



VETERANS: WHAT DOES IT MEAN TO BE 100% DISABLED?

A 100% disability rating, otherwise known as a total disability rating, is the highest percentage of service-connected compensation that can be awarded. This rating is reserved for Veterans who have debilitating service-connected disabilities that render them unable to maintain gainful employment and potentially unable to care for themselves or maintain quality of life.

While no one would argue being 100% disabled is a good thing, this rating provides access to some national and state-specific benefits.

Here are some of the special benefits available to Veterans who are deemed 100% disabled. For example, they can enroll in Health Care Priority Group 1 with no co-payments — giving them access to:

- Primary care
- Specialty care
- Geriatrics and extended care
- Mental healthcare
- Vision care
- Dental care
- Preventative care
- Home healthcare
- Nursing home placement
- Medical equipment, prosthetic aids and hearing aids

And that's not all. If you are considered to have a total service-connected disability, you may be eligible for assistance in having your house modified to accommodate your physical needs. Or you may be eligible for a grant to help you build a home that meets your adaptive specifications. Also, eligible dependents of disabled Veterans may qualify for education and training opportunities under the Dependents Education Assistance (DEA) Program.

If you're not house-bound, you may be able to travel enough to enjoy our nation's beautiful national park system. If so, you could be eligible for a military identification card and a free National Parks and Federal Recreational Lands Pass. Many states offer free hunting and fishing licenses and other state-specific perks to disabled Veterans.

How to Increase Your Rating to 100% VA Disability

Many factors affect the VA benefits that a Veteran receives, so it's a good idea to seek help with your VA disability claim. At the Jan Dils Foundation, we can help you navigate the disability rating process and secure as many benefits as possible. Call us today at **833.534.3577** or email us at **Contact@JanDilsFoundation.org** for your free consultation.



Letter From Jan

I don't know about you, but winter certainly seems to be flying by quickly. Today it's skiing and snowboarding — the next thing you know it will be time for spring break and Easter baskets. Where does the time go?

Filing a VA claim can be a challenging and confusing process for many Veterans. Figuring out how to fully document and develop your

claim with the right medical evidence — or how to push past denials — can be overwhelming. That's why we provide support and coaching to Veterans who want someone with experience to walk them through the process from start to finish. We want you to get the help you deserve.

The PACT Act has been prominent in the news recently, and rightfully so. It has been a godsend for many, many Veterans who have suffered debilitating symptoms and diseases from military burn pits, Agent Orange and contaminated water. Adding more presumptive

conditions has enabled many more Veterans to qualify for disability. It's about time.

We are delighted to announce our 2023 premier partnership with "the World's Fastest Dirt Track," West Virginia Motor Speedway. I'm especially excited about sponsoring the Veteran of the Race, which will spotlight a Veteran and their family at major races. We believe this will support Veterans by providing them and their families with a memorable VIP speedway experience.

Rumor has it there's only six more weeks until spring. Hang in there!

COMMUNITYCORNER

West Virginia Motor Speedway: "World's Fastest Dirt Track"

West Virginia Motor Speedway is pleased to announce that Jan Dils, Attorneys at Law, is returning as the Premier Partner of WVMS in 2023. The partnership continues its aim to raise awareness of the venue and build a strong community presence at the high-speed events center.

With this partnership, we have established a tradition at every event: the Jan Dils, Attorneys at Law, Veteran of the Race. We hope this very special honor will

provide Veterans and their families with a memorable VIP speedway experience.

In addition, our Premier Partnership includes title rights to the track's caution flag. The Jan Dils, Attorneys at Law, "Caution Flag" will be flown whenever a driver has been in an on-track accident. The caution flag will wave as a regular reminder that if you've been involved in an accident away from the track, be sure to give Jan Dils, Attorneys at Law, a call today.

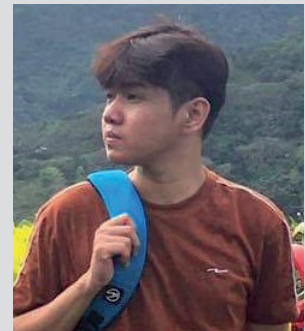
When visiting WVMS, you'll notice that Jan Dils sponsors an Accessibility Seating Area for attendees who require special seating. We are honored to be able to meet this need at WVMS.

Jan Dils, Attorneys at Law, will be the Title Partner of the third "Historic 100" weekend held Friday and Saturday, June 2nd-3rd. "We're so proud to be the Title Partner again this year at this event. I hope the fans and our clients will make plans now to attend," said Jan.

West Virginia Motor Speedway has played host to some of the sport's biggest events and brightest stars. Boasting one of the most beautiful settings in dirt track racing in the wild and wonderful mountains near small-town Mineral Wells, the 5/8-mile terraced hillside is conveniently located along Interstate 77. Check out all the speedway has to offer at their website:

www.WVMotorSpeedway.com.

Employee Spotlight



CJ Remedios

Our January Team Member Spotlight is CJ Remedios. CJ works remotely from the Philippines as a VA Case Management Support Specialist. He loves spending time outdoors at local beaches and waterfalls. He says his favorite thing about working at Jan Dils is his amazing coworkers. "It feels like huddling together around a huge campfire. It feels warm and you want it to last forever," he says.

Of all the people he admires, he most admires his Grandpapi, who taught him lessons he still uses to this day. Sometimes, he says looking at a Veteran's file reminds him of his Grandpapi, and he is even more motivated to help. We're so glad to have you on our team, CJ!





WHAT ARE BURN PITS?

While burn pits are well-known in the military, their purpose and the dangers that accompany them are less familiar to the American public. Burn pits have made headlines in recent months, so here's a look at the issues surrounding them — and the help Veterans could receive in coping with their effects.

Until the mid-2010s, open-air burn pits were commonly used in Iraq, Afghanistan and other overseas locations to help dispose of all varieties of waste collected on military bases. That included items that produced dangerous toxic smoke when burned, such as plastics, rubber, chemical mixtures and medical waste.

In some locations, these fires were massive in scale. For instance, at Joint

Base Balad — one of the largest military bases in Iraq — the burn pit covered nearly 10 acres: *the equivalent of eight American football fields!* When winds shifted, burning would result in smoke encompassing the entire base.

The Department of Defense has estimated nearly 3.5 million troops from recent wars may have suffered enough exposure to burn pit smoke to cause health problems.

Since 2001, burn pits have also been used in Saudi Arabia, Djibouti, Qatar and many other locations throughout the region. Most of these sites have now been closed by the Department of Defense; however, the toxic fumes these disposal areas created are now linked to a range of cancers and respiratory conditions.

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Why was there a fight over disability pay related to burn pits?

Because the Defense Department did not keep clear records of what was burned in the waste pits, the exact toxins in the smoke were unknown. And while the pits were widely used, individual service members were not monitored for their exposure to the smoke, making it unclear if later illnesses were connected to that or to other life events.

VA officials have recently backed down from that stance, awarding *presumptive* status (where Veterans don't have to prove their medical conditions are linked to their time in the military) to any post-9/11 Veteran who contracts one of the following illnesses within

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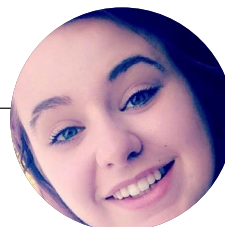
HOT DOGS AND PEPPERS

This recipe comes from SS Medical Records Specialist **Taylor Gwynn**.

INGREDIENTS

- | | |
|-------------------------|--|
| 2 cups of sugar | |
| 1 cup of vegetable oil | |
| 2 cups of white vinegar | 3-4 lbs. of hot dogs or smokies (sliced) |
| 28 oz. ketchup | 36 peppers (mild or hot, sliced) |

DIRECTIONS: If canning, combine the first four ingredients and simmer for 5 minutes, then add peppers and hot dogs and cook another 5 minutes. Ladle the mixture into jars, close lids and turn upside down to seal. If not canning, combine all ingredients in an extra-large pot and cook until peppers are tender, stirring occasionally.



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. May - Bean - Flag
2. Lamb - Pork - Karate
3. Road - Weather - Treasure
4. Penguin - Kiwi - Ostrich
5. Bad T.V. Shows - Stamps - Checks
6. Sheets - Books - Rolls
7. Chips - Sweet - Spears
8. Right - Love - Bermuda
9. Buck - Baby - Wisdom
10. Crab - Caramel - Candy

Answers: 1. Poles 2. Types of chops 3. Maps 4. Birds that don't fly 5. They all get cancelled 6. Ways stamps are sold 7. Pickles 8. Triangles 9. Teeth 10. Apples

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PERSONAL INJURY | VETERANS DISABILITY | SOCIAL SECURITY DISABILITY

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Continued from inside article >>

10 years of serving overseas:

- Asthma that was diagnosed after time in service
- Chronic bronchitis
- Chronic obstructive pulmonary disease (COPD)
- Chronic rhinitis
- Chronic sinusitis
- Bronchiolitis
- Emphysema
- Pulmonary fibrosis
- Sarcoidosis

In addition, these cancers are among those now considered presumptive:

- Brain cancer
- Gastrointestinal cancer
- Glioblastoma
- Head cancer of any type
- Kidney cancer
- Lymphatic cancer
- Lymphoma

- Melanoma
- Neck cancer
- Pancreatic cancer
- Reproductive cancer
- Respiratory cancer

Introducing the PACT Act

The PACT Act is a new law (August 2022) that expands VA healthcare and benefits for Veterans exposed to burn pits. The law also encompasses Agent Orange exposure during the Vietnam War as well as exposure to other toxic substances, such as those found in drinking water at Camp Lejeune. The PACT Act provides generations of Veterans — and their survivors — with the care and benefits they've earned and deserve.

If you have been denied benefits related to burn pits or other toxic

exposure, or if you are attempting to increase your disability rating, the team at Jan Dils Foundation is here to assist you. Call us today at **833.534.3577** or email us at **Contact@JanDilsFoundation.org**. You served your country, now let us serve you.

