

# VETERANS BENEFITS & BEYOND

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**JAN DILS**   
ATTORNEYS AT LAW, L C

“There are many benefits to pet ownership both for Veterans in need of companionship and for animals in need of good homes”



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*Jan Dils*

## OUR VETS *and* PETS

Owni g a pet has been proven to decrease stress, blood pressure, cholesterol levels and triglyceride levels, which all have noticeable effects on the cardiovascular system. Further, heart attack patients who have pets survive longer than those without, according to several studies.

This makes one of the more recent year-end announcements for the Department of Veterans Affairs (VA) a true win-win. The VA has formed a partnership with the Humane Society of the United States (HSUS) to encourage Veterans to consider pet ownership and volunteer opportunities with community organizations, including

local animal shelters and humane societies in an effort to pair Veterans with rescued animals.

This announcement represents the latest example of the VA's commitment to working closely with nonprofit organizations and other community partners to identify new and innovative ways to support Veterans' health and well-being.

“There are many benefits to pet ownership both for Veterans in need of companionship and for animals in need of good homes,” said VA Secretary Dr. David J. Shulkin. “The greatest benefit for both can be a more fulfilled quality of life. We are pleased to work with the Humane Society on this important initiative

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## Jan's Letter

With all of the political unrest in the world, it's nice to share a feel-good story. We love our Vets. And we love our pets. Now the VA has formed a partnership with the Humane Society in an effort to pair Veterans with homeless animals. It's about more than just companionship; there have been many reputable studies proving that living with pets can provide certain health benefits as well. They help lower blood pressure and lesson anxiety. Of course, it does the heart good to rescue a forever grateful mutt or kitten from a shelter. Even better when it's an adult dog. As adopters often say, "Who rescued who?"

The next article is also near and dear to my heart. Growing up, my parents encouraged me, giving me the confidence to know that I could be and do anything I wanted to if I put my mind to it. I became an attorney. Note that it wasn't until 2016 when the number of

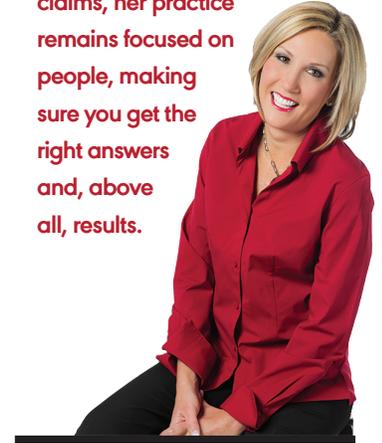
female enrollees surpassed male enrollees at U.S. law schools, so I have an understanding of how times have changed.

However, for many of our female Veterans, they still feel invisible. For them, their mothers, fathers, brothers and sisters, I wanted to point out resources that are available to them. We are here to ensure families get the support and benefits you need - our brave men and women!

Know that the Jan Dils team is experienced, knowledgeable and compassionate. We are here to help our heroes and their families navigate the system and receive benefits. If you have questions, we have answers. Just give us a call at 877.526.3457.

Sincerely,  
Jan Dils

Jan Dils brings her expertise to issues that affect you and millions of other Americans every day. While her knowledge spans the critical areas pertaining to Personal Injury, Veterans' benefits, Social Security disability benefits and related appeals and claims, her practice remains focused on people, making sure you get the right answers and, above all, results.



### Spotlight Employee Megan Fuller

As a former Prosecutor, attorney Megan Fuller knows how to build the strongest case possible for the Veterans she represents in Charlotte, NC - one of Jan Dils, Attorneys at Law's six offices.

After earning a B.A. in Political Science from Rhodes College and completing law school at the University of Memphis School of Law, Megan fought for victims of domestic violence and animal abuse as a Prosecutor in York County, SC.

When asked what she enjoys most about working with her clients, Megan says "I feel grateful to hear their stories of service to our country, and to help them win the benefits they deserve." She

continues, "I particularly enjoy working on the Jan Dils team. My co-workers are genuinely good people who are dedicated to the Veterans we serve."

When Megan isn't helping the brave men and women who fought for our freedom, she serves on the Childress Klein YMCA Board of Managers. She's also actively involved in Make-A-Wish of Central and Northern Carolina.



## Community Spotlight



### 6th Annual Veterans Appreciation Dinner

On Thursday November 9th, 2017, the Jan Dils team hosted their 6th Annual Veterans Appreciation Dinner. The dinner was held at the Parkersburg Knights of Columbus. During the event, Jan Dils presented the Mid-Ohio Valley Transit Authority with a check for \$2,000.40 raised during our firm's August fundraiser. The money will be

used to support Operation Transportation. This program provides free bus passes to Veterans in the Mid-Ohio Valley. Since the program's inception in January of 2017, 220 bus passes have been issued and provided more than 6,000 free rides. Since 2011, Jan Dils' Walk4Vets Foundation has raised over \$60,000 for Veterans in the Mid-Ohio Valley.

# All Veterans Should Be Honored and Cared For – Including our Mothers, Sisters and Daughters.

Women are one of the fastest growing subgroup of Veterans, and are signing up for VA benefits at higher rates than ever before. However, women frequently report that they feel invisible as Veterans, both within and outside the VA. That's why one of the core components of the mission of the Center for Women Veterans (CWV) is to advocate for cultural transformation to raise awareness about the service and sacrifice of women Veterans. The CWV continues to provide resources for women Veterans and supporters on a regular basis. Responsibilities of this critical group include:

- Monitoring and coordinating the VA's administration of health care and benefits services, and programs for women Veterans.
- Serving as an advocate for a cultural transformation (both within VA and in the general public) in recognizing the service and contributions of women Veterans and women in the military.
- Raising awareness of the responsibility to treat women Veterans with dignity and respect.

As a Woman Owned Business, Jan Dils, Attorneys at Law applauds the strides



women are making and recognizes the need for all Veterans to receive the respect and benefits they deserve. We are proud of the U.S. Department of Veterans Affairs for continuing to work to bring these heroes out of the shadows and into the light.

Equally noteworthy, as one of its first acts of 2018, the VA announced the appointment of a new chairwoman and four new members

to the Advisory Committee on Women Veterans, an expert panel that advises the VA Secretary on issues and programs of importance to women Veterans, their families and caregivers.

“As VA continues to work toward modernization, the committee’s guidance will assist the department in meeting the important and evolving needs of women Veterans,” said VA Secretary Dr. David J. Shulkin. “The new chairwoman and new appointees’ deep and broad perspectives are invaluable in anticipating these needs.”

For information about the VA's benefits and services for women Veterans, visit [www.va.gov/womenvet](http://www.va.gov/womenvet) or contact the Women Veterans Call Center at 855-829-6636. The call center is available to address concerns of women Veterans, their families and caregivers from Monday to Friday, 8 a.m. to 10 p.m. (EST), and Saturday, 8 a.m.-6:30 p.m. (EST).

Of course, if you are a Veteran with questions or concerns about obtaining your benefits, do not hesitate to give us a call at 877.526.3457. The Jan Dils team is proud to do our part to advocate for ALL the heroes that live among us.

Source: [www.va.gov/opa/pressrel/pressrelease.cfm?id=3992](http://www.va.gov/opa/pressrel/pressrelease.cfm?id=3992) [www.va.gov/womenvet/](http://www.va.gov/womenvet/) [www.va.gov/womenvet/cwv/index.asp](http://www.va.gov/womenvet/cwv/index.asp)

## Word Game

A mumbo jumbo is a list of words/hints for you to unscramble. You then take designated letters from each word/hint to come up with the final message that is associated with each hint you have unscrambled.

KCTAR	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
MIMWSNIG	<input type="checkbox"/>
BOATOFLL	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
POOL	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
CORSEC	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>

Answers: track, swimming, football, polo, soccer  
Final Message: SPORTS

## If you think healthy can't be delicious, you haven't tried Sweet Potato Kale and Quinoa Fritters from the kitchen of Veterans Affairs Hearing Clerk, Chasity Ring.



### Ingredients:

1 large or 2 medium sweet potatoes steamed and pureed. Makes about 3 cups

2 cups cooked Quinoa (red quinoa if you prefer) - note that approximately 1 cup of uncooked quinoa yields 2.25 cups when cooked

2 cups kale finely chopped. I used Lacinto kale, a.k.a. "Dinosaur Kale" but, any type of flat kale will work

2 eggs (vegan: substitute 2 tablespoons of ground flaxseed + 3 tablespoons of water)

½ cup panko or any kind of plain breadcrumbs (if you have gluten allergies, substitute ground old-fashioned oats or almond meal)

3 teaspoons cornstarch (if using the almond meal add one extra teaspoon)

1 teaspoon grated ginger

1 good pinch paprika or smoked paprika

1 teaspoon freshly ground black pepper

1 teaspoon kosher salt

**DIRECTIONS:** Pan fry in 4-6 tablespoons of grapeseed oil, peanut oil, or coconut oil Absorb excess oil on a paper towel, plate and serve!



## Important Veterans Benefits News For Everyone

1.877.VETERAN / FIGHT4VETS.COM



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#### Continued from cover story

and excited about its potential to create more opportunities to serve.”

Wayne Pacelle, president and CEO of the HSUS, also hailed the new alliance. “The partnership between animal welfare groups and VA is an

important program for our Veterans and for homeless animals,” Pacelle said. “We know the power of the human-animal bond, and I can’t think of a better way to see it expressed than in helping our nation’s heroes.”

VA and the HSUS will build model programs and networks with community organizations in order to establish connections with local VA medical facilities, making it easier to link Veterans with pets ready for adoption in their local communities.

If you’ve been thinking about getting a pet, call your local Human Society or search online using sites like [www.petfinder.com](http://www.petfinder.com). If you are unable to own a pet at the current time, volunteering at an animal shelter or fostering a pet provides many benefits as well. Open up your home and heart and invite better health, fitness and joy into your life. At Jan Dils, Attorneys at Law, we applaud any and all efforts to fulfill our Veterans and help homeless animals.

