

# Nebraska Veterans Coalition



**Leading the way for Nebraska's Veterans**

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## *News from the Nebraska Veterans Coalition* *November 27, 2021*

**Tell Your friends about our Newsletter**

You are invited to our Meta page with over 5,000 friends (**Nebraska Veterans Coalition**) that contain many interesting topics also follow Twitter

**@VetsCoalitionNE**, and our website <http://www.nebraskaveterans.org/>

Your business can advertise as a veteran-owned business or business that hires veterans on our website and is free <http://www.nebraskaveterans.org>. Send your business card to the Webmaster and your business will be added as a supporter of the Coalition [cornhusker69@yahoo.com](mailto:cornhusker69@yahoo.com)

### **VETERAN SERVICE ORGANIZATIONS INFORMATION**

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**State Commanders, Post Commanders (representative of the executive board), or President of Veterans Groups.**

Tell us about your organization. We do not want National information (but it can be referenced), tell us what you do at your facility, the location, contact information, and what is needed for someone to join and support you. We will post the information you provide to our Newsletter one time and then post it on our website. You are encouraged to post veterans' events on our Facebook, Nebraska Veterans Coalition, also follow Twitter @VetsCoalitionNE and our website. We can post a [link for your monthly newsletter to http://www.nebraskaveterans.org/](http://www.nebraskaveterans.org/)

We encourage your members to follow our Meta page <https://www.facebook.com/groups/1001038876574340> Nebraska Veterans Coalition and request to become a member. We would also like to email you our monthly newsletter to pass to your membership and they can, send us an email and allow us to add them to our email distribution list [nevetscoalition@outlook.com](mailto:nevetscoalition@outlook.com)

**We request your webmaster post our contact information to your newsletter or website and request your members to follow our social forums or request added to our Newsletter distribution at [nevetscoalition@outlook.com](mailto:nevetscoalition@outlook.com)**

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### **This is about us:**

**The Nebraska Veteran's Coalition**

The Nebraska Veteran's Coalition is a non-partisan group, formed to bring awareness to veterans about

legislative activity in the Nebraska Unicameral, to inform them of who their elected officials are, and update them about Veterans' benefits.

**PRIMARY PURPOSES:**

1. Encourage legislative efforts to create a positive environment to attract and retain veterans, collaborating with other departments and groups to draw talent and promote Nebraska
2. Encourage the improvement of medical treatment of veterans by working with the VA and the establishment of a Home Base program similar to Iowa and Massachusetts.
3. Provide information to veterans and family members about available benefits from the VA and the state of Nebraska
4. Share information about activities within the VA, the US Congress, and the Nebraska Unicameral to improve the support of veterans and their families

**View our complete Mission statement on our Facebook page or website**



## Nebraska Department of Veterans' Affairs

Veterans Crisis Line 1-(800) 273-8255

Press (1)

[Text Link](#)

### **Benefits and Services Overview**

Part of our mission is to help veterans identify and access benefits. There is a wide range of county, state, and federal benefits related to education, employment, finance, health care, housing, legal assistance, recreation, taxes, and more. Use our Benefits Expert to help guide you to the benefits you're interested in or learn about some of the most-used benefits. If you have additional questions, don't hesitate to contact your [County Veterans' Service Officer](#) or a [State Service Officer](#).  
<https://veterans.nebraska.gov/benefits>

### **Resources for Military Families**

The Nebraska Department of Veterans' Affairs is dedicated to serving our state's military families. Below are various state and federal resources available to spouses and dependents of active-duty military and veterans.

**Table of Contents** <https://veterans.nebraska.gov/military-families>

**.Additional Resources** <https://veterans.nebraska.gov/resources>

The Elizabeth Dole Foundation has set up a major campaign to bring attention to military and veteran caregivers and help them get connected to helpful resources and support.

NDVA honors Nebraskans who have lost their lives in service to our country since 2003 with a commemorative page on our website

Navigating the disability claims and appeals process can feel like an overwhelming task. NDVA created this guide to help veterans and family members better understand disability compensation and pension claims submitted to the United States Department of Veterans Affairs. **Health::** Lutheran Family Services, Defense and Veterans Brain Injury Center, NAMI - Nebraska, Nebraska Association of Local Health Directors, Nebraska Department of Veterans' Affairs, US Department of Defense, US Department of Veterans Affairs, Veterans in the Community

**Members- Coping With Stress during COVID-19.ppt** [Members- Coping With Stress during COVID-19.ppt](#)

**Department of Health and Human Services** <https://dhhs.ne.gov/Pages/Military-Families.aspx>

The Department of Health and Human Services is proud to work with the Department of Veterans Affairs to support military personnel and their families.

Have you or a family member ever served in the military? Listed below are military- and veteran-specific resources from state agencies and organizations across Nebraska.

**Crisis Intervention**

**[Nebraska Department of Veterans' Affairs \(NDVA\)](#)**

**Emotional Support**

**Employment**

### Ask The Question

Nebraska Department of Veterans' Affairs <https://veterans.nebraska.gov/>

Search Nebraska Veterans' Affairs Website **Search form**

"Ask the question" on intake forms and interviews where appropriate to help veterans and their families connect with services and benefits available to them.

#### **Is there information I should provide to someone after I "ask the question?"**

Please provide the individual with the contact information listed below or the [provided trifold pamphlet](#) with information on veteran benefits to military, veterans, and/or family members who self-identify after you "ask the question."

## **Search Results**

### **Mental Health and Substance Use Treatment (Outpatient Services)**

There is a wide variety of behavioral and mental health resources throughout the state, including resources for housing assistance, substance abuse treatment, transportation, community support, and more. Select one of the state's six behavioral health regions on the map below to see what resources are available in that area.

Disclaimer: These resources are not managed or delivered by the Nebraska Department of Veterans' Affairs. While we strive to keep this list up to date, these resources are subject to change at any time by the organizations that provide them. See something that's incorrect? Please [contact our webmaster](#) to let us know.

#### **Resources Behavioral and Mental Health Resources**

Nebraska is divided into six behavioral health regions, each with its own variety of behavioral and mental health resources. Use our [resource map](#) to see what services are available in your area and across the state.

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### **National Center for PTSD - U.S. Department of Veterans Affairs**

Meet Sam, who recently returned from Iraq. For many people, being in a busy or crowded place feels comfortable, but not for Sam. Learn more about Sam's story with PTSD:

[https://www.youtube.com/watch?v=YMC2jt\\_QVEE\\_srel/pressrelease.cfm?id=5728&](https://www.youtube.com/watch?v=YMC2jt_QVEE_srel/pressrelease.cfm?id=5728&)

The National Center for PTSD conducts research and provides education on the prevention, understanding, and treatment of PTSD.

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### **Douglas County Nebraska Veterans Treatment Court**

#### **Douglas County Nebraska Veterans Treatment Court**

##### **MISSION**

The mission of the Douglas County Veterans Treatment Court is to honor the service of justice-involved veterans by providing a rehabilitative program that combines intensive judicial supervision and treatment services to address veterans' service-related experiences and enhances public safety by returning law-abiding and productive citizens to the community.

<https://www.dc4dc.com/douglas-county-veterans-treatment-court>

#### **Veterans court a big step forward in Central Nebraska**

The creation of the Central Nebraska Veterans Treatment Court is a major step forward in helping local veterans who are struggling with substance abuse and mental health issues

Now, this focus on structure and discipline will be available to veterans in Hall and Buffalo counties who have been arrested for a felony and want to remove it from their record.

It is not known how many veterans will participate in the program to start, but Carson says they hope to get up to as many as 30 participants at a time in central Nebraska.

"The community cares about our veterans and wants to see our veterans succeed," Carson said.

"Certainly, through involvement in the military, through active combat, for example, there are a host of issues veterans have to deal with."

**MORE:**

<https://tinyurl.com/yj8c4ado>

## **Lancaster County Veterans Treatment Court**

<https://www.lancaster.ne.gov/961/Veterans-Treatment-Court>

The mission of the Lancaster County Veterans Treatment Court is to honor the service of justice-involved veterans by providing a rehabilitative program that combines intensive judicial supervision and treatment services to address veterans' service-related experiences and enhances public safety by returning law-abiding and productive citizens to the community.

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### **Subject: Open Season**

#### **1. Time to review your options for Federal Dental and Vision (FEDVIP) during the Open Season (8 Nov - 13 Dec 2021)**

For changing your plan or for enrollment, check your eligibility.

Dental is available for those not enrolled in TRICARE.

Eligibility: <https://www.benefeds.com/education-support/eligibility>

**Information on the available plans:** <https://www.benefeds.com/>

<https://www.tricare.benefeds.com/>

<https://www.opm.gov/healthcare-insurance/dental-vision/>

**Premiums:** <https://www.opm.gov/health.../dental-vision/plan-information/>

#### **2. Open Season for Tricare Select (8 Nov - 13.ec 2021) for those age 60+ and not Medicare eligible - premium enrollment fee began 1 Jan 2021.**

<https://www.tricare.mil/Plans/Enroll/OpenSeason>.

TRICARE Select Group A (does not include TRICARE for Life) must pay monthly enrollment fees.

Enrollment fees annually of \$150 for an individual and \$300 for family coverage.

> If you are covered under Medicare and TRICARE for Life (TFL) this will not affect you. BUT, if you have a spouse or family member not under TFL and utilizing TRICARE they will pay an enrollment fee.

Example: You are 65 on Medicare and TFL and your spouse is 64 not on Medicare. Your spouse would be on TRICARE Select with an enrollment fee until covered under Medicare and then TFL. Cost is waived for survivors, medically retired retirees, or family members.

First Time Eligible Enrollment: Turning at age 60 and filing for retirement or retiring from active duty, you are responsible for signing up for the TRICARE medical benefits.

It is not automatic. <https://www.tricare.mil/LifeEvents/Retiring/GuardReserve>

**a. You have 90 days from the Qualifying Life Event (QLE) to enroll in TRICARE and DEERS (getting your ID card).**

**b. If you wait and do not file for your age 60 retirement and wait until you are 62 your QLE is still when you turned 60. This means you will have to wait until an Open Season or another QLE.**

**c. If you have not enrolled and used your ID card for TRICARE at a civilian facility because it has a medical "benefits number" on the back, it will still be your responsibility for the bill.**

**d. Enrollment is online, call or mail in a form.**

**3. Tricare 2022 Pharmacy cost changes:** <https://newsroom.tricare.mil/.../tricare-pharmacy...>



### **Nebraska Department of Labor**

We're hiring! NDOL has a couple of great opportunities to join our agency as an Accountant II or Research Analyst II. Visit <https://statejobs.nebraska.gov/> and apply today.

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## **White House, Congress Clash over How to Combat Extremism in the Military**

8 Nov 2021

Military.com | By [Rebecca Kheel](#)

House Democrats and the Biden administration agree extremism in the military is a problem. But they don't agree on what to do about it.

Language in the House-passed version of a massive annual defense policy bill aims to give the military more tools to root out extremists in the ranks by creating a new office in the Pentagon; requiring more training and data collection; and clarifying that service members cannot be members of extremist groups. The White House, though, has said it opposes the changes even as it said it agrees with lawmakers' goals.

**MORE:**

<https://tinyurl.com/yzm8x4lh>**MORE:**

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## **Medicare Part B premiums for 2022 jump by 14.5% from this year, far above the estimated rise in cost**

Published Fri, Nov 12 2021 6:00 PM EST

KEY POINTS

- The standard premium for Part B will be \$170.10 next year, far above the earlier estimate of \$158.50.
- The jump is attributed to several different factors.
- The deductible for Part B will be much higher as well.

The standard premium for Medicare's outpatient care coverage will jump by 14.5% for 2022, far outpacing an earlier estimate of 6.7%, according to the government.

The standard premium for Part B, which covers outpatient care and durable equipment, will be \$170.10 next year, up \$21.60 from \$148.50 this year, said a senior official for the Centers for Medicare & Medicaid Services on Friday. The program's trustees had estimated this summer that the premium would rise to \$158.50.

The deductible for Part B will be \$233, up \$30 (14.8%) from this year.

• **MORE**

<https://www.cnbc.com/amp/2021/11/12/medicare-standard-part-b-premiums-for-2022-jump-by-14point5percent-.html?fbclid=IwAR0d4tsDRPgwn6wriRscmhCWpwfJEZRkF5GkJ7uKVIFD0VmahUXxZ9gAbMs>

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## **Congress Addresses Military Food Insecurity, Basic Needs Allowance in NDAA**

21 Oct 2021

Military Families Magazine | By Nikki Davidson

Military spouses will soon have more opportunities to get a job with the federal government, including telework or remote work positions.

The Office of Personnel Management will drop the geographical and relocation requirements spouses needed to use the Military Spouse Non-Competitive Appointment Authority in the past. This means spouses will no longer need relocation (PCS) orders to a specific area to be eligible for non-competitive federal employment consideration. The change will go into effect Oct. 21 and expires on Aug. 13, 2023.

<https://www.military.com/daily-news/2021/10/21/opm-rule-change-military-spouses-predicted-be-game-changer.html>

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## **Veterans' foundation gives \$250,000 toward Midlands Hospital healing pavilion**

Just in time for Veterans Day, the Veterans United Foundation honored veterans by donating \$250,000 toward the construction of a healing pavilion at Midlands Hospital in Papillion.

The pavilion, which will be an outdoor gathering space for patients, families and employees, is part of the new Veterans Administration Community Living Center project at the hospital.

Located just miles away from Offutt Air Force Base, the center is slated to open next spring. The agreement calls for CHI Health to make approximately \$11 million in improvements to the two floors. The VA would then lease the space for 10 years with an option to extend the lease

**MORE**

<https://tinyurl.com/yhyaktdw>

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### **Nebraska Veterans' Homes**

<https://veterans.nebraska.gov/homes>

<https://veterans.nebraska.gov/cnvh-newsletter-archive>

Nebraska's state veterans' homes offer top-of-the-line domiciliary, intermediate, and skilled nursing care for the men and women who have served our country, as well as eligible family members. The four homes are located in Bellevue, Norfolk, Kearney, and Scottsbluff to provide care to veterans across the state.

[#CYMI](#)- For the [@Huskers](#)

**Military Appreciation Game, Director Hilgert sat down with the Husker Radio Network to talk about **wage increases at our veterans' homes, ways**** [#Nebraska](#) thanks [#veterans](#), and more.

Check it out! <https://youtube.com/watch?v=xrTBmmHS7a0> [#Huskers](#)

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### **Midlands Voices: Initiative to support Nebraska veterans in cyber-related careers**

Our country faces a persistent cyber workforce crisis. An estimated 500,000 cybersecurity positions are unfilled across the public and private sectors. According to Microsoft, more than one out of every 20 open jobs in the U.S. is a cybersecurity job. The National Initiative for Cybersecurity Careers and Studies highlights that the demand for cybersecurity expertise is growing 12 times faster than the current U.S. job market. And the average salary for cybersecurity professionals is \$116,000, nearly three times the national average.

Military veterans who volunteered to protect this nation inherently understand the necessity for establishing and maintaining a defensive posture in a world of perpetually evolving threats. Veterans have been highly trained in leadership, problem-solving, adaptability and teamwork and are committed to keeping our country safe. This makes them ideal candidates to leverage those skills in critical cybersecurity roles.

However, veterans often find it challenging to navigate available resources and take advantage of opportunities necessary to jump-start a career in cybersecurity.

**MORE**

<https://tinyurl.com/yfxbbrqx>

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### **U.S. Department of Housing and Urban Development-VA Supportive Housing (HUD-VASH) Program**

HUD-VASH is a collaborative program between HUD and VA combines HUD housing vouchers with VA supportive services to help Veterans who are homeless and their families find and sustain permanent housing.

Through public housing authorities, HUD provides rental assistance vouchers for privately owned housing to Veterans who are eligible for VA health care services and are experiencing homelessness. VA case managers may connect these Veterans with support services such as health care, mental health treatment and substance use counseling to help them in their recovery process and with their ability to

maintain housing in the community. Among VA homeless continuum of care programs, HUD-VASH enrolls the largest number and largest percentage of Veterans who have experienced long-term or repeated homelessness. At the end of FY 2021, over 105,000 subsidized housing vouchers were allocated to HUD-VASH with more than 80,000 formerly homeless Veterans living in their own permanent housing as a result of this partnership between HUD and VA.

**MORE**

<https://www.va.gov/homeless/hud-vash.asp>

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## *Heartland of America Chapter - Ne 02*



***The Newsletters are posted monthly at the following link.***

[http://www.heartlandmoaa.us/?fbclid=IwAR2TQtRHcXjGeSWepMDkHK9RUE79C7-Xg4D2StNO2dZ-RdbD\\_d3hFb0z4rs](http://www.heartlandmoaa.us/?fbclid=IwAR2TQtRHcXjGeSWepMDkHK9RUE79C7-Xg4D2StNO2dZ-RdbD_d3hFb0z4rs)

MOAA, the Military Officers Association of America, a non-profit, non-political organization whose mission is to NEVER STOP SERVING the members of the uniformed services—active duty, former & retired, National Guard & Reserve & their families & survivors. MOAA is dedicated to preserving their earned entitlements & to maintain a strong national defense. An affiliate, The Heartland Chapter Mission is the same & meets at Anthony's Steak House, 72nd & F, Omaha, Neb. Content is from members, MOAA's Take Action, Legislative Action Center, and other military-oriented sources. The material used is public domain or attributed as to source and copyright. Our editorial policy is the same non-partisan policy as MOAA.

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## ***Army Echoes***

**THE OFFICIAL NEWSLETTER  
FOR RETIRED SOLDIERS,  
SURVIVING SPOUSES & FAMILIES  
THE OFFICIAL NEWSLETTER  
FOR RETIRED SOLDIERS,  
SURVIVING SPOUSE**

Army Chief of Staff Gen. Maxwell D. Taylor created the Retirement Services Office at Army Headquarters in 1955. He approved the creation of the Retired Army Personnel Bulletin in 1956 to communicate with the Army's fifty thousand Retired Soldiers. Back then, Retired Soldiers didn't move frequently and printed news and AM radio were the only mass media. Gone are the days when the Army would wrap the four-page Retired Army Personnel Bulletin around each Retired Soldier's monthly retirement check and mail it to their home of record feeling confident that they would read the Bulletin and learn about changes in their benefits and how they could continue to serve the nation.

Today, communicating with 1.25 million Retired Soldiers and surviving spouses who have varying levels of comfort with technology is a challenge. Further complicating communications are more frequent household moves and the myriad locations where the Army's retired community lives from Australia and Kyrgyzstan to Mali, Germany and the United States.

The sheer cost of printing and mailing Army Echoes – \$2 million in 2010 – means that the Army and its retired community must learn to communicate using other media, such as email, the internet, social media, and text messaging.

The Department of Defense systems that enable these communications have not always kept pace. This was the top concern that the Army Chief of Staff's Retired Soldier Council discussed with Army Chief of Staff Gen. James C. McConville the last two years.

**MORE**

<https://soldierforlife.army.mil/Documents/echoes/latest.pdf>

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## ***The Army is reviewing its height and weight standards for the first time in decades***

The Army has kicked off a study of the service's current height and weight requirements, which could eventually end in a change to the standards for the first time in decades.

Questions about changing the height and weight requirements have been brought up regularly to Sgt. Maj. of the Army Michael Grinston as he's visited soldiers at various installations over the last several

months, Grinston said last week at Fort Bragg, North Carolina. The standards haven't been reviewed in roughly 30 years, and Grinston admitted that while he originally thought soldiers were asking to "get bigger," he found that what they were really asking is, "Do we have the height and weight tables right?"

**MORE**

<https://taskandpurpose.com/news/army-body-composition-study/>

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## ***Does The Army Guard Need More Soldiers? Maybe, Top General Says***

**Top Story**

[Hokanson discusses readiness for Guard's 3 core missions](#)

National Guard and Reserve service members have been called upon for multiple demands at home and abroad over the past few years, demonstrating how much they are needed as part of the military's obligations. "[W]e must be ready to execute our three core missions: fighting America's wars; securing the homeland, and building enduring partnerships that support our nation's strategic objectives," wrote National Guard Bureau chief Gen. Daniel Hokanson in the Guard's 2022 posture statement.

**Full Story:** [The War Horse](#) (10/21)

**In the Pentagon**

[Moving to civilian care could hurt TRICARE members](#)

Plans to move some military health care beneficiaries to civilian care would significantly affect health care outcomes, according to a report funded by the Pentagon and published in the Health Services Research journal. "Simulations of proposed changes resulted in consistently worse outcomes for Military Health System patients, whether reducing MTF access by 10%, 20%, or 50% nationwide; limiting MTF access to active-duty beneficiaries; or closing MTFs with the worst performance on patient safety," the study says.

**Full Story:** [Federal News Network/WFED-AM \(Washington, D.C.\)](#) (10/25)

**On the Hill**

[No decision forthcoming soon about Space National Guard](#)

No decision has been finalized regarding establishment of a Space National Guard, nor does one appear to be imminent. A House measure that passed recently mandates a Space Guard; scaled-down legislation is working its way through the Senate Armed Services Committee and the Biden administration continues to express opposition to the idea.

**Full Story:** [Politico Magazine](#) (10/21)

**On the Home Front**

[Walk raises awareness of suicide among service members](#)

Licensed independent clinical social worker Lakenya Baker organized a walk around a Delaware Air National Guard air base to bring awareness of suicides among members of the military. The walk, which involved 40 personnel, "reminded us how important it is to foster community connections and strengthen individual and unit resilience to overcome current and future life challenges," said Baker, who is the director of psychological health for the 166th Airlift Wing.

**Full Story:** [US Air Force](#) (10/20)

**Reserve Life**

[Federally deployed Guard troops get Dec. vaccine deadline](#)

Army National Guard troops who will be mobilized on federal orders after Dec. 15 must be vaccinated against COVID-19, based on revisions to a previously published date of June 30, 2022. Air Reserve and Air National Guard troops are required to get their vaccinations by Dec. 2.

**Full Story:** [Military online](#) (10/22)

[Army Guard's top general says force could grow](#)

The Army National Guard's top general said he is not pushing to expand its numbers but he could foresee the force growing from about 335,000 troops to 350,000 over the next few years. "I don't advocate for growing the Army Guard because I'm part of the Army team, and I understand the budget constraints that we have inside the Army right now," Lt. Gen. Jon Jensen said at the Center for Strategic and International Studies.

**Full Story:** [Military online](#) (10/20)

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**U.S. Department  
of Veterans Affairs**

### ***Outreach events***

VA benefits can help Veterans and their families buy homes, earn degrees, start careers, stay healthy, and more. Join an event for conversation and information.

[Upcoming events](#)

[https://www.va.gov/outreach-and-events/events/?fbclid=IwAR1e8IUUE2suD4AmD8QdKFZip\\_0OmE\\_a28sWPn\\_zTet-6VL-zlFUorshWVg](https://www.va.gov/outreach-and-events/events/?fbclid=IwAR1e8IUUE2suD4AmD8QdKFZip_0OmE_a28sWPn_zTet-6VL-zlFUorshWVg)

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## **Senate sends bill to honor 13 service members killed in Afghanistan to**

### **Biden's desk**

Nov. 18 (UPI) -- The Senate has unanimously passed legislation to posthumously award the 13 service members killed in a terrorist attack in Afghanistan Congressional Gold Medals, sending the bill to President Joe Biden's desk to sign it into law.

The bipartisan bill was introduced mid-September by Sen. Elizabeth Warren, D-Mass., and Steve Daines, R-Mont., to award the 11 Marines, one Army soldier and one Navy corpsman killed Aug. 26 in a suicide bombing near Kabul's Hamid Karzai International Airport with Congress' highest form of appreciation. Daines announced the bill's passing on Twitter on Wednesday, nearly a month after the House unanimously passed its companion legislation.

"Today, the United States Senate moved to recognize the courage, sacrifice and service of the 13 brave men and women who were killed in Afghanistan," he said in a statement, The Hill reported. "During a pivotal point for our nation, they gave the last full measure for our freedoms."

#### RELATED

[Florida passes bills to restrict Biden's COVID-19 mandates](#)

The 13 service members were killed while in Afghanistan to aid the U.S. mission to evacuate some 6,000 American citizens and 124,000 Afghans from the country at the end of August amid the U.S. military's exodus from the war-torn nation after it fell to the Taliban.

The legislation stipulates that once the medals have been awarded, they will be given to the Smithsonian Institution where they will be displayed and made available for research.

Congress has commissioned the gold medals since the American Revolution, with recipients including former presidents such as George Washington and Harry S. Truman as well as military and civil rights leaders and entertainers.

#### MORE:

[https://www.upi.com/Top\\_News/US/2021/11/18/senate-bill-gold-medals-service-members/5541637218452/](https://www.upi.com/Top_News/US/2021/11/18/senate-bill-gold-medals-service-members/5541637218452/)

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## **Healthcare in Rural America**

While all veterans are at an increased risk, those living in rural areas, which make up nearly a quarter of the veteran population, are not only at an even higher risk of developing COPD and other lung disease, but they are also more likely to [die from COPD](#). [Nearly 25% of people living in rural areas](#) say that it is hard to find good doctors and hospitals in their community. In comparison, 18% of people living in cities said the same and only 9% of those living in suburbs reported having this problem. It also takes the average rural resident about twice as long as someone living in a city or a suburb to reach a healthcare facility.

### **A Higher Risk**

Why are veterans more likely to have COPD than most of the civilian population? Veterans typically have [higher rates of exposure to hazardous conditions](#) such as oil well fires, sand and dust particles, open-air burn pits, extreme temperatures, and carbon monoxide, increasing their risk of developing lung diseases.

#### MORE:

<https://www.lung.org/blog/rural-veterans-risk-of-copd?fbclid=IwAR1274-uNe5FQQrALINNwRKRfO-kW-rwP5L9EepLrU3Hzr14H5LDuHDdIX4>

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## **Nebraska Veterans Aid Fund (NVA)**

The NVA Fund was established in 1921. This temporary emergency aid fund assists veterans, their spouses, and dependents when an unforeseen emergency occurs disrupting their normal method of living and when other resources are not immediately available. For NVA purposes, veteran means any person who:

1. served on active duty in the armed forces of the United States, other than active duty for training, and who:
  2. was discharged or otherwise separated with a characterization of honorable or general (under honorable conditions) from such service; or
  3. died while in service or as a direct result of such service; or
4. being a citizen of the United States at the time of his or her entry into such service, served with the military forces of any government allied with the United States during any period identified in section 80-401.01 and was discharged or otherwise separated with a characterization of honorable or general (under honorable conditions) from such service.

All income from the fund is used for aid and not for administrative expenses of the fund. Aid can only be used for food, fuel, shelter, wearing apparel, funeral, medical and surgical items. Application must be made through the [County Veterans Service Officer](#) or Post Service Officer of any recognized veterans' organization in the county nearest the applicant's place of residence and submitted to the Nebraska Department of Veterans' Affairs.

#### MORE:

### **Native American Veterans**

During WWII, Native Americans had the highest voluntary enlistment rate of any group — of 350,000 Native Americans in the U.S. at the time, 45,000 enlisted. In some tribes, 70 percent of the men signed up. We honor Native American Veterans who served, and continue to serve in our nation's armed forces. To read more about the many remarkable contributions of Native Americans in the military, visit:

<https://blogs.va.gov/.../category/native-american-veterans/#VHA75>

<https://blogs.va.gov/VAntage/category/native-american-veterans/?fbclid=IwAR33rGc--PSz-yEDY1jufXKGzOpHACuSEnttVOTXbDBZYDFDjxZkE04-2us>

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### **Military Sexual Trauma**

#### **VA Resources**

#### **Beyond MST Mobile App**

Free, secure and private self-help mobile app created specifically to support the health and well-being of survivors of MST. The app has over 30 specialized tools and other features to help MST survivors cope with challenges, manage symptoms, improve their quality of life and find hope. Users do not need to create an account or be in treatment to use the app. Any personal information entered in the app is not shared with anyone, including the VA.

**MORE:**

**<https://tinyurl.com/y2ouofvs>**

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#### **Visit Our Website**

**<http://www.nebraskaveterans.org>**

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