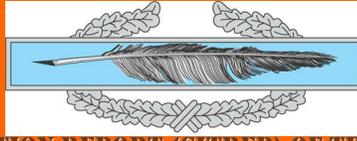


Putnam Veterans SITREP



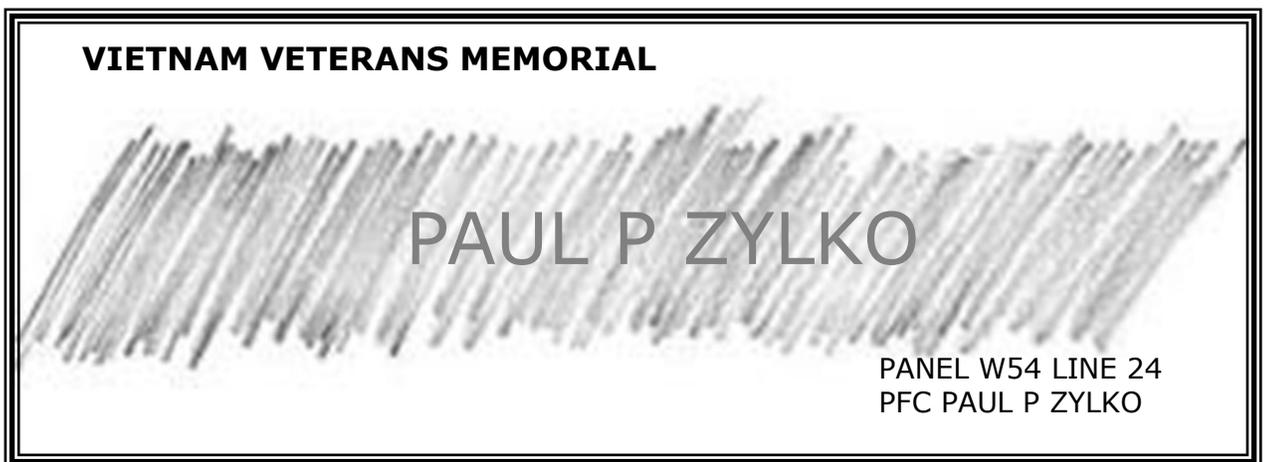
AN E-MAIL SITUATION REPORT (SITREP) OF THE PUTNAM COUNTY VETERANS SERVICE AGENCY

Special HEP C ISSUE



Hey you listen up! Karl's friend Paul was a severely wounded Vietnam Veteran. Only three fingers on his left hand and no arm below the elbow on the right. Blind in one eye. He survived countless surgeries in Vietnam and in the states. A wonderful self-effacing man. He would offer youth his short right arm to shake telling them it still worked. He claimed to be the best three fingered auto mechanic in all of the Hudson Valley. Paul loved to work on cars his property was packed with two school busses, a back hoe two corvettes and sundry other vehicles. All in various states of repair or disrepair as his wife claimed. Paul's wife Kathy was to become VFW Ladies Auxiliary State President with Karl when he became

VFW State Commander. Paul was looking forward to celebrating the election of both his wife and his friend. Tragically that was not going to happen. You see Paul had another wound that no one saw or heard or detected for many years. Paul had hepatitis C. He died from this wound about a month prior to Kathy's and Karl's elections. Karl was sad. He wanted to do something to remember his friend. He made the American Liver Foundation his special project that year. Not only raising money but raising awareness and getting Veterans tested for Hep C. Kathy wanted Paul remembered also she worked tirelessly to get his name added to the Vietnam Veterans Memorial Wall. Both tributes are life altering and most appropriate. There is more on Hep C in this issue read it for Paul's sake and your sake!





In order to understand your **Hepatitis C** infection, it helps to have a basic understanding of how your **liver** works. You only have one liver and it's one of the largest and most important organs in your body. Your liver is located behind the lower right part of your ribs, which help protect it. Your liver does the following important jobs to keep you healthy:

- It **acts like a filter** to clean your blood by breaking down things such as alcohol, drugs (prescription, over-the counter and street drugs) and other harmful chemicals, and removes wastes.
- It **stores nutrients** that you need – such as vitamins, fat and sugar from food – as well as other chemicals, and releases them into your bloodstream when your body needs them.

It **produces some very important chemicals**, like the ones needed to make your blood clot and heal after an injury, as well as a greenish fluid called **bile** that helps with the digestion of fats.

So what does all this have to do with Hepatitis C? **Hepatitis means inflammation, or swelling, of the liver.** When the liver is inflamed, it has a harder time doing its job. Hepatitis C is just one thing that can cause inflammation of the liver. Other things that can cause this include alcohol, some medications, and certain diseases.



U.S. Department
of Veterans Affairs

HEPATITIS C

Hepatitis C, or HCV, replicates in the liver. During this process, parts of the virus trigger your immune system into action. In the process of trying to rid your body of the HCV infection, the immune system actually kills infected liver cells. Over a slow process of many years, the interaction between the immune system and your liver can result in scarring of the liver and loss of liver function.

Most people who are infected with hepatitis C develop a chronic infection with the virus. But for some people, their body gets rid of the virus on its own very early after they are first infected. More than half of people with hepatitis C will never have any health problems from it. The disease generally progresses slowly, over the course of 10 to 40 years.

Here is a snapshot of the long-term effects of hepatitis C.

Out of 100 people who get hepatitis C:

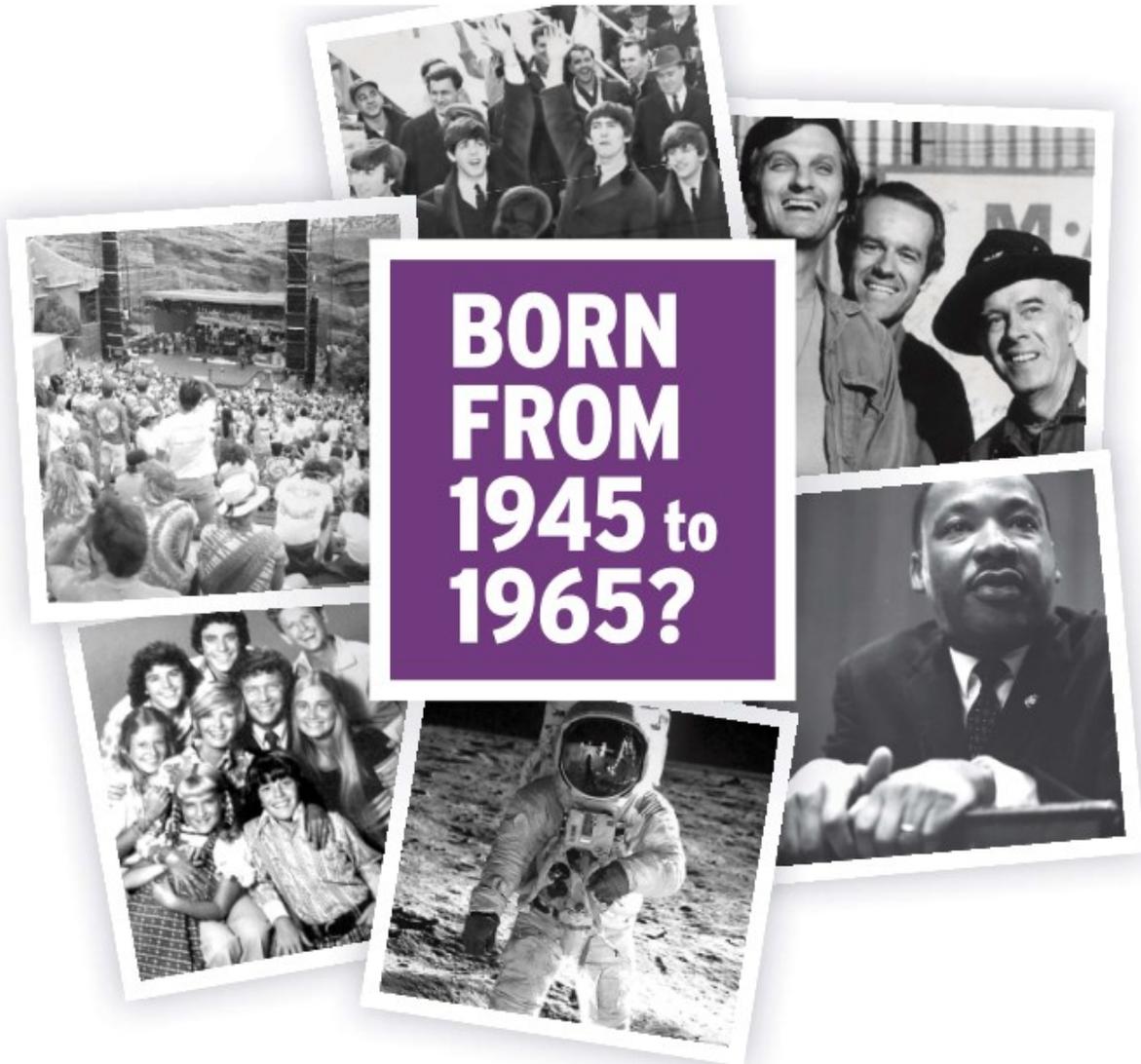
- 15 will get rid of the virus without any treatment
- 85 will develop a chronic infection

Of those 85 who have a chronic infection:

- About 17 will develop liver cirrhosis in their lifetime
- About 2 will develop liver cancer

If you are at risk for hepatitis C, you should consider getting tested. You have to get blood tests to find out if you have HCV because the symptoms of hepatitis C infection often are very mild. In fact, you may not have any symptoms at all.

If you are diagnosed with hepatitis C, you can begin to get the health care and support you need. You will need to learn how to take care of your liver and yourself. You will also need to learn how to avoid giving the virus to others. Because it stays in your body, you can give the hepatitis C virus to others (such as family members and sexual partners).



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U.S. Department of
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Publication No. 221222



Putnam County Department of Health

www.cdc.gov/knowmorehepatitis



CHRISTENING OF SHERIFF'S PATROL BOATS TO HONOR FOUR LOCAL WAR HEROES

Putnam County Sheriff Donald B. Smith, Chairman Art Hanley of the Putnam County Joint Veterans Council, and Putnam County Executive MaryEllen Odell jointly announce that four Sheriff's Office patrol boats will be christened with the names of four local war heroes at a ceremony to be held next week.

The naming ceremony will take place at the Putnam County Veterans' Memorial Park at 7:00 P.M. on Thursday, May 14, 2015. The park is located off Gypsy Trail Road in the Town of Kent. The public is invited to attend the event and refreshments will be served starting at 5:30 P.M.

The four heroes for whom boats will be named were all Putnam County residents. They represent four different branches of the military services and several different wars and military actions. U.S. Navy Lieutenant Commander John C. McCloy was the recipient of two Medals of Honor—being one of only 19 individuals ever to receive the Medal twice—and The Navy Cross. He is listed among the Top Fifty Highest Decorated Members of the Armed Forces of the United States of America. His campaigns and actions

included the Boxer Rebellion in China in 1900, the Mexican Campaign at Vera Cruz in 1914, and Hazardous Duty in the North Sea clearing minefields at the end of World War I. He hailed from Brewster. U.S. Marine Corps Staff Sergeant Albert L. Ireland was awarded the Purple Heart Medal nine (9) times for wounds received in action, the most

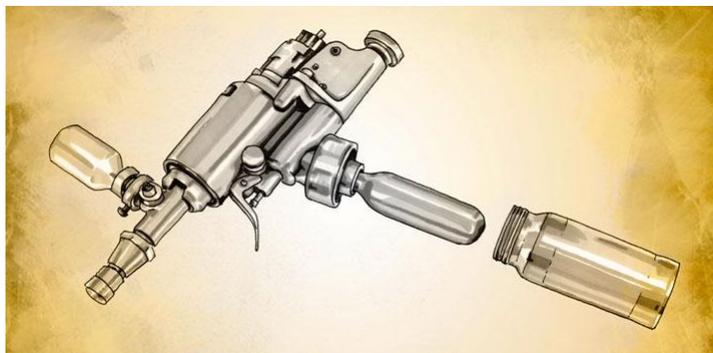


Major General Gouverneur K. Warren

Purple Hearts ever awarded to a single member of the Armed Forces of the United States. He was wounded five times while fighting in the Pacific Theater during World War II and four times while in action in Korea. He was a resident of Nelsonville. Major General Gouverneur K. Warren U.S. Army Major General Gouverneur K. Warren is best known as "The Hero of Little Round Top" for his organiza-

ing of a hasty last-minute defense of that tactically important hilltop at the Civil War battle of Gettysburg. His action in fortifying and holding the hill against the opposing forces is credited with preventing a Confederate victory at Gettysburg and stopping the Confederate advance on Washington, D.C. Wounded twice during the Civil War, he refused to leave the field of battle and to relinquish his command. He was a graduate of West Point and lived in Cold Spring. U.S. Air Force Master Sergeant William A. Todd was just 22 years old on March 29, 1972, when his plane went missing over Vietnam. Listed as missing in action for some 14 years, he was confirmed as being killed in action in 1986. He resided in the Hamlet of Mahopac in the Town of Carmel. Sheriff Smith, who is a retired U.S. Army Brigadier General, said he was proud to be part of the naming of the patrol boats. "The four honorees all served their country with great devotion, bravely, and heroically; it is most fitting that that we honor these outstanding sons of Putnam County in this way," he said.

Joint Veterans Council Chairman Art Hanley, a veteran, agreed. "The four veterans being honored in this way really represent all their fellow soldiers, airmen, sailors, coastguardsmen and marines, and seeing their names on the patrol boats will be a reminder to all of us of the sacrifices of all our veterans and the debt of gratitude we owe to them as a nation." County Executive MaryEllen Odell said she was very pleased that the County was helping to keep alive the memories of the honorees. "Putnam County has been blessed to have many native sons and daughters, exemplified by these four fine men, who have answered the call to serve our country and who have done so with honor and distinction."



The Contest is back! We have had two winners of the P-38 so far. They still have not received their prize. They will very soon.

What is the evil looking contraception to the left. It was used widely in the US Military.

Be the first to e-Mail the answer to poveterans@putnamcountyny.gov to win your very own P-38!