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**FULFILLING OUR PROMISES
TO THE MEN AND WOMEN WHO SERVED**

RUDDEROW-MAMUCARI CHAPTER #6

Chapter Headquarters
P.O. Box 11447
Philadelphia, PA 19111

Newsletter – April 2023

***OUR CHAPTER IS ONLY AS STRONG AS OUR MEMBERSHIP.
PLEASE JOIN US AT THE NEXT MEETING.***

Next Meeting: April 12, 2023 1300 HRS.

Northeast Philadelphia Vet Center

[101 E Olney Ave Suite C-7](#)

Phila., PA 19120

Route 26 Bus stops at Front and Olney

PLEASE NOTE: Add our address to your contacts:

dav.chapter6.pa@gmail.com

NEWS YOU CAN USE

Motion is lotion, rest is rust

We can't stop ourselves from aging, but we can slow down some of its effects. While increased physical activity is important to maintain your overall health and well-being, engaging in strengthening exercises at least 2 to 3 times each week is your best defense against muscle loss. By continuing to use your muscles, you'll be working to keep them strong.

Read the rest of the article:

<https://www.myhealth.va.gov/mhv-portal-web/web/myhealthvet/ss20201023-aging-muscle-loss>

Preventing Cancer

Many types of cancer are linked to lifestyle. Healthy lifestyle choices can help lower your risk for cancer and many other diseases. They can also improve your overall health.

Read the rest of the article: https://www.veteranshealthlibrary.va.gov/DiseasesConditions/Cancer/142,84669_VA

Advance Care Planning

Advance care planning is a way of planning ahead for your future healthcare choices in case you become unable to do so. Think about the types of medical therapies you would choose to have, or not have, if you were very sick or injured and not able to communicate.

Read the rest of the article: https://www.veteranshealthlibrary.va.gov/LivingWith/AgingVeterans/AdvanceCare/142%2C41500_VA

New VA Life Insurance Available Now

VA's newest life insurance program, [Veterans Affairs Life Insurance \(VALife\)](#), increases access to life insurance for more service-connected Veterans than ever before. Enrollment for VALife opened on Jan. 1, 2023, for Veterans age 80 or under with any level of service-connected disability (0-100%). Veterans age 81 or over may also qualify if they meet certain conditions.

Read the rest of the article: <https://www.va.gov/life-insurance/options-eligibility/valife/>

The VA Will Pay For Some To Get New Alzheimer's Drug:

The VA added Leqembi, which received accelerated approval from the Food and Drug Administration in January to its list of nonformulary drugs.

Read more: <https://www.stripes.com/veterans/2023-03-14/veterans-affairs-health-administration-alzheimers-drug-9491550.html>

Accessing New Toxic Exposure Health Care And Benefits:

See the three paths you should consider when applying for toxic exposure benefits.

Read more: https://news.va.gov/116593/accessing-toxic-exposure-health-care-benefits/?utm_source=middle&utm_medium=email&utm_campaign=VetResources&utm_id=08MAR2023

VetServe 2023: Mark Your Calendar, National Day of Service is April 21

Whether you choose to plant a tree, package boxes at a local food bank or offer to serve with a nonprofit, what matters most is that you go out and engage.

VetServe is a celebration of service and a call-to-action to join the national day of volunteerism on April 21.

Read more: https://news.va.gov/116959/vetserve-2023-national-day-of-service-april-21/?utm_source=middle&utm_medium=email&utm_campaign=VetResources&utm_id=15MAR2023

The Newsletter is now only published as an email. The email version has links that you can click on to easily get more information – something we cannot do with the printed version of the newsletter. Sign up for the email version send a request to:

dav.chapter6.pa@gmail.com

To insure delivery to your inbox add our email address to your contacts list.

Andrew Kapustiak Commander 215.455.2454	Geoffrey Moulton Adjutant 215.645.2453	Jeanne Hannum 1 st Jr. Commander 215.850.2813	Stephen Resling Treasurer 215.342.5167	Larry Smith Chaplain Service Officer 267.779.9651
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CHARTERED BY A SPECIAL ACT OF CONGRESS

Our mailing address is:

dav.chapter6.pa@gmail.com

Chapter website: <http://www.davmembersportal.org/chapters/pa/06/default.aspx>