



CHAPTER 10 ARLINGTON- FAIRFAX, VA

Volume 6, Number 1

January/February 2008

INSIDE THIS ISSUE:

COMMANDER'S MSG PAGE 2

**SICKNESS OR
DISTRESS** PAGE 2

**UPCOMING
EVENTS** PAGE 3

**SUICIDE PREVENTION
LIFELINE** PAGE 3

WHEELCHAIRS PAGE 3

**ALCOHOL: HOW
MUCH IS TOO MUCH?** PAGE 3

**METRO & PHONE
CARDS** PAGE 3

VOLUNTEERS PAGE 3

JOINING THE DAV PAGE 4

CHAPTER 10 WEBSITE

The Chapter 10 Arlington-Fairfax, VA website has information for members and non-members alike.

You can sign up for regular delivery of the newsletter by e-mail by sending an e-mail request to webmaster@DAV10.org with the subject newsletter.

There are links to the National Headquarters, Department of Virginia, and other chapters' websites. The site also contains information on news and events of interest.

Visit www.dav10.org.

MEETING CHANGE!

By popular demand we will be moving our meeting day to different days of the week. Many members would like to attend meetings but have fixed commitments on Tuesdays. Therefore we will have our January meeting on Tuesday, January 8 and our February meeting on Thursday, February 14. Because of this change you will have to read your newsletter to know the meeting date. Your Chapter needs your support. Please plan to attend several meetings this year. ★

VA ANNOUNCES \$4.7 MILLION TO HELP CAREGIVERS

WASHINGTON - The Department of Veterans Affairs (VA) today announced it will provide nearly \$4.7 million for "caregiver assistance pilot programs" to expand and improve health care education and provide needed training and resources for caregivers who assist disabled and aging veterans in their homes.

"This funding will enhance support and training for the family members and other caregivers who sacrifice to care for disabled and aging veterans," said Acting VA Secretary Gordon H. Mansfield. "At VA, we're committed to looking after caregivers who dedicate their own time and well-being to take care of loved ones who are veterans."

The pilot programs will support eight caregiver projects across the country. In addition, VA provides support and assistance through a variety of programs such as care management, social work service, care coordination, geriatrics and extended care, and through its nationwide volunteer programs. continued on page 3

EVALUATION TO PROVIDE SMOOTHER TRANSITION TO DISABILITY BENEFITS AND COMPENSATION

WASHINGTON -- The Department of Veterans Affairs (VA) and the Department of Defense (DoD) this week began a pilot program to test a new single disability evaluation system for wounded warriors at the three major military medical facilities in the Washington D.C. area.

This initiative is designed to eliminate the duplicative and often confusing elements of the current disability processes of the two departments. Key features of the disability evaluation system (DES) pilot include one medical examination and a single-sourced disability rating.

The single disability examination pilot is another improvement as a result of the President's Commission on Care for America's Returning Wounded Warriors (Dole/Shalala) and is aimed to simplify health care and rehabilitation for injured continued on page 3

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CHAPTER 10 COMMANDER'S MESSAGE

As 2008 begins, I find myself half way through my year as Commander. When my administration started I had two goals: to get more members involved and to raise more funds so Chapter 10 could do more for local veterans.

I must say that I'm not very happy with the way things have unfolded. While there has been a slight increase in meeting attendance, it is the same few members who are doing all the work. This is a real shame. Chapter 10 is the fifth largest chapter in the country with over three thousand members and yet less than a dozen members take an active roll in Chapters 10's affairs. If you are like me, you know how much the DAV has done for you and other veterans.

As a Vietnam veteran, I am aware of apathy among Vietnam veterans when it comes to getting involved. I suffered from it for many years myself. The abuse that many of us suffered upon returning home left us bitter. The time has come for us to let go of that anger. This new generation of veterans, most of whom know little about Vietnam, needs your help. Where would we be if there was no DAV?

My second goal, to raise more funds to help local veterans, has not been successful. We have two major fund raisers each year. The football fundraiser and the "Forget-Me-Not" drive. Each year the Redskins football tickets and postage cost more and it seems that we have fewer Redskin fans. This years fundraiser was ten percent below 2006. If this trend continues, it may become unprofitable in the near future. The "Forget-Me-Not" drive faired a little better thanks to the heroic effort of three members. We were able to raise \$3,600, which may be a record, on Fort Myer. Everything is costing more, meeting room, postage, gifts for hospitalized veterans, and at the same time we are raising less money. We currently have less than \$16,000 dollars in the bank. The newsletter alone will cost more than \$6,500 and the meeting room is \$1,200 this year.

Last year the Fairfax County Firemen raised \$550,000 over the Labor Day week end, standing on street corners with cans. We could do great work for our fellow needy disabled veterans if we had funds like that. To raise more funds in 2008 I am proposing that we do something different for this year's "Forget-Me-Not" drive. If we could field two hundred people, members and other interested parties over the Memorial Day weekend, positioned at malls and major box stores, I am sure that we could raise enough money to significantly increase our support of fellow disabled veterans.

This is a call to action. If you care for your fellow disabled veterans, make a commitment to spend Memorial Day weekend helping raise funds. This is an action in which all members can become involved, those in wheelchairs included. Let's hear from YOU. To sign-up give me a call at (703) 824-9288. I will be moving in January so my phone number might change but you can call any officer and leave your name and number. Wishing all a happy and successful 2008.

James G. Hopkins
Commander

SICKNESS OR DISTRESS

John Capriotti, is recovering from cancer surgery on his arm, yet he continues to work hard for patients at VAMC. Keep him in your prayers.

Please notify the Chaplin or Chapter officer of any sickness or distressed members or their families. Please remember in your hearts and prayers all those in "harms way," especially those we have lost. Also pray for all the new disabled veterans. ★

COME TO A CHAPTER MEETING

The next Chapter 10 meeting will be Tuesday, January 8 and the one in February is Thursday, February 14. We meet at American Legion Post #176, 6520 Amherst Ave. Springfield, VA. (the Post is just off Backlick Rd., South of Old Keen Mill Rd.).

Please bring another DAV or potential member. Bring your wife and friends.

UPCOMING EVENTS

- Jan. 3** Bingo at Washington, D.C. VA Medical Center Nursing Home. Contact John Capriotti if you can help with this volunteer activity.
- Jan. 5** Executive Committee Meeting.
- Jan. 8** Regular business meeting, 7:30 p.m. at the American Legion Post #176, 6520 Amherst Ave., Springfield, VA.
- Feb. 7** Bingo at Washington, D.C. VA Medical Center Nursing Home. Contact John Capriotti if you can help with this volunteer activity.
- Feb. 9** Executive Committee Meeting.
- Feb. 14** Regular business meeting, 7:30 p.m. at the American Legion Post #176, 6520 Amherst Ave., Springfield, VA.
- Feb. 15** National Salute to Hospitalized Veterans at the Washington D.C. VA Medical Center at 1 p.m.
- Mar. 6** Bingo at Washington, D.C. VA Medical Center Nursing Home. Contact John Capriotti if you can help with this volunteer activity.
- Mar. 2-5** DAV Mid-Winter Conference, Crystal City Marriot Gateway Hotel.
- Mar. 13-15** DAV Spring Conference at Holiday Inn, Lynchburg, VA. ★

continued from page 1 Among the key services provided to caregivers are transportation, respite care, case management and service coordination, assistance with personal care (bathing and grooming), social and emotional support, and home safety evaluations.

Education programs teach caregivers how to obtain community resources such as legal assistance, financial support, housing assistance, home delivered meals and spiritual support. In addition, caregivers are taught skills such as time management techniques, medication management, communication skills with the medical staff and the veteran, and ways to take better care of themselves.

Many of the projects use technology, including computers, Web-based training, video conferencing and teleconferencing to support the needs of caregivers who often cannot leave their homes to participate in support activities. ★

continued from page 1 service members and veterans.

This pilot program will seek to ease the transition of wounded service members through the disability evaluation system to reentry into the civilian community with more efficient delivery of disability compensation at the time they leave military service.

VA is providing the medical professionals performing the examinations. The pilot is being conducted for service members at the Washington, D.C., VA Medical Center, Walter Reed Army Medical Center in Washington, D.C., the National Naval Medical Center in Bethesda, Md., and the Malcolm Grow Medical Center at Andrews Air Force Base, Md., and will run for one year. Throughout the pilot, VA and DoD officials will monitor progress to determine potential expansion into other locations.

The pilot includes all non-clinical care and administrative activities, such as case management and counseling requirements associated with disability case processing from the service member's initial referral to a Military Department Medical Evaluation Board to VA's compensation and benefits program. ★

IMPORTANT PHONE NUMBERS

NATIONAL SERVICE OFFICE (Washington, D.C.): 202-530-9260
DAV NATIONAL SERVICE OFFICE (Roanoke, VA): 1-540-857-2373
VA MEDICAL CENTER: 202-745-8000
VA CENTER FOR POST-TRAUMATIC STRESS DISORDER: 1-802-296-5132
WOMEN'S COORDINATOR (DC VA MED CTR): Fran Johnson: 202-745-8469
ALEXANDRIA COMMUNITY-BASED OUTPATIENT CLINIC,: 703-313-0694
ARMED FORCES RETIREMENT HOME - WASHINGTON, D.C.: 800-422-9988
ARLINGTON NATIONAL CEMETERY: 703-607-8585
QUANTICO NATIONAL CEMETERY: 703-221-2183

WHEELCHAIRS

Know someone who needs one? Call Chuck Gallina from Knights of Columbus at (202) 203-6255. ★

SUICIDE PREVENTION LIFELINE

To contact the VA suicide prevention and mental health service professionals call 1-800-273-TALK (8255) pressing 1. ★

ALCOHOL: HOW MUCH IS TOO MUCH?

Have you ever wondered whether you drink too much? One in four veterans seen in VA primary care clinics report drinking at a level that experts consider risky or harmful.

For men, the National Institute on Alcohol Abuse and Alcoholism (NIAAA) sets the limit for safe drinking at 4 drinks per day, and no more than 14 drinks per week. For women, the limits are lower, with a maximum of 3 drinks per day and no more than 7 drinks per week. A standard drink is defined by the amount of alcohol it contains. Research shows that people who exceed these limits are much more likely to develop problems with alcohol.

People wishing to receive e-mail from VA with the latest news releases and updated fact sheets can subscribe at the following Internet address:

http://www.va.gov/opa/pressrel/opal-ist_listserv.cfm. ★

METRO & PHONE CARDS

John Capriotti is still collecting phone and metro cards for hospitalized and veterans needing assistance. ★

VOLUNTEER

Looking for drivers for VA Hospital. Contact at VA Hospital 202/745-8320

Need Flag bearer(s) to carry the American and DAV Flag at National and Chapter events. ★

MEMBERSHIP APPLICATION (PLEASE PRINT) SIGN UP A NEW MEMBER

LAST NAME		FIRST NAME		MI	SUFFIX	TITLE
STREET ADDRESS				SPOUSE'S FIRST NAME		
CITY	STATE	ZIP CODE		SEX	M	F
BIRTH DATE	DATE ENLISTED	BRANCH	DATE DISCHARGED	RANK	V.A. CLAIM NO.	
I RECEIVE		<input type="checkbox"/> VA COMP	<input type="checkbox"/> VA PENSION	<input type="checkbox"/> PURPLE HEART	<input type="checkbox"/> SERVICE RETIREMENT	
DISABILITIES		<input type="checkbox"/> AMPUTEE	<input type="checkbox"/> BLIND	<input type="checkbox"/> HEARING IMPAIRED	<input type="checkbox"/> OTHER	
APPLICANT'S SOCIAL SECURITY NUMBER				PERCENT (%) OF DISABILITY		
				%		
MEMBER CODE NO.		CHAPTER PREFERENCE				
		ARLINGTON-FAIRFAX CHAPTER 10				
SPONSOR'S NAME			SPONSOR'S TELEPHONE NUMBER ()			
SPONSOR'S ADDRESS			SPONSOR'S MEMBERSHIP CODE NO.			
CITY		STATE	ZIP CODE			

 APPLICANT'S SIGNATURE

() _____
 TELEPHONE NO.

The full cost of Life Membership is based on the applicant's age: 80 and over is free; 71-79 is \$140.00; 61-70 is \$180.00; 41-60 is \$230.00; and 40 or younger is \$250.00. A Life Membership can be paid for on a quarterly basis with a \$40.00 initial payment.

Mail completed application form to: Arlington-Fairfax Chapter 10, P.O. Box 4001, Arlington, VA 22204-4001

WHO IS ELIGIBLE TO JOIN THE DAV?

Any man or woman, who was wounded, gassed, injured or disabled in the line of duty during time of war, while in the service of either the military or naval forces of the United States of America, and who has not been dishonorably discharged or separated from such service, or who may still be in active service in the armed forces of the United States of America is eligible for membership in the Disabled American Veterans. Others who are disabled while serving with any of the armed forces of any nations associated with the United States of America as allies during any of its war periods, who are American citizens and who are honorably discharged, are also eligible.

Dates of active duty service that are considered during "time of war": World War I - 04/06/1917-07/02/1921; World War II and Korea - 09/16/1940-01/31/1955; Vietnam and other engagements - 01/31/1955-10/14/1976; Iranian Crisis, Lebanon Crisis, Invasion of Panama and other engagements - 11/04/1979-01/31/1990; Persian Gulf Crisis and other engagements 08/02/1990 - present. ★



**ATTENTION MEMBERS!!!
 REGULAR MEETING DAYS CHANGED - SEE INSIDE !!
 SIGN UP FOR E-MAIL DELIVERY OF YOUR NEWSLETTER!!**



NON-PROFIT ORGANIZATION
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