



The FireFighter

Gung-Ho Means Work Together!

Iredell County MCL Detachment 1097 April 2018 Edition

April 26 - Detachment Meeting – 1900 - Troutman American Legion

Detachment website: <http://www.iredellmcl.org>

Once a Marine always a Marine

Commandant: Dick Camery

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Sr. Vice Commandant/

Jr. Past Commandant: Luca Cotrone

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Jr. Vice Commandant: Verlone Cherry

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"We served our Country.....Now we serve our Community"



Marines,

I want to thank those Marines that have stepped forward this year to serve as officers for the Detachment. I am looking forward to another great year.

As of April 15th, the Detachment is in the MCL Summer Uniform (Dress Blue Trousers, Short Sleeve Pilot shirt, web belt, black socks and shoes and red cover) or (Black trousers, short sleeve white shirt, black belt, black socks and shoes and red cover or red cover is considered being in uniform). If you are on the Honor Guard, you should bring your red windbreaker in case it is too cold for short sleeves.

The 2017 budget was approved at the February meeting and we will start contacting the various recipients of funding to setup a time to meet with them and provide the appropriate donation.

We will be doing some additional planning of Detachment events such as Memorial Day, Independence Day Parade, Veteran's Day Parade, and Fundraiser.

The MCL Department of NC Convention is coming on June 29th and 30th h at the Double Tree by Hilton, 4810 Page Creek Lane, Durham, NC. There will be a \$10 registration fee and \$15 lunch fee (or you can eat out). If you plan on attending, please contact me for details and if you are planning on staying overnight you probably need to make your hotel reservations as soon as possible. In the past, most of our attendees have only attended the Saturday business meeting.

Semper Fi,
Dick Camery, Commandant



DATE

MEETING/LOCATION/TIME

- Apr 16 Iredell County Veterans Council – Richard’s Coffee Shop & Military Museum – Mooresville, NC – 1830
- Apr 20 MCL Dept. of NC Pack Growl – Greenville, NC – Time TBD
- Apr 21 MCL Dept. of NC Spring Membership Meeting – Greenville, NC - 0930
- Apr 26 Detachment Meeting – Troutman American Legion – 1900
- May 21 Iredell County Veterans Council – Disabled American Veterans – Statesville, NC – 1830
- May 24 South Iredell High School MCJROTC Awards and Promotion Ceremony – 11:30 – SIHS Performing Art Center
- May 24 Detachment Meeting – Troutman American Legion – 1900
- May 28 Memorial Day - TBD
- Jun 18 Iredell County Veterans Council – American Legion Post 217 – Statesville, NC – 1830
- Jun 28 Detachment Meeting – Troutman American Legion – 1900
- Jun 30 Troutman Independence Day Parade – Plans to be announced later
- Jul 4 4th of July – Independence Day



Don't forget to pray for our sick, shut-ins, Marines and their Families.

- **Stan Thompson and wife, Pat**
- **Buddy Hemric**
- **B.J. Thomas and wife, Sandy**
- **Jackie Vanderzanden – Steve's wife**
- **Ovella Turner, Frank's wife**
- **Joe Vallone**
- **Larry Lackey**
- **Verlone Cherry**
- **Pete Meletis**
- **Pete Blinn**
- **John Hollenback**
- **Ray Lanier**
- **Dick Knapp**

OFFICERS INSTALLATION

The primary mission of the April meeting is the Officer Installation and family are invited. The uniform for the officers being installed is the summer uniform (Dress Blue trousers, white pilot short sleeve shirt, web belt and buckle, black shoes, black socks and red MCL cover. If you are going to be installed as an officer and do not have the dress blue trousers, you should wear black trousers, white short sleeve shirt, red cover, black socks and black shoes. All other members should have the minimum of the Red Cover. All officers will have their picture taken after the installation so that we can post on our website and publish in local newspapers. There will be refreshments after the installation. In addition, I would like to give a special thanks to Glenn Perkins for conducting the ceremony.

The officers that will be installed are:

Elected Officers:

Commandant:	Dick Camery
Sr. Vice Commandant:	Luca Cotrone
Jr. Vice Commandant:	Verlone Cherry
Judge/Advocate:	Steve Vanderzanden

Appointed Officers:

Paymaster:	Bill Stewart
Adjutant:	Pat Brown
Chaplain:	Frank Turner
Sgt-At-Arms:	Danie Rucker
Public Relations:	Glyn Powell
Webmaster:	Rick Saltzgiver
Eagle Scout Coordinator:	Rick Saltzgiver

HOSPICE MONTHLY COFFEE ANNOUNCEMENT

Statesville @ the Outback Steakhouse: 2017 dates, 3rd Wednesdays, **4/19, 5/17, 6/21, 7/19, 8/16, 9/20, 10/18,**

FIVE EXERCISES FOR PEOPLE OVER 50

Whether you go to a gym or use equipment in your home, exercise can be structured, or it can simply be a part of your daily routine. People over fifty don't actually have any special limitations on exercising. Age isn't an issue; for most people, it's about establishing structure or routines.

The [Physical Activity Guidelines for Americans](#) recommends 150 minutes per week of moderately intense physical activity for basic health benefits. You can get additional health benefits with muscle strengthening activities that are moderate or high intensity, involving all major muscle groups with two or more days per week. We provided options below that may help you identify where you can add some exercise or activity into your routine, and in a way that works for you.

1. **Walking** - it's the move you can do virtually anywhere, anytime, and at any age. People have had great success losing weight just by walking and started by walking just a few miles a day and increasing amount a little at a time. No matter where you are, or what time it is, and regardless of your age, there's almost always a way that you can take a few, or a lot, of steps. You can do it alone or with a friend, inside, outside, with music, to a video, in a mall, in a park, or in your yard.

2. **Core** - Your core muscles, or abdominals, include the "stomach" or "tummy" muscles (even though the stomach is an organ and not actually a muscle). The abdominals are the muscles that wrap around and support your abdomen. Strong abdominals play an important role in good posture, respiratory function and low back health. So, score more by working your core! You can find some basic core exercises on the internet.
3. **Yoga** - If you prefer something more meditative in nature, or you'd like to increase your flexibility, balance and focus, try yoga or t'ai chi.
4. **Strengthening** - This can be done with equipment or with household items. If you have access to a gym there are many options for equipment based on what part of your body you want to strengthen. It is recommended that you perform strengthening exercises at least twice per week and that you target the major large muscle groups each time. Always be careful when doing strengthening and be sure you monitor your posture to prevent injury. A sample strengthening progression can be found on the MOVE! Website: [Sample Strength Plan For Beginners](#)
5. **Sports** - Pick your favorite one! Tennis, golf, swimming, cycling, running...you name it. Anything that uses your full body and gets your heart pumping can be beneficial. Now, get out and do it!

You may also want to challenge yourself by setting a goal and tracking it on.

AID AND ATTENDANCE (A&A)

The Aid and Attendance (A&A) Pension provides benefits for veterans and surviving spouses who require the regular attendance of another person to assist in eating, bathing, dressing and undressing or taking care of the needs of nature. It also includes individuals who are blind or a patient in a nursing home because of mental or physical incapacity. Assisted care in an assisting living facility also qualifies.

To qualify for A&A it needs to be established by your physician that you require daily assistance by others to dress, undress, bathing, cooking, eating, taking on or off or prosthetics, leave home etc. You DO NOT have to require assistance with all of these. There simply needs to be adequate medical evidence that you cannot function completely on your own.

The A&A Pension can provide up to \$1,758 per month to a veteran, \$1,130 per month to a surviving spouse, or \$2,085 per month to a couple*.\

Please contact the Iredell County Veteran's Officer (Brad Stroud) to confirm your eligibility.

NEW MEDICARE CARDS TO BE ISSUED IN 2018

Starting 4/1/18 Medicare will start a year-long project to replace all current Medicare cards for beneficiaries to convert to alphanumeric ID numbers. Currently, the ID number is your social security number.

Just a heads up that there is a scam going around involving the new Medicare Cards coming out in April. Pass it along. It might come in handy to know Medicare will never call you on the phone.

It is true that the new cards will be sent out from April 2018 to April 2019. Medicare has also warned on scams. They do not charge for cards or want your personal information over the phone.

HYPERTENSION: THE SILENT KILLER

Hypertension or high blood pressure is a serious medical condition that affects 1 in 3 adults in the United States. It's known as the "silent killer." Hypertension can be present for years without a person knowing it. Silently, damage can occur to the heart, blood vessels, kidneys and other parts of the body. This damage can lead to a heart attack, heart failure, stroke, kidney disease and blindness.

The Facts about Blood Pressure

Blood pressure is a measure of the pressure that is placed on the arteries. As the heart pumps blood with oxygen and nutrients out to the body, it creates pressure in the arterial system like a pipeline. Arteries carry this oxygenated blood from the heart to other organs and areas in the body. As blood pressure rises the heart has to work harder to pump blood to the body's organs. This causes strain and damage to the heart and arteries.

Blood pressure is based on two readings. The top number (systolic reading) measures the pressure as the heart contracts or beats. The bottom number (diastolic reading) is the pressure in the arteries as the heart relaxes between beats. In general, a normal blood pressure is 120/80. However, blood pressure may change with stress or activity. High blood pressure (hypertension) is diagnosed when the top number (systolic blood pressure) is greater than or equal to 140 and the bottom number (diastolic blood pressure) is greater than or equal to 90.

Are You At Risk?

Risk factors for high blood pressure include:

- Family history of high blood pressure (mother, father, brother, or sister)
- African American
- Smoking
- Diet high in salt, and fried foods
- Overweight
- Diabetes, heart or kidney disease
- Increased stress
- Greater than 2 alcoholic drinks/day
- Sedentary lifestyle
- History of stroke or heart attack

Many people have hypertension and do not know it. For this reason it is often considered the silent killer. Take these steps to control blood pressure, prevent complications and lower your risk for heart disease. Work with your healthcare team in developing a healthy habits plan.

Blood Pressure Control Plan

A good plan should include **healthy eating** and regular **physical activity**. Eat foods that are low in sodium. Skip the saltshaker and use spices instead. Do not eat foods that are high in fat and avoid fried foods. Bake, broil or grill foods and eat lean meats such as chicken or fish, whole grain cereals and breads, fresh fruits and vegetables. Learn how to read food labels. Healthy eating will reduce blood pressure and promote weight loss. Great fitness tips include walking, biking and swimming. Exercise for 30 minutes a day most days. Walk whenever you can. Through proper diet and exercise you will look and feel better and reduce stress. Also, quit smoking, limit alcohol, and reduce caffeine intake.

Sometimes healthy habits are not enough to lower blood pressure. If that is the case, your health care provider may recommend medications to lower blood pressure. Often more than one medication may be needed. It is important to take all of your medications as prescribed and follow up with your health care provider regularly.

Do not let yourself become a victim of this silent killer. You can do this by making some simple changes in your life. Change your eating habits. Begin an exercise routine. Take your medicine as prescribed and you can control blood pressure and insure a healthier tomorrow.