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VA ANNOUNCES BUDGET REQUEST FOR 2012

Shinseki Pledges to Continue to be "Good Steward" of Resources

WASHINGTON (Feb. 14, 2011) - In announcing the proposed budget for the Department of Veterans Affairs (VA) during the next fiscal year, Secretary of Veterans Affairs Eric K. Shinseki emphasized "making every dollar" count in the \$132 billion budget proposal for VA.

The budget request for the fiscal year that begins Oct. 1 must be approved by Congress before taking effect.

Health Care

The budget request seeks nearly \$51 billion for medical care. It would provide care to more than 6.2 million patients, including nearly 540,000 Veterans of military operations in Iraq and Afghanistan.

The budget request also includes almost \$1 billion for a contingency fund and \$1.2 billion of operational improvements to manage the appropriated funds in a fiscally responsible manner.

Major health care provisions include:

- \$6.2 billion for mental health programs,
- including \$68 million directly for sui-

cide prevention;

- \$344 million to activate newly constructed medical facilities;
- \$208 million to implement new benefits for Veterans' caregivers;
- Nearly \$509 million for research;

And Shinseki noted the department has created "a portfolio of initiatives" to improve the quality of VA care while making it easier for patients to access services.

Primary care providers will put more emphasis upon disease prevention and healthy living. New technology - securing e-mails, social networking and telehealth - will be harnessed to meet the evolving needs of patients.

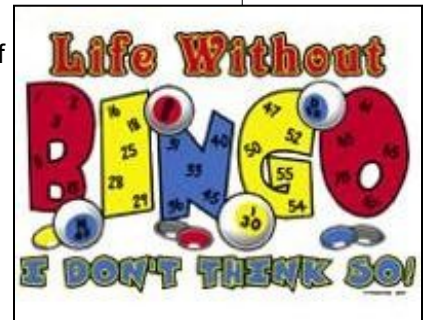
For example, in 2010, a daily average of more than 31,000 patients took advantage of VA's telehome health care. The budget proposal will allow more than 50,000 people daily to use this innovative, at-home care.

Among the department's operational improvements is a provision that calls for VA to implement Medicare's standard payment rates, a measure that will

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Come join us for Bingo at the post every Thursday @ 7pm

**Next Membership Meeting
Is March 8 @ 7 p.m.
Hope to see you there**

VA'S CAREGIVER SUPPORT PROGRAM EXPANDING

REACH Program Improves Quality of Life for Caregivers and Veterans

WASHINGTON – The Department of Veterans (VA) is expanding support nationally to caregivers of Veterans with Alzheimer's disease. A pilot program of the REACH VA (Resources for Enhancing Alzheimer's Caregiver Health in VA) program showed great success in reducing stress on caregivers while improving care outcomes for the Veterans.

"The REACH VA model exemplifies the many different kinds of support VA offers to the caregivers of Veterans," said Secretary of Veterans Affairs Eric K. Shinseki. "This program has been proven to provide the right resources, training and a renewed focus on personal health that can make a world of difference to those caregivers and their Veterans."

REACH VA involved 127 caregivers connected to 24 VA medical centers. The median age for the caregiver was 72 and the majority of the participants were spouses.

Typical issues caregivers face when car-

ing for Veterans with Alzheimer's disease and dementia include memory problems, behavior problems and the need to provide basic attendance such as grooming assistance. Caregivers typically reported feeling overwhelmed, frustrated, cut off from family and friends, lonely, prone to bouts of crying and having worse physical health than the year before.

For six months, the REACH VA caregivers were provided 12 individual in-home and telephone counseling sessions; five telephone support group sessions; a caregiver quick guide with 48 behavioral and stress topics; education on safety and patient behavior management; and training for their individual health and well being.

Caregivers saw their burden reduced; drops in depressive symptoms and their related daily impacts; fewer frustrations, including those that have clinical potential for abuse; and decreases in dementia-related behaviors from the Veterans they cared for. Caregivers also reported they were able to spend fewer hours per day devoted to caregiving duties.

VA will roll out REACH VA on a national

basis through home-based primary care programs across the country. In addition, the program will be modified to assist caregivers of Veterans with other diagnoses like spinal cord injury and traumatic brain injury.

An article on the REACH VA program is being published in the Feb. 28 issue of the Archives of Internal Medicine. Nichols and Dr. Jennifer Martindale-Adams, also from VA's Memphis facility, are the lead authors and based the VA pilot on the National Institute on Aging and the National Institute for Nursing Research funded REACH II study. REACH VA is the first national clinical implementation of a proven behavioral intervention for stressed and burdened dementia caregivers.

Local caregiver support coordinators are available to assist Veterans of all eras and their caregivers in understanding and applying for VA's many caregiver benefits. VA also features a website, www.caregiver.va.gov, with general information on REACH VA and other caregiver support programs available through VA and the community.

Etc.

Internet access: FREE high speed WiFi is available at the post as well as computers for your use. Come by any Thursday or Friday evening after 5 pm or call Quartermaster Koch to arrange a time more convenient.

Military Parade: The Town of Bowling Green presents **THE AMERICANNA MILITARY PARADE** honoring Fort A. P. Hill's 70th Anniversary and Caroline County Veterans Past, Present and Future. The parade will march off at 10 a.m. on 11 June 2011. **All members of VFW Post 10295** are encouraged to participate, as well as **all veterans of Caroline County** to route step the half mile parade route down Main Street. The plan is to have active duty units, military bands, high school bands, scout units, civic organizations, etc. participating. Now is the time for each Post Member to put on the calendar the parade date and plan on marching and having your family lining Main street to cheer Mom, Dad, Grandparents, Brothers, Sisters, etc. as they go by. For those members unable to march, we will have a trailer available to ride.

We Want Your E-Mail Address!

It costs the post almost \$800 a year to mail these newsletters to our members. If we had your e-mail address we could do it for free!

Send an e-mail to vfwpost10295@verizon.net and help us cut down the cost of producing this newsletter.

Thanks for your support.

G & G ACE Hardware

HARDWARE • LAWN & GARDEN
BUILDING SUPPLIES • PET SUPPLIES
SMALL ENGINE PARTS & REPAIR

Dealer of **STIHL**
& SOUTHERN STATES
products

Rt. 301, 2 miles south
of Bowling Green
17434 Gravatt Road
Milford, VA 22514
804-633-6690
FAX 804-633-6234

VFW AGAINST TRICARE INCREASE PLANS

The Department of Defense announced plans to offset Tricare medical program expenses.

WASHINGTON (February 16, 2011) — In the rollout of their fiscal year 2012 budget submission, the Department of Defense on Monday announced plans to offset huge Tricare medical program expenses by increasing the annual enrollment fees paid by working-age military retirees — first by 13 percent, then by linking future increases to double-

digit medical inflation. The Veterans of Foreign Wars of the U.S. is against both plans.

VFW National Commander Richard L. Eubank, a retired Marine and Vietnam combat veteran from Eugene, Ore., believes tying future increases to medical inflation is an escalator clause that will raise Tricare premiums so high that retirees will disenroll and look elsewhere for coverage.

"Asking someone to voluntarily give up 20 or more years of their youth on the simple promise of a pension and life-long medical care for themselves and their spouses is a cost this nation and our government should be more than willing to bear," he said. "Any changes to how military retirees are treated will send an ominous signal to hundreds of thousands of servicemen and women who may be contemplating military careers."

~ EARN A FREE LIFE MEMBERSHIP ~

How much is a VFW Life Membership worth to you? Right now our annual dues are \$35 and it seems like every year it goes up. If you keep your membership in the VFW for another 20 years, without any dues increases you will pay a minimum of \$700. The most expensive Life Membership plan is \$425 for a member 30 years old or younger.

Wouldn't it be great if you didn't have to pay dues again? You can earn a FREE Life Membership by donating the most valuable asset you have, your time. Our post will pay for your Life Membership if you just volunteer 100 hours of your time to support post events. You can volunteer for Bingo, Chicken Dinners, Buddy Poppies, mow the lawn, take the trash to the dump or any of the other post event that requires participation by our membership. Just volunteer and make sure Quartermaster Koch knows you want to participate in the Free Life Membership Program.

~ POST ELECTIONS ~



The new fiscal year for the VFW is coming up fast and we need to start getting our nominations in for Post Officers. We have many new members that are welcome to start getting involved in the post and this is a good time to step forward. Being a post officer is not difficult. Except for the Quartermaster which requires some financial and computer skills, the positions require less than 1 or 2 hours of your time each month.

The preferred method of moving new members into positions is to start with the most junior positions and move "up the chairs" each year. That way you learn the responsibilities while in the position.

To date, no one has stepped forward and offered to serve as Post Commander, Senior Vice, or Junior Vice. Quartermaster Koch has offered to serve yet another year as Quartermaster (9 consecutive years). If we do not fill all four of these positions, we can not stay viable as a VFW post and will have to turn in our charter.

No special skills are required, just a desire to help the post stay active.

If you would be interested in becoming a post officer, contact Quartermaster Koch at 804-690-7348.

		<h1>Post Officers</h1>			
Commander..... Paul Pitts (pro tem)				Chaplain Peter Swain	
Quartermaster Jim Koch				Judge Advocate Garrison Boyle	
Senior Vice J. P. McGuire (pro tem)				Junior Vice Moody Pitts	
Trustees George Bauserman, Ryan Ransome, J.D. Crabtree					

(Budget from page 1)

free \$315 million for other health care needs.

Benefits

The proposed budget for the new fiscal year includes more than \$70 billion in "mandatory" benefits programs, a category consisting mostly of VA disability compensation and pension payments.

Shinseki reaffirmed his commitment to "break the back of the backlog" of claims from Veterans for disability compensation and pensions.

VA's goal is to provide Veterans with decisions on their claims within 125 days at a 98 percent accuracy rate by 2015.

Various initiatives support continued redesign of VA's business processes and development of a paperless claims system to improve the efficiency of VA's handling of applications for compensation and pensions. Among the major projects is one to provide Veterans with streamlined forms to present to non-VA physicians who are evaluating Veterans for disability benefits, while another new program allows online application for claims related to exposure to Agent Orange.

Homelessness Prevention

The funding request includes nearly \$940 million for specific programs to prevent and reduce homelessness among Veterans and their families. This funding is a 17 percent increase over the current budget of nearly \$800 million.

Education and Training

The requested budget for "mandatory" benefits programs includes nearly \$11.5 billion for VA education, training, vocational rehabilitation and employment programs, including educational benefit programs VA administers for the

Department of Defense. Approximately 925,000 people will receive benefits under these programs. Nearly three-quarters of the funds will go to recipients of the new Post-9/11 GI Bill.

The budget proposal continues development of an automated Post-9/11 GI Bill claims processing system that will speed tuition and housing payments to eligible Veterans.

Information Technology

VA will seek nearly \$3.2 billion for the new fiscal year to operate and maintain its information technology (IT).

A recent independent study found that VA invested \$4 billion in medical IT from 1997 to 2007, which generated \$7 billion in savings, mostly from the elimination of duplicate medical tests and the reduction of medical errors.

VA has a major role in the development of the "virtual lifetime electronic record" as part of an inter-agency federal initiative to provide complete and portable electronic health records for service members, Veterans, other family members and, eventually, all Americans.

Through a disciplined approach to IT projects, VA transformed its software development processes, meeting product delivery schedules over 80 percent of the time.

VA is consolidating its IT requirements into 15 major contracts, which will lower costs and increase oversight and accountability. Seven of the 15 contracts are set-aside for Veteran-owned businesses, and four of those seven are reserved for small businesses owned by service-disabled Veterans.

Construction

Nearly \$590 million in major construction is included within next year's budget request.

The funding proposal provides for the continuation of seven ongoing construction projects at health care facilities - New Orleans; Denver; San Juan, Puerto Rico; St. Louis; Palo Alto, Calif.; Bay Pines, Fla., and Seattle - plus new projects in Reno, Nev.; Los Angeles and San Francisco.

Also in the budget request is \$550 million for minor construction for such purposes as seismic corrections, improvements for patient safety, and enhancements for access and patient privacy.

Additionally, the spending proposal includes funds for a gravesite expansion project at the National Memorial Cemetery of the Pacific in Hawaii.

National Cemeteries

VA is seeking more than \$250 million next year for the operation and maintenance of its 131 national cemeteries.

The department expects to inter about 115,000 people next year at its national cemeteries. Nearly 90 percent of the U.S. population is within 75 miles of a VA-run national cemetery or a state-run Veterans cemetery.

For the fourth consecutive time in 10 years, VA's system of national cemeteries has bested the nation's top corporations and other federal agencies in a prestigious, independent survey of customer satisfaction.

The fiscal year 2012 budget plan includes \$46 million to fund creation and improvement of state Veterans cemeteries and tribal government Veterans cemeteries.

Further information about VA's budget proposal for fiscal year 2012 is available on the Internet at www.va.gov/budget/products.asp.

COMBAT SUPPORT GROUPS

Combat Support Groups are sponsored by the Virginia Wounded Warrior Program and are open to anyone who has experienced combat:

- OIF
- OEF
- Vietnam
- Desert Storm
- Reserve
- National Guard
- Military Contractors

There are no discharge status restrictions

The Combat Support Groups meet every Tuesday at 1800 at the Fredericksburg Baptist Church, Room PA-113, 1019 Princess Anne Street, Fredericksburg, VA (Use the Princess Anne Entrance)

For more information please contact: one of these Peer Specialists:

Claud 540-842-2481

Kevin 540-273-4733

Or visit www.nwvawoundedwarrior.org

Or call the Wounded Warrior Program at 540-373-3223 x 3085

VETERANS BENEFITS SERVICE FIELD OFFICE









Benefits Services assists veterans of the armed forces and their dependents in accessing federal and state veterans benefits. DVS operates 21 benefits services offices throughout the Commonwealth where veterans and their dependents receive free assistance in developing and filing claims for federal veterans benefits. This section also certifies eligibility for the Virginia Military Survivors and Dependents Education Program.

The Quantico office serves the counties of Caroline, Culpeper, King George, Prince William, Spotsylvania, Stafford, and Westmoreland; the cities of Falls Church and Fredericksburg.

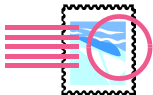
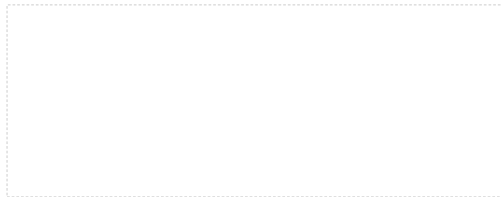
Address:	Telephone: (703) 630-2811	Veterans Service Representative: Jason Williams
Quantico Marine Corps Base	1-800-925-0640	
Education Center	FAX: (703) 630-2872	Jason.williams@dvs.virginia.gov
3089 Roan Street		
Quantico, VA 22134		

Service Schedule		
Town	Schedule	Location
Dahlgren	1st and 3rd Thursday, 8:30 a.m. – 3:00 p.m.	Fleet and Family Support Center 4271 Potomac Drive
Culpeper	4th Tuesday, 8:30 a.m. – 3:00 p.m.	Virginia Employment Commission 529 Meadowbrook Shopping Center
Fredericksburg	1st and 3rd Monday, 8:00 a.m. – 3:30 p.m.	VA Clinic 1960 Jefferson Davis Hwy, Suite 100
Warsaw	By appointment as needed.	VEC 14243 History Lane Road

March 2011

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2	3  Doors open at 6 pm	4 Happy Hour 5-8 pm \$1 Drafts 	5
6	7	8	9	10  Doors open at 6 pm	11 Happy Hour 5-8 pm \$1 Drafts 	12
13	14	15	16	17  Doors open at 6 pm	18 Happy Hour 5-8 pm \$1 Drafts 	19
20	21	22	23	24  Doors open at 6 pm	25 Happy Hour 5-8 pm \$1 Drafts 	26
27	28	29	30	31		

„Honoring the dead by serving the living.”



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