

## ***THE CENTRE COUNTY VETERAN'S NEWSLETTER***

***By Holly Serface***

***March 4, 2010***

Welcome to the fifth edition of The Centre County Veteran's Newsletter. If you have anything you would like to add or you have any questions, please feel free to contact me at the Centre County Veterans Affairs office at 355-6812. I would also like remind all of our Centre County Veterans that we have a VA Outpatient Clinic in State College. It is located at 3048 Enterprise Drive, Ferguson Square, State College, PA. The phone number is 867-5415. If you are enrolled in the VA healthcare system and haven't been seen at the State College clinic, give them a call today to sign up for a primary care provider.

### **Three more presumptive illnesses for Vietnam Veterans:**

Three more illnesses have been added to the list of service connected disabilities for Vietnam Veterans. They are:

B Cell Leukemias such as hairy cell leukemia  
Parkinson's disease  
Ischemic heart disease

Agent Orange was used in Vietnam to defoliate trees and remove concealment for the enemy. Between January 1965 and April 1970, an estimated 2.6 million military personnel who served in Vietnam were potentially exposed to Agent Orange. For those veterans who served in Vietnam during the war and they have a "presumed" illness; they 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. Here are the additional presumed illnesses for Vietnam Veterans recognized by the Department of Veterans Affairs:

Acute and Subacute Transient Peripheral Neuropathy  
AL Amyloidosis  
Chloracne  
Chronic Lymphocytic Leukemia  
Diabetes Mellitus (Type 2)  
Hodgkin's Disease  
Multiple Myeloma  
Non-Hodgkin's Lymphoma  
Porphyria Cutanea Tarda  
Prostate Cancer  
Respiratory Cancers

Soft Tissue Sarcoma (other than Osteosarcoma, Chondrosarcoma,

Kaposi's sarcoma, or Mesothelioma)

If you are a Vietnam veteran and are suffering from any of the above illnesses, give me a call so we can make an appointment to submit a claim to the VA.

### **SERVICE RETIREE PUBLICATIONS:**

It was recently suggested that I include the websites for all the military branches of the service retiree publications, so here they are:

Air Force Afterburner: <http://www.retirees.af.mil/afterburner/>

Coast Guard Evening Colors: <http://www.uscg.mil/ppc/retnews/>

Marine Corps Semper Fi: <https://www.manpower.usmc.mil>, then click on "Semper Fidelis Online" under "News and Features"

Navy Shift Colors: <http://www.npc.navy.mil/ReferenceLibrary/Publications>

Army Echoes: <http://www.armyg1.army.mil/retire>

### **OTHER IMPORTANT WEBSITES AND NUMBERS:**

TRICARE Information: <http://www.tricare.mil>

TRICARE North: 1-877-TRICARE: <https://www.hnfs.net/bene/home>

TRICARE for Life: 1-866-773-0404

TRICARE Mail Order Pharmacy: 1-866-363-8667

VA Website: <http://www.va.gov>

GI Bill Phone Number: 1-888-442-4551

Pay/SBP Inquiries: <http://www.dfas.mil>

Online My Pay Account access: <https://mypay.dfas.mil>

myPay customer service: 1-888-332-7411

Social Security: <http://www.ssa.gov>; or 1-800-772-1213

### **THE AID AND ATTENDANCE SPECIAL PENSION PROGRAM:**

The Aid and Attendance Special Pension provides benefits for veterans and/or surviving spouses who require the regular attendance of another person to assist in eating, bathing, dressing and undressing or taking care of the needs of nature. If you are an honorably discharged war time veteran, or the surviving spouse of a war time veteran, living in an assisted living facility or nursing home, please call my office for more information about this program.

### **FREE H1N1 AND FLU VACCINATIONS FOR VETERANS:**

Veterans can receive the H1N1 and the seasonal flu shot at the James E. Van Zandt VA Medical Center and also at the DuBois and State College VA clinics. You will need your VA Medical Health Care card or you're DD 214 (discharge). Call one of these offices today to set up an appointment for your vaccination.

Altoona VA Medical Center: 2906 Pleasant Valley Boulevard, (877) 626-2500  
DuBois Clinic: 190 W. Park Ave, Suite B, (814) 375-6817  
State College Clinic: 3048 Enterprise Drive, (814) 867-5415

### **TRICARE OPTIONS FOR NATIONAL GUARD AND RESERVES:**

Did you know that TRICARE now offers many options for recently deactivated guardsmen, reservists and their families to maintain their health during the transition from active duty back to civilian life? The Transitional Assistance Management Program (TAMP) is offered to deactivated guardsmen, reservists and their family members for a period of 180 days. The benefits are offered to those troops who have served in contingency operations for more than 30 days. As a TAMP participant, you can chose TRICARE Standard or TRICARE Prime. To find out more information, go to:

<http://www.myarmyonesource.com/News/2010/01/TRICARE>

### **New TRICARE Handbook:**

The new TRICARE Standard and TRICARE Extra handbook is now available online. Your 68 page handbook can be accessed at the TRICARE Smart Site. Click on the following link to access the new handbook:

[http://www.tricare.mil/mybenefit/Download/Forms/Standard\\_Handbook\\_LoRes.pdf](http://www.tricare.mil/mybenefit/Download/Forms/Standard_Handbook_LoRes.pdf)

### **The Charlie Company Welcome Home Effort:**

The Charlie Company Welcome Home Committee would like to thank all the Centre County Veteran's Organizations and the public for the donations to the Charlie Company Welcome Home Fund. With your generous donations, we were able to provide a gift certificate for a dinner for each one of the deployed members of the Charlie Company Stryker Brigade that recently returned from service in Iraq.

The welcome home party and parade will take place on April 10, 2010. The parade will start at the Bellefonte Elementary School at 11:30 and end at the Armory in Bellefonte. The public is invited and the soldiers and their families will be the guests of honor. Members of the public will pay for their own food and refreshments from on site vendors, but all food and refreshments will be free to the soldiers and immediate families of Charlie Company. Entertainment will be free to all attendees. We are still collecting cash donations to help defray the cost of the party and parade. Cash donations may be sent to:

Charlie Company Welcome Home Fund  
c/o Nittany Bank  
125 North Allegheny Street  
Bellefonte, PA 16823

# Charlie Company Welcome Home Parade and Party April 10, 2010



The Charlie Company Welcome Home Planning Committee includes representatives of: the Charlie Company Family Readiness Group, soldier family members, the American Legion, The Centre County Veterans Affairs Office, the Nittany Leathernecks Detachment of the Marine Corps League, The Veterans of Foreign Wars and the Bellefonte Intervalley Area Chamber of Commerce.

Thank you for your support,

*The Charlie Company Welcome Home  
Planning Committee*