

## Things Veterans Should Know About (as of 12/15/2016)

**World War II/Korean War**- Skin, muscle, ligament, bone arthritic, neurological, vascular, and Reynaud's conditions from cold weather exposure.

**Vietnam War Agent Orange Exposure**- Conditions include: Cancers of blood, plasma, bone marrow, lung, prostate, liver, larynx, trachea, and bronchus. Diabetes, Hodgkin's enlarged lymph nodes, liver, and spleen, Ischemic Heart Disease, Parkinson's, and Peripheral Neuropathy, Additionally, spina bifida disease in biological children. Locations of exposure; blue water Naval ships, offshore waters, Da Nang Harbor, Nha Trang Harbor, Qui Nhon Bay Harbor, Cam Rahn Bay Harbor, Vung Tau Harbor, and Ganh Rai Bay. Also, Thailand, Korea DMZ, Airbase, Air force personnel on C123 Aircraft during Vietnam. Also, Ft. McClellan, AL, during 1929-1971 could have been exposed to Agent Orange.

**Camp Lejeune, NC contaminated water**- 1953-1987 could cause, Leukemia, bladder, kidney , liver, bone and blood type cancers, Hodgkin's Lymphoma and Parkinson's disease.

**Gulf war Aug 1990-present**- Iraq, Kuwait, Saudi Arabia, Bahrain, Qatar, Djibouti, Africa, Afghanistan, UAE, Oman, Gulf of Aden, Gulf of Oman, Waters of Persian Gulf, Atsugi Japan, Arabian Sea & Red Sea are areas of research and concern. **Joint Base Balad, Taji, Tikrit, Tallil, Mosul Iraq, Djibouti, Africa and Qarmat Ali water treatment, areas with highest levels of toxins. Illnesses to be checked for if diagnosed:**

Chronic Fatigue Syndrome, Fibromyalgia, Malaria, West Nile virus, and cancers of cardio, respiratory and skin. Issues with continual rashes, coughing, bronchial, intestinal, gastrointestinal, headaches, neurological, reproductive, eye, liver, kidney, joint/muscle pain, or other chronic/abnormal diseases.

**All veterans war/peacetime**- If exposed to radiation, asbestos, or other environmental hazards or chemicals during service, check to see if you qualify for compensation and treatment of associated illnesses.

**Special Monthly Compensation** additional compensation to an already service connected condition:

- Loss of use of feet, hand, buttocks, creative organs (reproductive organs or arousal disorders)
- Blindness, deaf, loss of breasts, limbs, voice impairment, or loss of other body parts due to service connected conditions. Examples are Diabetes, loss of foot, or prostate cancer loss of use of creative organ.

### **Ways to Stay Healthy over the Winter**

- Try to eat healthy, reducing fats, carbs, and sugars in your diet. Healthy choices like oatmeal, yogurts, berries, peppermint, almonds, eggs, spinach and broccoli.
- Exercise at least 3-5 times a week for 30 minutes. Yoga and Pilates are good for all ages. Do stretching, use food cans as hand weights, do arm and leg lifts right

from your chair.

- Socialize with others, via phone and in person. Get involved in community, veterans or church groups. Let others know if you are alone and don't have anyone.
- Ask for help when you need it.
- Find your passion. Something you enjoy like hobbies, helping others, singing, painting and lots of laughter. Humor is good for the soul.
- Stay motivated and busy. Use something you are good at to make a difference somehow. It can be in your own home, community or for others.

Getting things in order in case something happens to us is important. No matter what age, if you become terminally ill or injured. It's nice for your family/friends to be able to take care of things without extra stress. Put the following in a safe spot and make sure someone knows where to find it if needed:

- Keys to home, vehicles, and any other locked items you have.
- Safety deposit boxes or safe locations.
- Location of your Will, Trust, Power of Attorney, or Estate information.
- Deeds for home, land, mortgage/rental information, assets information.
- Titles, abstracts for property, vehicles and recreational equipment.
- Tax information for property and other assets.
- Doctor, Dentist, or other health care providers.
- Health Care Directive location.
- Medications or special medical attention you may need.
- List of all the places you pay monthly bills, how you pay them, login and passwords if online, phone numbers and address if paper pay.
- List of credit cards, bank accounts and financial information.
- Social security, retirements, investments, special pension's funds and information.
- Life insurance or other additional benefits.
- DD 214, NGB 22 discharge papers from the military.
- VA Benefits you are receiving, award letters you get in May each year.
- Health Insurance, Medicare, Long Term Care Arrangements.
- List of personal property you want to go to certain people.

- Attorneys, legal issues, and misc. items needing resolution.
- Burial, who you want to do your funeral, where you want to be buried, special arrangements you want. Do you want to be cremated or traditional burial.
- List of names, phone numbers, addresses of immediate family members who should be contacted in case of an emergency.
- Daycare providers, house cleaners, or other people who work for you or provide services. Name and phone numbers.

**Update as changes occur or at least annually. Be careful who you provide information to. Ensure they are trust worthy and reliable if not your spouse or child.**