MEMORIAL DAY

2020
Issue 89

There is always something to be thankful for.
DUE TO THE CORONAVIRUS PANDEMIC WE CONTINUE TO CEASE ALL GATHERINGS. TO THIS END I AM SORRY TO SAY THAT OUR JUNE 2ND BOARD AND JUNE 11TH MEMBERSHIP MEETINGS ARE CANCELLED. ADDITIONALLY, THE ANNUAL ELECTION WILL BE POSTPONED AND THE MEMORIAL SITE SPRING CLEAN UP DAY IS ON HOLD UNTIL WE ARE GIVEN THE “ALL CLEAR’ FROM THE GOVERNMENT.

THANK YOU.
VAL GATTO
CHAPTER 20 PRESIDENT
To my Chapter 20 friends and family. I miss you. I love you. Please stay safe, stay strong, better days are coming for all of us. Never regret a day in your life. I've learned that no matter how difficult things seem, there is always hope. No matter how powerless we feel or how horrible things seem, we can't give up.

Do not allow the negative things in our life to spoil all of the good things we have. We are going to be okay. We have been anxious and scared, we will survive. We need to remember who we are. We are never given anything in this world that we can not handle. We need to be strong, be flexible, love yourself and love others.

Whenever you find yourself doubting if you can go on, just remember how far you've come. Remember everything you have faced, all the battles you have won and all the fears you have overcome. Then raise your head high and forge ahead, knowing you got this!

Sometimes we have to realize that the world is too beautiful to waste your time being angry or sad when we could be enjoying what life has to offer. Whatever we do, don't get stuck on the one thing that ruins your day. Smile and be grateful. Life is too short to waste on negativity. We need always to remember, just keep moving forward. God bless and be safe.

Val Gatto
President
Remembering Our Fallen Heroes
Born in June
Website - http://rochestervietnammemorial.org/

King, Thomas George 6-5-1944
Wilkie, Charles 6-6-1934
Herod, Arthur Weimann 6-7-1943
McCarthy, Glenn 6-7-1943
Ducat, Bruce Chalmers 6-9-1941
Bartolf, Noel Michael 6-12-1942
Allison, Darrell Gene 6-12-1951
Shortall, Stephen A. 6-14-1945
Gebbie, Ronald Jackson 6-17-1948
DeFranco, James Clinton 6-18-1950
Brule Jr., Gordon Joseph 6-19-1948
Moore, Abraham L. 6-20-1945
Fellows, David Thomas 6-21-1946
Gioia, John Albert 6-21-1948
Boyd, Stephen Leslie 6-21-1951
Babey, David Paul 6-24-1949
Lamb, Theodore 6-26-1939
Caldwell III, Edward Clark 6-28-1946
Scott, James Guinan 6-29-1949
Hill, Richard Alfred 6-30-1942
Robena, Charles Edward 6-30-1947
Ekwell, Thomas James 6-30-1948

Memorial Tours & Presentations
Persons interested in on-site tours or presentations at schools or organizations, contact Chuck Macaluso at 585-225-8288 or Chuckmac66@yahoo.com

Friends of the Memorial
To be placed on the volunteer contact list, contact Chuck Macaluso at 585-225-8288 or Chuckmac66@yahoo.com
VETERANS WALK COMMITTEE
154 Mendota Drive
Rochester, New York 14626

From:
Name: ____________________________
Address: __________________________
City/Zip: __________________________
Phone: ____________________________

Sample Brick
PFC John Doe
US Army
65-67 Vietnam

The Veterans Walk Committee of Chapter 20, VVA wants to thank you for your purchase of a personalized, engraved paver brick.

Each paver brick (4” x 8”) can have from one to three lines of engraved information. The cost will be $50.00 per brick. Make checks or money order payable to:

VVA Chapter 20, Veterans Walk

The engraved line(s) can include any of the following information:

Full name
Branch of service, rank
Dates of service (1967-1969, etc.)
Conflict (WWII, Korea, Vietnam, Persian Gulf, etc.)

Please print the information you would like engraved on the brick below. (Maximum of 14 letters/numbers, including spaces per line).

1. ____________________________
2. ____________________________
3. ____________________________

Return the completed form to the - Veterans Walk Committee, c/o Chuck Macaluso, 154 Mendota Drive, Rochester, New York 14626.
Include: Payment and “Proof of Service” for above recipient.

Please Note: Engraved bricks will be installed prior to Memorial Day and Veterans Day (twice annually).
Questions please call Chuck or Joan Macaluso as 585-225-8288
There are currently no new reports from the Defense POW/MIA Accounting Agency (DPAA), the National League of Families and the DOD on any servicemen recently recovered, returned and identified this month. The total number of Americans who are still missing from the Vietnam War still stands at 1587.

There are reports of the recoveries and identifications of individuals from the following wars:

- Pfc Anthony F. Meddonca, US Army was lost June 28, 1944 in Saipan. He was accounted for on April 13, 2020.
- Pvt. Jack R. Stambaugh, US Marine Corps was lost November 22, 1943 at Tarawa. He was accounted for on April 15, 2020.
- Cpl. Elder J. Beek, US Army was lost December 1, 1950 in North Korea. He was accounted for on April 16, 2020.
- Pfc. John W. Hoffman, US Marine Corps Reserves was lost November 23, 1943 at Tarawa. He was accounted for on April 16, 2020.
- Sgt. George Reeser, US Marine Corps was lost November 22, 1943 at Tarawa. He was accounted for on April 16, 2020.
- Pfc. Eldenj R. Baumbach, US Marine Corps was lost November 22, 1943 at Tarawa. He was accounted for on April 16, 2020.
- Sgt. David B. Milano, US Army was lost December 2, 1950 in North Korea. He was accounted for on April 16, 2020.
- Pfc. Jacob Cruz, US Marine Corps Reserves was lost November 22, 1943 at Tarawa. He was accounted for on April 17, 2020.
- Sgt. Fred Farris, US Marine Corps was lost November 20, 1943 at Tarawa. He was accounted for on April 17, 2020.
- 1st Lt. Thomas L. Redgate, US Army was lost December 11, 1950 in North Korea. He was accounted for on April 17, 2020.
- Cpl. Henry L. Helms, US Army was lost December 2, 1950 in North Korea. He was accounted for on April 17, 2020.
- Sfc. Frank G. Vejar, US Army was lost November 30, 1950 in North Korea. He was accounted for on April 20, 2020.
- Cpl. Benjamin R. Brazzello, US Army was lost November 30, 1950 in North Korea. He was accounted for on April 20, 2020.
- Cpl. Ralph S. Boughman, US Army was lost December 2, 1950 in North Korea. He was accounted for on April 21, 2020.
- Cpl. Clifford S. Johnson, US Army was lost December 6, 1950 in North Korea. He was accounted for on April 21, 2020.
- Cpl. Charles E. Hiltibran, US Army was lost December 2, 1950 in North Korea. He was accounted for on April 22, 2020.
- Pfc. Louis N. Crosby, US Army was lost December 1, 1950 in North Korea. He was accounted for on April 22, 2020.
- Pfc. Bill F. Hobbs, US Army was lost November 30, 1950 in North Korea. He was accounted for on April 22, 2020.
- Sgt. Lloyd A. Alumbaugh, US Army was lost November 28, 1950 in North Korea. He was accounted for on April 23, 2020.
• Pfc. Oliver Jeffers, US Army was lost November 10, 1944 in Hurtgen Forrest, Germany. He was accounted for on April 24, 2020.
• Cpl. Burl Mullins, US Army was lost November 30, 1950 in North Korea. He was accounted for on April 27, 2020.
• 1st Lt. Hugh D. Fricks, US Marine Corps Reserve was lost November 23, 1943 at Tarawa. He was accounted for on April 27, 2020.
• Cpl. Raymond J. Tuhey, US Marine Corps was lost November 23, 1943 at Tarawa. He was accounted for on April 27, 2020.
• Cpl. Dale W. Wright, US Army was lost December 2, 1950 in North Korea. He was accounted for on April 27, 2020.
• Pfc. Harold W. Hayden, US Marine Corps Reserve was lost November 22, 1943 at Tarawa. He was accounted for on April 27, 2020.
• Pfc. John E. Gillen, US Marine Corps Reserve was lost November 22, 1943 at Tarawa. He was accounted for on April 27, 2020.
• Staff Sgt. Raymond C. Blanton, US Army was lost October 14, 1944 in Hurtgen Forrest, Germany. He was accounted for on April 28, 2020.
• Pfc. Glenn E. Collins, US Army was lost December 2, 1950 in North Korea. He was accounted for on April 28, 2020.
• Pvt. Howard E. Miller, US Marine Corps Reserve was lost November 22, 1943 at Tarawa. He was accounted for on April 30, 2020.
• Seaman 1st Class, Maurice V. Spangler and James C. Williams, Fireman 1st Class, Samuel C. Steiner, US Navy was lost on December 7, 1941 on board the USS Oklahoma. They were all accounted for on May 1, 2020.

TOTAL MISSING FROM ALL U.S. WARS AS RECORD ED BY THE DPAA

<table>
<thead>
<tr>
<th>War</th>
<th>Period</th>
<th>Total</th>
</tr>
</thead>
<tbody>
<tr>
<td>WWI</td>
<td>1918-1919</td>
<td>3,346</td>
</tr>
<tr>
<td>WWII</td>
<td>1941-1945</td>
<td>72,469 (Including Civilians)</td>
</tr>
<tr>
<td>Cold War</td>
<td>1945-1991</td>
<td>126 (Including Civilians)</td>
</tr>
<tr>
<td>Korea</td>
<td>1950-1953</td>
<td>7,586</td>
</tr>
<tr>
<td>Vietnam</td>
<td>1959-1975</td>
<td>1,587 (Including Civilians)</td>
</tr>
<tr>
<td>Libya</td>
<td>1986</td>
<td>1</td>
</tr>
<tr>
<td>Persian Gulf War</td>
<td>1991 (Operation Desert Storm)</td>
<td>2</td>
</tr>
<tr>
<td>Iraq</td>
<td>2003-2010</td>
<td>3 Contract Civilian Workers</td>
</tr>
</tbody>
</table>

WE WILL NEVER GIVE UP HOPE UNTIL THEY ARE ALL ACCOUNTED FOR.
WELCOME HOME BROTHERS AND REST IN PEACE
On Memorial Day, we honor all those who have served and given their lives for this great Nation. At this time we will also honor those who served and have passed from our ranks here at Chapter 20. “They are our brothers forever”

VVA CHAPTER 20 MEMORIAL
Honoring our brothers who have passed.
Lest we forget

Bob Behnke*
Martin Driffill
Dennis D. Rinkus
Patrick C. Parker
Joseph P. Terzo Jr.
Wayne P. Soule
John M. Harrigan
Donald B. Maclean
Lynn A. Citron*
Michael E. Young
Jeffrey P. Lundberg
Wayne Morris
Jeffrey C. Hammond
Thomas L. Steinberg
William J. DeHollender
Larry P. Davenport
Frank Stephens
David T. Hilker
Don Murrell
Jim Cass
Eugene O. Ball
Clyde Saxon *
Bradley C. Roth
Ronald F. Popovich
Peter G. Lambert
Robert Rudolph
William Maxion
Elton L. Bailey
David B. De Lola
Charles G. Holtz
Howard Lewczyk *
Ervin J. Lewis
Steve Hess *
Peter J. Bendig
John P. Henderson

John Claypoole
Eric W. Bradshaw
Richard L. Butchino
Charles H. Carey
Paul Plaisted
Wayne C. Hanson
Timothy M. Heffer *
Ronald J. Mummert
David L. Wooding
Gary J. Nacca
Gerald R. Dusel
Jerry Popen
Edward F. McLaughlin Jr.
Gerald J. Pruonto
David E. Johns
Richard Beeley
James A. Huff
Roger W. Gaede
Michael P. Couture
Michael T. Donlon
Keith M. Reitz
Douglas M. McWilliams
Dominic Bianchi
Edward M. Hickey
Don W. Webber
Dale R. Aiello
Gerald R. Mart
Gregory D. Carter
John Arthur
George Stevens
Ted Ives
Richard E. Cummings
Ronald F. LaBeau
Garren Sparks
Charles E. Rupert
Yale Seils
Donald C. Lippens
Paul S. Halpern
Robert D. Harris
Phillip P. Nicastro
Keith A. Turner
Bill Meminger
Gary Lee Ames
Alan Clark Kelly
Dave Stamp
John N. Thompson
Gene E. Brown
Gerald A. Irland
Bill Ludwig
James E. Hall
Keith M. Moll
Gene A. Thomas
Ed Jones
David E. Wood
Michael J. Carroll
Terry M. Bergeron
James R. Myers
Adrian F. Fortuna
Frank H. Peace *
George E. Drew
John Dusinberre
Louis Colangelo
Allan L. Parks
Chuck Stanton
Gerald Luzum
Richard L. King
Dennis F. Gauger
Steve Pratt
Brian Wirpsa
Thomas K. Kearns
Peter Galle
Daniel R. Murray
John A. Graham
William M. Ribble
George Polosky
Lee Houser
Frederick A. Leipold III
Charles (Chuck) Sawyer
Henry E. Meschi
Andrew Allocco
Michael E. Geisler
Jim Hanley
Thurston Chisholm
Jacob W. Dewolf
James Jay Garlock
Gregory K. Dunlap
David Hendrix

Richard Maas
Stephen L. Burritt
Michael Dinsmore
Ronald L. Bryant
Jack C. Walters
Thomas J. Cray *
Joel E. Durham
Robert E. Dezen
Brian D. Cole
Tom Gleason
Gary J. Colombo
William D. Cappoli Jr.
Stirling Harris
Augustine V. Dentino
Larry E. Gerno
Richard Luken Jr.
Juil R. Robinson Jr.*
Keith W. Lape
Robert J. Mellody
Richard J. Dixon
Daniel P. Waters
James R. Hasenohr
John C. Grentzinger Sr.
Ken L. Moore
Andrew Restivo
Frank Rossi
Charlie Rabidoux

Names are in order of passing, (*) indicates a founding member
Respectfully presented by: Joe Peck
Please contact me at jpeck2@rochester.rr.com to record the passing of any Chapter 20 members.
Membership Update

Mike General Membership Chair

Chapter 20 Membership currently is at 629 members and AVVA is at 40 members as of 04/30/20. Membership has been growing slow (only 0 new members in the last month), Need your help in recruiting new members. Don’t forget to renew on time. Don’t let your membership expire. We had 0 members who did not renew this last month and members who passed away..

Please Renew Your Membership!

Only Life Memberships are available $50.00

If you a renewing as a “Life Member”, please remember to include a copy of your DD-214 with your application..

When you have an Address Change, Phone Number change please notify Mike General @ (mwgeneral@aol.com) so we can keep our Roster up to date and notify National.

Need your help in recruiting new members.

Membership Applications are available on our Website or by contacting me. (mwgeneral@aol.com)

Chapter 20 Membership is open to U.S. Veterans who served active duty (other than training purposes) in the Republic of Vietnam between February 28, 1961 and May 07, 1975, or any duty location between August 05, 1964 and May 07, 1975.

Membership includes a subscription to our award-winning newspaper The BTL, and The VVA Veteran, bringing you updates on issues and legislation affecting veterans, as well as unique articles on the people, places, and history of the Vietnam experience.

Associate Membership is open to anyone; you do not need to be a Veteran.

We are offering an “Honorary Membership” to Chapter 20 to all spouses who husbands have passed away(Must have been an Active Member). If you know of someone who has lost their loved one, please contact Mike General.

Mike
Member Application

For new members, print this membership form and complete, then mail with your payment and a copy of the DD214 form. Renewal members may complete and print the form and mail it with your payment. Vietnam Veterans of America, Chapter #20, P.O. Box 12580, Rochester, NY 14692

<table>
<thead>
<tr>
<th>Membership Application</th>
<th>(bold fields are required.)</th>
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<tbody>
<tr>
<td>First Name</td>
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<tr>
<td>Last Name</td>
<td></td>
</tr>
<tr>
<td>Address</td>
<td></td>
</tr>
<tr>
<td>City, State, Zip Code</td>
<td></td>
</tr>
<tr>
<td>Home Phone, Ext.</td>
<td></td>
</tr>
<tr>
<td>Work Phone, Ext.</td>
<td></td>
</tr>
<tr>
<td>Primary Email</td>
<td></td>
</tr>
<tr>
<td>Date of Birth</td>
<td>MM/DD/YYYY</td>
</tr>
</tbody>
</table>

As of October 20, 2018, there will be one paid class of membership.

1. LIFE MEMBERSHIP: $50.00
2. All 3-year members who have paid $50 will automatically become a life member.
3. All one-year members will continue as an individual 1-year member until their membership expires, one-year members will then be required to pay $50.00 to remain a member of VVA.
Membership Request

I am asking all members of Chapter 20 to send me (via E-Mail (mwgeneral@aol.com)) your current:

1. Name
2. Address
3. Phone Number

This step is necessary so My Roster and National’s Roster can be updated.

Please Renew Your Membership on time!

Mike
As I prepare for this next edition of our June BTL, I am having many mixed feelings. Memorial Day is almost here, and the usual activities that we as a Chapter undertake will not be happening this year. There will be no marching in the Rochester City Memorial Day Parade. There will be no official publicly observed remembrance at Highland Park’s Vietnam Veterans Memorial dedicated to our generation’s local service men who gave their lives for our continued freedoms. There will be no chance for any of us who have served in our nation’s military to meet, mingle and silently reflect as a group the true meaning of Memorial Day. I will try my best to give pause and thought to the many blessings I have this Memorial Day. I have these blessing because of the past deeds and sacrifices made by so many of our men and women who have been willing to serve, protect and defend our great nation against all enemies. That will include the front-line heroes of today fighting the Covid-19 virus and working on solutions to protect me against a different enemy. My thoughts and prayers are with all who have been affected by this in anyway. God bless them all!

Since the news is mostly about the pandemic, I have included the VA’s 3-part plan to reopen operations going forward. Also, a new mobile app from the VA called Covid-19 Coach, that can be downloaded to your phone. Especially good for behavioral health issues, check it out! Two new issues about Agent Orange, one dealing with a study concerning A/O uses on Guam during the Vietnam war, and the other by a US Senator trying to pass federal legislation to make service in Thailand and Vietnam equal in terms of benefits from the VA. Finally, an FYI listing of some health mistakes we should avoid after age 50, worth reviewing with your primary care doctor at your next visit.

Wishing all of you good health and safety.

Respectfully submitted

Healthy Affairs
Jerry McDermott, Director
Agent Orange Eligibility
Update 01: S.1381 | VA Treat Thailand & Vietnam Exposure the Same

On May 9, 2020, Senator Boozman (R-AK), a member of the Senate Veterans Committee introduced S.1381 a bill to modify the presumption of service connection for veterans who were exposed to herbicide agents while serving in the Armed Forces in Thailand during the Vietnam era, and for other purposes. The VA Secretary shall ensure that if the Secretary creates a presumption of service connection between the occurrence of a disease and exposure to a herbicide agent while serving in the Armed Forces during the Vietnam era at a military base in Thailand, such presumption also applies to exposure to a herbicide agent while serving in the Armed Forces during the Vietnam era at any military base located in Thailand without regard to where on the base the veteran was located or what military job specialty the veteran performed. [Source: VVA Government Affairs | May 11, 2020 ++]

Agent Orange Eligibility
Update 02: Update on S.1381

On May 11, 2020, Senator Boozman introduced S.1381 a bill to modify the presumption of service connection for veterans who were exposed to herbicide agents while serving in the Armed Forces in Thailand during the Vietnam era, and for other purposes. The VA Secretary shall ensure that if the Secretary creates a presumption of service connection between the occurrence of a disease and exposure to a herbicide agent while serving in the Armed Forces during the Vietnam era at a military base in Thailand, such presumption also applies to exposure to a herbicide agent while serving in the Armed Forces during the Vietnam era at any military base located in Thailand without regard to where on the base the veteran was located or what military job specialty the veteran performed. [Source: VVA Government Affairs | May 11, 2020 ++]

Agent Orange Exposure Locations
Update 03: White Paper Identifies Guam 13 Year Exposure Period

Veterans who served in Guam from 1962 to 1975 were likely exposed to toxins including Agent Orange and should receive Department of Veterans Affairs benefits, according to a new report released this week. The white paper from the National Veterans Legal Services Program and Veterans Legal Services Clinic at Yale Law School shows that those veterans satisfy the VA's legal standard for exposure to Agent Orange and other herbicides. "The conclusion is based on an exhaustive review conducted over nearly two years of government, private, archival and oral history evidence of herbicide use in Guam during the Vietnam era," the groups said 11 MAY in a news release accompanying the report. “This white paper confirms the reports of countless veterans who served in Guam but whose claims the VA has wrongly rejected,” said Bart Stichman, executive director of NVLSP. “It is time that the VA acknowledge the strong evidence of toxic herbicide exposure in Guam and care for veterans exposed.”

At the height of bombing operations during Vietnam, more than three-quarters of all U.S. B-52 aircraft available for operations were based in Guam. The rapid buildup of U.S. airpower in Guam, along with climate conditions on the island, housing and water shortages and other challenges, prompted military leaders to work to prevent fires and control tropical growth using the herbicides. “Service members have said for years that they sprayed Agent Orange and other toxic herbicides all across Guam,” said Brian Moyer, a Marine veteran who served in Guam from 1974 to 1976 and leads the group Agent Orange Survivors of Guam, a section of Military Veterans Advocacy. “So many of us were exposed and, sadly, many have already passed away—with no recognition from the VA.”

The report says that the evidence collected over two years establishes, at minimum, "as likely as not" veterans who served on the island during those years were exposed to Agent Orange and other toxic herbicides. Widespread exposure is supported by evidence including contamination tests by the Environmental Protection Agency and the Defense Department in the 1980s and 1990s, according to the report. As a result, those veterans should be presumptively entitled to disability benefits for any diseases VA has associated with exposure to those toxins. “Like many of the early veterans’ Agent Orange claims dismissed by the VA in the 1970s and 1980s, Guam veterans have been fighting for overdue recognition of their in-service disabilities,” said John Rowan, National President of Vietnam Veterans
for America. “Guam veterans now have an overwhelming case that will require the VA to finally recognize these meritorious claims.”

“Official government accounts of herbicide mishandling, improper hazardous waste disposal, and high concentrations of dioxin across Guam establish exposure pathways to support claims of service connection based on herbicide exposure,” said James Campbell, a law student in Yale’s Veterans Legal Services Clinic. “We hope that veterans advocates and lawmakers will build on this report to address unremediated health risks and military pollution in Guam.” Veterans exposed to Agent Orange are still waiting on VA to decide to add four additional diseases to the list of covered conditions, including bladder cancer, hypertension, Parkinson's-like symptoms and hypothyroidism. VA has delayed those decisions repeatedly. Senators earlier this year introduced a bill to force the issue, but that legislation has not come up in committee or received any votes so far.


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**Health Mistakes**

**7 Deadly Ones after Age 50**

As we age, our health risks increase. After all, none of us is going to live forever. However, we all can improve the odds of a longer, more healthful life simply by avoiding the following deadly health mistakes people tend to make after age 50. One note: Consult your doctor before undertaking some of the practices suggested in this article.

1. **Letting social connections dwindle.**

Loneliness can kill. A 2018 study found that isolation may double a person’s risk of dying of cardiovascular disease. The National Institute on Aging also notes that social isolation is linked to increased risk of depression, cognitive decline, obesity and a weakened immune system. Men are at greater risk of suffering from social isolation. As we reported in “8 Surprising Facts That Nobody Tells You About Retirement,“ a survey found just 48% of retired men living alone were very satisfied with the number of friends they had. By contrast, 71% of retired women living alone were very satisfied with their number of social connections. So, keep the ties that bind securely fastened as you move through your golden years.

2. **Continuing to eat high-sodium foods.**

In most Western countries, individual blood pressure readings tend to rise with age, but in other nations, this does not happen. Why not? The Centers for Disease Control and Prevention says residents of the latter group of nations consume diets that are lower in salt. About 90% of the sodium we consume comes from salt. In addition, 90% of Americans ages 2 and older consume too much sodium. Reduce your sodium intake, and your blood pressure should fall within a couple of weeks, helping to lower your risk of deadly heart disease and stroke, the CDC says.

3. **Putting off colorectal cancer screening.**
The U.S. Preventive Services Task Force, a panel of experts in prevention and evidence-based medicine, recommends that all adults 50 to 75 schedule colorectal cancer screening. (For adults who are older than 75, whether to screen is a more individualized decision, as risks and benefits can vary.) Screening can find precancerous polyps, which are the main source of colorectal cancer. Screening also can find the disease itself in its early stages, when it is most treatable. Thanks to the Affordable Care Act, colorectal screening is among a list of preventive services that generally are free for people who have health insurance and are between the ages of 50 and 75. That eliminates the last reason for avoiding something that could save your life.

4. Skipping a daily aspirin.

Not everyone over 50 should take an aspirin every day. But it can make sense for those with certain potentially life-threatening health conditions. According to the Mayo Clinic: “The U.S. Preventive Services Task Force recommends daily aspirin therapy if you're age 50 to 59, you're not at increased bleeding risk, and you have an increased risk of heart attack or stroke of 10 percent or greater over the next 10 years.” Taking aspirin makes blood platelets less “sticky,” helping to prevent the clots that lead to heart attacks and strokes, explains Harvard Medical School. The Mayo Clinic says people ages 60 to 69 should talk to their doctor before starting a daily aspirin regimen. It also notes that more study is needed before recommending daily aspirin to people outside these age groups.

5. Avoiding the weight room.

As we age, the risk of the bone disease osteoporosis increases. About 10 million people have osteoporosis, and another 44 million have low bone density, which puts them at risk for the disease, according to the National Osteoporosis Foundation. If you have osteoporosis, your bones are weaker and at greater risk of breaking. Some of these breaks — such as a hip fracture — can be life-threatening. Nearly one-quarter of people 50 and older die within a year of fracturing a hip. Women are especially at risk for osteoporosis. In fact, 1 in 2 women will break a bone due to osteoporosis — which occurs more often in women than a heart attack, stroke and breast cancer combined. Getting enough calcium and vitamin D is key to preventing osteoporosis. Also, weight-bearing exercise is an overlooked way to strengthen bones. Using free weights, resistance bands or even your own body weight to exercise not only will strengthen muscles, but also can help you maintain bone density as you age.

6. Drinking too little water.

Everyone knows hydration is important — but is it really a matter of life and death? Yes. And children and older adults are most at risk for the most devastating consequences of dehydration. The Mayo Clinic notes that older adults carry a lower volume of water in their bodies. In addition, they are more likely to take medications that boost the risk of dehydration. Finally, their sense of thirst is less acute, making it easy for them to forget the need to drink. Severe dehydration can lead to:

- Life-threatening heatstroke
- Urinary and kidney problems
- Seizures
- Hypovolemic shock (low blood volume shock)

How much fluid do you need each day? It varies. However, as a general rule, the National Academies of Sciences, Engineering and Medicine give the following suggestions:

- 15.5 cups (3.7 liters) of fluids for men
• 11.5 cups (2.7 liters) of fluids a day for women

Note that about 20% of daily fluid intake typically comes from food. The risk of dehydration increases significantly as you age, so get in the hydration habit now.

7. Not quitting smoking.
Kicking the nicotine habit pays dividends at any age. Even if you are north of 50, you can still improve your health — and possibly save your life — by quitting now. In fact, the improvements can be lightning fast. According to the American Cancer Society:
• Your heart rate and blood pressure drop 20 minutes after quitting.
• The carbon monoxide level in your blood drops to normal 12 hours after quitting.
• Circulation improves and your lung function increases two weeks to three months after quitting.

More improvements pile up over the next nine months. The upshot is that by one year after quitting, your excess risk of coronary heart disease is half that of a current smoker. Heart attack risk also drops dramatically.

[Source: Military.com | Amy Bushatz | April 17, 2020 ++]

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**VA Mobile Apps**

**Update 02: COVID-19 Coach Available for Download**

The COVID Coach app was created for everyone, including veterans and service members, to support self-care and overall mental health during the COVID-19 pandemic. Features include education about coping during the pandemic, tools for self-care and to improve emotional well-being, trackers to check your mood and measure your growth toward personal goals, and graphs to visualize progress over time. COVID Coach can be used as a stand-alone tool or as a supplement to professional mental health care. You can mark your favorite coping tools and track your mental health over time. Set reminders to visit the app each day and work toward your goals. The app can also help you create your own personal support network. NOTE: COVID Coach is not intended to replace needed professional care related to COVID-19 or mental health conditions, such as PTSD.

To download go to [https://www.ptsd.va.gov/appvid/mobile/COVID_coach_app.asp](https://www.ptsd.va.gov/appvid/mobile/COVID_coach_app.asp). Several of the questionnaires used in COVID Coach, including the PTSD Checklist (PCL-5), are reliable and valid self-report measures used across VA, Department of Defense (DoD), and the community, but they are not intended to replace professional evaluation. Any data created by the user of this app are only as secure as the phone/device itself. Use the security features on your device if you are concerned about the privacy of your information. Users are free to share data; as the self-monitoring data belong to each user, HIPAA concerns do not apply while the data are stored or shared. If the user were to transmit or share data with a health care provider, the provider must then comply with the HIPAA rules.

COVID Coach was created by VA's National Center for PTSD. To view the full list of VA Mobile APPA available for download go to [https://www.ptsd.va.gov/appvid/mobile/index.asp](https://www.ptsd.va.gov/appvid/mobile/index.asp). The National Center for PTSD has information and resources for managing stress during COVID-19 outbreak.

[Source: VFW Action Corps Weekly | May 8, 2020 ++]
VA Operations
3-Part Plan to Resume Full Services

As the number of active COVID-19 cases among its patients declined slightly this week, the Department of Veterans Affairs announced a three-part plan for resuming operations at its facilities in the coming months. The effort will largely depend on local COVID-19 conditions, including a declining number of patients with symptoms, a reduction in those testing positive and widespread availability of testing. While the VA's Central Office has drafted a tiered plan for operations, decisions will be made at the local level and may not be in line with other state or federal reopening goals, VA officials said. "A central planning solution for resuming regular operations makes no sense here because some areas of the country will take longer to recover, while other areas have seen minimal cases," VA Secretary Robert Wilkie said in a release. "That's why we're letting local conditions dictate our next steps."

The first phase, to occur within the next month, will largely consist of assessments by VA facilities to determine the risks and impact of increasing operations, such as non-emergency procedures like clinical visits and lab tests and admissions to spinal cord injury units. Officials will also explore the capacity for community health care providers to resume seeing veteran patients. In this phase, the Veterans Benefits Administration will increase virtual hearings and formulate plans to resume face-to-face compensation and pension exams, while the National Cemetery Administration will prepare for resuming memorial services and burials that will be held later.

Phase 2 will include expanding non-emergency procedures and medical visits to hospitals and clinics; reopening the department's Fisher Houses; resuming memorial services and burials with military honors, with limited attendance based on local conditions; and in-person services at VBA regional offices, by appointment. The final phase will build on the others: resuming visitor access to all VA health facilities, including nursing homes, expanding services at VHA and VBA locations, and resuming all other normal operations. VA officials said the work will be done with employee health and safety in mind, and all criteria and parameters "must be met before starting the phases and may precipitate a return to an earlier phase."

"The pandemic is not over, and VA continues to provide response efforts," the plan notes. "The timeline for moving through this transition process will be dependent on the ability to minimize and control exposure and infection levels and maintain a constant decrease over time." VA’s cemeteries, benefit administrators and Board of Veterans Appeals will use the same approach in determining when and how to resume activities such as interments and face-to-face meetings with veterans about their status, it said.

As of 8 MAY 8,137 veteran VA patients were confirmed to have contracted the novel coronavirus since the start of the pandemic and 619 had died. An additional 212 veterans deaths were reported to the VA. The number of new patient cases at VA facilities declined in the past week, with no new cases reported on 8 MAY from the previous day and 56 cases between 6 and 7 MAY. On 4 MAY, the VA reported 261 new cases in 24 hours. More than 1,200 VA employees have been diagnosed with the illness, including 26 who have died. [Source: Military.com | Patricia Kime | May 9, 2020 ++]

19
HONOR FLIGHT UPDATE

Due to the Coronavirus pandemic the April, May and June flights were cancelled. Currently the 3 fall trips are not being scheduled pending official notice from the government.

Thank you
Steven Wendell
Random Thoughts:

♦ Relationships are a lot like algebra. Have you ever looked at your X and wondered Y?

♦ America is a country which produces citizens who will cross the ocean to fight for democracy but won’t cross the street to vote.

♦ You know that tingly little feeling you get when you like someone? That's your common sense leaving your body.

♦ Did you know that dolphins are so smart that within a few weeks of captivity, they can train people to stand on the very edge of the pool and throw them fish?

♦ My therapist says I have a preoccupation with vengeance. We'll see about that.

♦ I think my neighbor is stalking me as she's been googling my name on her computer. I saw it through my telescope last night.

♦ Money talks ..but all mine ever says is good-bye.

♦ You're not fat, you're just... easier to see.

♦ If you think nobody cares whether you're alive, try missing a couple of payments.

♦ I always wondered what the job application is like at Hooters. Do they just give you a bra and say, “Here, fill this out?”
I can’t understand why women are okay that JC Penny has an older women’s clothing line named, “Sag Harbor”

My therapist said that my narcissism causes me to misread social situations. I’m pretty sure she was hitting on me.
Board Meetings

<table>
<thead>
<tr>
<th>June 2, 2020</th>
<th>June 11, 2020</th>
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<tbody>
<tr>
<td>Cancelled</td>
<td>Cancelled</td>
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<tr>
<td>July 7, 2020</td>
<td>July 9, 2020</td>
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<tr>
<td>Aug 4, 2020</td>
<td>Aug 13, 2020</td>
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Membership Meetings

Monthly Membership Meetings start at 6:30 pm

At the Italian American Sports Club, 1250 Buffalo Road, Rochester

Driving Directions to the Italian American Sports Club:

The Club is located at 1250 Buffalo Road close to the intersection of Howard Road, directly across from the stone quarry, next to the Eagles Club and the Catholic Diocese of Rochester.

From the East: Heading west on 490, exit Mt. Read Blvd. and turn left; south on Mt. Read to Buffalo Road circle, turn right, west on Buffalo Road, 1.4 miles, the Italian-American Sports Club is on the right side.

From the West: Heading east on 490, exit 33 east, Buffalo Road (Gates Center); head east on Buffalo Road; continue past Howard Road; the Italian-American Sports Club will be on the left side in about .5 mile.
Your business card could be here. Contact Chapter Treasurer, Alan Frisa (afrisa@rochester.rr.com), for details.
In Memory Donations

When the simple act of placing flowers on a casket or placing stones on a headstone does not seem to be enough to honor the memory of a special someone who has passed away, one may choose to make a donation in his or her honor to commemorate the values and beliefs of the deceased. Chapter 20 VVA is committed to recognizing the sacrifices made by all military personnel in every branch of the armed forces. The memory of the deceased veteran is honored in the continuous work and service carried out by the dedicated Chapter members and associates. The monetary donations sent by individuals help make it possible to continue serving veterans and their families. The combined efforts of donors, lawmakers, members, and associates have far-reaching effects on the quality of all our lives.

Vietnam Veterans of America Chapter 20 offers several ways of commemorating a special person. One of those ways is the Memorial Walk at the Vietnam Veterans Memorial at Highland Park. The Vietnam Veterans Memorial Walk is a pathway of bricks inscribed with the names of individuals who have served their country with valor. Their names will forever remain a reminder of the dedication and tenacity demonstrated by the thousands of men and women who have served in the U. S. Armed Forces.

If you wish to make a monetary donation directly to Chapter 20 in support of all the functions and services they provide to veterans and their families, send your check or money order payable to Chapter 20, VVA:

Vietnam Veterans of America
Chapter 20
P.O. Box 12580
Rochester, NY 14612
VA Health Care Benefits
Contacts and References

E-Benefits Portal Site
https://www.ebenefits.va.gov/ebenefits-portal/ebenefits.portal

Enrollment/Eligibility
http://www.va.gov/healtheligibility
Health Resource Center 1-877-222-8387 (VETS)

OEF / OIF
http://www.oefoif.va.gov

Women Veterans Benefits Line
http://www.va.gov/womenvet 1-855-829-6636

Dental Care

Copays
http://www1.va.gov/CBO/brochures.asp
Health Resource Center 1-877-222-8387

Suicide Prevention Hotline
1-800-273-8255 (TALK)

Prosthetics
http://www.prosthetics.va.gov

My HealtheVet
http://www.myhealth.va.gov

Homeless Veterans Hotline
1-877-424-3838
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WEB SITES / EMAIL ADDRESSES

Vietnam Veterans Memorial at Highland Park  www.rochestervietnammemorial.org/The_Memorial
VVA New York State Council  www.nysvva.org
Honor Flight  www.HonorFlightRochester.org

VVA Chapter 20  585-482-7396
P.O. Box 12580  www.vva20.org
Rochester, NY 14612

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NYS AVVA PRESIDENT
Cherie Steers  csvva@optonline.net  516-822-5938

VETERANS ORGANIZATIONS AND INFORMATION

Greater Rochester Vietnam Veterans Memorial  753-7275
enter 9; enter 2 to leave a message
VA Outpatient Clinic  465 Westfall Rd  463-2600
Veterans Outreach Center  459 South Avenue  546-1081
VA Vet Center  232-5040
Veterans Administration  800-827-1000
Monroe County Veterans Service Agency  753-6040
e-mail: serviceofficer@yahoo.com
VA Veterans Benefits Hotline  800-827-1000
Women Veterans Call Center  888-829-6636
VA Medical Center in Batavia  297-1000
VA Hospital in Buffalo  716-834-9200
VA Medical Center in Canandaigua  394-2000
VA Medical Center in Bath  607-664-4000
Vietnam Veterans of America National Office  800-882-1316
Vietnam Veterans Memorial Fund  202-393-0090
National League of Families
POW/MIA Updates  202-223-6846
Richards House at VOC  506-9060
The Resource Center at VOC  546-4250
Stars & Stripes – The Flag Store  546-3524
National Caregivers Support Line  855-260-3274
Homeless Hotline  877-424-3838
Crisis Hotline  800-273-8255

Contact Information