



The FireFighter

Gung-Ho Means Work Together!

Iredell County MCL Detachment 1097 October 2019 Edition

October 24 - Detachment Meeting – 1900 - Troutman American Legion

Detachment website: <http://www.iredellmcl.org>

Once a Marine always a Marine

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"We served our Country.....Now we serve our Community"



Marines, Corpsman and Associates,

Most of the fundraiser tickets have been distributed. Please bring in any sold tickets to the meeting. The fundraiser will be at the Statesville Civic Center on November 14th. Please make a concerted effort to sell as many tickets as possible. Additionally, please do all you can to purchase a ticket for yourself. Your assistance with this event is appreciated. Additionally, if you need additional tickets please contact Lee Halverson, Daniel Rucker, Luca Cotrone or me. We will need several members to assist with the fundraiser to setup, distribute door prizes, check in attendees, manage the boards, etc. We will be feeding the help at 1700. A signup sheet will be passed out at the September and October meeting. The uniform for the event is the winter uniform with red MCL Blazer

The South Iredell JROTC Marine Corps Birthday Ball will be on November 9th at 1830 at the South Iredell High School Performing Arts Center. The uniform will be the winter uniform with red blazer. As always, if you don't have the full uniform, the red cover is considered proper uniform. If you are going to attend, please let Luca or me know so that we can provide that information to the JROTC team. The cost is \$10.00 per person and should be paid for at the event.

I wish all of you a very Happy Birthday (Oorah). Additionally, I wish your family and you a very Happy and Safe Thanksgiving.

The West Iredell High School JROTC annual Veterans Day program will be on November 8th at 1000 at the West Iredell High School. A complimentary lunch will be provided.

The Mooresville Veterans Day program will be on November 11th at 1300. We will meet behind Richard's Coffee Shop at 1200. We will place banners on my truck and some members can ride in the cab and truck bed. If we have too many members show up, those able to walk may do so. The uniform will be the winter uniform with windbreaker or blazer. As always, if you don't have the full uniform, the red cover is considered proper uniform.

The Detachment's Annual Christmas Party will be on December 14th starting at 6:00PM (1800) and as always members and families are invited. The uniform will be casual, and covers are not required. A sign-up sheet at the October and November meeting will be passed out so we can get a count on how many are attending. If you aren't going to be at the meeting and plan on attending, please call Luca or me and let us know how many will be attending by December 1st. I just want to make sure we order the proper number of meals. I hope to see you there

Semper Fi,
Dick Camery, Commandant

ADDRESS, PHONE # OR EMAIL ADDRESS CHANGES

If your address, phone # or email address changes, please let the Adjutant, Paymaster or Commandant know. We need correct info for these to ensure you get your newsletter and Semper Fi Magazine.

VA STRENGTHENS CAREGIVER SUPPORT PROGRAM

The Department of Veterans Affairs (VA) announced actions to strengthen the Caregiver Support Program and establish a timeline for expanding the Program of Comprehensive Assistance for Family Caregivers (PCAFC) in accordance with section 161 of the VA MISSION Act of 2018 (MISSION Act).

Under the MISSION Act, VA will expand the PCAFC to eligible Veterans from all eras using a phased approach. Currently, the program is only available to eligible Veterans seriously injured in the line of duty on or after September 11, 2001. Prior to expanding, VA must upgrade its information technology (IT) system and implement other improvements to strengthen the program.

In December 2018, VA suspended certain discharges from the program due to ongoing concerns about inconsistent application of eligibility requirements at VA medical centers. Since then, VA has held listening sessions with caregivers and other stakeholders, developed or amended 14 standard operating procedures to clarify program requirements for VA staff, increased oversight in each Veterans Integrated Service Network, provided training and education to staff and caregivers and is boosting operational capacity with the hiring of more than 680 staff.

To modernize its caregiver IT system, VA is adopting a three-phased approach and will deploy a new system based on a commercial off the shelf product called Caregiver Record Management Application (CARMA) beginning in October 2019. VA will deploy phase two in January 2020 to centralize and automate stipend payment calculations and expects to deploy phase three in the summer of 2020, which will enable caregivers to apply for benefits online. VA will then perform testing and verify that the system has full functionality before expanding the program as required under the MISSION.

The expansion will occur in two phases, beginning in the summer of 2020 or once the Secretary has certified that the new IT system is fully implemented. In the first phase, PCAFC will be expanded to eligible Veterans who incurred or aggravated a serious injury in the line of duty on or before May 7, 1975. The final phase of the expansion will begin two years later. It will expand PCAFC to eligible Veterans who incurred or aggravated a serious injury in the line of duty after May 7, 1975 through September 10, 2001.

Additionally, VA has gathered input and is developing regulatory changes to streamline the program and provide more clarity for Veterans and their family caregivers. VA will publish a proposed rule for public comment prior to issuing final regulations.

VA is also working across the department to ensure caregivers have a positive experience through program improvements and initiatives to include:

- Providing home and community-based care alternatives through the Choose Home Initiative at 21 VA medical centers.
- Establishing the Center for Excellence for Veteran and Caregiver Research named after Senator Elizabeth Dole.
- Expanding telehealth services to enable Veterans and their caregivers to get care in the comfort of their homes.
- Delivering valuable programs for caregivers such as peer support mentoring, a Caregiver Support Line, self-care courses and educational programs to help caregivers succeed.

Caregivers play a critical role in enabling Veterans to maintain their highest level of independence and remain in their homes and communities for as long as possible. VA leads the nation in providing unprecedented benefits and services to care givers. The MISSION Act strengthens VA's ability to serve as a trusted partner in the care of our nation's most vulnerable Veterans.

TACKLE THE CHANGES OF AGING

It's no secret that age comes with gray hair and wrinkles. But do you know how aging can affect your heart, brain, even your teeth? Everyone ages differently, but you have a lot of say in how you feel as you grow older. Take steps now to improve your health and delay or lessen these changes.

What to expect

Everyone ages in their own way, but here are some common changes people experience with aging:

- **Bones** become thinner and more brittle with age, especially for women. This increases your risk of broken bones, so you should take steps to **prevent falls**.
- **Bruises** will be more common because your skin becomes thinner and more fragile.
- **Heart disease** becomes more common with age. Your blood vessels lose flexibility, making it **harder for blood to move** through the body. Plaque may also gather in your arteries, blocking healthy blood flow.
- **Brain** nerve cells can shrink or lose connections with other nerve cells, leading to **forgetfulness**. You may also find your reflexes aren't as 'sharp' as they once were.
- **Digestive tract** becomes rigid for some, **leading to problems** such as constipation, stomach pain, and nausea.

- **Teeth** lose enamel and are more vulnerable to cavities. Also, some medications can cause dry mouth, which puts your **teeth and gums** at risk for disease.

Changing shape

With age, your body changes. Older adults often find their metabolism slows down, which can lead to weight gain. Fat may start to appear in different places for some changing their shape. Too much fat can increase your risk of health problems, such as diabetes. Eating healthy and being active can help you avoid weight gain in your 60s.

Shift in vision

Change in vision is also an undeniable sign of aging. Your lenses can become stiff, causing difficult in shifting sight from far to near, causing a need for reading glasses. Lenses can also become yellow and less transparent with the development of **cataracts**. This may dim your vision or change how you see colors. Finally, eyes can dry out as they produce fewer tears, or spots may appear as '**floaters**'. Use **Secure Messaging** (*sign in required*) to ask your health care team about a routine **eye exam** or preventive vision test.

Keys to aging well

Practicing healthy habits throughout your life is ideal, but it's never too late. As you get older, take good care of yourself by:

- Being **physically active** on a regular basis. Find out if your VA offers **MOVE!** or the **Gerofit** program
- Eating a healthy diet that is high in **fiber**
- Having regular **health screenings**
- Engaging in **social activities** often with friends and family
- Taking your **prescribed medications** as instructed
- Limiting **alcohol**
- Getting enough **sleep**
- Not using tobacco

Get involved in your health

You can't stop aging, but you can make choices that improve the process. It's important to get involved in your health care, and your My HealthVet account has all the tools you need to do it. Your online account makes it easy to **refill a VA prescription** or **schedule your next appointment**. You can also **track**, view, and share your health information online with your provider.