



Military Officers Association of America
SOUTHERN MARYLAND CHAPTER
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The
SOUTHERN MARYLAND
NEWSLETTER



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July/August 2014

President's Corner

Greetings to all Southern Maryland MOAA Chapter members. I hope you are having a great summer so far. In case you missed it, we enjoyed our outing at a very exciting Southern Maryland Blue Crabs game on 22 June, which went 14 innings before the Blue Crabs emerged victorious.

On 19 July we had a productive board meeting hosted by Jack and Barbara Fringer. We had a guest speaker, Col. Brian Anderson, USAF-RET, Deputy Director, Council and Chapter Affairs at National MOAA. He provided some insights and food for thought regarding strategies for expanding and enhancing chapter membership.

Coming up on 16 August, we have our annual "picnic" and membership meeting at Chestnut Cabin in Scientists' Cliffs, overlooking the Chesapeake Bay in Calvert County. We will again invite the General Smallwood Chapter to join us for a summer afternoon of great food and fellowship in a beautiful setting.

Many of you may have heard about a new VA claims assistance program launched by National MOAA this year. National MOAA is seeking MOAA members who might be interested in training to become Veterans Service

Officers in the greater Washington, D.C. area. This program is being run by CAPT Jim Carman, USN-RET, Director of the National MOAA Transition Center. I have been in touch with CAPT Carman, and was hoping he would be able to join us at our 16 August meeting to present details of the program. Unfortunately, he had a prior commitment and will be unable to attend. We will work on having him at a future meeting. With all of the problems regarding the lack of timely access to VA services by veterans which have recently come to light, the need for additional Veterans Service Officers is greater than ever.

I hope each of you will make a real effort to attend this meeting as it is always a fun time and, we hope, will be of interest to you. Since this is our annual membership meeting, please bring someone with you who is eligible for membership, but not currently a chapter member.

Warren Prince

Newsletter Note

This issue begins our commitment to a cheaper, quicker, electronic newsletter as our primary communication method vice bulk mailings. Hard copies will continue to be mailed to members without email capability.

The benefits to chapter members are the timely release of information, a full color electronic document, and re-allocation of chapter funds to our various service programs such as JROTC recognition and the Maryland Veteran's Home. If you are not getting an electronic version of the newsletter but would like to, contact me at tonyblank@aol.com.

Auxiliaries' Corner

'Caregiving: Part 1'

By Patricia Bergquist, Chairman, Auxiliary Member Advisory Committee

The Family Caregiver Alliance says 44 million family members and friends provide unpaid support to another person, nearly 80 percent of all long term care in the U.S. Even closer to home, The Elizabeth Dole Foundation reports 5.5 million family members and friends provide this support, worth \$15 billion a year, to our nation's servicemembers returning home with injuries and disabilities, both visible and invisible, some of which will remain a lifetime. Many caregivers who work end up losing time, wages, career opportunities, and sometimes their jobs to care for the servicemember.

Caregivers can contact medical professionals or area Agency on Aging personnel to have the care recipient's needs fully assessed and to determine whether the caregiver has the knowledge, skills, and abilities required to provide necessary care. It is advisable to reassess the care plan every 3-6 months.

Service and support options for help with home care include family and friends and home- and community-based services, specifically adult day care, home health agencies, and hospice. Other paid options include sitter services and nutrition programs.

THE NEWSLETTER

The biggest drawback to most of these options is the caregiver will be in and out to provide services and not with the care recipient constantly.

When the care recipient is able to remain independent with assistance, family, friends, neighbors, or church members might assist with care responsibilities. Make a list of your informal network of helpers with contact info.

Adult day care works well for care recipients who cannot be left alone yet do not need 24-hour nursing in a residential facility. While adult day care incurs expense, it can provide needed respite and care for a few hours or days up to five days a week.

Home care combines health and support services for continued at-home living as long as possible. The health and needs of both care recipient and caregiver determine services. A physician's approval might be required. There are two types of home-care services: health care monitored by health care professionals and non-medical. Both types involve expense. Medicare and Medicaid and other health insurance companies offer limited coverage for home care.

Hospice provides services and therapies at home to the terminally ill, enhancing their quality of life while controlling disease symptoms and restoring dignity until death. Medicare Part A pays 100 percent for hospice care at an approved facility. The VA pays 100 percent for hospice if the veteran's VA doctor orders it. Caregivers can call the VA Caregiver Support line toll free at (855) 260-3274 or visit www.caregiver.va.gov to learn more. Or check out MOAA's new "Tips for Lifelong Caregiving" guide at www.moaa.org/caregiver.

August Chapter Meeting

Our Chapter Meeting will be our annual picnic, which will be held on Saturday, 16 August at the Chestnut Cabin at Scientists Cliffs in Calvert County. We are inviting our friends from the Smallwood Chapter. This will also be our New Member Reception. If you know of someone who is eligible for membership in MOAA, please bring them along as our guest.

Scientists Cliffs is located just south of Prince Frederick in Calvert County. If you are coming from the Solomon's Island Bridge, go north on Route 2-4 until you pass Route 509, and then turn right on Parker's Creek Road. If you are coming from Prince Frederick, go south on Route 2-4 through the traffic light at Route 264 (Broome's Island Road), and then turn left onto Parker's Creek Road. (Follow the Chestnut Land Trust signs.) Once on Parker's Creek Road, pass one stop sign, pass under the high tension power lines and then turn right onto Scientists Cliffs Road. Go 1.1 miles and turn right at Gate B. As you go down the hill, take the left fork and continue to the bottom of the hill. You will come to an open park area and the Chestnut Cabin is at the far end.

The picnic is mostly indoors and the cabin is air-conditioned, so weather is not an issue. There is a small museum in the cabin. The cabin is located on the shore of the Chesapeake Bay and it is a great place to relax and unwind. Plan to enjoy the afternoon.

The buffet lunch will be catered by Adam's Ribs and will include all you can eat barbeque chicken, barbeque ribs, baked beans, pasta salad, coleslaw, rolls and butter, iced tea, coffee and various desserts. (If you want to bring your own beverages, please feel free to do so.) Social hour will begin at 1130 and the lunch will begin at 1200. The cost will be \$20 per person and you may pay at the door. **Please notify one of the POC's NLT Monday 11 August if you plan to attend:**

Warren Prince at wncprince@comcast.net or (410) 586-1615, or
Jack Fringer at jackfringer@comcast.net or (410) 326-0486

If you would like transportation to this event, please notify a POC above.

***** BOARD MEETING will occur at 1100 at the Cabin before this event. *****

