaneous enrollment certifications) and 15,477 enrollment certifications).
- On average, it takes approximately 34 days to process a claim for Post-9/11 GI Bill education benefits.
- The time to process claims may increase temporarily (as it does each year) as incoming claims related to fall enrollment increase during September and October.

- Schools have been informed to continue submitting enrollment certifications in a timely manner.

- VA Currently has 72,329 claims pending for Post-9/11 GI Bill benefits (60,071 eligibility determinations and 12,258 enrollment certifications).

Total Education Workload

- VA has received 603,656 Non-Chapter 33 education claims (106,219 eligibility determinations and 497,437 enrollment certifications). Eligibility determinations often also contain an enrollment certification that is processed simultaneously.
 - VA has completed action on 503,323 of those claims (65,170 eligibility determinations (and simultaneous enrollment certifications) and 438,153 enrollment certifications).
 - VA currently has 172,662 total education claims pending (101,120 eligibility determinations and 71,542 enrollment certifications) for all VA education benefits including the Post-9/11 GI Bill, the Montgomery GI Bill, the Reserve Education Assistance Program, and Dependents Education Assistance. Eligibility determinations may also contain an enrollment certification that is processed simultaneously.
 - On average, it takes approximately 35 days to process a claim for Montgomery GI Bill education benefits.
 - The time to process claims may increase temporarily (as it does each year) as incoming claims related to fall enrollment increase during September and October.
- #### **Other Statistics of Interest**
- As of 16 SEP 09, approximately 33,000 payments totaling nearly \$16 million dollars were paid to chapter 33 participants (for both books and supplies and housing allowance).
 - As of 16 SEP 09, over 20,000 payments for tuition and fees were paid to schools, totaling over \$36 million.
 - As of 31 AUG 09, approximately 13,000 veterans have received payments for Chapter 33.
 - As of 31 AUG 09, VA has authorized payment of \$997 million in non-Chap 33 education benefits.
 - Total education claims received: 881, 059.

- Total payments as of 16 SEP 09 for post 9/11: \$52 million. (*VA News Release, August 23, 2009*)

AFRICAN-AMERICAN WOMEN HISTORY PROJECT

Ms. Jeanne Giaimis, who is affiliated with Rutgers University, is in the process of writing a book concerning African-American women who served in the military or in a civilian position in Southeast Asia, (specifically Vietnam, Thailand, or Japan) between 1954 to 1975. As a Historian, Ms. Giaimis would like to share your experience. For further information, please contact Ms. Giaimis at Rutgers University-Newark: 973-353-3557 or email her at gaiamis@andromeda.rutgers.edu.

VA ADVISORY COMMITTEES

Advisory committees are used extensively by the Department of Veterans Affairs (VA) to provide advice and guidance on a wide variety of programs that deliver benefits and services to our Nation's veterans. Advisory committees operate as another component of the "people's voice" in our democratic form of government. Some of VA's advisory committees have been mandated by Congress to ensure that federal laws, as carried out by the executive branch, are meeting their intended goals. Other VA committees have been created by the Secretary of Veterans Affairs to assess specific VA policies or programs. Advisory committee members are generally acknowledged, by VA's leadership and members of the veterans' affairs committees in Congress, as "consumer representatives" of those millions of beneficiaries whose lives are affected each year by VA programs. Advisory committees must operate in compliance with the Federal Advisory Committee Act (FACA). Advisory committee meetings at VA are generally open to the public, and notices of those meetings are published in the Federal Register. One of VA's principal objectives in managing its advisory committees is to ensure that committee members appropriately reflect the diversity of American society and the veterans' population. Committee members are expected to have the technical, scientific and programmatic

expertise demanded by the committees' areas of interest and emphasis. Committee members are also expected to offer unbiased advice and to comply with all federal ethics standards. Following is a list of the committees that are currently active:

- ▶ Advisory Committee on Cemeteries and Memorials
- ▶ Clinical Science Research and Development Service Cooperative Studies Scientific Evaluation Committee
- ▶ Advisory Committee on Disability Compensation
- ▶ Veterans' Advisory Committee on Education
- ▶ Veterans' Advisory Committee on Environmental Hazards
- ▶ Advisory Committee on Former Prisoners of War
- ▶ Genomic Medicine Program Advisory Committee
- ▶ Geriatrics and Gerontology Advisory Committee
- ▶ Research Advisory Committee on Gulf War Veterans' Illnesses
- ▶ Advisory Committee on Gulf War Veterans
- ▶ Health Services Research and Development Service Merit Review Board
- ▶ Advisory Committee on Homeless Veterans
- ▶ Joint Biomedical Laboratory Research and Development and Clinical Science Research and Development Services Scientific Merit Review Board
- ▶ Blue Ribbon Panel on VA-Medical School Affiliations
- ▶ Advisory Committee on Minority Veterans
- ▶ National Research Advisory Council
- ▶ Advisory Committee on Prosthetics and Special Disabilities Programs
- ▶ Advisory Committee on the Readjustment of Veterans
- ▶ Veterans' Advisory Committee on Rehabilitation
- ▶ Rehabilitation Research and Development Service Scientific Merit Review Board
- ▶ Veterans' Rural Health Advisory Committee
- ▶ Special Medical Advisory Group
- ▶ Advisory Committee on Structural Safety of Department of Veterans Affairs Facilities
- ▶ Department of Veterans Affairs Voluntary Service National Advisory Committee

► Advisory Committee on Women Veterans
(www.va.gov, September 2009)

VA STAFFS OFFICE FOR SURVIVORS OF VETS, SERVICE MEMBERS

Shinseki: "Voice of Survivors"

Will Strengthen Existing Programs

To strengthen the programs of the Department of Veterans Affairs (VA) for the survivors of the nation's Veterans and military personnel, the Department has staffed an office to serve as their advocate, with a charter that includes creating or modifying programs, benefits and services. "Taking care of survivors is as essential as taking care of our Veterans and military personnel," Secretary of Veterans Affairs Eric K. Shinseki said. "By taking care of survivors, we are honoring a commitment made to our Veterans and military members." The office serves as the primary advisor to the secretary on all issues affecting the survivors and dependents of deceased Veterans and service members. It will monitor VA's delivery of benefits to survivors, make appropriate referrals to VA offices for survivors seeking benefits and explore innovative ways of reaching survivors who are not receiving the VA benefits for which they are eligible. VA benefits for eligible survivors include educational assistance, home loan guaranties, health care insurance and Dependency and Indemnity Compensation, a monthly payment to the survivors of some people who die on active duty and some seriously disabled Veterans. More than 554,000 spouses, dependents and other survivors of Veterans are receiving VA benefits. That figure includes nearly 5,000 spouses of World War I Veterans, 90 spouses and 94 children of Spanish-American War Veterans, and two children of Civil War Veterans. The establishment of this office was authorized in the Veterans Benefits Improvement Act of 2008. (VA News Release, September 28, 2009)

GLAUCOMA

Glaucoma is a group of eye diseases that gradually steal sight without warning. Vision loss is caused by damage to the optic nerve. This nerve acts like

an electric cable with over a million wires and is responsible for carrying images from the eye to the brain. In the early stages of the disease, there may be no symptoms. Experts estimate that half of the people affected by it may not know they have it. Glaucoma is a very misunderstood disease. Often, people don't realize the severity or who is affected. Those at higher risk for glaucoma should get a complete eye exam, including eye dilation, every one or two years. Those with higher risk include African-Americans (6-8 times), seniors over age 60 (6 times), family history (4-9 times), Hispanics in older age groups (slightly), high dose steroid users (40% increase), eye injury, and diabetics. Four key facts about this disease are:

- It is a leading cause of blindness if left untreated. And unfortunately approximately 10% of people with glaucoma who receive proper treatment still experience loss of vision.
- It is not curable, and vision lost cannot be regained. With medication and/or surgery, it is possible to halt further loss of vision. Since glaucoma is a chronic condition, it must be monitored for life.
- Diagnosis is the first step to preserving your vision.
- Everyone is at risk - Older people are at a higher risk for glaucoma but babies can be born with glaucoma (approximately 1 out of every 10,000 babies born in the United States). Young adults can get glaucoma, too. African-Americans in particular are susceptible at a younger age.

There may be no symptoms to warn you. With open angle glaucoma, the most common form, there are virtually no symptoms. Usually, no pain is associated with increased eye pressure. Vision loss begins with peripheral or side vision. You may compensate for this unconsciously by turning your head to the side, and may not notice anything until significant vision is lost. The best way to protect your sight from glaucoma is to get tested. If you have glaucoma, treatment can begin immediately. Glaucoma is the second leading cause of blindness in the world, according to the World Health Organization. Estimates put the total number of suspected cases of glaucoma at around 65 million worldwide. In the United States:

- It is estimated that over 4 million Americans have glaucoma but only half of those know they have it.
- Approximately 120,000 are blind from glaucoma, accounting for 9% to 12% of all cases of blindness.
- About 2% of the population ages 40-50 and 8% over 70 have elevated IOP.
- Glaucoma is the leading cause of blindness among African-Americans and 6 to 8 times more common in African-Americans than Caucasians.
- African-Americans ages 45-65 are 14 to 17 times more likely to go blind from glaucoma than Caucasians with glaucoma in the same age group.
- The most common form, Open Angle Glaucoma, accounts for 19% of all blindness among African-Americans compared to 6% in Caucasians.
- Other high-risk groups include: people over 60, family members of those already diagnosed, diabetics, and people who are severely nearsighted.
- Estimates put the total number of suspected cases of glaucoma at around 65 million worldwide.
- In terms of Social Security benefits, lost income tax revenues, and health care expenditures, the cost to the U.S. government is estimated to be over \$1.5 billion annually. (*Medicare Rights Center, January 12, 2008*)

CENSUS 2010

The census is a count of everyone living in the United States every 10 years. It is mandated by the U.S. Constitution and the next one will be in the summer of 2010. Your participation in the census is required by law. The 2010 Census questionnaire will be one of the shortest in history, consisting of 10 questions. It should take less than 10 minutes to complete and federal law protects the personal information you share during the census. Census data are used to distribute Congressional seats to states, to make decisions about what community services to provide, and to distribute \$400 billion in federal funds to local, state and tribal governments each year. With preliminary work starting on the 2010 Census there are some basic cautionary notes for you to be aware of:

- If a U.S. Census worker knocks on your door, they will have a badge, a handheld device, a Census Bureau canvas bag, and a confidentiality notice.

Ask to see their identification and their badge before answering their questions. However, you should never invite anyone you don't know into your home.

- Census workers are currently only knocking on doors to verify address information. Do not give your Social Security number, credit card or banking information to anyone, even if they claim they need it for the U.S. Census.
- While the Census Bureau might ask for basic financial information, such as a salary range, the Census Bureau will not ask for Social Security, bank account, or credit card numbers nor will employees solicit donations. Eventually, Census workers may contact you by telephone, mail, or in person at home.
- The Census Bureau will not contact you by email, so be on the lookout for email scams impersonating the Census. Never click on a link or open any attachments in an email that are supposedly from the U.S. Census Bureau. (*NAUS Weekly Update, September 25, 2009*)

ARMY AIR CORPS VETERAN AND MERCHANT MARINER REVISITS CHILDHOOD YEARS WITH HOSPICE VOLUNTEER

It was just a case of luck that Jackson Lynn became the poster boy for the Merchant Marines in the early 1940's, when they were posting fliers to promote war bonds. "I was in the right place and the right time," recalled Jackson. "I was working in an office in Washington D.C. when someone came in looking for a marine to photograph for the posters, and I was there." Jackson's photo and the war bond poster became quite famous. It was also luck that Jackson Lynn was referred to Delaware Hospice fifty years later, where he and his family found the special care they needed as well as a great gift in the form of Andy Parezo, a Delaware Hospice volunteer. Jackson's dependency on his family had grown during this past year with the diagnosis and progression of Alzheimer's disease. Jackson's granddaughter, Corina Beatty, said, "I never would have considered hospice care for my grandfather at this point. But we needed help, and a nurse who

knew our situation quite well referred us to Delaware Hospice.” “We’re so pleased with the care, but the most amazing gift is our Delaware Hospice volunteer, Andy Parezo.” When Andy Parezo accepted his volunteer assignment to go and visit with Jackson once a week, no one realized that Andy and Jackson shared memories of childhood and young adulthood—years in which Alzheimer’s patients tend to have strong memories. Andy said, “When I received the assignment, Jack’s name rang a bell, but I didn’t recognize him. As we spent time together and chatted, one remarkable coincidence after another was revealed. Jackson and I are the same age. We both grew up in Washington D.C. where we graduated from different high schools in June of 1939. We both attended Wilson’s Teacher College the next fall, where we remember wearing the obligatory green necktie and green and white felt beanie which were the school colors. “A few years later, I married a woman who lived near his home, and Jackson and I met on the bus, where we remembered seeing each other at Wilson’s Teacher College. I discovered that Jackson had married Nancy, who had been my date to the high school senior prom. Both of us joined the service shortly after that.” “On one of my visits with Jack, I mentioned that I had been in the Army Air Corps in Greensboro, NC. Jackson suddenly shouted out, ‘BTC-10!’ It turns out that Jackson had been part of the permanent cadre at Greensboro, although we never saw each other while stationed there. As a permanent cadre, he lived off-base with Nancy. As a private trainee, I was confined to base until I’d been there long enough to get a pass.” In 1975, Andy moved to the Eastern Shore. Jackson had also been transferred to Salisbury by his employer. So they both lived once again in the same neighborhood--at one point within a few blocks of each other--and didn’t know it! Corina grew emotional when she talked of Andy’s visits with her grandfather. “He has good days and bad days; but when Andy comes, he perks up and becomes so animated. Those are his best days.” Andy and Jackson talk about people from the past and about Washington D.C. as it was in the 1930’s and 40’s. They remember movie theaters and especially the local amusement park, called Glen

Echo Park. Corina and her husband, Jim, agree that having Andy visit is one of the greatest bonus factors in the whole deal. Corina said, “It really gets my grandfather going. His brain works; he remembers things that he hasn’t thought about in a very long time. For us, it’s so good to see.” Andy Parezo has been a Delaware Hospice volunteer since 2000, visiting patients, participating in the adult survivor program, New Beginnings, helping at the Festival of Trees, and helping out at Camp New Hope for children who have suffered a loss. But this case has been exceptional. “When Jackson piped up with “BTC-10,” I actually got chills realizing he had been there, as this base was only in use for a year. You never know who you’re going to meet as a volunteer, but this has been truly a remarkable assignment.” (By Beverly Crowl)

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.

MOBILE VETERANS SERVICE CENTER

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

OCT 27	Delaware Veterans Cemetery
OCT 29	Delaware Veterans Cemetery
NOV 03	Bridgeville Public Library
NOV 05	Delaware Veterans Cemetery
NOV 10	Delaware Veterans Cemetery
NOV 12	Delaware Veterans Cemetery
NOV 17	Delaware Veterans Cemetery

NOV 24 Delaware Veterans Cemetery
 DEC 01 Delaware Veterans Cemetery
 DEC 03 Delaware Veterans Cemetery
 DEC 08 Delaware Veterans Cemetery
 DEC 10 Delaware Veterans Cemetery
 DEC 15 Delaware Veterans Cemetery
 DEC 17 Delaware Veterans Cemetery
 DEC 22 Delaware Veterans Cemetery
 DEC 29 Delaware Veterans Cemetery
 DEC 31 Delaware Veterans Cemetery

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

American Legion

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

OCT 23	David Harrison, Post 14	633-1711
OCT 30	Nanticoke Post #6	629-9915
NOV 06	Oak Orchard/Riverdale, Post 28 (8:00-12:00)	945-1673
NOV 13	Walter L Fox, Post 2	674-3922
NOV 20	Laurel Post #19	875-9948
DEC 04	Oak Orchard/Riverdale, Post 28 (8:00-12:00)	945-1673
DEC 11	Walter L Fox, Post 2	674-3922
DEC 18	Laurel Post #19	875-9948

Disabled American Veterans (DAV)

DAV Dept. Service Officers: 302-697-9061
 Paul Lardizzone: 302-382-3448
 H. Mark Wischman: 302-382-3449
DAV Chapter Service Officers: 302-697-9061
 Abe Velez: 973-868-8725
 Charles Picaroni: 302-547-6538

Kent County Schedule:

DAV Headquarters Building, 183 South Street,
 Camden, DE 19934
 Monday thru Thursday 8:00-12:00 PM (Walk-ins)
 1:00-3:00 PM (Appt only)

Sussex County Schedule:

Department of Labor (Div of Employment & Trng)
 20093 Office Circle, Georgetown, DE 19947
 Thursday 8:00-12:00 PM (Walk-ins) 302-856-5230
 Kent & Sussex evening appointments prescheduled
 by request only.

USN Veterans Association

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

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.

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.

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
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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.

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.

DELAWARE VETERANS HOME

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

DELAWARE VETERANS MEMORIAL CEMETERY

New Castle Co. Section (Bear, DE).....834-8046
Sussex Co. Section (Millsboro, DE).....934-5653

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
Cliff Rumph (Dover-M, Tues, & Fri).302-739-5473
(Georgetown-Wed. & Thurs.).302-856-5230

RETIREE ACTIVITIES

Retired Activities Office

MSgt(R) Bill Oldham (woldham10@gmail.com),
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

Albert Weir.....(302) 629-4141

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

George Goss.....(302) 424-0461

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

COMMISSION OF VETERANS AFFAIRS

Commissioners may be reached by calling (800) 344-9900.
 Paul Lardizzone (Chairman).....DAV
 Jesse Kitson (Vice Chairman)VFW
 Cornelius “Bill” Carroll.....MOPH
 Robert P. Corsa.....VVA
 Maurice Evans.....American Legion
 George T. Goss.....KWVA
 Ruth B. Harden.....WAVES NAT’L
 Charles Keithley.....40 & 8
 Joseph “Joe” Lank.....MOWW
 Barry Newstadt.....JWV
 Ronald G. Sarg.....MOAA
 David W. Timberman.....CPVA
 Jim Thompson.....MCL
 Robert E. Wasson.....DELVETS
 Albert W. WeirAMVETS

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.

Delaware's 2009 Veterans Stand Down & Employment Expo



**Saturday
31 October
0900-1700**
NUR Temple
198 S Dupont
Highway New Castle,
DE



The Stand Down

- Information on how homeless Veterans can access services in DE
- Transportation from locations throughout DE
- For more information contact:
 - Susan Starrett, Homeless Planning Council (302-654-0126)
 - Tracy Polk, VA 302-383-8672)

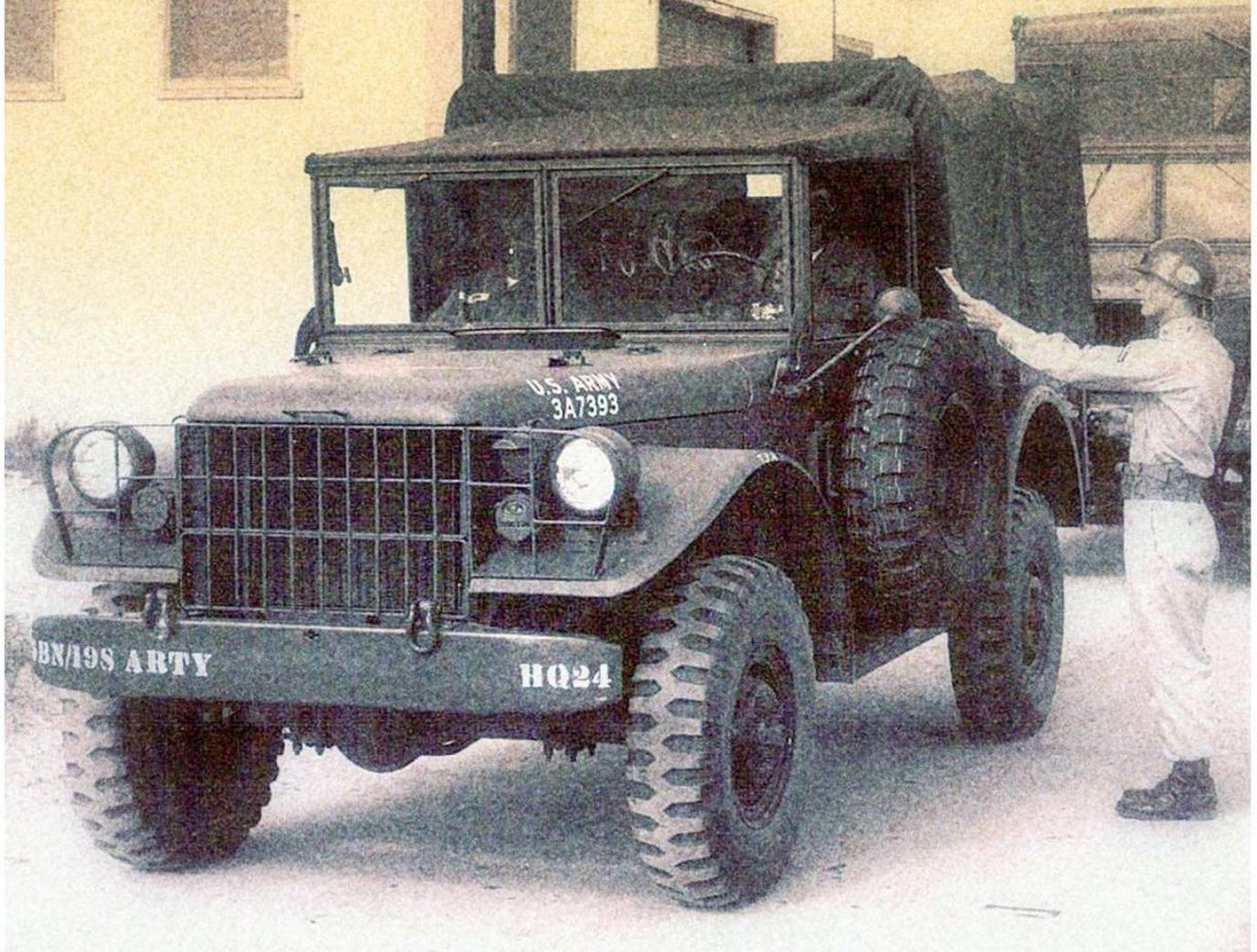
Veterans' Employment Expo

- Employment Services for all Veterans:
 - Business networking
 - Job Fair
- Workshops
 - Dress for Success
 - Resume assistance
 - Self-employment information
- For more information contact David Rich (302-761-8139)

Delaware Military Heritage Day

Honoring our Veterans

**Saturday, November 7th, 10AM-4PM
Fort DuPont State Park, Delaware City**



- Vintage Military Vehicles on Display
- Military Relics Swap Meet
- USS Cole Flag ceremony
- Coast Guard Cutter in port
- Military History Lectures
- Military Re-enactors

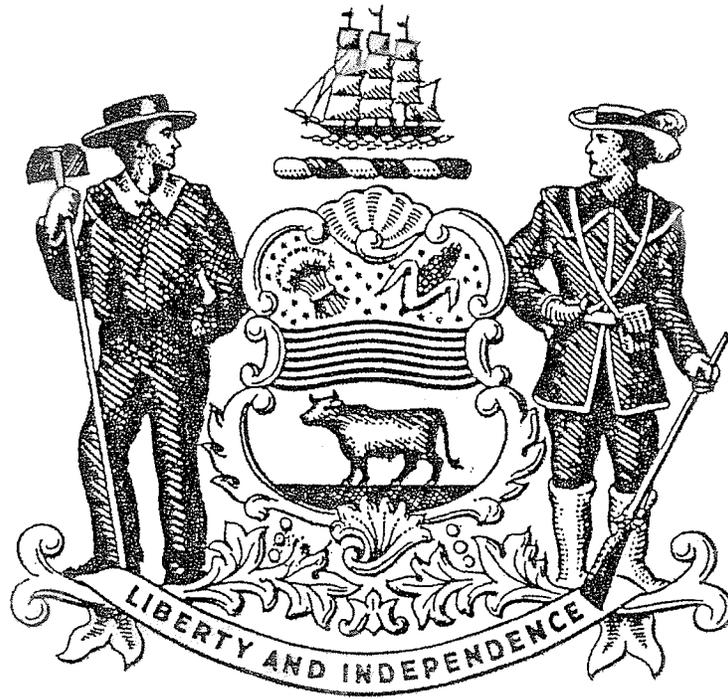


Sponsored by the Delaware Military Museum and the Delaware Military Heritage and Education Foundation Inc.

www.MilitaryHeritage.org
Phone Bill Conley 302-559-5738

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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