

VETERANS BENEFITS & BEYOND

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JAN DILS 
ATTORNEYS AT LAW, L C

A History of PTSD and Veteran Homelessness.

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Jan Dils

Back in June, the DAV (Disabled American Veterans) released a public service announcement in conjunction with PTSD Awareness Month: “Lost in the City.” To view the video, go to YouTube and search “DAV Lost in the City.” Warning – it can be difficult to watch. However, for those of us who have never faced the trauma of combat, it may provide a helpful perspective between post-traumatic stress disorder and Veteran homelessness. PTSD is the leading contributor to nearly 40,000 American Veterans being without a roof over their heads.

For as long as there have been wars, western civilizations have recorded the existence of common psychological reactions to traumatic events. DAV assisted Veterans from World War I who suffered from what was then called “shell shock.” In World War II, they served Veterans whose symptoms were generally termed “battle fatigue.”

In the late 1970s, to better understand and find a basis to treat the “invisible wounds” plaguing so many Vietnam Veterans, DAV sponsored the Forgotten Warrior Project. This DAV study was crucial to the eventual recognition and ultimate adoption of PTSD in the American Psychiatric Association’s Diagnostic and Statistical Manual of Mental Disorders in 1980.

PTSD’s growing clinical acceptance and recognition, stemming from the Forgotten Warrior Project, also led DAV to open centers for Vietnam Veterans and their families in 70 cities nationwide. That program became a pilot for the VA’s Readjustment Counseling Service in 1979. This program, now composed of 300 Vet Centers nationwide, remains one of the premier resources for war Veterans who suffer from PTSD and other service-connected mental health issues.

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Jan's Letter

It's hard to believe summer is almost over. Back in June we held our first Freedom 5K Fun Run. Thank you to all that came out. In August, we are looking forward to our annual fundraiser to raise money for Operation Transportation. The check will be presented at our fall Veterans Appreciation Dinner on November 7, 2019. The money goes to provide free bus passes to Veterans in the Mid-Ohio Valley. And of course, as a company and a country we will be celebrating Veterans Day on Monday, November 11, 2019.

In this issue, we highlighted two important needs: (1) The critical importance of putting roofs over the heads of Veterans with PTSD. According to the VA, the condition impacts

11% to 20% of Iraq and Afghanistan War Veterans, approximately 12% of Gulf War Veterans, and 15% of Vietnam Veterans. The article makes the correlation between PTSD and homelessness. (2) The importance of caregivers. At Jan Dils, it always does our heart good to have family support for the Veteran in a disability case. And it breaks our heart to see the many that go it alone. But know that regardless of your situation, we are your extended family!

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 TIFFANY RUMMER

Tiffany Rummer joined the firm almost a decade ago - March 2010. Time has flown by. She is a Compliance & Quality Assurance Manager. In her position, she is with the team throughout the full term of the case. "I love seeing the progression from start to finish." With Tiffany's two-year associate's degree in criminal justice from Washington State Community College, nothing gets past her. She is an asset

to every case and our overall outcomes. When Tiffany is not working, she enjoys home improvement projects, kayaking and spending time with her husband, Brandon, and six-year old daughter, McKenna. Her family also includes two dogs, four horses and a goat. We are thrilled to have Tiffany on the Jan Dils team. Next March we'll be celebrating her tenth work anniversary with her favorite food - donuts!



Office Inbox

STAY PLUGGED INTO THE PRACTICE

Want the scoop on what's new with our business and the team? You can find it right here, so stay plugged into the practice.

Alex Rickman, VA Hearing Clerk, got married in May and celebrated her one-year anniversary with the firm. **Lisa Parsons**, VA Medical Records Specialist, also celebrated her one-year work anniversary. **Savannah Gay**, Senior C-File Review Specialist, celebrated four years with the firm on the 18th. However, the really special news is her husband has returned from deployment! Two VA Interns joined us for the summer: **Ramsie Monk** and **Seth Kerby**, and one VA Hearing Clerk Support has joined the team: **Garrett Hofmann**.

Community Spotlight

Thank you for a successful first Freedom 5K Fun Run. We proudly had 373 people register and raised more than \$25,000! Plus, Jan Dils, Attorneys at Law, matched funds to go to two amazing organizations. Half of the proceeds will benefit **WVU-P Scholarship for Veteran Recipients** to pay for housing, fees, transportation and other things the G.I. Bill may not cover for a Veteran. The other half goes to **Project Yoga MOV**. This program provides one-hour classes twice a week at Full Circle Yoga in Vienna, WV. Steve Barnhart teaches this class and has created a wonderful program with the help of Pat and Cheryl McHugh. Project Yoga MOV helps Veterans physically and mentally as well as offering great friendship and support. What a great first event!



New Research Affirms a Critical Need for Caregivers in Veteran Care.

New research published in the journal Health Affairs shows the U.S. Department of Veterans Affairs (VA) and the Elizabeth Dole Foundation are working collectively to better integrate caregivers into a Veteran's healthcare treatment.

The report, titled "Including Family Caregivers in Seriously Ill Veterans' Care: A Mixed-Method Study," was led by Duke University researchers and emphasizes caregiver inclusion, which strengthens healthcare and is a model for improving care in the private sector.

The Campaign for Inclusive Care is one of several initiatives and programs through which the VA supports Veterans' caregivers.

"VA is pleased to partner with the Elizabeth Dole Foundation, whose commitment to caregiver support mirrors our own," said VA Secretary Robert Wilke. "The Campaign for Inclusive Care is a groundbreaking model integrating Veteran caregivers into the fabric of our organization, ensuring Veterans' healthcare needs are met."

The study supports using family caregivers for Veteran care and provides

recommendations, to include: a call to better define caregiver roles, support for caregiver inclusion in health teams and streamlining legal and privacy regulations currently creating barriers to provider-caregiver information sharing. The study also suggests healthcare teams (generally comprising a physician, nurse and social worker) build strong relationships with caregivers by inviting their participation in care decisions and creating methods to assess their abilities and assist their needs.

"These findings support the essential idea of a care model that is fully inclusive of Veteran caregivers," said Sen. Elizabeth Dole, founder of the Elizabeth Dole Foundation. "We are grateful to work with VA, ensuring caregivers are empowered and providers are better supported in their work to improve Veteran care."

For additional information, contact Dan Gregory for the

Elizabeth Dole Foundation at dgregory@susandavis.com or call 215-285-4137, or email the VA Office of Public Affairs at vapublicaffairs@va.gov.

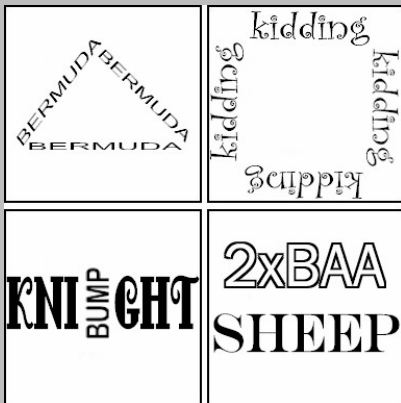
The point is, a wounded warrior's best chance for full recovery is a strong, well-supported caregiver. At Jan Dils, Attorneys at Law, we are always happy to work with families and encourage family support. That's why we are here to advocate for benefits for both Veterans and their loved ones.



Source: www.va.gov/opa/pressrel/pressrelease.cfm?id=5273

Brain Game

A wuzzle is a saying/phrase that is made up of a display of words, in an interesting way. The object is to try to figure out the well-known saying, person, place, or thing that each wuzzle is meant to represent.



Answers: Bermuda Triangle, All Kidding Aside, Bump in the Night, Baa Baa Black Sheep

Fabulous Fluffy Fruit Dip! *Provided by VA Case Manager Macie Tenney, this three-ingredient dip is a party favorite. It perfectly evens out the salty/savory and the all-too sweet.*

Ingredients:

- 7 oz. tub of marshmallow fluff
- 8 oz. cream cheese, softened to room temperature
- 2 tablespoons frozen orange juice concentrate, thawed
- Fruit for dipping: strawberries, grapes, pineapple, apples - any seasonal favorites

DIRECTIONS: Spoon marshmallow fluff into a large microwave safe bowl and microwave for 15 seconds. Whisk in cream cheese and orange juice concentrate until smooth. Chill for several hours or overnight. Serve with your fruit!



Important Veterans Benefits News For Everyone

1.877.VETERAN / FIGHT4VETS.COM



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Continued from cover story

DAV's services for homeless and at-risk Veterans, supported by DAV's Charitable Service Trust and Columbia Trust, promote the development of

supportive housing and necessary services to assist homeless Veterans to become productive, self-sufficient members of society. The goal is to

establish a partnership between DAV and federal, state, county and local governments to develop programs to assist homeless Veterans in becoming self-sufficient.

U.S. service members have fought to keep our nation safe from a variety of threats around the world and terrorism at home. With the wars in Iraq and Afghanistan taking an enormous toll on the health of returning Veterans, and in light of overdue recognition of service-related trauma suffered by women Veterans, it is important to have great empathy for our heroes. We encourage you to watch "Lost in the City." If you or a family member are not receiving the help and benefits needed, please don't hesitate to contact Jan Dils, Attorneys at Law, at jandils.com.

