



Montgomery County

# Veterans Service Commission

Newsletter

December 2020

## Director's Message



As the holiday season reaches its height this Christmas Eve, now more than ever it's important to pause for a moment and reflect on all the things and people we value in our lives.

We are grateful for our nation's Veterans and service members currently deployed all over the world. We thank you for your service and remember the sacrifices you made so we can freely celebrate the season at home with our families.

As 2020 draws to a close, we reflect with gratitude on the Veterans we have been honored to serve. To all Veterans, service members, and families, we wish you a Merry Christmas and wonderful holiday season.

**Kimberly Frisco,  
Executive Director**

## COVID 19 Vaccines have arrived at the Dayton VA

The Moderna COVID-19 vaccine has arrived at the Dayton VA Medical Center. The Dayton VA is following the CDC guidance for vaccine recommendations.

They are currently vaccinating:

- Healthcare personnel
- Veterans living in VA long-term care facilities
- Veterans with spinal cord injuries

The Dayton VA plans to offer COVID-19 vaccines to all Veterans receiving VA health care who want one following the CDC Emergency Use Authorization guidance by priority group.

As more vaccines are available, the next group to be vaccinated are those at increased risk of severe illness from COVID-19 due to underlying medical conditions and those 75 years and older.

If you're eligible to get a vaccine, your VA healthcare team will contact you.

Visit <https://www.va.gov/health-care/covid-19-vaccine/> for more information.

## Benefit News

### Army Veterans Upgrade from Less-Than Honorable Discharges Simpler

Tens of thousands of Army Veterans with other-than-honorable dismissals will have an easier path to upgrade their discharge status under a new legal settlement announced in November 2020.

The resolution of a class-action lawsuit filed in the U.S. District Court for Connecticut more than three years ago, requires Army officials to automatically review tens of thousands of discharge upgrade applications denied over the last nine years, this time using "procedures more favorable to veterans" regarding evidence of underlying mental health conditions.

Army Veterans who had applications denied between 2001-2011 will receive notice of new opportunities to reapply for a discharge upgrade, which will then include the same considerations of mental health factors in their cases.

The Army Discharge Review Board for the first time will permit Veterans to argue their cases over the phone as well, instead of requiring them to travel at their personal expense to Washington, D.C. for upgrade hearings.

Last year officials from the Pentagon issued a memo requiring reviewers take into consideration conditions stemming from PTSD, traumatic brain injury, sexual assault and sexual harassment when deciding whether to upgrade a Veteran's status.

### Depression and the Holidays

Feeling down during or after the holiday season is not uncommon. Preparing for the holidays, the increased expectations of family and friends, the sadness of not having a loved one present, or having to say goodbye after a holiday reunion can contribute to a person feeling down.

Tips to help you deal with mild depressive feelings:

- Manage your diet
- Get adequate rest
- Avoid alcohol
- Participate in regular exercise
- Surround yourself with people who are important to you
- Communicate your feelings to someone you trust
- Join a support group

If your feelings persist or if you suspect it might be more serious, contact your primary care provider or contact the Veterans Crisis Line at 1-800-273-8255.

## This Month in History

### December 7, 1941

The attack on Pearl Harbor was a surprise military strike by the Imperial Japanese Navy Air Service upon the United States against the naval base at Pearl Harbor and other military facilities in Honolulu, Territory of Hawaii, just before 08:00, on Sunday morning. More than 2,400 Americans died in the attack, including civilians, and another 1,000 people were wounded. The day after the assault, President Franklin D. Roosevelt asked Congress to declare war on Japan.

### December 1, 1969

The U.S. Government holds its first draft lottery since World War II (Vietnam War).

### December 30, 2008

Saddam Hussein hanged in northern Baghdad for crimes against humanity.

### December 7, 2020

Aviation legend, Chuck Yeager dies at 97. He broke the sound barrier flying the Bell X-1 in October 1947 45,000 feet above the Mojave Desert.

## About Us

### Montgomery County Veterans Services Commission

627 Edwin C. Moses Blvd.  
4th Floor, East Medical Plaza  
Dayton, OH 45417

Phone: (937) 225-4801

**Office Hours:** Monday - Friday,  
8:00 a.m. - 4:30 p.m.

**Appointment Hours:** Monday -  
Friday, 8:30 a.m. - 3:30 p.m.

## Upcoming Events

### MCVSC NEW WEBSITE

Visit us at [MCVSC.org](http://www.mcvsc.org)

### COVID-19 FINANCIAL RELIEF ASSISTANCE

Call for more information at 937-225-4801

### Winter Coat Giveaway

January, 15, 2021 from 9:00AM - 3:00PM

January Coat Distribution  
627 Edwin C. Moses Blvd  
4th Floor, East Medical Plaza  
937-225-4801

Eligibility Requirements:

- Eligible Veteran (honorable DD-2214)
- Montgomery County Resident
- At or below 250% Federal Poverty Level

### Commission Meetings:

January 13, 2021 at 10:00am  
February 12, 2021 at 10:00am  
March 11, 2021 at 10:00am

### Our Commissioners

Jerry Hays, President,  
Disabled American Veterans

Federico Rojas, Jr.,  
Vice President,  
Veterans of Foreign Wars

William Fried, Secretary,  
Vietnam Veterans of America

James Dare,  
American Legion

Mark Wilson, American Veterans (AMVETS)