



RENSSELAER COUNTY VETERANS NEWSLETTER

Rensselaer County
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Director

What is “Presumptive” Service Connection?

VA presumes that certain disabilities were caused by military service. This is because of the unique circumstances of a specific Veteran’s military service. If a presumed condition is diagnosed in a Veteran in a certain group, they can be awarded disability compensation.

What are “Presumptive” Conditions?

If you are diagnosed with a chronic disease within one year of active duty release, you should apply for disability compensation. Examples of chronic disease include: arthritis, diabetes or hypertension.

Or, if you served continuously for at least 90 days and are diagnosed with amyotrophic lateral sclerosis (ALS) after discharge, you can establish service connection for the disease.

Veterans in the following groups may qualify for “presumptive” disability benefits:

- Former prisoners of war who:
 - Have a condition that is at least 10 percent disabling
- Vietnam Veterans who were:
 - Exposed to Agent Orange
 - Served in the Republic of Vietnam between Jan. 9, 1962, and May 7, 1975
- Atomic Veterans exposed to ionizing radiation and who experienced one of the following:
 - Participated in atmospheric nuclear testing
 - Occupied or were prisoners of war in Hiroshima or Nagasaki
 - Served before Feb. 1, 1992, at a diffusion plant in Paducah, Kentucky, Portsmouth, Ohio or Oak Ridge, Tennessee
 - Served before Jan. 1, 1974, at Amchitka Island, Alaska
- Gulf War Veterans who:
 - Served in the Southwest Asia Theater of Operations
 - Have a condition that is at least 10 percent disabling by Dec. 31, 2021 .

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Van Transportation...

- * Don’t drive and need to get to the Albany VA Medical Center ?
- * We offer complimentary van transportation to and from the VAMC for *most morning* medical appointments.

For more details call:
270-2760.



VETERANS CRISIS LINE

1-800-273-8255
PRESS 1

Confidential chat at Veterans CrisisLine.net or text to 838255
TTY service 1-800-799-4889

Confidential support 24 hours a day, 7 days a week, 365 days a year, for veterans and their loved ones.

See the table below for specific presumed conditions for these groups

(Continued from Page 1)

Former Prisoners of War	Vietnam Veterans	Atomic Veterans	Gulf War Veterans
<p>Imprisoned for any length of time:</p> <ul style="list-style-type: none"> • Psychosis • Any anxiety state • Dysthymic disorder • Organic residuals of frostbite • Post-traumatic osteoarthritis • Heart disease or hypertensive vascular disease • Stroke and the residual effects <p>Imprisoned for at least 30 days:</p> <ul style="list-style-type: none"> • Beriberi • Chronic dysentery • Helminthiasis • Malnutrition (including optic atrophy) • Pellagra • Other nutritional deficiencies • Irritable bowel syndrome • Peptic ulcer disease • Peripheral neuropathy • Cirrhosis of the liver 	<ul style="list-style-type: none"> • AL amyloidosis • B-cell leukemia • Chronic lymphocytic leukemia • Type 2 diabetes • Hodgkin's disease • Ischemic heart disease • Non-Hodgkin's lymphoma • Parkinson's disease • Prostate cancer • Respiratory cancers • Soft-tissue sarcoma (not including osteosarcoma, chondrosarcoma, Kaposi's sarcoma or mesothelioma) <p>The following conditions, if they become greater than 10 percent debilitating within a year of exposure to an herbicide agent:</p> <ul style="list-style-type: none"> • Acute and subacute peripheral neuropathy • Chloracne or other similar acneform disease • Porphyria cutanea tarda 	<ul style="list-style-type: none"> • All forms of leukemia, except chronic lymphocytic leukemia • Cancer of the thyroid, breast, pharynx, esophagus, stomach, small intestine, pancreas, bile ducts, gall bladder, salivary gland, urinary tract, brain, bone, lung, colon or ovary • Bronchiolo-alveolar carcinoma • Multiple myeloma • Lymphomas, other than Hodgkin's disease • Primary liver cancer, except if there are indications of cirrhosis or hepatitis B 	<p>Medically unexplained chronic multi-symptom illnesses that exist for six months or more, such as:</p> <ul style="list-style-type: none"> • Chronic fatigue syndrome • Fibromyalgia • Irritable bowel syndrome • Any diagnosed or undiagnosed illness that warrants a presumption of service connection, as determined by the Secretary of Veterans Affairs <p>Signs or symptoms of an undiagnosed illness include:</p> <ul style="list-style-type: none"> • Fatigue • Skin symptoms • Headaches • Muscle pain • Joint pain • Neurological symptoms • Sleep disturbance • GI symptoms • Cardiovascular symptoms • Weight loss • Menstrual disorders

Learning the Lingo of Social Security

Posted on November 2, 2017 by Jim Borland, Acting Deputy Commissioner for Communications for SSA

Is Social Security a topic in your conversations these days? Are you familiar with the lingo used to describe Social Security benefits, or does it sound like a new vocabulary to you?

Social Security employees strive to explain benefits using easy-to-understand, plain language. But if a technical term or acronym (an abbreviation of the first letters of words in a phrase) that you don't know slips into the conversation or appears in written material, you can easily find the meaning in our online glossary at www.socialsecurity.gov/agency/glossary.

Social Security acronyms function as verbal shorthand in our financial planning conversations. If you're nearing retirement, you may want to know what PIA (primary insurance amount), FRA (full retirement age), and DRCs (delayed retirement credits) mean. These terms involve your benefit amount based on when you decide to take it.

If you take your retirement benefit at FRA, you'll receive the full PIA (amount payable for a retired worker who starts benefits at full retirement age). So, FRA is an age and PIA is an amount.

What about DRCs? Delayed retirement credits are the incremental increases added to the PIA if you delay taking retirement benefits beyond your full retirement age. If you wait to begin benefits beyond FRA — say, at age 68 or even 70 — your benefit increases.

Once you receive benefits, you get a COLA most years. But don't expect a refreshing drink — a COLA is a Cost of Living Adjustment, and that usually means a little extra money in your monthly payment.

Knowing some of these terms can help you fine-tune your conversations about Social Security. If one of those unknown terms or acronyms does come up in conversation, you can be the one to supply the definition using our online glossary. Sometimes learning the lingo can deepen your understanding of how Social Security works for you. Discover more at www.socialsecurity.gov to receive the benefit.

Her Son's Flag By Dee Scerni

She clutched the folded flag to her breast, somehow she felt closer to him;
She closed her eyes as tears fell, her memories would not grow dim.
They took her back to a hot Fourth of July, when he was only three,
As he stood and waved his flag, for everyone to see.

Her arms caressed the folded flag, lovingly, once more;
The same arms that held this child, that she once bore.
Tears fell upon the folded cloth, she gently wiped them away;
But with it in her arms, she felt closer to him that day.

She remembers when he was twelve, it was a boy scout jamboree;
He led the parade carrying our flag, he was as proud as he could be.

She placed the flag upon her lap, the very spot he'd lay his head,
When he was but a child, and she'd carry him to bed.
How proud he was of our country, the freedom that we know;
And when the day came to defend it, off to war he'd go.

She placed the flag near his picture, it was all she had left to see;
But for a heart full of sorrow and a proud memory.

She remembers yet another day, he carried his flag home;
It was draped upon his casket, she stood there alone.

Though tears she was glad he knew not, of the burnings they want allowed;
Of the flag of his country, while living, he held so proud.

A MESSAGE FROM OUR COUNTY EXECUTIVE

In July, we celebrate the birth of our nation, with the bedrock of our Republic being our brave men and women who answered duties call to ensure that this present and future generations enjoy our precious freedom. To honor our brave men and women who have fought to serve our nation, the County has embarked on several important projects to ensure their stories live on.

In June, employees from the County Highway Department volunteered their time to hang military banners in conjunction with the Troy Military Banner Committee throughout the City of Troy. The County was proud to assist this 100% volunteer organization to ensure our service men and women are properly paid tribute to in their respective neighborhoods throughout the City.

Additionally, the County was proud to partner with Assemblyman Jake Ashby to bring World War II veterans from the Van Rensselaer Manor to spend a day at the State Capital in Albany, honoring our greatest generation and their commitment to freedom.

The County continues to honor a deceased veteran monthly at our Honor a Veteran Ceremony held the second Monday of each month in partnership with the County Legislature. We proudly carry this tradition on and welcome applications for participation by contacting our Veterans Service Agency, Peter Goebel and Lonnie Warrington, at 518-270-2760.

Wishing everyone a safe summer season. If I or the County can be of any assistance to you or your loved ones, please contact us at 518-270-2900.

Sincerely,



Steven F. McLaughlin
County Executive

Upcoming Events:



Call us at (518) 270-2760 to have your event listed in the newsletter.

July 8th...Honor-a-Deceased Veteran Ceremony in the Legislative Chambers, 8:15 a.m.,

James E. Bradley, USN, SM1-WWII

July 27th...3rd Annual Wounded Vet Run (rain or Shine), more info at upstatenywvr@gmail.com or 518-400-0929

August 12th...Honor-a-Deceased Veteran Ceremony in the Legislative Chambers, 8:15 a.m.,

Anthony A. Maier-USA, T/5-WWII & USN, CD3-KWE

August 28th-September 2nd...Schaghticoke Fair-come see us at our table

September 2nd...*LABOR DAY- OFFICE CLOSED*

September 9th...Honor-a-Deceased Veteran Ceremony in the Legislative Chambers, 8:15 a.m.,

Andrew Dolan-USN & USA, SFC-WWII, Korea and Vietnam, and Gloria Dolan-USA, SP3-KWE

September 13th...61st Annual Uncle Sam Graveside Ceremony at Uncle Sam's gravesite in Oakwood Cemetery @ 6pm. Info 518-221-3428

October 14th...*COLUMBUS DAY—OFFICE CLOSED*

October 15th... Honor-a-Deceased Veteran Ceremony in the Legislative Chambers, 8:15 a.m.,

William A. Nedoroscik-USN, FN & USMC, Pvt.- Vietnam

November 5th....*ELECTION DAY-OFFICE CLOSED*