**1ST DISTRICT SERVICE OFFICER VA & R REPORT FOR FEBRUARY 2023 A picture containing text, person, person, indoor

Description automatically generated By Richard Strehlow 262-641-0977**

Did you know if you are providing at least half of a minor grandchild's financial support, and the natural parents are deceased, disabled or otherwise unable to regularly contribute to that support, the child can collect

[dependent or survivor benefits](https://r20.rs6.net/tn.jsp?f=001ee0yjK1NJ8dlNG-1JnIBxVnSnG1oDMvfcgT-Ky6T6FJPbXARn_wpGfOGqlYcAU76HonymnyBvRlO-hGGfXHHCwToh-kT7JfHvVQK0AUn--wqf04m-X5GbrDZFO5dFRTNamiT-7ELBanS92FhewLT-tRo5_KuEDYjnilXa4AK6zpS275DKLFHPQ==&c=FAEnWOT06EwXWjUL0BAovYinUQ03b6RBTLU9ehZqsrcyDTGuRHcWeA==&ch=SbGELpkXNgnF22br-rdHCJJFL_H-IEnFw2JhhgAu_7eEka9W6Af6vQ==) when you retire, become disabled or die? If you are already on [Social Security](https://r20.rs6.net/tn.jsp?f=001ee0yjK1NJ8dlNG-1JnIBxVnSnG1oDMvfcgT-Ky6T6FJPbXARn_wpGRK6GFUAMZvrNGLyhk2Zyl1rA_io4BXuDFAHlBEzyR9FU_oHFgOeXV5C3XLt4btotK0z9b_nmZnyBoit6r9TwQzgafb9BOfUhWSWD1UJNwmztRz0lvgNEv0VeggreNAXT6Gboa4SOg-C&c=FAEnWOT06EwXWjUL0BAovYinUQ03b6RBTLU9ehZqsrcyDTGuRHcWeA==&ch=SbGELpkXNgnF22br-rdHCJJFL_H-IEnFw2JhhgAu_7eEka9W6Af6vQ==)

when a grandchild comes into your care, you must legally adopt the child for him or her to receive [benefits](https://r20.rs6.net/tn.jsp?f=001ee0yjK1NJ8dlNG-1JnIBxVnSnG1oDMvfcgT-Ky6T6FJPbXARn_wpGfOGqlYcAU76HonymnyBvRlO-hGGfXHHCwToh-kT7JfHvVQK0AUn--wqf04m-X5GbrDZFO5dFRTNamiT-7ELBanS92FhewLT-tRo5_KuEDYjnilXa4AK6zpS275DKLFHPQ==&c=FAEnWOT06EwXWjUL0BAovYinUQ03b6RBTLU9ehZqsrcyDTGuRHcWeA==&ch=SbGELpkXNgnF22br-rdHCJJFL_H-IEnFw2JhhgAu_7eEka9W6Af6vQ==) on your record.

Did you know a program run by [Social Security](https://r20.rs6.net/tn.jsp?f=001ee0yjK1NJ8dlNG-1JnIBxVnSnG1oDMvfcgT-Ky6T6FJPbXARn_wpGRK6GFUAMZvrNGLyhk2Zyl1rA_io4BXuDFAHlBEzyR9FU_oHFgOeXV5C3XLt4btotK0z9b_nmZnyBoit6r9TwQzgafb9BOfUhWSWD1UJNwmztRz0lvgNEv0VeggreNAXT6Gboa4SOg-C&c=FAEnWOT06EwXWjUL0BAovYinUQ03b6RBTLU9ehZqsrcyDTGuRHcWeA==&ch=SbGELpkXNgnF22br-rdHCJJFL_H-IEnFw2JhhgAu_7eEka9W6Af6vQ==) and the Centers for Medicare & Medicaid Services (CMS), can reduce prescription drug expenses for low-income Medicare beneficiaries by up to $5,000 a year? The aid can be put toward premiums, deductibles and copays related to a Medicare drug plan. Call 800-772-1213 for help.

Did you know many [scam artists](https://r20.rs6.net/tn.jsp?f=001ee0yjK1NJ8dlNG-1JnIBxVnSnG1oDMvfcgT-Ky6T6FJPbXARn_wpGZynrlUkuGZxqEbD3N1UFlNvmXWO5ZI6oqnns1CjmGAgRk9C7SyMMdVn1nIX7ZoDIoq6ogLEwrrwuxzvTb4y81tb12nZ2c4ORyanngo-rdAu94cdUv2wpHc=&c=FAEnWOT06EwXWjUL0BAovYinUQ03b6RBTLU9ehZqsrcyDTGuRHcWeA==&ch=SbGELpkXNgnF22br-rdHCJJFL_H-IEnFw2JhhgAu_7eEka9W6Af6vQ==) are charging

[veterans](https://r20.rs6.net/tn.jsp?f=001ee0yjK1NJ8dlNG-1JnIBxVnSnG1oDMvfcgT-Ky6T6FJPbXARn_wpGTuAyjQBOSr6ZH0p5qyWdkaZDz2dM0wnZGWyCS2b6lJanch6nawUUIPVpMqIt_1ts-tAlrpmiWhrjEJSUGvBNaNkzJj8DsiPD3Dpt9mZ8IPq&c=FAEnWOT06EwXWjUL0BAovYinUQ03b6RBTLU9ehZqsrcyDTGuRHcWeA==&ch=SbGELpkXNgnF22br-rdHCJJFL_H-IEnFw2JhhgAu_7eEka9W6Af6vQ==) hefty fees to retrieve a [veteran’s service medical records](https://r20.rs6.net/tn.jsp?f=001ee0yjK1NJ8dlNG-1JnIBxVnSnG1oDMvfcgT-Ky6T6FJPbXARn_wpGWBgxphhsz4cnRddoWgz6lFB1da3lymQPVvoaxK5NrVvnRIIaRMShCdhBUr4DNrTUQkQOIqR-dCyQUwJVJtnXDB2HO-kHC4VXX68o8KELnRqC-VJwlm6Vpilmy9p3wfqAASQsHH0H-KN&c=FAEnWOT06EwXWjUL0BAovYinUQ03b6RBTLU9ehZqsrcyDTGuRHcWeA==&ch=SbGELpkXNgnF22br-rdHCJJFL_H-IEnFw2JhhgAu_7eEka9W6Af6vQ==) from NPRC, the [VA medical records department](https://r20.rs6.net/tn.jsp?f=001ee0yjK1NJ8dlNG-1JnIBxVnSnG1oDMvfcgT-Ky6T6FJPbXARn_wpGTuAyjQBOSr6ZH0p5qyWdkaZDz2dM0wnZGWyCS2b6lJanch6nawUUIPVpMqIt_1ts-tAlrpmiWhrjEJSUGvBNaNkzJj8DsiPD3Dpt9mZ8IPq&c=FAEnWOT06EwXWjUL0BAovYinUQ03b6RBTLU9ehZqsrcyDTGuRHcWeA==&ch=SbGELpkXNgnF22br-rdHCJJFL_H-IEnFw2JhhgAu_7eEka9W6Af6vQ==) or [government forms](https://r20.rs6.net/tn.jsp?f=001ee0yjK1NJ8dlNG-1JnIBxVnSnG1oDMvfcgT-Ky6T6FJPbXARn_wpGWt3PAhjFo_Qg8_GO5F7dcPBdD7ATN1CY82oDE9SWkSYQHdu1sW_CKgkRJGemupy0TblQ-8ChRlb0oPIWqBt7nob5XTnFn5kYxvoDeUGZRejZuPYlAa-lRI=&c=FAEnWOT06EwXWjUL0BAovYinUQ03b6RBTLU9ehZqsrcyDTGuRHcWeA==&ch=SbGELpkXNgnF22br-rdHCJJFL_H-IEnFw2JhhgAu_7eEka9W6Af6vQ==) a [veteran](https://r20.rs6.net/tn.jsp?f=001ee0yjK1NJ8dlNG-1JnIBxVnSnG1oDMvfcgT-Ky6T6FJPbXARn_wpGTuAyjQBOSr6ZH0p5qyWdkaZDz2dM0wnZGWyCS2b6lJanch6nawUUIPVpMqIt_1ts-tAlrpmiWhrjEJSUGvBNaNkzJj8DsiPD3Dpt9mZ8IPq&c=FAEnWOT06EwXWjUL0BAovYinUQ03b6RBTLU9ehZqsrcyDTGuRHcWeA==&ch=SbGELpkXNgnF22br-rdHCJJFL_H-IEnFw2JhhgAu_7eEka9W6Af6vQ==) can download online? Never pay for your [records](https://r20.rs6.net/tn.jsp?f=001ee0yjK1NJ8dlNG-1JnIBxVnSnG1oDMvfcgT-Ky6T6FJPbXARn_wpGWBgxphhsz4cnRddoWgz6lFB1da3lymQPVvoaxK5NrVvnRIIaRMShCdhBUr4DNrTUQkQOIqR-dCyQUwJVJtnXDB2HO-kHC4VXX68o8KELnRqC-VJwlm6Vpilmy9p3wfqAASQsHH0H-KN&c=FAEnWOT06EwXWjUL0BAovYinUQ03b6RBTLU9ehZqsrcyDTGuRHcWeA==&ch=SbGELpkXNgnF22br-rdHCJJFL_H-IEnFw2JhhgAu_7eEka9W6Af6vQ==); all [medical records](https://r20.rs6.net/tn.jsp?f=001ee0yjK1NJ8dlNG-1JnIBxVnSnG1oDMvfcgT-Ky6T6FJPbXARn_wpGWBgxphhsz4cnRddoWgz6lFB1da3lymQPVvoaxK5NrVvnRIIaRMShCdhBUr4DNrTUQkQOIqR-dCyQUwJVJtnXDB2HO-kHC4VXX68o8KELnRqC-VJwlm6Vpilmy9p3wfqAASQsHH0H-KN&c=FAEnWOT06EwXWjUL0BAovYinUQ03b6RBTLU9ehZqsrcyDTGuRHcWeA==&ch=SbGELpkXNgnF22br-rdHCJJFL_H-IEnFw2JhhgAu_7eEka9W6Af6vQ==) are free through your local [Department of Veterans Affairs (VA)](https://r20.rs6.net/tn.jsp?f=001ee0yjK1NJ8dlNG-1JnIBxVnSnG1oDMvfcgT-Ky6T6FJPbXARn_wpGTuAyjQBOSr6ZH0p5qyWdkaZDz2dM0wnZGWyCS2b6lJanch6nawUUIPVpMqIt_1ts-tAlrpmiWhrjEJSUGvBNaNkzJj8DsiPD3Dpt9mZ8IPq&c=FAEnWOT06EwXWjUL0BAovYinUQ03b6RBTLU9ehZqsrcyDTGuRHcWeA==&ch=SbGELpkXNgnF22br-rdHCJJFL_H-IEnFw2JhhgAu_7eEka9W6Af6vQ==).

When seeking [disability benefits](https://r20.rs6.net/tn.jsp?f=001NEBpDvovcpeVCLL6A1kljUS50hCyKoo6ZUmJCDH0EKfzzUqA4pdzJSjE4hkmipPz-GYu7Eapw75NGjzkCJAIKgMimRgSTvKn9MxJwo2AQWseL138CfnuF5Xu-YK6p4HTtkizz4ekQVvp6VXXPH4NAP_qZxxvy9VTZ-l5KEaZD87NiYzdBKFmmfP9kE7NZ0GS&c=TkiFCX_j7iZluEVy2X6CMokFc1CvrAp5s9wQO7dvyM0l3nE-Jci_MA==&ch=478amZBr3tV50z4IqAO53X6wn3RgYkCd5ElNqT-GpNV_I2sowfcF4A==) through the [United States Department of Veterans Affairs (VA)](https://r20.rs6.net/tn.jsp?f=001NEBpDvovcpeVCLL6A1kljUS50hCyKoo6ZUmJCDH0EKfzzUqA4pdzJcjZ8WcaMtADz92qLBbCCkX1uUCqMPauIgPaQVbtDid5sjBjrHaG3ggX6AMveqbaF5-ojmM3mKwyE2PsMmNNWKBz0TZafdavBlTfmKBACRm4&c=TkiFCX_j7iZluEVy2X6CMokFc1CvrAp5s9wQO7dvyM0l3nE-Jci_MA==&ch=478amZBr3tV50z4IqAO53X6wn3RgYkCd5ElNqT-GpNV_I2sowfcF4A==), [veterans](https://r20.rs6.net/tn.jsp?f=001NEBpDvovcpeVCLL6A1kljUS50hCyKoo6ZUmJCDH0EKfzzUqA4pdzJcjZ8WcaMtADz92qLBbCCkX1uUCqMPauIgPaQVbtDid5sjBjrHaG3ggX6AMveqbaF5-ojmM3mKwyE2PsMmNNWKBz0TZafdavBlTfmKBACRm4&c=TkiFCX_j7iZluEVy2X6CMokFc1CvrAp5s9wQO7dvyM0l3nE-Jci_MA==&ch=478amZBr3tV50z4IqAO53X6wn3RgYkCd5ElNqT-GpNV_I2sowfcF4A==) need to prove that their [injury or illness](https://r20.rs6.net/tn.jsp?f=001NEBpDvovcpeVCLL6A1kljUS50hCyKoo6ZUmJCDH0EKfzzUqA4pdzJW1GwvnIU-rdMyXAFtOFGToFs-R3drVH7-2HepXEeK6dK4kbieVbssxSpVMspuOZK7OUY-NcoM6KJ4JikaKrWMjgxeUuwVNakd0GozDiRc4ziBuwBRo7lzO5IrkjEDXcZg==&c=TkiFCX_j7iZluEVy2X6CMokFc1CvrAp5s9wQO7dvyM0l3nE-Jci_MA==&ch=478amZBr3tV50z4IqAO53X6wn3RgYkCd5ElNqT-GpNV_I2sowfcF4A==) is connected to military service.

An important source of evidence that can be gathered by [veterans](https://r20.rs6.net/tn.jsp?f=001NEBpDvovcpeVCLL6A1kljUS50hCyKoo6ZUmJCDH0EKfzzUqA4pdzJcjZ8WcaMtADz92qLBbCCkX1uUCqMPauIgPaQVbtDid5sjBjrHaG3ggX6AMveqbaF5-ojmM3mKwyE2PsMmNNWKBz0TZafdavBlTfmKBACRm4&c=TkiFCX_j7iZluEVy2X6CMokFc1CvrAp5s9wQO7dvyM0l3nE-Jci_MA==&ch=478amZBr3tV50z4IqAO53X6wn3RgYkCd5ElNqT-GpNV_I2sowfcF4A==) fighting for [service connection](https://r20.rs6.net/tn.jsp?f=001NEBpDvovcpeVCLL6A1kljUS50hCyKoo6ZUmJCDH0EKfzzUqA4pdzJW1GwvnIU-rdMyXAFtOFGToFs-R3drVH7-2HepXEeK6dK4kbieVbssxSpVMspuOZK7OUY-NcoM6KJ4JikaKrWMjgxeUuwVNakd0GozDiRc4ziBuwBRo7lzO5IrkjEDXcZg==&c=TkiFCX_j7iZluEVy2X6CMokFc1CvrAp5s9wQO7dvyM0l3nE-Jci_MA==&ch=478amZBr3tV50z4IqAO53X6wn3RgYkCd5ElNqT-GpNV_I2sowfcF4A==) or an increased [rating](https://r20.rs6.net/tn.jsp?f=001NEBpDvovcpeVCLL6A1kljUS50hCyKoo6ZUmJCDH0EKfzzUqA4pdzJSjE4hkmipPz-GYu7Eapw75NGjzkCJAIKgMimRgSTvKn9MxJwo2AQWseL138CfnuF5Xu-YK6p4HTtkizz4ekQVvp6VXXPH4NAP_qZxxvy9VTZ-l5KEaZD87NiYzdBKFmmfP9kE7NZ0GS&c=TkiFCX_j7iZluEVy2X6CMokFc1CvrAp5s9wQO7dvyM0l3nE-Jci_MA==&ch=478amZBr3tV50z4IqAO53X6wn3RgYkCd5ElNqT-GpNV_I2sowfcF4A==) is buddy statements.

Buddy statements, or buddy letters, provide firsthand information about the incident that caused the [disability](https://r20.rs6.net/tn.jsp?f=001NEBpDvovcpeVCLL6A1kljUS50hCyKoo6ZUmJCDH0EKfzzUqA4pdzJW1GwvnIU-rdMyXAFtOFGToFs-R3drVH7-2HepXEeK6dK4kbieVbssxSpVMspuOZK7OUY-NcoM6KJ4JikaKrWMjgxeUuwVNakd0GozDiRc4ziBuwBRo7lzO5IrkjEDXcZg==&c=TkiFCX_j7iZluEVy2X6CMokFc1CvrAp5s9wQO7dvyM0l3nE-Jci_MA==&ch=478amZBr3tV50z4IqAO53X6wn3RgYkCd5ElNqT-GpNV_I2sowfcF4A==), as well as the [disability](https://r20.rs6.net/tn.jsp?f=001NEBpDvovcpeVCLL6A1kljUS50hCyKoo6ZUmJCDH0EKfzzUqA4pdzJW1GwvnIU-rdMyXAFtOFGToFs-R3drVH7-2HepXEeK6dK4kbieVbssxSpVMspuOZK7OUY-NcoM6KJ4JikaKrWMjgxeUuwVNakd0GozDiRc4ziBuwBRo7lzO5IrkjEDXcZg==&c=TkiFCX_j7iZluEVy2X6CMokFc1CvrAp5s9wQO7dvyM0l3nE-Jci_MA==&ch=478amZBr3tV50z4IqAO53X6wn3RgYkCd5ElNqT-GpNV_I2sowfcF4A==) itself.

How to Write a VA Buddy Letter: Tips to Consider

If a [veteran](https://r20.rs6.net/tn.jsp?f=001NEBpDvovcpeVCLL6A1kljUS50hCyKoo6ZUmJCDH0EKfzzUqA4pdzJcjZ8WcaMtADz92qLBbCCkX1uUCqMPauIgPaQVbtDid5sjBjrHaG3ggX6AMveqbaF5-ojmM3mKwyE2PsMmNNWKBz0TZafdavBlTfmKBACRm4&c=TkiFCX_j7iZluEVy2X6CMokFc1CvrAp5s9wQO7dvyM0l3nE-Jci_MA==&ch=478amZBr3tV50z4IqAO53X6wn3RgYkCd5ElNqT-GpNV_I2sowfcF4A==) has asked you to write a buddy statement, remember that following a few best practices can help the [veteran](https://r20.rs6.net/tn.jsp?f=001NEBpDvovcpeVCLL6A1kljUS50hCyKoo6ZUmJCDH0EKfzzUqA4pdzJcjZ8WcaMtADz92qLBbCCkX1uUCqMPauIgPaQVbtDid5sjBjrHaG3ggX6AMveqbaF5-ojmM3mKwyE2PsMmNNWKBz0TZafdavBlTfmKBACRm4&c=TkiFCX_j7iZluEVy2X6CMokFc1CvrAp5s9wQO7dvyM0l3nE-Jci_MA==&ch=478amZBr3tV50z4IqAO53X6wn3RgYkCd5ElNqT-GpNV_I2sowfcF4A==) earn [VA benefits](https://r20.rs6.net/tn.jsp?f=001NEBpDvovcpeVCLL6A1kljUS50hCyKoo6ZUmJCDH0EKfzzUqA4pdzJZF0Tq_gV-pZ6ue9dVY8039Dy-GL8HgudXNfkgWi_-ub4hFsXf5DPnwURmb-by37n1ytdWm2MKpYdSq1oNgg9oealxhaykeS_bsEPLfKIa32DHMqlm8AJ0CfcOH8cliAUA==&c=TkiFCX_j7iZluEVy2X6CMokFc1CvrAp5s9wQO7dvyM0l3nE-Jci_MA==&ch=478amZBr3tV50z4IqAO53X6wn3RgYkCd5ElNqT-GpNV_I2sowfcF4A==) for their [injury or illness](https://r20.rs6.net/tn.jsp?f=001NEBpDvovcpeVCLL6A1kljUS50hCyKoo6ZUmJCDH0EKfzzUqA4pdzJW1GwvnIU-rdMyXAFtOFGToFs-R3drVH7-2HepXEeK6dK4kbieVbssxSpVMspuOZK7OUY-NcoM6KJ4JikaKrWMjgxeUuwVNakd0GozDiRc4ziBuwBRo7lzO5IrkjEDXcZg==&c=TkiFCX_j7iZluEVy2X6CMokFc1CvrAp5s9wQO7dvyM0l3nE-Jci_MA==&ch=478amZBr3tV50z4IqAO53X6wn3RgYkCd5ElNqT-GpNV_I2sowfcF4A==). In general, you’ll want to stick to three to four paragraphs. The letter should include:

* Your name and relationship to the veteran
* Details about the in-service occurrence that caused the injury or illness
* Details about the veteran’s current injury or illness
* Your signature

Here are some tips to help you write the letter:

1.    Be clear about your relationship with the [veteran](https://r20.rs6.net/tn.jsp?f=001NEBpDvovcpeVCLL6A1kljUS50hCyKoo6ZUmJCDH0EKfzzUqA4pdzJcjZ8WcaMtADz92qLBbCCkX1uUCqMPauIgPaQVbtDid5sjBjrHaG3ggX6AMveqbaF5-ojmM3mKwyE2PsMmNNWKBz0TZafdavBlTfmKBACRm4&c=TkiFCX_j7iZluEVy2X6CMokFc1CvrAp5s9wQO7dvyM0l3nE-Jci_MA==&ch=478amZBr3tV50z4IqAO53X6wn3RgYkCd5ElNqT-GpNV_I2sowfcF4A==).

2.    In the first section of the buddy letter, state your name and how you know the [veteran](https://r20.rs6.net/tn.jsp?f=001NEBpDvovcpeVCLL6A1kljUS50hCyKoo6ZUmJCDH0EKfzzUqA4pdzJcjZ8WcaMtADz92qLBbCCkX1uUCqMPauIgPaQVbtDid5sjBjrHaG3ggX6AMveqbaF5-ojmM3mKwyE2PsMmNNWKBz0TZafdavBlTfmKBACRm4&c=TkiFCX_j7iZluEVy2X6CMokFc1CvrAp5s9wQO7dvyM0l3nE-Jci_MA==&ch=478amZBr3tV50z4IqAO53X6wn3RgYkCd5ElNqT-GpNV_I2sowfcF4A==). It can also be useful to state how long you have known the [veteran](https://r20.rs6.net/tn.jsp?f=001NEBpDvovcpeVCLL6A1kljUS50hCyKoo6ZUmJCDH0EKfzzUqA4pdzJcjZ8WcaMtADz92qLBbCCkX1uUCqMPauIgPaQVbtDid5sjBjrHaG3ggX6AMveqbaF5-ojmM3mKwyE2PsMmNNWKBz0TZafdavBlTfmKBACRm4&c=TkiFCX_j7iZluEVy2X6CMokFc1CvrAp5s9wQO7dvyM0l3nE-Jci_MA==&ch=478amZBr3tV50z4IqAO53X6wn3RgYkCd5ElNqT-GpNV_I2sowfcF4A==). For example, you might say, “My name is JOHN DOE, and I served in the United States Army with [[Veteran](https://r20.rs6.net/tn.jsp?f=001NEBpDvovcpeVCLL6A1kljUS50hCyKoo6ZUmJCDH0EKfzzUqA4pdzJcjZ8WcaMtADz92qLBbCCkX1uUCqMPauIgPaQVbtDid5sjBjrHaG3ggX6AMveqbaF5-ojmM3mKwyE2PsMmNNWKBz0TZafdavBlTfmKBACRm4&c=TkiFCX_j7iZluEVy2X6CMokFc1CvrAp5s9wQO7dvyM0l3nE-Jci_MA==&ch=478amZBr3tV50z4IqAO53X6wn3RgYkCd5ElNqT-GpNV_I2sowfcF4A==)]. We entered the service together in 2001 and were deployed to Afghanistan.”

3.    Include as many details as possible. In the second section of the buddy statement, you will write about the [service-connected injury or illness](https://r20.rs6.net/tn.jsp?f=001NEBpDvovcpeVCLL6A1kljUS50hCyKoo6ZUmJCDH0EKfzzUqA4pdzJW1GwvnIU-rdMyXAFtOFGToFs-R3drVH7-2HepXEeK6dK4kbieVbssxSpVMspuOZK7OUY-NcoM6KJ4JikaKrWMjgxeUuwVNakd0GozDiRc4ziBuwBRo7lzO5IrkjEDXcZg==&c=TkiFCX_j7iZluEVy2X6CMokFc1CvrAp5s9wQO7dvyM0l3nE-Jci_MA==&ch=478amZBr3tV50z4IqAO53X6wn3RgYkCd5ElNqT-GpNV_I2sowfcF4A==), as well as the event that caused it (if applicable). Be sure to include as many details as possible. For example, “In January of 2002, I witnessed the bomb blast that caused [[Veteran](https://r20.rs6.net/tn.jsp?f=001NEBpDvovcpeVCLL6A1kljUS50hCyKoo6ZUmJCDH0EKfzzUqA4pdzJcjZ8WcaMtADz92qLBbCCkX1uUCqMPauIgPaQVbtDid5sjBjrHaG3ggX6AMveqbaF5-ojmM3mKwyE2PsMmNNWKBz0TZafdavBlTfmKBACRm4&c=TkiFCX_j7iZluEVy2X6CMokFc1CvrAp5s9wQO7dvyM0l3nE-Jci_MA==&ch=478amZBr3tV50z4IqAO53X6wn3RgYkCd5ElNqT-GpNV_I2sowfcF4A==)] to fall backwards and hit his head. [[Veteran](https://r20.rs6.net/tn.jsp?f=001NEBpDvovcpeVCLL6A1kljUS50hCyKoo6ZUmJCDH0EKfzzUqA4pdzJcjZ8WcaMtADz92qLBbCCkX1uUCqMPauIgPaQVbtDid5sjBjrHaG3ggX6AMveqbaF5-ojmM3mKwyE2PsMmNNWKBz0TZafdavBlTfmKBACRm4&c=TkiFCX_j7iZluEVy2X6CMokFc1CvrAp5s9wQO7dvyM0l3nE-Jci_MA==&ch=478amZBr3tV50z4IqAO53X6wn3RgYkCd5ElNqT-GpNV_I2sowfcF4A==)] spoke often of headaches, dizziness, and tinnitus after receiving medical treatment.”

4.    Include only the information you know. While you want to include as many details as you can, it’s important to only include information that you know is true. So, if you are writing a buddy statement for a family member with [PTSD](https://r20.rs6.net/tn.jsp?f=001NEBpDvovcpeVCLL6A1kljUS50hCyKoo6ZUmJCDH0EKfzzUqA4pdzJSjE4hkmipPzxaeixNLrsZAJD8chwKNg0_7sN6qdqjNksUhVC0qL6Y1fjWyK6d8roMtq9GAF9DHMS11F-S1NxpEFTz81g0b4-kmjYPJmbYgLppt6cCQVVPI=&c=TkiFCX_j7iZluEVy2X6CMokFc1CvrAp5s9wQO7dvyM0l3nE-Jci_MA==&ch=478amZBr3tV50z4IqAO53X6wn3RgYkCd5ElNqT-GpNV_I2sowfcF4A==), you might write, “My brother, [[Veteran](https://r20.rs6.net/tn.jsp?f=001NEBpDvovcpeVCLL6A1kljUS50hCyKoo6ZUmJCDH0EKfzzUqA4pdzJcjZ8WcaMtADz92qLBbCCkX1uUCqMPauIgPaQVbtDid5sjBjrHaG3ggX6AMveqbaF5-ojmM3mKwyE2PsMmNNWKBz0TZafdavBlTfmKBACRm4&c=TkiFCX_j7iZluEVy2X6CMokFc1CvrAp5s9wQO7dvyM0l3nE-Jci_MA==&ch=478amZBr3tV50z4IqAO53X6wn3RgYkCd5ElNqT-GpNV_I2sowfcF4A==)], currently shows signs of anger issues, [anxiety, panic attacks, and insomnia](https://r20.rs6.net/tn.jsp?f=001NEBpDvovcpeVCLL6A1kljUS50hCyKoo6ZUmJCDH0EKfzzUqA4pdzJaaLiTO7mJ-UzZrafkrAqpPQVysMagKU0RWELZYTdVTHHmY9DaKQ29BFXWamXN6_mhlSQ6MzVYXXJVS9ZYh0i2CTQ41qtxrNit0P8hqgqGuX2FR_EgALKATvj_c2eUMgDA==&c=TkiFCX_j7iZluEVy2X6CMokFc1CvrAp5s9wQO7dvyM0l3nE-Jci_MA==&ch=478amZBr3tV50z4IqAO53X6wn3RgYkCd5ElNqT-GpNV_I2sowfcF4A==). He has angry outbursts about three times per week.” Be sure to only include facts like this if you know that they’re true.

5.    Remember to sign and date the letter. When you sign the letter and add the date, you’ll want to include a statement that certifies that you’re telling the truth in the buddy letter. This typically says, “I certify that the statements on this form are true and correct to the best of my knowledge and belief.”

According to the Advocate, "If you have just been diagnosed with [lung cancer](https://r20.rs6.net/tn.jsp?f=001NEBpDvovcpeVCLL6A1kljUS50hCyKoo6ZUmJCDH0EKfzzUqA4pdzJbGOKjTEOpN1KNSQdCGCE-qJ0x67gD_g4HWRz_kNKlIhfsF_WxUxdq0fRZdk05j9eKZPD2lBwhP2m5aoOufY7vnEkf31L0fP7gpOj_SW5BigfboOMTAAzrt-x4sX8u9PSw==&c=TkiFCX_j7iZluEVy2X6CMokFc1CvrAp5s9wQO7dvyM0l3nE-Jci_MA==&ch=478amZBr3tV50z4IqAO53X6wn3RgYkCd5ElNqT-GpNV_I2sowfcF4A==) and you had significant exposure to asbestos in the [Armed Forces](https://r20.rs6.net/tn.jsp?f=001NEBpDvovcpeVCLL6A1kljUS50hCyKoo6ZUmJCDH0EKfzzUqA4pdzJcjZ8WcaMtADz92qLBbCCkX1uUCqMPauIgPaQVbtDid5sjBjrHaG3ggX6AMveqbaF5-ojmM3mKwyE2PsMmNNWKBz0TZafdavBlTfmKBACRm4&c=TkiFCX_j7iZluEVy2X6CMokFc1CvrAp5s9wQO7dvyM0l3nE-Jci_MA==&ch=478amZBr3tV50z4IqAO53X6wn3RgYkCd5ElNqT-GpNV_I2sowfcF4A==) of the [United States](https://r20.rs6.net/tn.jsp?f=001NEBpDvovcpeVCLL6A1kljUS50hCyKoo6ZUmJCDH0EKfzzUqA4pdzJSwgQwPbhHvLKMH5UFT03XmTzkxHYnJP5bUEoL-9tFjFre0O_S7W0Ouw5k32BKWAx-n2tpiNw9aMimke9_4JUHP1ZquzI49ezqVQMYEhi7lmSep-Je4nmqVv-hAqxgQQfA==&c=TkiFCX_j7iZluEVy2X6CMokFc1CvrAp5s9wQO7dvyM0l3nE-Jci_MA==&ch=478amZBr3tV50z4IqAO53X6wn3RgYkCd5ElNqT-GpNV_I2sowfcF4A==) or at work before 1982-please call [The Gori Law Firm](https://r20.rs6.net/tn.jsp?f=001NEBpDvovcpeVCLL6A1kljUS50hCyKoo6ZUmJCDH0EKfzzUqA4pdzJcjZ8WcaMtADz92qLBbCCkX1uUCqMPauIgPaQVbtDid5sjBjrHaG3ggX6AMveqbaF5-ojmM3mKwyE2PsMmNNWKBz0TZafdavBlTfmKBACRm4&c=TkiFCX_j7iZluEVy2X6CMokFc1CvrAp5s9wQO7dvyM0l3nE-Jci_MA==&ch=478amZBr3tV50z4IqAO53X6wn3RgYkCd5ElNqT-GpNV_I2sowfcF4A==) to discuss possible financial [compensation](https://r20.rs6.net/tn.jsp?f=001NEBpDvovcpeVCLL6A1kljUS50hCyKoo6ZUmJCDH0EKfzzUqA4pdzJSjE4hkmipPz-GYu7Eapw75NGjzkCJAIKgMimRgSTvKn9MxJwo2AQWseL138CfnuF5Xu-YK6p4HTtkizz4ekQVvp6VXXPH4NAP_qZxxvy9VTZ-l5KEaZD87NiYzdBKFmmfP9kE7NZ0GS&c=TkiFCX_j7iZluEVy2X6CMokFc1CvrAp5s9wQO7dvyM0l3nE-Jci_MA==&ch=478amZBr3tV50z4IqAO53X6wn3RgYkCd5ElNqT-GpNV_I2sowfcF4A==). Financial [compensation](https://r20.rs6.net/tn.jsp?f=001NEBpDvovcpeVCLL6A1kljUS50hCyKoo6ZUmJCDH0EKfzzUqA4pdzJSjE4hkmipPz-GYu7Eapw75NGjzkCJAIKgMimRgSTvKn9MxJwo2AQWseL138CfnuF5Xu-YK6p4HTtkizz4ekQVvp6VXXPH4NAP_qZxxvy9VTZ-l5KEaZD87NiYzdBKFmmfP9kE7NZ0GS&c=TkiFCX_j7iZluEVy2X6CMokFc1CvrAp5s9wQO7dvyM0l3nE-Jci_MA==&ch=478amZBr3tV50z4IqAO53X6wn3RgYkCd5ElNqT-GpNV_I2sowfcF4A==) for a [veteran](https://r20.rs6.net/tn.jsp?f=001NEBpDvovcpeVCLL6A1kljUS50hCyKoo6ZUmJCDH0EKfzzUqA4pdzJcjZ8WcaMtADz92qLBbCCkX1uUCqMPauIgPaQVbtDid5sjBjrHaG3ggX6AMveqbaF5-ojmM3mKwyE2PsMmNNWKBz0TZafdavBlTfmKBACRm4&c=TkiFCX_j7iZluEVy2X6CMokFc1CvrAp5s9wQO7dvyM0l3nE-Jci_MA==&ch=478amZBr3tV50z4IqAO53X6wn3RgYkCd5ElNqT-GpNV_I2sowfcF4A==) like this might exceed $100,000. To get [compensated](https://r20.rs6.net/tn.jsp?f=001NEBpDvovcpeVCLL6A1kljUS50hCyKoo6ZUmJCDH0EKfzzUqA4pdzJSjE4hkmipPz-GYu7Eapw75NGjzkCJAIKgMimRgSTvKn9MxJwo2AQWseL138CfnuF5Xu-YK6p4HTtkizz4ekQVvp6VXXPH4NAP_qZxxvy9VTZ-l5KEaZD87NiYzdBKFmmfP9kE7NZ0GS&c=TkiFCX_j7iZluEVy2X6CMokFc1CvrAp5s9wQO7dvyM0l3nE-Jci_MA==&ch=478amZBr3tV50z4IqAO53X6wn3RgYkCd5ElNqT-GpNV_I2sowfcF4A==) it is incredibly important that a [veteran](https://r20.rs6.net/tn.jsp?f=001NEBpDvovcpeVCLL6A1kljUS50hCyKoo6ZUmJCDH0EKfzzUqA4pdzJcjZ8WcaMtADz92qLBbCCkX1uUCqMPauIgPaQVbtDid5sjBjrHaG3ggX6AMveqbaF5-ojmM3mKwyE2PsMmNNWKBz0TZafdavBlTfmKBACRm4&c=TkiFCX_j7iZluEVy2X6CMokFc1CvrAp5s9wQO7dvyM0l3nE-Jci_MA==&ch=478amZBr3tV50z4IqAO53X6wn3RgYkCd5ElNqT-GpNV_I2sowfcF4A==) like this recall as much as possible about the specifics of how they were exposed to asbestos on the job-at work. +

Did you know future [Compensation & Pension (C&P) tests](https://r20.rs6.net/tn.jsp?f=0019WiJ0143yfi535wheRS38gXlkQK3gQtsnynOFHrTOdfMGHlFav8FowjgvjmW8Tww6cx2jF8n7gy7n7k6xEviU36JF9n1E-GQo6AwCooWRTi3HSfFXjakamEeLWSKSMbV5SwnxHbeRlrFdww4EScj_U8j_Ob-Nf9kfv0K9MtsQCKkI501q0AV1A==&c=NbnqEwl0BKkOPCY4rZCw8XfJMpZU_sy-hyTcL1yHWt0LINVjgO0pJA==&ch=6FrlbKEUJy4vc3z7Qn99PLauVez2UDBzXV_nMOtsjpKO3-gXrlE3gQ==) for [veterans](https://r20.rs6.net/tn.jsp?f=0019WiJ0143yfi535wheRS38gXlkQK3gQtsnynOFHrTOdfMGHlFav8Fo3SSXHrtaLnj8ZwZycMowrl9Th2DyC5ErkUPyittfuX17Hf5Zi_yKPPxQgxYG9WxZ474nZLGAM1_5fiNeuewv9-3l-rAnTgHZz57Iujmea92&c=NbnqEwl0BKkOPCY4rZCw8XfJMpZU_sy-hyTcL1yHWt0LINVjgO0pJA==&ch=6FrlbKEUJy4vc3z7Qn99PLauVez2UDBzXV_nMOtsjpKO3-gXrlE3gQ==) with [service-connected ailments](https://r20.rs6.net/tn.jsp?f=0019WiJ0143yfi535wheRS38gXlkQK3gQtsnynOFHrTOdfMGHlFav8Fo2fjbFG4HFFddTBu8elRBd3mLmGfwcc_yrq5IwKy43PzlG6SYA5rIRqLEVuPf3BvWEUsdlxIyiy0CvkjNsiNriF_WhQKjrW1jmrXUxO8ERklCIjpepUqcC62SYNo-eb81Q==&c=NbnqEwl0BKkOPCY4rZCw8XfJMpZU_sy-hyTcL1yHWt0LINVjgO0pJA==&ch=6FrlbKEUJy4vc3z7Qn99PLauVez2UDBzXV_nMOtsjpKO3-gXrlE3gQ==) that are not deemed permanent may be required so that [VA](https://r20.rs6.net/tn.jsp?f=0019WiJ0143yfi535wheRS38gXlkQK3gQtsnynOFHrTOdfMGHlFav8Fo3SSXHrtaLnj8ZwZycMowrl9Th2DyC5ErkUPyittfuX17Hf5Zi_yKPPxQgxYG9WxZ474nZLGAM1_5fiNeuewv9-3l-rAnTgHZz57Iujmea92&c=NbnqEwl0BKkOPCY4rZCw8XfJMpZU_sy-hyTcL1yHWt0LINVjgO0pJA==&ch=6FrlbKEUJy4vc3z7Qn99PLauVez2UDBzXV_nMOtsjpKO3-gXrlE3gQ==) may assess the severity of such [conditions](https://r20.rs6.net/tn.jsp?f=0019WiJ0143yfi535wheRS38gXlkQK3gQtsnynOFHrTOdfMGHlFav8Fo2fjbFG4HFFddTBu8elRBd3mLmGfwcc_yrq5IwKy43PzlG6SYA5rIRqLEVuPf3BvWEUsdlxIyiy0CvkjNsiNriF_WhQKjrW1jmrXUxO8ERklCIjpepUqcC62SYNo-eb81Q==&c=NbnqEwl0BKkOPCY4rZCw8XfJMpZU_sy-hyTcL1yHWt0LINVjgO0pJA==&ch=6FrlbKEUJy4vc3z7Qn99PLauVez2UDBzXV_nMOtsjpKO3-gXrlE3gQ==) and assign the appropriate [rating](https://r20.rs6.net/tn.jsp?f=0019WiJ0143yfi535wheRS38gXlkQK3gQtsnynOFHrTOdfMGHlFav8Fo2D2aw97eb9U8EckYO7FlkbQRWaJldFOAnWMy1UyfV-Hp7C5fQ5RsVgnynk3ZxUzzbzMaEzsvUmhnhuWvkZtsaeX_dzLGh85osEoTHQ5ypyiJ_h-e2uWxaiVicH6vcgnZlR8DE9clQHk&c=NbnqEwl0BKkOPCY4rZCw8XfJMpZU_sy-hyTcL1yHWt0LINVjgO0pJA==&ch=6FrlbKEUJy4vc3z7Qn99PLauVez2UDBzXV_nMOtsjpKO3-gXrlE3gQ==)? [VA](https://r20.rs6.net/tn.jsp?f=0019WiJ0143yfi535wheRS38gXlkQK3gQtsnynOFHrTOdfMGHlFav8Fo3SSXHrtaLnj8ZwZycMowrl9Th2DyC5ErkUPyittfuX17Hf5Zi_yKPPxQgxYG9WxZ474nZLGAM1_5fiNeuewv9-3l-rAnTgHZz57Iujmea92&c=NbnqEwl0BKkOPCY4rZCw8XfJMpZU_sy-hyTcL1yHWt0LINVjgO0pJA==&ch=6FrlbKEUJy4vc3z7Qn99PLauVez2UDBzXV_nMOtsjpKO3-gXrlE3gQ==) may lower a [veteran’s disability rating](https://r20.rs6.net/tn.jsp?f=0019WiJ0143yfi535wheRS38gXlkQK3gQtsnynOFHrTOdfMGHlFav8Fo2D2aw97eb9U8EckYO7FlkbQRWaJldFOAnWMy1UyfV-Hp7C5fQ5RsVgnynk3ZxUzzbzMaEzsvUmhnhuWvkZtsaeX_dzLGh85osEoTHQ5ypyiJ_h-e2uWxaiVicH6vcgnZlR8DE9clQHk&c=NbnqEwl0BKkOPCY4rZCw8XfJMpZU_sy-hyTcL1yHWt0LINVjgO0pJA==&ch=6FrlbKEUJy4vc3z7Qn99PLauVez2UDBzXV_nMOtsjpKO3-gXrlE3gQ==) if it determines that their health has improved.

Did you know your [disability rating](https://r20.rs6.net/tn.jsp?f=0019WiJ0143yfi535wheRS38gXlkQK3gQtsnynOFHrTOdfMGHlFav8Fo2D2aw97eb9U8EckYO7FlkbQRWaJldFOAnWMy1UyfV-Hp7C5fQ5RsVgnynk3ZxUzzbzMaEzsvUmhnhuWvkZtsaeX_dzLGh85osEoTHQ5ypyiJ_h-e2uWxaiVicH6vcgnZlR8DE9clQHk&c=NbnqEwl0BKkOPCY4rZCw8XfJMpZU_sy-hyTcL1yHWt0LINVjgO0pJA==&ch=6FrlbKEUJy4vc3z7Qn99PLauVez2UDBzXV_nMOtsjpKO3-gXrlE3gQ==) shouldn’t be decreased if the [VA](https://r20.rs6.net/tn.jsp?f=0019WiJ0143yfi535wheRS38gXlkQK3gQtsnynOFHrTOdfMGHlFav8Fo3SSXHrtaLnj8ZwZycMowrl9Th2DyC5ErkUPyittfuX17Hf5Zi_yKPPxQgxYG9WxZ474nZLGAM1_5fiNeuewv9-3l-rAnTgHZz57Iujmea92&c=NbnqEwl0BKkOPCY4rZCw8XfJMpZU_sy-hyTcL1yHWt0LINVjgO0pJA==&ch=6FrlbKEUJy4vc3z7Qn99PLauVez2UDBzXV_nMOtsjpKO3-gXrlE3gQ==) has determined that you are fully and permanently incapacitated? Permanent and Total Disability denotes a [service-connected ailment](https://r20.rs6.net/tn.jsp?f=0019WiJ0143yfi535wheRS38gXlkQK3gQtsnynOFHrTOdfMGHlFav8Fo2fjbFG4HFFddTBu8elRBd3mLmGfwcc_yrq5IwKy43PzlG6SYA5rIRqLEVuPf3BvWEUsdlxIyiy0CvkjNsiNriF_WhQKjrW1jmrXUxO8ERklCIjpepUqcC62SYNo-eb81Q==&c=NbnqEwl0BKkOPCY4rZCw8XfJMpZU_sy-hyTcL1yHWt0LINVjgO0pJA==&ch=6FrlbKEUJy4vc3z7Qn99PLauVez2UDBzXV_nMOtsjpKO3-gXrlE3gQ==) that is completely hindering and not likely to get better. [VA](https://r20.rs6.net/tn.jsp?f=0019WiJ0143yfi535wheRS38gXlkQK3gQtsnynOFHrTOdfMGHlFav8Fo3SSXHrtaLnj8ZwZycMowrl9Th2DyC5ErkUPyittfuX17Hf5Zi_yKPPxQgxYG9WxZ474nZLGAM1_5fiNeuewv9-3l-rAnTgHZz57Iujmea92&c=NbnqEwl0BKkOPCY4rZCw8XfJMpZU_sy-hyTcL1yHWt0LINVjgO0pJA==&ch=6FrlbKEUJy4vc3z7Qn99PLauVez2UDBzXV_nMOtsjpKO3-gXrlE3gQ==) won’t schedule you for any more [C&P tests](https://r20.rs6.net/tn.jsp?f=0019WiJ0143yfi535wheRS38gXlkQK3gQtsnynOFHrTOdfMGHlFav8FowjgvjmW8Tww6cx2jF8n7gy7n7k6xEviU36JF9n1E-GQo6AwCooWRTi3HSfFXjakamEeLWSKSMbV5SwnxHbeRlrFdww4EScj_U8j_Ob-Nf9kfv0K9MtsQCKkI501q0AV1A==&c=NbnqEwl0BKkOPCY4rZCw8XfJMpZU_sy-hyTcL1yHWt0LINVjgO0pJA==&ch=6FrlbKEUJy4vc3z7Qn99PLauVez2UDBzXV_nMOtsjpKO3-gXrlE3gQ==) as a consequence.

Did you know [military retirees](https://r20.rs6.net/tn.jsp?f=0019WiJ0143yfi535wheRS38gXlkQK3gQtsnynOFHrTOdfMGHlFav8Fo3SSXHrtaLnj8ZwZycMowrl9Th2DyC5ErkUPyittfuX17Hf5Zi_yKPPxQgxYG9WxZ474nZLGAM1_5fiNeuewv9-3l-rAnTgHZz57Iujmea92&c=NbnqEwl0BKkOPCY4rZCw8XfJMpZU_sy-hyTcL1yHWt0LINVjgO0pJA==&ch=6FrlbKEUJy4vc3z7Qn99PLauVez2UDBzXV_nMOtsjpKO3-gXrlE3gQ==) who opted out of a valuable survivor’s [benefit](https://r20.rs6.net/tn.jsp?f=0019WiJ0143yfi535wheRS38gXlkQK3gQtsnynOFHrTOdfMGHlFav8Fo-1UPpSdUDBeFw3M_hh7hzS0jsRKGAZm0SXbe0w8Eoxu26Jts-8yhZDe3gpjwVszEKlyHg7DnBv0TEF_fOAo-8CP8J_NQrBLMKdlcrDf7YwBjCzE_s_97wv1Le_f2uxLMQ==&c=NbnqEwl0BKkOPCY4rZCw8XfJMpZU_sy-hyTcL1yHWt0LINVjgO0pJA==&ch=6FrlbKEUJy4vc3z7Qn99PLauVez2UDBzXV_nMOtsjpKO3-gXrlE3gQ==) when they left active duty will get a rare second chance to enroll after President Joe Biden signs the 2023 National Defense Authorization Act? The same measure allows currently enrolled users to leave the program.

Did you know it is estimated that over 30% of returning GWOT [veterans](https://r20.rs6.net/tn.jsp?f=001fFoBDcOb611OTaA8kvKjeFwCWtLPjuJvMpp7_YZ9FtzA4SLMldOcgLtguI5KS6CztwEsrllaRv5Hw3lC_7OC2LfheqP8FDEecm0E-IJUtyo_r2WbNZk9xBu6q7Zlz8RZ6fHfJe4jXs_wMEv5_OMNQHTp9G-vpEne&c=MjXmA83Jx49YwGkOzSHGCP2hBQl3b1AuQeApL0pq-2ATsU4RYQeHcQ==&ch=pWxW18ZqNB1xnlXIbdZdkb6o00XLWkmldjAf7Ty1Wm7XmDXFL8l9tQ==) have [Post Traumatic Stress](https://r20.rs6.net/tn.jsp?f=001fFoBDcOb611OTaA8kvKjeFwCWtLPjuJvMpp7_YZ9FtzA4SLMldOcgM06-DfYLeYo_Ux76pyEzdTniaiu0_-UZbOGDVT5vfWKlPiA5KTYCm1Ud8M93cqMxm0In4x3GzTYYACzxoY98gRIirZ55ZPDR69DHCWnabEbHU9K-q0ojHQ=&c=MjXmA83Jx49YwGkOzSHGCP2hBQl3b1AuQeApL0pq-2ATsU4RYQeHcQ==&ch=pWxW18ZqNB1xnlXIbdZdkb6o00XLWkmldjAf7Ty1Wm7XmDXFL8l9tQ==) and/or Traumatic Brain Injuries? Nearly 1,600 [veterans](https://r20.rs6.net/tn.jsp?f=001fFoBDcOb611OTaA8kvKjeFwCWtLPjuJvMpp7_YZ9FtzA4SLMldOcgLtguI5KS6CztwEsrllaRv5Hw3lC_7OC2LfheqP8FDEecm0E-IJUtyo_r2WbNZk9xBu6q7Zlz8RZ6fHfJe4jXs_wMEv5_OMNQHTp9G-vpEne&c=MjXmA83Jx49YwGkOzSHGCP2hBQl3b1AuQeApL0pq-2ATsU4RYQeHcQ==&ch=pWxW18ZqNB1xnlXIbdZdkb6o00XLWkmldjAf7Ty1Wm7XmDXFL8l9tQ==) have returned as amputees and there are still more additional medical complexities such as seizure disorders, heart euthymia, and early onset of [Parkinson’s](https://r20.rs6.net/tn.jsp?f=001fFoBDcOb611OTaA8kvKjeFwCWtLPjuJvMpp7_YZ9FtzA4SLMldOcgDbtqlpGOEfVsDiF7jGxmaVvtfl541NNa2h-nxkiWxNjqhImSixeQPJBolGD2W8SmTgQDhPEPhOQAQ-UZjjIa2qJ61BndJXLXVyGWbNk88N1GAf9t536OpjTvG4rWOzJSA==&c=MjXmA83Jx49YwGkOzSHGCP2hBQl3b1AuQeApL0pq-2ATsU4RYQeHcQ==&ch=pWxW18ZqNB1xnlXIbdZdkb6o00XLWkmldjAf7Ty1Wm7XmDXFL8l9tQ==). According to the National Center for [PTSD](https://r20.rs6.net/tn.jsp?f=001fFoBDcOb611OTaA8kvKjeFwCWtLPjuJvMpp7_YZ9FtzA4SLMldOcgM06-DfYLeYo_Ux76pyEzdTniaiu0_-UZbOGDVT5vfWKlPiA5KTYCm1Ud8M93cqMxm0In4x3GzTYYACzxoY98gRIirZ55ZPDR69DHCWnabEbHU9K-q0ojHQ=&c=MjXmA83Jx49YwGkOzSHGCP2hBQl3b1AuQeApL0pq-2ATsU4RYQeHcQ==&ch=pWxW18ZqNB1xnlXIbdZdkb6o00XLWkmldjAf7Ty1Wm7XmDXFL8l9tQ==), it’s estimated that around 7-8% of the US population will have [PTSD](https://r20.rs6.net/tn.jsp?f=001fFoBDcOb611OTaA8kvKjeFwCWtLPjuJvMpp7_YZ9FtzA4SLMldOcgM06-DfYLeYo_Ux76pyEzdTniaiu0_-UZbOGDVT5vfWKlPiA5KTYCm1Ud8M93cqMxm0In4x3GzTYYACzxoY98gRIirZ55ZPDR69DHCWnabEbHU9K-q0ojHQ=&c=MjXmA83Jx49YwGkOzSHGCP2hBQl3b1AuQeApL0pq-2ATsU4RYQeHcQ==&ch=pWxW18ZqNB1xnlXIbdZdkb6o00XLWkmldjAf7Ty1Wm7XmDXFL8l9tQ==) at some point in their lives. [Military veterans](https://r20.rs6.net/tn.jsp?f=001fFoBDcOb611OTaA8kvKjeFwCWtLPjuJvMpp7_YZ9FtzA4SLMldOcgLtguI5KS6CztwEsrllaRv5Hw3lC_7OC2LfheqP8FDEecm0E-IJUtyo_r2WbNZk9xBu6q7Zlz8RZ6fHfJe4jXs_wMEv5_OMNQHTp9G-vpEne&c=MjXmA83Jx49YwGkOzSHGCP2hBQl3b1AuQeApL0pq-2ATsU4RYQeHcQ==&ch=pWxW18ZqNB1xnlXIbdZdkb6o00XLWkmldjAf7Ty1Wm7XmDXFL8l9tQ==) make up a large portion of this statistic.

Did you know Total Disability based on Individual Unemployability (TDIU) is a [compensation benefit](https://r20.rs6.net/tn.jsp?f=001fFoBDcOb611OTaA8kvKjeFwCWtLPjuJvMpp7_YZ9FtzA4SLMldOcgM06-DfYLeYohAImZlrgZUrfaHTIVL8Y9qqRLIq26T2pXd6K35dAHKrjJEg02Dl9cz4VSi36ipFHG5bdSJ8wvjMwsF5EuAnMP17VpCrLya2nKubp74TK2Hz3zcCdoMUQI5TNtD9OGafe&c=MjXmA83Jx49YwGkOzSHGCP2hBQl3b1AuQeApL0pq-2ATsU4RYQeHcQ==&ch=pWxW18ZqNB1xnlXIbdZdkb6o00XLWkmldjAf7Ty1Wm7XmDXFL8l9tQ==) for [veterans](https://r20.rs6.net/tn.jsp?f=001fFoBDcOb611OTaA8kvKjeFwCWtLPjuJvMpp7_YZ9FtzA4SLMldOcgLtguI5KS6CztwEsrllaRv5Hw3lC_7OC2LfheqP8FDEecm0E-IJUtyo_r2WbNZk9xBu6q7Zlz8RZ6fHfJe4jXs_wMEv5_OMNQHTp9G-vpEne&c=MjXmA83Jx49YwGkOzSHGCP2hBQl3b1AuQeApL0pq-2ATsU4RYQeHcQ==&ch=pWxW18ZqNB1xnlXIbdZdkb6o00XLWkmldjAf7Ty1Wm7XmDXFL8l9tQ==) who are unable to work because of a [service-connected condition](https://r20.rs6.net/tn.jsp?f=001fFoBDcOb611OTaA8kvKjeFwCWtLPjuJvMpp7_YZ9FtzA4SLMldOcgDbtqlpGOEfVsDiF7jGxmaVvtfl541NNa2h-nxkiWxNjqhImSixeQPJBolGD2W8SmTgQDhPEPhOQAQ-UZjjIa2qJ61BndJXLXVyGWbNk88N1GAf9t536OpjTvG4rWOzJSA==&c=MjXmA83Jx49YwGkOzSHGCP2hBQl3b1AuQeApL0pq-2ATsU4RYQeHcQ==&ch=pWxW18ZqNB1xnlXIbdZdkb6o00XLWkmldjAf7Ty1Wm7XmDXFL8l9tQ==)? While some [veterans](https://r20.rs6.net/tn.jsp?f=001fFoBDcOb611OTaA8kvKjeFwCWtLPjuJvMpp7_YZ9FtzA4SLMldOcgLtguI5KS6CztwEsrllaRv5Hw3lC_7OC2LfheqP8FDEecm0E-IJUtyo_r2WbNZk9xBu6q7Zlz8RZ6fHfJe4jXs_wMEv5_OMNQHTp9G-vpEne&c=MjXmA83Jx49YwGkOzSHGCP2hBQl3b1AuQeApL0pq-2ATsU4RYQeHcQ==&ch=pWxW18ZqNB1xnlXIbdZdkb6o00XLWkmldjAf7Ty1Wm7XmDXFL8l9tQ==) aren’t eligible to apply for TDIU on a schedular basis because a [100% rating](https://r20.rs6.net/tn.jsp?f=001fFoBDcOb611OTaA8kvKjeFwCWtLPjuJvMpp7_YZ9FtzA4SLMldOcgM06-DfYLeYohAImZlrgZUrfaHTIVL8Y9qqRLIq26T2pXd6K35dAHKrjJEg02Dl9cz4VSi36ipFHG5bdSJ8wvjMwsF5EuAnMP17VpCrLya2nKubp74TK2Hz3zcCdoMUQI5TNtD9OGafe&c=MjXmA83Jx49YwGkOzSHGCP2hBQl3b1AuQeApL0pq-2ATsU4RYQeHcQ==&ch=pWxW18ZqNB1xnlXIbdZdkb6o00XLWkmldjAf7Ty1Wm7XmDXFL8l9tQ==) is required, they may still be eligible for an extraschedular basis.

Did you know the military’s Survivor Benefit Plan (SBP) is an elective program requiring a monthly premium from active duty or retired military pay into an annuity? SBP provides financial support to [military spouses](https://r20.rs6.net/tn.jsp?f=001N29NGhfqmQ5d9S7Ik38kUMn3wGjrfkHZnVxoSoudZnye07QPKFVILxBLcY5syaC9fJvRlncmdz61H4v9b3lo-mRMZVlZ9-7iKuvYmwDbfe62S2hl2SUi_yQ96olpYvZrq3oCCbFOF8gJA343Esaug8GaxTcinamY&c=IlyU-wzXNA8SZYrk-6iZaZwx5leloxnxVUZSaCVF2zqwNmj187oQ3g==&ch=TUayKE3XMX1yvSr3KfBIdxlR-yAllMrDqWkq-MibzIuLdIDcy7OgMw==) and/or children when a [military member](https://r20.rs6.net/tn.jsp?f=001N29NGhfqmQ5d9S7Ik38kUMn3wGjrfkHZnVxoSoudZnye07QPKFVILxBLcY5syaC9fJvRlncmdz61H4v9b3lo-mRMZVlZ9-7iKuvYmwDbfe62S2hl2SUi_yQ96olpYvZrq3oCCbFOF8gJA343Esaug8GaxTcinamY&c=IlyU-wzXNA8SZYrk-6iZaZwx5leloxnxVUZSaCVF2zqwNmj187oQ3g==&ch=TUayKE3XMX1yvSr3KfBIdxlR-yAllMrDqWkq-MibzIuLdIDcy7OgMw==) dies while on duty or after retirement with a monthly payment from the annuity.

Did you know Dependency and Indemnity Compensation (DIC) is a source of income from the [VA](https://r20.rs6.net/tn.jsp?f=001N29NGhfqmQ5d9S7Ik38kUMn3wGjrfkHZnVxoSoudZnye07QPKFVILxBLcY5syaC9fJvRlncmdz61H4v9b3lo-mRMZVlZ9-7iKuvYmwDbfe62S2hl2SUi_yQ96olpYvZrq3oCCbFOF8gJA343Esaug8GaxTcinamY&c=IlyU-wzXNA8SZYrk-6iZaZwx5leloxnxVUZSaCVF2zqwNmj187oQ3g==&ch=TUayKE3XMX1yvSr3KfBIdxlR-yAllMrDqWkq-MibzIuLdIDcy7OgMw==) that is a tax-free monetary benefit? Annual payments average about $15,500 to [spouses](https://r20.rs6.net/tn.jsp?f=001N29NGhfqmQ5d9S7Ik38kUMn3wGjrfkHZnVxoSoudZnye07QPKFVILxBLcY5syaC9fJvRlncmdz61H4v9b3lo-mRMZVlZ9-7iKuvYmwDbfe62S2hl2SUi_yQ96olpYvZrq3oCCbFOF8gJA343Esaug8GaxTcinamY&c=IlyU-wzXNA8SZYrk-6iZaZwx5leloxnxVUZSaCVF2zqwNmj187oQ3g==&ch=TUayKE3XMX1yvSr3KfBIdxlR-yAllMrDqWkq-MibzIuLdIDcy7OgMw==) and $7,000 to children. As a surviving [spouse](https://r20.rs6.net/tn.jsp?f=001N29NGhfqmQ5d9S7Ik38kUMn3wGjrfkHZnVxoSoudZnye07QPKFVILxBLcY5syaC9fJvRlncmdz61H4v9b3lo-mRMZVlZ9-7iKuvYmwDbfe62S2hl2SUi_yQ96olpYvZrq3oCCbFOF8gJA343Esaug8GaxTcinamY&c=IlyU-wzXNA8SZYrk-6iZaZwx5leloxnxVUZSaCVF2zqwNmj187oQ3g==&ch=TUayKE3XMX1yvSr3KfBIdxlR-yAllMrDqWkq-MibzIuLdIDcy7OgMw==), child, or parent of a [service member](https://r20.rs6.net/tn.jsp?f=001N29NGhfqmQ5d9S7Ik38kUMn3wGjrfkHZnVxoSoudZnye07QPKFVILxBLcY5syaC9fJvRlncmdz61H4v9b3lo-mRMZVlZ9-7iKuvYmwDbfe62S2hl2SUi_yQ96olpYvZrq3oCCbFOF8gJA343Esaug8GaxTcinamY&c=IlyU-wzXNA8SZYrk-6iZaZwx5leloxnxVUZSaCVF2zqwNmj187oQ3g==&ch=TUayKE3XMX1yvSr3KfBIdxlR-yAllMrDqWkq-MibzIuLdIDcy7OgMw==) you may qualify if the [veteran](https://r20.rs6.net/tn.jsp?f=001N29NGhfqmQ5d9S7Ik38kUMn3wGjrfkHZnVxoSoudZnye07QPKFVILxBLcY5syaC9fJvRlncmdz61H4v9b3lo-mRMZVlZ9-7iKuvYmwDbfe62S2hl2SUi_yQ96olpYvZrq3oCCbFOF8gJA343Esaug8GaxTcinamY&c=IlyU-wzXNA8SZYrk-6iZaZwx5leloxnxVUZSaCVF2zqwNmj187oQ3g==&ch=TUayKE3XMX1yvSr3KfBIdxlR-yAllMrDqWkq-MibzIuLdIDcy7OgMw==):

* Died in the line of duty
* Died from a [service-related injury or illness](https://r20.rs6.net/tn.jsp?f=001N29NGhfqmQ5d9S7Ik38kUMn3wGjrfkHZnVxoSoudZnye07QPKFVIL2SdNV5ukw6zZZtAGO15xxfRPXMJxYtM4OMGIDggWUAdYeAmtu9UxJrVD8wqIPeEgC8A1fGLo_ShvCJ7gdSDS8R0Nu5kt4X6rMg9cmFF5yzG_iK4zbMzTr2GucNyPETK6A==&c=IlyU-wzXNA8SZYrk-6iZaZwx5leloxnxVUZSaCVF2zqwNmj187oQ3g==&ch=TUayKE3XMX1yvSr3KfBIdxlR-yAllMrDqWkq-MibzIuLdIDcy7OgMw==)
* Was continually rated [100%](https://r20.rs6.net/tn.jsp?f=001N29NGhfqmQ5d9S7Ik38kUMn3wGjrfkHZnVxoSoudZnye07QPKFVIL2NukF26qGPdahBQSbXpA4C0GV6TRJImiHB-UfGkMzj2fdYu22P-vWNvFkRAPldWxkDC5sif3JObRyJWERHx-JG0OIvxqVhc6pG3cHOC0z95QbnrIyREshRPmVcG3At58PIEut4GUA5B&c=IlyU-wzXNA8SZYrk-6iZaZwx5leloxnxVUZSaCVF2zqwNmj187oQ3g==&ch=TUayKE3XMX1yvSr3KfBIdxlR-yAllMrDqWkq-MibzIuLdIDcy7OgMw==) disabled by [VA](https://r20.rs6.net/tn.jsp?f=001N29NGhfqmQ5d9S7Ik38kUMn3wGjrfkHZnVxoSoudZnye07QPKFVILxBLcY5syaC9fJvRlncmdz61H4v9b3lo-mRMZVlZ9-7iKuvYmwDbfe62S2hl2SUi_yQ96olpYvZrq3oCCbFOF8gJA343Esaug8GaxTcinamY&c=IlyU-wzXNA8SZYrk-6iZaZwx5leloxnxVUZSaCVF2zqwNmj187oQ3g==&ch=TUayKE3XMX1yvSr3KfBIdxlR-yAllMrDqWkq-MibzIuLdIDcy7OgMw==) for 10 years prior to death
* Was continually rated [100%](https://r20.rs6.net/tn.jsp?f=001N29NGhfqmQ5d9S7Ik38kUMn3wGjrfkHZnVxoSoudZnye07QPKFVIL2NukF26qGPdahBQSbXpA4C0GV6TRJImiHB-UfGkMzj2fdYu22P-vWNvFkRAPldWxkDC5sif3JObRyJWERHx-JG0OIvxqVhc6pG3cHOC0z95QbnrIyREshRPmVcG3At58PIEut4GUA5B&c=IlyU-wzXNA8SZYrk-6iZaZwx5leloxnxVUZSaCVF2zqwNmj187oQ3g==&ch=TUayKE3XMX1yvSr3KfBIdxlR-yAllMrDqWkq-MibzIuLdIDcy7OgMw==) disabled by [VA](https://r20.rs6.net/tn.jsp?f=001N29NGhfqmQ5d9S7Ik38kUMn3wGjrfkHZnVxoSoudZnye07QPKFVILxBLcY5syaC9fJvRlncmdz61H4v9b3lo-mRMZVlZ9-7iKuvYmwDbfe62S2hl2SUi_yQ96olpYvZrq3oCCbFOF8gJA343Esaug8GaxTcinamY&c=IlyU-wzXNA8SZYrk-6iZaZwx5leloxnxVUZSaCVF2zqwNmj187oQ3g==&ch=TUayKE3XMX1yvSr3KfBIdxlR-yAllMrDqWkq-MibzIuLdIDcy7OgMw==) from date of discharge and for 5 years prior to death
* Was a former POW rated [100%](https://r20.rs6.net/tn.jsp?f=001N29NGhfqmQ5d9S7Ik38kUMn3wGjrfkHZnVxoSoudZnye07QPKFVIL2NukF26qGPdahBQSbXpA4C0GV6TRJImiHB-UfGkMzj2fdYu22P-vWNvFkRAPldWxkDC5sif3JObRyJWERHx-JG0OIvxqVhc6pG3cHOC0z95QbnrIyREshRPmVcG3At58PIEut4GUA5B&c=IlyU-wzXNA8SZYrk-6iZaZwx5leloxnxVUZSaCVF2zqwNmj187oQ3g==&ch=TUayKE3XMX1yvSr3KfBIdxlR-yAllMrDqWkq-MibzIuLdIDcy7OgMw==) disabled by [VA](https://r20.rs6.net/tn.jsp?f=001N29NGhfqmQ5d9S7Ik38kUMn3wGjrfkHZnVxoSoudZnye07QPKFVILxBLcY5syaC9fJvRlncmdz61H4v9b3lo-mRMZVlZ9-7iKuvYmwDbfe62S2hl2SUi_yQ96olpYvZrq3oCCbFOF8gJA343Esaug8GaxTcinamY&c=IlyU-wzXNA8SZYrk-6iZaZwx5leloxnxVUZSaCVF2zqwNmj187oQ3g==&ch=TUayKE3XMX1yvSr3KfBIdxlR-yAllMrDqWkq-MibzIuLdIDcy7OgMw==) for one year prior to death

Did you know a study from the Centers for Disease Control and Prevention found that [Vietnam veterans](https://r20.rs6.net/tn.jsp?f=001QGmj7irueUt6mryzO01455DDErOl45UxBQNsG3473O8m8bEKOCTkT1VVdp3tPaVyKW_ggKD6A_-ptejSQgi0GXy7Hq8r-rt72rzPVfpF9jT67vFM9puVNhodlUOMiA6FjwOC3g-6kDgYuZ5zTluir_Ke7qW-bdam&c=lzUlof3S-5T_OzbMDJuIc_mOCuTgANy7geFJZEQmxlvuvEp5P5JDtA==&ch=BicLaBQbSoQP1yV--cywDsT1EhMi5pcXGMFvd8y757BAlHVDCM8D_A==) were dying at a 17% quicker rate than other [veterans](https://r20.rs6.net/tn.jsp?f=001QGmj7irueUt6mryzO01455DDErOl45UxBQNsG3473O8m8bEKOCTkT1VVdp3tPaVyKW_ggKD6A_-ptejSQgi0GXy7Hq8r-rt72rzPVfpF9jT67vFM9puVNhodlUOMiA6FjwOC3g-6kDgYuZ5zTluir_Ke7qW-bdam&c=lzUlof3S-5T_OzbMDJuIc_mOCuTgANy7geFJZEQmxlvuvEp5P5JDtA==&ch=BicLaBQbSoQP1yV--cywDsT1EhMi5pcXGMFvd8y757BAlHVDCM8D_A==) during the late 1980s? The culprit? [Agent Orange](https://r20.rs6.net/tn.jsp?f=001QGmj7irueUt6mryzO01455DDErOl45UxBQNsG3473O8m8bEKOCTkT_ZCT1ktUpAejHn1sGQO3V1Btabz7nm0S9w8ju35zrR8Rzq8ITn02W9GubxpyUKR9oZiid4LuDcODX4bRSWt8T2Xy1imxn1DmfR-SSqBCnZGQv0vFOBltkQiu-rQu1z4ehDAFUM30XJL&c=lzUlof3S-5T_OzbMDJuIc_mOCuTgANy7geFJZEQmxlvuvEp5P5JDtA==&ch=BicLaBQbSoQP1yV--cywDsT1EhMi5pcXGMFvd8y757BAlHVDCM8D_A==). [Agent Orange](https://r20.rs6.net/tn.jsp?f=001QGmj7irueUt6mryzO01455DDErOl45UxBQNsG3473O8m8bEKOCTkT_ZCT1ktUpAejHn1sGQO3V1Btabz7nm0S9w8ju35zrR8Rzq8ITn02W9GubxpyUKR9oZiid4LuDcODX4bRSWt8T2Xy1imxn1DmfR-SSqBCnZGQv0vFOBltkQiu-rQu1z4ehDAFUM30XJL&c=lzUlof3S-5T_OzbMDJuIc_mOCuTgANy7geFJZEQmxlvuvEp5P5JDtA==&ch=BicLaBQbSoQP1yV--cywDsT1EhMi5pcXGMFvd8y757BAlHVDCM8D_A==) was sprayed so often and in such large quantities that any [veteran](https://r20.rs6.net/tn.jsp?f=001QGmj7irueUt6mryzO01455DDErOl45UxBQNsG3473O8m8bEKOCTkT1VVdp3tPaVyKW_ggKD6A_-ptejSQgi0GXy7Hq8r-rt72rzPVfpF9jT67vFM9puVNhodlUOMiA6FjwOC3g-6kDgYuZ5zTluir_Ke7qW-bdam&c=lzUlof3S-5T_OzbMDJuIc_mOCuTgANy7geFJZEQmxlvuvEp5P5JDtA==&ch=BicLaBQbSoQP1yV--cywDsT1EhMi5pcXGMFvd8y757BAlHVDCM8D_A==) who served in Southeast Asia during the Vietnam war is presumed to have been exposed to [Agent Orange](https://r20.rs6.net/tn.jsp?f=001QGmj7irueUt6mryzO01455DDErOl45UxBQNsG3473O8m8bEKOCTkT_ZCT1ktUpAejHn1sGQO3V1Btabz7nm0S9w8ju35zrR8Rzq8ITn02W9GubxpyUKR9oZiid4LuDcODX4bRSWt8T2Xy1imxn1DmfR-SSqBCnZGQv0vFOBltkQiu-rQu1z4ehDAFUM30XJL&c=lzUlof3S-5T_OzbMDJuIc_mOCuTgANy7geFJZEQmxlvuvEp5P5JDtA==&ch=BicLaBQbSoQP1yV--cywDsT1EhMi5pcXGMFvd8y757BAlHVDCM8D_A==), according to the [U.S. Department of Veterans Affairs](https://r20.rs6.net/tn.jsp?f=001QGmj7irueUt6mryzO01455DDErOl45UxBQNsG3473O8m8bEKOCTkT1VVdp3tPaVyKW_ggKD6A_-ptejSQgi0GXy7Hq8r-rt72rzPVfpF9jT67vFM9puVNhodlUOMiA6FjwOC3g-6kDgYuZ5zTluir_Ke7qW-bdam&c=lzUlof3S-5T_OzbMDJuIc_mOCuTgANy7geFJZEQmxlvuvEp5P5JDtA==&ch=BicLaBQbSoQP1yV--cywDsT1EhMi5pcXGMFvd8y757BAlHVDCM8D_A==).

Did you know the [VA](https://r20.rs6.net/tn.jsp?f=001QGmj7irueUt6mryzO01455DDErOl45UxBQNsG3473O8m8bEKOCTkT1VVdp3tPaVyKW_ggKD6A_-ptejSQgi0GXy7Hq8r-rt72rzPVfpF9jT67vFM9puVNhodlUOMiA6FjwOC3g-6kDgYuZ5zTluir_Ke7qW-bdam&c=lzUlof3S-5T_OzbMDJuIc_mOCuTgANy7geFJZEQmxlvuvEp5P5JDtA==&ch=BicLaBQbSoQP1yV--cywDsT1EhMi5pcXGMFvd8y757BAlHVDCM8D_A==) lists the Vietnam war as officially spanning from August 1964 to May 1975 but [herbicide spraying activity](https://r20.rs6.net/tn.jsp?f=001QGmj7irueUt6mryzO01455DDErOl45UxBQNsG3473O8m8bEKOCTkT_ZCT1ktUpAejHn1sGQO3V1Btabz7nm0S9w8ju35zrR8Rzq8ITn02W9GubxpyUKR9oZiid4LuDcODX4bRSWt8T2Xy1imxn1DmfR-SSqBCnZGQv0vFOBltkQiu-rQu1z4ehDAFUM30XJL&c=lzUlof3S-5T_OzbMDJuIc_mOCuTgANy7geFJZEQmxlvuvEp5P5JDtA==&ch=BicLaBQbSoQP1yV--cywDsT1EhMi5pcXGMFvd8y757BAlHVDCM8D_A==) was from 1962 to 1971 in Operation Ranch Hand? During the operation, according to the [VA](https://r20.rs6.net/tn.jsp?f=001QGmj7irueUt6mryzO01455DDErOl45UxBQNsG3473O8m8bEKOCTkT1VVdp3tPaVyKW_ggKD6A_-ptejSQgi0GXy7Hq8r-rt72rzPVfpF9jT67vFM9puVNhodlUOMiA6FjwOC3g-6kDgYuZ5zTluir_Ke7qW-bdam&c=lzUlof3S-5T_OzbMDJuIc_mOCuTgANy7geFJZEQmxlvuvEp5P5JDtA==&ch=BicLaBQbSoQP1yV--cywDsT1EhMi5pcXGMFvd8y757BAlHVDCM8D_A==), the U.S. Air Force sprayed 20 million gallons of various kinds of [herbicides](https://r20.rs6.net/tn.jsp?f=001QGmj7irueUt6mryzO01455DDErOl45UxBQNsG3473O8m8bEKOCTkT_ZCT1ktUpAejHn1sGQO3V1Btabz7nm0S9w8ju35zrR8Rzq8ITn02W9GubxpyUKR9oZiid4LuDcODX4bRSWt8T2Xy1imxn1DmfR-SSqBCnZGQv0vFOBltkQiu-rQu1z4ehDAFUM30XJL&c=lzUlof3S-5T_OzbMDJuIc_mOCuTgANy7geFJZEQmxlvuvEp5P5JDtA==&ch=BicLaBQbSoQP1yV--cywDsT1EhMi5pcXGMFvd8y757BAlHVDCM8D_A==) including [Agent Blue, Agent Purple and Agent White](https://r20.rs6.net/tn.jsp?f=001QGmj7irueUt6mryzO01455DDErOl45UxBQNsG3473O8m8bEKOCTkT_ZCT1ktUpAejHn1sGQO3V1Btabz7nm0S9w8ju35zrR8Rzq8ITn02W9GubxpyUKR9oZiid4LuDcODX4bRSWt8T2Xy1imxn1DmfR-SSqBCnZGQv0vFOBltkQiu-rQu1z4ehDAFUM30XJL&c=lzUlof3S-5T_OzbMDJuIc_mOCuTgANy7geFJZEQmxlvuvEp5P5JDtA==&ch=BicLaBQbSoQP1yV--cywDsT1EhMi5pcXGMFvd8y757BAlHVDCM8D_A==). [Agent Blue](https://r20.rs6.net/tn.jsp?f=001QGmj7irueUt6mryzO01455DDErOl45UxBQNsG3473O8m8bEKOCTkT_ZCT1ktUpAejHn1sGQO3V1Btabz7nm0S9w8ju35zrR8Rzq8ITn02W9GubxpyUKR9oZiid4LuDcODX4bRSWt8T2Xy1imxn1DmfR-SSqBCnZGQv0vFOBltkQiu-rQu1z4ehDAFUM30XJL&c=lzUlof3S-5T_OzbMDJuIc_mOCuTgANy7geFJZEQmxlvuvEp5P5JDtA==&ch=BicLaBQbSoQP1yV--cywDsT1EhMi5pcXGMFvd8y757BAlHVDCM8D_A==) contained cacodylic acid and about 4 million gallons were sprayed to destroy rice. It has been linked to [bladder cancer](https://r20.rs6.net/tn.jsp?f=001QGmj7irueUt6mryzO01455DDErOl45UxBQNsG3473O8m8bEKOCTkT7ecY0x38Vn834a5OSGcCcdMtWSspnLswN7vNWZsETxxLtkWec2lKBjy3n9YFGZsCRI-iUGwrJt2k-Aiw-pqZT4FxfzhB29-9qeuIFgoLh_SGvMi-rTWumgqwVhcb3T8dw==&c=lzUlof3S-5T_OzbMDJuIc_mOCuTgANy7geFJZEQmxlvuvEp5P5JDtA==&ch=BicLaBQbSoQP1yV--cywDsT1EhMi5pcXGMFvd8y757BAlHVDCM8D_A==). [Agent Purple](https://r20.rs6.net/tn.jsp?f=001QGmj7irueUt6mryzO01455DDErOl45UxBQNsG3473O8m8bEKOCTkT_ZCT1ktUpAejHn1sGQO3V1Btabz7nm0S9w8ju35zrR8Rzq8ITn02W9GubxpyUKR9oZiid4LuDcODX4bRSWt8T2Xy1imxn1DmfR-SSqBCnZGQv0vFOBltkQiu-rQu1z4ehDAFUM30XJL&c=lzUlof3S-5T_OzbMDJuIc_mOCuTgANy7geFJZEQmxlvuvEp5P5JDtA==&ch=BicLaBQbSoQP1yV--cywDsT1EhMi5pcXGMFvd8y757BAlHVDCM8D_A==) had components that are linked to dioxin as a byproduct. [Agent White](https://r20.rs6.net/tn.jsp?f=001QGmj7irueUt6mryzO01455DDErOl45UxBQNsG3473O8m8bEKOCTkT_ZCT1ktUpAejHn1sGQO3V1Btabz7nm0S9w8ju35zrR8Rzq8ITn02W9GubxpyUKR9oZiid4LuDcODX4bRSWt8T2Xy1imxn1DmfR-SSqBCnZGQv0vFOBltkQiu-rQu1z4ehDAFUM30XJL&c=lzUlof3S-5T_OzbMDJuIc_mOCuTgANy7geFJZEQmxlvuvEp5P5JDtA==&ch=BicLaBQbSoQP1yV--cywDsT1EhMi5pcXGMFvd8y757BAlHVDCM8D_A==) was used after [Agent Orange spraying](https://r20.rs6.net/tn.jsp?f=001QGmj7irueUt6mryzO01455DDErOl45UxBQNsG3473O8m8bEKOCTkT_ZCT1ktUpAejHn1sGQO3V1Btabz7nm0S9w8ju35zrR8Rzq8ITn02W9GubxpyUKR9oZiid4LuDcODX4bRSWt8T2Xy1imxn1DmfR-SSqBCnZGQv0vFOBltkQiu-rQu1z4ehDAFUM30XJL&c=lzUlof3S-5T_OzbMDJuIc_mOCuTgANy7geFJZEQmxlvuvEp5P5JDtA==&ch=BicLaBQbSoQP1yV--cywDsT1EhMi5pcXGMFvd8y757BAlHVDCM8D_A==) was ceased. It was used as an [herbicide](https://r20.rs6.net/tn.jsp?f=001QGmj7irueUt6mryzO01455DDErOl45UxBQNsG3473O8m8bEKOCTkT_ZCT1ktUpAejHn1sGQO3V1Btabz7nm0S9w8ju35zrR8Rzq8ITn02W9GubxpyUKR9oZiid4LuDcODX4bRSWt8T2Xy1imxn1DmfR-SSqBCnZGQv0vFOBltkQiu-rQu1z4ehDAFUM30XJL&c=lzUlof3S-5T_OzbMDJuIc_mOCuTgANy7geFJZEQmxlvuvEp5P5JDtA==&ch=BicLaBQbSoQP1yV--cywDsT1EhMi5pcXGMFvd8y757BAlHVDCM8D_A==) to clear woody areas.

Did you know researchers recently reported that treatment for [combat-related post-traumatic stress disorder (PTSD)](https://r20.rs6.net/tn.jsp?f=001rjkylptyNuECB7xZO_I9YH-JOFFbU9RshIkz0aByV_RFUr7ztXHhmp3Mfueaj0cxZvTYdrEBiSqmDGsN9QjmhIXMUsoeaoGPMJwYHugnGoW7Z7uDTKRrdYIKqVTFhf7LZ9IAD00B3-5FIVzNpTzLJ0Dt2jeWuH6vuUfKlN1bLxo=&c=Y6jRrIJX4hdrB0dTb9AJXZic0erFcgjXqH9KUQ_RuPHRbLgC3TE7qg==&ch=4G1acoQaDZlB00p51N3_zjpcznZhO2eJd5VZ2Gq3P1EVArz86DE7tA==) can be both quick and effective for the hundreds of thousands of [U.S. military personnel and veterans](https://r20.rs6.net/tn.jsp?f=001rjkylptyNuECB7xZO_I9YH-JOFFbU9RshIkz0aByV_RFUr7ztXHhmowH-MqmxWqzp5rTaICp_dQXpf--bYOCp7JQG5bImegnD-PjytrSBeQSRicwgpC26itSt0dHkj97eQrNm9eFl96VzyOl9YKNLgOQ2UnbVKgR&c=Y6jRrIJX4hdrB0dTb9AJXZic0erFcgjXqH9KUQ_RuPHRbLgC3TE7qg==&ch=4G1acoQaDZlB00p51N3_zjpcznZhO2eJd5VZ2Gq3P1EVArz86DE7tA==) facing the diagnosis?  Their study showed clinically significant reductions in [PTSD symptoms](https://r20.rs6.net/tn.jsp?f=001rjkylptyNuECB7xZO_I9YH-JOFFbU9RshIkz0aByV_RFUr7ztXHhmp3Mfueaj0cxZvTYdrEBiSqmDGsN9QjmhIXMUsoeaoGPMJwYHugnGoW7Z7uDTKRrdYIKqVTFhf7LZ9IAD00B3-5FIVzNpTzLJ0Dt2jeWuH6vuUfKlN1bLxo=&c=Y6jRrIJX4hdrB0dTb9AJXZic0erFcgjXqH9KUQ_RuPHRbLgC3TE7qg==&ch=4G1acoQaDZlB00p51N3_zjpcznZhO2eJd5VZ2Gq3P1EVArz86DE7tA==) in more than 60 percent of patients and long-term remission of diagnosis in more than 50 percent after three weeks of outpatient “Prolonged Exposure” therapy.

Did you know a new study found that roughly 35 percent of U.S. [military personnel, retirees](https://r20.rs6.net/tn.jsp?f=001BJPjYTdXZ8Tgc8-IoSRuLjl96J5jJp05MJDykgvWaYxKFOZi1VWNTbBRmCUHR5qhlwxpqHyP3ejFj7xXDbRpWoK0Vql7qdBYE6xfE_ASuUjFYzbUGP3qKXOO0vbMayTtw3en07puxngzMdhiTjx89LJZYX3tpNJM&c=nwfWC-jqKQ_6mD8VI6QP0yK4zyjqyVN2Zb5QnbL0en4YwHhezAPXRQ==&ch=gxK1oqAJU5E2c4yPVaIk866aCy7WrBp2LSzlqL1yQEN92xxo8YQ6PQ==) and family members lived in areas that had few to no military or civilian psychiatrists from 2016 to 2020, with [retirees](https://r20.rs6.net/tn.jsp?f=001BJPjYTdXZ8Tgc8-IoSRuLjl96J5jJp05MJDykgvWaYxKFOZi1VWNTbBRmCUHR5qhlwxpqHyP3ejFj7xXDbRpWoK0Vql7qdBYE6xfE_ASuUjFYzbUGP3qKXOO0vbMayTtw3en07puxngzMdhiTjx89LJZYX3tpNJM&c=nwfWC-jqKQ_6mD8VI6QP0yK4zyjqyVN2Zb5QnbL0en4YwHhezAPXRQ==&ch=gxK1oqAJU5E2c4yPVaIk866aCy7WrBp2LSzlqL1yQEN92xxo8YQ6PQ==) and those residing in rural or low-income areas notably having the least access? Worse yet, 6 percent of Tricare beneficiaries resided in areas with no psychiatrists, according to the research, published January 3, 2023 online at JAMA Network Open.

Did you know starting January 17, 2023, all [U.S. military veterans](https://r20.rs6.net/tn.jsp?f=001efhyJi67HQzoFFSKdft8u82BecXgfYdme4wuumVvTDq5KjyHuUJTu-i9UrLnKEPqYK7iyNOR-68b01529_JrTs-FcoC8I1Wms3-WmzyDSwWELzeiebkEyacYDguYOvbVEp8qsHDTSbkyEyxCyvcGetdhjAIGfRAw&c=yNfLMdduQwRsZMTa2KymuaOiKehIn-T2XQoUIc9HfNoAsJUbBHM0rg==&ch=jri9FzalA12zXs3VAwrEZomKkT77zX-Opb9QONiO4GE6phXxJ_P4ng==) who find themselves in suicidal crisis will be eligible for free emergency medical care at any [Department of Veterans Affairs facility](https://r20.rs6.net/tn.jsp?f=001efhyJi67HQzoFFSKdft8u82BecXgfYdme4wuumVvTDq5KjyHuUJTu-i9UrLnKEPqYK7iyNOR-68b01529_JrTs-FcoC8I1Wms3-WmzyDSwWELzeiebkEyacYDguYOvbVEp8qsHDTSbkyEyxCyvcGetdhjAIGfRAw&c=yNfLMdduQwRsZMTa2KymuaOiKehIn-T2XQoUIc9HfNoAsJUbBHM0rg==&ch=jri9FzalA12zXs3VAwrEZomKkT77zX-Opb9QONiO4GE6phXxJ_P4ng==) or any private facility? Unlike for most other medical [benefits](https://r20.rs6.net/tn.jsp?f=001efhyJi67HQzoFFSKdft8u82BecXgfYdme4wuumVvTDq5KjyHuUJTu9F_DaTfR2l7tzWOCXSo9OGNErhfuKCeaZPMX4jBOB1ZzAd0WdX7L1n0Mr2I5dHprdSiGhLEgbM-QOUYZVsl41iaaqLNdSEqIcwJ3XHQQvRbAZJmLATZgSUecAtflDqAAg==&c=yNfLMdduQwRsZMTa2KymuaOiKehIn-T2XQoUIc9HfNoAsJUbBHM0rg==&ch=jri9FzalA12zXs3VAwrEZomKkT77zX-Opb9QONiO4GE6phXxJ_P4ng==), [veterans](https://r20.rs6.net/tn.jsp?f=001efhyJi67HQzoFFSKdft8u82BecXgfYdme4wuumVvTDq5KjyHuUJTu-i9UrLnKEPqYK7iyNOR-68b01529_JrTs-FcoC8I1Wms3-WmzyDSwWELzeiebkEyacYDguYOvbVEp8qsHDTSbkyEyxCyvcGetdhjAIGfRAw&c=yNfLMdduQwRsZMTa2KymuaOiKehIn-T2XQoUIc9HfNoAsJUbBHM0rg==&ch=jri9FzalA12zXs3VAwrEZomKkT77zX-Opb9QONiO4GE6phXxJ_P4ng==) do not have to be enrolled in the [VA](https://r20.rs6.net/tn.jsp?f=001efhyJi67HQzoFFSKdft8u82BecXgfYdme4wuumVvTDq5KjyHuUJTu-i9UrLnKEPqYK7iyNOR-68b01529_JrTs-FcoC8I1Wms3-WmzyDSwWELzeiebkEyacYDguYOvbVEp8qsHDTSbkyEyxCyvcGetdhjAIGfRAw&c=yNfLMdduQwRsZMTa2KymuaOiKehIn-T2XQoUIc9HfNoAsJUbBHM0rg==&ch=jri9FzalA12zXs3VAwrEZomKkT77zX-Opb9QONiO4GE6phXxJ_P4ng==) system to be eligible.

Did you know a 100% [VA](https://r20.rs6.net/tn.jsp?f=001efhyJi67HQzoFFSKdft8u82BecXgfYdme4wuumVvTDq5KjyHuUJTu-i9UrLnKEPqYK7iyNOR-68b01529_JrTs-FcoC8I1Wms3-WmzyDSwWELzeiebkEyacYDguYOvbVEp8qsHDTSbkyEyxCyvcGetdhjAIGfRAw&c=yNfLMdduQwRsZMTa2KymuaOiKehIn-T2XQoUIc9HfNoAsJUbBHM0rg==&ch=jri9FzalA12zXs3VAwrEZomKkT77zX-Opb9QONiO4GE6phXxJ_P4ng==) rating can help fast-track an [SSDI](https://r20.rs6.net/tn.jsp?f=001efhyJi67HQzoFFSKdft8u82BecXgfYdme4wuumVvTDq5KjyHuUJTu-9EqN5uZK4wiS5vbLxx-um2COGILeFaqmjDXjxorPdIB7j8GjEaoYnCDhQ5w4FLPU3_tNZpJDMCbSVM9WT78Lz-i1fd_pBeJCy-WTH3QX9-a9f-syvmOaayoTTEiRtI0e9edAbyzLQO&c=yNfLMdduQwRsZMTa2KymuaOiKehIn-T2XQoUIc9HfNoAsJUbBHM0rg==&ch=jri9FzalA12zXs3VAwrEZomKkT77zX-Opb9QONiO4GE6phXxJ_P4ng==) application? Even a lower rating may expedite the process, thanks to [Social Security's Wounded Warrior program](https://r20.rs6.net/tn.jsp?f=001efhyJi67HQzoFFSKdft8u82BecXgfYdme4wuumVvTDq5KjyHuUJTu-9EqN5uZK4wiS5vbLxx-um2COGILeFaqmjDXjxorPdIB7j8GjEaoYnCDhQ5w4FLPU3_tNZpJDMCbSVM9WT78Lz-i1fd_pBeJCy-WTH3QX9-a9f-syvmOaayoTTEiRtI0e9edAbyzLQO&c=yNfLMdduQwRsZMTa2KymuaOiKehIn-T2XQoUIc9HfNoAsJUbBHM0rg==&ch=jri9FzalA12zXs3VAwrEZomKkT77zX-Opb9QONiO4GE6phXxJ_P4ng==). Additionally, unlike other [disability benefits](https://r20.rs6.net/tn.jsp?f=001efhyJi67HQzoFFSKdft8u82BecXgfYdme4wuumVvTDq5KjyHuUJTu9F_DaTfR2l7tzWOCXSo9OGNErhfuKCeaZPMX4jBOB1ZzAd0WdX7L1n0Mr2I5dHprdSiGhLEgbM-QOUYZVsl41iaaqLNdSEqIcwJ3XHQQvRbAZJmLATZgSUecAtflDqAAg==&c=yNfLMdduQwRsZMTa2KymuaOiKehIn-T2XQoUIc9HfNoAsJUbBHM0rg==&ch=jri9FzalA12zXs3VAwrEZomKkT77zX-Opb9QONiO4GE6phXxJ_P4ng==), such as workers’ compensation, [VA](https://r20.rs6.net/tn.jsp?f=001efhyJi67HQzoFFSKdft8u82BecXgfYdme4wuumVvTDq5KjyHuUJTu-i9UrLnKEPqYK7iyNOR-68b01529_JrTs-FcoC8I1Wms3-WmzyDSwWELzeiebkEyacYDguYOvbVEp8qsHDTSbkyEyxCyvcGetdhjAIGfRAw&c=yNfLMdduQwRsZMTa2KymuaOiKehIn-T2XQoUIc9HfNoAsJUbBHM0rg==&ch=jri9FzalA12zXs3VAwrEZomKkT77zX-Opb9QONiO4GE6phXxJ_P4ng==) disability compensation is not held to an offset, meaning that [veterans](https://r20.rs6.net/tn.jsp?f=001efhyJi67HQzoFFSKdft8u82BecXgfYdme4wuumVvTDq5KjyHuUJTu-i9UrLnKEPqYK7iyNOR-68b01529_JrTs-FcoC8I1Wms3-WmzyDSwWELzeiebkEyacYDguYOvbVEp8qsHDTSbkyEyxCyvcGetdhjAIGfRAw&c=yNfLMdduQwRsZMTa2KymuaOiKehIn-T2XQoUIc9HfNoAsJUbBHM0rg==&ch=jri9FzalA12zXs3VAwrEZomKkT77zX-Opb9QONiO4GE6phXxJ_P4ng==) can receive the full amount of [VA](https://r20.rs6.net/tn.jsp?f=001efhyJi67HQzoFFSKdft8u82BecXgfYdme4wuumVvTDq5KjyHuUJTu-i9UrLnKEPqYK7iyNOR-68b01529_JrTs-FcoC8I1Wms3-WmzyDSwWELzeiebkEyacYDguYOvbVEp8qsHDTSbkyEyxCyvcGetdhjAIGfRAw&c=yNfLMdduQwRsZMTa2KymuaOiKehIn-T2XQoUIc9HfNoAsJUbBHM0rg==&ch=jri9FzalA12zXs3VAwrEZomKkT77zX-Opb9QONiO4GE6phXxJ_P4ng==) disability and [SSDI](https://r20.rs6.net/tn.jsp?f=001efhyJi67HQzoFFSKdft8u82BecXgfYdme4wuumVvTDq5KjyHuUJTu-9EqN5uZK4wiS5vbLxx-um2COGILeFaqmjDXjxorPdIB7j8GjEaoYnCDhQ5w4FLPU3_tNZpJDMCbSVM9WT78Lz-i1fd_pBeJCy-WTH3QX9-a9f-syvmOaayoTTEiRtI0e9edAbyzLQO&c=yNfLMdduQwRsZMTa2KymuaOiKehIn-T2XQoUIc9HfNoAsJUbBHM0rg==&ch=jri9FzalA12zXs3VAwrEZomKkT77zX-Opb9QONiO4GE6phXxJ_P4ng==) income for which they are eligible through each program.

***Remember………. That all gave some, but many gave all!*** 