



*The  
FireFighter*

**Gung-Ho Means Work Together!**

**Iredell County MCL Detachment 1097                      March 2018 Edition**

**March 22- 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**

**Public Relations:**

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**Judge Advocate: Steve Vanderzanden**

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**Sgt-at-Arms: Daniel Rucker**

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**Adjutant: Pat Brown**

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**Chaplain: Frank Turner**

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



## **Marines,**

The Detachment's March meeting will be the annual election of the officers. There were volunteers for the positions at the February meeting. However, there will be a chance in March for another Marine/Associate to volunteer for a position. The installation of officers will take place at the April meeting and as is the tradition, wives and families are invited to the installation. The only official business, other than the installation, that will be conducted are those items that the officers don't feel can wait until the May meeting. There will be snacks, desserts and drinks served after the installation.

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 officer photos that are not currently posted on the website will have their picture taken.

The officers that have currently volunteered to be an officer for 2017 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:	Daniel Rucker
Public Relations:	Glyn Powell
Webmaster	Rick Saltzgiver
Eagle Scout Coordinator	Rick Saltzgiver

The MCL Department of NC Spring Membership meeting is on Saturday 21 April 2018 at Greenville, NC at the American Legion Post #93 located on St. Andrews Drive. The hotel is the Hampton Inn at 305 SW Greenville Blvd. There is a pre-

registration fee of \$5.00 or \$10.00 on the day of the meeting. There are plenty of places to eat around the hotel, so no lunch will be provided. If you are planning on attending, please let me know by April 13th.

Semper Fi,  
Dick Camery, Commandant



<b><u>DATE</u></b>	<b><u>MEETING/LOCATION/TIME</u></b>
Mar 19	Iredell County Veterans Council – Richard’s Coffee Shop & Military Museum – Mooresville, NC – 1830
Mar 22	Detachment Meeting – Troutman American Legion – 1900
Apr 16	Iredell County Veterans Council – Disabled American Veterans – Statesville, 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 – American Legion Post 217 – Statesville, NC – 1830
May 24	Detachment Meeting – Troutman American Legion – 1900
Jun 18	Iredell County Veterans Council – American Legion Post 217 – Statesville, NC – 1830



**Don't forget to pray for our sick, shut-ins, Marines and their Families. If you know of any other Detachment members that are sick, please advise the Chaplain or the Commandant.**

- **Stan Thompson**
- **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**

### **ANNUAL MARINE CORPS LEAGUE IREDELL COUNTY DRILL COMPETITION**

The annual MCL Iredell County Drill competition was on March 3<sup>rd</sup> and the South Iredell High School Marine JROTC unit won the competition. After all, would we expect anything else. I want to thank Rick Saltzgiver, Glyn Powell and Daniel Rucker for attending the event.

## **NEW SHINGLES VACCINE**

You can get the new shingles vaccine now. It comes in two doses or parts. The vaccine is supposed to be more effective than the old vaccine. After getting the first part you will be given the second part in the future.

## **START MOVE!-ING - LET THIS APP BE YOUR GUIDE**

With Spring right around the corner, some of us may step on the scale and see a gain of 3, 4 or maybe 5 pounds. We think back to all the brownies and cake we ate and realize that it wasn't muscle we gained. If you took a vacation from healthy habits and it's been challenging to get back into a routine, don't be discouraged. Plenty of people need an extra push to get back on track, and your VA Health Care team is ready to help.

VA's [\*\*MOVE! Coach App\*\*](#) is a self-management tool that encourages healthy eating behavior, increasing physical activity, and promotes even small weight losses.

Vietnam War Era Army Veteran Warren Pennington from Shreveport, LA found success with the MOVE! Coach App. 'Once I found out about MOVE! Coach, I was all about it!' said Pennington. 'It allowed me to stay at home to lose weight, but still talk to my clinician which was very helpful. When I started MOVE! Coach, I got serious about wanting to lose weight and maintain it'.

For more information, see this link:

<https://www.myhealth.va.gov/mhv-portal-web/web/myhealthvet/ss20180227-get-mobile-nows-the-time-to-fall-into-a-weight-loss-program>

## **MANAGE YOUR MEDS: SECURE MESSAGING AND RX REFILL**

One of My HealtheVet's most popular features is the ability to refill VA prescriptions online. When you log in to My HealtheVet using your [\*\*Advanced or Premium account\*\*](#), you can manage your [\*\*VA prescription refills\*\*](#) online and view their status.

A Premium account also provides access to [\*\*Secure Messaging\*\*](#). Secure Messaging lets you send non-urgent messages to your VA health care team online. If you have a question about a VA prescription you can send a Secure

Message. Your VA health care team should respond to your message within three business days.

Using both Rx Refill and Secure Messaging provides many benefits to Veterans and members of their VA health care team.

Rudy Shokal, a U.S. Army Vietnam Veteran, uses Rx Refill and Secure Messaging to help him stay on top of his health care. "It's convenient having all my health care information in one place," Shokal said. "I can handle all of my health care tasks within 20 minutes without having to leave the site."

Saving time on commuting to and from VA medical facilities also allows him to spend more time enjoying his many hobbies, like gardening and photography. Shokal says, "I'd rather be out in my yard taking care of things, and Secure Messaging makes it one heck of a lot easier. Army Veteran Mike Bingham understands both the patient and pharmacy point of view. Part of his military service was spent in Germany at a dispensary. He also worked as a certified pharmacy technician with the Veteran Affairs for 37 years.

Bingham was often the first to see Secure Messages from Veterans at his facility. The messages enabled him to address Veterans' needs faster. "With Secure Messaging," Bingham notes, "I can respond to inquiries within minutes after reading them. A phone call might have taken me 10 minutes because I'm talking with the patient, trying to figure out the issue and explaining to them what to do."

VA Pharmacist Dr. Eric Spahn also finds that Secure Messaging saves time. Usually, Veterans call with questions about their prescriptions. They also call asking about tracking packages sent from their pharmacy and forwarding prescription renewal requests. Answering Veterans' questions is Dr. Spahn's top priority. Since Secure Messaging started, he is grateful to have this newer way for patients to contact him. Dr. Spahn says this has decreased call volume and streamlined medication management. It has also preserved his one-on-one time with patients.

Dr. Spahn and his fellow pharmacists aren't the only ones benefitting from Secure Messaging. "The patients love it. With so many businesses greeting their callers with recorded messages, people are used to automated options and hold times. You might leave a phone message, but there is no confirmation that it was received. Secure Messaging avoids the waits and wonder. It is an additional communication that helps direct messages to your health care team. Patients find comfort and satisfaction knowing that their actual VA health care teams are looking at their requests."

With Secure Messaging, Veterans can ask questions between appointments. Having a written record helps them to remember the conversation. It can also prevent misunderstandings between the pharmacist and the Veteran. In contrast to the telephone, Veterans don't need to repeat their health history every time they talk to someone new.

Secure Messaging also alerts your VA health care team to respond to your message within three business days. This keeps the conversation flowing. "This is a huge selling point for Veterans," notes Dr. Spahn. "I've seen Veterans sign up for My HealtheVet and go through the authentication process just to be able to communicate online with their VA pharmacy and health care team."

Since Secure Messaging began, Dr. Spahn has encouraged each VA facility to create pharmacy-specific Secure Messaging contacts for both Veterans and staff to send questions to the pharmacy. He has also incorporated Secure Messaging into the [Ask A Pharmacist VA Mobile App](#). If you have a verified My HealtheVet account, you can link to VA pharmacy and Secure Messaging services via the app, allowing you to go to your personal medication and health information quickly as well as learn about pharmacy-related topics.