

VETERANS CHRONICLE

Strength in healing

VETERANS FIND PATH TOWARD
PEACE WITH COMMUNITY SUPPORT

AUGUST 2020

VETERANS CHRONICLE

VA resumes C&P exams

If you've filed a claim for disability compensation and pension benefits, VA may request an examination as part of the claim process. For disability compensation, this exam helps VA determine if you have a disability related to your military service or if your condition should receive an increased rating due to it worsening. In the case of pension claims, the exam documents the level of your disability.

What should I know about my C&P exam?

VA will be conducting in-person compensation and pension exams, also known as a VA claim exam, at select locations throughout the country.

How the VA will

contact me?

If you require an exam, you'll be contacted by a VA contract medical examination provider to schedule an appointment. You will receive a letter by mail with the date and time of your exam or a phone call to find a time that works for you. After receiving your letter or phone call, you should call the number provided to confirm the time and location of your exam.

How do I know if a legitimate VA representative contacted me?

If you feel you may have been improperly contacted or would like to confirm the legitimacy of the C&P exam, please call us at 1-800-827-1000 or contact your nearest VA regional office.

How will C&P exams be different during the COVID-19 pandemic?

VA is working closely with its medical providers to ensure the safety of veterans and providers remains a top priority. Safety measures include COVID-19 screening for veterans and employees, physical distancing, and appropriate personal protective equipment to include face coverings and gloves.

What if I can't attend the in-person exam during COVID-19?

No claim will be denied, and no final action will be taken until an in-person exam can be safely completed.

What should I expect



at my VA claim exam?

The doctor may: Review your claim file with you; perform a limited physical exam; ask you questions based on the medical records in your claim file; and ask you to get other tests, if needed.

What happens after my exam?

VA will review all the evi-

dence in your file, assign your disability rating, and send you a decision notice. Each claim is different, but it usually takes 3 to 4 months to process a claim from start to finish. I can't make my exam as currently scheduled. What do I do? If you can't make it to your appointment, you can re-schedule by contacting your nearest VA regional office or calling 1-800-827-1000.

VETERANS CHRONICLE

A SUPPLEMENT TO
THE SPOKESMAN-REVIEW

AUGUST 21, 2020

VETERANS HELP NET

Don Walker
Bryan Bledsoe

MANAGING EDITOR

Theresa Tanner

ART DIRECTOR

Anne Potter

DIRECTOR OF SALES

Scott Baumbach

Veterans Help Net partners with The Spokesman-Review to publish Veterans Chronicle on the third Friday of every month to increase awareness about veteran issues and to help veterans find hope and help. To share a veteran story or information about resources for veterans, please contact info@veteranshelpnet.com or visit www.VeteransHelpNet.com. For advertising information, please contact advertising@spokesman.com or (509) 459-5095. No portion of this magazine may be reproduced in whole or in part without written consent of the publisher.

IN THIS ISSUE

VA resumes C&P exams.....	2
What is feeling on edge?	3
Did You Know?	4
NPower Training program	5
How Can I Get Help?	5
Expanding Agent Orange benefits	6
Helping homeless veterans appreciation	7
Operation Spokane Heroes	8
Whole Health for women veterans	8
Birthday wishes for Tony Marcelli	9
Regional veteran support	10
Advocacy group files lawsuit	11

VETERANS CHRONICLE

WHAT IS ‘FEELING ON EDGE’?

Feeling on edge is also called hypervigilance, a symptom experienced by some veterans who have returned from war or experienced traumatic events during their time in the military. Hypervigilance is a state of being on very high alert – constantly “on guard” – to possible risks or threats.

What are some immediate coping skills to use when feeling on edge?

- Breathe deeply.
- If you’re with other people, tell them what you’re feeling so they can try to help you work through it.
- Try grounding yourself by focusing on details of your surroundings or neutral physical

sensations, such as the feeling of your feet on the floor.

- Practice relaxation exercises, such as taking slow, deep breaths.
- Get up and move around, have a drink of water, or wash your hands.
- Calmly remove yourself from the situation.

When ready, talking to family and friends can be a first step. They may be able to provide support and help find treatment that is right for an individual. Letting people know when certain places or activities cause discomfort is also helpful.

Taking the next step to connect with care

Every day, veterans from all military service branches

and eras connect with proven resources and effective treatments for symptoms of feeling on edge. Here’s how to take the next step: the one that’s right for you.

If you haven’t already, apply for VA health benefits at www.va.gov/health-care/how-to-apply/.

If you are enrolled with VA health care, schedule a mental health appointment at www.va.gov/health-care/schedule-view-va-appointments/.

There is a large community of support available for veterans with post-traumatic stress disorder. Visit maketheconnection.net to find more resources, or see “How Can I Get Help?” on page 5.





BANNER BANK

We put you right at home.

When you’re ready to build, buy or update your home, our experts can help you achieve your dreams. We’re here to guide you, and offer the right financing for your situation.

Let’s create tomorrow together.

Purchase | Refinance | VA Construction and Lot Loans

	<p>Chad Kubik NMLS# 609985 Residential Loan Officer 509-227-5449</p>		<p>Marcy Bennett NMLS# 507122 Residential Loan Officer 509-227-5461</p>
	<p>Ken Hunt NMLS# 506480 Residential Loan Officer 509-462-5805</p>		<p>Deidre Arnold NMLS# 643782 Residential Loan Officer 509-227-5497</p>
	<p>Lisa Knight NMLS# 785378 Residential Loan Officer 509-462-5809</p>		<p>Mike Coffey NMLS# 699335 Residential Loan Officer 509-227-5465</p>
	<p>Laura Lund NMLS# 507140 Residential Loan Officer 509-227-5492</p>		<p>Monica Lay NMLS# 720624 Residential Loan Officer 509-435-5639</p>

bannerbank.com

Member FDIC



VETERANS CHRONICLE

HEY VETERANS, DID YOU KNOW...

...Emergency Room visits require notification?

If you are enrolled and actively using VA health care and you need to go to a local non-VA emergency room (ER), even if your VA doctor tells you to go, you must let the VA know within 72 hours from discharge or as soon as possible if you are admitted for treatment to a non-VA facility. Failing to do so will result in you getting stuck with the bill and the VA refusing payment on your behalf.

The VA recently established an automated call center that requires veterans to call and report their care ER visit. The VA 72-Hour Notification Number is (844) 724-7842.

There are several ways to report your treatment to the VA:

- You can call for yourself.
- A family member can call for you.
- A hospital social worker or staff member can call for you.

NOTE: This process does not apply to receiving treatment from an in-network "Urgent Care" facility. Please visit www.va.gov/find-locations/ to get the latest information on In-Network Urgent Care Facilities recognized by the VA.

...You can manage your prescription refills online?

My HealtheVet online prescription tools make it easier to manage your medicines. Registered members with Advanced or Premium accounts are able to:

- Refill VA prescriptions: The Rx Refill feature allows



ASSOCIATED PRESS

The Phoenix VA Health Care Center in Phoenix is shown April 28, 2014.

My HealtheVet members registered as VA patients to refill VA prescriptions, written by a VA doctor and previously filled at a VA pharmacy, online. You may also view a list of your past VA prescribed medications.

- Track delivery: Follow the tracking information of VA prescriptions mailed in the last 30 days so you know when to expect your package.

- Shipment notifications: Email notifications will keep you updated on the delivery status of VA prescriptions.

- Create medication lists: This tool allows you to keep track of all of your medications, including over the counter medicines and herbs/supplements.

If you do not have a My HealtheVet account, visit www.myhealth.va.gov to register. Learn

about Advanced or Premium accounts at www.myhealth.va.gov/upgrade.

...What evidence you need to provide to support a disability claim?

Required documents to support disability claims include:

- DD214 or other separation documents
- Service treatment records
- Any medical evidence related to claimed illness or injury, such as doctor's reports, X-rays, and medical test results

You can help to support your VA disability claim by providing several documents of evi-

dence, such as:

- VA medical and hospital records related to your claimed condition or showing your rated disability has gotten worse;
- Private medical and hospital reports related to your claimed condition or showing your disability has gotten worse;
- Supporting statements from family members, friends, clergy members, law enforcement personnel, or those you served with to provide information about your claimed condition, how and when it happened, or how it was made worse.

Depending on the type of claim you file, you may gather supporting documents yourself, or request VA assistance to gather records and evidence. Visit www.va.gov/

disability/how-to-file-claim/evidence-needed/ for more information.

NOTE: You don't have to submit any evidence to support your claim, but the VA may need to schedule a claim exam to learn more about your condition. You have up to a year from the date a claim is submitted to turn in any evidence. If you start your application and need time to gather more supporting documents, you can save your application and come back later to finish it. The VA will recognize the date you started your application as your date of claim as long as you complete it within 365 days.

For more information and help, contact a Veteran Service Officer (contact information can be found on page 5).

...Proposed bills in Congress could help veterans and their families?

A Veteran Employment Bill would provide one year of GI Bill Benefits due to a coronavirus pandemic job loss. The House and Senate introduced identical bipartisan bills in June. These benefits are targeted to be used for high-demand programs.

There is also a House bill to increase Dependency and Indemnity Compensation (DIC) for veterans surviving dependents. It lowers the threshold of eligibility to allow certain survivors to receive this benefit who currently do not meet the requirements.

Visit www.congress.gov/legislation and search for "veteran" to see the current legislative status of bills relating to veterans.

VETERANS CHRONICLE

NPower offers free training program for veterans or spouses



By Kiran Dhillon

Vantage Point, U.S. Department of Veterans Affairs

These days – for various reasons – we spend so much of our time on the internet. Now more than ever, we rely on the internet to catch up on news, shop, and even play virtual gaming.

Now, veterans and their families can be a part of shaping the online experience with free, virtual training and certification in technology and digital skills, offered by NPower, a national nonprofit that seeks to create pathways to economic prosperity by launching digital careers for military veterans and young adults from underserved communities.

The U.S. is the world's largest technology market. With the fastest growing economic sector and many job opportunities in these areas, there's never been a better time to gain the skills for a more secure future.

NPower's free, virtual training and certifications are offered in tech fundamentals, cybersecurity, cloud computing, and coding.

What to expect

Veterans and their spouses can apply online for any of these training courses. They can speak to an NPower team member, attend a virtual information session to ask any questions, participate in a virtual interview, and start classes to launch their IT career.

After 16 weeks of intensive hands-on technical and soft-skills training, students are placed in a 7-week paid internship with top corporations and nonprofits for on-the-job experience. Veterans and spouses can also benefit from NPower's mentoring, employment readiness workshops, and job placement assistance.

As a NPower alumni, veterans can access a growing network in technology, as well as advanced programs, professional workshops, panel events, and can even give back to the community as a guest lecturer, mentor, or NPower ambassador.

To apply, visit www.npower.org/apply/.

Virtual classes start Sept. 8, 2020.

HOW CAN I GET HELP?

Every county and state has a Veteran Affairs office to answer questions about benefits and provide assistance. There are also other useful resources for veterans in the Inland Northwest.



GO ONLINE

VA.gov

The Department of Veterans Affairs website has resources on every topic relevant to veterans.

VA.gov/welcome-kit

The VA Welcome Guide covers all types of benefits and services available for veterans, new recruits, active service members and their families.

DAV9.com

Based in Post Falls, Disabled American Veterans Chapter 9 Fort Sherman shares links and information to both local and national help organizations for veterans.

Explore.VA.gov/benefits-navigator

Explore VA benefits and discover which ones you and your family may be eligible to receive.



IN PERSON

Spokane County Regional Veteran Service

1117 N. Evergreen Rd.,
Spokane Valley, WA
(509) 477-3690

Apply for emergency services, or have any benefits or service questions answered by 5 Veteran Service Officers (VSO) and staff.

North Idaho Veteran Services and Benefits Office

120 E. Railroad Ave., Post Falls, ID (208) 446-1092

Meet with a VSO or staff for help with VA benefits enrollment, claims or other veteran needs.

Goodwill Support Services for Veteran Families (SSVF)

130 E. Third Ave., Spokane, WA
(509) 828-2449
SSVF helps homeless veterans and their families find housing and connects veterans with other support organizations.



BY PHONE

Spokane County Regional Veteran Service

(509) 477-3690

North Idaho Veteran Services and Benefits Office

(208) 446-1092

Veteran Crisis Line

1 (800) 273-8255, press 1

North Idaho Crisis Center

(208) 625-4884

Washington or Idaho 2-1-1

Dial "2-1-1" for health and human resources referrals.

Healthcare for Homeless Veterans HCHV

In Person or Phone
504 E. Second Ave.,
Spokane, WA
Phone: (509) 435-2019

Provides healthcare and outreach for housing, job opportunities and counseling.

SPECIAL GIFT FOR ALL VETERANS!



You are invited to tour the only museum devoted to the preservation and history of railroads in the Inland Northwest. View exhibits, walk through our museum train, ride our 2-foot gauge train, step back in time to learn the roots of our area, walk among the giants!

Every Veteran receives a memorial gift! Expires 11/11/20

(Adults \$10, Seniors & Vets \$8, Kids 6-12 \$6, 5 & under free)

Face Masks and Social Distancing Required

Inland Northwest Rail Museum

27300 Sprinkle Road N • Reardan

(25 miles West of Spokane at the junction of Hwy 2 at 231 S)

Open Thursday-Sunday
10 am - 5 pm

509-796-3377 www.inlandnwrailmuseum.com

VETERANS CHRONICLE

LAWMAKERS TRY TO EXPAND LIST OF DISEASES LINKED TO AGENT ORANGE EXPOSURE

By Patricia Kime

MILITARY.COM

Proposed amendments to the fiscal 2021 National Defense Authorization Act would add three diseases to the Department of Veterans Affairs' list of illnesses presumed to be linked to Agent Orange – measures that, if approved, would provide health care and disability benefits to roughly 22,000 affected veterans.

The House and Senate amendments, proposed by Rep. Josh Harder, D-California, and Sen. Jon Tester, D-Montana, would add bladder cancer, hypothyroidism and Parkinsonism to the VA's list of 14 conditions considered related to herbicide exposure during the Vietnam War.

In 2016, the National Academies of Sciences, Engineering and Medicine deemed the three named diseases to be associated with exposure to defoliants used during the war.

But the proposals do not include hypertension, a condition that the National Academies also linked to Agent Orange in 2018. Hypertension, or high blood pressure, is common among the elderly and, if included, could add more than 2 million veterans to VA disability rolls in the next 10 years, at an estimated cost of \$11.2 billion to \$15.2 billion, according to department estimates.

Thirty veteran and military groups have backed the proposals and asked congressional leaders to do the same.

On July 14, 2020, the Veterans of Foreign Wars, Vietnam Veterans of America, Military Officers Association of America and 27 other groups wrote House and Senate leaders urging them to get behind the provisions.

"We call on you to lead and pass House Amendment 264 into law and end the waiting for many of our nation's ill veterans so they can receive disability benefits," stated letters sent to House Speak-



DEPARTMENT OF DEFENSE

A U.S. Air Force C-123 flies low along a South Vietnamese highway in May 1966 spraying defoliants on dense jungle growth beside the road to eliminate ambush sites for the Viet Cong during the Vietnam War.

er Nancy Pelosi, House Minority Leader Kevin McCarthy, Senate Majority Leader Mitch McConnell and Senate Minority Leader Chuck Schumer.

"There is more work to be done to care for those who are ill from toxic exposures, including adopting hypertension as a presumptive disease ... but with your leadership, tens of thousands of Vietnam War veterans will receive their benefits and justice," they wrote.

A decision on whether to add the three conditions has been delayed since 2017, when then-VA Secretary David Shulkin expressed support for including them but never formally an-

nounced his decision.

According to internal VA documents, Shulkin had been on the verge of including the three conditions when the Office of Management and Budget and other White House officials objected, citing what they called "limited scientific evidence" and cost.

Meanwhile, thousands of veterans have waited.

"Vietnam vets have been waiting for this for decades, and it's a national shame that it's not fixed yet," Harder told Military.com. "We have a real chance here to make this right after all this time, and we should seize the opportunity."

VA Secretary Robert Wilkie told lawmakers late last year he wants the results of two studies – the Vietnam Era Health Retrospective Observational Study, or VE-HEROES, and the Vietnam Era Mortality Study – to be reviewed for publication before announcing a decision on whether to broaden the presumptives list.

But lawmakers and advocacy groups have balked at the delay.

"This is something we are still fighting after how many decades from the Vietnam War?" asked Cory Titus, director of Veteran Benefits and Guard/Reserve Affairs at MOAA. "We should be making sure there aren't any ser-

vice members with illnesses who aren't getting the care and benefits they earned."

In February, Rep. Mark Takano, D-California, chairman of the House Veterans Affairs Committee, penned a letter to President Donald Trump asking him to "take corrective action" and add all four diseases to the list, including hypertension.

"Your administration has the ability to add these conditions to the presumptive list and provide lifesaving benefits to more than 190,000 veterans. Without your action, tens of thousands of sick and aging veterans will continue to go without VA resources and health care in their time of need," he wrote.

The letter was signed by 77 members, all Democrats.

While hypertension is not included in the proposed amendment, the coalition of veterans and military organizations pledged to continue working on adopting it as a "presumptive disease as linked by the National Academies."

"This needs to be covered as well. This is not something that we will forget – hypertension," Titus said.

The House and Senate Armed Services Committees have both passed their versions of the fiscal 2021 defense bill and forwarded them to their respective chambers for consideration. Currently, committees are weighing the rules for amending and deliberating the bills before they move ahead for debate.

Both Harder and Tester's proposals must make it through that process before coming up for a vote.

A legislative source said Tester's amendment has been identified for a vote.

"With a bipartisan team of lawmakers and the support of the entire veterans community, we have a strong chance to finally get this done," Harder said.

VETERANS CHRONICLE

Veteran support organizations work together to end homelessness in the region

By Gordon Graves

EMPLOYMENT COORDINATOR, HCHV

"Can you help me?"

My team and I try to answer this question every day. I work as Employment Coordinator for the VA homeless program Health Care for Homeless Veterans (HCHV). Typically, I have a revolving door of 25-30 veterans referred to me to find employment or connect with other veteran programs, agencies and resources to fulfill various needs.

Under normal (before COVID-19) circumstances, I meet with people in the Spokane and North Idaho community to share presentations about our program and what I try to do individually to helping veterans.

The goal is to help the veteran develop a path out of homelessness and work toward independent living. Along the way, I work with and lobby for the veteran to receive help.

It's hard for me to mention all the programs that contribute to helping veterans, but I will do my best.

First of all, hats off to Goodwill Industries of the Inland Northwest for their housing stability program, Supportive Services for Veteran Families (SSVF). Goodwill also works in close collaboration with Volunteers of America and our Grant and Per Diem (GPD) transitional housing program.

All of us turn to and refer veterans to Spokane County Regional Veteran Services so eligible veterans can apply for help, including applying for Service-Connected or Non-Service-Connected disability claims.

I work as much as possible with Work Source and the Veteran Representatives there and the Department of Labor in Post Falls, Idaho. Help comes in different forms through various programs they offer; through them, veterans can also apply for employment related funds from the Homeless Veteran Reintegration program.

Our local veteran community is just so awesome when it comes to pulling together toward helping a veteran and their unique needs. We always encourage our veterans to not be afraid to ask for help and seek to make appointments at Mann-Grandstaff VA Medical Center or an outlying Community Based Outpatient Clinic (CBOC) in Coeur d'Alene or Wenatchee.



COURTESY PHOTO

Sandy Kates of Operation Spokane Heroes accepts a Certificate of Appreciation from Health Care for Homeless Veterans Employment Coordinator Gordon Graves.

For combat veterans we make sure they are aware of the Spokane Vet Center and the multitude of counseling and therapeutic programs they offer, as well as help with claims. There's also the Combat Vet Riders

in Spokane and North Idaho who provide financial help to fill different needs.

Other agencies instrumental in helping veterans are Newby-Ginnings in Post Falls, where newly house veterans can get help

with furniture, clothing, small appliances and more.

Our office is so grateful for hygiene items donated to us in the form of care packages from the American Red Cross and other people. We also get food items from Northwest Harvest and others. All of these items are handed out on a daily basis and we try to spread it out among all the veterans we can so everyone in need gets a share.

More agencies that deserve mention are Rotary 21, all the local VFWs and the Elks, who recently reached out to help newly housed veterans. I also have to mention all the employers out there (like Skils'Kin. and Cabela's) who go out of their way to hire veterans.

I also want to mention Operation Spokane Heroes, an agency that has helped me help countless veterans over the years. I've approached them for help in getting an airplane ticket for a veteran who needed to get to Seattle and then to Alaska to work on a fishing boat. They've put up funds for so many veterans to get auto tabs, driver license renewals and classes.

They provided one veteran with funds to get gas, phone minutes and a tank of propane last winter because he was living in a trailer with no electricity or running water. He's now employed full-time and doing well. When he tries to give me credit for "saving his life," I just tell him to thank our local veteran community, especially OSH.

They have helped with rent, saving several veterans' storage units and filled a multitude of unique needs that enable a veteran to just "breathe a little easier" as they work to just get back on their feet. They help veterans on a one-time basis to address literally any emergency (up to \$300) and they rarely turn someone down.

This summer, I had the honor of representing Mann-Grandstaff VA Medical Center and Health Care for Homeless Veterans, in presenting a Certificate of Appreciation to Sandy Kates and Libby Moore of Operation Spokane Heroes for their work to help veterans in need.

These people, like many of our other community partners, are wonderful for what they do for our local veterans and I can't thank them enough.

VETERANS CHRONICLE



Get to know ... Operation Spokane Heroes

Operation Spokane Heroes is one of the many nonprofit organizations in the Spokane area that focus on different ways to help area military service members and their families. These organizations facilitate connections to jobs, housing, health care, and financial assistance. We work closely with these organizations to form a team.

Depending on the assistance your situation requires, we may refer you to one or many of these organizations, giving you well-rounded, complete support, and community connections and knowledge to get what you need when you need it. This team also fosters the opportunity to give back and pay it forward to someone else!

HOUSING

Our community partners can help with emergency home maintenance and ADA Accessibility renovations, as well as emergency rent or mortgage assistance. We can also connect you with assistance in finding a place to call home and even getting finance assistance and guidance for home ownership.

HEALTH CARE

We have helped families travel to out

of area care facilities where their military service member is being treated. We can make connections for help in getting, or changing health care coverage through the VA, and private or state insurance. Access to health care is vital in ensuring our military service members are given the treatment and support they earned with their service of our country!

FINANCES

When a request is made for assistance to Operation Spokane Heroes, we ask to have as much detail as possible, with as much notice as possible.

Visit opspokaneheroes.wixsite.com/spokane/assistance to complete an Assistance Request Form.

Allow for up to 10 business days for a response.

If a request is approved, we will need a W9 IRS form completed by the lender, creditor, or service provider. We need this for our 501(c)3 tax compliance.

If requesting financial assistance, most creditors, lenders, and service providers are willing to give a grace period when notified in advance.

To learn more, visit opspokaneheroes.wixsite.com/spokane/ or call (509) 720-7228.

VA SUPPORTS WHOLE HEALTH FOR WOMEN VETERANS

FOCUSING ON WELLNESS, NOT ILLNESS

What matters most to you? On the pathway to Whole Health, this is the defining question. Whole Health is about treating you, the person. We want to consider the big picture of your life, not just one symptom or challenge.

That's why we're encouraging women veterans to ask themselves this question and take the first step in making health a priority. VA helps women take control of their health and build positive habits for life. By identifying what's important, you can choose care that fits with your health and well-being priorities.

You don't have to wait until something is wrong to focus on your well-being. Just ask Patty. After 28 years in the Air National Guard, Patty describes transitioning to civilian life and starting a new job at a VA medical center as "a little scary" and "anxiety provoking."

Then she learned about Whole Health. Even though she wasn't experiencing any big health issues, she attended a Whole Health peer-led group. During a follow-up call, a Whole Health coach strongly encouraged her to meet with a provider.

"I thought, well, I'm going to get someone who isn't familiar with what I was going to want in the civilian sector." But to her surprise, "They were fantastic. This is really an awesome benefit for all veterans." Having experienced the impact of Whole Health as a veteran and VA employee, she sees the positive impact it is having on both groups.

Each of us has the power to impact our well-being. Whole Health offers the skills and support you need to make the changes you want. It may include self-care strategies and com-

plementary therapies such as meditation, massage, and yoga, along with your conventional medical care.

In the Whole Health approach, you can look at all areas of your life, including areas of strength and aspects where support could be helpful to you. These areas of self-care include:

MINDFUL AWARENESS: Being aware of thoughts and feelings to focus on the present.

MOVING THE BODY: Exercising and moving for energy, flexibility, and strength.

SURROUNDINGS: Having comfortable, healthy spaces that support your body and emotions.

PERSONAL DEVELOPMENT: Moving toward what matters most to you.

FOOD AND DRINK: Nourishing your body to not only live, but to live well.

RECHARGE: Getting enough sleep, rest, relaxation.

FAMILY, FRIENDS, AND CO-WORKERS: Developing close, loving, supportive relationships with others.

SPIRIT AND SOUL: Cultivating a sense of connection, purpose, and meaning.

POWER OF THE MIND: Tapping into your ability to heal and cope through mind-body approaches.

Start your Whole Health journey by exploring the Circle of Health to find self-care resources that match your needs at www.va.gov/whole-health/circle-of-health/.

There is targeted help for Women Combat Veterans at the Spokane Vet Center. Call (509) 444-8387 for more information.

Story and photo by the VA Office of Patient Centered Care and Cultural Transformation.

VETERANS CHRONICLE

WWII veteran Anthony 'Tony' Marcelli turns 100

Anthony "Tony" Fredrick Marcelli was born in Collinsville, California, on Aug. 15, 1920. He served in the U.S. Army Air Corps from November 1943 to November 1945, and the U.S. Air Force Reserve from Nov. 1945 to November 1955. His rank upon discharge was 1st lieutenant.

Tony attended navigator/bombardier school at Deming Army Airfield in New Mexico, and then was sent to Tonopah Army Airfield in Nevada where he was assigned to a B-24 bomber crew. Tony flew 35 combat missions over Europe during World War II as a navigator/bombardier. He flew his first five missions as a bombardier, and the following 30 as a navigator. He served in the 8th Air Force, 392nd Bombardment Group, and the 579th Strategic Missile Squadron based at Wendling Royal Air Force Station in near East Dereham, Norfolk, England.

"Those brave men were all young, all trained for a job, performed well under trying conditions. All were untested, living out their destiny day by day. They are now all gone. They did not go unwept. It is for us to see they do not go unhonored or unsung," said Marcelli when reflecting on his time in service and his fellow service members.

Tony is married to his wife of 71 years, Marie. He has three children: Sandy Marcelli, Cris Burkhardt (Tom), and Jim Marcelli; 3 grandchildren: Jake



COURTESY CRIS BURKHART

Tony Marcelli and his family.



"Those brave men were all young, all trained for a job, performed well under trying conditions. All were untested, living out their destiny day by day. They are now all gone. They did not go unwept. It is for us to see they do not go unhonored or unsung."

Anthony "Tony" Marcelli

Burkhart, Amy Burkhardt, and Sean Drew; and 2 great-grandchildren: Blaine Burkhardt and Kaid Burkhardt. He currently

resides in Spokane Valley, surrounded by his proud and loving family.

Happy Birthday, Tony!

We're with you every step of the way.

Our community's only nonprofit hospice, serving patients and their families since 1977.

Dignity. Trust. Compassion.
509.456.0438 hospiceofspokane.org

WE BELIEVE IN VA FINANCING

The United States Department of Veterans Affairs (VA) offers home loans to active military members, reservists, and retirees, as a benefit of service in our nations' Armed Forces.

Many service members are not aware this earned benefit is available to them; many sellers are not aware of the advantages to VA loans in the transaction process.

We encourage all Spokane realtors - to become familiar with this loan type so that we can all join in saying "We believe in VA financing!"

Visit www.spokaneopen.com
to view VA qualified homes in your preferred area

VETERANS CHRONICLE

Regional veterans services COVID-19 updates

A number of veteran support organizations are taking preventative measures and adopting temporary policies to ensure public health safety. Here are some updates from local organizations; changes may have been adopted by time of printing. Please contact organizations directly for the most current status.

Spokane County Regional Veteran Services

1117 N. Evergreen Rd., Suite 2
Spokane, WA 99216
Phone: (509) 477-3690
Fax: (509) 477-2299
www.spokanecounty.org/1122/Veteran-Services

Spokane County Regional Veteran Services is deeply concerned for you and your loved ones in these uncertain times of COVID-19.

Due to current restrictions for public safety regarding coronavirus, our team is currently assigned to telework. For your safety, we have suspended in-office appointments and classes at this time. We will continue to provide phone and email communication support at (509) 344-9280, (509) 344-9353, or email VET-STUDY@spokanecounty.org

We will continue to monitor the mandates, updates, and recommendations from the CDC and Spokane County Regional Health. We will adapt with policies, practices, and adjustments to our services with the sole priority being the safety and well-being of our veteran participants, partners and community.

Please reach out to us directly via phone with any questions, concerns, or support. May we all lean in to the strength and care of each other. You are not alone.

Mann-Grandstaff VA Medical Center

4815 N. Assembly St.
Spokane, WA 99205
Phone: (509) 434-7000
www.spokane.va.gov



VA is working to keep our patients, visitors and staff safe. As of May 7, 2020, all who enter VA health facilities are required to wear a cloth face mask or better.

Veterans and their caregivers are permitted to wear homemade or cloth masks if they are clean and fully cover the lower part of the face (nose to chin). If a visitor does not have a mask upon entry, one will be provided. Veterans unable to wear a mask due to health reasons will be accommodated.

Screening is required upon entry to campus buildings and entrances may be restricted. Please allow a bit of extra time for this process. Veterans arriving to the medical center parking lot will be greeted by an attendant at a designated checkpoint where they'll receive information and direction based on their need. Drive through pharmacy services are also available for call-in orders ready for pick-up.

Visit www.spokane.va.gov for new alerts and up to date operational information.

Spokane Vet Center

13109 E Mirabeau Parkway
Spokane, WA 99216
Phone: (509) 444-8387
Fax: (509) 444-8388

We're currently open for limited in-person service, and screening all visitors for symptoms, due to COVID-19. For individual and group counseling, we recommend using our telehealth

services. If you need to talk with someone confidentially, please call us anytime 24/7 at 877-927-8387.

Kootenai County Veteran Services

120 E Railroad Avenue
Post Falls, ID 83854
Phone: (208) 446-1090
Fax: (208) 446-1093
www.kcgov.us/533/Veterans-Services

Due to an uptick in COVID-19 cases in Kootenai County, the Veterans Services Office is closed to walk-in traffic at this time and the doors remain locked. However, the VSO staff remains committed to providing services to veterans during normal office hours.

All claims appointments with Veterans Services Officers are being conducted by phone until further notice. In the event it is necessary to arrange for veterans to come by the office for things such as document drop-off or signatures, these and all visits will be done via appointment and/or invitation from the VSO staff.

We apologize for this inconvenience, but found this procedure to be the best solution so we can continue to provide invaluable services to our local veterans while protecting both the staff and veterans from potential exposure to COVID-19.

Please call us anytime at (208) 446-1090 for assistance. Follow the prompts to speak with the appropriate party.

VETERANS CHRONICLE

Veterans advocacy group files suit against VA secretary for herbicide exposure

Military Veterans Advocacy, Inc., has filed a lawsuit against Robert L. Wilkie, Secretary of Veterans Affairs, on behalf of veterans who served on Guam, American Samoa and Johnston Island in the 1960s through 1980.

The lawsuit requests that the secretary issue rules recognizing the presumption of Agent Orange exposure to veterans serving on Guam from Jan. 9, 1962, through Dec. 31, 1980, and on Johnston Island from Jan. 1, 1972, through Sept. 30, 1977. This would make

compensation and medical benefits available to veterans exposed to herbicides on Guam, American Samoa and Johnston Island.

Wells has previously advocated for Blue Water Navy veterans and their families to ensure that those who served on ships within 12 miles seaward off the baseline off the coast of Vietnam are eligible to receive disability and medical care for diseases presumed to have been caused by exposure to Agent Orange during the Vietnam War.

Spouses of deceased vet-

erans who died as a result of one of the presumptive diseases are now eligible to receive Dependency and Indemnity Compensation (VA DIC).

These benefits came about due to a lawsuit brought by Attorney Wells that eventually was decided by the United States Court of Appeals in Procopio vs Robert Wilkie, Secretary of Veterans Affairs.

To follow these developments, join www.facebook.com/groups/RainbowherbicidesofGuam.

SCOUTING

DEDICATED TO SERVICE & COMMUNITY

JOIN SCOUTS TODAY!

Find a Unit near you: BEASCOUT.ORG

THANK YOU VETERANS



DONATE TODAY! nwscouts.org



BOY SCOUTS OF AMERICA
INLAND NORTHWEST COUNCIL



La-Z-Boy Salutes Those Who Have Served

In appreciation for your service we provide an **additional 5% off** on every La-Z-Boy product

LA Z BOY
FURNITURE GALLERIES®

10205 N. Division St
Spokane, WA 99218
(509) 465-4380
www.la-z-boy.com

Market swings making you uneasy? Let's talk.

SPOKANE - NORTH



Steve Wright
Financial Advisor
4407 N Division St.
Suite 502
509-413-2514



Stacy Duenich
AAMS®
Financial Advisor
5515 N. Alberta
509-326-5740



Catherine Dixon
Financial Advisor
5515 N. Alberta
509-326-5740



Jon Shroyer
AAMS®
Financial Advisor
9029 N. Indian Trail
509-468-3737



Dennis Elrod
Financial Advisor
7407 N Division St.
Suite E
509-468-5290



Kevin Lake
AAMS®
Financial Advisor
9708 N. Nevada St.
Ste 003
509-468-2150



Jessica Ekstrom
AAMS®
Financial Advisor
2603 W. Wellesley Ave.
509-328-2115



Kenneth Faust
Financial Advisor
2603 W. Wellesley Ave.
509-328-2115



Joel Mitchell
CFP®, AAMS®
Financial Advisor
624 W. Hastings Rd.
Suite 13
509-466-0239



Tom Hunt
AAMS®
Financial Advisor
12310 N. ST. RT 395
Suite 103A
Spokane, WA
509-467-2454



Ryan Price
Financial Advisor
12310 N St Rt 395
Suite 103A
Spokane, WA
509-467-2454



Michelle Courson
Financial Advisor
9425 N. Nevada St.
Suite 202
509-290-6257



Joseph Carter
AAMS®, ChFC®, CRPC
Financial Advisor
605 E. Holland Ave.
Ste 216
509-468-2541

SPOKANE - VALLEY



Gordon Jones
AAMS®
Financial Advisor
11707 E. Sprague Ave.
Suite 103
509-927-8033



Joe Behler
Financial Advisor
2901 N Argonne
Suite 1-B
509-924-0581



Carla E. Brooks
AAMS®
Financial Advisor
2901 N. Argonne
Suite 1-B
509-924-0581



Scott Brockway
Financial Advisor
708 N. Argonne
Suite 3
509-926-9807



Eric Conway
Financial Advisor
13221 E. 32nd St.
Suite 4
509-928-2175



Morgan Hyslop
Financial Advisor
15404 E. Springfield Ave.
Suite L100
509-927-1180



Casey Clabby
Financial Advisor
2020 E. 29th Ave.
Suite 105
509-624-6067



Steve Wilkins
Financial Advisor
3022 E. 57th Ave.
Suite 15
509-535-4501



Angie Wilkins
Financial Advisor
3022 E. 57th Ave.
Suite 15
509-535-4501



Dave Bingham
AAMS®
Financial Advisor
5915 S. Regal St.
Suite 207
509-241-3164



Matthew DelRiccio
Financial Advisor
2922 S. Grand Blvd.
509-838-2408

SPOKANE - VALLEY



Dennis Tomlinson
Financial Advisor
505 N. Argonne Rd.
Suite A104
509-926-5378



David Lambo
AAMS®
Financial Advisor
12704 E. Nora Ave.
Suite C
509-927-1655



Scott Murock
CFP®, ChFC®, CLU®
Financial Advisor
12121 E. Broadway
Bldg 6, Suite 101
509-921-0985



Casey Getty
AAMS®
Financial Advisor
210 N. University Rd.
Suite 500
509-922-6047



Marc Rubin
1334 N. Whitman
Lane, Suite 240
Liberty Lake, WA
509-444-9808



Scott Draper
AAMS®
Financial Advisor
23403 E. Mission, Suite 101
Liberty Lake
509-892-5811



Scott Hoagburg
Financial Advisor
23403 E. Mission
Suite 101
Liberty Lake
509-892-5811



Chris Bernardi
AAMS®
Financial Advisor
111 W. North River Dr.
Suite 201
509-279-2574



Josh Clements-Sampson
CFP®, AAMS®
Financial Advisor
1212 N. Washington
Suite 130
509-325-6376



Curtis Spores
Financial Advisor
1212 N. Washington
Suite 130
509-325-6376



Mike Robinson
Financial Advisor
1212 N. Washington
Suite 130
509-325-6376

OUTLYING AREAS



Stacy Rarrick
Financial Advisor
126 S. Main St.
Colville, WA
509-684-6649



Zachary Hull
Financial Advisor
126 S. Main St.
Colville, WA
509-684-6649



Ryan Moore
Financial Advisor
830 S. Main
Suite A
Deer Park
509-276-2974



Tyrone Barbary
Financial Advisor
12611 W. Sunset Hwy.
Suite A
Airway Heights
509-244-9737



Justin Ashley
CFP®, AAMS®
Financial Advisor
321 S. Beech St. Ste I
Moses Lake, WA
509-765-2566



James Shank
Financial Advisor
123 W. 3rd Ave.
Moses Lake, WA
509-855-5556



Greg Bloom
Financial Advisor
1260 SE Bishop Blvd.
Suite C
Pullman, WA
509-332-1564



Chris Grover
AAMS®
Financial Advisor
1835 First St.
Cheney, WA
509-235-4920



Jesse Applehans
AAMS®
Financial Advisor
1875 N. Lakewood Dr. Ste 202
Coeur d'Alene, ID
208-676-9450



Lauren Burton
Financial Advisor
320 E. Neider Ave.
Suite 201
Coeur d'Alene, ID
208-667-8284



Carolyn S. Hicklin
Financial Advisor
212 Rodeo Dr.
Ste 810
Moscow, ID
208-883-4460

Edward Jones
MAKING SENSE OF INVESTING
Member SIPC



PROUD LOCAL PARTNER OF THE SPOKANE INDIANS BASEBALL CLUB

Call, visit or check out our website today. www.edwardjones.com
Financial Advisors of Eastern Washington & Northern Idaho