



The Post Journal

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

ISSUE 34 — October — December 2020

COMMANDERS MESSAGE



Greetings all !

I hope this message finds you all safe and healthy.

It is safe to say that Covid 19 has fundamentally changed and impacted our lives. What we once considered normal, is now forbidden, or highly discouraged. It is difficult to believe that it has been 6 months (as I am writing this message) since we last met as a group, and there is really no estimate as to how long it will be until we can meet again.

The work of the Post goes on. Although our activities have been scaled down, our resolve to continue the work of the post, and the American Legion continues.

I can not sing the praises of the Executive Committee (also known as the EBoard) enough. Never in all my time in the American Legion, have I encountered such a dedicated and resourceful group of officers. No matter the obstacle that has been encountered, it has been overcome. My Thanks and gratitude goes to all of them.

Some of the Post news from the last month include:

- ◆ Unit 76 of the Auxiliary has received their charter. We look forward to working with them.
- ◆ 1st Vice Commander Pranava Moody was selected by Department to attend Legion College. Congrats !
- ◆ Judge Advocate Rick Foulon will be moving to the east coast to spend more time with family. We will miss him. He is tireless in his devotion to not only the Legion, but the Patriot Guard. Fair winds and following seas Rick!

I would request of all Post 76 members the following:

- ◆ Stay healthy and protect your wellbeing
- ◆ Check in on a comrade. It'll make their day, and yours
- ◆ Stay physically and mentally active.



It is my sincere hope that we will meet again in the near future.

I will continue to pray for all of you.

May God bless you all

Tony Mascari, Commander

POST CONTACTS:

COMMANDER.: Tony Mascari
Phone: (702) 218-0689
bm1mascari@yahoo.com

1ST VICE CDR.: Pranava Moody
Phone: (240) 838-6131
pranavamood@gmail.com

2ND VICE CDR.: Walter Cheatham
Phone: (702) 741-4415
buzzcheatham@gmail.com

SERGEANT-AT-ARMS:
Richard Hoffer
Phone: (702) 768-9022
richardh360@cox.net

ADJUTANT: Thomas Mahon
Phone: (702) 619-2873
pilot121@yahoo.com

FINANCE OFFICER:
Dennis Christiansen
Phone: (702) 429-3724
ampexace@gmail.com

JUDGE ADVOCATE: Willie Barron
Phone: (702) 596-9331
americanlegionwillie@aol.com

COLOR GUARD:
Walter Cheatham
Phone: (702) 741-4415
buzzcheatham@gmail.com

HISTORIAN:
Gary Parriott
Phone: (702) 269-7823
garyparriott@gmail.com

VETERANS ADVOCATE:
Bobi Oates
Phone: (702) 498-3045
boates4616@aol.com

DIRECTORS:
Paul Hestand, PPC
Phone: (702) 401-8089
p4979h@gmail.com

Jack Ford, PDC
Phone: (702) 228-4810
acchief@aol.com

Joel Forman, PDC
Phone: (702) 360-5833
akan00001@gmail.com

IMMEDIATE PAST COMMANDER & CHAPLAIN
Mike Percival
Phone: (702) 901-9413
mgpercival7@gmail.com

SERVICE OFFICER:
Open

NEWSLETTER EDITOR:
Roger Henning
Phone: (702) 595-1795
NVPost76@gmail.com

PAST COMMANDER/POST DIRECTOR MESSAGE

Ah, the dog days of summer, the summer doldrums, what else could go wrong, heat resistant mosquitoes? I am sure we are all sick of hearing about the unfortunate Covid 19 virus. I am sorry to have heard of friends of mine who were and are touched by it and I hope all recover, and we can, once again, move on.

I have nothing to report from High Desert State Prison, as they are still on a virus lockdown, but they are ready to pick up where they left off when this all began.

Our Auxiliary Unit 76 has been holding meetings, courtesy of our friends at V.V.A. Chapter 17. Watch for information about their first fundraiser [more on Page 6]. Let's all try to participate. We all have to eat, and the food will be delicious! The Auxiliary gets credit for everyone in the restaurant during our time **so bring EVERYBODY**. Family, Friends, Neighbors, Peers at Work — we get credit for all diners from 5 pm to 8 pm.

We are far ahead in renewals at this point than we were on the same date as last year. Our goal for last year was 393 members, we more than doubled it! Our goal for this year is 817! Having an extremely successful year apparently has its drawbacks. Our membership team has accepted this challenge and will continue to work as hard as we can to, not only meet this goal, but surpass it. But, we will need your help.

If you have not yet renewed your membership for 2021, if possible now would be a good time. No more renewal notices and you can forget about it. We are certainly up for this challenge and you can help. If you have not renewed yet, we have

extended the **EARLY BIRD** renewal until **31 October, 2020**.



Renewing online is the easiest for everyone, simply go to Legion.org, click on RENEW and follow the simple steps, and you will be done! And.....Thank you!

Joel M. Forman — Past Post Commander & Director

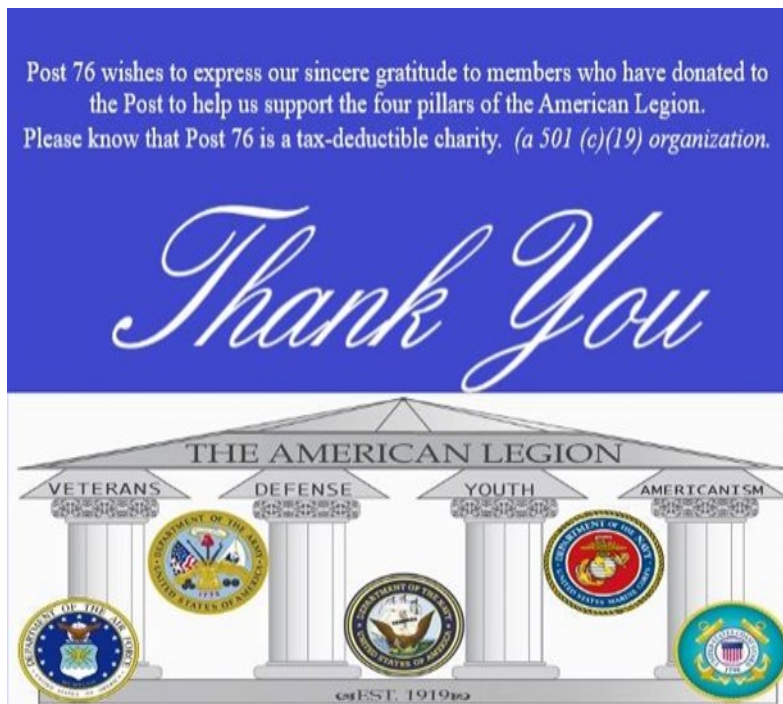
Note from the Commanders Call orchestrated by the VA Southern Nevada Healthcare System:

- ◆ Fisher House will be re-opening shortly at 50% capacity, social distancing and single serving meals and refreshments. It provides free lodging for families of wounded, injured and ill military and Veterans while their loved one undergoes treatment at both VA Southern Nevada Healthcare System and Mike O'Callaghan Federal Medical Center at Nellis Air Force Base.
- ◆ Flu Shots will be available at VA facilities hopefully mid-September. They are available now at some drug and grocery chains and there should be at no cost to Veterans.
- ◆ The VA looking at return to jet air guns for flu shots. They are much improved, and safer than those used in our basic training days.



NOTE IF YOU PLAN TO SEND PACKAGES THIS FALL —

Ahead of the holiday season, the USPS has announced a **temporary rate increase** for commercial domestic competitive parcels. The new rates, which affect services such as commercial Priority Mail and Priority Mail Express packages, will be **in effect from 18 October through 27 December, 2020**.



OUR NEW POST 76 JUDGE ADVOCATE

Commander Mascari appointed Wilmer “Willie” Barron to the position of Judge Advocate after Rick Foulon and his wife decided to move to be closer to their grandchildren. He is also interested in participating in our Honor Guard!

Legionnaire Barron comes to us with a long military career as well as a interesting and diverse civilian career. Talk to him about his multifaceted career.

Barron served 30 years in the United States Air Force and United State Air Force Reserve as a facilities manager during the Vietnam conflict up to a First Sergeant of a Maintenance Squadron at March Air Force Base in California. Much of his service was at California bases in personal management and administration emphasizing performance assessments, coaching mentoring, and human interaction. His foreign service was in Vietnam and Turkey.

After he retired, he held many jobs from air traffic controller, police officer, and then a number of jobs related to home renovations. He then held positions as President/CFO of a flooring company and then President/CFO at a painting company. He has also held volunteer positions in organizations similar to ours.



POST 76 AMATEUR RADIO CLUB

As many of you may know, Post 76 has an Amateur Radio Station right in the Humana Community Outreach Center where we hold our monthly meetings. Sadly, the center has been closed since the original statewide shutdown of gathering sites.

We have continued to have a weekly net on Monday's at 1900 hrs. on the Henderson Club repeater. The frequency is 449.925 MHZ with an encode and decode of 131.8 Hz. Net is open to all Hams.

While we are still alive from our home stations, as detailed above, we are not YET on the air at our Humana location, or able to hold meetings with Humana closed. As of this date (early September 2020) The Humana facility is still closed with a forecast to possibly reopen in the near future [maybe October?]. We have all the equipment to get on the air, we just need to install it, then sit down and start operating. The minute the Chinese virus is brought under control and Humana feels that it is safe to open we will be on the air.

This month is National Preparedness month, the theme is “Disasters Don’t wait, make your plan today.” It is recommended that everyone:

- ◆ Make a Plan
- ◆ Build a Kit
- ◆ Prepare for Disasters
- ◆ Teach Youth about Preparedness

With everything that is going on today; the fires in California, the riots in Portland, it may be time to do some pre-planning. For more information go to Ready.gov. After the virus is under control, the radio club is going to research an affiliation with the Disaster Preparedness system. We may be able to add our small voice to the larger system. Let’s hope the virus will end and we can get back to some level of normal living.

When we get setup, drop by and check us out.



73's

Frank Timbers, Vice President, Post 76 ALRC

OUR SCOUT TROOPS COMPLETE THE RIFLE MERIT BADGE

Any day at the shooting range where no one gets hurt is a good day.

On Saturday, 29 August 2020, **Post 76 Director Paul Hestand** ran a BSA Merit Badge Rifle Shooting class at the Desert Sportsman's Rifle and Pistol Club for the Post's sponsored Troop 312.

Twelve Scouts were on hand to earn their badges and a few more showed up to improve their shooting skills.

Paul went over the badge requirements and when it came down to actually shooting the .22 rimfire rifles he had **Post 76 Legionnaires Dennis Christiansen and Steve Bickford** on hand as Range Safety Officers to assist him in keeping the firing range safe.

There were six stations setup in the prone position and the targets were fifty-feet down range. Four rifles had open sights and were bolt action single shot while two other rifles were bolt action too but had "Peep Sights" instead.

Laying on tarps and positioning their rifles on "rifle rests" the scouts either shot in strings of 5-rounds or 25-rounds depending on proficiency.

Another class is going to be scheduled in the near future with a focus only on the shooting aspect as to improve the Scout's accuracy and grouping to wrap up earning their merit badge.

Reported by Steve Bickford



Contact [Pranava Moody](#), 1st Vice Commander or [Paul Hestand](#), Post 76 Director / Past Post Commander for more information.

Mrs. Moody and Col. [ret.] Hestand info can be found on page 1.



"THE RED COATS ARE COMING!"



When the VA Hospital once again opens its doors to Volunteers the chances are that you will be welcomed with a friendly smile and a helpful hand from someone wearing a distinctive red vest? No, it won't be (Santa Claus), it will be one of the caring men or women who serve as Red Coat Ambassadors. And there is a good chance that they will be a member of The American Legion or American Legion Auxiliary.

The Red Coat Ambassador Program is part of how the VA is trying to bring about a positive change in the way it does business. It is an attempt to create a new culture of providing better customer service at VA medical centers across the nation. The program was created and is administered by the Veteran Affairs' Veteran Experience Office to help improve the experience that veterans, their families, and their caregivers receive when they choose to receive their care at the VA.

Having served as a Red Coat Ambassador at our local VA Hospital since the programs' inception, I can testify to the dedication of those who volunteer to serve in the program. Every Red Coat that I know is deeply committed to improving the lives of patients and visitors by helping them get to where they need to go within the facility or providing them with information and being there when they are needed most. They willingly offer a listening ear, along with respect and compassion for concerns. They strive to help veterans become more comfortable in visiting VA hospitals.

As administration looks forward to eventually being able to reopen the doors that have been closed by the Corona-virus issues, there will be a need for more volunteers to serve as Red Coat Ambassadors and in other volunteer positions. A recent survey indicated that a number of previous volunteers could not return for various personal reasons. An orientation program will begin when clearance is received to reopen the program. If you would like to be one of those smiling faces to make a positive impact and impression by providing assistance and information to help enhance the lives of our fellow veterans, please contact me for further information.

Jack L. Ford, PDC 702-228-4810 ACChief@aol.com

POST FINANCIAL OFFICER REPORT



The Posts' finances are in excellent shape.

The first month of our Fiscal Year has surpassed last year at this time by over 70%.

This is due to all those members who have renewed their American Legion membership and those in our Post who continue to recruit new members and actively maintain good contact with our already established Post's members. I thank all those members who continually work so hard for our Post and especially those who endeavor to help our Post grow.

If anyone has any questions for me about the Post Financial Report please contact me and I will answer them to the best of my ability.

Dennis Christiansen – Post 76 – Finance Officer



The Post has developed a patch to recognize and celebrate our 25th Anniversary of the Spirit of Freedom Post 76.

This patch is now available for a suggested donation of **five** (5) dollars and will be sold at meetings at the back table.

AMERICAN LEGION AUXILIARY UNIT 76 IS OFFICIAL!

We have been granted our charter and we are always accepting applications for Post family members, including junior members, to help us build our membership. We look forward to partnering with the Post and helping to support our local veterans and their families.

An application is included on the next page. 

Come join us! All are welcome to a **fund raiser** hosted by the newly chartered American Legion Auxiliary Unit 76. **Bring your friends, family, neighbors, we get credit for everyone in the restaurant.** [Flyer on page 9 \(digital version\)](#)



American Legion
Auxiliary

Saturday, 25 September, 2020 5 pm -- 8 pm
Hash House A-Go-Go
6800 W Sahara Ave Las Vegas, NV 89146

Reach out to the Auxiliary via phone, text, or email for any questions, suggestions, or ideas:

President: Gail Percival 480-320-8623 auxiliaryunit76@gmail.com

Secretary: Jennifer Holmes 702-290-5801 ala.unit76.secretary@gmail.com

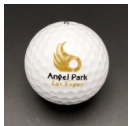
EVERYONE IS INVITED TO THE ANNUAL JOHN H HILGAR II VETERAN'S DAY MEMORIAL CHARITY PUTTING TOURNAMENT & BIRTHDAY BASH

WHEN: 11 November 2020.

Open registration from 7 am until 6 pm. @Angel Park G.C. 100 S Rampart Blvd Las Vegas NV 89145



Come out for a fun time and to help support the American Legion's Operation Comfort Warriors. Everyone is invited to a unique 11 hour putting contest with both 9 & 18-hole competitions. There will also be a hole-in one contest on the 1st hole.



The suggested donation of \$20 for adults 17 and older, \$5 for children 11 thru 16 and free to everyone under 10 yrs. 100% of donations are used to purchase rehabilitation and recreational items for wounded/injured military personnel.

Winners will be congratulated with names added to our tournament plaques. All equipment is provided or you can bring your favorite putter

Any questions call/text John @702-376-5885 or Jani @702-376-5266



Submitted by Post 76 Legionnaire John Hilgar

#LiveWholeHealth: Gratitude Practice

What is gratitude practice? Facing adversity is a natural part of the human experience. When situations arise and we find ourselves feeling fear, worry or anxiety, we often focus on those thoughts, losing sight of the people, places and things we are grateful for. Often we find ourselves thinking about what is not going well, or harbor negative thoughts throughout the day. Over time, those thoughts can impact our stress levels and our behavioral and lifestyle choices, including how we eat and sleep, or the relationships we choose.

Research has shown that taking time to think, feel or write about what you are grateful for can be beneficial to physical and mental health. In fact, gratitude practices have been linked to improved social connections with healthier relationships, improved physical health and movement, increased acts of kindness, decreased anxiety, decreased tendencies toward substance abuse, and improved sleep and energy.

Obtained from <https://www.blogs.va.gov/VAntage/77141/live-whole-health-self-care-episode-39-gratitude-practice/>



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 :

*There is a good chance that we will be able to have a in person meeting at Humana on 18 October 2020. BUT Due to the **pandemic and uncertainty** in size of groups allowed, we do not have certainty of 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 have been sent out during July. If you renewed ONLINE last year, you may not get a renewal reminder in the mail. You can help us by paying your 2020-2021 dues. 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. IF you pay and receive your new 2021 membership card, **disregard any renewal notices** that may come afterwards.

GIVING BACK



**HASH HOUSE IS HOSTING A
FUNDRAISING DINNER IN HONOR OF
THE AMERICAN LEGION AUXILIARY
SPIRIT OF FREEDOM - UNIT 76**

**ON THE EVENING OF SEPTEMBER 25TH, 5PM TO 8PM,
HASH HOUSE WILL DONATE
20% OF ALL SALES TO BENEFIT
THE AMERICAN LEGION AUXILIARY UNIT 76**



HASH HOUSE

A GO GO
TWISTED FARM FOOD

6800 W Sahara • Las Vegas, NV • 702 804 4646

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 #34**, 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

The American Legion



For God and country

« MEDIA & COMMUNICATIONS OFFICE « P.O. BOX 1055 « INDIANAPOLIS, IN 46206-1055

« (317) 630-1350 « Fax (317) 630-1368

FOR IMMEDIATE RELEASE

Legion National Commander Pledges Support to Storm Victims

INDIANAPOLIS (Aug. 27, 2020) – American Legion National Commander James W. “Bill” Oxford issued the following statement regarding Hurricane Laura’s destructive path along the Gulf Coast:

“The American Legion extends its support and prayers to those impacted by Hurricane Laura. Right now, priority one is saving lives. When the danger subsides, the clean-up and recovery begins. The American Legion Family has a number of support programs for our members to include Temporary Financial Assistance and a National Emergency Fund. TFA grants are also available to eligible active-duty servicemembers with minor children in the home. We have American Legion posts across the country that will offer their own forms of assistance as well. I have directed our national staff to maintain regular communications with the impacted departments to ensure that we do everything we can to help those in need. For now, people with inquiries can call our Louisiana American Legion Department Adjutant, Tony Betts (337) 652-5072 or email tonyb_la@hotmail.com or adjutant@lalegion.org. The Texas American Legion can be contacted at (512) 472-4138 or billw@txlegion.org. More details will be released at www.legion.org during the coming days.”

Oxford also pointed out that Americans can contribute to charities which help recovery efforts by donating to The American Legion National Emergency Fund or Veterans & Children Foundation at legion.org/donate or by sending a check to either of those charities at The American Legion, P.O. Box 361626, Indianapolis, IN 46236.

With a current membership of nearly two million veterans, The American Legion was founded in 1919 on the four pillars of a strong national security, veterans affairs, Americanism, and youth programs. Legionnaires work for the betterment of their communities through more than 12,000 posts across the nation.

Media Contact: John Raughter, (317) 630-1350 jraughter@legion.org

Air Force Association

Our mission is to promote dominant U.S. Air and Space Forces as the foundation of a strong National Defense; to honor and support our Airmen, Space Force Professionals, and their Families; and to remember and respect our enduring Heritage.

To accomplish this, we:

EDUCATE the public on the critical need for unrivaled aerospace power and a technically superior workforce to ensure national security

ADVOCATE for aerospace power, and promote aerospace and STEM education and professional development

SUPPORT readiness for the Total Air and Space Forces, including Active Duty, National Guard, Reserve, civilians, families and members of the Civil Air Patrol

When the United States entered World War I, it was the eighth-ranked nation in airpower. As other forces prioritized the impact of airpower, the U.S. Air Service drastically cut 6,000 of its 10,000 pilots in just nine days back in 1919. This did not sit well with Army General Billy Mitchell. He fought long and hard for the importance of airpower and the need for a strong national defense.

Today, we know Mitchell as the father of the United States Air Force. After his passing in 1936, General Henry H. "Hap" Arnold, the commander of World War II Army Forces, succeeded Mitchell as the leading voice for airpower. Nearly a decade later, General Arnold's advocacy for an independent civilian organization was incorporated as the Air Force Association. Our first national president was noted aviation pioneer and Medal of Honor recipient, General Jimmy Doolittle, who spent AFA's inaugural year establishing chapters across the country. While we have evolved over the decades to uphold the military's standards, national security and the preservation of world peace has remained our core focus for members.

Monumental Moments in History for AFA

- February 4, 1946: AFA was incorporated in Washington, D.C.
- July 1946: [Air Force Magazine](#), "The Official Service Journal of the US Army Air Forces," became the official journal of the Air Force Association.
- September 18, 1947: The United States Air Force became an independent military service through the National Security Act of 1947.
- May 1956: The Air Force Association Foundation - later the Aerospace Education Foundation - was formally established.
- August 1956: AFA honors the first class of Outstanding Airmen of the Year (OAY) at its 10th national convention.
- April 1959: AFA's World Congress of Flight in Las Vegas was the first international air show in U.S. history. Fifty-one foreign nations participated.
- October 1960: AFA life insurance program begins, meeting a critical need for the families of military aviators, helping them obtain life insurance generally not available to them through other sources.
- March 1964: AFA's Airmen's Council asks USAF to appoint a "Sergeant Major of the Air Force." While the proposal was initially turned down, the effort continued until 1967 when the first Chief Master Sergeant of the Air Force was appointed.
- March 1967: The Aerospace Education Foundation undertakes "Project Utah" in cooperation with the U.S. Office of Education, which has received major credit for later helping secure accreditation for the Community College of the Air Force.
- August 1984: After 38 years in the District of Columbia, AFA national headquarters moves into the association's own building in Arlington, VA.
- March 1994: An AFA Special Report, "The Smithsonian and the Enola Gay," exposes plans by the National Air & Space Museum to display the B-29 that dropped the atomic bomb on Hiroshima as a prop in an exhibit lacking balance and historical context. Due to AFA's coverage, the museum changed the plan for the program and the exhibit.
- October 2006: The Air Force Memorial is dedicated and the United States Air Force Memorial is presented to the nation.
- May 2007: AFA establishes the [Mitchell Institute for Aerospace Studies](#). The institute seeks to carry on, in the modern-day, General Mitchell's tireless and dedicated effort to expand airpower thinking and increase public awareness of the need for this unique military instrument.

- February 2009: AFA's [CyberPatriot](#) program hosts its first competition. CyberPatriot was conceived by AFA to inspire high school students to pursue careers in cybersecurity or other STEM disciplines critical to our nation's future.
- November 2011: AFA establishes its [Wounded Airman Program](#) (WAP).
- September 2014: AFA renames headquarters building to the Jimmy Doolittle building.
- April 2015: AFA's [StellarXplorers](#) program hosts its first competition. StellarXplorers is a rigorous hands-on space system design challenge that involves all aspects of system development and operation, focusing on spacecraft and payload.
- September 2017: AFA commemorates 70th anniversary of the USAF with record-setting attendance at the Air, Space & Cyber Conference.
- March 2018: AFA hosts Pilot Summit to assist USAF with pilot retention/recruitment.

From **AFA.org** website

The Nevada Chapter is Chapter 189, Thunderbird Chapter, Bobi Oates, post 76 member is the current President, and she is the Southwest Region President, which includes, AZ, NM and NV.

The Thunderbird Chapter is the proud owner of a full-size replica of the Original Wright Flyer, which is housed at Rancho HS in their Aviation Dept. This year it was designated a War Bird, now we can take it to Air Shows at their expense.

We support the Airman and their Families at both Nellis and Creech AFBs. We sponsor a Community Robotics team made of students from several schools. Support UNLV AF ROTC and the local AF Jr ROTC programs.

The chapter and Community Partners support the AF Wounded Airman Trials held at Nellis, the Military Appreciation BBQ and Nellis Air Shows. The next Air Show will be for the AF 75th Nov 4-6 2022.

We're always looking for new members to help with our Mission, you don't have to have served in the Air Force, or the military at all, just someone who supports our Military.



Actor Jimmy Stewart (L) with Lt. Gen. James Doolittle and Lt. Gen. Hoyt Vandenberg, deputy commander of the U.S. Army Air Force pose with a model of the Constellation. Photo from 1947 (approximately)

EVERYONE IS INVITED TO THE ANNUAL
JOHN H HILGAR II



VETERAN'S DAY MEMORIAL
CHARITY PUTTING TOURNAMENT
& BIRTHDAY BASH

Nov 11th 2020 open registration from 7 a.m. till 6 p.m.

@Angel Park G.C. 100 S Rampart Blvd
Las Vegas Nv 89145

Come out for a fun time and to help support the American Legion's Operation Comfort Warriors. Everyone is invited to a unique 11 hour putting contest with both 9 & 18-hole competitions. There will also be a hole-in one contest on the 1st hole.

Suggested donation of \$20 for adults 17 and older, \$5 for children 11 thru 16 and free to everyone under 10 yrs. 100% of donations are used to purchase rehabilitation and recreational items for wounded/injured military personnel. Winners will be congratulated with names added to our tournament plaques. All equipment is provided or you can bring your favorite putter.

Any questions call/text John @702-376-5885 or Jani @702-376-5266

Two Local Eagle Projects in Troops chartered by Post 76

The Salvation Army distributes a pallet of water every one or two days to clients at the Homeless Campus on Owens Avenue in Las Vegas, Nevada. A pallet holds 48 cases of water.

I am Ragan Jones, a Life Scout in Troop 312 which is chartered by American Legion Post 76. I am leading a team to collect 480 cases of water (10 pallets) to donate to the Salvation Army of Southern Nevada for my EAGLE project.

There are a couple ways in which you may help me help the Salvation Army hydrate their homeless clients.

1. Purchase case(s) of water. Please e-mail raganjoneseagleproject@gmail.com

with your name, address, and phone number. I will contact you to arrange a time for a team member to pick up the donation prior to Sunday, 27 September, 2020.

2. Send a donation to paypal.me/raganseagleproject. Please indicate Salvation Army in the note area. ALL funds collected will be used to purchase bottled water to be donated to the Salvation Army of Southern Nevada. The donation needs to be received by Sunday, 27 September, 2020 in order to purchase cases of water to add to the water collected.

Thank you for helping me with my EAGLE project.

My Name is Drea and I am in Troop 312G and I am also on track to be part of the inaugural class of Female Eagle Scouts. For my Eagle Project, I will be collecting art supplies, backpacks, gift cards, and monetary donations to create art kits for kids at The Shade Tree. The Shade Tree organization provides safe shelter to homeless and abused women & children in crisis. As such I am aiming to donate 100 art kits to children at the shelter to provide some creative fun and happiness.

Supplies being collected are:

Backpack/ Tote Bag, Washable markers/ paints/ paints, construction/drawing paper, Colored pencils, Art pens, Crayons, Paintbrushes, Craft kits, Friendship bracelet yarn, Stickers, Glue, Child safe scissors, Drawing pencils, Coloring books, Word search activity books, Sketchbooks, Erasers, etc.

Gift cards to:

Walmart, Target, Blinks Art Supplies, Micheal's Craft Store, Hobby Lobby, Ross, Office Depot, etc

If there is anyone that can help me out, it would be greatly appreciated by those helped by your generosity.



Newsletter Editor's Note: These are first of at least four (4) scouts in our chartered troops who will be doing their Eagle Scout projects in the near future. It is important in these projects show leadership and benefit the community. Because of recent reinterpretations of fundraising activities, without submitting an additional form detailing how fundraising will be conducted it is limited to parents, family, friends and the organization that chartered the Troop. **WE ARE THAT ORGANIZATION** so our scouts are depending upon us to help on this project.

Hydration is a very important human need that the homeless often have problem filling. The number of safe drinking water sources are limited, and our dry desert environment makes it even worse. How long can you live in the desert without water? A human can go without food for about three weeks but would typically only **last three to four days** without water.

Decades ago, the company that I worked for at the time, Bechtel SAIC Co., had chosen Shade Tree as one of our sponsored organizations. We went there and played with the kids, painted their dorms and did whatever else was necessary. Many of the children were those away from their families to protect them from domestic abuse.

The Shade Tree is the largest shelter of its kind in the state and is the only 24-hour accessible shelter designed specifically to meet the needs of women and their children in the region. The upper floors of the facility are residential areas with singles dorm rooms, family dorm rooms rooms, classrooms, communal bathrooms, and an acute care medical clinic. The main floor has facilities to include a "Dayroom," fully equipped kitchen, laundry room, and Children's Activity Center.

VA



U.S. Department of Veterans Affairs

Veterans Health Administration
Southern Nevada Healthcare System

Media Release

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

RELEASE 20-09-01
September 8, 2020

VASNHS Prepares for Flu Season, Encourages Veterans to Get Vaccinated

NORTH LAS VEGAS, Nev. – As the world battles the coronavirus, medical professionals are asking individuals to take steps to prepare for the next potentially life-threatening event on the horizon – the seasonal flu.

Thousands of Americans are hospitalized due to influenza annually, and the illness can be a serious, particularly among young children, older adults, and people with certain chronic health conditions, such as asthma, heart disease, or diabetes. As such, the Centers for Disease Control and Prevention recommends everyone six months or older gets an annual flu immunization.

Enrolled Veterans can receive their seasonal flu vaccination at the North Las Vegas VA Medical Center or any VA clinic throughout Southern Nevada beginning September 14, 2020. In addition, all Las Vegas VA clinics (Northeast, Northwest, Southeast, and Southwest) will offer drive-up flu shot clinics beginning on September 21. The North Las Vegas VA Medical Center will offer drive-up flu shots beginning October 13.

Additionally, eligible Veterans can also receive a standard (quadrivalent) or high-dose flu shots vaccination at more than 60,000 Community Care Network (CCN) retail pharmacies and urgent care locations. This replaces the Walgreens Retail Immunization Care Coordination Program, which ended in March 2020.

No appointment or VA referral is required. Veterans need to present a valid government-issued identification (e.g. Veterans Health ID Card, Department of Defense ID card, state-issued driver's license or ID card, etc.).

Veterans can also use the VA Locator to find a VA facility, in-network retail pharmacy or urgent care location near them by using this link: <https://www.va.gov/find-locations>

By getting immunized from influenza, individuals are less likely to transmit the virus to others, which helps health care system – including VASNHS – from being overwhelmed with flu patients during events such as the ongoing COVID-19 pandemic.

“It’s like being kicked when you’re already down,” said Dr. Myron Kung, a VASNHS critical care pulmonologist. We typically see an increase in our hospital census between 20-40 percent during the peak flu season months of October to March as compared with the late spring and summer months. When combined with COVID-19, the flu could compound community illness and the strain on the local healthcare system.”

Flu and COVID-19 can each lead to serious health complications resulting in hospitalization or death. However, both diseases can be prevented by wearing a mask, practicing physical distancing, washing your hands frequently, and coughing into your elbow.

One of the most concerning consequences of flu season occurring in the middle of a pandemic is the potential for a patient to become infected with COVID-19 and the influenza simultaneously. “It’s called a super-infection,” said Kung. “One can get COVID and a bacterial pneumonia as well as flu and COVID.”

For more information on local clinic hours or to find in-network community locations, please visit our website at <https://www.lasvegas.va.gov/flushots.asp>

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

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

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

New Travel Reimbursement System Available



Beneficiary Travel Self-Service System (BTSSS) bulletin image

By John Archiquette, Public Affairs Specialist

Wednesday, September 9, 2020

New Travel Reimbursement System Available to Southern Nevada Veterans and Beneficiaries

NORTH LAS VEGAS, Nev. – VA Southern Nevada Healthcare System will now use the new Beneficiary Travel Self-Service System (BTSSS) to reimburse eligible Veterans and beneficiaries for travel to and from VA medical appointments.

The new system will allow users to submit and track transportation reimbursement claims using a secure web-based portal on the Access VA, available 24/7, 365 days a year.

“Thanks to the important innovations and dedication to information technology, we are proud to say we have streamlined this process making it easier for users,” said William Caron, VASNHS Executive Director. “The BTSSS replaces the need for older, manual tracking methods, bringing this process in line with many of our other web applications.”

BTSSS has many advantages, for example, it:

- Reduces the need for completing hard copy claim submissions in-person at the facility by replacing and eliminating the previous kiosk method.
- Provides an easy to use web-based application that allows you to enter your claim over the internet via AccessVA.
- Ensures timely processing and payment of travel reimbursements and reduces manual intervention and improper claim payments through automated features
- Authenticates the Veteran or Beneficiary by: 1.) VA PIV card; or 2.) A DS Logon Level 2 account.

BTSSS is available for VASNHS Veterans beginning September 8, 2020. As BTSSS goes live, the need for kiosk will be discontinued, however, in person and hard-copy claims submission will still be available.

For information on eligibility, visit VA’s [Travel Pay Reimbursement site](#) or the [VA Southern Nevada Healthcare System website](#).

Newsletter Editors Comment: This new system may take a while for us to get used to. I tried to sign on with myHealtheVet Premium Account and it did not allow me to get to the Travel Reimbursement button. I had to go back and get my old DS Logon that I had not used in over 3 years. It took me a while to get on only to find my past and future appointments were not there. I can only hope this is just growing pains since I tried to get on 10 September 2020, 2 days after it was first put up.

I already miss using the kiosks which were so simple once you applied at the travel office, but I can still learn.

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.

Crime Prevention and Safety Tips [Source: Minneapolis Police Department]

ATM Safety

Use an ATM in a well-lit, well-travelled location.

Prepare any transaction paperwork before you get to the ATM.

Be aware of who is around. If something doesn't feel right, cancel the transaction. Do it later or somewhere else.

If you get cash, put it away immediately. Do not count it at the ATM.

At night, try to have a companion with you.

When using a drive-up ATM, make sure your doors and other windows are locked.

When leaving an ATM make sure you are not being followed. If in a car, drive to a police station or well-lighted open business. Flash your light, sound your horn to get attention.

ATM Fraud: Call the National Fraud Information Center at 1-800-876-7060 and file a local police report

Car Safety

Keep your doors locked

Park in well-lighted areas.

If you think you are being followed, drive to a police station or well-lighted public place, open business.

If car breaks down, open the hood. Stay in your car. If someone stops to help tell them to call for help.

Don't stop to help motorists by the side of the road. Call for help for them.

Craigslist Safety Tips

The most common Craigslist scams are:

Listings that don't require a credit check for homes, cars, or other used vehicles (usually, this is a way to get your personal information, or put you in crippling debt)

Requesting a wire transfer to either steal your money without giving you anything, or get your bank information

Posting an item for sale that they don't have, and including generic photos of the product in question

Spamming Craigslist with dozens (or hundreds) of postings for the same item

Requesting to use PayPal, then sending you a link to sign up (it's a phishing scam, so don't click that link!)

Someone who wants to buy from you, or wants you to buy from them sight unseen (they're stealing or robbing your identity, plain and simple).

Safety Tips

Trust your instincts.

Don't go alone.

Insist on meeting at a public place such as a safety swap spot.

Do not meet in a secluded area.

Do not invite strangers into your home, and do not go to theirs.

Be cautious when buying/selling high value items the transaction during daylight hours.

If it sounds too good to be true, it normally is.

Tell a friend or family member about your intentions, where you are going and when you expect to be back.

Take your cell phone with you as well as high value items.

Identity Theft Prevention

- Consider using a Post Office box or locked mailbox.
- Shred documents with sensitive information.
- Shred all unsolicited credit card, loan offers.
- Destroy all credit card and ATM receipts.
- Shred expired credit, debit and identification cards.
- Never give your PIN number or account information over the phone even if they say they work for that institution.
- Go to your financial institution in person to conduct large transactions or transactions that are not typical for your daily financial life.
- Do not use personally identifiable information for PINS, passwords, security questions.
- Never give personal information over the phone.
- Use encryption software when possible when transferring personal information over the internet.
- Mail stolen or tampered with? Contact your local post office to report.

Internet and Online Safety

Online Shopping

- Do not give your personal information unless you are absolutely sure it is safe.
- Avoid giving your full name, address, phone number, etc. unless it is a secure site.
- For forum or discussion sites that require a name to register, try to use a nickname or alias.
- Never shop using an unsecured network such as those in coffee shops and other retail locations.
- Secure sites have addresses that start with “https”. “

Online safety for parents

- Keep the computer in a common area of your home so you can keep an eye out for safety.
- Make an agreement about computer use, such as:
 - Sites they are allowed to visit
 - Amount of time they can be online
 - Basic safety rules
- Consider requiring that smartphones not be allowed in bedrooms
- Agree on consequences for breaking the agreement

Motor Vehicle Theft Prevention

- Roll up windows and lock all doors.
- Lock all doors and windows even when parked in your own garage.
- Keep your garage door closed.
- Park in well-lit areas.
- Hide all valuables out of sight. If you can see them so can a thief.
- Keep a record of your VIN (vehicle identification number).
- For vehicles equipped with anti-theft technology, use it!

Package Theft Prevention

- Doorstep delivery is often a crime of opportunity. Thieves can be following a delivery truck or be someone who sees a package delivered.
- Before you ship, choose the right service for your needs.
- Ship the package to a location where you know someone will be available to receive it. Consider selecting the “signature required” option.
- Send any FedEx package directly to a FedEx Office location near you or choose from several delivery options. You can have it held for pickup at one of the stations. You can go to www.fedex.com to find the nearest location or call 1-800-GO-FEDEX. FedEx has a number of stations at retail stores for package pickup with identification and signature required
- UPS has stores that a package can be routed to and has several options for delivery choices. Their information is www.UPS.com or 1-800-PICK-UPS.
- The United States Postal Service has a number of ways to track and secure safe delivery for your packages. You have options on how you want the package delivered as well as tracking and insuring the package. Many of their tips are similar to UPS and FedEx. More info: <http://www.usps.com>

Personal Property Theft Prevention

Dining out: Keep your purse on your lap or between your feet with the handle around the leg of your chair or foot.

Do not leave valuable unattended at your table.

When shopping do not leave your purse or wallet unattended. If you must put your purse in a shopping cart, anchor it to the cart with the child safety seat belt. Keep the purse closed.

Never carry PINs or passwords in your purse or wallet.

Keep a list of all credit, debit and ID cards and number along with their customer service numbers in a safe place in case you need to close accounts, report thefts.

Public Transportation Safety

Be aware and alert.

Avoid isolated transit stops.

Have your bus pass or money ready before you board.

During off hours, ride as near to the operator as possible.

If someone bothers you, change seats. Try to inform the driver.

Keep belongings in front of you, close to your body.

Be alert to pickpockets.

Residential Safety

Check your house for weak access points.

Always lock your doors and windows. Use deadbolt locks on doors.

Install window guards that prevent windows from being raised more than a few inches.

Buy and use variable light timers inside your home.

Install and use automatic outside lighting.

Keep sidewalks and steps clear of ice and snow.

Use a locking mailbox.

Never prop open the door to an apartment building and report residents who do.

Document serial numbers of electronics.

Take pictures of all valuables and store in a safe place,

Robbery/Theft Prevention

Carry only what you need. Do not take large amounts of cash or unnecessary personal items with you.

Be extra cautious about your surroundings. Trust your instincts. Be aware of strangers loitering in your area.

Call 911 to report suspicious activity.

Don't get distracted! Cell phones, iPhones and other electronics can be a distraction to you and could draw the attention of someone who wants to take them from you.

Be on the lookout. Call 9-1-1 for any suspicious activity such as strangers walking in yards or between houses, the sound of glass breaking or loud banging, and unfamiliar trucks or vans lingering in your alley. Talk to your neighbors about what you've seen and ask them to be alert to suspicious activity.

If you are confronted, stay calm and cooperate. Your life is worth more than your money or phone!

If you are a victim of robbery, immediately call 911. Try to report as much suspect information as you can.

Street Safety

Street Safety Tips:

Be aware at all times! Keep your eyes open, up and off your phone!

Know where you are going and the safest way to get there. Stay in well-travelled and lit areas. Avoid alleys.

Have a plan. Know where you can go; how to contact police in an emergency.

Walk with a purpose. Keep your head up and your eyes open to what is around you.

Carry a whistle or other noise maker.

Vary your walking, jogging or biking routes. Avoid isolated areas. Try to go with a friend.

Do not wear headphones. You won't notice or hear a threat until it's too late.

Keep purses and packages tucked securely between your arms and body.

Keep purses and packages tightly closed. Do not wear excessive or expensive jewelry.

Carry only what you need. Don't carry a lot of cash or extra credit or debit cards.

New monitoring solutions improve Veteran telehealth experience

VA recently enhanced several IT systems to stay ahead of the surge in the demand for video appointments. This comes as record numbers of Veterans and their families opted for virtual medical appointments during the COVID-19 pandemic. VA's Office of Information and Technology (OIT) quintupled the capacity of its primary telehealth system, VA Video Connect, to allow more clinicians and patients to conduct remote appointments simultaneously.

As a result, Veterans Health Administration (VHA) clinicians now conduct close to 30,000 telehealth video appointments a day, compared to fewer than 2,500 video appointments each day in January and February.

New dashboards

To ensure that smoothly, Site Group within dashboards. sources to also allow the data and work needs to investigate than days.



VA Video Connect would continue to operate Reliability Engineers from the Operations Triage OIT created a robust set of new monitoring. These dashboards aggregate data from multiple shed light on telehealth system behavior. They IT monitoring team to easily gather disparate with Site Reliability Engineers and other IT engage and resolve issues within hours, rather

Alongside a boards let the errors and

June, OIT's monitoring experts have been using this new tool to examine data from 10 different sources and analyze over 72 million events every day.

real-time view of call and video quality, the dash-monitoring team see call and conference counts, warnings, and calls by caller location. As of early

Additional benefits

Quintupling of VA Video Connect's capacity initially introduced a few errors and intermittent system slowdowns; however, the newly stood-up monitoring capabilities immediately alerted IT experts and video engineers to these issues. Working quickly to keep functionality available, OIT was able to use the new monitoring dashboards to isolate and resolve problems and return to a nearly error-free state. The systems have also helped troubleshoot and resolve several other issues, including one that impacted some Veterans' ability to connect to their appointments.

The Site Reliability Engineers have been hard at work identifying any and all issues related to capacity, which then inform the engineering team about how to adjust the VA Video Connect system's environment. By leveraging these insights, OIT has reduced connection errors from as many as 1,000 users per day to fewer than 10. Teams also established event thresholds that would trigger alerts as VVC use approached its maximum capacity.

Industry partnerships

Fortunately, VA has a great deal of experience to draw from to develop and maintain such a robust telehealth dashboard. Maintaining strong relationships with industry partners who specialize in aggregating and integrating data helps, too.

With a unified goal and exceptional work by all teams, VA was able to fast track an authority to operate (ATO) to push the new monitoring system into the cloud, securing it in three weeks instead of the standard six months. This collaboration has had positive real-world impacts on Veterans and the clinicians who provide care, including the ability to predict user needs from system trends, mitigate outages or problems for Veterans, and give VHA's Office of Connected Care more visibility into the systems it depends on.

Now that OIT has implemented this sophisticated telehealth monitoring solution during the COVID-19 pandemic, VA will expand to many systems across the enterprise to improve not only monitoring practices, but also the interactions between them as well.

[Posted on](#) Friday, August 21, 2020 2:00 pm Posted in Coronavirus, Health, Technology, VA Innovations by Vantage Point Contributor

Submitted by VA's Office of Information and Technology.

Urgent Care

VA offers urgent care services to eligible Veterans at VA medical facilities or at in-network urgent care clinics closer to home. Use VA's urgent care benefit to treat minor injuries and illnesses that are not life-threatening, such as colds, strep throat, sprained muscles, and skin and ear infections.

To make sure you have a smooth experience, please review the information on this page to understand the requirements and limitations associated with this benefit.

To access an in-network urgent care provider, you must:

Be eligible.

Go to an in-network urgent care provider.

Pay a VA copayment (if applicable) after the visit, which is billed separately by VA.

Contracted Facilities in the Las Vegas Valley as of September 2020 Call to confirm services and hours

CareNow Urgent Care - Cheyenne and Durango

8300 W Cheyenne Ave Ste 106
Las Vegas, NV 89129
Main number: [702-656-0911](tel:702-656-0911)

CareNow Urgent Care - Craig and Decatur

4900 W Craig Rd
Las Vegas, NV 89130
Main number: [702-901-8230](tel:702-901-8230)

MinuteClinic Diagnostic of Nevada

4755 W Ann Rd
North Las Vegas, NV 89031
Main number: [866-389-2727](tel:866-389-2727)

CareNow Urgent Care - Ann and Simmons

3020 W Ann Rd
North Las Vegas, NV 89031
Main number: [702-701-9501](tel:702-701-9501)

CareNow Urgent Care - Craig and Clayton

2202 W Craig Rd
North Las Vegas, NV 89032
Main number: [702-826-3200](tel:702-826-3200)

CareNow Urgent Care - Camino Al Norte

5570 Camino Al Norte Ste 1
North Las Vegas, NV 89031
Main number: [702-657-0756](tel:702-657-0756)

CareNow Urgent Care - Charleston and Decatur

4575 W Charleston Blvd Ste A
Las Vegas, NV 89102
Main number: [702-877-8777](tel:702-877-8777)

Concentra Urgent Care

151 W Brooks Ave
North Las Vegas, NV 89030
Main number: [877-427-8801](tel:877-427-8801)

Healthcare Partners Medical Group Coats LTD

9499 W Charleston Blvd Ste 105
Las Vegas, NV 89117
Main number: [702-228-5477](tel:702-228-5477)

CareNow Urgent Care - Sahara and Hualapai

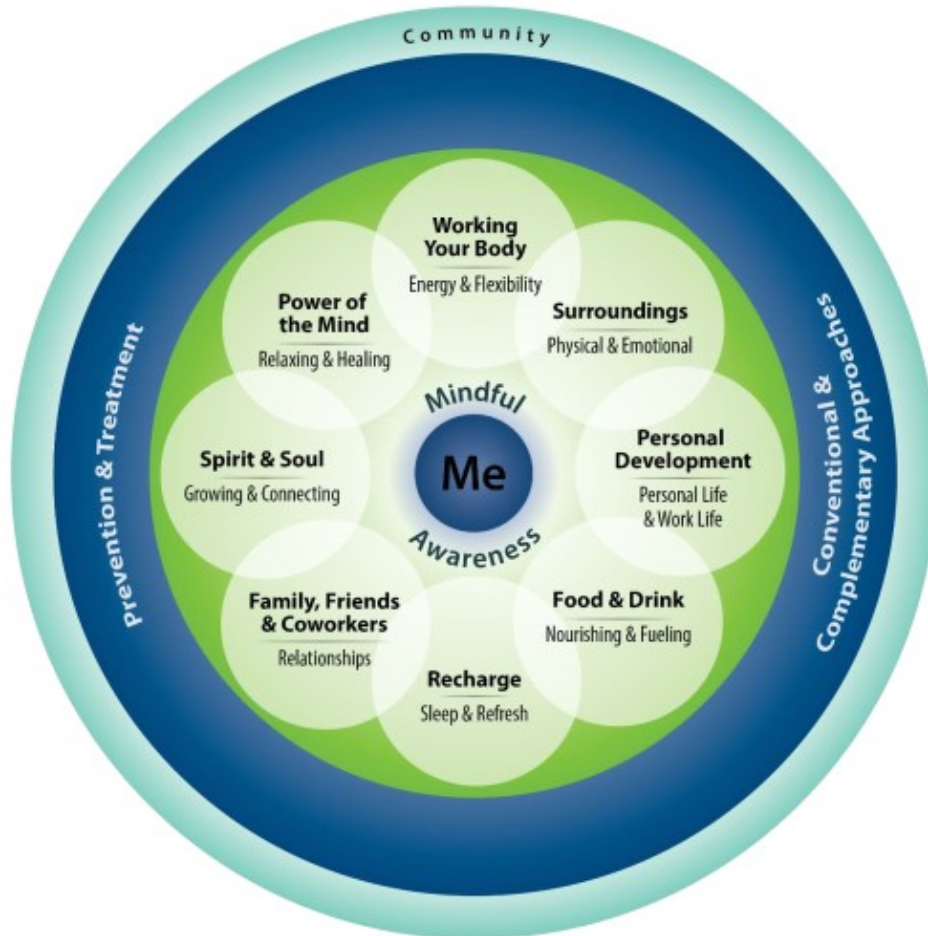
10030 W Sahara Ave
Las Vegas, NV 89117
Main number: [702-570-8105](tel:702-570-8105)

MinuteClinic Diagnostic of Nevada

3290 S Fort Apache Rd
Las Vegas, NV 89117
Main number: [866-389-2727](tel:866-389-2727)



Whole Health: It Starts With Me



Whole Health is an approach to health care that empowers and enables YOU to take charge of your health and well-being and live your life to the fullest. Whole Health starts with YOU. It is fueled by the power of knowing yourself and what will really work for you in your life. Only you have these insights, this knowledge.

This information was gathered to help you as you make choices to support your health. As you learn more, you will have even more power to take care of yourself. Best wishes!

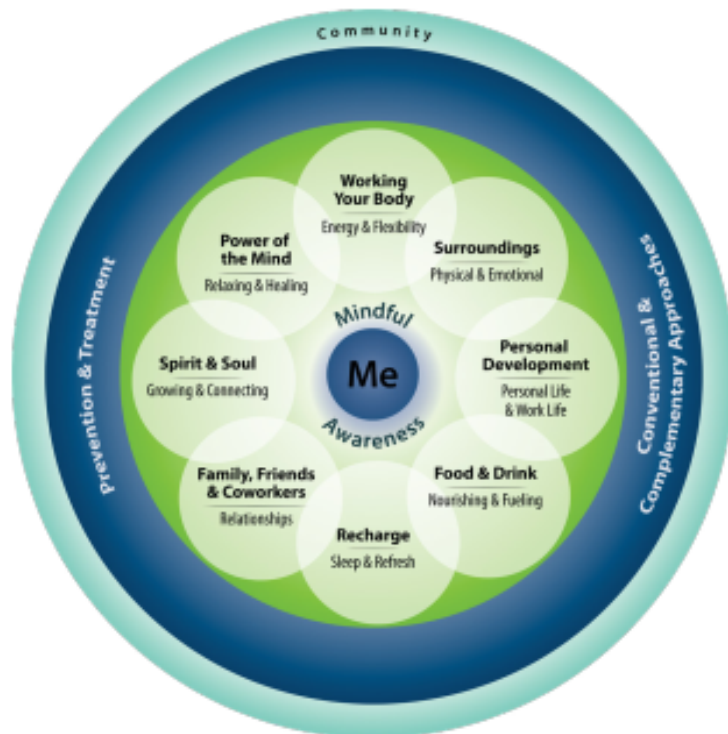
To learn more visit: <https://www.va.gov/PatientCenteredCare/>



My Personal Health Plan Wallet Card

Whole Health is all about helping me live my life to the fullest.

My Mission, Aspiration or Purpose: What do I live for? What matters most to me?



**Areas of strength (+), challenge (-)
 My areas of focus are checked**

+ or -	Area of Circle	✓
	Mindful Awareness	
	Working My Body	
	Surroundings	
	Personal Development	
	Food and Drink	
	Recharge	
	Family, Friends and Coworkers	
	Spirit and Soul	
	Power of the Mind	
	Professional Care	
	Community	

Why do I want to be healthy? How does being healthy support what matters most to me?

My overall goals:

My self-care priorities:

Major medical concerns and screenings:

Medications and supplements:

Professional care (conventional and complementary):

My support team (family, friends, health team members):

My education and skill building:



Your VA Claim Exam

KNOW WHAT'S NEXT

If you've filed a claim with the U.S. Department of Veterans Affairs (VA) for compensation or pension benefits, VA may ask you to go to an examination as part of the claim process. This is known as a VA claim exam or a compensation & pension (C&P) exam.

Your VA Claim Exam: Know What's Next

FACT SHEET | DECEMBER 2016

VA Claim Exams or C&P Exams

The VA claim exam, also called a C&P exam, is different from a regular medical appointment because the examiner won't prescribe any medicine or treat you for your disability. This exam occurs only if you file a compensation or pension claim. It is a part of the claim review process and helps VA determine if your disability is service connected, the level of your disability, or if your condition should receive an increased rating due to it worsening.

The amount of time the examiner spends with you during your exam depends on what conditions you claimed and if VA needs more information to make a decision. The length of your visit could be very short, or last an hour or more. However, a mental-health evaluation typically lasts two to four hours.

THE EXAMINER MAY:

- ✓ Ask you questions
- ✓ Observe your behavior
- ✓ Perform a limited physical exam
- ✓ Simply review your file with you

Each exam is different. Remember, your in-person visit is only one part of the claim review process. Typically, examiners spend time before and/or after your appointment reviewing your medical records. Even if your visit is short, he or she is still carefully reviewing your claim.

SCHEDULING OF THE EXAM



After you submit your claim, you may receive a phone call or a letter from VA or a VA partner asking you to come to one or more claim exams. Not every application for a benefit will require an exam; it depends on what medical evidence has been included with the application.

Contact VA immediately at the number provided to reschedule your exam if you have a conflict with your exam time. Please try not to reschedule on the day before or day of the exam.

It is important to attend your VA claim exam.



Missing your exam could cause VA to delay its decision on your claim or rate your claim "as-is" (i.e. only using the information that is in your file), which could impact your benefits.



U.S. Department
of Veterans Affairs



FOR MORE INFORMATION

www.benefits.va.gov/compensation

Reach out to your local Veterans Service Organization

Call 1-800-827-1000

YOUR VA CLAIM EXAM: KNOW WHAT'S NEXT

Are your Medical Records Complete?

If you have medical documents that you have not yet sent to VA, you can bring them to your claim exam. However, the examiner cannot submit that information to be part of your claim on your behalf. Ideally, you should submit all of your medical evidence with your claim application or before your claim exam. This will help the examiner have the most complete picture of your health status.

Make Sure VA has Your Current Contact Information

Make sure that both the VA regional office and the VA medical center nearest to you have your current address, phone, and email information. This will help VA more quickly communicate with you about any need for a claim exam appointment.

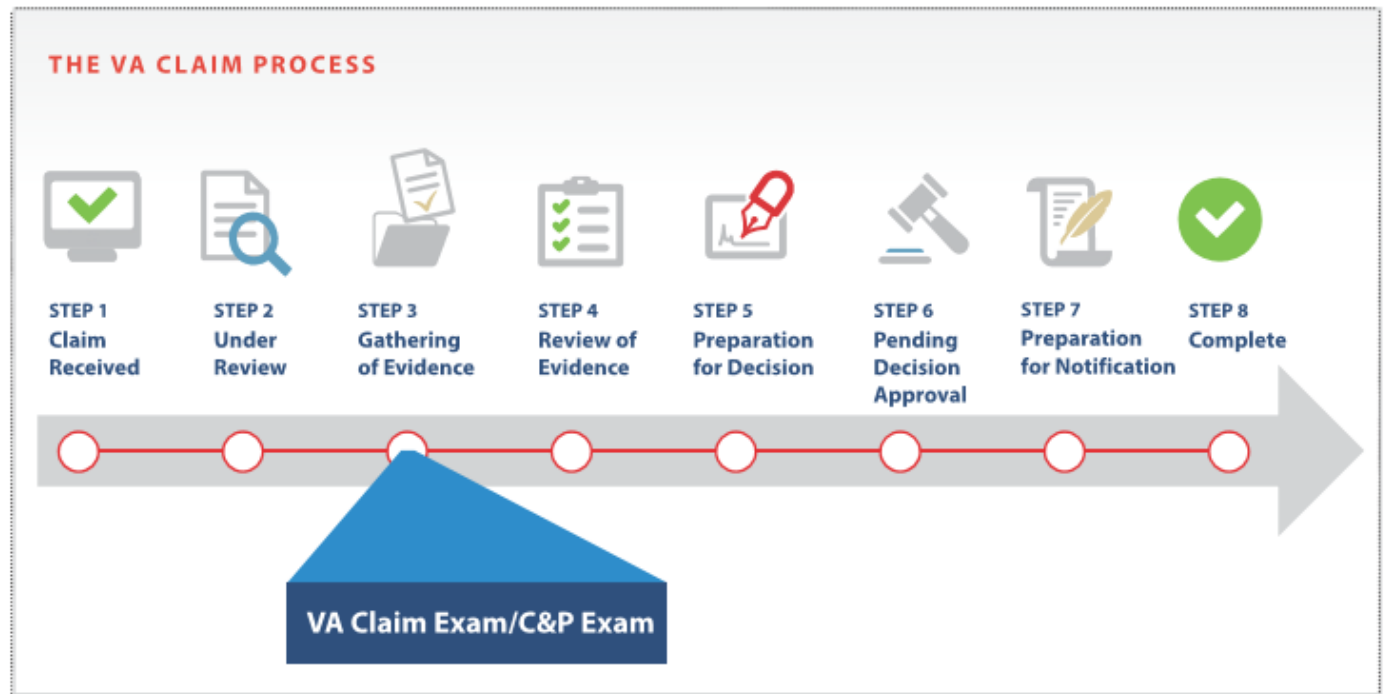
After the Exam

Following your exam, a report will be sent to a VA claims processor and added to your claim file. It will be used along with your claim application to make a decision on your claim.

REMEMBER: The examiner is only involved in performing the claim exam. They do not make the rating decision. Only a VA regional office can answer questions regarding your claim.

When Will I Get My Rating?

While every claim is different, it takes VA an average of three to four months to process a claim from beginning to end. Processing times depend on how complex your claim is and the number of conditions you've claimed. For the most recent average-time estimate, please visit www.vets.gov/disability-benefits/apply-for-benefits.



Disabilities determined by VA to be related to your military service can lead to monthly non-taxable compensation, enrollment in the VA health care system, a 10-point hiring preference for federal employment and other important benefits. Ask your VA representative or Veterans Service Organization representative about Disability Compensation, Pension, Health Care, Caregiver Program, Career Services, Educational Assistance, Home Loan Guaranty, Insurance and/or Dependents and Survivors' Benefits.



Do you disagree with your VA decision?



U.S. Department
of Veterans Affairs

Choose VA

This guide will help you understand how the modernized decision review process enables Veterans to seek faster resolution of their disagreement with a VA decision. The Appeals Modernization Act establishes a new decision review process for disagreements with VA decisions that is timely, transparent and fair.

The Decision Review process has changed.

As of February 19, 2019, you can choose one of three new options to have your disagreement reviewed: as a supplemental claim, through a higher-level review, or by appealing directly to the Board of Veterans' Appeals. If you continuously pursue your claim through one of the new decision review lanes, your effective date remains protected.

Option 1: A Supplemental Claim

You are adding or identifying new evidence that is relevant and supports your claim. VA will assist you in gathering the evidence. A reviewer will look at all the evidence and determine whether it changes the decision. You will receive a decision within approximately 125 days from the date you filed your Supplemental Claim.

Option 2: Higher-Level Review

You want another review of the same evidence by a senior reviewer. The senior reviewer will take another look at the evidence already in your file and determine whether the decision can be changed based on a difference of opinion or an error that VA made. No additional evidence may be submitted, but you and/or your representative may speak with the reviewer on the phone to tell them why you think the decision should be changed. You will receive a decision within approximately 125 days from the date you filed your Higher-Level Review.

Option 3: Appeal to the Board

This option allows you to appeal directly to the Board of Veterans' Appeals. You can choose between three options:

- **Direct Review:** you do not want a Board hearing and do not want to submit any additional evidence in support of your appeal.
- **Evidence Submission:** you want to submit additional evidence in support of your appeal, which you must submit within 90 days from the date your appeal was filed, but you do not want a Board hearing.
- **Hearing with a Veterans Law Judge:** you want a Board hearing and have the opportunity to submit additional evidence in support of your appeal within 90 days after the hearing.

HOW CAN I FIND MORE INFORMATION ON APPEALS MODERNIZATION?

Call (800) 827-1000 to speak with a VA representative

Visit us online at <https://www.va.gov/decision-reviews> to see what review option is best for you

If you have a VA accredited representative, contact them for more information on Appeals Modernization

HOW DO I CHECK THE STATUS?

Go to <https://www.va.gov/claim-or-appeal-status> to check the status of your appeal

HOW DO I GET STARTED?

Consult your decision notice letter for the required forms and ways to submit your request for review.

For a **Supplemental Claim**, complete

VA Form 20-0995, Decision Review Request: Supplemental Claim

<https://www.vba.va.gov/pubs/forms/VBA-20-0995-ARE.pdf>

For a **Higher-Level Review**, complete

VA Form 20-0996, Decision Review Request: Higher-Level Review

<https://www.vba.va.gov/pubs/forms/VBA-20-0996-ARE.pdf>

Send or fax the forms for

Supplemental Claims or Higher-Level Reviews to:

Department of Veterans Affairs

Claims Intake Center

P.O. Box 5235

Janesville, WI 53547-5235

Fax: (844) 531-7818

To **Appeal to the Board**, complete

VA Form 10182, Decision Review Request: Board Appeal

(Notice of Disagreement)

<https://www.va.gov/vaforms/va/pdf/VA10182.pdf>

Send or fax the form to:

Board of Veterans' Appeals

P.O. Box 27063

Washington, DC 20038

Fax: (844) 678-8979

OTHER QUESTIONS YOU MAY HAVE

Can someone help me with my request for review?

Yes, VA recognizes and accredits attorneys, claims agents, and Veterans Service Organizations (VSOs) representatives to assist VA claimants with their benefits claims. VSOs and their representatives are not permitted to charge fees or accept gifts for their services. Only VA-accredited attorneys and claims agents may charge you fees for assisting in a claim for VA benefits, and only after VA has issued an initial decision on the claim and the attorney or claims agent has complied with the power-of-attorney and the fee agreement requirements. For more information on the types of representatives available, or how to change your representative, **visit** <https://www.va.gov/decision-reviews/get-help-with-review-request>

Contact your local VA office for assistance with appointing a representative or **visit** <https://www.ebenefits.va.gov/ebenefits/manage/representative>

What happens if I do not submit my request for review on time?

If you do not request a review option of an initial claim decision within the required time limit, you may only seek review through the following options:

- File a Supplemental Claim along with new and relevant evidence to support your issue(s). Where a Supplemental Claim is filed after the time limit to seek review of a decision, the effective date for any resulting award of benefits generally will be tied to the date that VA receives the Supplemental Claim
- File a request for revision of the decision based on a clear and unmistakable error in the decision

VA Aid and Attendance benefits and Housebound allowance

VA Aid and Attendance or Housebound benefits provide monthly payments added to the amount of a monthly VA pension for qualified Veterans and survivors. If you need help with daily activities, or you're housebound, find out if you qualify.

Am I eligible for VA Aid and Attendance or Housebound benefits as a Veteran or survivor?

VA Aid and Attendance eligibility

If you get a VA pension and you meet at least one of the requirements listed below, you may be eligible for this benefit.

At least one of these must be true:

- ◆ You need another person to help you perform daily activities, like bathing, feeding, and dressing, **or**
- ◆ You have to stay in bed—or spend a large portion of the day in bed—because of illness, **or**
- ◆ You are a patient in a nursing home due to the loss of mental or physical abilities related to a disability, **or**
- ◆ Your eyesight is limited (even with glasses or contact lenses you have only 5/200 or less in both eyes; or concentric contraction of the visual field to 5 degrees or less)

Housebound benefits eligibility

If you get a VA pension and you spend most of your time in your home because of a permanent disability (a disability that doesn't go away), you may be eligible for this benefit.

Note: You can't get Aid and Attendance benefits and Housebound benefits at the same time.

How do I get this benefit?

You can apply for VA Aid and Attendance or Housebound benefits in one of these ways:

Send a completed VA form to your pension management center (PMC)

Fill out VA Form 21-2680 (Examination for Housebound Status or Permanent Need for Regular Aid and Attendance) and mail it to the PMC for your state. You can have your doctor fill out the examination information section.

[Download VA Form 21-2680 \(PDF\)](#)

[Find your PMC](#)

You can also include with your VA form:

✦ Other evidence, like a doctor's report, that shows you need Aid and Attendance or Housebound care

✦ Details about what you normally do during the day and how you get to places

Details that help show what kind of illness, injury, or mental or physical disability affects your ability to do things, like take a bath, on your own

If you're in a nursing home, you'll also need to fill out a Request for Nursing Home Information in Connection with Claim for Aid and Attendance (VA Form 21-0779).

[Download VA Form 21-0779 \(PDF\)](#)

Apply in person

You can bring your information to a VA regional office near you.

[Find your nearest VA regional office](#)

How long does it take VA to make a decision?

It depends. We process claims in the order we receive them, unless a claim requires priority processing.

From: <https://www.va.gov/pension/aid-attendance-housebound/>

Change your VA direct deposit information

Change your VA direct deposit information for disability compensation, pension benefits, or education benefits online.

How can I change my VA direct deposit information online?

Disability compensation and pension benefit payments

If you receive disability compensation or pension payments from VA, you can update your direct deposit information in your VA.gov profile. You'll need your bank's routing number and account number to make the updates.

Note: You'll need to sign in to VA.gov to update your direct deposit information. Once signed in, you'll have to verify your identity and set up 2-factor authentication only if you've haven't done this already.

Please sign in to change your direct deposit information online

Try signing in with your **DS Logon**, **My HealtheVet**, or **ID.me** account. If you don't have any of those accounts, you can create one now.

Sign in or create an account

If you have questions, please call us at [800-827-1000](tel:800-827-1000). We're here Monday through Friday, 8:00 a.m. to 9:00 p.m. ET. Or go to your [nearest VA regional office](#).

Education benefits

If you receive education benefit payments from VA, you'll need to sign in to eBenefits to update your direct deposit information. You'll need your bank's routing number and account number to make the updates.

Please sign in to eBenefits to change your direct deposit information for education benefits

To use this feature, you'll need a Premium **DS Logon** account. Your My HealtheVet or ID.me credentials won't work on the eBenefits website. Go to eBenefits to sign in, register, or upgrade your **DS Logon** account to Premium.

How else can I update my VA payment information?

To update your direct deposit information or the address on your paper checks, you can:

Call us at [800-827-1000](tel:800-827-1000) (TTY: [711](tel:711)), or

Go to your [nearest VA regional office](#) and change this information in person

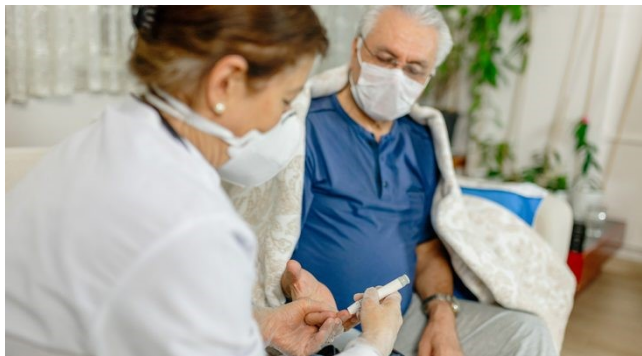
What if I don't have a bank account, but I want to use direct deposit?

The [Veterans Benefits Banking Program](#) (VBBP) provides a list of Veteran-friendly banks and credit unions that will work with you to set up an account, or help you qualify for an account, so you can use direct deposit.

To get started, call one of the participating banks or credit unions listed on the VBBP website. Be sure to mention the Veterans Benefits Banking Program.

From: <https://www.va.gov/change-direct-deposit/>

How to interpret A1c results to understand your diabetes numbers



People with diabetes know about the (Hemoglobin) A1c test. Medical staff and patients commonly use the test to manage diabetes. But what do the tests numbers mean?

The A1c test provides information about a person's average blood glucose levels over their past three months. Over time, the test results can provide useful information. Treatment decisions can be made if blood glucose results get higher, lower or stay about the same.

A1c test does not provide an absolute number

It is important to understand the A1c test does not provide an absolute number. Instead, it is a number within a range. That is true of all common laboratory tests.

To demonstrate the concept of “range,” here is an example from everyday life: think of the accuracy of your car's speedometer, which measures its speed in miles per hour. It is not an exact number. The standard for U.S. speedometers is plus or minus 5 miles per hour. If your car registers a speed of 50 miles per hour, you may be traveling between 45 and 55 miles per hour. Several factors can affect the car's speed, including the size and kind of tires you use.

Results can be plus or minus 6% of the actual results

An A1c test result is also not exact. Federal regulations allow a test result to be as much as plus or minus 6% of the actual result if performed in a laboratory setting. If the actual value of the A1c was 8%, the result could be between 7.52% and 8.48%.

Results from the same blood sample can differ between laboratories. This may occur for a variety of reasons, including using a different brand of HbA1c tests. Because of this, it's best to perform the HbA1c tests at the same laboratory every time.

In addition, point of care A1c tests done during a clinic visit using only a drop of blood from your finger are not as accurate as a laboratory test, and are not recommended. Following these simple tips will help you get an accurate A1c test result.

What does this mean for my diabetes management?

Since HbA1c test results are provided in a range, it makes sense that your target HbA1c goal should also be in a range — not above or below an absolute number. If your test result is within the target range and your home blood glucose test results are not much different, repeat the test at the next visit in the same laboratory. No changes to your diabetes medications would be indicated at that time. In the meantime, continue to keep an eye on your diet and exercise program. That always is a good idea when managing diabetes.

But, if your test result is outside your target range, talk to your diabetes health care team about the next steps.

Resources:

<https://www.qualityandsafety.va.gov/ChoosingWiselyHealthSafetyInitiative/Files/HSI-Veteran-ThingsToKnowA1CTest.pdf>

<https://www.niddk.nih.gov/health-information/professionals/clinical-tools-patient-management/diabetes/diabetes-prediabetes>

www.healthquality.va.gov/guidelines/CD/diabetes/DMCPGPatientSummaryFinal508.pdf

[Posted on](#) Wednesday, September 9, 2020 10:00 am Posted in Health by Vantage Point Contributor

Dr. David C. Aron, MS, is the director of Clinical Program Research and Evaluation at the Louis Stokes Cleveland VA Medical Center.

CITY OF LAS VEGAS ADAPTIVE RECREATION PROGRAMS

The following three [3] 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 during the 2020 Fiscal Year.

These were placed on hold during the pandemic but some are available by the time this newsletter comes out. In addition, the City will not know until they meet with the VA to see if the programs are continued into FY 2021. Veterans wishing to obtain a membership card must do it before 30 September 2020 and it will be effective for 6 months into FY 2021.

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.*



cityoflasvegas
lasvegasnevada.gov
#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 FORLIFE LV.ORG

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.

