Disabled American Veterans

Blind Veterans National Chapter #1

WEB SITE: http://www.davbvnc1.com  
March– April2018 Newsletter

Editor: Dennis O’Connell - Bvnc1@optonline.net

**"IF I CANNOT SPEAK GOOD OF MY COMRADE,**

**I WILL NOT SPEAK ILL OF HIM OR HER."**

OFFICERS OF THE BLIND CHAPTER

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PLEASE, if you know of a member who is sick or deceased contact one of the above members ASAPP.

MESSAGE FROM THE COMMANDER

I know that many of you are ready for Spring and warmer weather. This has been a very nice Spring in the Tucson Arizona area; but we have gotten very little rain since last Summer ; so many of us are concern about the fire season ; it will start very soon . We have had the warmest winter and spring on record . Where a lot of you have had to deal with some of the coldest ; the snow just kept coming. I trust by the time you get this newsletter you will have some great weather.

When Betty and I lived in Oklahoma we used to say “if you don’t like the weather today just wait till tomorrow it will be different”.

Well , I trust that each of you will be attending the convention in July in Reno, Nevada; just keep in mind there are plenty of ways that the Casino can take your money.

See you soon.

Just a word from the Chaplain

I have been studying the word “grit”. What causes a person to keep going and others just give up before they hardly even get started. Working around Children I have noted some will stay with a project until completed; then on the other hand I see so many Children just give up and quit.

What makes the difference; I believe it comes from the verse in Roman 5:3,4 “also rejoice in our sufferings because we know that suffering produces perseverance, perseverance, character; and character, hope. NIV I want to say; “Veterans you have suffered and you have overcome; Thanks for your Service.” Those Children I see that are having a suffering time are the ones that seem to have the Grit to overcome. I love the movie “True Grit” with John Wayne; that young lady had “Grit”. May God’s Blessing be upon you today.

CAREGIVER SELF CARE ACTIVITY BOOK

Fun and soothing ideas for self care! As we celebrate this month remember to take time for yourself. Need ideas? Check out this Caregiver Self-Care Activity Book created by members of the VA Caregiver Support Line Team.

It is full of fun and soothing ideas to help take care of you including lighthearted activities, creative projects, and tips to treat yourself. The VA thanks all caregivers for all that you do!

Please feel free to share the link with other caregivers that may enjoy: https://www.caregiver.va.gov/pdfs/TipsTools/CaregiverSelfCareActivityBook.pdf

With VA's Caregiver Support Line assistance is just a quick phone call away. Whether you're in need of immediate assistance or have questions about what services you may be eligible for, the caring licensed professionals who answer the support line can:

• Tell you about the assistance available from VA.

• Help you access services.

• Connect you with the Caregiver Support Coordinator at a VA Medical Center near you.

• Just listen, if that's what you need right now.

If you're just getting started with VA, calling the Caregiver Support Line is a great first step to take to learn more about the support that's available to you.

Keep updated & let us know how we're doing.

Are you a Veteran or a caregiver? There can be around-the-clock responsibilities; VA is there to support you! VA’s Caregiver Support Program offers a range of online courses, face-to face classes, telephone support, and peer mentoring to caregivers of Veterans from all eras. Learn more by visiting their website www.caregiver.va.gov .

With VA's Caregiver Support Line assistance is just a quick phone call away.

Veterans Crisis Line: 81-800-273-8255

Enhancing Informal Caregiving for Veterans

Evidence-based research that supports family and/or informal caregivers.

November is National Family Caregivers Month. Family caregivers, or “informal” caregivers, are unpaid individuals (i.e., spouse, partner, or family member) who assist with activities of daily living (i.e., eating, bathing, or dressing) and/or medical tasks (i.e., taking medication or doing required exercises).

According to the 2015 Report Caregiving in the U.S., produced by the National Alliance for Caregiving (NAC) and the AARP Public Policy Institute (PPI), approximately 34 million Americans provided unpaid care to an adult age 50 or older in the prior 12 months. Caregivers spend an average of 25 hours per week providing care, but this increases to nearly 45 hours per week for the spouse or partner of a care recipient. In addition, nearly 16 million adult family caregivers care for someone who has Alzheimer’s disease or other dementia.

With an increasing number of Veterans requiring some form of caregiving or assistance, there is a growing need for evidence-based research that supports family and/or informal caregivers. Studies funded by VA's Health Services Research & Development Service (HSR&D) address many aspects of the informal caregiver’s role, such as emotional support, access to services, and in-home safety. In addition, VA HSR&D’s Quality Enhancement Research Initiative (QUERI) Caregiver Support (VA-CARES) Evaluation Initiative also works with Caregiver Support Program to evaluate short-term impacts of the Program of Comprehensive Assistance for Family Caregivers and the Caregiver Support Services Programs.

Read more findings from several specific research projects conducted by HSR&D and QUERI investigators on issues critical to improving quality of caregiving for Veterans, as well as the experience of the caregivers. https://www.hsrd.research.va.gov/news/feature/caregiving.cfm

Financial Changes and Caregiving: MOAA Website has Resources

Visit the MOAA website for free financial education assistance and tools.

Regardless of how long you have cared for a wounded servicemember or veteran, you may still experience financial changes. The Elizabeth Dole Foundation, USAA, MOAA, and the Psych Armor Institute have teamed up to offer free financial education assistance and tools to caregivers with no membership requirement to any of the organizations. You can learn more at http://www.moaa.org/caregiver/ .

Military Officers Association of America (MOAA), in collaboration with its partners, provided the labor, expertise, project management, and associated work to develop and implement this guide. The online financial/legal tool, which aids caregivers in contingency planning and decision-making, is available to the public. The website has been developed for and by caregivers and represents the collective needs, personal experiences, and struggles faced in planning for contingencies and emergencies — information regarding:

· medical/disability insurance and benefit programs (e.g., Medicare and Medicaid, Social Security, Aid and Attendance, in-home and nursing care, retirement annuities/Survivor Benefit Plan);

· guardianship;

· fiduciary matters;

· powers of attorney (durable/non-durable, financial, medical, military, benefit, tax, debt);

· advance directives;

· legal pro bono services and resources;

· wills; and

· financial/estate planning.

Please learn more and or share this resource by visiting

http://www.moaa.org/caregiver/

MESSAGE FROM THE ADJUTANT:

2018 DAV National Convention

For the Blind Chapter Convention Begins:  
Friday, July 13 and ends Tuesday, July 17, 2018

Grand Sierra Resort and Casino  
2500 East Second St.  
Reno, Nevada 89595

1-800-648-5080  
Group Code: Disabled American Veterans (DAV)  
$84 GSR Basic Room Single/ Double  
$104 Summit Room Rate Single/ Double

Reserve Online:  
https://book.passkey.com/event/49180249/owner/16854/home

Chapter's Tentative Agenda:  
Friday , July 13, 2018  
9:00 AM Chapter's First Business Meeting  
4:00 PM Chapter's Second Business Meeting

Saturday-Tuesday, July 14 to 17 DAV Convention Activities

Monday , July 16, 2018  
8:00 AM Chapter's Installation Breakfast  
9:30 AM Chapter's Final Business Meeting

Conventions Tentative Schedule:  
<https://www.dav.org/wp-content/uploads/2018ConventionTentativeSchedule.pdf>

International Association of Audio Information:

The below has links to 32 Radio Talking Book radio stations across the country. These radio stations read local news papers, magazines, and other reading materials to visual impaired/blind and reading impaired persons. They also inform the handicapped listeners to important events in the local areas that may be of benefit to local residents.

This web site is sponsored by the International Association of Audio Information Services (IAAIS) https://iaais.org/stations/

The Blind Chapter’s Adjutant tunes in and listens to WJCT Radio Reading Service which broadcasts out of Jacksonville, Florida to the northeast section of Florida. “It is nice to start out the morning listening to the reading of the newspaper over a cup of java” notes the Adjutant. The link to the Jacksonville, Florida service is: http://www.wjct.org/radio-reading-service. For those with Smartphone most of these reading services can be listened to via the “Tune-In Radio” App. Using the mobile devices saves time sitting in front of one’s computer, or even the need for a computer.

***GOD BLESS THE USA!***