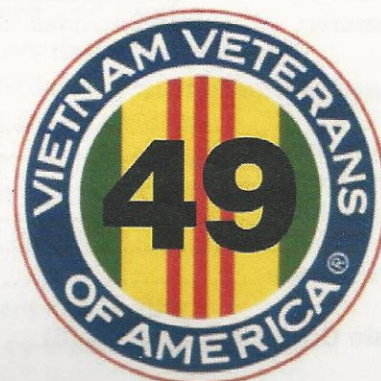


# Vietnam Veterans of America



VIETNAM VETERANS MEMORIAL, LASDON PARK, SOMERS, NEW YORK

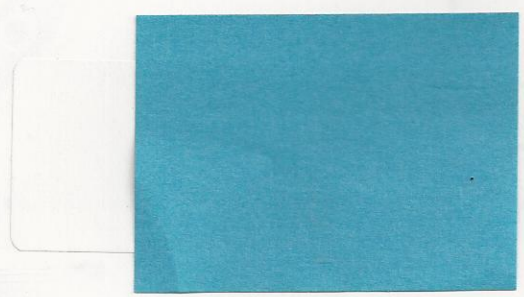


*Westchester  
County  
Chapter #49*

1061291824 8014

If box is checked  
your dues are due now.

All the POW's are not home yet!  
Do you know?  
Do you care?



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Vietnam Veterans of America  
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Pleasantville, New York 10570  
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# VVA CHAPTER 49 OFFICERS & COMMITTEES

## Chapter Officers:

President: Al Zawiski ..... 428-9352  
 Vice President: Rick Burns ..... 769-7744  
 Secretary: Jim LaManna ..... 793-6077  
 Treasurer: Al Singerman ..... 930-7433

## Board of Directors: (5)

Bob Kennedy ..... 669-5411  
 Terry Keogh ..... 428-9845  
 Bob Miller ..... 391-8723  
 Ron Stout ..... 739-1088  
 Barney Puleo ..... 682-4949

## State Council Delegates: (6)

Dan Griffin  
 Jim LaManna  
 Barney Puleo

Al Singerman  
 Al Zawiski  
 Terry Keogh

## Nominating Chairman:

Dan Griffin

## Veterans Offices:

Yonkers: Al Ramsey ..... 377-6700  
 Carmel: Brennen Manoney .... 845-225-2260

Vet Center: 300 Hamilton Ave, White Plains, NY 10601

Roger Paulmeno ..... 682-6250  
 Vinnie Matthews ..... 682-6250

White Plains Clinic ..... 421-1951  
 23 S. Broadway, White Plains, NY 10601

FDR Montrose Hospital ..... 737-4400

## Vets Employment Counselor:

Greg Whittaker ..... 997-4138  
 Phil Gans ..... 845-356-6438

## Westchester County Veterans Service Agency:

Director: Vito Pinto ..... 995-2146

## Committees:

Membership Phil Wanderman ..... 963-3034  
 Legislation Al Singerman ..... 930-7433  
 Comm. Affairs Dan Griffin ..... 682-4949  
 POW / MIA Dan Griffin ..... 682-4949  
 Member Products Jim LaManna ..... 793-6077  
 Color Guard Richard Palazzo ..... 845-298-1793  
 Scholarship Bob Miller ..... 391-8723

## WESTCHESTER COUNTY VETERANS MUSEUM

Open Memorial Day through Veterans Day

### HOURS:

Sundays

Noon to 4:00PM

Phone: (914) 682-4949

No answer

Please leave message

## Chapter 49

Telephone / Fax Number  
 (914) 682-4949

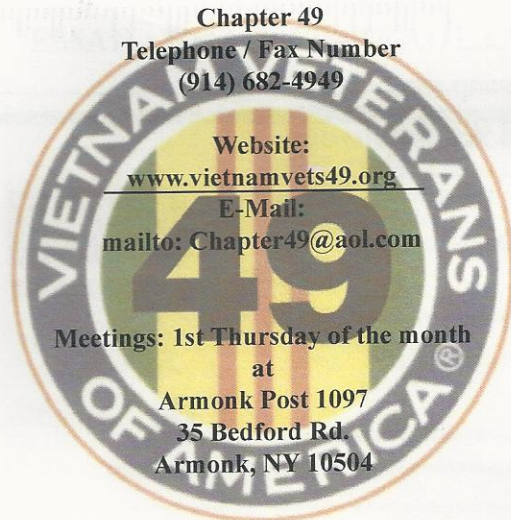
### Website:

[www.vietnamvets49.org](http://www.vietnamvets49.org)

### E-Mail:

mailto:Chapter49@aol.com

Meetings: 1st Thursday of the month  
 at  
 Armonk Post 1097  
 35 Bedford Rd.  
 Armonk, NY 10504



This newsletter is a publication of Chapter 49, however the opinions expressed herein are those of the contributors, and as such, they do not necessarily represent those of Chapter 49. All views are welcome for publication. Submit items of interest, including poems, short stories, photographs, etc., to the Editors at the Chapter address or call for other arrangements. Materials submitted will not be returned unless otherwise requested.



## EXECUTIVE DIRECTOR'S REPORT

We had a good time at the chapter Picnic in September. I would like to thank two vendors that donated to our event: Augustine's Farm for the corn and Bimbo Bakery for the rolls. Also we thank the following Chapter members that donated; Barney Puleo, Bill Rod, Terry Keogh, al Singerman, Rick Burns, Mike Fogerty, Bob Duffy, carl DiLiberto, Bob Miller, Vinny Bonacorso, Al Zawiski, Jim LaManna, Dan Griffin, James Ring, Stan Mierzwa, Ed Filippella, Peter Stone, Nestor Pereira, Matt Coffey, Bob Kennedy, Andonios Neroulias, and Pat Saultz.

I hope that I did not forget any one, thank you all very much.

December is a very busy Month, inside this newsletter are flyers reminding everyone of the dates. Please pass the word to friends, family and co-workers about these events.

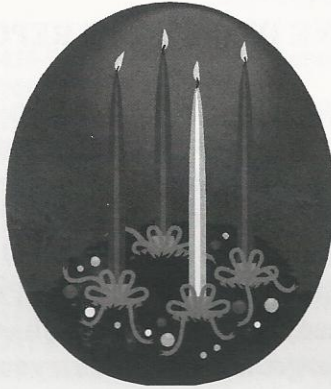
In case that you are not aware, our Chapter donates a lot, mainly to the PTSD Stress Unit and to homeless vets. We have been sending a lot of kitchen kits to homeless vets that now have a home-many have not had a home in years. We have been sending out about five per month at a cost of \$82.00 each. And we have paid the Security deposits for two veterans this year and we paid \$450.00 for train tickets and subway tickets so that a formally homeless vet could get to his tractor trailer driving school. Ten months a year we hold the pizza parties at the Stress unit at a cost of \$130.00 each plus the Holiday party and the barbeque that we hold every year.

I am sure that you know that our only source of income is donations; so if you belong to a Rotary, Elks club or any other fraternal organization, ask them if I could attend a meeting and speak about all we do to help homeless veterans and the Community. And maybe they would donate to our Chapter, so that we can help even more.

Take care of yourselves and each other.

Dan Griffin

.....



## **Candle Light Vigil**

**Lasdon Park**

**December 16th**

**5:00 PM**

**This is our Christmas for the men and  
women who did not come home from  
Vietnam.**



**STRESS UNIT CHRISTMAS PARTY**

**December 9<sup>th</sup> 2012**

**MONTROSE V.A. HOSPITAL**

**BUILDING 15 - 2<sup>nd</sup> Floor**

**1:00PM to 5:00PM**

**COME AND MEET THE PEOPLE IN THE  
PTSD WARD**

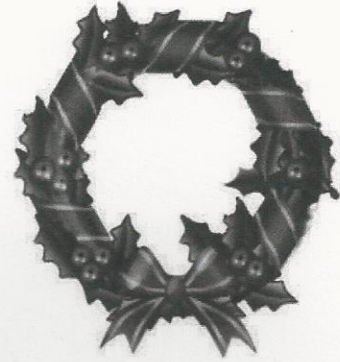
**AND ALSO MEET THE ONES WHO  
GRADUATED TO BECOME PRODUCTIVE  
CITIZENS AGAIN**

**HEAR THEIR SUCCESS STORIES!**

**&**

**ENJOY LOTS OF GREAT HOME COOKING**





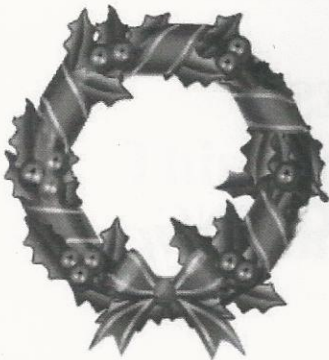
**WREATHS ACROSS AMERICA**

**LASDON PARK**

**DECEMBER 15<sup>th</sup> 2012**

**12:00 PM**

**We will present wreaths at our Vietnam Memorial and at each one  
of the statues on the "Trail of Honor"**



**VA Women Vet Programs Update :** The Department of Veterans Affairs (VA) has released a report that shows improvement in gender disparities in 12 out of 14 Healthcare Effectiveness Data and Information Set (HEDIS) measures in VA since 2008. HEDIS measures are used by 90 percent of America's health plans to measure performance on important dimensions of care and service, such as screening, prevention and chronic disease management. VA consistently scores higher than private sector health care on both gender-specific and gender-neutral HEDIS measures. "We have a solemn obligation to provide high-quality health care to all Veterans, regardless of gender. Although we are encouraged by the progress we have achieved, we are not going to stop working until all gaps are eliminated," said Secretary Eric K. Shinseki.

VA began a national initiative to eliminate gender gaps in preventive care in 2008. In 2011, VA asked each health care region across the country to review gender disparity data and create and implement an improvement plan. The Comparing the Care of Men and Women Veterans in the Department of Veterans Affairs report released by VA's Office of Informatics and Analytics (OIA) indicates progress. The report shows that VA improved gender disparities in six performance measures specific to VA, including the screening rate for persistence of Post-Traumatic Stress Disorder (PTSD) symptoms. Other findings from the report include:

- VA has improved rates of screening women Veterans for depression, PTSD and colorectal cancer.
- VA has improved disease prevention for women Veterans through increased vaccination rates.
- VA has improved chronic disease management for women Veterans in hypertension, diabetes and hyperlipidemia, all significant risk factors for cardiac disease.
- Although the gender gaps have narrowed, care remains better for men than women in cholesterol control, diabetes management and flu vaccination.

The OIA report includes results of Veterans' inpatient and outpatient satisfaction surveys, which show that men and women Veterans reported similar satisfaction except in the Getting Care Quickly and Getting Needed Care outpatient sections. VA has implemented a national initiative to improve care for women Veterans. Some of the components include training VA providers in basic and advanced women's health care, implementation of women's health primary care teams at VA facilities nationwide and ramped-up communications efforts. The Women Veterans Health Strategic Health Care Group, which leads the initiative, also issued a report looking at gender disparities. That report, Gender Differences in Performance Measures, VHA 2008-2011, identifies best practices for eliminating gender gaps based on success in VA networks. "We're looking at what works and trying to replicate it throughout VA's system," said Patricia Hayes, chief consultant for the Women Veterans Health Strategic Health Care Group. "We want to sustain this trend toward shrinking gender disparities and become a model for all other health care systems on how to eliminate gender disparities. Most importantly, we want to give every Veteran the best health care." Both reports can be downloaded via <http://www.womenshealth.va.gov>. For more information about VA programs and services for women Veterans, visit: <http://www.va.gov/womenvet> and <http://www.womenshealth.va.gov>. [Source: VA News Release 18 Aug 2012 ++]

\*\*\*\*\*



**VA Cancer Treatment Update 01:** The U.S. Department of Veterans Affairs said it would embark on a "phased implementation" of CT lung cancer screening for veterans after taking inspiration from a national trial that found the scans could help save lives among certain high-risk populations. The department said the program would begin at six yet-to-be-named VA hospitals as a clinical demonstration project. A department spokeswoman said she could not give a start date for the project as it's still under development. The program was inspired by the National Lung Screening Trial, a landmark national screening trial that ended last year and found that after three rounds of screening, high-risk patients -- in this case, current or former heavy smokers -- were 20 percent less likely to die if they were screened with lung CT scans rather than simple chest X-rays. "The experience of veterans who undergo screening will be closely monitored to gather information about outcomes from the screening and follow-up," the VA said in its e-mailed statement. "Patients also will be asked about their experience with the process to help VHA understand the potential harms of screening, such as anxiety, fear, inconvenience and pain."

The Lung Cancer Alliance, a nonprofit, first broke the news that the VA would start lung cancer CT screening earlier this month, saying the department told them in a letter after the LCA had pushed for the VA to offer CT screenings to veterans. Lung cancer is the leading cause of cancer deaths in the United States, with around 160,000 people succumbing to it every year, according to the American Cancer Society. Veterans are at increased risk for lung cancer, partly because of high rates of smoking and exposure to battlefield hazards, according to the LCA. In May, several major medical groups, including the American College of Chest Physicians and the American Society of Clinical Oncology, endorsed CT lung cancer screening for patients 55 to 74 who have smoked a pack a day for 30 years, or the equivalent, and either still smoke or quit relatively recently. However, the groups stipulated that the screenings should only be offered by facilities that can provide coordinated, comprehensive care for screening and treatment.

The American Lung Association tentatively supports similar screening recommendations, although the group urges patients to discuss the issue with their doctors, according to an April report the ALA prepared on the subject. Still, lung cancer CT screening is not without controversy, amid worries about the risks of ionizing radiation from the scans and patients getting false positives. According to a Journal of the American Medical Association paper written by researchers affiliated with the ACP, ASCO and the NCCN, studies suggest that of the 20 percent of patients who test positive for cancer after a CT lung screening, only 1 percent actually has the disease. This means screening could lead to many cancer-free patients experiencing anxiety and undergoing surgical biopsies, which carry risks of their own. The ALA also said the scans, which are often not covered by health plans, typically cost between \$300 and \$500. [Source: DotMed News Brendon Nafziger article 27 Aug 2012 ++]

\*\*\*\*\*



## DoD and VA to Fund \$100 Million PTSD and TBI Study

> The Department of Defense (DoD) and the Department of Veterans Affairs (VA) are investing more than \$100 million in research to improve diagnosis and treatment of mild Traumatic Brain Injury (mTBI) and Post-traumatic Stress Disorder (PTSD).

>

> "At VA, ensuring that our Veterans receive quality care is our highest priority," said Secretary of Veterans Affairs, Eric K. Shinseki. "Investing in innovative research that will lead to treatments for PTSD and TBI is critical to providing the care our Veterans have earned and deserve."

>

> The two groups, the Chronic Effects of Neurotrauma Consortium (CENC) and the Consortium to Alleviate PTSD (CAP) will be jointly managed by DoD and VA.

>

> A primary goal of CENC is to establish an understanding of the aftereffects of an mTBI. Potential comorbidities also will be studied; that is, conditions associated with and worsen because of a neurotrauma.

>

> "PTSD and mTBI are two of the most prevalent injuries suffered by our warfighters in Iraq and Afghanistan, and identifying better treatments for those impacted is critical," said Assistant Secretary of Defense for Health Affairs, Dr. Jonathan Woodson. "These consortia will bring together leading scientists and researchers devoted to the health and welfare of our Nation's service members and Veterans."

>

> More than 15 percent of service members and Veterans suffer impaired functioning as a result of PTSD. CAP will study potential indicators of the trauma, as well as prevention strategies, possible interventions, and improved treatments. Biomarker-based research will be a key factor for CAP's studies.

>

> On Aug. 31, the President signed an executive order to improve access to mental health services for Veterans, service members and military families. As part of that executive order, the President directed the Department of Defense, the Department of Veterans Affairs, the Department of Health and Human Services and the Department of Education to develop a National Research Action Plan that will include strategies to improve early diagnosis and treatment effectiveness for TBI and PTSD. He further directed the Department of Defense and Department of Health and Human Services to conduct a comprehensive mental health study with an emphasis on PTSD, TBI, and related injuries to develop better prevention, diagnosis, and treatment options.

## November 2012

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 Meeting Armonk 6:30 dinner 7:30 meeting	2	3
4	5	6	7	8	9	10
11 Veterans Day	12	13	14	15	16	17
18	19	20	21	22 Thanksgiving	23	24
25	26	27 Pizza Party FDR Stress Unit 5 PM	28	29	30	

## December 2012

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3	4	5	6 meeting Armonk 6:30 dinner 7:30 meeting	7	8
09 Stress Unit Xmas party FDR 15CD 1:00 to 5:00	10	11	12	13	14	15 Wreaths Across America Lasdon Park 12:00
16 Candle light vigil Lasdon Park Dusk	17	18	19	20	21	22
23	24	25 Christmas Day	26	27	28	29
30	31 New Years Eve					





# ★ MEMBERSHIP ★



WE NEED YOU IN THE VIET-NAM VETERANS OF AMERICA  
MEMBERSHIP ELIGIBILITY AND FEES

MEMBERSHIP IS OPEN TO ALL WHO SHARE OUR CONCERNS, BOTH MEN AND WOMEN, FRIENDS, SUPPORTERS, AND FAMILIES, VETERAN OR NOT. WE ENCOURAGE ASSOCIATE MEMBERSHIP. INDIVIDUAL MEMBERSHIP IS OPEN TO ANY VIET-NAM ERA VETERAN WHO SERVED ON ACTIVE DUTY IN THE U.S. ARMED FORCES DURING THE PERIOD FROM JANUARY 1, 1959 TO MAY 7, 1975.

**ANNUAL MEMBERSHIP:**

- ★ INDIVIDUAL MEMBER (IND) - A VIET-NAM ERA VETERAN WHO PAYS MEMBERSHIP FEES ANNUALLY.
- ★ ASSOCIATE MEMBER (ASO) - A NON VIET-NAM ERA VETERAN WHO PAYS MEMBERSHIP FEES ANNUALLY.

**LIFE MEMBERSHIP:**

- ★ LIFE MEMBER (PAID) - A VIET-NAM ERA VETERAN WHOS LIFE MEMBERSHIP HAS BEEN PAID IN FULL.
- ★ ASSOCIATED LIFE MEMBER (PAID) - AN ASSOCIATED MEMBER WHOS LIFE MEMBERSHIP HAS BEEN PAID IN FULL.
- ★ LIFE MEMBER PLANNED PAYMENT (LMPP) - A VIET-NAM ERA VETERAN WITH THE AGREEMENT OF THE PLANNED PAYMENT ( LMPP ) FOR LIFE MEMBERSHIP.
- ★ ASSOCIATED LIFE MEMBER PLANNED PAYMENT ( ALPP ) - AN ASSOCIATED MEMBER WITH THE AGREEMENT OF THE PLANNED PAYMENT (ALPP ) FOR ASSOCIATE LIFE MEMBERSHIP.
- ★ THE PLANNED PAYMENT REQUIRES COMPLETION WITHIN A PERIOD OF TWELVE MONTHS.
- ★ FEES: ANNUAL FEES OF \$ 20.00 FOR INDIVIDUAL OR ASSOCIATED MEMBERSHIP OR MAKE A PAYMENT OF 50.00 FOR A THREE YEAR MEMBERSHIP AND SAVE \$ 10.00.

**LIFE MEMBERSHIP FEES ARE AS FOLLOWS:**

**CURRENT AGE:**

49 AND UNDER.....	\$ 250.00
50 TO 55.....	\$ 225.00
56 TO 60.....	\$ 200.00
61 TO 65.....	\$ 175.00
66 AND OVER.....	\$ 150.00

**PLEASE NOTE:**

- ★ PROOF OF AGE MUST BE SUBMITTED ON ALL APPLICATIONS FOR LIFE MEMBERSHIP.
- ★ COPY OF FORM DD 214 MUST BE SUBMITTED FOR VIET-NAM ERA VETERANS.

**\* MEMBERSHIP APPLICATION \***

- I AM A VIET-NAM VETERAN / FEE: \$20.00 of 50.00 / Copy of DD 214 is Required
- I AM A NON-VIET-NAM VETERAN AND PLEASE ENROL ME AS AN ASSOCIATE MEMBER OF VVA / FEE: \$20.00 or 50.00
- RENEWAL of MEMBERSHIP / FEE: \$20.00 or \$50.00
- I Wish to Contribute and be kept informed  
(Enclosed is my Annual Contribution) \$ \_\_\_\_\_
- ADDRESS CHANGE (Indicate Chages Below)

<b>LIFE MEMBERSHIP:</b>
<input type="radio"/> VIET-NAM ERA VETERAN
<input type="radio"/> ASSOCIATE MEMBER
* see note above

NAME: \_\_\_\_\_ TELEPHONE: \_\_\_\_\_

ADDRESS: \_\_\_\_\_ DATE of BIRTH \_\_\_\_\_

CITY: \_\_\_\_\_ STATE: \_\_\_\_\_ ZIP CODE: \_\_\_\_\_

Please make Cheque or Money Order Payable to: V.V.A Chapter #49  
To: Membership Chair, V.V.A. Chapter #49 PO Box 224, Pleasantville, NY 10570

Questions?: Call the Chapter. Phone/Fax (914) 682-4949  
Meetings of the Viet-Nam Veterans of America, Chapter #49  
are held the first Thursday of each Month @ 7:30pm.

Please check current Newsletter for Location.





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