

Jan Dils Veterans Disability Benefits Newsletter

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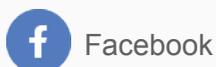
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**PERSONAL INJURY  
VETERANS DISABILITY  
& SOCIAL SECURITY**



## **VETERANS DISABILITY BENEFITS IN THE NEWS**



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Jan Dils, Attorneys at Law, is celebrating our 25<sup>th</sup> anniversary. Time flies when you're doing what you love – helping people get the benefits they deserve. That means fighting insurance companies, Big Pharma, and navigating the U.S. Department of Veterans Affairs (VA) system where all too many of our heroes are being denied claims.

However, we are advocates outside the courtroom, too. We are involved in many events to support our returning troops. Every year we have a fundraiser in August. The money raised is then presented around Veterans Day during our Veterans Appreciation Dinner. The funds

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support Operation Transportation. This program provides free bus passes to Veterans in the Mid-Ohio Valley. Believe it or not, we our coming up on our eighth annual!

This year we are pleased to kick off a new and exciting community event to support Veterans – the **Freedom 5K Fun Run**. We hope to have a big crowd and lots of support.

Walking and running are great ways to maintain health. And if you are a Veteran smoker, kicking the habit can make all the difference in the world. Did you know a total of 21.6% Veterans reported smoking cigarettes, compared to about 15% of the overall U.S. adult population? Tobacco use was higher among Veterans than among non-Veterans for both males and females across all age groups, with the exception of males age 50 and older.

On May 31, the VA launched a program on **World No Tobacco Day** encouraging Vets to quit smoking. If you or a loved one are a smoker, please take time to read the article and discover some helpful tools specifically available to Veterans. All of us at Jan Dils, Attorneys at Law, want every Veteran to have your best day possible. We know that can be difficult for the disabled. If you have questions or concerns about your benefits, your first consultation is always free. Do not hesitate to call 877.526.3457 or visit our [website](#) 24/7.

Sincerely,



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OR DONATE!



JUNE 29, 2019  
PARKERSBURG, WV

YOUR PARTICIPATION  
MAKES A DIFFERENCE



**Contact a Jan Dils  
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**R-Z**

## Freedom 5K Fun Run



When it comes to serving Veterans, Jan Dils, Attorneys at Law, doesn't just talk the talk, we walk the walk. Or in this case, run! Announcing our first (to be annual) Freedom 5K Fun Run. It's just one more event we are creating to support the men and women who serve our country. One hundred percent of the Freedom Fun Run 5K proceeds will go to benefit the MOV Veterans Project Yoga and Wellness Program, as well as a WVU Parkersburg Scholarship Program for Veteran Recipients. Join us **Saturday, June 29, 2019 at 8:00 a.m.** There's still time to [register](#).

We welcome Veterans, disabled Veterans, families and the entire community to come out and show your support. If you're not a runner, you can walk or certainly cheer our runners on along the way. Jan Dils volunteers will be working to keep our runners hydrated by passing out water at stations throughout the route.

**Join the Crowd!**

The race begins in front of the Jan Dils office at 963 Market Street, starting south on Market Street, making a small CCW loop utilizing 9-1/2 Street, Avery and 11th Streets back to Market. It then makes a large CCW loop via Market Street going past the court house to Second Street, turning left onto Avery Street and then left on 18th and Market Streets, continuing on Market Street back to the start/finish area at the Jan Dils office.

If you have questions, or would like to register, contact [Beverly@JanDils.com](mailto:Beverly@JanDils.com). We hope you will join us not only in raising money, but by coming out and showing our Veterans how much we appreciate each and every one of them!



**Make a June Resolution –  
Quit Tobacco!**



On May 31, 2019, the U.S. Department of Veterans Affairs (VA) launched a program on [World No Tobacco Day](#) encouraging Veterans to quit tobacco.

If you didn't kick the habit, it's not too late. The VA offers

many tools to shine light on helping smoking Veterans all year long. The VA is reaffirming its [“Better Starts Today” campaign](#), calling on Veterans who use tobacco to discover reasons to quit and take advantage of innovative VA resources to help them succeed. Make June the month!

Led annually by the World Health Organization, the VA’s observance of World No Tobacco Day aimed to encourage Veterans using tobacco products to quit and join countless others across the globe in starting a tobacco-free life.

“Quitting tobacco products is one of the best things Veterans can do to improve their emotional and physical health, and overall quality of life,” said VA Secretary Robert Wilkie. “The VA also understands the challenges that come with quitting. That’s why we are using World No Tobacco Day as a platform to talk about the innovative tools that will guide Veterans toward a tobacco-free, healthy life.”



Veterans don’t have to do it alone. The VA national resources include:

Quit VET, a toll-free national “quitline” at 855-QUIT-VET (855-784-8838) for Veterans to speak with a tobacco cessation counselor, make a quit plan and receive ongoing counseling after their quit date. Quitline counselors are available between 9 a.m. and 9 p.m. (EST) Monday through Friday. SmokefreeVET, a text-message

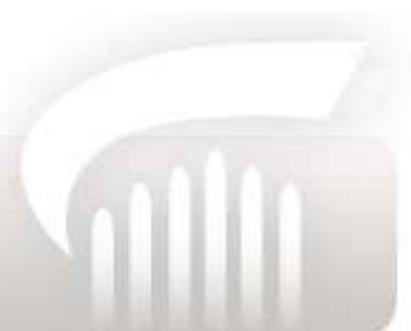
program (text VET to 47848) offering Veterans three to five texts a day with advice and encouragement to help them while they stop using tobacco. Veterans can also text the keywords URGE, STRESS, SMOKED and DIPPED anytime to receive an immediate tip for coping with an urge to use, a slip or stress. For more information and resources about tobacco cessation and how Veterans' families and friends can help, visit [www.mentalhealth.va.gov/quit-tobacco](http://www.mentalhealth.va.gov/quit-tobacco).

SOURCE: <https://www.va.gov/opa/pressrel/pressrelease.cfm?id=5260>

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Jan Dils, Attorneys at Law, handles Personal Injury Claims, Social Security and Veterans Disability for clients throughout West Virginia with offices located in Parkersburg-Beckley-Charleston-Huntington-Logan as well as one additional office located in Charlotte, North Carolina. But regardless of where you are located we are able to serve you or a family member Nationwide.

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