

Volume 5, Issue 6

April 2015

Putnam Veterans Newsletter



AN E-MAIL NEWSLETTER OF THE PUTNAM COUNTY VETERANS SERVICE AGENCY

An E-Mail Newsletter of the Putnam County Veterans Service Agency



THE VIETNAM TRAVELING WALL

3.0

PLEASE CUT THIS OUT FOR THE WALL DEDICATE IT TO SOMEONE AND SEND IT OVER TO THE PUTNAM COUNTY VETERANS SERVICE AGENCY WITH A DONATION AND WE WILL PUT IT ON OUR WALL BY IN THE OFFICE!



**THE TRAVELING WALL
COMING TO PUTNAM SEPTEMBER 24-27, 2015**





LOYALTY DAY
JAMBOREE

**Putnam County Veteran's Memorial Park
Gypsy Trail Road Carmel , NY**

Admission FREE
Sunday, April 26, 2015
11 AM - 4 PM

Parade & Ceremony at 11:45 AM

D.J. Music & Refreshments Served
Putnam County Tug of War Championship
Games for Children Games for Adults



**BRING THE FAMILY
AND
ENJOY CELEBRATING LOYALTY DAY
WITH
THE VETERANS OF FOREIGN WARS
EVENT SPONSORED BY
PUTNAM COUNTY COUNCIL VETERANS OF FOREIGN WARS**

LOYALTY DAY

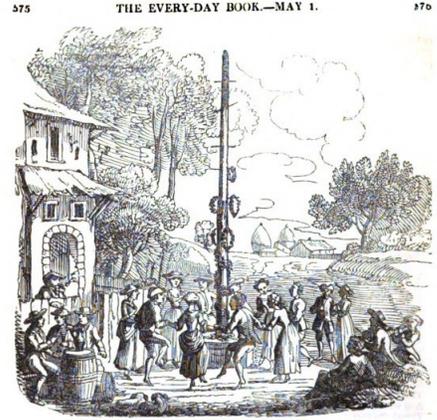
It is indeed sad how few people actually know about Loyalty Day. An article written in 2007 attacked President Bush for creating Loyalty Day in 2003. Those responding on line called President Bush a Nazi for creating this new holiday. Fast forward to 2013 to find an article attacking President Obama for creating Loyalty Day with a different strain of critics calling him a Nazi for creating Loyalty Day. Well it is time for a history Lesson.

The first Loyalty Day was held on July 4, 1915. It was called Americanization Day as an event to unite Americans. See the 1915 flyer on this page. By 1921 there was a separate Americanization Day held as a counterpoint to Communist May Day. The origins of May Day in the US goes back to the late 1800's when it was called International Workers Day. In 1907 May Day became a Communist day of celebration. By 1921 it was a full celebration of the Russian Communist Revolution. It should be observed that there was a historical tradition of May Day as a welcoming of spring festival prior to it being usurped by the labor unions and communists. The images of young girls circling the Maypole was supplanted by communist Russia flexing its military muscles with massive parades of military equipment. Communists in the US would also stage rallies and parades to show support for communism.

Enter the VFW. On May 1, 1930 10,000 VFW members staged a parade and rally in New York City to promote patriotism. Out of that Loyalty Day was born. July 18, 1958 it was made an official holiday by Congress. (Yes those who blamed President Bush and President Obama for creating Loyalty Day only Congress can declare a new holiday.) May 1, 1959 President Eisenhower in following Public Law 85-529 proclaimed the first Loyalty Day observation. A tradition that every subsequent President has made issuing a similar proclamation.

SO CLASS IS OUT!!
Putnam County Council VFW traditionally holds Loyalty Day on the last Sunday in April. Please stop by on April 26th at Putnam County Veterans Memorial Park and celebrate Loyalty to this great nation with Veterans who insured that you have a nation to celebrate!

Karl



The Country Maypole.

*Many Peoples—One Nation
Let Us Unite to Americanize America*

Americanization Day—Fourth of July

Suggesting What to Do on Americanization Day
and How to Conduct a Citizenship Reception:

Americanization Day is a Call to National Service and National Allegiance of foreign-born and native-born alike. Over one hundred and seven cities in America conducted Americanization celebrations on Fourth of July, 1915, when the movement was first nationalized. Many others joined these cities in 1916. This year on account of the declaration of a state of war, a new emphasis has been placed on National Unity and the Loyalty and Sympathetic Understanding of our foreign-born residents.

Is your city in line this year? Why not begin preparations at once?

Pictures top to bottom:
Maypole
Americanization Day
(Moved to May 1)
USSR May Day Parade
VFW 1940's Loyalty Day Parade



**DONALD. B. SMITH GOVERNMENT CAMPUS
110 OLD ROUTE 6, BLDG. 3
CARMEL, NY 10512
PHONE (845)808-1620 FAX (845)808-1940
KARL ROHDE, DIRECTOR
ART HANLEY, DEPUTY DIRECTOR**

BRAIN INJURY AWARENESS: KNOWING THE SYMPTOMS AND GETTING HELP

Reynaldo Leal, Author

and the particular classification used to designate a person as having mild, moderate or severe injury can be somewhat arbitrary. The severity level has prognostic value, in the sense that persons with more severe TBI tend to have more difficulty making complete recovery. However, it does not necessarily define the person's likelihood of recovery.

What are the consequences of TBI?

TBI can cause a number of difficulties for the person who is injured. This can include physical changes, changes in the person's behavior, or problems with their thinking skills. After an injury, a number of symptoms might be noted including headaches, dizziness/problems walking, fatigue, irritability, memory problems and problems paying attention. These changes are often related to how severe the brain injury was at the time of injury.

Where can I get care for TBI?

The Veterans Health Administration has a Polytrauma System of Care to treat and care for Veterans with TBI alone or in combination with other injuries and health conditions.

Depending on their health care needs, Veterans with TBI can receive treatment at one of the specialized rehabilitation programs in the Polytrauma System of Care, or they can seek treatment through their local VA Medical Center or community healthcare providers.

Treatments for TBI focus on the symptoms that cause most problems in everyday life.

These can include:

- Medications;
- Learning strategies to deal with health, cognitive, and behavioral problems;
- Rehabilitation therapies (such as physical therapy, occupational therapy, speech-language therapy);
- Assistive devices and technologies.

As IED attacks became more prevalent during the last two wars in Iraq and Afghanistan, understanding the effects of traumatic brain injury (TBI) became a priority for medical professionals on the battlefield and back home. Once the short and long-term consequences of TBI on our Servicemembers was known, "toughing it out" was no longer an option.

Even sports medicine and leagues of all levels began to take notice. In the Air Force video below, Lt. Col. Daniel Danczyk, 133rd Airlift Wing Flight Surgeon, discusses how brain injuries occur, how they affect people, and how they are treated. He highlights VA's Polytrauma/TBI System of Care and how the department is leading the way in caring for Veterans with brain injuries. Danczyk goes on to encourage those affected by TBI to reach out and seek treatment. "It's OK to tell somebody you're hurting," Danczyk said. "The more somebody tries to go against what they're feeling, the harder it is to get them the necessary treatment, and the longer they wait on treatment the less likely it is they'll recover fully from it."

Want to know more about TBI? Here is some information provided by VHA:
What is TBI?

Traumatic Brain Injury (TBI) may happen

from a blow or jolt to the head or an object penetrating the brain. When the brain is injured, the person can experience a change in consciousness that can range from becoming disoriented and



confused to slipping into a coma. The person might also have a loss of memory for the time immediately before or after the event that caused the injury. Not all injuries to the head result in a TBI.
How Does TBI Happen?

- The head being struck by an object, such as a bat or a fist during a fight
- The head striking an object, such as the dashboard in a car accident or the ground in a fall, or
- The head being affected by a nearby blast or explosion.

How severe is a TBI?

Severity of the TBI is determined at the time of the injury and is based on:
Length of the loss of consciousness
Length of memory loss or disorientation
How responsive the individual was after the injury, for example, whether they were able to follow commands
The severity of the injury ranges from mild (a brief disorientation or loss of consciousness) to severe (an extended loss of consciousness or a penetrating brain injury, like a gunshot wound to the head). Mild TBI is also known as concussion.

Severity of TBI is a continuum



Spread the word about VA benefits to help the Veterans in your life.





WESTCOP
WESTCHESTER COMMUNITY OPPORTUNITY PROGRAM, INC.

SUPPORT SERVICES

FOR VETERANS FAMILIES (SSVF) - SERVING THE HUDSON VALLEY

HELP IS AVAILABLE FOR VERY LOW-INCOME VETERAN FAMILIES AND SINGLE VETERANS THAT ARE CURRENTLY HOMELESS OR FACING HOUSING CRISIS. DIAL 211 FOR A SCREENING.

SERVING THE FOLLOWING COUNTIES:

- WESTCHESTER
- ROCKLAND
- PUTNAM
- DUTCHESS
- ORANGE
- ULSTER
- SULLIVAN

WHAT IS THE DEFINITION OF A VETERAN UNDER THIS PROGRAM?

A PERSON WHO SERVED IN THE MILITARY AT LEAST ONE ACTIVE DAY AND WHO WAS DISCHARGED OR RELEASED UNDER CONDITIONS OTHER THAN DISHONORABLE

CAN FAMILIES WHO HAVE A HEAD OF HOUSEHOLD SERVING ON ACTIVE DUTY MILITARY BE SERVED?

NO, TO BE ELIGIBLE THE CUSTOMER MUST BE A VETERAN OR A MEMBER OF A FAMILY IN WHICH THE HEAD OF HOUSEHOLD, OR THE SPOUSE OF THE HEAD OF HOUSEHOLD, IS A VETERAN.

"AS WE EXPRESS OUR GRATITUDE, WE MUST NEVER FORGET THAT THE HIGHEST APPRECIATION IS NOT TO UTTER WORDS, BUT TO LIVE BY THEM."
JOHN FITZGERALD KENNEDY

WESTCOP
WESTCHESTER COMMUNITY OPPORTUNITY PROGRAM, INC.

Hudson Valley Region 211
Get Connected. Get Answers.
Dutchess • Orange • Putnam • Rockland • Sullivan • Ulster • Westchester

Legal Services of the Hudson Valley
Protecting Rights. Promoting Justice.

MAHOPAC PUBLIC LIBRARY

Library Program

Explore your future here!

DIABETES

Diabetes Self-Management Program

6-week class begins April 16
 April 16, 23, 30, May 7, 14, 21
 10 am—noon
 @ Mahopac Public Library

The Diabetes Self-Management Program is designed to reduce the impact of Type 2 Diabetes for older adults. The presentation will focus on:

- how to care for yourself,
- monitoring your blood sugar,
- developing a healthy eating plan,
- preventing or delaying complications,
- dealing with stress and difficult emotions,
- learning from others with similar health issues,
- and, managing and maintaining an active and fulfilling life.

This free program is offered by Putnam Independent Living Services, a non-profit, community based organization dedicated to improving the lives of people with disabilities.

Registration is required. Register online at www.mahopaclibrary.org, or call 845-628-2009, ext 100.



The first person to call the Veterans office to identify this Army Patch wins a p-38. Hint: The Stars form the Southern Cross.

The winner of our first contest was Margret Yurus. The answer was the author of the comic *Half-Hitch* was Hank Ketchum creator of *Dennis the Menace*.



PROGRAM OBJECTIVES

I. To thank and honor veterans of the Vietnam War, including personnel who were held as prisoners of war or listed as missing in action, for their service and sacrifice on behalf of the United States and to thank and honor the families of these veterans.

II. To highlight the service of the armed forces during the Vietnam War and the contributions of federal agencies and governmental and non-governmental organizations that served with, or in support of, the armed forces.

III. To pay tribute to the contributions made on the home front by the people of the United States during the Vietnam War.

IV. To highlight the advances in technology, science and medicine related to military research conducted during the Vietnam War.

V. To recognize the contributions and sacrifices made by the allies of the United



VIETNAM VETERANS MEMORIAL WALL



The memorial cost \$8.4 million, or \$18.7 million in today's money. All funds were raised privately.
NO FEDERAL FUNDS WERE USED.



The wall was designed by Maya Lin, a **21-YEAR-OLD** Yale undergraduate.



More than **120 MILLION** people have visited the memorial since it opened in 1982.



The deadliest day of the war was the first day of the Tet Offensive, with **245 DEATHS**. 1968 was the bloodiest year, with **16,592 DEATHS**.

The wall is **493 FEET LONG** and comprised of **142 PANELS**.

The shortest panels hold fewer than **10 NAMES**.

The names are grouped chronologically by the year the person was killed or reported missing.



Approximately **1,600 SOLDIERS** are still listed as POW/MIA.

The tallest panels hold more than **600 NAMES**.

The first year listed is **1959** → The last year is **1975**

There are currently **58,272** names on the wall, including 333 additions since 1982.

- ★ Enlisted men and women accounted for nearly **87%** of all deaths.
- ★ More than 900 service members died on their **FIRST DAY** in Vietnam.
- ★ More than 1,400 died on their scheduled **DEPARTURE DAY**.

151 MEDAL OF HONOR winners are listed.



More than **150,000** items have been left at the wall.



16 CLERGY MEMBERS are listed, including two Medal of Honor recipients.



8 WOMEN are listed—all nurses—including Lt. Col. Annie Ruth Graham, who served in World War II, Korea and Vietnam.



54 GRADUATES of Philadelphia's Thomas Edison High School died, the most of any school in the country.

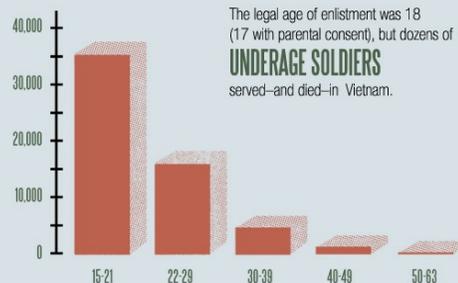


The most common surname is "Smith," with **667 NAMES**.

SYMBOLS ARE USED BEFORE OR AFTER EACH NAME TO INDICATE THE PERSON'S STATUS

- ◆ Confirmed dead
- ✚ POW/MIA
- ⊕ Missing person is declared dead.
- ⊕ Missing person returns alive. *This has never been done.*

OF DEATHS



The legal age of enlistment was 18 (17 with parental consent), but dozens of **UNDERAGE SOLDIERS** served—and died—in Vietnam.

31 sets of brothers and **3** sets of fathers and sons were killed.





“Honor the Dead by Serving the Living” is a clause I first heard when I joined the Veterans of Foreign Wars and it is what I try to do each and every day.

When we were in the service we worked as part of a team. Many of us still do that today as members of various Veteran Service Organizations such as the VFW, American Legion, Disabled American Veterans, AMVETS, Marine Corps League, etc. These organizations by their charters define themselves as service organizations and by being a member you too are serving the living. For those of you who do not belong to a Veterans Service Organization and do not wish to join one, you can still serve the living by making sure that everyone who served is receiving the benefits that he or she earned. Stay informed as to what is being done at every level of government to provide and fund these earned benefits. Phone calls, emails and letters from concerned constituents are powerful tools and by holding our elected officials accountable you will be serving the living.

Art

Below is a list of our Federal and State elected legislative officials and their contact information.

Charles Schumer

One Park Place, Suite 100
Peekskill, NY 10566

Phone: 914-734-1532 email: www.schumer.senate.gov/contact/email-chuck

Senator Kirsten Gillibrand

PO Box 893
Mahopac, NY 10541

Phone: 845-875-4585 email: <http://www.gillibrand.senate.gov/contact/>

Congressman Sean Patrick Maloney

123 Grand Street, 2nd Floor Senator
Newburgh, NY 12550

Phone: 845-561-1259 email: seanmaloney.house.gov/contact/email-me

NYS Senator Terrence Murphy - 40th Senate District

40 Gleneida Avenue Putnam County Office Bldg., 3rd Floor
Carmel, NY 10512

Phone: 845-225-3025 email: murphy@nysenate.gov

NYS Senator Sue Serino - 41st Senate District

117 Town Park Lane
Putnam Valley, NY 10579

Phone: 845-528-0417 email: Serino@nysenate.gov

NYS Assemblyman Steve Katz - 94th Assembly District

947 S. Lake Blvd., Suite 1C
Mahopac, NY 10541

Phone: 845-628-3781 email: katzs@assembly.state.ny.us

NYS Assemblywoman Sandy Galef - 95th Assembly District

2 Church Street
Ossining, NY 10562

Phone: 914-941-1111 email: GalefS@assembly.state.ny.us



PASSOVER SEDER

Sponsored by National Jewish Welfare Board for men and Women
in the Service of Our Country
SOMEWHERE IN THE PACIFIC
March 28th and March 29th, 5703 - 1945

SEDER DISH
S'tro-ah (Shank Bone)
Karpas (Parsley)
Cinnamon, Wine

MENU
Lettuce & Tomato Salad
Apple, Almonds, Cinnamon
Fruit Salad
Beets (sweet-sour)
Fruit Salad
Nuts
Harold Rubin, S 1/c; Paul Mack, SCB 2/c;
Bernard Harowitz, BKR 1/c; and Dove Cohen, SC 3/c whose
aid made this Seder possible.

SEDER DISH
Bait-zoh (Hard Boiled Egg)
Maror (Top of Horse Radish)
Charoses (Chopped Peas)
Gefilte Fish
Peas
Fruit Punch



However you worship
In this most Holy of
Seasons please take time
to remember those in
Harms who
Guard the Gates of Freedom

EASTER SUNDAY SERVICES
and
FIRST SHIP'S CHURCH
in the
U. S. S. NORTH CAROLINA

AN EASTER WISH
May the glad dawn
Of Easter morn
Sunday, April 13, 1941 at 1000
A peace divine with thee.
May Easter night
On thy heart write
Comdr. O. M. Hustvedt, Commanding
Comdr. A. G. Shepard, Executive Officer
Comdr. F. L. Albert (ChC), Ship's Chaplain



OPERATION PASSOVER

Seders for our Troops

Through your support, JWB Jewish Chaplains Council will provide kosher-for-Passover meal kits and treats for our Jewish service men and women to make this night different from all others.

JWB Jewish Chaplains Council
JCC Association of North America

THE EASTER OFFENSIVE
VIETNAM, 1972

A DRAMATIC EYEWITNESS ACCOUNT OF THE MOST FEROCIOUS NVA ATTACK OF THE WAR.

VIVO! New York Times Book Review
"AS EXCITING AS A GOOD ADVENTURE NOVEL"
Washington Post Book World

COL. G. H. TURLEY, DSM(CR) (RET) Served in Vietnam, 1968-1972

The VA logo consists of the letters "VA" in a bold, white, sans-serif font, centered within a dark blue square. The square is set against a background of a blue field with a pattern of white stars.

VA Information Fair

Apr. 18, 2015 | 10 a.m. - 2 p.m. | 1875 Route 6 | Carmel, NY 10512

VA Hudson Valley Health Care System will provide the following services at its Carmel Community Based Outpatient Clinic:

- Registration for your VA Health Care
- Take pictures for the VHIC I.D Card for registered Veterans
- Blood pressure checks
- Demonstrations will be given on the Clinical Video Telehealth (CVT) program.

On hand from VA Hudson Valley providing information will be:

- Women Veterans Program
- My Health Vet
- Home Telehealth
- Caregiver Program
- TeleMOVE Program
- Returning Combat Veteran Service

In addition, Putnam County Clerk will be present in order for Veterans to obtain their Putnam County FAVOR Card, as well as the Putnam County Veterans' Service Agency and New York State Division of Veterans' Affairs, providing information on the additional services available by the county for Veterans and their families.

Please bring a copy of your DD-214.

For more information, call Nicole Embry at (914) 737-4400, Ext. 3106.



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HEALTH
CARE | Defining
EXCELLENCE
in the 21st Century

www.hudsonvalley.va.gov

