



The Communiqué

Southwest Virginia Chapter
Military Officers Association of America



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WHY CHOOSE HOSPICE CARE? SEPTEMBER SPEAKER TACKLES DIFFICULT DECISION

Julie C. Smith, a Bereavement Specialist at Carilion Clinic Hospice in Roanoke will discuss "Factors to Consider in Making Informed Decisions about End-Of-Life Care" at the next luncheon meet of MOAA SWVC at 11:45 am on Thursday 18 September.

Ms. Smith has been a Counselor with Carilion Clinic Hospice for 19 years. She is a Certified Thanatologist and is credentialed with Association for Death Education & Counseling.

Her primary duties include providing individual & group grief support to families served by the Carilion hospice,

planning/hosting grief support & grief education events for clients and the community at large, implementing Camp Treehouse (Carilion Clinic Hospice annual grief camp for children), and coordinating "Journey of Hope" grief support groups.

Additional information on MOAA's work in this area is found in the Auxiliary column on



Page 3 of this Newsletter. ★

DOD NEAR TO BLOOD TEST DETECTING CONCUSSIONS

By Patricia Kime, *Military Times*

DoD awarded a \$19.5 million, two-year contract to Illinois-based Abbott Laboratories on Aug. 13 to develop a kit that may detect two proteins found in the bloodstream after a blow to the head.

The eventual goal is to have a cartridge that can be inserted into an Abbott-made analyzer already in use by DoD that measures kidney, liver and heart function.

The new test would register the proteins, providing verification of a head injury that can't be detected by conventional scanning equipment.

If successful, the test could be used on the battlefield, in training and on sports sidelines, said Army Col. Dallas Hack, coordinator for the Brain Health/Fitness Research Program Coordinator at the Army's Medical Research and Materiel Command. "We've measured [one of these proteins] up to two days after a mild traumatic brain injury and up to a week later for the other," Hack said. "The challenge for us has been how to actually do these tests in a way they can be run by a clinical laboratory."

More than 300,000 troops have suffered a head injury since 2000, with the majority — about 82 percent — categorized as "mild." That has led the military to invest \$1.7 billion in TBI research since 2007.

This next effort — to create a test that can be used outside the research lab by doctors in the field — comes after a successful study of the protein biomarkers involving 2,000 patients, Hack said.

A device that detects mild TBI would be a game-changer in the medical world, and a boon to troops. About 80 percent of concussions among service members occur in non-combat incidents, including training, car accidents, falls and sports.

"If you look at all the other organ systems of the

body, the heart, the pancreas, the thyroid, the liver, they all have blood tests. The brain doesn't have a serum blood test to detect a concussion, and as a neurologist, it's about time," said Dr. Beth McQuiston, medical director for Abbott.

"It's critical we find a test that immediately identifies a TBI because it would allow us to identify what challenges are going to be associated with the individual, in terms of inserting them back in the fight or how we can assist in their recovery immediately," according to former Army Sgt. Adam Anicich, who suffered an injury in Iraq.

Despite earlier research proving that at least two proteins are released in the bloodstream following a head injury, McQuiston warned that a portable test is still at least a couple of years away. "It's too early to say [how long it will take]. We're at the first steps of the journey, and we're going to put everything we have into this," McQuiston said. ★



Soldiers prepare slides with blood samples for testing during a training exercise. (Dean Siemon, Army)

President's Corner



Many thanks to the membership for helping us — once again — to become a five (5) star MOAA Chapter. We have various good programs going for the organization and we implemented them well this past year. I think it helps that we took an active role in getting a MOAA mobile secured for the SWVA Veterans Cemetery in Dublin. With the guiding hand of COL Thomas Dalzell — we are going to be recognized at the MOAA annual meeting — this year in Arlington.

We have an excellent series of programs arranged for this fall and winter by LTC John Wagner — with induction of new officers and board at our December 18th luncheon meeting at Hunting Hills Country club. Please note that our fall dinner meeting will be held at the Patrick Henry on 16 October beginning at 1800 hours. This is a new location for a meeting. I like the chapter's member camaraderie and community spirit. I challenge each and every one of you to bring a new member to the Chapter. MOAA is strong because of its membership. Across the nation — local chapters bring together officers from every branch of service- active duty, former, retired and Guard and Reserve.

These are troubling times in the world and our military needs to have a strong presence to keep our nation secure — Freedom is not FREE.

David Helmer
President SWVA Chapter

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★ **BoD To Meet at** ★
★ **10am 18 Sept.** ★
★ **The MOAA SWVC** ★
★ **Board of Directors** ★
★ **will meet at Hidden** ★
★ **ValleyCC Thursday at** ★
★ **10 am preceding the** ★
★ **luncheon.** ★
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SOUTHWEST VIRGINIA CHAPTER PRESENTS ROTC AWARDS

The Southwest Virginia Chapter Leadership Awards were presented at the Virginia Tech Corps of Cadets Military Awards Ceremony on Thursday 24 April 2014. Army ROTC Cadet Andrew Joseph George received the General William B. Rosson Leadership Award, with the Major General Lloyd B. Ramsey Leadership Award presented to Navy ROTC Midshipman Lee Gordon Mathe-son. The Awards were presented to the recipients by Colonel Thomas Dalzell, USMC (Ret) on behalf of the Southwest Virginia Chapter.



Maj Gen Randal Fullhart, l., and COL Tom Dalzell, r., pose with VT Cadet Andrew George (Army), recipient of the GEN Wm. B. Rosson Leadership Award, and Cadet Lee Mathe-son (Navy), recipient of the MG Lloyd B. Ramsey Leadership Award at a presenta-tion ceremony at Virginia Tech in April.

Medal Award ceremonies for the school year 2013-2014, during March, April and May of this year, saw Southwest Virginia Chapter members presenting a total of nineteen MOAA JROTC Medal



Virginia Tech ROTC cadet recipients of the MOAA ROTC Medal Awards, flanked by Maj Gen Randal Fullhart, Commandant of Cadets, and Col Tom Dalzell, USMC (Ret), are, l. to r., Cadet Leah Dreher, Cadet Jonathan Lewis and Cadet Daniel Pcsolyar.



CAPT Gary Powers, USN (Ret) presents MOAA JROTC Medal Award to Franklin County HS JROTC Cadet Captain Timothy V. Edwards on 14 May 2014.

Awards to area high school Cadets in Southwest Virginia. Additionally, four MOAA ROTC Medal Awards were presented to Army, Navy and Air Force Cadets at Virginia Tech and Radford University ROTC Cadets in addition to the two Southwest Virginia Chapter Leadership Awards cited above. One hundred twenty two of gold bars were presented to Army, Navy, Marine Corps and Air Force ROTC Cadets at Virginia Tech and Radford Univer-sity.

Sets of Gold Bars were presented to 28 Air Force ROTC Cadets at Virginia Tech on Tuesday 29 April 2014. Thanks to Brig Gen Scott Van Cleef USAF (Ret) and former USAF Capt Billy Mitchell for making the presentations on behalf of the Southwest Virginia Chapter.

Sets of Gold Bars were presented to 10 Army ROTC Cadets at Radford University on Thursday 1 May 2014. Thanks to former USAF Capt Billy Mitchell for making the presentations on behalf of the Southwest Virginia Chapter.

Sets of Gold Bars were presented to 56 Army ROTC Cadets at Virginia Tech on Tuesday 6 May 2014. Thanks to COL John Miller, USA (Ret), LTC Jim Flynn USA (Ret), and former USA CPT Larry Johnson for making the presentations on behalf of the South-west Virginia Chapter.

Sets of Gold Bars were presented to 28 Navy ROTC Cadets at Virginia Tech on Tuesday 6 May 2014. Thanks to Capt Roger Bur-nett USN (Ret) and Col Thomas Dalzell USMC (Ret) for making the presentations on behalf of the Southwest Virginia Chapter. ★



USAF Brig Gen (Ret) Scott VanCleaf, r., with former USAF Capt Billy Mitchell, l., present graduating USAF ROTC cadets their first pair of gold bars at a commission-ing ceremony at Virginia Tech on Tuesday 29 April.

COULD GLOBAL THREAT PICTURE RESTORE US DEFENSE INCREASES?

From Defense Times

WASHINGTON — President Barack Obama put the Islamic State terrorist group on the “varsity” of US foes. America’s top general, Martin Dempsey, has spoken of the group’s “apocalyptic” visions.

And Defense Secretary Chuck Hagel has said the Pentagon might have to retool its \$555 billion 2015 budget proposal to account for the threats posed by and actions taken against the Islamic State.

“[Y]ou’re constantly shaping a budget to assure that resources match the mission and the mission and the resources match the threat,” Hagel said on Aug. 21.

Defense insiders are abuzz about the prospect of a congressional mea culpa on defense spending. The collective hope stems from a world picture that suddenly includes several burgeoning threats that were on Obama’s “junior varsity” list at the start of the year.

That includes the Islamic State, the radical group based in Iraq and Syria, and Russia, which analysts say could invade Ukraine at any moment. Then there are the perennial threats: a “metastasizing” al-Qaida, a still-volatile Afghanistan, Iran and its nuclear ambitions, and an ever-militarizing China.

Yet veteran Washington hands doubt even such a lethal group will force a reversal of US defense cuts.

Congressional hawks such as House Armed Services Committee Chairman Rep. Buck McKeon, R-Calif., and Senate Armed Ser-vices Committee Ranking Member Sen. James Inhofe, R-Okla., for months have been saying the world is too unsafe for additional rounds of across-the-board defense cuts.

There is general agreement on Capitol Hill that if the military

Contd. on back page: “Restore Defense?”

AUXILIARY NOTES:
CAREGIVING: PART 1

By Patricia Bergquist, Chairman,
Auxiliary Member Advisory Committee



The Family Caregiver Alliance says 44 million family members and friends provide unpaid support to another person, nearly 80 percent of all long term care in the U.S. Even closer to home, The Elizabeth Dole Foundation reports 5.5 million family members and friends provide this support, worth \$15 billion a year, to our nation's service members returning home with injuries and disabilities, both visible and invisible, some of which will remain a lifetime.

Many caregivers who work end up losing time, wages, career opportunities, and sometimes their jobs to care for the service member. Caregivers can contact medical professionals or area Agency on Aging personnel to have the care recipient's needs fully assessed and to determine whether the caregiver has the knowledge, skills, and abilities required to provide necessary care. It is advisable to reassess the care plan every three to six months.

Service and support options for help with home care include family and friends and home- and community-based services, specifically adult day care, home health agencies, and hospice. Other paid options include sitter services and nutrition programs. The biggest drawback to most of these options is the caregiver will be in and out to provide services and not with the care recipient constantly. Be sure to take a home inventory with photos when you bring any outside caregiver assistance into the home.

When the care recipient is able to remain independent with assistance, family, friends, neighbors, or church members might assist with care responsibilities. Make a list of your informal network of helpers and their contact numbers. Adult day care works well for care recipients who cannot be left alone yet do not need 24-hour nursing in a residential facility. While adult day care incurs expense, it can provide needed respite and care for a few hours or days up to five days a week.

Home care combines health and support services for continued at-home living as long as possible. The health and needs of both care recipient and caregiver determine services. A physician's approval might be required. There are two types of home-care services: health care monitored by health care professionals and non-medical. Both types involve expense. Medicare and Medicaid and other health insurance companies offer limited coverage for home care with restrictions.

Hospice provides services and therapies at home to the terminally ill, enhancing their quality of life while controlling disease symptoms and restoring dignity until death. Medicare Part A pays 100 percent for hospice care at an approved facility. The VA pays 100 percent for hospice if the veteran's VA doctor orders it. Caregivers can call the

VA Caregiver Support line toll free at (855) 260-3274 or visit www.caregiver.va.gov <<http://www.caregiver.va.gov>> to learn more. Or check out MOAA's new "Tips for Lifelong Caregiving" guide at www.moaa.org/caregiver <<http://www.moaa.org/caregiver>>. It is vital for caregivers to find healthy and constructive coping strategies during the caregiving journey. Look at tips in Caregiving: Part 2 in the August issue of The Affiliate. ★



Fervently We Pray ...

Almighty God, our Source of strength and courage, we ask Thee to guide the leaders of nations in the ways of peace and justice and enduring freedom for the peoples of the world.

In these times of peril and war against terrorism listen to our prayers for the men and women serving in our armed forces, our military leaders and our allies. Protect them all from harm as they go into battle on land, in the sea and in the air.

Take away whatever fear from their hearts and enable them to overcome swiftly and decisively the violence and cruelty of the enemy. Protect them from the hatred of others and bolster their personal pride of being American as they rid our world of the works of darkness and weapons of mass destruction.

Console their loved ones and family members who remain on the home front. Gently dry the tears of those who mourn for the wounded in battle and those who have paid the ultimate sacrifice.

Oh God, bless them with Thy presence. Grant us homeland security. May Thy Peace, the fruit of justice, truth and mercy, reign in America and throughout the world. Amen.

SML FALL MEETING SCHEDULE



9 September: LT COL Tracey Carter, USAF (Ret) and his JROTC cadets from Franklin County High School; luncheon, 1130 hours, The Westlake

17 October: MAJ GEN Galen Jackman, USA (Ret), former Commander of the Military District of Washington; dinner, 1830 hours, The Westlake

11 November: Charlie Walker, audiovisual presentation of his trip to 70th anniversary D-Day, Normandy, France; luncheon, 1130 hours, The Westlake

RESERVATION FORM FOR SEPTEMBER MEETING

★ 11:45 AM THURSDAY SEPTEMBER 18, 2014 HIDDEN VALLEY COUNTRY CLUB, SALEM ★

MEMBER NAME _____

NUMBER ATTENDING: _____ GUEST NAME: _____

Meal cost is \$20 per person. To reserve your place, complete and mail this form to MOAA-SWVC, PO Box 3090, Roanoke, VA 24015-1090. Make checks payable to: MOAA-SWVC. The deadline for reservations is Monday before the meeting. Last-minute reservations, call Steve Jamison at: (540) 989-3502. Or via email to: jamisons@cox.net. Un-cancelled "No-show" reservations will have to be charged.

MY CHECK FOR \$ _____ IS ENCLOSED. MY PHONE NUMBER IS _____

EMAIL ADDRESS _____ IS THIS A CHANGE? Y _____ N _____

Bars & Stripes



The Gunney & The Chief

The Master Chief Petty Officer and the Master Gunnery Sergeant Two old friends, one a Marine and one a Sailor meet in a bar one day (I know it may be hard to imagine either a Sailor or a Marine being in a bar, but hear the tale). They began discussing which had had the more difficult and dangerous 30 year career. The retired Marine Master Gunnery Sergeant begins: "I graduated from High School. The next morning I was on the train for Parris Island, South Carolina. Following Boot Camp I found myself in a regiment assigned to the Iwo Jima assault. With my fellow Marines we fought our way to the top of Mount Suribachi. In Korea I was with "Chesty" Puller at Inchon, then we fought our way toward the Yalu

River. In the cold Korean winter we fought at the Battle of Chosin Reservoir, I ended my career after Viet Nam where I spent three months in the Battle of Khe Sanh after stomping through endless rice paddies." The Navy Master Chief looked him in the eye and took a long draw on his bottle of beer and said simply: "Well, it figures, all shore duty." ★

Army-Navy Game Day

At the beginning of the Army-Navy football game, the coin toss is made. Navy's Team Captain shouts, "HEADS," followed by the Army Captain shouting "LATRINES." ★

From p. 2 RESTORE DEFENSE INCREASES?

gets to a point it cannot carry out crucial combat missions, something will have to be done about the remaining years of sequestration.

"I think you're definitely going to see some lawmakers making that case when they get back from [the August] recess," said Roger Zakhheim, a former senior House Armed Services Committee aide. "The War Powers [Act] notifications continue to mount. The stack has been growing over August."

One lobbyist with ties to Republican lawmakers said "there's definitely talk of that."

"The subject will come up. Lots of members will say, 'Given all of these threats, what do we do about this?'" the lobbyist said. "It all costs money, and we've got to do something about it."

Other defense insiders agreed, saying the threat picture should cause alarm among lawmakers.

Asked if he believes Congress will lessen or void the remaining

Pentagon sequester cuts to help the armed services pay for ongoing strikes in Iraq and possible ones in Syria, Richard Fontaine of the Center for a New American Security said: "I would like to think so, because the strategic imperatives certainly are there."

Shrinking the size of coming sequestration cuts would require deficit-reduction measures of the same size. And finding those kinds of compromises goes to the heart of the two major political parties' ideologies.

Asked if he believes Congress will lessen or void the remaining Pentagon sequester cuts to help the armed services pay for ongoing strikes in Iraq and possible ones in Syria, Richard Fontaine of the Center for a New American Security said: "I would like to think so, because the strategic imperatives certainly are there."

"What is needed is a link between sequestration and an inability to carry out these kinds of missions," Fontaine said. "So far, it's about other things. No one is saying we can't combat [the Islamic State] unless you reverse sequestration." ★

	<p>September Speaker Julie C Smith, B.A./CT Carlton Hospice Counselor</p>
<p><i>Featured in The September Issue</i> Addressing Difficult Decisions on Hospice President's Message DoD Moving on FBI Detection Test Auxiliary News - Senior Care Support MOAA ROTC Awards</p>	