



The Post Journal

Quarterly Newsletter of The American Legion Post 76, "The Spirit of Freedom"

ISSUE 33 — July — September 2020

COMMANDERS MESSAGE

Greetings Post 76,

I hope this message finds you all healthy and safe. It has been awhile since we have met as a group, and I am hopeful that the precautions that were put in place were successful in keeping our members healthy. Although we have not been able to meet, I want you all to know that your team of officers has truly been hard at work ensuring that the business of the post continues. Much has happened since we last met in February. We have had to adapt to a "new normal" of communications, and procedure, and I am proud to say that the officers of this post have responded in exemplary fashion. When faced with obstacles presented by social distancing requirements and safety regulations, a solution has been found. It has truly been a team effort, and I wish to thank them all.

So, as we move forward into the remainder of the year, I wanted to share with you what we do know. Several Legion programs have been suspended, or postponed. District and Department conventions, Nevada Boys State, the Oratorical Program, as well as Legion baseball, will all not happen this year. Additionally, school awards were all ready to be handed out when school was suspended and the students sent home. Chaplain Mike Percival, the chairman of the school awards program, was able to make arrangements with many of our schools to deliver the awards to ensure delivery once the students return. Thanks Chaplain Mike !

The Memorial Day ceremony, which is usually attended by between 200 and 300 people, has had to be restructured to be a small, ceremony where no more than a group of 10 Legionnaires participated. Roger Henning has worked overtime to, not only have several plans in place to best fit whatever program would be allowed, but then implement once we knew what we could do. Thank you Roger. The video is available on Facebook.

<https://www.facebook.com/ALPost76LV/>

Membership has been a huge success story for the Post, with Post 76 attaining the highest "percent to goal" number in the Department. Without the hard work of a lot of people in the Post, this would not have been possible, but special thanks to Adjutant Tom, Director Joel, and Sgt at Arms Richard for all their dedication and commitment to membership.

It is, at this point, unclear what June will bring as far as a meeting. It may be on a smaller scale than what we have been accustomed to, or it may be video again. Our priority is still the well being of our membership, and we will make our decisions with that in mind.

I am looking forward to the day when we will meet again.

May God bless you all.

Tony Mascari, Commander

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2020 POST 76 MEMORIAL DAY CEREMONY

The 18th Annual Lakes Memorial Day Ceremony was held on Monday May 25th, 2020 solemnly and Promptly at 9:30 AM at The Lakes South Park [APPROXIMATELY 3300 Lake South Drive] [between Sahara / Desert Inn North-South and Durango / Ft. Apache East -West]



Because of the strict pandemic orders in place by the Governor, the ceremony this year was a very abbreviated version of the previous few years. Facilities and support provided by The West Sahara Community Association, The Lakes Association and the City of Las Vegas. There was only a legionnaire group of 10 participating in the ceremony, compared to as many as 50 in previous years, which had included VIPs, Legionnaires from 3 Posts, Centennial and Palo Verde High School JROTC, Silver State Flute Choir, City employees, and local community representatives.



The group (pictured to the right) consisted of :
Mike Percival, Chaplain / PPC, Walter Cheatham, 2nd VC,
Dennis Christiansen (behind flag), Jack Ford, Director / PDC,
Victoria Seaman, 2nd Ward Councilwoman,
Roger Henning, Coordinator, Tony Mascari, Commander,
Joel Forman, Director / PDC, and Tom Mahon, Adjutant.
(not pictured Gary Parriott)



Chaplain Percival, Color Guard Cheatham, Director Ford, Color Guard Parriott



Las Vegas 2nd Ward Councilwoman Victoria Seaman



2nd VC Cheatham, Director Forman, Commander Mascari



Adjutant Mahon, Director Ford, Councilwoman Seaman, Commander Mascari



On Legionnaire Fred Simeone's boat.



Placing the wreath on the lake

The Lakes Memorial Day Ceremony Program began by the Master of Ceremonies, Commander Tony Mascari asking the few neighbors attending to please observe proper social distancing and other preventative measures for the health of all. Juanpablo Macias, Band Director - Greenspun Middle School then started the ceremony by performing the bugle calls "First Call" and "To the Colors". The Invocation was presented by Mike Percival, American Legion Post 76 Chaplain and PPC. That was followed by the Presentation of Colors by The American Legion Post 76 "Spirit of Freedom" Color Guard, led by 2nd Vice Commander Walter Cheatham "The Meaning of Memorial Day" was furnished by Tony Mascari, Post 76 Commander. After that, The Flag Folding Ceremony was executed by The American Legion Post 76 "Spirit of Freedom" Color Guard with the meaning of each flag fold given by Commander Mascari.

Councilwoman Victoria Seaman generously providing the Wreath of Remembrance and participated in the Service both providing her understanding of Memorial Day and assisting Director Ford in placing of the wreath on the water. As the wreath entered the water, "Taps" was solemnly played by Juanpablo Macias. The Benediction was offered by Mike Percival, American Legion Post 76 Chaplain and PPC. The "Closing Comments" by Commander Tony Mascari ended the ceremony.

MESSAGE FROM THE PAST DEPARTMENT COMMANDER

Congratulations to all of you who renewed your memberships this past membership year and to all of our new Post 76 members. Because of you we were able to finish our year **over 200% of our membership goal!** I have heard through the grapevine that our goal for this upcoming year will be considerably higher than the 393 set by Department for this past year.

This will be a challenge to keep up the pace of recruiting new members that we have been doing over the past two years. Hopefully, as we put the Covid virus behind us and we are able to once again set up recruiting tables in the community and attend events as we have done in the past, we can sign up new members and transferees to our Post and continue our quest to be the number one Post in the Department of Nevada. Currently we are in third place out of 36, pretty good, but not where we want to be.

You can help us accomplish this by **paying your 2020-2021 dues beginning on 1 July 2020**. The easiest way to do this, is to go online to www.Legion.org and click on **RENEW**, but if it is more convenient for you, checks are always fine. Remember if you pay and receive your new 2021 membership card, disregard any renewal notices that may come.

We are lucky to have a membership team of more than just a couple of members whose job it is, but several people who thoroughly enjoy working at recruiting, sending out letters, and keeping track of everyone. *Joel Forman, Director; PDC*

POST 76 SCHOOL AWARDS 2020

The Post 76 School Award Program has been overseen for the last 8 years by Chaplain and Past Post Commander Michael Percival. Since he is a CCSD substitute teacher, he has been able to get into the schools with no problem. He has coordinated the awards for 7 High Schools, (4 of which are JROTC schools), and 13 Middle Schools in the Northwest Valley of Las Vegas. (see the electronic version for a description of the program).

Each school year around January, PPC Percival calls upon each school to determine when they will be holding their end-of-year award ceremonies. He seeks out volunteers to attend the ceremonies and award the certificates and medals to the deserving students. He spends from February, through April coordinating which two volunteers will be attending which ceremony. Once each school ceremony has been assigned to two vets, he puts together the certificate with the appropriate medal and presentation folder and provides them to the presenters prior to the ceremonies. The ceremonies are usually held from mid-April to the end of May.

Things usually run fairly smooth each year with very little disruption. 2020, however, was the one exception. This year was historical for Post 76 School Awards like every other event since the outbreak of COVID-19.

With all schools closing their doors for the rest of the school year, it was far from business as usual. Some schools said they would not be having any award ceremony, and therefore, no winners of our awards. Some schools gave him the names, but didn't know when, or if, they would even hold a ceremony. Some didn't give out the names until the end of May and wanted to present them to their students next fall. This year, he only had 9 schools give out names. 4 have decided to present the awards next fall. 3 schools gave out the mailing address to have the awards mailed to them. 1 school asked to have their awards dropped off to the school to be handed out during end of school returns of student property.

Only one school contacted PPC Percival personally and arranged for the parents to bring their two students to Lone Mountain Park on a nice Saturday morning for presentation with an audience of the two parents and PPC Percival's wife. (she took pictures). This is the first time this particular ceremony has ever been held outside with just the family members present in the history of this post.

The two students are Kaden Hickman and Emmy Diamond. They attend Leavitt Middle School. The parents felt that these awards were far too important to just be received in the mail. PPC Percival was glad to accommodate them.



We are hopeful, that next year will be a return to "normalcy" for our program.

Michael Percival, Past Post Commander

OUR NEW POST 76 FINANCE OFFICER

My Name is **Dennis Christiansen** and I am the newly appointed Financial Officer. I have been a member of the American Legion for over 26 years but only recently transferred to Post 76 in November and became active. I am also a member of the Post's Color Guard.

I served in the United States Navy from 1967 to 1971 and obtained the rank of Petty Officer 2nd. Class, and was Honorably Discharged. I was an Aviation Electronic Technician and I worked on C-130 airplanes. I went to College on the G.I. Bill and Graduated with a 3.87 G.P.A. obtaining a Degree in Business Management and Minor in Accounting.

My work history was mainly in electronics of which I built, tested, repaired and serviced cutting edge video and audio equipment. I worked all over the country but mainly serviced and repaired equipment for companies like: ABC, NBC, CBS, PBS, Universal Studios, Paramount Studios and many smaller companies who made T.V. programs, documentaries, movies and the televising of the Olympics. I ended my career as a Vice President - IT Support Manager for Citibank here in Las Vegas. I am now enjoying retirement.

I have been a volunteer for Habitat for Humanity and helped build two houses here in Las Vegas. I am married (44 years), and have two sons who live here in Las Vegas and a daughter who passed away when she was only 3 months old.

I will, to the best of my abilities follow the rules and regulations set forth by the American Legion in the duties of my position as the Post's Financial Officer. If I can be of any assistance or if you have any questions or concerns regarding the Post's finances, please contact me and I will do my best to answer them.

FISCAL YEAR 2019 — June 30, 2020 signaled the end of the 2nd quarter for 2020, but for Post 76 it signaled the end of our Fiscal Year and it was a good year to be a member of our Post. Although I went over these numbers at our last E-Board Meeting, I thought it was important to relay to the members at large as to how we fared. Dues collected were approximately \$8,400. We donated \$2,700 to 13 different organizations. The Raffle program generated \$478 and was given to Nevada Boys State. Our Post had over 813 members pay their dues which enabled us to donate to Veterans groups and Youth programs which is exactly the purpose of the Legion. For it is Veterans helping Veterans that we do our best. Every member should be extremely proud of what we accomplished financially in 2019, looking forward to an even better 2020.

Your Colleague, Dennis Christiansen – Veteran – United States Navy – Finance Officer



Are you interested in helping at Scouts BSA Range events? The Scout organization requires that you have both the BSA Youth Protection online training (see <https://www.scouting.org/training/youth-protection/> for information) and the NRA Range Safety Officer training.



The NRA Range Safety Officer (RSO) program was developed in response to the demand for a nationally recognized range safety officer certification. To become a NRA Range Safety Officer, you must pass the RSO course and demonstrate that you possess the knowledge, skills, and attitude essential to organizing, conducting, and supervising safe shooting activities and range operations.

There are two ways to become a RSO. You can take an Online Course from the NRA if you are currently an NRA Certified Firearm Instructor or you can take a course conducted by a Chief RSO, an individual certified to train NRA Range Safety Officers. The RSO course content consists of RSO's roles and responsibilities, range standard operating procedures, range inspection and range rules, firearm stoppages and malfunctions, and Range Safety Briefings which include procedures to follow in the case of an emergency.

Contact **Paul Hestand, Post 76 Director / Past Post Commander** for more information. Hestand info can be found on page 1.

VASNHS REINTRODUCING IN-PERSON HEALTH CARE SERVICES



NORTH LAS VEGAS, Nev. – VA Southern Nevada Healthcare System (VASNHS) is leading the way in reintroducing numerous health care services both nationally and locally as Nevada starts reopening after COVID-19 shutdowns. The facility began expanding in-person services and procedures May 22. As one of the first sites nationally to return to in-person care, VASNHS is implementing a phased approach while ensuring a safe environment.

“The safety of Veterans and staff is the highest priority when we consider how we provide health care services and procedures during the ongoing COVID-19 pandemic,” said William J. Caron, VASNHS director and chief executive officer. “VA is taking into account guidance from various agencies including federal, state and local officials as we gradually reintroduce health care services. As a high reliability organization, safety is always paramount and will continue to guide our decision making.”

The Veterans Health Administration (VHA) has developed a risk-based framework to prioritize non-urgent procedures, in addition to the urgent procedures currently being performed. Evaluation of factors such as patient health, staff safety and resource considerations are guiding expansions and scheduling decisions. Rigorous safety measures including employee and Veteran COVID-19 screening, physical distancing and appropriate personal protective attire such as face coverings and frequent disinfection of high-touch services will remain in place at all VHA facilities.

“While we are offering more face-to-face appointments, VASNHS will continue to maximize personalized virtual care options like telehealth, phone consults and wellness checks, as we know these services have been a valuable link to our Veterans during this challenging time,” Caron said. “As additional facilities reintroduce services across the country, we will participate in sharing best practices.”

Veterans coming to a VASNHS facility for an appointment should be aware of the following changes:

- Veterans should arrive at facility screening areas no earlier than 15 minutes prior to their scheduled appointment time. If Veterans arrive sooner, they will be asked to wait in their vehicle.
- A no visitor policy is still in effect, meaning the additional visitors will not be permitted to accompany a Veteran to an outpatient appointment unless they are directly assisting or caring for the Veteran during his or her time in the clinic. Additionally, no children under 18 are currently allowed in VASNHS facilities.
- Anyone entering VASNHS facilities will be screened. Screening includes answering some health-related questions and taking each person’s temperature. If it is determined an individual is experiencing a health issue that needs to be addressed immediately, they will be escorted to another location for further evaluation.
- Staff, Veterans and any approved visitors are required to wear a mask or other face covering while in our facilities.
- Veterans and approved visitors are asked to practice social distancing in all interactions within our facilities.

Waiting areas have been reconfigured with fewer chairs spaced further apart to support social distancing practices in compliance with CDC guidelines.

Additionally, to manage the number of individuals within VASNHS’ facilities at any given time, walk-in services and direct scheduling will continue to be discontinued for the foreseeable future.

Veterans who have questions about the expansion of services or have an urgent need for primary care or mental health services, should call 702-791-9024 (for primary care) or 702-791-9062 (for mental health) between 7:30 a.m. and 4 p.m. Monday-Friday.

For a medical emergency, Veterans should always call 911 or report to the closest emergency room. Additionally, if a Veteran is in crisis outside regular business hours, he or she should visit the nearest emergency room or contact the Veterans Crisis Line at 1-800-273-TALK (Option 1) OR Text 838255; OR confidential chat: www.veteranscrisisline.net.

THE VVA 17 SELLS FIREWORKS IN FRONT OF THE CHAPTER HALL

**Vietnam Veterans of America Chapter 17 Hall
6424 W Cheyenne Ave., Las Vegas, NV 89108**



Many of the VVA 17 members are also members of our Post 76. This is a major fundraiser for the chapter and they need **our cooperation**. If you are interested in buying fireworks this year, please buy them at the VVA 17 stand, where all the profit goes to support Veteran issues. The Stand will be open from **Sunday June 28, 2020 until Saturday July 4, 2020**. The hours of operation are from **0700 to 2200 hours daily**, or until their inventory is gone!

CABIN FEVER – STIR CRAZY – GET ME OUTTA HERE!!

Say what you will, but it is difficult for me to stay “Self-Quarantined” for any length of time. The hermit life is not for me. I need to get out every once and awhile.

Good thing I have a hobby that fits the bill of getting out by myself and stretching the legs and that hobby is “Geocaching.” Geocaching can be summed up by this popular saying “I use multi-million dollar satellites to find Tupperware in the woods. What’s your hobby?”

Would you believe that there are almost three thousand geocaches in the Las Vegas area? Many are located in parks, along hiking and biking trails, as well as in campgrounds. Some are located at bus stops, parking lots, and...well you get the picture. Geocaching can be done solo or with others. Using my Garmin eTrex GPS device and my “Tools of the Trade” bag I decided to go out and find some caches near where I live, which is the Central Las Vegas area. Sometimes you find the caches right away, other times it might take up to 30-minutes, and other times you might not even find them at all.

Caches vary in size from the size of pill box up to the size of a metal ammo can. Trinkets are exchanged and you always have to sign their log. Going solo I ventured out every few days to try to find one or more caches. It was great going to the parks where everyone was keeping their distance, except for the teenagers who for some reason would gather as a group not wearing gloves or masks.

Geocaching is a worldwide activity. My farthest find was up in Sitka, Alaska where the cache was hidden under an old moss covered log in a peanut butter jar. While using a Garmin GPS device is handy there are apps available so you can use your smart phone too. For more information about geocaching visit: <https://www.geocaching.com/play>

So what have you been doing during your “Self-Quarantine?” “Not all who wander are lost, some are just geocaching.”

Steven E. Bickford, 6408 Vicuna Drive Las Vegas, NV 89146-2996 702.848.1750 (H) s.e.bickford@cox.net

AMERICAN LEGION AUXILIARY UNIT 76

Our ALA is called “**Spirit of Freedom Auxiliary Unit 76**” as we are attached to the Legion Post. With the ongoing pandemic, we have not met and are not sure when we will be again allowed to assemble. We will meet at the same time and place as Spirt of Freedom Post 76 meets. Post 76 will notify members via email, so **if you are receiving this as a paper copy**, it means that **we don’t have your email address**. Send it to NVPost76@gmail.com

If you haven't joined the auxiliary and you are interested, come join us and get to know a great group of people. If you have any questions, please feel free to contact myself Gail Percival, President at 480-320-8623 or email mqpercival7@gmail.com. An application to join us is included on the next page.





American Legion Auxiliary MEMBERSHIP APPLICATION

APPLICANT INFORMATION

Name (First) _____ (M.I.) _____ (Last) _____

Address _____

City _____ State _____ ZIP _____

Home Phone _____ Cell Phone _____ Email Address _____

Date of Birth (Required) _____ Birth - 17 18 and over _____ Unit # _____ Location _____

Have you been a member previously? Yes No (If yes, fill in below.)

Previous Unit City/State _____ ALA ID # (if known) _____
/ /

Signature of Applicant (or legal guardian if under 18) _____ Date _____

ELIGIBILITY INFORMATION

Eligible Through—Name of Veteran (Female Veterans: List Your Own Name) _____

If Living: American Legion Member ID # _____ Post # _____ City _____ State _____

Deceased—If veteran is deceased, contact ALA unit about the necessary military records.
For Veteran's DD214 Discharge Papers: www.archives.gov/veterans/military-service-records

Veteran Served:

WWI (4/6/1917-11/11/1918)

Anytime After 12/7/1941 (check all that apply):

Global War on Terror Panama Vietnam WWII

Gulf War Lebanon/Grenada Korea Other Conflicts

Applicant's Relationship to the Veteran:

Male Spouse Female Spouse Mother Grandmother Sister Self

Daughter Granddaughter

To Be Completed By The American Legion Post Adjutant/Officer

I certify that the above named individual served at least one day of active duty during the dates marked above and was honorably discharged or is still serving honorably.

Post Adjutant/Officer Membership Verification _____ / / _____ Date _____

HELP US GET YOU CONNECTED!

I am interested in learning more about:

Volunteering for Veterans, Military, and Their Families

Youth Activities, Including ALA Girls State, Junior Member Programs, and Scholarships

Member Discounts and Services

Other

Please contact the following individual about volunteering or joining the American Legion Auxiliary:

Name _____ Phone _____ Email _____

Name _____ Phone _____ Email _____

Name _____ Phone _____ Email _____

Recruiter's Name _____ Unit/Post # _____ City _____ State _____

Submit this application to the ALA unit you wish to join. If unit is unknown, contact National Headquarters at (317) 569-4500 for assistance. Annual dues must accompany completed application. Ask local contact for amount due. **Membership pending approval of application.**



American Legion Post 76

P.O. Box 34012

Las Vegas, Nevada 89133-4012

UPCOMING MEETING DATES :

Due to the **pandemic and uncertainty** in size of groups allowed, we do not have upcoming meeting dates and times here as usual in newsletters.

We will notify Legionnaires of meetings via email. If you are receiving a paper copy of this newsletter in the mail, that means we do not have a valid email address on file for you.

Please **send an email to NVPost76@gmail.com** to be added to our list.



it's time to
**RENEW YOUR
MEMBERSHIP**

Membership renewal notices for the 2021 year will be sent out during July of this year. You can help us by paying your 2020-2021 dues beginning on 1 July 2020. The easiest way to do this, is to go online to **www.Legion.org** and click on **RENEW**, and pay with a credit card. It saves months of manually transmitting renewals by mail, and removes **YOUR** name immediately from the mailing of the next renewal notices and taking the chance of sending a duplicate check to us. If it is more convenient for you, checks are always fine after you receive your renewal in the mail. **Remember** if you pay and receive your new 2021 membership card, **disregard any renewal notices** that may come afterwards.

Something
Special



© Can Stock Photo

EMAIL ONLY VERSION —

FULL COLOR EXPANDED CONTENT

From here on until the end, this is an **expanded version of Post Newsletter #33**, sent only via email.

The previous eight pages were printed in black and white and sent to those that had expressed they either did not have or use email, or preferred a paper version. *If you wish to receive a paper copy*, you must notify the Adjutant (see first page) you wish to receive only the paper black and white version.

You are saving the Post resources by receiving via email, that can be programmed to other beneficial uses. **THANK YOU!**

If you would no longer wish to receive the email version of the newsletter, please send an

Email to NVPost76@gmail.com

Please let us know why you want to unsubscribe

Steve Sisolak
Governor



Julie Butler
Director

Jude Hurin
Deputy
Director

Department of Motor Vehicles
555 Wright Way
Carson City, Nevada 89711

Re: 90-Day Auto Extension - **Revised 6/8/2020**

To: Eligible Nevada Residents

Due to office closures for the health and safety of Nevada Department of Motor Vehicles (DMV) customers and staff, the DMV has issued an automatic 90-day extension of all DMV-issued documents that expired during the DMV closure (March 17 through June 14, 2020).

Documents which expire within 30 days after the DMV reopening date (June 15 through July 14) have been granted an extension of 60 days after reopening.

These extensions apply to **any** DMV-issued document including, but not limited to, driver's licenses, ID cards, instruction permits, vehicle registrations and emissions tests.

The following table shows the specific dates:

If your expiration date is:	Renew or take action by:
Prior to March 16	As soon as possible (late fees may apply)
March 16 to June 14	September 13
June 15 to July 14	August 14
July 15 or later	Must renew on time

This extension will begin on the date of expiration listed on your DMV issued document and run until the dates listed above.

You should carry this letter with your DMV issued document at all times as proof of eligibility for the automatic extension.

Please visit the DMV website for updated information regarding office closures and this extension.

Julie Butler, Director
Department of Motor Vehicles

VA SOUTHERN NEVADA HEALTHCARE SYSTEM SCREENERS CHECKING ALL PATIENTS FOR REQUIRED MASKS, TEMPERATURE CHECKS AND HEALTH SCREENING QUESTIONS PRIOR TO ENTRANCE.

By VA Southern Nevada Healthcare System Public Affairs-- Wednesday, May 27, 2020

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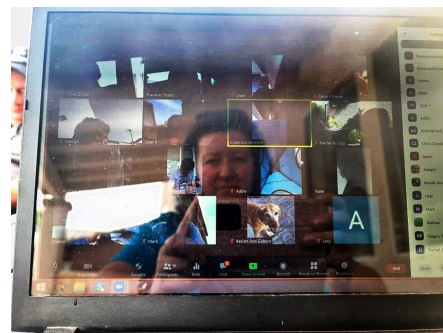
www.veteranscrisisline.net

SCOUTS FINALLY HAVE A CAMPOUT [VIRTUAL THAT IS]

After several months of only seeing each other in their weekly video meetings our scouts decided to change things up a bit. From Friday to Sunday, June 12-14, twenty-five scouts and their families met via video conference for a virtual campout. Their weekend started by showing off their campsites that they had set up in their backyards, patios, living rooms, and even bedrooms.



Throughout the weekend there was a schedule of when to meet for the video conference with activities to do, both on and off camera. In the usual manner the scouts planned the weekend and the activities therein and tried to make this as normal as possible. They played games to get to know each other, since there were several scouts that have never met in person because they joined the troop during the quarantine period. They cooked their meals together and ate together throughout the weekend. They learned knots and lashings and built pioneering projects with pencils and twine instead of 8-foot poles and rope.



Saturday came to a close with a campfire where the scouts sang songs, did magic tricks, and ate s'mores. On Sunday morning they all met for breakfast one last time and said goodbye. The drive home was definitely shorter for this campout, but the memories will bring just as many smiles.



Sunday, Monday, and Tuesday brought the scouts the first opportunity to see each other in person and do an activity together. On Sunday, June 14th, 14 scouts participated in a flag day ceremony with the Las Vegas Area Council Boy Scouts. They retired flags every 10 minutes in a reverent manner. Each flag was presented one last time, honored, and then burned in a dignified manner. On Monday, June 15th, 8 scouts got together at the Moody Home. The more experienced scouts taught the newer ones about axe, saw,

and knife safety and how to care for those tools. This is an integral part of being a scout as they need to be able to build fires and know how to use the tools to get the wood to the right size for this. Tuesday six of our scouts had the opportunity to test out if they have the patience for filming. Our scouts were asked to participate in a Fourth of July tribute video being produced by Fashion Show Mall. They showed up early for their call time and held the flag while two other performers sang and played the piano. They had a great time and are looking forward to seeing themselves on Fashion Show's social media outlets. Keep an eye out for these scouts. We can all say "We knew them when...".



Pranava Moody, 1st Vice Commander [240] 838-6131

CHRISTMAS IN JULY — WREATHS ACROSS AMERICA

Dear fellow Legionnaires,

I invite you to celebrate Christmas in July with me. Wreaths Across America is an organization that is dear to my heart. This organization's mission is to "Remember our fallen U.S. veterans, to Honor those who serve, and to teach your children the value of freedom". Some of you know that I spent my last years of Active Duty as the Mortuary NCOIC at Andrews AFB in Maryland. Having washed the blood off of the hands of my brothers and sisters in arms and having seen the pain in the faces of those that they left behind has left me with a particular tenderness for this organization. The first time that I participated in their annual celebration was in 2013, with my son, Michael. We drove an hour to the Veteran's cemetery in my hometown of Santa Fe, NM and were able to lay one wreath each. It was a moving experience for both of us and we have tried to be involved with the program ever since. I have had the honor of serving as the key-note speaker at two of our Southern Nevada ceremonies since then.



Wreaths Across America Day is on Saturday December 19th this year. It is celebrated on the same day and at the same time nationwide. We will be celebrating at 9 A.M at the Southern Nevada Veteran's Cemetery in Boulder City. If you are able to attend this event in person, I encourage you to save the date in your calendars to spend time with our fallen brothers and sister in arms. Another way you can support this program is by donating money to help pay for the wreaths that are placed on the graves nationwide. We will start collecting donations from Legionnaires of Post 76 in July and will make a large donation as a Post in the fall. The cost of each wreath is \$15. The Southern Nevada Veteran's Cemetery also has the capability to fulfill "grave specific" requests if you have someone buried at the cemetery that you would like to honor specifically. Here is the organization's website so that you can read more about it and see the other cemeteries and locations that participate in the annual ceremony. <https://wreathscrossamerica.org/>

*Yours in Service, Pranava
Moody, 1st Vice Commander*





U.S. Department of Veterans Affairs

Veterans Health Administration
Southern Nevada Healthcare System

6900 N. Pecos Road
North Las Vegas, Nevada 89086
www.lasvegas.va.gov

RELEASE 20-06-01
June 3, 2020

VASNHS Treating Veterans Using Plasma Donations from Recovered COVID-19 Patients

Media Release

NORTH LAS VEGAS, Nev. – VA Southern Nevada Healthcare System is partnering with Vitalant Blood Services in encouraging recovered COVID-19 patients to donate convalescent plasma. These much-needed plasma units could save lives of local Veterans who may be fighting against the virus in the future.

“The U.S. Food and Drug Administration has regulated COVID Convalescent Plasma, or CCP, as an investigational COVID-19 treatment,” said Dr. Jason Dazley, a VASNHS Infectious Disease specialist. “It’s a way to treat critically ill patients who have few, if any, options left.”

Convalescent plasma is the liquid part of blood that contains antibodies. The body generates these blood proteins to fight against specific infections, such as COVID-19. Antibodies can directly attack the virus that causes COVID-19, as well as cells that the virus has entered. “It’s believed that COVID-19 patients may improve faster if they receive plasma from those who have recovered from the disease,” said Dazley.

Nationally, Department of Veteran Affairs is partnering with the Mayo Clinic on an expanded-access study to evaluate CCP therapy for COVID-19 patients. VASNHS has been using CCP in treating Veterans who have tested positive for COVID-19 since early May. Vitalant has played an integral role in helping to facilitate the extracting and processing of these donations. This partnership has helped VASNHS become one of the first VA health care systems in the nation to pioneer this process.

VASNHS patients, staff, volunteers and others who have recovered from COVID-19 and want their plasma used to assist in treating Veterans are encouraged to use the VA referral process to donate CCP through Vitalant. “The biggest thing is, if we refer them, we get plasma back,” said Leanne Beasley, VASNHS Blood Bank supervisor. “We hope to build up enough of an inventory and variety of blood types to have a unit ready for any Veteran in need.”

For CCP donations, many of the same requirements and criteria for blood donations still apply. However, there are some differences compared to normal blood donations. Only people who have tested positive and recovered from COVID-19 are eligible to donate CCP. Donors who are between 14-27 days without symptoms will need a confirmed negative test result, while those who are more than 28 days out do not. With plasma, donors can donate every seven to ten days, depending on the donor’s health.

Beasley says that VASNHS is looking for donations of all blood types. “The universal plasma donation type is AB, but type A can be used for about 85% of the recipient population,” she said. “And luckily RH-type doesn’t matter with plasma.”

While the normally scheduled blood drives at VASNHS have been postponed due to the pandemic, VASNHS and Vitalant normally conduct as many as five drives per year at the North Las Vegas VA Medical Center. “We have run Vitalant blood drives at our facility for five years, and we bring in a lot of blood for them at our drives,” said Beasley. “I’ve been told that we bring in more units for them than anyone in the local community, and we aren’t as big as many of the other hospitals. A lot of that is because we have a lot of Veterans who appreciate and understand the need for donating blood.”

Individuals interested in donating convalescent plasma, should contact Lynda Kruthoff at (702) 791-9000 extension 13257 to begin the screening process. To learn more about the criteria for CCP donation, visit www.vitalant.org/COVIDfree

My HealthVet—VA's Online Personal Health Record

My HealthVet is VA's award-winning online Personal Health Record (PHR), located at www.myhealth.va.gov. It offers users anywhere, anytime internet access to trusted and secure health care information, resources, and tools. My HealthVet is the gateway to web-based tools that empower Veterans to become active partners in their health care. With My HealthVet, users access trusted, secure, and informed VA health and benefits information at their convenience.

Register Today!

Start Here 

- 1 Type www.myhealth.va.gov in the address bar on your web browser, and press Enter. This takes you to VA's My HealthVet website.
- 2 On the right-hand side of the screen, click the Register Today button. Complete the registration page, and review and accept the Terms & Conditions and the Privacy Policy for using the My HealthVet website.
- 3 Log into your My HealthVet account and begin to create your PHR.
- 4 Begin using My HealthVet to access VA health care and services at your convenience to better manage your health. If you are a VA patient, take some time to watch the In-Person Authentication (IPA) video online.
- 5 Bookmark www.myhealth.va.gov as a favorite. If you are a VA patient, get an upgraded account during your next VA clinic visit to get the most out of your PHR.

Wellness Reminders

VA Wellness Reminders provide patients customized, online health reminders. VA patients, who have completed the one-time In-Person Authentication (IPA) process, can also use this My HealthVet (www.myhealth.va.gov) feature to partner with their VA health care providers. VA Wellness Reminders follow current guidelines and recommendations for good care and also provide links to related patient education materials on My HealthVet.

To access all of the new My HealthVet features that will enhance your Personal Health Record, take a few minutes to complete In-Person Authentication called IPA at your local VA facility. IPA is required to get VA Wellness Reminders. With IPA, you get the most out of your My HealthVet Personal Health Record. Your information is safe-guarded according to VA privacy regulations, and you will receive new online My HealthVet features when they become available.

VA Wellness Reminders include:

- ▶ Colorectal cancer screen
- ▶ Influenza (Flu)
- ▶ Pneumococcal (Pneumonia)
- ▶ Hypertension (High blood pressure)
- ▶ LDL control (Cholesterol)
- ▶ Lipid measure (Cholesterol)
- ▶ Body Mass Index

What are the benefits of using My HealthVet Wellness Reminders?

- ▶ Alerts you to important tests, examinations, or other medical procedures to protect your health
- ▶ Helps you remember important health information
- ▶ Allows you to be more involved in your own health care

For people with diabetes:

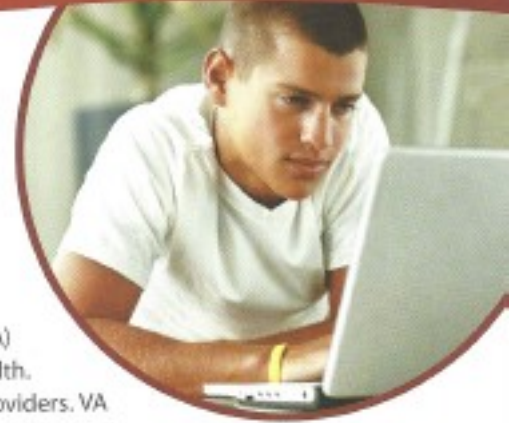
- ▶ Diabetes foot exam
- ▶ Diabetes hemoglobin A1c
- ▶ Diabetes retinal exam

For women:

- ▶ Cervical cancer screen
- ▶ Mammogram screen

How VA Patients can access VA Wellness Reminders:

- ▶ Register as a My HealthVet user and complete the In-Person Authentication process
- ▶ Login to your My HealthVet account
- ▶ Click on the red "GET CARE" tab
- ▶ Click on the light blue "Wellness Reminders" tab



VA taking on the challenges of aging with PTSD

Strategies that help older Veterans

[From <https://www.blogs.va.gov/VAntage/category/health/inside-veterans-health/>]

New challenges appear with age. Those challenges can make the symptoms of posttraumatic stress disorder (PTSD) more noticeable, cause them to come back after many years or even to occur for the first time.

“It really wasn’t until after I retired and moved to be with my family that the [PTSD] symptoms began to be bothersome and disrupt my life, disrupt my family’s life,” says Mary Martin, an Air Force Veteran.

Don’t assume that these changes are a given or that it’s just what happens with getting older. Memories or impacts of trauma can be addressed at any age. You’re never too old to get help, and older adults can benefit from effective PTSD treatments, even for people who experienced trauma decades ago.

It’s common for older adults to minimize and deny the pain they experience from past traumas. They’re more likely to try to cope with these issues by themselves instead of seeking mental health treatment. However, strategies that once seemed to help with PTSD symptoms can be more difficult to maintain as people get older.

Common challenges and strategies

Dr. Elissa McCarthy, clinical psychologist at the National Center for PTSD, and Dr. Joan Cook, associate professor of psychiatry at the Yale School of Medicine, shared some common challenges faced by older adults and strategies for how to deal with those challenges:

- **CHALLENGE:** More free time. Increased amounts of free time can make unpleasant memories more frequent.
STRATEGY: Create structure and maintain a routine or organized schedule. Spend more time on hobbies or doing other enjoyable activities that you may not have made time for earlier in life. For example, learn to play an instrument, bake, start a blog or make a scrapbook with old photos.
- **CHALLENGE:** Loss of purpose. Retirement can be challenging if work was a large part of your identity.
STRATEGY: Learn new skills or volunteer. For example, many older Veterans enjoy giving back by mentoring Servicemembers or younger Veterans.
- **CHALLENGE:** Loss of loved ones.
STRATEGY: Having a network of supportive people is important. Maintain relationships with people you care about and make new friends, too. For example, look for social groups who enjoy your hobbies or an activity you want to learn.
- **CHALLENGE:** Changes in physical ability.
STRATEGY: Replace hobbies with other similar activities. For example, if poor eyesight makes reading difficult, try audiobooks or podcasts instead. For those who are homebound or have limited mobility, there are other options, like telehealth, for receiving counseling and care from home.
- **CHALLENGE:** Medical problems. Living with untreated PTSD can make other mental and physical health issues worse.
STRATEGY: Don’t assume this is how aging needs to be, be proactive in managing health conditions and get treatment for PTSD symptoms that arise.

Symptoms may worsen

As people age, their PTSD symptoms may suddenly appear or become worse, causing them to act differently. It may be unsettling to see these changes in a loved one, but it’s nothing to fear. Changes are common and treatment can help. If a loved one is living with PTSD, these tips can help:

- Take time to understand what friends or loved ones went through and what they’re now experiencing as they live with the symptoms of PTSD.
- Be supportive and nonjudgmental. Think about how to respond better if a loved one says they’ve experienced trauma or may have PTSD. Responding negatively, even unintentionally, can shut someone down. Thank them for sharing their personal story with you.
- Connect them with care. If being the main support person for a loved one becomes too much to handle, connect them to help and remain in a loving, supporting role. Don’t forget that loved ones need help and support, too.

Give hope. Understand that symptoms can come and go throughout different times in a person’s life. Remind loved ones that they’ve successfully coped in the past, and can do it again.

Visit the National Center for PTSD website for information, videos and tools to help manage PTSD. For more information on older adults with PTSD, download the Understanding PTSD and Aging booklet.

If you care about someone with PTSD, download the Understanding PTSD: A Guide for Family and Friends booklet to learn more about how to support your loved one and take care of your own needs.

Joan Cook, Ph.D., is a psychologist at the National Center for PTSD Evaluation Division and an associate professor in the Yale School of Medicine, Department of Psychiatry. Elissa McCarthy, Ph.D., is a clinical psychologist and PTSD Consultation Program consultant with the National Center for PTSD.

COVID-19: Know what the terms mean

3/10/2020

By: Military Health System Communications

Coronavirus

With cases of the novel coronavirus, COVID-19, emerging across the globe, governments, organizations, and individuals are taking appropriate steps to protect themselves and others from spreading the respiratory disease that has already infected thousands. Along with increased and enhanced force health protection measures, many people are also learning a new vocabulary that goes along with protecting communities from communicable diseases.

For example, terms frequently used to describe community and self-protection measures include quarantine, isolation, and social distancing. But, what is the difference? According to the Centers for Disease Control and Prevention:

Quarantine in general means the separation of a person or group of people reasonably believed to have been exposed to a communicable disease but not yet symptomatic, from others who have not been so exposed, to prevent the possible spread of the communicable disease.

Isolation means the separation of a person or group of people known or reasonably believed to be infected with a communicable disease and potentially infectious from those who are not infected to prevent spread of the communicable disease. Isolation for public health purposes may be voluntary or compelled by federal, state, or local public health order.

Social distancing means remaining out of congregate settings, avoiding mass gatherings, and maintaining distance (approximately 6 feet or 2 meters) from others when possible.

Congregate settings are crowded public places where close contact with others may occur, such as shopping centers, movie theaters, stadiums.

Close contact is defined as:

a) being within approximately 6 feet (2 meters) of a COVID-19 case for a prolonged period of time; close contact can occur while caring for, living with, visiting, or sharing a health care waiting area or room with a COVID-19 case

– or –

b) having direct contact with infectious secretions of a COVID-19 case (e.g., being coughed on).

Self-observation means people should remain alert for subjective fever, cough, or difficulty breathing. If they feel feverish or develop cough or difficulty breathing during the self-observation period, they should take their temperature, self-isolate, limit contact with others, and seek advice by telephone from a health care provider or their local health department to determine whether medical evaluation is needed.

Stay at home. This action is further defined as to how an individual will be monitored:

Self-monitoring means people should monitor themselves for fever by taking their temperature twice a day and remain alert for cough or difficulty breathing. If they feel feverish

or develop measured fever, cough, or difficulty breathing during the self-monitoring period, they should self-isolate, limit contact with others, and seek advice by telephone from a health care provider or their local health department to determine whether medical evaluation is needed.

Self-monitoring with delegated supervision means, for certain occupational groups (e.g., some health care or laboratory personnel, airline crew members), self-monitoring with oversight by the appropriate occupational health or infection control program in coordination with the health department of jurisdiction. The occupational health or infection control personnel for the employing organization should establish points of contact between the organization, the self-monitoring personnel, and the local or state health departments with jurisdiction for the location where personnel will be during the self-monitoring period. This communication should result in agreement on a plan for medical evaluation of personnel who develop fever, cough, or difficulty breathing during the self-monitoring period. The plan should include instructions for notifying occupational health and the local public health authority, and transportation arrangements to a pre-designated hospital, if medically necessary, with advance notice if fever, cough, or difficulty breathing occur. The supervising organization should remain in contact with personnel through the self-monitoring period to oversee self-monitoring activities.

Self-monitoring with public health supervision means public health authorities assume the responsibility for oversight of self-monitoring for certain groups of people. The ability of jurisdictions to initiate or provide continued oversight will depend on other competing priorities (e.g., contact tracing, implementation of community mitigation strategies). Depending on local priorities, CDC recommends that health departments consider establishing initial communication with these people, provide a plan for self-monitoring and clear instructions for notifying the health department before the person seeks health care if they develop fever, cough, or difficulty breathing. As resources allow, health authorities may also check in intermittently with these people over the course of the self-monitoring period. If travelers for whom public health supervision is recommended are identified at a U.S. port of entry, CDC will notify state and territorial health departments with jurisdiction for the travelers' final destinations.

Active monitoring means that the state or local public health authority assumes responsibility for establishing regular communication with potentially exposed people to assess for the presence of fever, cough, or difficulty breathing. For people with high-risk exposures, CDC recommends this communication occurs at least once each day. The mode of communication can be determined by the state or local public health authority and may include telephone calls or any electronic or internet-based means of communication.

As a health practitioner or a beneficiary, it's important to take appropriate steps to protect yourself, your family, and your co-workers. Knowing the difference between isolation, quarantine, and different forms of monitoring can help to stem the spread of any form of infectious disease.

The most up-to-date information regarding COVID-19 can be found on the CDC website.

Share facts about COVID-19

Know the facts about coronavirus (COVID-19) and help stop the spread of rumors.

FACT
1

Diseases can make anyone sick regardless of their race or ethnicity.

Fear and anxiety about COVID-19 can cause people to avoid or reject others even though they are not at risk for spreading the virus.

FACT
2

For most people, the immediate risk of becoming seriously ill from the virus that causes COVID-19 is thought to be low.

Older adults and people of any age who have serious underlying medical conditions may be at higher risk for more serious complications from COVID-19.

FACT
3

Someone who has completed quarantine or has been released from isolation does not pose a risk of infection to other people.

For up-to-date information, visit CDC's coronavirus disease 2019 web page.

FACT
4

There are simple things you can do to help keep yourself and others healthy.

- Wash your hands often with soap and water for at least 20 seconds, especially after blowing your nose, coughing, or sneezing; going to the bathroom; and before eating or preparing food.
- When in public, wear a cloth face covering that covers your mouth and nose.
- Avoid touching your eyes, nose, and mouth with unwashed hands.
- Stay home when you are sick.
- Cover your cough or sneeze with a tissue, then throw the tissue in the trash.

FACT
5

You can help stop COVID-19 by knowing the signs and symptoms, which can include:

- Fever
- Cough
- Shortness of breath

Seek medical attention immediately if you or someone you love has emergency warning signs, including:

- Trouble breathing
- Persistent pain or pressure in the chest
- New confusion or not able to be woken
- Bluish lips or face

This list is not all inclusive. Please consult your medical provider for any other symptoms that are severe or concerning.



CS316493-A 04/14/2020

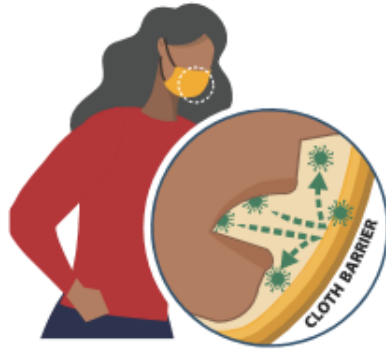
cdc.gov/coronavirus

How to Safely Wear and Take Off a Cloth Face Covering

Accessible: <https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/diy-cloth-face-coverings.html>

WEAR YOUR FACE COVERING CORRECTLY

- Wash your hands before putting on your face covering
- Put it over your nose and mouth and secure it under your chin
- Try to fit it snugly against the sides of your face
- Make sure you can breathe easily
- Do not place a mask on a child younger than 2



USE THE FACE COVERING TO HELP PROTECT OTHERS

- Wear a face covering to help protect others in case you're infected but don't have symptoms
- Keep the covering on your face the entire time you're in public
- Don't put the covering around your neck or up on your forehead
- Don't touch the face covering, and, if you do, clean your hands

FOLLOW EVERYDAY HEALTH HABITS

- Stay at least 6 feet away from others
- Avoid contact with people who are sick
- Wash your hands often, with soap and water, for at least 20 seconds each time
- Use hand sanitizer if soap and water are not available



TAKE OFF YOUR CLOTH FACE COVERING CAREFULLY, WHEN YOU'RE HOME

- Untie the strings behind your head or stretch the ear loops
- Handle only by the ear loops or ties
- Fold outside corners together
- Place covering in the washing machine
- Wash your hands with soap and water



CS 316488A 05/27/2020

Cloth face coverings are not surgical masks or N-95 respirators, both of which should be saved for health care workers and other medical first responders.

For instructions on making a cloth face covering, see:

[cdc.gov/coronavirus](https://www.cdc.gov/coronavirus)

GUIDANCE FOR CLEANING & DISINFECTING

PUBLIC SPACES, WORKPLACES, BUSINESSES, SCHOOLS, AND HOMES



SCAN HERE FOR MORE INFORMATION

1 DEVELOP YOUR PLAN

DETERMINE WHAT NEEDS TO BE CLEANED. Areas unoccupied for 7 or more days need only routine cleaning. Maintain existing cleaning practices for outdoor areas.

DETERMINE HOW AREAS WILL BE DISINFECTED. Consider the type of surface and how often the surface is touched. Prioritize disinfecting frequently touched surfaces.

CONSIDER THE RESOURCES AND EQUIPMENT NEEDED. Keep in mind the availability of cleaning products and personal protective equipment (PPE) appropriate for cleaners and disinfectants.

Follow guidance from state, tribal, local, and territorial authorities.

2 IMPLEMENT

CLEAN VISIBLY DIRTY SURFACES WITH SOAP AND WATER prior to disinfection.

USE THE APPROPRIATE CLEANING OR DISINFECTANT PRODUCT. Use an EPA-approved disinfectant against COVID-19, and read the label to make sure it meets your needs.

ALWAYS FOLLOW THE DIRECTIONS ON THE LABEL. The label will include safety information and application instructions. Keep disinfectants out of the reach of children.

3 MAINTAIN AND REVISE

CONTINUE ROUTINE CLEANING AND DISINFECTION. Continue or revise your plan based upon appropriate disinfectant and PPE availability. Dirty surfaces should be cleaned with soap and water prior to disinfection. Routinely disinfect frequently touched surfaces at least daily.

MAINTAIN SAFE PRACTICES such as frequent handwashing, using cloth face coverings, and staying home if you are sick.

CONTINUE PRACTICES THAT REDUCE THE POTENTIAL FOR EXPOSURE. Maintain social distancing, staying six feet away from others. Reduce sharing of common spaces and frequently touched objects.

For more information, please visit [CORONAVIRUS.GOV](https://www.cdc.gov/coronavirus)



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MAKING YOUR PLAN TO CLEAN AND DISINFECT

Cleaning with soap and water removes germs, dirt, and impurities from surfaces. It lowers the risk of spreading infection.

Disinfecting kills germs on surfaces. By killing germs on a surface after cleaning, it can further lower the risk of spreading infection.



Is the area indoors?

YES

It is an indoor area.

NO

Maintain existing cleaning practices.

Coronaviruses naturally die in hours to days in typical indoor and outdoor environments. Viruses are killed more quickly by warmer temperatures and sunlight.

Has the area been occupied within the last 7 days?

YES

Yes, the area has been occupied within the last 7 days.

NO

The area has been unoccupied within the last 7 days.
The area will need only routine cleaning.



Is it a frequently touched surface or object?

YES

Yes, it is a frequently touched surface or object.

NO

Thoroughly clean these materials.
Consider setting a schedule for routine cleaning and disinfection, as appropriate.



What type of material is the surface or object?

Hard and non-porous materials like glass, metal, or plastic.

Visibly dirty surfaces should be cleaned prior to disinfection.

Consult EPA's list of disinfectants for use against COVID-19, specifically for use on hard, non-porous surfaces and for your specific application need. More frequent cleaning and disinfection is necessary to reduce exposure.

Soft and porous materials like carpet, rugs, or material in seating areas.

Thoroughly clean or launder materials.

Consider removing soft and porous materials in high traffic areas. Disinfect materials if appropriate products are available.



Cleaning And Disinfecting Your Home

Accessible Version: <https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/disinfecting-your-home.html>

Everyday Steps and Extra Steps When Someone Is Sick

How to clean and disinfect

Wear disposable gloves to clean and disinfect.

Clean

- **Clean surfaces using soap and water.** Practice routine cleaning of frequently touched surfaces.



High touch surfaces include:

Tables, doorknobs, light switches, countertops, handles, desks, phones, keyboards, toilets, faucets, sinks, etc.



Disinfect

- Clean the area or item with soap and water or another detergent if it is dirty. Then, use a household disinfectant.
- **Recommend use of [EPA-registered household disinfectant](#).**

Follow the instructions on the label to ensure safe and effective use of the product.

Many products recommend:

- Keeping surface wet for a period of time (see product label).
- Precautions such as wearing gloves and making sure you have good ventilation during use of the product.

- **Diluted household bleach solutions may also be used** if appropriate for the surface. Check to ensure the product is not past its expiration date. Unexpired household bleach will be effective against coronaviruses when properly diluted.

Follow manufacturer's instructions for application and proper ventilation. Never mix household bleach with ammonia or any other cleanser.

Leave solution on the surface for **at least 1 minute**

To make a bleach solution, mix:

- 5 tablespoons (1/3rd cup) bleach per gallon of water
- OR
- 4 teaspoons bleach per quart of water
- **Alcohol solutions with at least 70% alcohol.**

Soft surfaces

For soft surfaces such as **carpeted floor, rugs, and drapes**

- **Clean the surface using soap and water** or with cleaners appropriate for use on these surfaces.



CS316278B 04/03/2020

[cdc.gov/coronavirus](https://www.cdc.gov/coronavirus)

- **Laundry items** (if possible) according to the manufacturer's instructions. Use the warmest appropriate water setting and dry items completely.

OR

- **Disinfect with an EPA-registered household disinfectant.** [These disinfectants](#) meet EPA's criteria for use against COVID-19.

Electronics

- For electronics, such as **tablets, touch screens, keyboards, and remote controls.**
- Consider putting a **wipeable cover** on electronics.
- **Follow manufacturer's instruction** for cleaning and disinfecting.
 - If no guidance, **use alcohol-based wipes or sprays containing at least 70% alcohol.** Dry surface thoroughly.



Laundry

For clothing, towels, linens and other items

- Launder items according to the manufacturer's instructions. Use the **warmest appropriate water setting** and dry items completely.
- **Wear disposable gloves** when handling dirty laundry from a person who is sick.
- Dirty laundry from a person who is sick **can be washed with other people's items.**
- **Do not shake** dirty laundry.
- Clean and **disinfect clothes hampers** according to guidance above for surfaces.
- **Remove gloves,** and wash hands right away.



Clean hands often

- **Wash your hands** often with soap and water for 20 seconds.
 - Always wash immediately after removing gloves and after contact with a person who is sick.
- **Hand sanitizer:** If soap and water are not readily available and hands are not visibly dirty, use a hand sanitizer that contains at least 60% alcohol. However, if hands are visibly dirty, always wash hands with soap and water.
- **Additional key times to clean hands** include:
 - After blowing one's nose, coughing, or sneezing
 - After using the restroom
 - Before eating or preparing food
 - After contact with animals or pets
 - Before and after providing routine care for another person who needs assistance (e.g. a child)
- **Avoid touching** your eyes, nose, and mouth with unwashed hands.



When Someone is Sick

Bedroom and Bathroom

Keep **separate bedroom and bathroom for a person who is sick** (if possible)

- The person who is sick should stay separated from other people in the home (as much as possible).
- **If you have a separate bedroom and bathroom:** Only clean the area around the person who is sick when needed, such as when the area is soiled. This will help limit your contact with the person who is sick.



- Caregivers can **provide personal cleaning supplies** to the person who is sick (if appropriate). Supplies include tissues, paper towels, cleaners, and [EPA-registered disinfectants](#). If they feel up to it, the person who is sick can clean their own space.
- **If shared bathroom:** The person who is sick should clean and disinfect after each use. If this is not possible, the caregiver should wait as long as possible before cleaning and disinfecting.
- See [precautions for household members and caregivers](#) for more information. <https://www.cdc.gov/coronavirus/2019-ncov/hcp/guidance-prevent-spread.html>

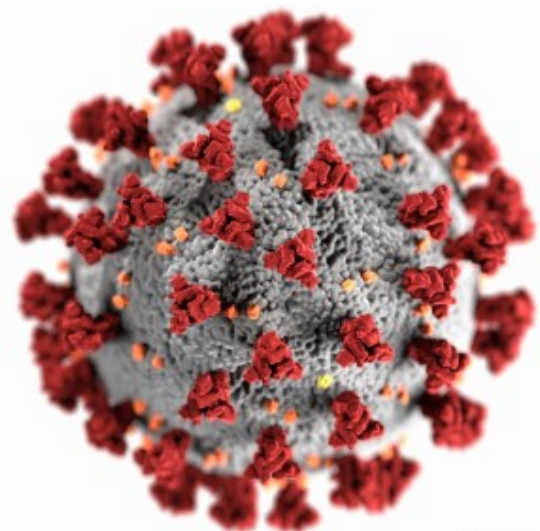
Food

- **Stay separated:** The person who is sick should eat (or be fed) in their room if possible.
- **Wash dishes and utensils using gloves and hot water:** Handle any used dishes, cups/glasses, or silverware with gloves. Wash them with soap and hot water or in a dishwasher.
- **Clean hands** after taking off gloves or handling used items.



Trash

- **Dedicated, lined trash can:** If possible, dedicate a lined trash can for the person who is sick. Use gloves when removing garbage bags, and handling and disposing of trash. Wash hands afterwards.



Whole Health For Life

Connecting with a New Approach to Health and Well-Being through the VA

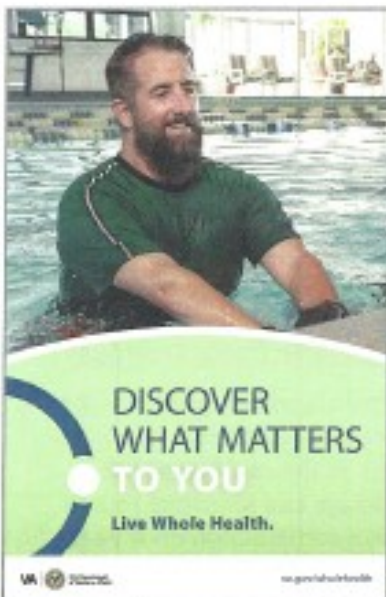
Monica Smith, VASNHS, Chief of Veterans Experience Services

"There is a new VA initiative called Whole Health, which is about changing how the VA healthcare system approaches Veteran's health and wellbeing. These additions include by looking at the whole person and what matters to each individual (reference the circle of health graphic). This will support the partnership between Veterans and their health care teams, to help each person take charge of their health and well-being, based on what matters to them.

The way we care for our Veterans will determine if our Veterans Choose VA! As the VA move towards an interrogative approach to health care, many new illnesses and high patient demand for care are constantly evolving. The need to redesign health care exist. In the VA, the Whole Health approach is an answer to the call for ongoing improvement of health care offered to our nation's Veterans. The conversation on, "how do we manage chronic disease overall" is a conversation had by both our Veterans and our Clinicians.

Until we design a health care system that proactively manages risk and promotes health for the whole person and for all people, we will continue to ineffectively deal with chronic diseases and the next crisis to come along.

Whole Health - *Circle of Health*



Whole Health can change the conversation and VHA facilities are shifting from a system designed around points of clinical care, to one that is based in partnership in which the primary focus is on whole health. By putting our Veterans' health back into their hands and allowing our Veterans to focus on their goals.

Here at VA Southern Nevada Healthcare System, our Whole Health Team assist with educating both our staff and our Veteran patients by ensuring Intro to Whole Health is offered for our Veteran patients to understand VA's Whole Health approach to care.

We also encourage our Veterans to move on to "Taking Charge of my Life" which is a longer-term group program where Veterans can dive deeper into self-exploration of areas in their lives they wish to enhance and to create goals with action steps that will help them to accomplish and attain these goals.

For our employees, we offer WH 101 for clinicians, which is an 8-hour experience designed to enable our clinicians with the tools and education to continue the Whole Health journey for the patients that they engage with daily. WH 102 is a 4-hour experience designed to guide participant in exploring Whole Health and considering how it can be used to improve one's own health and well-being.

For more information on Whole Health, please contact **702-791-9000 ext. 15436**

Upgrade Your My HealtheVet Account to Premium Status

Wondering why you should consider upgrading your My HealtheVet account to Premium? A Premium account gives My HealtheVet users the highest level of access to My HealtheVet features. My HealtheVet offers [three account types](#): Basic, Advanced and Premium. Anyone registering on My HealtheVet starts with a Basic or Advanced account. A Basic account provides access to medical libraries and allows you to enter personal data into journals and other tools to track your health measures.

When you register and select **Veteran** and **VA Patient** on the registration form, your profile information is linked to VA/DoD records. When this happens, your account is automatically upgraded to the Advanced level.

An Advanced account offers Veterans and VA Patients a higher level of access than the Basic account to My HealtheVet features including:

[VA Prescription Refill](#)

[VA Prescription Tracker](#)

[VA Allergies](#)

For Veterans and VA patients, a Premium account includes all the features of a Basic and Advanced account, plus these services:

Copies of key portions of your VA electronic health records

[VA Health Summary](#)

[Secure Messaging](#)

[VA Appointments](#)

[VA Medical Imaging and Reports](#)

Department of Defense (DoD) Military Service Information (MOS codes)

The [VA Blue Button](#) is a feature available to all My HealtheVet members. Access to VA Blue Button reports is based on your account level.

Consider [registering](#) if you do not have a My HealtheVet account.

Interested in upgrading to a Premium account? Let's get started!

To upgrade a My HealtheVet account to Premium status, you will need to:

- Be a VA patient and have an active My HealtheVet Advanced account
-
- Accept the current My HealtheVet Terms and Conditions
-
- Provide a primary government-issued photo ID
-
- Provide a secondary form of ID when your primary ID does not match your official VA medical record (such as a recent name change)
-

There are two ways to upgrade your My HealtheVet Advanced account to Premium. You can upgrade your My HealtheVet Advanced account online (DS Logon Premium Account and ID.me) or in person (face-to-face and video conference) at a local VA facility:

- Log in with a Sign-in Partner (online)
- Upgrade in person at a VA Facility

Service Animals

Understanding the Rules at VASNHS



VASNHS VA Police Chief Reginald Winbush

There have been concerns about "pets" being allowed on VA owned and leased property. Although it may appear that VA Police are allowing all animals on the property, we are being very diligent to follow proper directives. I'd like to explain what VASNHS staff members can and cannot do.

In accordance with Americans with Disabilities Act Amendments Act, 28 C.F.R. 36.102 et. Seq. (1990), persons who require the use of a Seeing-Eye dogs and other Service Animals will be allowed access to common areas of the VASNHS where patients, visitors and employees are normally allowed.

The issue we face today is when we suspect that a pet is not a "Service Animal." We receive complaints of Veterans having two Service Animals or the animal is riding in a wheelchair. Service Animals are very valuable working animals because they are specially trained to accommodate that patient's specific disability.

They are trained not to bark at other animals, urinating on the floor, become uncontrollable by the owner, etc. If you see an animal that is behaving in any of those manners, contact the VA Security Police (Extension 14073) to address the situation.

The VA will always welcome bonafide Service Animals because we understand the important role they play, so Veterans can fully participate in everyday life.



*To Protect & Serve
Those Who Have Served.*

DID YOU KNOW...

According to the Americans with Disabilities Act (ADA) emotional support animals are not considered Service Animals.



VA staff are only allowed to ask two questions:

- Is the animal required because of a disability?
- What work or task has the animal been trained to perform?

Animals are *NOT permitted in areas where patient care, patient safety and infection control standards would be compromised by the presence of an animal.* For example: Operating Rooms, Hemodialysis, Intensive Care Units, Infusion Clinic, Procedure Rooms, Select Areas of SPD, Radiology, Microbiology Lab, Nutrition and Food Service Kitchen Areas and Pharmacy.

IMPORTANT:



Bring someone to watch your Service Animal. VA staff are *NOT* allowed to babysit dogs, whether or not they are a Service Animal. Also, it's unreasonable to ask any employee to accept liability should something happen to their animal.

The following pages list some of the activities provided by the City of Las Vegas Adaptive Recreation free to VA-rated disabled vets and supported by Nevada Department of Veteran Services. These were placed on hold during the pandemic but might be available by the time this newsletter comes out.

Contact Bernard Preston at

[702] 229-4904 or

bpreston@lasvegasnevada.gov

to check if they are being offered yet.

City of Las Vegas

VETERANS PICKLEBALL WEEKLY

Tuesday & Thursday 8-10 a.m.

Tuesdays:
Instructional Clinic
Weekly Tuesday & Thursday 8-10 a.m.
Thursdays: Open Play


For Veterans, please contact:
Bernard Preston at 702.229.4904
or bpreston@lasvegasnevada.gov
Earl Stitt at 702.279.5103 or SNPC@yahoo.com



In partnership with
Southern Nevada
Pickleball Club and Nevada
Department of Veterans
Services (NDVS)

For additional information
about the program contact the
Dula Gym Complex
441 E. Bonanza Road
702.229.6307




[cityoflasvegas](http://cityoflasvegas.com) | lasvegasnevada.gov |
#DiscoverTheFun
lasvegasparksandrec.com



PR-2895-02-20-RS

GET ACTIVE TODAY!

Project D.I.R.T.



This program provides people of all abilities the opportunity to explore new recreation and leisure time possibilities through alternative recreation and outdoor/adventure experiences.

Fishing Clinics: Fishing clinics are offered on Mondays or Fridays. Time: TBD (Typically in the morning) Clinics are usually held at Lorenzi Park and Floyd Lamb Park at Tule Springs. Temporary fishing licenses, baits and poles are provided.



WEIGHTLIFTING

Weight lifting program is for disabled veterans who are interested redefining themselves and starting a workout program to create a healthy lifestyle.

Length of program: 3 days per week M-W -F • 7:30- 8:30 a.m.



BOCCIA BALL

Learn the basics of how to play and develop strategies. It's for individuals with physical and/or neurological disabilities (e.g. stroke, spinal cord injury, multiple sclerosis, brain injury, CP.) The balls are leather, and can be thrown, rolled or put in play with a ramp. Boccia can be played by teams (3 against 3), Pairs (2 on 2) or 1 on 1.

Length of program: 2 times per month at East Las Vegas Community Center.



F.L.O.A.T.

Forming Leisure Opportunities using Aquatic Techniques (F.L.O.A.T.) is an adaptive aquatics program for people with or without disabilities.

One-on-One Swim Lessons: Our private instruction is designed to meet the needs of people of all abilities. The lessons are based on the American Red Cross Learn-to-Swim Program. Each class consists of six 30-minute lessons.

Aquatic Therapy: Strengthen mobility, coordination, balance, endurance, flexibility and core stability using a variety of aquatic techniques. Therapy is offered in private or group settings. A private session is 30-45 minutes and group sessions are 45-minutes. (minimum of 2 participants)

The city of Las Vegas Department of Parks and Recreation, in partnership with Nevada Department of Veterans Services (NVDS), will provide Paralympic Sports and Recreational Opportunities for Injured Service Members.

Injured service members, whether active or inactive, are eligible to participate in various recreation and leisure time activities at no cost through a grant by the Nevada Department of Veterans Services (NVDS).*

**Contact Bernard Preston at 702.229.4904
or bpreston@lasvegasnevada.gov for more information.**

**Adaptive Recreation also offer many other programs, activities
and special events for individuals of all ages and abilities.**

** No-cost enrollment available while grant funds last.*



PR-1845-08-19 MC



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#DiscoverTheFun
lasvegasparksandrec.com

FREE YOGA FOR VETERANS

Thursdays 10:00-11:00AM

Derfelt Community Center inside Lorenzi Park

3343 W Washington Ave. Las Vegas NV 89107

*** Comfortable environment ***

*** Safe yoga pose modifications for every ability ***

*** Chair yoga modifications ***

*** Instructor is certified in Trauma Recovery Yoga ***

Chair Yoga for Veterans was designed to help men and women who have served to maintain optimal fitness, relieve stress, find peace, and help to cope with PTSD.

This yoga is ideal for those with injuries or permanent disabilities. You can learn how to do chair yoga in our classes and easily incorporate it into your home practice. Please note that caretakers and non-veterans are welcome.



Yoga For Life in partnership with The City of Las Vegas Department of Parks and Recreation, and Nevada Department of Veterans Services (NVDS)



YOGA FORLIFELV.ORG



AMERICAN LEGION SCHOOL AWARD



The American Legion School Award program originated with Posts in Pennsylvania soon after the American Legion was founded. In 1926, it became a National program.

Medals were awarded on a five-point criterion of Character, Courage, Scholarship, Leadership and Community service. In 1962, Patriotism was added to the five qualifying attributes. It is the intent of the American Legion to recognize and encourage these attributes in our youth to cultivate good citizenship. It is worth noting that these qualifying attributes are applicable equally for an award to either a young man or young woman.

The Four Pillars of the Legion are Veterans Affairs & Rehabilitation, National Security, Americanism and Children & Youth. This award recognizes the last two.

Department of Nevada Post 76 "*Spirit of Freedom*" wishes to express its many thanks to all the participating faculty and staff for their help and cooperation in administering this great program for our students.

YOUR STORY COULD BE HERE!

Do you have an interesting story you are excited to share that would be of interest to your fellow Legionnaires?

If so, depending upon length and other content, it could be included in the USPS-mailed version or here in the electronic E-mail version.

We publish the Post 76 newsletter quarterly and would be very happy to include you as a contributing author.

It could be about your experiences in the Military branches, or it could be how something you are doing or did in civilian life contributed to The American Legion Four Pillars of Service.

- I. Veterans Affairs & Rehabilitation** • Access to VA Care • Better Funding Formula • Support for Veterans with Special Needs • Career Opportunities • A GI Bill for a New Century • Employment and Business • Heroes to Hometowns • Volunteering • Final Respects
- II. National Security** • Strong National Defense • Military Quality of Life • Homeland Security • Foreign Relations • Full Accounting of POW/MIAs • Operation Comfort Warriors
- III. Americanism** • Flag Protection • Illegal Immigration • Voter Registration and Participation • Boy Scouts • The Pledge of Allegiance • Establishment-Clause Lawsuits
- IV. Children & Youth** • Child Pornography • Catastrophic Illness • Intellectual Disabilities • Immunization • Family Integrity • Media Violence • Drug Abuse • Child Sexual Exploitation

If you are interesting in submitting a story to share with Post 76 Legionnaires, please email it to: NVPost76@gmail.com

It would help if you put the word **“NEWSLETTER”** in the subject box.

