



# LARRY A. HOFF ePOST 2100



Issue #93 JANUARY, 2021 **COMMUNICATION IS POWER**

TO OPT OUT OF OUR NEWSLETTERS, E-MAIL [MARIA KLENHARD](mailto:MARIA.KLENHARD)

## OUR NEXT MEETING

JANUARY 21ST at 7:30 PM, is slated for our next tele-meeting, by invitation, using GoToMeeting. E-mail me if you want an invite:

[commander@epost2100.org](mailto:commander@epost2100.org)

Our tele-meetings are provided for you to learn about and have input regarding your cyber Post. BTW, have you visited [Our Web site](#), lately?

## YOUR CYBER POST OFFICERS

Post Commander.....	<a href="#">ROBERT GREEN</a>	770-786-8702
Senior Vice Commander.....	<a href="#">MARIA KLENHARD</a>	916-952-7691
Junior Vice Commander .....	OPEN	
Adjutant.....	<a href="#">MARIA KLENHARD</a>	916-952-7691
Finance Officer.....	<a href="#">MAC MCMILLAN</a>	404-277-4280
Judge Advocate.....	<a href="#">TED RICHARDS</a>	404-754-0415
Exec. Committee.....	<a href="#">ED MCMILLAN</a>	770-757-6136
Sergeant-at-Arms.....	DAVID GREEN	
Service Officer.....	<a href="#">ED MCMILLAN</a>	770-757-6136

OUR HELP DESK STANDS READY TO ASSIST US VETERANS WITH FREE COMPUTER-RELATED AID.

[ROBERT MCTUREOUS](#)

404-304-1772



## COMMANDER'S CORNER

Thomas Paine's first [The American Crisis](#) pamphlet began with, "These are the times that try men's souls." .



Indeed, many of us now face a crisis brought on by responses to a pandemic over which we have little control. Some veterans sought an early end, as an average of twenty veterans die from suicide each day.

How we respond to adversity is of prime importance. Religious faith is one factor, though some say, "It is God's will.", while others ask, "Why?", and others continually seek prayer for relief, saying, "This, too, shall pass."

How do you cope with the "new normal"? If you are successful in your coping skills, do you share them with others? Have you received help from others?

Personally, I do find solace in prayer and understand that some changes for the good do not happen in my time frame reference. Some religious services are streamed.

I spend inordinate time at the computer with games, daily E-mail, our ePost, research, etc. I count trips to the grocery store as my exercise, though I use gym equipment in my home. Housework and yardwork occupy some time, as does trying to keep up with the lives of neighbors, friends, and relatives.

Music and television are useful entertainment sources. So I am content and upbeat while praying others can be and remain the same.

*[Bob Green](#)*

770-786-8702

## RUNOFF ELECTION

In Georgia (most of our members are Georgians) we will be having a hotly contested runoff election for two senators.

Great sums of money and numerous notable people will be vying to persuade our voting.

Experts say that most of us have already decided for whom to vote, regardless of any high-powered influences. That leaves the undecided voter to vote one way or the other.

To complicate matters, some people will question the honesty of the vote count and some might even choose not to vote.

We veterans put our lives on hold and on the line to perpetuate our free Republic and the right to vote. Will you vote?

# FROM DEPARTMENT OF VETERANS AFFAIRS

## Veterans, service members and families: online programs help you cope with stress

Experiencing stress and anxiety, especially now, is not a form of weakness. If you find yourself struggling to cope, you may find these online programs helpful:

[Moving Forward](#): This course teaches problem solving skills to help you better handle life's challenges, such as managing stress and adjustment issues, as well as balancing school, family life, and financial difficulties.

[Parenting for Veterans](#): In this updated course, you will find tools to help reconnect with your kids and strengthen your parenting skills.

[Path to Better Sleep](#): If getting a good night's rest is a nightly challenge, use [Sleep Check-Up](#) to better understand your sleep problems. If you've been diagnosed with insomnia, try the Path to Better Sleep course. It can help you develop habits that promote a healthy pattern of sleep.

[Sleep Apnea](#): This is a new resource on the Veteran Training website. If you have been diagnosed with or may have sleep apnea, try the Sleep Apnea page. This page has useful resources, such as videos, fact sheets and links to other helpful sleep health sites.

[Anger & Irritability Management Skills \(AIMS\)](#): This course can help you control your reactions to irritating events and manage angry feelings. AIMS is a Veteran-specific. Veterans and service members around the world have used it.

## COVID-19 Coach mobile app for support

As the pandemic stretches into the holiday season, we also recommend using the newest VA Mobile App, [COVID-19 Coach](#), to support your overall mental health during these challenging times.

Don't wait to seek out the help you need. If these self-help programs do not work for you, we recommend talking to your VA health care provider about next steps.

### The American Legion Membership Application

**LEGION ACT**

_____ (Name)		_____ (Date of Birth)	
_____ (Mailing Address)		_____ (Phone Number)	
_____ (City)	_____ (State)	_____ (Zip)	_____ (Post #)
_____ (E-mail)		<input type="checkbox"/> Male <input type="checkbox"/> Female (Gender)	_____ (Dues)

I certify that I served at least one day of active military duty since December 7, 1941 and was honorably discharged or am still serving honorably.

**Please check appropriate service era and branch of service below**

<input type="checkbox"/> Global War on Terror	<input type="checkbox"/> U.S. Army
<input type="checkbox"/> Gulf War	<input type="checkbox"/> U.S. Navy
<input type="checkbox"/> Panama	<input type="checkbox"/> U.S. Air Force
<input type="checkbox"/> Lebanon/Grenada	<input type="checkbox"/> U.S. Marines
<input type="checkbox"/> Vietnam	<input type="checkbox"/> U.S. Coast Guard
<input type="checkbox"/> Korea	<input type="checkbox"/> Merchant Marines (WWII only)
<input type="checkbox"/> WWII	
<input type="checkbox"/> Other Conflicts	



30-009    Signature of applicant    Date    Name of recruiter

**Receipt of Dues**  
(Please Print)

From \_\_\_\_\_ for 20\_\_\_\_ Post # \_\_\_\_\_

Recruiter's Name \_\_\_\_\_

Recruiter's Signature \_\_\_\_\_

Recruiter's Phone # \_\_\_\_\_

# ANOSOGNOSIA

In the following analysis the French Professor Bruno Dubois Director of the Institute of Memory and Alzheimer's Disease (IMMA) at La Pitié-Salpêtrière - Paris Hospitals / addresses the subject in a rather reassuring way:

"If anyone is aware of his memory problems, he does not have Alzheimer's."

1. I forget the names of families ..
2. I do not remember where I put some things ..

It often happens in people 60 years and older that they complain that they lack memory. "The information is always in the brain, it is the "processor" that is lacking."

This is "Anosognosia" or temporary forgetfulness.

Half of people 60 and older have some symptoms that are due to age rather than disease.

The most common cases are:

- forgetting the name of a person,
- going to a room in the house and not remembering why we were going there,
- a blank memory for a movie title or actor, an actress,
- a waste of time searching where we left our glasses or keys ...

After 60 years most people have such a difficulty, which indicates that it is not a disease but rather a characteristic due to the passage of years ...

Many people are concerned about these oversights hence the importance of the following statement:

"Those who are conscious of being forgetful have no serious problem of memory."

"Those who suffer from a memory illness or Alzheimer's, are not aware of what is happening."

Professor Bruno Dubois, Director of IMMA, reassures the majority of people concerned about their oversights:

"The more we complain about memory loss, the less likely we are to suffer from memory sickness."

## PAY ATTENTION TO THE LITTLE DETAILS

For want of a nail a horseshoe was lost,  
for want of a horseshoe a horse went lame,  
for want of a horse a rider never got through,  
for want of a rider a message never arrived,  
for want of a message an army was never sent,  
for want of an army a battle was lost,  
for want of a battle a war was lost,  
for want of a war a kingdom fell,  
and all for want of a nail.

– Unknown

## YOUR VA PROFILE

### From the Department of Veterans Affairs:

Did you know VA is empowering veterans to manage their information through a simplified, personalized experience on VA.gov, called [VA Profile](#)?

Once signed into the VA.gov website, veterans can view, update and change their contact information, such as phone number, email, home and mailing address.

[VA Profile](#) updates all VA systems, which removes the burden from veterans calling multiple VA administrations with the same information, at times impacting delivery of services.

[VA Profile](#) improves VA systems by synchronizing and sharing veteran data across the VA enterprise, giving VA customers control, visibility and ownership of their information. In turn, employees have the up-to-date information they need to personalize interactions and provide excellent customer service.

## AGENT ORANGE INFO

### Eligibility for Agent Orange benefits.

To qualify for presumptive [VA benefits](#) for [Agent Orange exposure](#), you must be able to show:

A medical record of having been diagnosed with an [Agent Orange-related illness](#) or condition, **AND** any of the following:

- Service in Vietnam for *any length of time* between January 9, 1962 and May 7, 1975, **OR**;
- Service in or near the Korean Demilitarized Zone (DMZ) *for any length of time* between September 1, 1967 and August 31, 1971, **OR**;
- Service aboard a U.S. military vessel that entered the inland waterways of Vietnam, **OR**;
- Service aboard a vessel operating not more than 12 nautical miles seaward of the demarcation line of the waters of Vietnam and Cambodia (c.f. Public Law 116-23, the Blue Water Navy Vietnam Veterans Act of 2019),
- **OR**

You were exposed to herbicides in a location other than Vietnam or the DMZ, such as by loading, transporting, or storing them while serving in the U.S. Armed Forces.

Certain veterans who operated from Royal Thai Air Force (RTAF) bases near U-Tapao, Ubon, Nakhon Phanom, Udorn, Takhli, Korat, and Don Muang, near the airbase perimeter anytime between February 28, 1961 and May 7, 1975 may qualify.

## HAPPY 2021

**WISHING YOU  
AND YOURS A  
HAPPY AND  
HOPEFUL NEW  
YEAR !**

# VA BENEFIT GUIDES

Download any of these Guides which might prove helpful to you or to others:

## For Veterans

[Apply for VA health care \(PDF\)](#)

[Get started with mental health services \(PDF\)](#)

[Get started with health services for women Veterans \(PDF\)](#)

[Understanding community care \(PDF\)](#)

[Accessing urgent care \(PDF\)](#)

[Apply for a disability rating \(PDF\)](#)

[Apply for education benefits \(PDF\)](#)

[Apply for burial in a VA national cemetery and for memorial products \(PDF\)](#)

[Understanding the modernized decision review process \(PDF\)](#)

[Get started with services for Veterans ages 65+ \(PDF\)](#)

[Get started with Veteran state benefits and services \(PDF\)](#)

[Get started with Vet Center services \(PDF\)](#)

## For family members

[Get started with caregiver benefits \(PDF\)](#)

[Apply for survivor benefits \(PDF\)](#)

LAST NAME	FIRST NAME	MI	YRS
GREEN	DAVID	B	5
KLENHARD	MARIA	E	5
BOWLES	EUGENE		10
HOBBY	JESSE	L	10
WALKER	JOHN	M	10
DEMARTINI	EDWARD	J	20

To the left, are names of members who have recognized continuous-step years of membership in our American Legion.

Annually, Adjutant Maria Klenhard will recognize your years of continuous membership in the specifically-ranked target years. Thank you.

# A SOLDIER

## "Christmas Poem"

'T WAS THE NIGHT BEFORE  
CHRISTMAS,  
HE LIVED ALL ALONE,  
IN A ONE BEDROOM HOUSE  
MADE OF  
PLASTER AND STONE.

I HAD COME DOWN THE CHIM-  
NEY  
WITH PRESENTS TO GIVE,  
AND TO SEE JUST WHO  
IN THIS HOME DID LIVE.

I LOOKED ALL ABOUT,  
A STRANGE SIGHT I DID SEE,  
NO TINSEL, NO PRESENTS,  
NOT EVEN A TREE.

NO STOCKING BY MANTLE,  
JUST BOOTS FILLED WITH  
SAND,  
ON THE WALL HUNG PICTURES  
OF FAR DISTANT LANDS.

WITH MEDALS AND BADGES,  
AWARDS OF ALL KINDS,  
A SOBER THOUGHT  
CAME THROUGH MY MIND.

FOR THIS HOUSE WAS DIFFER-  
ENT,  
IT WAS DARK AND DREARY,  
I FOUND THE HOME OF A SOL-  
DIER,  
ONCE I COULD SEE CLEARLY.

THE SOLDIER LAY SLEEPING,

SILENT, ALONE,  
CURLED UP ON THE FLOOR  
IN THIS ONE BEDROOM HOME.

THE FACE WAS SO GENTLE,  
THE ROOM IN SUCH DISORDER,  
NOT HOW I PICTURED  
A UNITED STATES SOLDIER.

WAS THIS THE HERO  
OF WHOM I'D JUST READ?  
CURLED UP IN A PONCHO,  
THE FLOOR FOR A BED?

I REALIZED THE FAMILIES  
THAT I SAW THIS NIGHT,  
OWED THEIR LIVES TO THESE  
SOLDIERS  
WHO WERE WILLING TO FIGHT.

SOON ROUND THE WORLD,  
THE CHILDREN WOULD PLAY,  
AND GROWNUPS WOULD CELE-  
BRATE  
A BRIGHT CHRISTMAS DAY.

THEY ALL ENJOYED FREEDOM  
EACH MONTH OF THE YEAR,  
BECAUSE OF THE SOLDIERS,  
LIKE THE ONE LYING HERE.

I COULDN'T HELP WONDER  
HOW MANY LAY ALONE,  
ON A COLD CHRISTMAS EVE  
IN A LAND FAR FROM HOME.

THE VERY THOUGHT  
BROUGHT A TEAR TO MY EYE,  
I DROPPED TO MY KNEES  
AND STARTED TO CRY.

THE SOLDIER AWAKENED  
AND I HEARD A ROUGH  
VOICE,

"SANTA DON'T CRY,  
THIS LIFE IS MY CHOICE.

I FIGHT FOR FREEDOM,  
I DON'T ASK FOR MORE,  
MY LIFE IS MY GOD,  
MY COUNTRY, MY CORPS."

THE SOLDIER ROLLED OVER  
AND DRIFTED TO SLEEP,  
I COULDN'T CONTROL IT,  
I CONTINUED TO WEEP.

I WEPT FOR HOURS,  
SO SILENT AND STILL  
AND WE BOTH SHIVERED  
FROM THE COLD NIGHT'S  
CHILL.

I DIDN'T WANT TO LEAVE  
ON THAT COLD, DARK, NIGHT,  
THIS GUARDIAN OF HONOR  
SO WILLING TO FIGHT.

THEN THE SOLDIER ROLLED  
OVER,  
WITH A VOICE SOFT AND  
PURE,  
WHISPERED, "CARRY ON  
SANTA,  
IT'S CHRISTMAS DAY, ALL IS  
SECURE."

ONE LOOK AT MY WATCH,  
AND I KNEW HE WAS RIGHT.  
"MERRY CHRISTMAS MY  
FRIEND!  
AND TO ALL A GOOD NIGHT."

# VA LIFE INSURANCE

<https://www.va.gov/life-insurance/>

## VA Life Insurance

VA provides six insurance programs for veterans described as:

**Servicemembers' Group Life Insurance (SGLI)** is a low-cost group term life insurance program for service members. Coverage can be extended for up to two years if the servicemember is totally disabled at separation.

**Veterans' Group Life Insurance (VGLI)** allows veterans to convert SGLI to a civilian program of lifetime renewable term coverage after separation from service.

**Family Servicemembers' Group Life Insurance (FSGLI)** insures spouses and children of service members with SGLI coverage. Spousal coverage may not exceed the servicemember's coverage. Dependent children are automatically covered at no charge.

**Servicemembers' Group Life Insurance Traumatic Injury Protection (TSGLI)** is an automatic feature of SGLI that provides payments to service members who suffer losses, such as amputations, blindness, and paraplegia, due to traumatic injuries that occur in service.

**Service-Disabled Veterans' Life Insurance (S-DVI)** provides life insurance coverage to veterans who have been given a VA rating for a new service-connected disability in the last two years. Totally disabled veterans are eligible for free coverage and have the opportunity to purchase additional life insurance.

**Veterans' Mortgage Life Insurance (VMLI)** provides mortgage life insurance protection to disabled veterans who have been approved for a VA Specially Adapted Housing (SAH) grant.

For more information, call: 800-669-8477, or visit: [www.insurance.va.gov](http://www.insurance.va.gov)

## TO UNSUBSCRIBE OR NOT TO UNSUBSCRIBE?

When you click on an unsubscribe link in unsolicited emails, does it unsubscribe you, validate a live contact, sell your information, or try to infect your device? One never knows, does one?

# DO YOU HAVE AND/OR USE THE MYVET SERVICES?

Wondering why you should consider upgrading your My HealtheVet account to Premium? A Premium account gives My HealtheVet users the highest level of access to My HealtheVet features.

My HealtheVet offers [three account types](#): Basic, Advanced and Premium. Anyone registering on My HealtheVet starts with a Basic or Advanced account. A Basic account provides access to medical libraries and allows you to enter personal data into journals and other tools to track your health measures.

When you register and select **Veteran** and **VA Patient** on the registration form, your profile information is linked to VA/DoD records. When this happens, your account is automatically upgraded to the Advanced level.

An Advanced account offers Veterans and VA Patients a higher level of access than the Basic account to My HealtheVet features including:

- [VA Prescription Refill](#)
- [VA Prescription Tracker](#)
- [VA Allergies](#)

For Veterans and VA patients, a Premium account includes all the features of a Basic and Advanced account, plus these services:

- Copies of key portions of your VA electronic health records
- [VA Health Summary](#)
- [Secure Messaging](#)
- [VA Appointments](#)
- [VA Medical Imaging and Reports](#)
- Department of Defense (DoD) Military Service Information (MOS codes)

The [VA Blue Button](#) is a feature available to all My HealtheVet members. Access to VA Blue Button reports is based on your account level.

Consider [registering](#) if you do not have a My HealtheVet account.

# DONATE YOUR CAR FOR A TAX DEDUCTION?

**THE AMERICAN LEGION**  
VETERANS STRENGTHENING AMERICA



As 2020 comes to an end, it's the perfect time to donate your car. When you [donate your vehicle before December 31](#), you'll get a tax deduction for 2020 if you itemize.

Donating your vehicle is quick and easy. Just visit us at [legion.org/donate/auto](https://legion.org/donate/auto) and complete the short questionnaire. One of our Donor Support Representatives will be in touch and arrange a contact-free pick up at a time convenient for you.

We gladly accept cars, trucks, SUVs, boats, motorcycles, RVs, and more. Donated vehicles are sold on the used car markets and the proceeds provide critical funding for the many programs of The American Legion.

Avoid the time and trouble of selling an old vehicle you no longer want. [Donate your car today](#) and feel good knowing you're making a difference in the lives of the men and women who sacrificed so much for our country.

Thank you for all that you do.

**DONATE YOUR CAR**