

SEPT/OCT 2011



VETERANS BENEFITS & BEYOND



HUD, VA to provide permanent housing and support for thousands of homeless Vets

U.S. Housing and Urban Development Secretary Shaun Donovan and U.S. Department of Veterans Affairs Secretary Eric K. Shinseki announced in mid July that HUD will provide \$46.2 million to public housing agencies in all 50 states and the District of Columbia to will supply permanent housing and case management for 6,790 homeless Veterans in America. The goal is to eliminate Veteran homelessness by 2015.

This funding, from HUD's "Veterans Affairs Supportive Housing Program" (HUD-VASH), is a coordinated effort by HUD, VA, and local housing agencies to provide permanent housing for homeless Veterans.

"Over the past three years, HUD helped thousands of homeless Veterans find a permanent place to call home while VA provided medical treatment, case management and other services to address their specific needs," said HUD Secretary Donovan. "We have no greater mission than to prevent and end homelessness, especially for those brave men and women who risked their lives to protect our nation."

"This is a great step forward in our effort to get Veterans off the streets and into permanent housing," said Senator Patty Murray, Chairman of the Senate Veterans' Affairs Committee. "Growing up during the Vietnam War, I saw a

generation of soldiers left behind because they weren't given the support they needed during their transition home."

Veterans participating in the HUD-VASH program rent privately owned housing and generally contribute no more than 30 percent of their income toward rent. VA offers eligible homeless Veterans clinical and supportive services through its medical centers across the U.S., Guam and Puerto Rico.

(Reference: http://portal.hud.gov/hudportal/HUD?src=/program_offices/public_indian_housing/programs/hcv/vash)

(Reference: <http://portal.hud.gov/hudportal/documents/huddoc?id=HUD-VASH2011Chart.pdf>)

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JAN'S LETTER

As we roll out of summertime into the cooler Fall season, we'd like to take another opportunity to thank you – all the men and women who have so bravely served our country. We can never thank you enough for your sacrifices and those of your family, but we try to do everything in our power to help you once you have returned home.

I believe our newest newsletter brings you an array of useful information. For instance, we're glad to hear that more funding has been allotted to eliminate Veteran homelessness. We've also included information on the Veterans Crisis Line, and the anonymous online chat service. And if you are applying for assistance with PTSD treatment, we've included a

sample Stressor Letter to help you write your own letter. As always, we are here to help you get the benefits you deserve. Please don't hesitate to call us because the sooner we get started, the sooner we can help you.

Thank you again, from everyone at Jan Dils, Attorneys at Law, for your service and sacrifice. Please allow us to show our sincere appreciation by letting us help you get the benefits you deserve.

Sincerely,
Jan Dils



JAN DILS brings her expertise to issues that affect you and millions of other Americans every day. Her knowledge across vital areas – including Veterans' benefits, disability benefits and related appeals and claims – and a practice that focuses on the people, ensures you get answers and the right results.

Stressor Letter

A STRESSOR LETTER is used by Veterans Affairs (VA) raters to identify potential traumatic events that may have invoked Posttraumatic Stressor Disorder (PTSD) symptoms in combat veterans. The Stressor Letter consists of three vital parts:

1. *Life before military service*
2. *Life during military service (to include traumatic event(s))*
3. *Life after traumatic event(s).*

The example Stressor Letter below has been used by thousands of Veterans as supportive evidence for their PTSD claim. If you are applying for treatment of PTSD, please use this letter as a guide to help you write your own Stressor Letter.

Life Before Military Service

I was born on March 10, 1949, in Columbus, Ohio. I am the second of four children. In elementary school I performed well academically, joined a few school clubs, participated in the Boy Scouts, played many different sports and collected baseball cards, and toy soldiers.

During high school I was actively involved in sports, and also expressed a lot of interest in the Armed Forces, especially the Marine Corps. My senior year in high school I met with a Marine Corps recruiter who pointed out all of the positive aspects of the Marine Corps. I was hooked. When I graduated from high school in May of 1967, I joined the Marine Corps two months later.

Life During Military Service

In August 1967, I enlisted in the U.S. Marines. I arrived in Vietnam in January 1968. January 1968, while serving guard duty, my forward base camp was mortared by the North Vietnamese Army (NVA). A machine gunner about 10 yards away from me was hit on the left shoulder. I tried to administer first aid, but he died almost immediately. I couldn't get the images out of my head of seeing my comrades killed.

I served in the Vietnam theatre of operations for 13 months. During my combat duty in Vietnam, I lost many close war buddies and witnessed many American soldiers die.

Life Since Traumatic Event(s)

When I left Vietnam and flew back to the states I remember being relieved and at the same time depressed and angry. People called me a baby killer, warmonger, and death machine. People who knew nothing about the war thought I was an animal and it made me very angry.

As a result, I found that I could not tolerate being around people. My family was afraid to talk to me. I am afraid to go to sleep because the nightmares of Vietnam scare me badly. Daily, I find myself checking my windows, my door locks, and checking under my bed for intruders. My third wife calls me paranoid.

Also, since I separated from the Marine Corps I have had a very difficult time sustaining employment. I worked for the police department, then small security guard firms, then I sold cars for many different dealerships, but was fired from every place I worked.

I went to the VA to seek help for my mental anguish. I was informed that I may have PTSD. The psychological impact of multiple war experiences may have led to the many negative psychological issues and cognitive distortions

that I have struggled with since departing Vietnam. I currently participate in a combat PTSD group at my local Vet Center and I take many medications to help with my anxiety, depression, and high blood pressure.

For additional examples of Stressor Letters, please visit www.veteranprograms.com/id1062.html. For answers to questions about your specific case, however, we urge you to contact our office to schedule a free initial appointment. Call toll free, 866.293.8442, or www.jandils.com/CM/Custom/Contact.asp send us an e-mail for a prompt response.

If you are applying for treatment of PTSD, please use this letter as a guide to help you write your own Stressor Letter.



SPOTLIGHT EMPLOYEE

Elizabeth Dues

Meet our Spotlitged Employee, Elizabeth Dues, who “works wonders” in our Beckley, WV office.

Elizabeth has firsthand experience with the effects of military life. Her brother is retired from the military and her two nephews are currently serving in Germany and Afghanistan.

Daughter of a Veteran and coal miner, Elizabeth was raised in Fayetteville, WV and graduated from MSU with a Business Law degree. She has two sons and a daughter with Philip, her husband of 14 years. Elizabeth is very active in her church and serves as Church Treasurer and Assistant Sunday School Superintendent. She loves to read, travel (especially to the beach) and shop (though she admits probably too much!)

Elizabeth is very thankful and grateful for her faith, life, family, and job. And we are very thankful and grateful to have her on the Jan Dils Team!

OFFICE INBOX

STAY PLUGGED INTO THE PRACTICE

Want the scoop on what’s new with our business and the team? You can find it right here, so stay plugged into the practice.

Going to the Chapel – The date is October 1st. The place is Selma, Alabama. The colors are cabernet and, of course, white. On that day, Jan Dils attorney **Blaire Wood and Chuck Hudson** will tie the knot at her home church and celebrate afterward with a reception at a historical antebellum house. Very romantic! Best wishes to both of you!

Also, please join us in wishing all the best to **Casey**, a Scheduling Specialist in the Case Development Department here at Jan Dils. Casey and her new husband Justin were married on August 27th and enjoyed a beautiful tropical honeymoon. Congratulations to the new **Mr. and Mrs. Justin Knotts!**

Welcome Aboard – The Charlotte Office of Jan Dils, Attorneys at Law, welcomes **Emily Childers**. Emily, who is the Team Leader of the Leads Department, recently transferred from the Parkersburg, WV office. We are thrilled to have her as part of the Charlotte office team. Stop by and say hello when you have a moment!

It’s a Boy! – Congratulations to **Seth Shockey**, who works in our Leads Department, and his wife Marissa on the birth of their son, **Xander Michael Shockey**, born August 22. Xander weighed in at 7.9 oz. and 19.5” long – Congratulations on the newest member of the Shockey family!



FROM THE KITCHEN OF SYLVIA WARD,
A MEMBER OF OUR JAN DILS FAMILY

Chicken Tortilla Soup



INGREDIENTS

- 2 T. EVOO (extra virgin olive oil)
- 1 T. minced garlic
- 2 T. Tajin seasoning
- 1 small onion, chopped
- 1 yellow summer squash, diced
- 1 zucchini, diced
- 1 c. corn
- 1 small can chopped green chilies
- 1 small can stewed tomatoes (can use Ro*Tel tomatoes w/chilies and leave out can of chilies)
- 3 cans chicken broth
- 2 c. cooked chicken
- Handful chopped fresh cilantro

STEPS: Heat EVOO in large pot. Add garlic and onion, sauté for few minutes. Add Tajin seasoning and vegetables. Sauté for about 5-7 minutes until vegetables are softening. Add broth, tomatoes, chilies and chicken. Let simmer for about 20 minutes. Add cilantro before ladling into bowls. Top with crushed tortilla chips and shredded mozzarella cheese. Microwave for about 10 seconds, or until cheese melts. Enjoy!

(In the wintertime, if you don’t have the fresh veggies, you can use frozen mixed veggies and just add them to hot broth after sautéing onions and seasonings in oil.)

BRAIN GAME

A wuzzle is a saying/phrase that is made up of a display of words, in an interesting way. The object is to try to figure out the well-known saying, person, place, or thing that each wuzzle is meant to represent.

G N I K C A B	Q U A R T E R
C O F F E E	t w i n s t w i n s

ANSWERS: 1. Backing Up 2. Quarterback 3. Coffee Break 4. Identical Twins

IT’S TIME TO...

...Be nice to family, friends, neighbors and strangers and say “thank you.” **September is National Courtesy Month** and **September 21st is World Gratitude Day.**

...Thank a teacher. **October 5th is World Teacher Day.**

...Thank a sailor – **Naval Academy Day is October 10th.**

...Learn a new word on **October 16th in honor of National Dictionary Day!**

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PARKERSBURG, WV 26101

IMPORTANT VETERANS BENEFITS NEWS FOR EVERYONE

1.877.VETERAN / FIGHT4VETS.COM



FIND **JAN DILS** ON THESE MEDIA SITES



It's Your Call – Veterans Crisis Line

The Veterans Crisis Line is a toll-free, confidential resource that connects Veterans in crisis and their families and friends with qualified, caring VA responders. Veterans and their loved ones can call 1-800-273-8255 and Press 1 or chat online at www.VeteransCrisisLine.net to receive free, confidential support 24 hours a day, 7 days a week, 365 days a year, even if they are not registered with VA or enrolled in VA health care.

The professionals at the Veterans Crisis Line are specially trained and experienced in helping Veterans of all ages and circumstances — from Veterans coping with mental health issues that were never addressed to recent Veterans struggling with relationships or the transition back to civilian life.

BY THE NUMBERS

400,000 – Number of calls answered since the 2007 Veterans Crisis Line launch

14,000 – Number of live-saving rescues

4,000 – Number of people helped using the anonymous online chat service, added in 2009

Source: www.va.gov



ACT NOW

- Dial **1-800-273-8255** and **Press 1** to talk to someone now
- Start a confidential online chat session at www.veteranscrisisline.net/ChatTermsOfService.aspx
- Take a self-check quiz at www.vetsselfcheck.org now