

American Legion

**Post 1758**

**Newsletter**



**January 2023**

Est 1949

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**Next Meeting**

Our next meeting will be **Tuesday, February 14, 2023 at 7:00PM**, at the East Fishkill Community Center on Rte. 82.

*Meeting details will be confirmed via a call out message.*

“Letting go means to come to the realization that some people are a part of your history, but not a part of your destiny.”

— Steve Maraboli

**Special Notice:** If you are a veteran in emotional crisis and need help RIGHT NOW, call

**988 and press “1”**

or this toll-free number

**1-800-273-8255**

available 24/7, and tell them you are a veteran. All calls are confidential.

**Good of the Legion:**

**William Muller’s** name was drawn at our January 10th meeting but he was not in attendance so the pot is now at \$344.00!!!!



## Upcoming Activities

**Tuesday, February 14<sup>th</sup> at 7:00 PM** - Post monthly meeting at the **East Fishkill Community Center**

**Wednesday, February 15<sup>th</sup> at 6:30 PM** – **Host Dutchess County monthly meeting at the East Fishkill Community Center**

**Saturday, March 4<sup>th</sup> at 12:00N** – **Dutchess County St. Patrick’s Day Parade in Wappinger Falls**

**Tuesday, March 14<sup>th</sup> at 7:00 PM** - Post monthly meeting at the **East Fishkill Community Center**

**Wednesday, March 15<sup>th</sup> at 6:30 PM** – Dutchess County monthly meeting at the **Post 203 in Beacon, 413 Main Street. This is Post everlasting ceremony for departed members.**

### **Please renew your membership**

**Thirty-five members of our post have not yet renewed their membership for 2023!**

**If you have extenuating circumstances and need help with your dues please reach out to Commander Reynolds**

### **Funeral Honor Guard**

On Tuesday, January 10th the post provided an honor guard for 93-year-old LaVerne Symer at McHoul’s in Hopewell Junction. Mr. Symer served in the Army during the Korean War and also served in the Navy Reserves. Post members Bill Meyer, Don Burns, Bob Spinillo, Conrad Gagnon, Dan Oberhauser and Jim Reynolds honored him with a few words and a prayer.

Thanks to these members for the great response with only 18 hours’ notice.

**This is another example of the importance of letting your loved ones know where your military discharge papers are. No paperwork equals no help from the military in funeral services!!!**

## John Jay Basketball Honors

On December 21<sup>st</sup> post member **Owen Cottle** was honored at the John Jay boys' basketball game. Owen served in WWII and recently turned 99!



January 12<sup>th</sup> saw **Bill Muller** honored at John Jay. Bill served a year in Vietnam and then the Air National Guard retiring in 2010 as a senior master Sergeant (E8) with over 31 years of service and almost 5,000 flying hours in the C5.



## **Dutchess County Veterans Services Has Moved!**

*New location in Pleasant Valley creates veterans "one stop"*

The Dutchess County Division of Veterans Services has relocated its offices to 1335 Route 44, Suite #2 in Pleasant Valley. The new location also houses Mental Health America Dutchess Veterans Services, Hudson Valley Veterans Alliance, and the Veterans Sportsman Alliance, creating a "one-stop" for veterans to receive support and help including housing, peer-to-peer counseling, and other support services.

Dutchess County Veterans Services offers assistance in filing claims and making referrals for multiple forms of state and federal benefits available, as well as help with discharge papers, medal replacement, and much more. Phone numbers and email contacts remain the same.

Veterans and families are encouraged to call 845-486-2060 or stop by the office to obtain information and services. For more information visit [dutchessny.gov/veterans](http://dutchessny.gov/veterans).



## **Dutchess County Veterans Services Has Moved**

**New Location: 1335 Route 44, Suite #2, Pleasant Valley**

### **Legion Catalog**

**Do you need anything from the Legion Catalog?** We will be placing an order immediately after the February meeting and combine everyone's order to save on shipping and tax. If you don't have a paper copy of the catalog, go to their website at <https://emblem.legion.org/>. Choose what you want to purchase and give the item # to Jim Reynolds.



## *Help Dutchess Senior Citizens*

With Dutchess County's older adult population at over 60,000, the number of older adults here trying to overcome social isolation and loneliness is only growing. **The U.S. Surgeon General has declared loneliness a "global epidemic" – but you can help address the issue.**

The Dutchess County Office for the Aging (OFA) is reaching out to older adults who are isolated and would like some type of social connection, somebody to talk to for 20-30 minutes a week. Could you be that somebody?

**OFA's Friendly Calls program is looking for volunteer callers to reach out to our older adults.** It's a simple program at its core: neighbors talking to neighbors in a short, structured conversation. OFA screens both the volunteer callers as well as the people being called. You'd be talking to somebody who lives alone, is isolated, and has expressed an interest in staying socially connected.

Volunteers would start out calling from OFA headquarters in Poughkeepsie, but we envision the program becoming something a volunteer can do from home if that's what they prefer.

**Adult volunteers of all ages are welcome.** If you're interested in taking part as a volunteer caller, email [bjones@dutchessny.gov](mailto:bjones@dutchessny.gov) or call 845-486-2555.

### **Who can shop at the commissary?**

The commissary, like most of the services on base, is reserved for certain people as a benefit of serving. You must have your ID card with you to buy your items. Sometimes, employees will ask to see your ID at the door and require you sign in adults without an ID as a guest. Other times, they will not. But you will be required to scan it at the checkout on every trip.

All kinds of military IDs are accepted at the commissary -- active duty, [Guard](#) and Reserve, dependents and retirees. As long as you have your military ID (don't forget it in the car!), you're good to go.

Starting in 2020 [Purple Heart](#) recipients, former prisoners of war and all service-connected disabled veterans, regardless of rating, as well as caregivers enrolled in the VA's Comprehensive Assistance for Family Caregivers program, can shop at Defense Commissary Agency stores and military exchanges. [Read more on Military.com.](#)

## **New legislation aimed at studying cancer rates among military aircrews**

American military aircrews dominate the skies wherever they operate. With medical evacuation, intelligence gathering, troop and cargo transportation, and beyond, it's hard to overstate their impact on defending the nation. Now there's an effort to provide them with the support they need and have earned.

[The Aviator Cancer Examination Study](#) (ACES) Act (H.R. 7524) would require the Department of Veterans Affairs to study cancer occurrences among Navy, Air Force and Marine Corps veterans who served as aircrew members for fixed-wing aircraft. The bill does not include Army veterans or those who served on helicopter crews.

The VA would also be required to work with the National Academies of Sciences, Engineering and Medicine to determine links between illnesses and specific exposures. Establishing a cause-and-effect relationship could unlock VA care and other benefits quicker.

Current research has found that those with experience in military aviation are far more likely to be diagnosed with various cancers, indicating a pressing need for the VA to investigate further.

A 2021 [study](#) conducted by the Air Force compared cancer rates among fighter pilots and weapons systems officers with those who operate other airframes. Fighter pilots were nearly 30% more likely to be diagnosed with testicular cancer. They were also about 25% more likely to develop melanoma—the deadliest and most aggressive form of skin cancer—and 23% more likely to have prostate cancer.

Rep. Mike Garcia of California, a former Navy fighter pilot who served in the Iraq War, said the need for “extended medical research and expedited care in the veteran community is clear.”

“After being on the front lines, too many service members come home to fight lifelong battles with service-related illness,” he said in a statement in April. “I am proud to co-sponsor the Aviator Cancer Examination Study Act and stand up for those who have risked their lives for our country.”

“We’ve known for some time service to one’s nation is often marred by pernicious toxic exposures that can wreak havoc on a veteran’s health,” said National Legislative Director Joy Ilem. “If it can be determined that aircrew service members are more likely to become ill in the course of their duties, the sooner we can get those veterans the benefits and health care we owe them.”

**Don't forget that our Post web site (al-ny1758.org) has a wealth of information:**

- \*Meeting and executive board minutes
- \*Newsletters
- Programs
- Photos
- \* For "members only" pages you need a logon which you can obtain from web master Bill Kriebel at [Historian@al-ny1758.org](mailto:Historian@al-ny1758.org) or 845-226-6895.

**Walter Reed Research Study on PTSD**

The American Legion, Department of New York has provided a Grant to the Research and Recognition Project, a NYS non-profit, to train counselors in a new Protocol, Reconsolidation of Traumatic Memories (RTM), to treat Post Traumatic Stress Disorder (PTSD). RTM is a non-traumatic, non-drug cognitive therapy that removes nightmares and flashbacks directly related to PTSD. The two attached fliers are intended to be displayed on your Post bulletin board. Those Posts who publish a Post Letter should also include information from the attachments to ensure the widest dissemination of this important information.

The first attachment is related to an RTM Protocol research study being undertaken by Dr. Michael Roy at the Walter Reed National Military Medical Center. Although the flier states, "*Are you an active duty or **retired** service member experiencing:*" and a list of symptoms, these are not the only veterans eligible. After talking directly with Dr. Roy at Walter Reed, he clarified that all veterans with PTSD are eligible to participate in this study. This ongoing project needs more veterans suffering from PTSD to become involved. The work is done remotely, so any veteran from any part of the country can join. This Protocol has a 90% success rate in removing recurring nightmares and flashbacks.

The second attachment is designed to identify counselors and therapists in your community, who work with PTSD patients. Bring them a copy of this flier and suggest they check out the information about RTM and Department of New York American Legion Scholarship opportunities.

PTSD symptoms have lasted for far too long. The goal is not to manage symptoms, but rather to eliminate nightmares, flashbacks, and directly related emotional problems. PTSD is a significant contributor to suicides throughout the United States. Suicides of our military service members are the highest on record and there are upwards of 20+ veteran suicides a day. Let's make sure the word gets out.

Mike Suter

Resolutions Chairman



# COULD YOU HAVE POST-TRAUMATIC STRESS?

Are you an active duty or retired service member experiencing:  
nightmares or flashbacks? difficulty sleeping?  
difficulty concentrating? feeling easily irritated or angered?

PLEASE JOIN OUR STUDY TO ASSESS A THERAPEUTIC RESEARCH INTERVENTION THAT MAY HELP SYMPTOMS OF PTSD


PARTICIPATION KEPT CONFIDENTIAL &  
NOW APPROVED FOR REMOTE ACCESS

**\*DOESN'T NEED TO BE IN PERSON\***

YOU MAY BE COMPENSATED FOR YOUR PARTICIPATION

**Principal Investigator:**  
Michael J. Roy, MD, MPH

 recontrol@usuhs.edu

 301.412.8187

10 90-minute sessions  
+  
2 Pre/Post Assessments  
+  
3 follow up sessions  
at 2, 6 and 12 months

**Location:** Walter Reed

**Protocol Title:**  
Reconsolidation of  
Traumatic Memories to  
Resolve Posttraumatic  
Stress Disorder  
(RECONTROL)