



CHAPTER 100

Peabody, MA
dav100ma@comcast.net

<http://www.davmembersportal.org/chapters/ma/100>

***** New Chapter 100 Newsletter *****

DAV CHAPTER 100 CHAPTER OFFICERS 2013-2014

Commander:
Donald P. White

Adjutant:
Ken Hopkins Jr.

Senior Vice Commander
Walter F. Booth

Treasurer
Ken Hopkins Jr.

Junior Vice Commander:
Paul H. Gardner

Chaplain
Sal Mistretta

Legislative Chairman:
Leon Breckenridge

Service Officers:
Ken Hopkins Jr.
Harry Gardner

Membership Chairman:
Ken Gagnon

Monthly Meetings:
VFW Hall
20 Stevens St. Peabody
3rd Monday of each
month
6:30 PM
(Except July & August)

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DAV 100 Meeting Schedule:

Spring - 2014

VFW Hall – 20 Stevens St. Peabody, MA 01960

Monday: Mar. 17, 2014 6:30 PM
Monday: April 21, 2014 6:30 PM
Monday: May 19, 2014 6:30 PM (Elections)
Monday: June 16, 2014 6:30 PM



I WANT YOU
TO SIGN UP FOR EMAIL

CHAPTER 100 EMAIL OUTREACH

Yes, we do want you to sign up for email!

And here's why!

A wealth of information is available to Veterans and their families from internet sources. Chapter 100 uses email as its primary means of communicating with our chapter members and sharing these valuable resources.

"I don't have email" you say. Maybe so; but I guarantee that most of the rest of your family does. So this is an outreach to them also. If it has been a while since you have reviewed your benefits, it might be time to see what is available. *"Where do I look?"* you say. We say: *"Look at your email"* *"Ask us a question in an email."*

Continued on page 2



There is no escaping the wrath of your family if they find out you were eligible for a set of **free \$6000 hearing aids and maybe free eyeglasses too** but:

“did not get the email on that 1996/2008 VA benefit eligibility change.”

[VHA Directive 2008-070 & 38 CFR 17.149](#)

As we grow our information network, the list of valuable information grows with it. We are aware that email can be a nuisance as much as it is an education. We will go out of our way to bring you and your family: *only relevant information*. We are “Veterans Helping Veterans” - Period. We can bring you **updates on Veterans Legislation** – without politics. We can send you information on **VA Health Care Benefits and changes - Local transportation schedules** to VA Health Care facilities - local **Veterans Council news** and regional events. Chapter 100 has been recently added to the Lahey Health: Community Outreach Program mail list. We will pass on any information on free local health clinics and services.

ALL THINGS VETERAN: You name it; we can probably find information on it for you – and send it to you by: yes, email.

YOUR CHALLENGE:



Ask a family member if you can use their email address, if you don't have one! They can help us to help you!

Help keep our Chapter costs down!

Cost of this mailing: \$325.00

Cost of electronic version: \$0.00 = (Priceless)

Enclosed is an email address card for your convenience.

Please fill it out and return it in the supplied envelope.

If you have been getting Chapter 100 emails already, no need to return a card. If you returned a card in 2013, but are not receiving emails, send us an updated card. Please write legibly. I have the same poor eyesight as you. We keep all email address confidential. Our goal is: *No more than two emails a month, including meeting notices.*

We are working to protect your Veterans' rights and benefits. We care about what happens to you and your families. **PLEASE HELP OUR MISSION.**

I will continue to nag you, so don't resist.

dav100ma@comcast.net

COME TO A CHAPTER MEETING Join us for Pizza



The schedule for the remaining 2013-2014 chapter year, before summer break, is posted on the front page. Come to a meeting and see what Veterans are up to in our local communities. Share stories, if you wish. Get updates on chapter activities. And join us for pizza. We are an upbeat group and “no whining is allowed.” Our meetings are usually small and last about an hour and a half. Once a month – except for July and August. Need help? We have two trained Service Officers to work with you, either after a meeting or by appointment. It's been a long cold winter. Come on out and spend an hour with us.

OUT OF STATE MEMBERS AND SNOW BIRDS

We realize that some of the information and services mentioned in this newsletter and emails are not always applicable to you. We hope you can see this information as a connection to your former hometown. Through these newsletters and emails, we hope to bring as much relevant information to the chapter, as a whole. We welcome your feedback on how to address your membership services from afar. Wherever your destiny has taken you, we are happy for you, because it has been a miserable winter here. – *Don White, Commander*



You earned it. Now use it or lose it!! If you are not already signed up in the VA Healthcare System, take a few minutes to fill out the online application.

10-10EZ
Application for Health Benefits

There are many reasons to sign up for VA Health Care but the first reason is: it takes about 10 minutes. Reason number two: As DAV members we are all rated with the VA, in some form.

As such, we most likely fit in one of the VA's Health Care Priority Groups. Bear in mind you can *double dip* and carry civilian health insurance along with VA Health Care and mix-and-match services between two.

One visit per year with a VA primary care physician is all they require.

If your prescription costs are out of sight, check the scale below to see if you can get a better deal through the VA Health Care System. Your medication needs are not required to be service-related. Service related medications do not have a copay

Priority Groups	Medication Copay Amount		
	1-30 Day Supply	31-60 Day Supply	61-90 Day Supply
1	\$0	\$0	\$0
2 through 6	\$8	\$16	\$24
7 and 8	\$9	\$18	\$27

(Veterans in Priority Groups 2 through 6 are limited to \$960 annual cap)

(Another reason: see *Family Wrath* on page 2.) VA Health Care meets the requirements of the Affordable Care Act.

Space in this newsletter is limited, but the electronic version will be sent by **email** and will include expanded **VA priority Groups and Inpatient, Outpatient, Long-Term Care, Prescription Copay information for each group, Purple Heart Recipient special categories.**

Need help with filling out the 10-10EZ or 10-10 EZR? Set up a time with us and we will go over the form with you.

VA MEDICAL CENTERS TRANSPORTATION



Need a ride to a VA Clinic or Medical Center?

Pages 5 & 6 are schedules of our regional VA Medical Center Transportation Systems, as well as GLSS and DAV Transportation Network. Special thanks to Peabody Mayor Bettencourt and the JB Thomas – Lahey Foundation for their funding and support of the Peabody to Jamaica Plain and Bedford Shuttle.

DISABILITY COMPENSATION



What do you think your wound, injury or illness disability is worth?

(Previously sent by email in February)

Below is the link to the formulary that the Veterans Administration uses to assign a rating to each individual system of the body.

Pay close attention to this rating schedule, particularly if your initial rating evaluation is now decades old and you feel that your illness, wound or injury is worse.

Compare your symptoms against the data on that site and see if it might be worth filing for an upgrade.

Once the Iraq and Afghanistan Campaigns fade from the public memory, as these wars inevitably do, you can rest assure that Congressional appropriations to the VA will follow suit.

**38 CFR Book C, Schedule for Rating Disabilities:
Ratings of each Disability**

<http://www.benefits.va.gov/warms/bookc.asp>



VETERANS JOB FAIR

MEMBERS HELPING MEMBERS

Saturday 3/15/14

Sponsored by Congressman John Tierney

Know another Veteran who might be eligible to join the DAV?

Have them fill out the attached application



One of my highest priorities as a Member of Congress is supporting our nation's veterans by working to increase access to services and employment opportunities for them. My staff and I are actively engaged in helping local veterans and their families cut through any "red tape" and working to resolve other issues in readjusting to civilian life. Having heard from many of you who have experienced challenges with obtaining employment after leaving the service, I am proud to announce that I will be hosting my 2014 Veterans Fair:

March 15, 2014 from 9:00 a.m. - 1:00 p.m.

Peabody Veterans Memorial High School.

485 Lowell St. Peabody, MA 01960

This event will bring together local nonprofits, government agencies and businesses in order to ensure that our veterans, service members, and military families receive the high quality support they deserve. A wide variety of employers and representatives from educational, health, housing, and veterans' advocacy organizations will be in attendance.

As always, I look forward to assisting you and others who have served and sacrificed for our country. If you have any questions or concerns, please do not hesitate to contact my Peabody office at 978-531-1669. Again, thank you for your service to our country.

Sincerely,

John F. Tierney
Member of Congress



DAV Membership Application

The cost of a life-long membership in the DAV is as follows and may be paid in interest free installments following a minimum \$40.00 down payment:

Age 80 and over	Free
Age 71 - 79	\$140
Age 61 - 70	\$180
Age 41 - 60	\$230
Age 40 and under	\$250

Mail your membership application to:

**Membership Department
DAV National Headquarters
P.O. Box 145550
Cincinnati, OH 45250-5550**

Last Name _____ First Name _____ Middle Initial _____

Spouse's First Name _____

Street Address _____

City _____ State _____ Zip _____

Male Female Birth Date: _____

Date Enlisted _____ Date Discharged _____

Branch of Service _____ Rank _____

Campaign/Expedition Medals _____

Awarded _____

I have a service-connected disability rated at _____ (0%-100%)

Did you receive a Purple Heart? Yes No

Are you an Ex-P.O.W.? Yes No

Disability Discharge? Yes No

Military Retired? Yes No

_____ **100** _____ **Peabody, MA 01960**

Date of Application Chapter number and location requested (if known) _____

Sponsor's Name and Code Number if Applicable _____

E-mail Address of Applicant _____

My check is enclosed for: _____

Charge my credit card in the amount of: _____

Master Card Visa American Express

Discover Card _____

Card Number _____ Expiration Date _____

Mayor Edward A. Bettencourt, Jr.

____ WOULD LIKE TO ANNOUNCE ____
*A NEW SHUTTLE SERVICE
TO THE
VETERANS HOSPITALS
IN
JAMAICA PLAIN & BEDFORD, MA*

**BEGINS
Tuesday,
April 2nd 2013**



SCHEDULE:
**FIRST Tuesday of Every
Month**
Shuttle will travel to
Jamaica Plain

-PICK-UP-POINT-
**Torigian Community Life
Center**
79 Central St.
Peabody, MA 01960
DEPARTS: 9:00am

-PICK-UP-POINT-
**Veterans Hospital in
Jamaica Plain, MA**
DEPARTS: 2:00PM

COST:

\$5 per Veteran round trip
One escort per Veteran
allowed.

Each Veteran is responsible for
scheduling their own
appointment at the VA.

Peabody shuttle riders will be
given VA appointment priority.

**Funded by the
JB Thomas - Lahey Foundation**

SCHEDULE:
**THIRD Tuesday of Every
Month**
Shuttle will travel to
Bedford

-PICK-UP-POINT-
**Torigian Community Life
Center**
79 Central St.
Peabody, MA 01960
DEPARTS: 9:00am

-PICK-UP-POINT-
**Veterans Hospital in
Bedford, MA**
DEPARTS: 2:00PM

The shuttle will go to the Jamaica Plain VA on the 1st Tuesday of every month
and the Bedford VA on the 3rd Tuesday of the month.

Those veterans interested in obtaining shuttle service are asked to set up their own appointment with the VA Hospital on the corresponding Tuesday that shuttle service is offered. Check for availability of VA priority scheduling.

All appointments should be scheduled between 10:00AM and 1:30PM.

Once they have their Tuesday appointment with the VA, veterans are asked to contact the Council on Aging to reserve their spot on the shuttle.

One escort per veteran is allowed at no extra cost. For more information or to make a reservation:

Contact the Council on Aging: 79 Central St. Peabody at (978) 531-2254



BEDFORD VAMC - TRANSPORTATION SERVICES

(781) 687-2505

Gloucester and Lynn Shuttles

Bedford VAMC

"Delivering Veterans to the Services They Earned"

Bedford/Lynn Shuttle			
LEAVES		ARRIVES	
Bedford VAMC	07:30 a.m.	Lynn VA Clinic	08:45 a.m.
Lynn VA Clinic	09:00 a.m.	Bedford VAMC	10:00 a.m.
Bedford VAMC	01:00 p.m.	Lynn VA Clinic	01:45 p.m.
Lynn VA Clinic	02:00 p.m.	Bedford VAMC	03:00 p.m.
Bedford/Gloucester/Beverly Shuttle			
LEAVES		ARRIVES	
Bedford VAMC	07:30 a.m.	Gloucester	08:45 a.m.
Gloucester	09:00 a.m.	Beverly (Vittori-Rocci)	09:15 a.m.
Beverly (Vittori-Rocci)	09:20 a.m.	Bedford VAMC	10:00 a.m.
Bedford VAMC	01:00 p.m.	Beverly (Vittori-Rocci)	01:40 p.m.
Beverly (Vittori-Rocci)	01:50 p.m.	Gloucester	02:15 p.m.
Gloucester	02:20 p.m.	Bedford VAMC	03:15 p.m.
Bedford/Jamaica Plain Shuttle			
LEAVES		ARRIVES	
Bedford VAMC	0800 a.m.	Jamaica Plain VAMC	09:00 a.m.
Jamaica Plain VAMC	10:30 a.m.	Bedford VAMC	11:30 a.m.
Bedford VAMC	12:15 p.m.	Jamaica Plain VAMC	01:45 p.m.
Jamaica Plain VAMC	02:00 p.m.	Bedford VAMC	03:00 p.m.

Call The Bedford VAMC Transportation Office: **(781) 687-2505** to reserve a seat on a shuttle.

Other Regional Transportation Services Available To Eligible Veterans:



If you're any age and have a doctor-certified disability prohibiting you from using public transportation, you're eligible for affordable door-to-door service 365 days a year, throughout the North Shore and Greater Boston area, thanks to the MBTA's "THE RIDE." Go wherever you like:

THE RIDE is not restricted to medical appointments.

For more information about transportation services or THE RIDE:

Call GLSS: 781-599-0110



NORTH SHORE: DAV TRANSPORTATION NETWORK

DONNA M. TANNER - BEDFORD VAMC (518) (781) 275-7500
 200 Springs Rd., DAV Off. Bldg. 4, Rm. B05 EXT. 2999
 Bedford, MA 01730

WILLIAM H. DESMOND - BOSTON VAMC (523) DAV (617) 232-9500
 150 S. Huntington Ave., Rm. D-127 EXT 45040
 Boston, MA 02130 FAX (857) 364-4483