



DENIED VA DISABILITY? CONSIDER A SUPPLEMENTAL CLAIM

If you have been denied VA disability for your service-connected injury or illness, you may be eligible to file a Supplemental Claim.

In order to file a Supplemental Claim, you must add evidence that is *new* (or not provided to the VA previously) and *relevant* to your case. You can file a Supplemental Claim anytime, but it is recommended you file within one year from the date on your decision letter.

What's "new and relevant" evidence?

- *New* means that the VA didn't have this evidence before the last decision.
- *Relevant* means that it has to do with the issue(s) on appeal.

For example, filing evidence of a psychiatric diagnosis is not relevant to a back condition unless there is a diagnosis of pain syndrome that is causing the mental health condition. In other words, the evidence submitted must be linked to the condition on appeal, even if it is a secondary condition due to the original issue claimed.

Evidence can come in many forms:

- 1. Lay evidence:** A statement from a nonprofessional attesting to your behaviors or physical conditions (a) for which you have not previously submitted a claim and (b) of which the VA has no previous knowledge. For example, on a PTSD claim, submitting a statement from a parent stating how your behaviors have changed from prior to service compared to after service.
- 2. Medical treatment records** from a medical provider, either private or the VA, that includes new information such as a new diagnosis, an increased level of severity, or a secondary diagnosis related to the issue on appeal.
- 3. Independent medical opinion** from an objective provider who has nothing to gain from or investment in either you or the VA. The provider is presented with documented evidence of the claim — the same evidence the VA has reviewed — and provides their unbiased opinion of the facts.

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Letter From Jan

Happy New Year!
We hope you all had a safe and wonderful holiday season. It looks like 2023 is off to a good start — especially for our retirees and disabled

Veterans — who will receive an 8.7% cost-of-living increase in VA Disability Benefits starting this month. Every little bit helps, that's for sure.

We were delighted to sponsor our 11th Annual Veterans Spaghetti Dinner in November in honor of Veterans Day. It always makes us happy to give back to our Veterans. Thanks to all of you for your service.

And thanks again to all of our sponsors who made this event possible.

Finally, with the inevitable winter weather, be sure to bundle up, put your cell phone away while driving, and *drive safely!* Spring is on the way, I promise.

COMMUNITYCORNER

Annual Veterans Spaghetti Dinner

A big thank you to everyone who came to our 11th Annual Veterans Appreciation Spaghetti Dinner. One hundred percent of the proceeds go to Operation Transportation, which offers free bus passes for Veterans in the Mid-Ohio Valley.

Jan Dils stated, "We're proud to be able to give back for everything they have sacrificed for us. I hear their stories. I represent them and fight for their benefits, and to be able to do this little bit ... it gives us a lot of warm hearts."

A big thank you to Knights of Columbus for allowing us to use their kitchen for our dinner preparations. We also want

to thank the following sponsors for making this event possible: JP Henry's, Logan's Roadhouse, Longhorn Steakhouse, Texas Roadhouse and Results Radio.



Recreational Spotlight

Parkersburg Art Center

If you're looking to get out of the house and explore but don't want to endure the cold, consider a visit to the Parkersburg Art Center (PAC). The Art Center is located at 725 Market Street in downtown Parkersburg, in a building that formerly housed a Montgomery Ward store. The PAC was chartered in 1938, making it West Virginia's oldest cultural agency in continuous operation.

Five gallery spaces display the work of artists and crafters from this region and beyond. Artists also offer their work

for sale in the PAC Gift Shop.

The PAC Clay Studio is an inspirational place where everyone can explore pottery skills such as wheel throwing, handbuilding or sculpting — all at very affordable prices.

The PAC is also a popular venue for weddings, receptions, shows, tradeshows and lectures. The center also has a custom framing shop, The Framing

Gallery, with all frames made to order and assembled in house.

For more information, check out www.parkersburgartcenter.org.



ATTENTION VA CLIENTS: CASE MANAGEMENT UPDATES

At Jan Dils, Attorneys at Law, one of our core values is continuous improvement. We are always evaluating our processes to find ways of making life a little easier for our clients. In the spirit of continuous improvement and in response to feedback from the people we serve, we have expanded our VA Case Management teams.

What does this mean for the Veterans we currently represent? You can still call the case manager you've been working with, and we've added resources — so now, as many as three case managers will be familiar with your case. More people assigned to your case management team means more people to answer questions, return your phone calls, and ultimately help you get the benefits you deserve.



Your case manager is still assigned according to the first letter of your last name:

If last name begins with:	Then call or email your case manager at:
A-E	304-449-5487 / vacasemanagerae@jandils.com
F-J	304-449-5423 / vacasemanagerfj@jandils.com
K-Q	304-449-5429 / vacasemanagerkq@jandils.com
R-Z	304-449-5550 / vacasemanagerrrz@jandils.com

How can we help you? Call us at **833.534.3577** or contact us online at **JanDilsFoundation.org** to get started. You served your country, now let our dedicated team of case managers serve you. Your first consultation is always free.



BUFFALO CHICKEN WRAPS

This easy recipe comes from our SS Medical Records Specialist, **Lisa Hupp**.



INGREDIENTS

- | | |
|-------------------------------------------|------------------------------|
| 1-8 oz. pkg. cream cheese | 1 package tortillas |
| 2-12.5 oz. cans chunk chicken | 1-8 oz. pkg. shredded cheese |
| 1-8 oz. bottle ranch dressing | (your choice) |
| 1-8 oz. bottle hot sauce (I prefer Red's) | |

DIRECTIONS: Combine the first four ingredients in a crockpot and cook on high for 3 hours; then reduce temperature to low and stir in half of the shredded cheese. Put a spoonful of the mixture on each tortilla, roll up and place in greased baking dish. Top with remaining shredded cheese and bake for 20 minutes at 350 degrees. Remove from the oven, let cool for a few minutes and enjoy.

It's Game Time

COMMONYMS

What's a commonym, you ask? A commonym is a group of words that have a common trait in the three words/items listed. For example, the words: A car - A tree - An elephant... they all have trunks. These will make you think!

1. Doughnut - Black - Pot
2. Cities - Noses - Songs
3. Slip - Slide - Square
4. Wrapping - Fly - Toilet
5. Moons - Hearts - Clovers
6. Square - Lug - Wing
7. Odd - Irrational - Even
8. Rose - Bay - Stained Glass
9. Forest - Lime - Hunter
10. House - Dragon - Horse

Answers: 1. Holes 2. They all have bridges 3. Knots 4. Paper 5. Pieces in Lucky Charms 6. Nuts 7. Numbers 8. Windows 9. Colors of green 10. Flies

JANUARY 2023

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PERSONAL INJURY | VETERANS DISABILITY | SOCIAL SECURITY DISABILITY

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4. Service records/Service medical records that the VA has not already reviewed which include new evidence of the issue; for example, medical records showing you received treatment for the condition in service where no prior records had been reviewed; or evidence of an event related to the condition. This can also include the service records of other military personnel who served with you. For example, if you are appealing a denial of PTSD and another service member in your unit received a Purple Heart for being injured by an IED while you were stationed together, that would be new and relevant evidence.

Filing a Supplemental Claim for PACT Act-related conditions

If the VA denied your claim in the past but now considers your condition presumptive, you should consider filing a

Supplemental Claim. For example, this applies to Veterans who were exposed to burn pits, Agent Orange, or other toxic substances.

Not sure if you qualify for a Supplemental Claim? Our experienced team

of VA attorneys will listen to your story and answer your questions. Call us today at **833.534.3577** or contact us online at **JanDilsFoundation.org**. It won't cost you anything to see if we can help.



Source: <https://www.va.gov/decision-reviews/supplemental-claim/>