

October 2021
Post Newsletter
WesternSpringsVFW.org

Commander's Staff

By Esteban Lopez

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Autumn – September has become a special month for our country. Twenty years after the terrorist attack to our nation, the country is still healing.

Finding ways to understand the events of 9/11. Needless to say that although we had made great progress since 2001, I still see the shock among many of the citizens. It's my opinion that it will take another 20 years to start the true healing process. Until it happen, let's not forget. Do not forget the lives lost in 2001 and the brave men and women who tried to remedy the action. September will always bring us Autumn as our Patriots show the strength of our Nation.

VA News

VA has learned of the recall on some Philips Respironics Positive Airway Pressure devices (CPAP or BiPAP) used for sleep apnea. Philips Respironics recently recalled some CPAP and BiPAP devices because very small foam particles may break loose and travel through the air hose during use. This process may also release small amounts of chemical vapors. At this time no serious adverse health events have been

Save the Dates

Oct. 12th – 7:30 p.m. **Post Regular meeting** In person

Oct. 15th – deadline for November newsletter

Nov. 9th – 7:30 p.m. **Post Regular meeting** In person

reported but Philips has received reports of headache, upper airway irritation, cough, chest pressure and sinus infection. For more information call 877-907-7508.

The American Red Cross has a critical need for blood donors, especially those with O & B blood types, and platelet donors. Black blood donors are also needed to help patients with sickle cell disease.

Veterans, Gold Star families, current military and their dependents have free access to approximately 2,000 public locations spread out across more than 400 million acres of public lands, which host activities to fit any lifestyle, from serene to high octane, including hiking, fishing, paddling, biking, hunting, stargazing, camping and much more.

That's all for now. Until next time.
Stay Safe!
Ad Maiora

Quartermaster Report

By Mike Winner

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Statement of funds as of 9/14/21

Post General Fund	\$6,316.35
Post Relief Fund	9,328.97
TOTAL:	\$15,645.32

Semper Fidelis!

Hospital Chairman Report

By Walt Bergenthal

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Our sympathy to the family of Life Member James A. Jolicoeur, who passed away recently. Jim served overseas during WWII with the Army in the newly formed Office of Strategic Services in Northern Africa and Italy for 1.5 years. Among other medals he earned were the Good Conduct Medal, Victory Medal, American Campaign Medal and two Bronze Battle Stars.

VA Health Care News You Can Use

By Chuck Bosko

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I'm venturing onto different topics of sorts yet topics that we, as veterans, need to attend to, even though some we all shy away from.

These topics concern VA health care, and I will attempt to present various VA health care benefits that may be of interest to veterans of our generation (the generation of the best music ever!). VA health care is not my usual daily concern as disability claims are. However, I truly believe we all need to become cognizant of the various VA health care programs

available to us and our loved ones. To be honest, as I research some of these programs, I am learning also. So, here goes.

This first article will focus on hospice. I know, hopefully, none of us wish to experience this. But we should be aware and plan for the big "what if." I guess I'm presenting this only because as I have been back in my office since mid-May, there are daily calls from spouses and family members frantically searching for any kind of assistance for their veteran who is terminally ill.

Believe me, talking with families is always heartening. Perhaps with proper awareness of the availability of programs such as hospice at ALL VA hospitals, a dignified and supportive environment for a terminally ill veteran can be offered.

As I mentioned, all VA medical centers offer a hospice program. As an example, I will present the basics of the hospice program at Edward Hines VAMC located in a western suburb of Chicago. Hospice is available for "established" veterans enrolled in VA health care and for veterans who are not. For those veterans enrolled in VA, their primary care provider is the go-to person to initiate hospice care. The provider contacts the primary medical social worker who then facilitates communication between veteran/family/palliative care consult team. For veterans not enrolled in VA health care, there is a slightly different approach, yet the veteran will receive hospice.

Hines VA does have a 15-bed hospice unit. It is reserved for veterans in their last days to weeks of life. VA does also contract with community hospice centers should a bed in the unit within Hines not be available.

Further, VA offers homemaker/home health aide services, which provides up to 15 hours per week of in-home homemaker support. Veterans enrolled in home hospice are eligible for 30 days of in-home respite services per calendar year with each day up to six hours per day.

This information is intended only to provide the reader with very basic information for hospice. I'm sure I may be leaving out some finer details, so to gather all the information, one needs to contact the *palliative care coordinator* at the local Veterans Affairs Medical Center.

I know, no one really wants to think about these bits of reality, yet we owe it to our families to have reliable information at the ready for our families. They will have enough grief on their minds – they do not need to be frantically searching for a benefit that most veterans are entitled to. Make life a bit easier for them.

Halloween Trivia

Think you know a lot about Halloween? Brush up on your Halloween trivia and impress your trick-or-treaters.

Q: What century was Halloween first introduced?

A: The 19th century

Q: What is the name of the legend that jack-o'-lanterns originated from?

A: Stingy Jack

Q: Before jack-o'-lanterns were carved as pumpkins, what other root vegetable was commonly used?

A: Turnips

Q: Halloween can be traced back to which Celtic holiday?

A: Samhain

Q: How did the tradition of dressing up for Halloween start?

A: It was once believed that at the end of October, ghosts and demons would be able to walk the Earth again. To protect themselves, people would dress up as the spirits to blend in.

Q: Where did the game of apple bobbing originate?

A: England

Q: Who brought the Halloween tradition to the United States?

A: The Irish, during the potato famine

Q: What is another name for Halloween, Oct. 31?

A: All Hallows' Eve

Q: Who was the first first lady to decorate the White House for Halloween?

A: Mamie Eisenhower in 1958.

Q: When is the next time there will be a full moon on Halloween?

A: 2039

Q: Which state produces the most pumpkins?

A: Illinois

Q: What is the most popular Halloween candy in America?

A: Skittles

Q: About how much money does the United States spend on Halloween candy annually?

A: More than \$4 billion

Source: Reader's Digest