



## **October 2016 Monthly Veterans' Newsletter**

*This Veterans Newsletter is compiled and provided by the Seminole County Veteran's Services Office. Its intent is to keep Seminole County Veterans informed about their rights, benefits, and news of interest. It is non-political and, except where noted, all articles are excerpted from outside sources. Local events honoring/supporting Veterans will be included as made available. You are encouraged to provide feedback and recommendations, as this is your Newsletter. Together with my small Team, I hope you find it both valuable and interesting.*

*Ed Burford, Seminole County Veterans Services Officer*

1. **Veterans Day Celebration, November 11<sup>th</sup> at 11:00 AM at the Sanford Veterans Memorial Park, Sanford, FL.**
2. **Veterans Day Celebration, November 11<sup>th</sup> at 11:00 AM at Altamonte Mall, Lower Level near Dillard's, Altamonte Springs, FL.**
3. **Veterans Day Luncheon**
4. **Governor Scott Activates Florida Disaster Fund Following Hurricane Matthew, October 10, 2016**
5. **Orlando VA Town Hall Meeting, November 19<sup>th</sup>**
6. **JetBlue's Disability Mentoring Day**
7. **Service Chiefs: Troops Will Head for Exits if Budget Cuts**
8. **Readiness Worries Deepened by Hill Ineptitude**
9. **Tricare Pharmacy Network Adds Walgreens, Removes CVS**
10. **TRICARE, Survivor, Other Changes Coming MOAA**
11. **Eighth Army Relocating**
12. **High or Low COLA — CPI Is Still Your Friend**
13. **VA Chief: Stop Using Veterans as Pawns**
14. **Revamping the VA MOAA,**
15. **You Are Not Alone: Suicide Prevention Tools for Warriors**
16. **Losing Sense of Self One Suicide at a Time**
17. **VA and Walgreens Team Up to Provide Flu Vaccinations to Veterans**
18. **A Look At Vet Centers**
19. **Honor Flight Military.com**
20. **CFPB Orders Navy Federal Credit Union to Pay \$28.5 Million for Improper Debt Collection Actions**
21. **Steps to Starting a Franchise Webinar**
22. **On-Site Employment Services**
23. **Employment Support for Florida Vets**
24. **Vet Jobs: Networking is the Key**
25. **Military Principles to Help You Succeed in Your Civilian Career**
26. **New College Financial Aid Rules Take Effect**

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3. **Veterans Day Luncheon**, November 13, 2016, The Military Support Team of the *First United Methodist Church of Oviedo* is hosting a **Veterans Day Luncheon** on, **Sunday November 13, 2016**. All Veterans and friends of Veterans are invited to attend this free event, beginning at **12:30 PM at 263 Kings Street, Oviedo FL 32765**. The program includes the delicious lunch with full dessert table, parade of the colors, medley of Service songs, missing man table ceremony, and honors to all Veterans, with a short program especially honoring Korean War Veterans. Due to space restrictions, we are limiting the event to the first 300 people to respond. Please send a note to [RSVP\\_MST@outlook.com](mailto:RSVP_MST@outlook.com) to let us know you are coming and how many will be in your party. Immediately following the luncheon, at 2:30 PM, the 70-piece Orlando Concert Band will present a musical **SALUTE TO OUR VETERANS**.
4. **Governor Scott Activates Florida Disaster Fund Following Hurricane Matthew, October 10, 2016**, TALLAHASSEE – Today, Governor Rick Scott activated the [Florida Disaster Fund](#) to support individuals who are impacted by Hurricane Matthew. The Florida Disaster Fund helps to provide financial support to Florida's communities in times of disaster. To make a contribution, please visit [www.FloridaDisasterFund.org](http://www.FloridaDisasterFund.org). The fund is administered by the Volunteer Florida Foundation. Individuals can text **DISASTER to 20222** to donate \$10 to the Volunteer Florida Foundation to support those who were impacted by Hurricane Matthew. Funds will support disaster relief organizations active in disaster response and recovery. The Florida Disaster Fund is the State of Florida's official private fund established to assist Florida's communities as they respond to and recover during times of emergency or disaster. In partnership with the public sector, private sector and other non-governmental organizations, the Florida Disaster Fund supports response and recovery activities. There is no overhead funding; 100% of funds raised will go toward those in need. Donations to the Florida Disaster Fund are made to the Volunteer Florida Foundation, 501(c)(3) charitable organization and are tax deductible. Donations may be made by credit card on the secure website [www.floridadisasterfund.org](http://www.floridadisasterfund.org) or by check to the below address. Checks should be made payable to the Volunteer Florida Foundation and should include "Florida Disaster Fund" in the memo line.
5. **Orlando VA Town Hall Meeting**, November 19<sup>th</sup>, 10:00 AM till 2:00 PM, The Orlando VA Medical Center wants to cordially invite you to the upcoming Veterans Town Hall Meeting on November 19, 2016 located, downtown Orlando. Meet Mr. Liezert, the Orlando VA Medical Center Director and learn about "what's new at the Orlando VA Medical Center". Spend some time for a "Ask the Director" session. You will also have an opportunity to speak to the Veteran Benefits Administration (VBA) expert about your service connected benefits. Learn about the one topic no one wants to talk about death

benefits. The National Cemetery Administration will be there to answer questions. We will have Veteran Justice Outreach and several other counselors on site to serve our Veterans. If you are a Veteran and have not received your flu shot, we will have Orlando Staff onsite to provide the flu shots (ONLY AVAILABLE FOR VETERANS). If you are week and hungry after the shot then you can go over to Eddie Jenkins and receive some free barbecue. It is requested that you register at [Read more.](#)

6. **JetBlue's Disability Mentoring Day**, *Ed sends*, JetBlue is sponsoring a Disability Mentoring Day of Friday, October 28, 2016 at their Orlando Support Center. Learn about careers in the aviation industry and JetBlue's culture. This event features networking opportunities, keynote speakers, workshops, breakfast and lunch, and the opportunity to shadow a JetBlue department. For more information, email [Kenneth.campos@jetblue.com](mailto:Kenneth.campos@jetblue.com)
7. **Service Chiefs: Troops Will Head for Exits if Budget Cuts Persist** Military.com, Sep 15, 2016, Caps on defense spending limit training, force service members to use old gear and may lead to an exodus of troops from the armed services, the four service chiefs told lawmakers Thursday. Speaking before the Senate Armed Services Committee, the leaders - [Read more.](#)
8. **Readiness Worries Deepened by Hill Ineptitude** Military.com, Week of September 26, 2016 . For an eighth straight year, a period spanning the wartime presidency of President Obama, Congress will fail to pass a defense budget on time. It's a wasteful misstep caused again by bitter partisanship, weak leaders and alarming apathy over the harm being done to military readiness, say senators on the Armed Services Committee. [Read more.](#)
9. **Tricare Pharmacy Network Adds Walgreens, Removes CVS** Military.com | Sep 30, 2016 |, Walgreens will soon rejoin Tricare's pharmacy network for users nationwide, officials announced Friday, while CVS pharmacies will leave. That means Tricare users will now be able to fill their prescriptions off-base at Walgreens pharmacies without paying out-of-network rates, and CVS users will need to find a new pharmacy or pay unsubsidized rates for their medications. The change takes effect Dec. 1, officials said. It will impact all beneficiaries, including Tricare for Life users and military retirees. [Read more.](#)
10. **TRICARE, Survivor, Other Changes Coming** MOAA, October 7, 2016, We'll have to wait at least another six weeks before Congress makes final decisions on the force levels, pay raise, TRICARE fees, and other changes in the FY 2017 Defense Authorization Act. But we can be pretty sure of at least some of the new changes because they were included in both of the bill versions passed by the House and Senate. Based on the above, here is what we expect the new defense bill will require. ***This is important:*** starting in 2017, retirees and family members under 65 will have to sign a document to enroll in either the version of Standard/Preferred or TRICARE Prime. If you don't actively enroll in one

or the other, you and your family won't be covered by TRICARE. So you'll need to pay attention to notices about the annual enrollment period, starting next year. [Read more.](#)

**11. Eighth Army Relocating** Military.com | Week of October 03, 2016, Members of the military community in South Korea recently converged on the South Post Chapel on U.S. Army Garrison Yongsan in Seoul for the latest in a series of Transformation Town Hall meetings in preparation for the upcoming move to Camp Humphreys. The move is the largest peace-time re-stationing of U.S. Forces in Department of Defense history with more than 42,000 personnel and family members scheduled to relocate. [Read more.](#)

**12. High or Low COLA — CPI Is Still Your Friend** MOAA, October 14, 2016, Next week, we'll have the final Consumer Price Index (CPI) data point that will determine the 2017 COLA percentage for military retired pay and survivor annuities, Social Security benefits, VA disability compensation, and more. If recent months' inflation trend holds up, MOAA predicts the COLA will be fractional — about 0.2 percent. If inflation dropped in September, the COLA could end up being zero for the second year in a row. [Read more.](#)

**13. VA Chief: Stop Using Veterans as Pawns**, Military.com | Week of October 03, 2016, In an hour-long interview in his office overlooking the White House, Secretary of the VA Bob McDonald expands on the surprisingly sharp critique of Congress he delivered a week earlier while testifying on recommendations of the congressionally chartered Commission on Care. McDonald is upset to see fiscal 2016 expiring with Congress having failed to pass up to two dozen pieces of legislation he labels "essential" for continuing to transform VA to better serve veterans- [Read more.](#)

**14. Revamping the VA** MOAA, October 13, 2016, VA Secretary Bob McDonald - and a broad swath of the veterans' community - is counting on [MyVA](#) to culturally transform the department. The comprehensive initiative is designed to change the way the agency does business. "We're trying to put the veteran at the center of everything we do," McDonald says. MyVA is intended to make the agency a principles-based organization instead of one governed by the kind of rules that, in May 2015, forced a veteran with a broken foot to call 911 for assistance because a VA employee refused to help him in from his car - which was pulled up just outside the emergency room door. [Read more.](#)

**15. You Are Not Alone: Suicide Prevention Tools for Warriors** Military.com, September 15, 2016, by Real Warriors Campaign, If you are experiencing thoughts of suicide, know that you are not alone. Suicide is a medical emergency and care should be sought immediately by calling 911. Free, confidential resources are instantly available through the Military Crisis Line to aid you if you are in crisis. Call 800-273-8255 and press 1, or chat online now for 24/7 access to trained counselors who understand what service members and military families are coping with. [Read more.](#)

- 16. Losing Sense of Self One Suicide at a Time** Military.com via The War Horse | Sep 01, 2016 | by Gerardo Mena, *This article by Gerardo Mena originally appeared on TheWarHorse.org, a nonprofit investigative news organization focused on covering the Departments of Defense and Veterans Affairs.* Gerardo Mena reunites with his Marine brethren to remember another brother lost to suicide. They tell him goodbye -- losing one more part of themselves, knowing it could have been one of them. [Read more.](#)
- 17. VA and Walgreens Team Up to Provide Flu Vaccinations to Veterans,** VA News Release. The cold and flu season is upon us and the Department of Veterans Affairs has once again teamed up with Walgreens Pharmacies nationwide to allow all veterans who are currently enrolled in the VA healthcare system to be able walk into any of the over 8000 Walgreens nationally (and the Duane Reade pharmacies in the New York metropolitan area) to receive a vaccination **at no cost**. Vaccinations will be available through March 31, 2017. Veterans wishing to receive the no cost vaccination simply need to present a Veterans Identification Card and a photo ID, at any participating Walgreens to receive the vaccination.
- 18. A Look At Vet Centers,** Military.com | Week of October 03, 2016, Vet centers are committed to assisting veterans and their families toward a successful adjustment in or near their communities. 71 percent of vet center staff members are veterans. Vet Centers provide all readjustment counseling services at no charge. Those using vet centers are not required to enroll in the VA Health Care System or to have received a service connection for conditions caused by military service. Vet centers provide services regardless of the nature of a veteran's discharge. [Read more.](#)
- 19. Honor Flight** Military.com | Week of October 03, 2016, Honor Flights to Washington, D.C.'s war memorials increased significantly after Labor Day. More than 100 Honor Flights from around the nation are planned through December with the last for the year currently scheduled for Pearl Harbor Day. About the Honor Flight Network, how you can become involved, donate, and meet Veterans as they tour D.C. *Ed sends, [you can visit the web site for the Central Florida Honor Flight here.](#)* For more information about the national organization, [Read more.](#)
- 20. CFPB Orders Navy Federal Credit Union to Pay \$28.5 Million for Improper Debt Collection Actions** CFPB News release, October 11, 2016 WASHINGTON, D.C. – Today the Consumer Financial Protection Bureau (CFPB) took action against Navy Federal Credit Union for making false threats about debt collection to its members, which include active-duty military, retired servicemembers, and their families. The credit union also unfairly restricted account access when members had a delinquent loan. Navy Federal Credit Union is correcting its debt collection practices and will pay roughly \$23 million in redress to victims along with a civil money penalty of \$5.5 million. [Read more.](#)

- 21. Steps to Starting a Franchise Webinar,** When? Thursday November 3, 2016, Time? 1:00 pm – 2:00 pm, Sponsored by the US Small Business Administration, for all Veterans, Service Members, including members of the National Guard and Reserves, and/or spouse! If you are interested in learning what it takes to own a franchise, then tune into this free webinar, and let the U.S. Small Business Administration (SBA) and VetFran, provide you with key information on how to make this happen. All you need to do is sign-up! For more information and for login information contact Natalie Hall at (904) 443-1902 or email at [Natalie.hall@sba.gov](mailto:Natalie.hall@sba.gov).
- 22. On-Site Employment Services,** News release, Orlando VA Medical Center, On site employment services are available every Tuesday from 10:00 am to 2:00 pm at the Orlando VA Medical Center, Lake Baldwin, 5201 Raymond St, Building 503, Room B107, Orlando, FL 32805; an appointment is suggested, walk-ins are accepted. For an appointment, call 407-646-5500 ext. 27246.
- 23. Employment Support for Florida Vets,** Military.com | Week of September 26, 2016, Military.com and Veterans Florida have announced that they have joined forces to provide employment tools and resources for veterans and transitioning military members who want to live in Florida. Veterans Florida is a non-profit organization funded by the State of Florida to help promote the state as a great place to live for veterans and for those leaving the military. Military.com and its parent company Monster Worldwide Inc. will power a Veteran Talent Portal on the Veterans Florida website - [Read more.](#)
- 24. Vet Jobs: Networking is the Key** Military.com, Week of September 26, 2016, We can pay attention to resume preparation, further education and planning, but without the ability to get an interview, it is for naught. Networking is the key! The best way to get comfortable with networking is to just start doing it. Get off the couch and into the world! Check with your college or the local college's career center, the local employment office, the library, the Chamber of Commerce. Talk to your postal representative, your mayor if the town is small enough and, of course, the local Veterans Service Officer. [Read more.](#)
- 25. Military Principles to Help You Succeed in Your Civilian Career** Military.com, October 5, 2016, There's no reason to ignore what you learned in the military when you transition to the civilian world. We all reference the easy-to-explain skills we've learned in job interviews, such as discipline and dependability, but you can look more specifically at aspects such as the Marine Corps Principles and Traits. This is what Marine Corps veteran Nick Baucom did when he left the Corps to start a business. He started a moving business called Two Marines Moving and built it up around these principles and traits. Anyone can do this -- not just Marines, [Read more.](#)
- 26. New College Financial Aid Rules Take Effect** MOAA, October 13, 2016, The Free Application for Federal Student Aid (FAFSA), the federal program that awards financial

aid for college, has new policies in place intended to simplify the complex financial aid system and provide some predictability to students and parents. The changes went into effect Oct. 1. Here's what you need to know. First, FAFSA is ground zero for financial aid. The FAFSA determines federal aid in the form of grants and loans, as well as many crucial state- and college-level aid awards. [Read more.](#)

**Newsletter from your local Seminole County Veterans' Services Office Staff.**

**Thank you for your service to our Country!**

**It Takes the Strength of a Warrior to Ask for Help**

**The journey after military service can be a difficult one. If you are Veteran in crisis or know of one who is, please call the VA's 24/7 Suicide Prevention Line at**

**1-800-273-TALK (8255)**

**to speak with a trained counselor, or find a Crisis Center near you.**