



Manuel Schneidmiller Post 154, Inc.

Rathdrum Idaho Newsletter

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MERRY CHRISTMAS AND
HAPPY HOLIDAYS TO YOU
AND YOUR LOVED ONES!

Manuel Schneidmiller Post 154 Mission Statement

The American Legion Post 154 is a patriotic veterans organization devoted to mutual helpfulness to support Veterans and the Community at large. We are committed to mentoring and sponsorship of youth programs, advocating patriotism and honor, promoting a strong national security, and continued devotion to our fellow service members, veterans, and their families in our communities. Our success depends entirely on active membership, participation and volunteerism. This organization belongs to the people it serves and the community in which it thrives.

Commander:

Greetings Legion Family, First, I would like to thank everyone who worked on the planning, took part in, and attended our Veteran's Recognition Day ceremony on November 11th. What a successful event. You all did such a great job! I am incredibly lucky to have all of you on Post 154's team. The holidays are upon us, and I hope everyone had a wonderful Thanksgiving. With December here, I am excited to be part of our annual Christmas Party at the Shepherd of the Hills Church in Rathdrum. It will be on Saturday December 9th at 1 PM. I hope to see everyone there. For those that can't make it, Merry Christmas!

We will be participating in Wreaths Across America on December 16th at 9 a.m. at the Pinegrove Cemetery in Rathdrum. Please plan on attending. It is a great opportunity to show our community how much we care about our veterans.

Additionally, during this time of year please remember the ones that cannot be here with you and your family and all the other families around our globe that have family members deployed or no longer with us. I look forward to the new year and I know we are the best post in Idaho!! God Bless our Legion Family and God Bless America. - Commander Dee Sasse



MEMBERSHIP RENEWAL

December is here! ONLY 25 days till Christmas. Have you got all your shopping done??? 2024 will soon be upon us, and we still have quite a few people (45) who have yet to renew before December 31st. *Remember! If we renew all our members by December 31st, the Idaho Department of The American Legion will send us an incentive check for \$350.00 and we can certainly use the funding.* Our total paid membership is at 101 (72.67%) We still have a way to go, so let's keep after it. Let's focus on getting your dues in soon. *Keep in mind, all unpaid dues after January 1, 2024, are delinquent and if not paid by February 1, 2024, they are considered expired.*

The easiest way to pay dues for 2024 is to go online at legion.org/renew. This only takes a couple of minutes. You can also send your check to

American Legion Post 154
PO Box 1116
Rathdrum, Idaho 83858

A big thank you to all Post 154 members for your membership support.
Wishing you and your families, a Merry Christmas, and a Happy New Year.

Bill Kinder
1st Vice Commander
Membership Chairman

Chaplain's Pew:

Prayer for December

Dear God, thank you for bringing us to the last month of this year.

Please keep my family and loved ones safe this month. Watch over us and cover us with your love.

Show us with good health, blessings and happiness. Remove any worry, fear, stress, and doubt in our hearts. Comfort anyone who is hurting today and make them well again. In Jesus' Name, Amen.

Submitted by Helen Kinder, Chaplain

Sick Call & Taps:

Please remember all of these people in your prayers.

Helen Calhoun newly diagnosed with breast cancer.

John Lamb - knee surgery 11/21

Sue Fevold - back surgery 11/21

Ken Johnson - severe migraines- possible back surgery

Connie Stevenson - Breast cancer

Sharron McPhail - Eyes and heart issues

Al Ogram - Kidney and liver issues

Betty Potter - stomach issues

Todd Halvorson - recent hand surgery

Pete Williams - recovering from a bad car accident

Dan Neese - recent back surgery

Helen Kinder - eye surgery on 1-17- 2024

TAPS

Laura Joos (11-20) niece of Bill and Helen Kinder and sister of Rich Hannah.

Angie Hannah also lost her dad two weeks earlier.

Funeral was 11-19.



Training Officer:

Greeting my fellow Legionnaires of Post 154. As the basic training of all Legionnaires is very important for the good of the Post members, I would invite you to read this Basic Training Part 3. I know some of you have read this before, but it is very important and please read it again. If you have comments, please send them to me a theneeses@hotmail.com. Now here is your link:

https://rathdrumpost154.org/files/Pillar_3_Americanism.pdf - Dan Neese, Training Officer

A Soldier's Christmas

The embers glowed softly, and in their dim light,
I gazed round the room and I cherished the sight.
My wife was asleep, her head on my chest,
My daughter beside me, angelic in rest.

Outside the snow fell, a blanket of white,
Transforming the yard to a winter delight.
The sparkling lights in the tree, I believe,
Completed the magic that was Christmas Eve.

My eyelids were heavy, my breathing was deep.
Secure and surrounded by love I would sleep
in perfect contentment, or so it would seem.
So I slumbered, perhaps I started to dream.

The sound wasn't loud, and it wasn't too near.
But I opened my eye when it tickled my ear.
Perhaps just a cough, I didn't quite know.
Then the sure sound of footsteps outside in the snow.

My soul gave a tremble, I struggled to hear,
and I crept to the door just to see who was near.
Standing out in the cold and the dark of the night,
A lone figure stood, his face weary and tight.

A soldier, I puzzled, some twenty years old
Perhaps a Marine, huddled here in the cold.
Alone in the dark, he looked up and smiled.
Standing watch over me, and my wife and my child.

"What are you doing?" I asked without fear
"Come in this moment, it's freezing out here!
Put down your pack, brush the snow from your sleeve
You should be at home on a cold Christmas Eve!

For barely a moment I saw his eyes shift,
away from the cold and the snow blown in drifts,
to the window that danced with a warm fire's light
then he sighed and he said "Its really all right,
I'm out here by choice. I'm here every night"

"Its my duty to stand at the front of the line,
that separates you from the darkest of times.

No one had to ask or beg or implore me,
I'm proud to stand here like my fathers before me.

My Gramps died at 'Pearl on a day in December,'
then he sighed, "That's a Christmas 'Gram always
remembers.

My dad stood his watch in the jungles of 'Nam
And now it is my turn and so, here I am.

I've not seen my own son in more than a while.
But my wife sends me pictures, he's sure got her
smile.

Then he bent and he carefully pulled from his bag
The red, white and blue... an American flag.

"I can live through the cold and the being alone.
Away from my family, my house and my home,
I can stand at my post through the rain and the sleet
I can sleep in a foxhole with little to eat,
I can carry the weight of killing another
or lay down my life with my sisters and brothers
who stand at the front against any and all,
to insure for all time that this flag will not fall."

"So go back inside," he said, "harbor no fright
Your family is waiting and I'll be all right."

"But isn't there something I can do, at the least,
"Give you money," I asked, "or prepare you a feast?
It seems all too little for all that you've done.
For being away from your wife and your son."

Then his eye welled a tear that held no regret,
"Just tell us you love us, and never forget
To fight for our rights back at home while we're gone
To stand your own watch, no matter how long.

For when we come home, either standing or dead
to know you remember we fought and we bled
is payment enough, and with that we will trust.
That we mattered to you as you mattered to us.

Michael Marks
December 7th, 2000

Submitted by Helen Kinder, Chaplain





Service Officer:

Military retirees and disabled veterans will see their monthly checks increase by 3.2% for 2024, thanks to the annual [Cost of Living Adjustment](#) (COLA) due to inflation.

While 3.2% may look low compared to the 2022 (5.9%) and 2023 (8.7%) adjustments, it's still above the average of 2.6% for the prior 20 years.

For 2024, retired military members will see a \$32 increase for each \$1,000 of [military retirement](#) pension they receive each month.

Disabled veterans will also see their benefit payments increase in the upcoming year. [VA disability checks](#) will go up about \$5.31 per month for those with a 10% rating and \$115.90 for those rated at 100% who do not have dependents.

Military retirees with combined VA disability ratings of 40% or lower whose injuries are not combat related can only receive that amount in either their retirement pension or their disability check, but not both. That rule is known as an “offset” and is a matter of law. Since disability pay is not subject to federal income tax but retirement pay is, most veterans elect to receive it instead of their retirement pension for the offset amount.

That means even though both retirement and disability payments will see the COLA increase, some veterans will benefit from only one, not both.

Military retirees and VA beneficiaries are not the only ones who benefit from the COLA increase. Civil Service retirees and Social Security recipients also will see the 3.2% jump in their monthly checks.

For Social Security recipients, the monthly increase will mean an extra \$50-plus per month for the average beneficiary, according to the administration. – Ruth Aresvik, Service Officer



A note from your Editor: On the following page you'll find the fourth of ten monthly articles on estate planning written by member Len Crosby. Estate planning was one of the many jobs which fell within Len's wheelhouse during his many years as vice president of the bank where he was employed. He has generously chosen to share his expertise with us. Len spent many hours putting this information together after working with the widow of one of our members and seeing how much she was missing after her husband's untimely death. **I suggest you save each of these articles, after reading and following them. They are on a separate page for this purpose. And when you see Len, thank him for his contribution to your peace of mind!**

ESTATE PLANNING – LESSION 4 – Assigning a Beneficiary to Your Accounts

As you start your transition into retirement, it's a good idea to review your investment and savings accounts and make sure you have an assigned beneficiary for each where possible. When you add your beneficiary to your savings, CD or checking accounts, banks frequently call these types of accounts POD (pay on death) or TOD (transfer on death) accounts. If you're like most retirees, you probably have the bulk of your wealth in a tax-advantaged account, like a 401(k) or IRA. You might also have a Health Savings Account (HSA). It helps to make a list of all your accounts and review it closely, ensuring each one has a beneficiary assigned in the event of your death.

What is a Beneficiary?

Your beneficiary is someone listed on the account to receive your assets in the event that you pass away. When you have an assigned beneficiary (or beneficiaries), the assets you've accumulated in the account automatically goes to your beneficiary and avoids being distributed according to the terms of your will. If you die with just bank and investment accounts, assigning beneficiaries to your accounts is a more efficient way to distribute your assets.

How to Designate a Beneficiary

- **Make a list of all your investment accounts.** This includes any retirement accounts from work, as well as any IRAs you have. Don't forget about HSAs and taxable investment accounts, as well as bank accounts and CDs.
- **Figure out which accounts can be combined.** If you have multiple accounts, especially retirement accounts, combining them together during retirement can streamline your portfolio and finances. It also makes it easier to keep track of your assets, their performance and assign a beneficiary. You can also roll disparate HSAs into one account, as well as consolidate bank accounts.
- **Assign a beneficiary.** Many accounts make this easy. Simply log in, and under your Profile section, check to see whether you have a beneficiary. If you don't, you can edit your account to add one. You can also call the account custodian to add a beneficiary. In many cases, you need the beneficiary's Social Security number and address to add them.
- **Review your beneficiaries regularly.** Your beneficiary takes precedence over your will, so it's a good idea to review your beneficiaries and make changes as needed. If you divorce, you might not want your ex-spouse listed as your beneficiary on your account, since they will get the money — no matter what's listed in your will. And the same holds true in the event of the death of your spouse or one of your children; if this happens, you'll need to assign a different beneficiary to avoid having the account go to probate. As you have major life changes, check your beneficiaries, and update them. – Written by Len Crosby, Post 154 Member

The following article appeared in the Spokesman Review November 11th edition in the Veterans Chronicle pull out. Are you receiving all of the disability benefits to which you are entitled?

THE TOP 50 VA DISABILITIES - Having any of these can start your path to receiving benefits.

By Don Walker

VETERANSHELPNET

If you ever wondered what issues other veterans have claimed and are receiving disability benefits for, see the list below.

Do you or a veteran you know have one or more of these issues? It is time to see if you qualify for VA Disability Benefits.

It is not complicated or difficult to find out. See "How can I get help?" at the end of this article and contact them and learn how to get started.

It is important. You earned these benefits with your service. Ask the questions!

1. Tinnitus
2. Hearing Loss
3. Limitation of flexion of the knee
4. Post-Traumatic Stress Disorder (PTSD)
5. Lumbosacral or Cervical Strain
6. Scars, general
7. Paralysis of the Sciatic Nerve (Sciatica)
8. Limitation of range of motion of the ankle
9. Migraines (Headaches)
10. Limitation of motion of the arm
11. Degenerative Arthritis of the spine
12. Sleep apnea
13. Traumatic Brain Injury (TB)
14. Major Depressive Disorder
15. Asthma
16. Diabetes Type 2
17. Cancer
18. Generalized Anxiety Disorder
19. Pes Planus (Flat Feet)
20. Radiculopathy
21. Adjustment Disorder
22. Somatic Symptom Disorder (Chronic Pain Syndrome)
23. Gastroesophageal Reflex Disease (GEFD)
24. Irritable Bowel Syndrome (IBS)
26. Plantar Fasciitis
27. Arthritis
28. Hypertension (High Blood Pressure)
29. Degenerate Disc Disease (DDD)
30. Carpal Tunnel Syndrome (CIS)
31. Chronic Fatigue Syndrome (CFS)
32. Fibromyalgia
33. Eczema
34. Allergic Rhinitis (Hay Fever)
35. Sinusitis
36. Meniere's Syndrome
37. Arteriosclerotic Heart Disease (Coronary artery disease)
38. Chronic Conjunctivitis
39. Limited Motion of the Jaw (Temporomandibular Disorder)
40. Hiatal Hernia
41. Hemorrhoids
42. Varicose veins
43. Nephrolithiasis (Kidney Stones)
44. Hypothyroidism
45. Anemia
46. Peripheral Neuropathy
47. Prostate Gland injuries
48. Ischemic Heart Disease
49. Vertigo
50. Urinary Incontinence

After looking at this list, what are your first steps to get your VA benefits or VA medical help? Many deserving veterans or their families believe they may qualify for some earned veteran benefits or medical help but don't know where or how to start the process. Below you will find three steps to get started on the path to hope and help.

Find your DD 214 (Discharge Papers). It certifies your service, your service time and your status. You will need it before you can file any claim or get any benefits. If you can't find it, you can order it by going to one of the Veteran Service providers listed in the "Resource Directory" section of this edition. (cont.)

Make an appointment with a Veteran Service Officer (VSO). These are the experts that can walk you through the process and help you find out what you need to make a claim or start receiving your earned benefits. You can find a VSO at many different Veteran Service organizations (They can also help you get your DD214.). Veteran Service Officer help never costs you anything. The service is free. Call, visit, or go online.

Tip: Talk to a VSO before you try to apply online. It will save you some time and reduce your frustration. Start today. Don't wait any longer. It's your life, health, and money.

Spokane Regional Veterans Service Center (509) 477-3690

Kootenai County Veterans Service Benefits Office (208) 446-1092

HOW CAN I GET HELP?

Every county and state has a Veteran Affairs Office to answer questions about benefits and provide assistance. There are also other useful resources for veterans in the inland Northwest.

GO ONLINE

VA.gov

The Department of Veterans Affairs website has resources on every topic relevant to veterans.

VA.gov/welcome-kit

The VA Welcome Guide covers all types of benefits and services available for veterans, new recruits, active service members and their families.

DAV9.com

Based in Post Falls, Disabled American Veterans Chapter 9 Fort Sherman shares links and information to both local and national help organizations for veterans.

Explore. VA.gov/benefits-navigator

Explore VA benefits and discover which ones you and your family may be eligible to receive.

IN PERSON

Spokane County Regional Veteran Service 1117 N. Evergreen Rd., Spokane Valley, WA (509) 477-3690

Apply for emergency services or have any benefits or service questions answered by 5 Veteran Service Officers (VSO) and staff.

North Idaho Veteran Services and Benefits Office 120 E. Railroad Ave., Post Falls, ID (208) 446-1092

Meet with a VSO or staff for help with VA benefits enrolment, claims or other veteran needs

Goodwill Support Services for Veteran Families (SSVF) 130 E. Third Ave., Spokane, WA (509) 828-2449

SSVF helps homeless veterans and their families find housing and connects veterans with other support organizations.

Healthcare for Homeless Veterans (HCHV) 504 E. Second Ave., Spokane, WA (509) 435-2019

Provides healthcare and outreach for housing, job opportunities and counseling.

BY PHONE

Spokane County Regional Veteran Service (509) 477-3690

North Idaho Veteran Services and Benefits Office 120 E. Railroad Ave., Post Falls, ID (208) 446-1092

Veteran Crisis Line 1 (800) 273-8255, press 1

North Idaho Crisis Center (208) 625-4884

Washington or Idaho 2-1-1 Dial "2-1-1" for health and human resources referrals.

If you don't know who to call, VA has a new "Single Access Point"

phone number to all VA contact centers

1-800-411 (1-800-698-2411)



Did You Know?

The American Legion is the largest Veterans service organization.

Working and volunteering in communities, states, and around the world, The American Legion has been dedicated to veterans, troops, national security, youth and patriotism since the founding a century ago.

More than 2.1 million wartime veterans of the U.S. Armed Forces are members of The American Legion. Joining them are nearly 1 million members of the American Legion Auxiliary, the nation's largest patriotic women's association, and more than 360,000 Sons of the American Legion, male descendants of U.S. wartime veterans. They work as one great American Legion Family of shared values, at more than 13,500 local posts worldwide, in all 50 states, the District of Columbia, the Caribbean, Europe, Latin America and Asia. As a federally chartered organization, The American Legion upholds a sacred duty to provide free expert assistance for all who have served our country in the U.S. Armed Forces, as well as their families.

The American Legion is at work today in rural towns, urban neighborhoods, military installations and college campuses everywhere. Each local post has its own unique identity, but they are all connected by common core values. A post in Puerto Vallarta, Mexico, for instance, provides care for children with cerebral palsy, Downs Syndrome and other serious diseases. The American Legion in Wyoming coordinates the state high school rodeo championships. An American Legion post in central California operates a multi-county ambulance service. Another, in Alabama, offers after-school mentorship for students seeking direction. A post in Connecticut built, owns and operates a housing facility to help homeless

veterans restart their lives. Local examples of The American Legion's highest values are found worldwide, where differences are made daily for individuals, communities, states and the nation.

The Legion's fastest growing segment is the post 9/11 generation. More than 100,000 strong and increasing, these young veterans help lead the organization in every way, alongside those who served in Desert Storm/Desert Shield, Grenada, Panama, Lebanon, Vietnam, Korea and WW II. No matter the war era, our members are indelibly connected through love of country, hope for the future, remembrance of the fallen and duty before self.

The Constitution. Law and order. Americanism. Memories of all Wars. Individual obligation. Peace, good will, prosperity, justice, freedom and devotion to mutual helpfulness. Such values are embedded in the language of the Preamble to The American Legion Constitution. Generation after generation, one century to the next, the words have come to define a purpose as meaningful today as ever before.

(From The American Legion Website) Submitted by Bill Kinder



Post 154 Honor Guard:

Our Honor Guard is very active. They march in parades, present the colors at ceremonies, and most importantly, provide a rifle salute to honor Veterans at their funerals. However, more members are always needed to serve in this capacity. If you are interested in participating in this very fulfilling activity, contact Todd Halvorson at keltod11@gmail.com or by phone at 509-953-0885.

With Veterans Day falling in November the Honor Guard was very busy. They provided rifle salutes for 3 US Army veterans. They also participated in 6 ceremonies with 4 of them falling on Veterans Day, including Rathdrum Post 154 Veterans Recognition Event. These missions required 207 volunteer hours and 1187 miles driven. This covers the period from October 26 thru November 23rd. They are already scheduled for 3 military funerals over the next 4 days and then Wreaths Across America at Pinegrove Cemetery @ 9 am on Saturday December 16th. – Bryan Bledsoe, Honor Guard Member

Did you know...?

FREE LIFETIME PASS TO NATIONAL PARKS, OTHER PUBLIC LANDS

Veterans and Gold Star Families are eligible for a free lifetime pass to more than 2,000 federal recreation sites spread out across more than four hundred million acres of public lands, including national parks, wildlife refuges and forests.

[LEARN MORE](#)



2023 Thank You Letter, Veterans Recognition
Rathdrum American Legion Post 154, the Northwest Guardian Riders and the City of Rathdrum wish to thank the following sponsors for their contribution to the success of our 2023 Veterans Recognition Event.

American Legion Post 154, Northwest Guardian Riders, the City of Rathdrum, American Eagle Automotive, Dee Sasse "In memory of Dave Sasse", CDA Paving, Edward Jones Financial-Stephen Coulston, JECO INC., Lakeland Immediate Care, Northwest Specialty Hospital, Rathdrum Dairy Queen, Rathdrum Lion's Club, Seright's Ace Hardware, Super 1 Foods, CDA Casino Spa-Kathleen, Tony's On The Lake, VFW Post 889, Adept Business Solutions, Michael Bloom-DMD, Bill & Helen Kinder, PBW Customs, Pacific Steel & Recycling, Royal Neighbors of America, Sub-Terra, LLC., Ruth Aresvik, Coeur Vitality Primary Care-George Bell, MD., Bodytech Skin Body Center, Mike & Sharron McPhail, Squeaky's Car Wash, Trading Post Hardware, Dan & Glenda Boerner, Chad Geissler-Farmers Insurance, John & Sue Fevold, Chris Murphy- Futurity First, Denise Sweeney, and Kasey Wall-Family Attorney.

Thank you so much for helping to keep the Veterans Recognition Event as one of our annual projects in Rathdrum. *I would also like to thank all the Legion members who participated in the event and all who helped set up and clean up. Special thanks to the Veteran Recognition Committee, Pete Williams, Barbara Williams, Dee Sasse, Ruth Aresvik, Nel Hubbard, Nichole Miller, Steve Cardoza, Eric Singer, Eric Krueger and Bill and Helen Kinder.*

Helen Kinder, Chaplain, American Legion Post 154
Veterans Recognition Event Co-Chair

Mark Your Calendar:

December 3rd - International Day of Persons with Disabilities Day

December 7th - Pearl Harbor Day (1941)

December 7th – 15th - Hannukah

December 9th - Post 154 Christmas Party! See page 12.

December 10th - Human Rights Day

December 12th - Gingerbread House Day

December 13th - National Guard Birthday

December 15th - Bill of Rights Day & Ugly Christmas Sweater Day

December 17th - Wreaths Across America – see page 15.

December 20th - Space Force Birthday

December 24th - Christmas Eve

December 25th - Christmas Day

December 28th - Pledge of Allegiance Day

December 31st - New Year's Eve



Bits & Pieces

ξ Settle into the Season with Commissary Savings. During November and December, the Commissary is bringing holiday savings on products that will help make your season merry and bright. **LEARN MORE**

ξ Also, please remember to send your volunteer hours to Lonnie Morse so he can compile them. These include hours devoted to Veterans, Youth, Honor Guard and Community. His email address is: lionlonnie@gmail.com or you can just hand them to him at a meeting.

ξ This came from Roy Reel, Chairman, Kootenai County Veterans Council (KCVC): I just spoke with a representative for Toys for Tots, Bill Coder, who has informed me that the program is falling far short of its goal this year. They are especially lacking in toys for age groups 10 to 12, both boys and girls, and puzzles for all age groups. If you would like to donate, purchase a new toy, unwrapped, and drop it in one of the bins around town. They are located in all the major grocery stores, North Forty, Cabela's, as well as many of the banks, etc.

ξ Do You Know a World War II Veteran? They are Eligible for Free VA Health Care Veterans who served in the U.S. military between Dec. 7, 1941, and Dec. 31, 1946, are now eligible for VA health care benefits—including nursing home care—but Veterans must apply because VA cannot automatically enroll them. **LEARN MORE**



A Healthier You:

ξ All of us will be aging, and one of the scariest things about that process is the potential for dementias. The VA Health Library has excellent information on this subject. Here is a link to that page: www.veteranshealthlibrary.va.gov/DiseasesConditions/AgingVeterans/

ξ At the end of this newsletter is a special 2 page medical directory from the Spokane Mann-Grandstaff VA Medical Center which you can print out and save for future use.



*You are Invited to Attend the American Legion, Post 154
"2023 Christmas Party"*

*Where: Shepherd of the Hills Church; 13541 W Hwy 53, Rathdrum
When: Saturday, December 9th at 1:00pm*

This will be a "Potluck Meal."

*Bring your favorite traditional side dish, salad, rolls,
or dessert to share. Come and enjoy an afternoon to
celebrate this special time of year with friends and family.*

RSVP to: jeanbledsoe@gmail.com

*Let us know how many will be in your party and
what you will be bringing for the meal.*



*Santa will be visiting again, so bring your kids or grandkids
along, with a wrapped gift that Santa can give them.*

*Questions may be directed to: Sharron McPhail
760-289-9266 (phone or text)*



Agent Orange

The following information was taken from a VA site. Follow the blue links for more information.

Agent Orange exposure and VA disability compensation

If you have a health condition caused by exposure to the herbicide Agent Orange during your service, you may be eligible for VA disability compensation. Compensation provides tax-free monthly payments. Keep reading to find out if you may be eligible.

On this page

[Am I eligible for VA disability compensation?](#)

[Full eligibility requirements](#)

[New PACT Act-related presumptive conditions and locations](#)

[How to get disability benefits for Agent Orange-related claims](#)

[More helpful information](#)

Surviving Spouse of a Vietnam Veteran?

or

Know a Surviving Spouse of a Vietnam Veteran

Who Passed Away from One of the Conditions Above?

(or one of the above conditions was listed as a contributing factor in the Veteran's death on the death certificate)

If you are the surviving spouse of a qualifying Vietnam Veteran who passed away due to one of the conditions listed above, or due to complications from those primary conditions, you may be entitled to Dependency and Indemnity Compensation benefits based on the Veteran's death.

Please Call Us Today to See if You May Qualify!

Idaho Division of Veterans Services

Office of Veterans Advocacy

(208) 780-1380

www.veterans.idaho.gov



WHY DID "YOU" JOIN THE AMERICAN LEGION?

Let me begin by telling you why I joined The American Legion. After 35 years in education, I was quite used to volunteering my time for a variety of projects, in school, church, and in the community. To fill up my time after retirement, I joined the Legion. I first joined Post 143 in Post Falls and after a couple of years became disillusioned. Sadly, the Post began to go into a tailspin, and I stopped attending for a while. Under new leadership, I went back and became active with processing the Post membership and helping at a few events. Yet, change did not come quite as expected. I will say that today they seem to be on the road to recovery.

In 2015, a group of 16 members decided to form a new American Legion Post in Rathdrum. This is where Post 154 was born. Since that time the Post has grown to over 140 members. This group takes an active role in quite a few community events, including the Rathdrum Easter Egg Hunt, our Poppy sales, Memorial Day Event, Flag Day, Rathdrum Days, 9-11 Ceremony, Veterans Recognition Event, Wreaths Across America, (Wreaths Across America is Saturday December 16th and especially the work of our Honor Guard. There is a small number of members who have assisted at these functions, probably no more than 30, out of 140. To these people I say, thank you.

Now I ask, why did you join The American Legion? Did you join to be able to just say I am a Legionnaire, or did you join to be an active member and volunteer to help at some of our events? A lot of our workers are reaching a point where they are getting burned out. We need to see more of our members volunteering to help. There are a good amount of our members I have never met. Why? Because you have never attended a meeting, or came to any of our events? I would like to see more of you give a few hours of your time to be a part of our Post.

It would be nice to have you at least come to a meeting and find out what we are doing in the community. We meet on the 4th Thursday of each month with a *family potluck* at 5:30pm and the meeting starting at 6:00PM. Just come and bring your favorite dish.

The first major event of the year is the annual Rathdrum Easter Egg Hunt on Saturday, March 30th from 9 am until 12 pm only 3 hours. This requires a large number of people to set up and monitor. This year we will put out 18,000 eggs and it will take less than 5 minutes for the children to pick them up.

Please call me at 208-661-6850 or email me at wakinder74@gmail.com and let me know when you can help.

Bill Kinder
1st Vice Commander



2022

REMEMBER

HONOR

TEACH



WREATHS
— *across* —
AMERICA

Saturday, December 17th
9:00 AM -10:00 AM

*Pinegrove Cemetery,
Rathdrum ID*





**10TH ANNUAL!
ADOPT-A-FAMILY
HOLIDAY PROGRAM**



Add some sparkle to a Veteran, Active Service Member or Gold Star Family's holiday season by becoming their Holiday Sponsor!

FROM NOW UNTIL DECEMBER 15, NEWBY-GINNINGS WILL MATCH INDIVIDUALS, FAMILIES, BUSINESSES OR ORGANIZATIONS WITH VETERAN/MILITARY/GOLD STAR FAMILIES IN NEED.

FAMILIES APPLY, ARE SCREENED FOR PARTICIPATION AND MUST HAVE AT LEAST ONE CHILD UNDER THE AGE OF 19.

**SIGN UP TODAY!
PLEASE CALL 208-610-6996 TO SIGN UP TO BE A SPONSOR
OR FOR MORE INFORMATION**



Spokane Mann-Grandstaff VA Medical Directory

Mailing address:

Mann-Grandstaff VA Medical Center
4815 North Assembly Street
Spokane, WA 99205

Main phone numbers

Local: [509-434-7000](tel:509-434-7000)

Toll-free: [800-325-7940](tel:800-325-7940)

To use TeleType for the Deaf (TTY) services: [711](tel:711)

Find a phone number for many of the administrative and program offices in our A - Z directory below:

Agent Orange

[509-434-7544](tel:509-434-7544)

Associate Director

[509-434-7202](tel:509-434-7202)

**Associate Director for
Patient Care Services/Nurse
Executive**

[509-434-7208](tel:509-434-7208)

Audiology at Spokane VAMC

[509-434-7000](tel:509-434-7000), ext. 6259

[509-434-7008](tel:509-434-7008)

Behavioral Health Services

[509-434-7013](tel:509-434-7013)

Beneficiary Travel

[509-434-7517](tel:509-434-7517)

Billing and Insurance

[509-484-7927](tel:509-484-7927)

Burial Benefits

[800-562-2308](tel:800-562-2308)

COVID-19 Vaccines

[509-434-7026](tel:509-434-7026)

Canteen Service

[509-434-7290](tel:509-434-7290)

Cardiology

[509-434-7611](tel:509-434-7611)

Careers

[509-434-7380](tel:509-434-7380)

Caregiver Support

[509-434-7755](tel:509-434-7755)

Cashier

[509-434-7369](tel:509-434-7369)

**Center for Development and
Civic Engagement(former
Voluntary Service**

[509-434-7528](tel:509-434-7528)

Chaplain Services

[509-434-7762](tel:509-434-7762)

Chief of Staff

[509-434-7201](tel:509-434-7201)

Chiropractic

[509-434-7018](tel:509-434-7018)

Colorectal Clinic

[509-434-7006](tel:509-434-7006)

Community Care

[509-484-7969](tel:509-484-7969)

**Community Living Center
and Hospice**

[509-434-7017](tel:509-434-7017)

[509-434-7023](tel:509-434-7023)

Compensation and Pension

[509-434-7544](tel:509-434-7544)

Critical Care

[509-434-7025](tel:509-434-7025)

DAV Van Transportation

[509-434-7019](tel:509-434-7019)

Dental Clinic

[509-434-7316](tel:509-434-7316)

Deputy Chief of Staff

[509-434-7201](tel:509-434-7201)

Dermatology

[509-434-7029](tel:509-434-7029)

Diagnostic Imaging

[509-434-7331](tel:509-434-7331)

Medical Center Director

[509-434-7200](tel:509-434-7200)

**Electronic Health Record
Modernization**

[509-434-7000](tel:509-434-7000)

**Eligibility and Enrollment
Services**

[509-434-7009](tel:509-434-7009)

Emergency Department

[509-434-7010](tel:509-434-7010)

Eye Clinic

[509-434-7032](tel:509-434-7032)

**FOIA Request (Freedom of
Information Act)**

[509-434-7525](tel:509-434-7525)

**Former Prisoners of War
Advocate**

[509-434-7549](tel:509-434-7549)

Gastroenterology

[509-434-7006](tel:509-434-7006)

**Geriatrics, Rehabilitation
and Extended Care (GREC)**

[509-434-7082](tel:509-434-7082)

Gynecology

[509-434-7006](tel:509-434-7006)

Healthy Living

[509-434-7596](tel:509-434-7596)

Home Based Primary Care

[509-484-7909](tel:509-484-7909)

Homeless Veterans Program

[509-462-2500](tel:509-462-2500)

Hospice Care

[509-434-7023](tel:509-434-7023)

Human Resources

[509-434-7389](tel:509-434-7389)

Infusion Clinic

[509-434-7676](tel:509-434-7676)

**Intimate Partner Violence
Assistance Program**

[509-434-7862](tel:509-434-7862)

Laboratory/Blood Draws

[509-434-7560](tel:509-434-7560)

**Lost and Found (*in the
Urgent Care Center*)**

[509-434-7010](tel:509-434-7010)

MOVE! Program

[509-434-7242](tel:509-434-7242)

MRI

[509-434-7357](tel:509-434-7357)

Medical Records

[509-434-7520](tel:509-434-7520)

Medicine Service

[509-434-7590](tel:509-434-7590)

Mental Health

[509-434-7013](tel:509-434-7013)

Military Sexual Trauma (MST) Coordinator
[509-434-7281](tel:509-434-7281)

Minority Veterans Program
[509-434-7504](tel:509-434-7504)

My HealtheVet
[509-434-7521](tel:509-434-7521)

My VA Health Resources
[509-434-7000](tel:509-434-7000)

Native American Veterans Healing Lodge
[509-434-7000](tel:509-434-7000)

Neurology
[509-434-7611](tel:509-434-7611)

Nursing/Patient Care Services
[509-434-7208](tel:509-434-7208)

Nutrition
[509-434-7242](tel:509-434-7242)

Occupational Therapy
[509-434-7018](tel:509-434-7018)

Oncology
[509-434-7676](tel:509-434-7676)

Orthopedics
[509-434-7675](tel:509-434-7675)

Patient Advocates
[509-434-7504](tel:509-434-7504)

Patient Education
[509-434-7657](tel:509-434-7657)

Patient Travel
[509-434-7517](tel:509-434-7517)

Peer Support
[509-434-7070](tel:509-434-7070)

Pharmacy
[509-434-7011](tel:509-434-7011) Ext. 1
[800-274-6025](tel:800-274-6025) Ext. 1
[509-434-7111](tel:509-434-7111) FAX

Physical Therapy
[509-434-7018](tel:509-434-7018)

Podiatry
[509-434-7029](tel:509-434-7029)

Police (VA Facility)
[509-434-7912](tel:509-434-7912)

Post 9/11 Military to VA Program
[509-434-7287](tel:509-434-7287)

Post Traumatic Stress Clinic
[509-434-7013](tel:509-434-7013)

Primary Care Team Clinics
[509-434-7026](tel:509-434-7026)

Privacy Office/HIPAA
[509-434-7525](tel:509-434-7525)

Prosthetics
[509-434-7727](tel:509-434-7727)

Psychiatry Inpatient
[509-434-7270](tel:509-434-7270)

Psychology Doctoral Internship Program
[509-434-7013](tel:509-434-7013)

Public Affairs
[509-434-7378](tel:509-434-7378)

Pulmonary Medicine
[509-434-7611](tel:509-434-7611)

Recreation and Creative Arts Therapy
[509-434-7018](tel:509-434-7018)

Respiratory Therapy
[509-434-7020](tel:509-434-7020)

Retail Store
[509-434-7290](tel:509-434-7290)

Rheumatology
509-434-7611

Rural Health Care Program
[509-434-7533](tel:509-434-7533)

Same Day Surgery
[509-434-7006](tel:509-434-7006)

Service Dogs
[509-434-7000](tel:509-434-7000)

Sleep Medicine
[509-434-7611](tel:509-434-7611)

Smoke Free (Entire Campus Grounds)
[509-434-7000](tel:509-434-7000)

Social Work
[509-434-7765](tel:509-434-7765)

Substance Abuse Treatment
[509-434-7014](tel:509-434-7014)

Suicide Prevention
Toll Free Number
[988](tel:988)

Telehealth
[509-434-7641](tel:509-434-7641)

Telephone Care
[509-434-7000](tel:509-434-7000)

Tobacco Free Support
[509-434-7050](tel:509-434-7050)

Toxic Exposure Screening
[509-434-7026](tel:509-434-7026)

Traveling Veteran Program
[509-434-7039](tel:509-434-7039)

Urgent Care Center (Daily, 7:00 a.m. - 7:00 p.m.)
[509-434-7010](tel:509-434-7010)
[800-325-7940](tel:800-325-7940)

Urology
[509-434-7006](tel:509-434-7006)

Vaccine Appointments
[509-434-7026](tel:509-434-7026)

VIST Coordinator
[509-434-7670](tel:509-434-7670)

Vendor Resources
[509-434-7000](tel:509-434-7000)

Veterans Transportation Service
[509-434-7537](tel:509-434-7537)

Virtual Health Information Exchange Program
[877-771-8537](tel:877-771-8537)

Vocational Rehabilitation Services
[509-434-7014](tel:509-434-7014)

Voluntary Service
now known as Center for Development and Civic Engagement
[509-434-7528](tel:509-434-7528)

Whole Health/Wellness
[509-434-7596](tel:509-434-7596)

Women Veterans Health Program
[509-434-7608](tel:509-434-7608)

Wound Care
[509-434-7029](tel:509-434-7029)