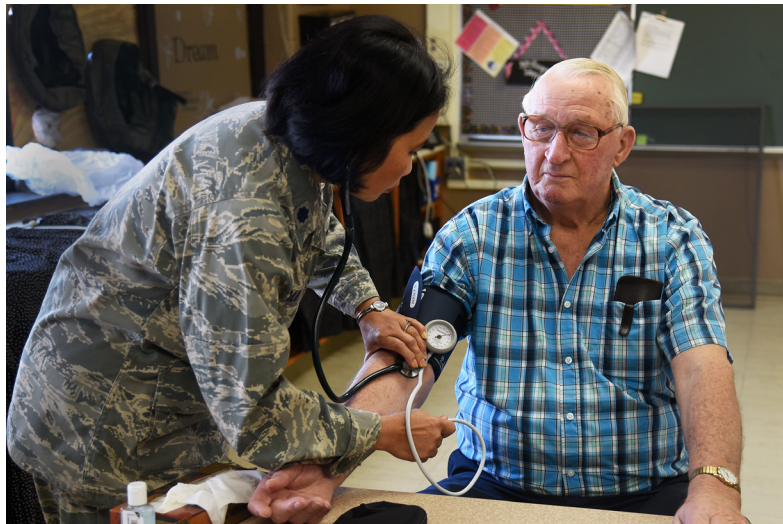


DMAVA HIGHLIGHTS

AUGUST 5, 2016



IRT: Serving the underserved



Above: Capt. Saurin Patel, left, 108th Medical Group, New Jersey Air National Guard, assists Karen Brown with an eye exam during the Healthy Cortland 2016 Innovative Readiness Training mission at Homer Intermediate School, Homer, N.Y., July 20, 2016. (U.S. Air National Guard photo by Tech. Sgt. Matt Hecht/Released) **Top right:** Lt. Col. Mauricia Alo, 108th Medical Group, measures Ira Holl's blood pressure at Homer Intermediate School July 19, 2016. To see an interview with Alo, click on the photo to go to the 108th Facebook page. (U.S. Air National Guard photo by Senior Airman Julia Santiago) **Right:** Patel checks Ira Holl's eyes to see what prescription he will need, July 19, 2016. (U.S. Air National Guard photo by Senior Airman Julia Santiago) **Below:** Maj. Jessica Bramlette, left, a dentist assigned to the New Jersey Air National Guard's 177th Medical Group, and Spc. Zhuhying Deng, a dental assistant with the U.S. Army Reserve's 7234th Medical Support Unit work on a patient at Homer Intermediate School. Healthy



Cortland and Greater Chenango Cares IRTs are events designed to provide real-world training in a joint civil-military environment while delivering medical care to the people of Homer and Norwich, N.Y., from July 15-24, 2016. During the event, community members were able to take advantage of medical, dental, optometry, and veterinary services at no cost, even if they had medical insurance, were underinsured, or uninsured. Click on any photo to see a video about the mission. (U.S. Air National Guard photo by Tech. Sgt. Matt Hecht/Released)

Cover: Remember

A Korean War veteran seeks out the name of a fallen comrade during the National Korean War Veterans Armistice Day ceremony at the New Jersey Korean War Memorial, Atlantic City, N.J., July 27, 2016. To see a video of the ceremony, click on the cover to go to the NJDMAVA Facebook page. (U.S. Air National Guard photo by Tech. Sgt. Matt Hecht/Released)



Rachel Miller, 30, holds up her scarred arm and anti-suicide tattoo, July 19, 2016. Miller has suffered for years from mental health issues, and had attempted suicide in the past.

Military gift of hope for hardscrabble town

**Story and photos by
Tech. Sgt. Matt Hecht
108th Wing Public Affairs**

Corporate America abandoned this area years ago, closing factories and taking many of the jobs and healthcare options that came with them.

Now, nearly one in three people in this rural farming community near the New York Finger Lakes region are without jobs or access to a regular doctor. Many have been addicted to meth or heroin. Some have lost hope.

After being identified as an underserved community, residents of Cortland and the surrounding areas were given the opportunity to visit service members at "Healthy Cortland," an Innovative Readiness Training exercise at the intermediate school in neighboring Homer, where they could see a dentist, optometrist, and medical specialist, all at no cost. Those that owned cats or dogs, could bring them in for spaying or neutering by military veterinarians. The Innovative Readiness Training team was made up of U.S. Army Reserve, U.S. Navy Reserve, and New Jersey Air National Guardsmen from the 108th Wing and 177th Fighter Wing Medical Groups.

This town is struggling majorly. These kind of events give people hope.

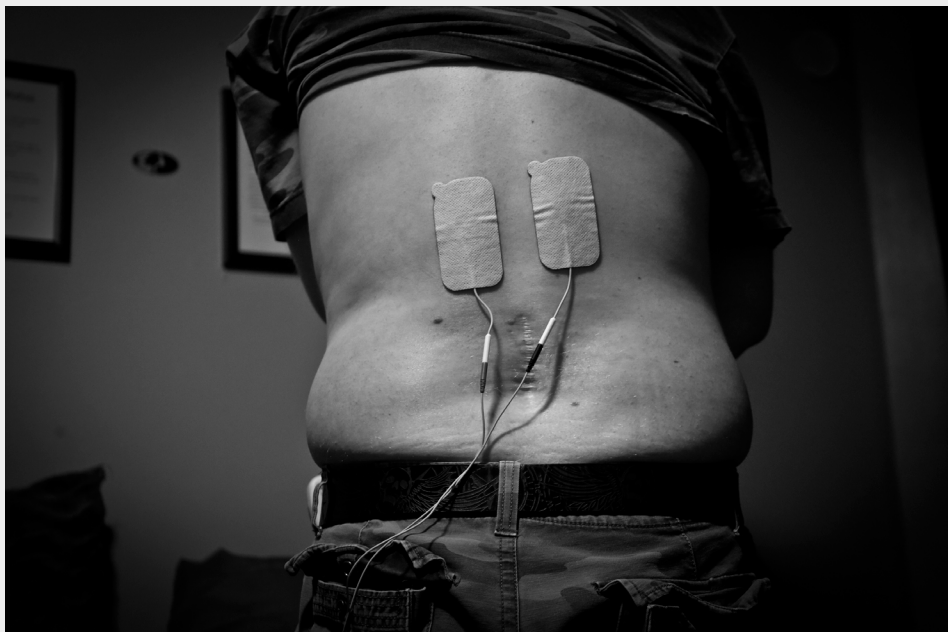
"This is one of the reasons why I joined the military," said U.S. Army Reserve Capt. Michael Cruppenink, the exercise commander at Cortland. "To go to different places to provide healthcare to people who don't always have access to it."

Matt Nichol, 38, and girlfriend Rachel Miller, 30, both from Cortland, came out to take advantage of the services being provided. Nichol and Miller are both on disability, unable to work.

"I saw a therapist named Troy, he was absolutely amazing," said Miller, who has suffered for years with mental illness. "He really listened to what I had to say, and really wanted to hear about my story, and actually lost track of time and didn't want to take me away from everything else, he was the first

Continued on Page 3

IRT brings hope to Cortland



Matt Nichol, 38, shows scars from back surgery and the electroshock device used to decrease his back pain, July 19, 2016. Nichol has ruptured discs from years of farm work and hard labor.

“I would like to be able to work, and take care of myself, and be able to afford a better life for us.”

Matt Nichol

Continued from Page 2

gentleman I saw after medical. It was some of the best therapy I’ve ever had.”

Nichol and Miller rent a small, one bedroom apartment in Cortland, right next to a busy main road. To pass the time, they watch movies, and Miller draws as part of her therapy. They barely get by with disability and food stamps.

“I would like to be able to go back to work,” said Nichol, who has struggled with ruptured discs from years of working on a farm. “Do some kind of job. Having the injuries I have, I’ll never be able to do physical labor. I love working with my hands. That’s what I’ve done my whole life, and now I have to learn how to use my brain for a job. I would like to be able to work, and take care of myself, and be able to afford a better life for us.”

Nichol showed the electroshock device he wears, to help manage back pain.

“Severe chronic pain takes away your ability to concentrate, and things that used to be fun aren’t fun anymore, and that’s where the depression comes from. Everything you loved to do...it feels like it’s stolen from you,” said Nichol.

Miller suffers from Lupus, a disease in which the immune system becomes hyperactive and attacks healthy tissue.

“I get sores in my nose, all over my body, my lymph nodes swell, and my hair falls out,” said Miller. “Clumps of my hair fall out in the shower. My joints and muscles are affected, and I get tired easily.”

Both Nichol and Miller hoped to see the

Department of Defense return to Cortland.

“This town is struggling majorly,” said Miller. “These kind of events give people hope.”

Nichol and Miller were very grateful for the care they received from the Healthy

Cortland event, especially the new pairs of eyeglasses.

“We wouldn’t have been able to afford these glasses on our own,” said Nichol. “It makes a big difference, it’s a very special thing that we don’t take for granted.”



Rachel Miller, 30, left, and Matt Nichol, 38, look at a black and white print of a photo taken by Miller’s father, July 19, 2016. Miller and Nichol are both on disability, and live in a small one bedroom apartment in Cortland, N.Y. Nearly one in three residents of Cortland are at or below the poverty line. Miller and Nichol attended the Healthy Cortland Innovative Readiness Training event aimed at Cortland residents, which included military service members providing no cost medical, dental, optometry, and veterinary care. Click on any photo to see a video about the mission.

VA GENOMIC PROGRAM

From the U.S. Department of Veterans Affairs

The U.S. Department of Veterans Affairs' [Million Veteran Program](#) (MVP) reached an important milestone when an Army veteran from Montgomery, Alabama, became the 500,000th veteran to voluntarily enroll in the research database program – making MVP the largest genomic database in the world.



Launched in 2011, and part of the [White House Precision Medicine Initiative](#), participants donate blood from which DNA is extracted. A baseline and periodic follow-up surveys track veterans' military experiences, health, and lifestyles. Researchers believe the information contained in the database could hold the key to preventing and treating diseases.

The goal of MVP is to better understand how genes affect health and illness in order to improve health care for veterans. Participation in MVP is entirely voluntary and will not in any way affect veterans' access to health care or benefits. MVP has extensive safeguards in place to ensure information security and patient confidentiality are top priorities. MVP is a research program that could allow current veterans to help transform health care, not only for themselves, but for future generations of veterans.

"Our veterans continue to demonstrate their selfless sacrifice, and the nation has yet another reason to owe them a debt of gratitude," said VA Secretary Robert A. McDonald. "Many of our veterans have saved lives on the battlefield and because of their participation in MVP, their participation has the potential to save countless lives – now and for generations to come."

As part of the program, participating veterans grant researchers secure access to their electronic health records and agree to be contacted about participating in future research. Samples and data used are coded to protect participants' identification and privacy.

Samples and health information will be available to researchers at VA, other federal health agencies, and academic institutions within the U.S. for future research projects approved by appropriate VA oversight committees. Researchers will be granted access to coded samples and data for only those research studies into the causes and treatment of disease that meet all ethical, scientific, and regulatory criteria for approval by VA and other overseeing agencies and institutions. Researchers who are approved access to analyze samples and data will not receive the name, address, date of birth, or social security number of participating veterans.

Research using MVP data is already underway, studying a range of medical issues like mental illness and heart and kidney diseases. The program also has rich data on various health conditions that are common in veterans. Approximately 62 percent of MVP enrollees report a current or past diagnosis of high blood pressure and about a third report tinnitus. Also, nearly a third or 32 percent of veterans present with a history or current diagnosis of cancer.

"We believe MVP will accelerate our understanding of disease detection, progression, prevention, and treatment by combining this rich clinical, environmental and genomic data," said Dr. David J. Shulkin, VA Under Secretary for Health. "VA has a deep history of innovation and research. MVP will allow the nation's top researchers to perform the most cutting-edge science to treat some of the nation's most troubling diseases."

Upon receipt, the blood samples will be processed to obtain DNA and other materials that may be stored indefinitely until they are used up for research studies or they are no longer of scientific value. If a veteran

FAQs

How do I participate?

Veterans who are users of the VA health care system at one of the enrolling sites are able to participate at this time. MVP is rolling-out at VA medical centers across the nation. Once a site is open for enrollment, veterans who are users of the VA health care system at that site will receive an invitation by mail to volunteer in MVP. If you are a veteran who receives health care at an enrolling site but have not received an invitation, you can schedule an appointment by calling toll-free 1-866-441-6075, or walk-in to your local MVP clinic to participate today ([directions to the clinics can be found by clicking here](#)).

Do I need to schedule an appointment to participate?

Veterans are welcome to walk-in to their local MVP clinic any day of the week. MVP study visits take approximately 20 minutes to complete.

I've completed the MVP Baseline Survey - do I need to wait for the appointment letter?

Veterans are welcome to walk-in to their local MVP clinic prior to receiving the appointment letter. MVP Staff will be happy to accommodate you.

What are the potential benefits of participating in MVP?

MVP will help researchers better understand the role genes play in our health. For example, this research may tell us why some people are more responsive to certain medicines or why certain individuals are more likely to develop diseases like diabetes or heart disease. Your participation may not immediately benefit you. However, research findings may lead to new ways of preventing and treating illnesses in veterans and all Americans in the future.

What about protecting my privacy?

MVP takes great strides to protect the privacy of every participant in the program. [Learn more.](#)

decides to withdraw from MVP and notifies the VA as instructed during the consenting process, the DNA and other samples will be destroyed so that they cannot be used in any further research.

For more information about MVP, including how to participate, visit www.research.va.gov/MVP/. For information about the 52 VA sites currently enrolled in the program, visit www.research.va.gov/MVP/all-clinics.cfm.

ENROLLS 500,000th VETERAN

Wing brings 1,300 years of experience to Red Flag

Airmen with the New Jersey Air National Guard's 177th Fighter Wing deployed to Nellis Air Force Base, Nev., to participate in Red Flag 16-3, the Air Force's premier air-to-air combat exercise.

*Story and photos by
Senior Airman Shane S. Karp
177th Fighter Wing Public Affairs*

Red Flag is crucial to ensure readiness for less-experienced Airmen who haven't deployed, but in this case the 177th brought something else with them which cannot be taught: More than 1,300 years of cumulative experience between the 127 deployed Airmen from the 177th Maintenance Group.

"With that amount of years of seasoning comes invaluable experience and knowledge, which ultimately amplifies our readiness and effectiveness," said Maj. Brian Cooper, 177th Aircraft Maintenance Squadron Commander.

Cooper spent the first 10 years of his Air Force career on active duty, and describes the 177th as: "One of the best maintenance units in the total Air Force, always ready to provide safe reliable aircraft for anything we are tasked to do."

The Red Flag tempo mimics combat operations; with more than 115 aircraft flying twice a day, both day and night.

This is also where that 1,300 years of experience makes a difference.

It starts with noncommissioned officers like Chief Master Sgt. Timothy S. Donovan, an aircraft systems superintendent with 39 years of maintenance experience with the 177th Fighter Wing.

"I have knowledge and experience based on my position and years on the job," Donovan said. "The key is to be

approachable and look to help and assist when younger Airmen, or anyone else for that matter, are in need of advice, mentoring, or direction."

"Red Flag is very fast-paced, with several different things always needing to be done at the same time," said Airman 1st Class Kirsten Chervenak, a weapons loader. "The exercise helps us be prepared because things are always changing at the last minute; we're constantly alert and ready for anything here."

For the maintainers, there is very little, if any downtime, says Senior Airman Austin Sharpless, a crew chief with two years' experience in the NJANG.

"As soon as the first set of jets take off, we're working on the second jet, making sure they will be good to go later in the day," Sharpless said. "That's what makes exercises like Red Flag so important to us."

"My experience is to act like a guide for the younger Airmen and help ease some of their anxieties," said Master Sgt. Bradley X. Rivera-Reynoso, a weapons specialist with 16 years of experience, eight of which were on active duty and include three combat deployments.

That accumulated experience, coupled with exercises like Red Flag, ensures that the 177th is ready to complete any task, anytime and anywhere.



Senior Airman Jerilyn Co, center, a 177th armament systems specialist, works with her team to load munitions onto an F-16 Fighting Falcon Nellis Air Force Base, Nev., July 20, 2016.

Korean armistice observed



The New Jersey Department of Military and Veterans Affairs held a ceremony at the New Jersey Korean War Memorial, located at the Atlantic City boardwalk, honoring National Korean War Veterans Armistice Day, July 27, 2016. The ceremony included wreath laying followed by the playing of echo taps and bagpipes. (Photos above, right and bottom right by Tech. Sgt. Matt Hecht, New Jersey National Guard Public Affairs/Released) Bottom left: New Jersey Motor Vehicle Commission Chief Administrator Raymond Martinez, right, unveiled the new updated veterans' designation on driver's licenses with Brig. Gen. Michael L. Cuniff, The Adjutant General of New Jersey, left, and Charles Koppelman, commander, Korean War Veterans Department of New Jersey, during the ceremony. (NJDMAVA photo by Kryn P. Westhoven/Released) To see a video of the ceremony, click on any of the pictures to go to the NJDMAVA Facebook page.



Around DMAVA



Klemow #1

Members of the Rutgers University football team visited the New Jersey Veterans Memorial Home at Menlo Park to present resident Sam Klemow with a football jersey made especially for him, with his last name and the #1 on the back of it. Most of the players have met Klemow, a World War II Navy veteran and when the team found out that he was 101 years old, they decided to do something nice for him, and give him an honorary jersey. Since the beginning of June and on every Wednesday, a different section of the Rutgers football team have volunteered their time to the veterans at the facility. (Courtesy photo)

Johnson honored

Veterans Haven South resident Tumar Simmons, left, presents a photo of her late husband to Vrlevie Johnson, widow of former employee Rodney Johnson, who was honored during a ceremony at the facility, July 30, 2016. The Winslow Township facility's mess hall was named in Johnson's honor. Johnson, a former Army specialist who served in Vietnam, was one of the transitional housing programs first residents in 1995. After completing the program, he came back to work for 18 years at the facility. (NJDMAVA photo by Kryn P. Westhoven/Released)



New Jersey Department of Military and Veterans Affairs

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Trenton, NJ 08625-0340

1-888-8NJ-VETS(8387) or www.state.nj.us/military



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Fax: 609-530-6970

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Joseph Brandspiegel, CEO
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Paramus Veterans Memorial Home
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Diane Callaghan, Sec
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Paramus, NJ 07652
201-634-8525 Fax: 201-967-8658

Vineland Veterans Memorial Home
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Sharon Frye, Sec
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856-405-4207 Fax: 856-696-6714

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Cynthia Barnes, Sec
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Fax: 609-530-7075

Brigadier General William C. Doyle Veterans Memorial Cemetery
Ivon Dumas, State Supt - 609-738-2424
Genia DiBella, Sec - 609-738-2404
Cyndi Dzusins, Interment Office Supervisor - 609-738-2407
Dennis Macomber, Honor Guard - 609-758-7505
350 Provinceline Road, Wrightstown, NJ 08562
609-738-2400 Fax: 609-758-0169
Maintenance/Cemeteries/Memorials
Joseph Arroyo & Kenneth Smith Supervisor, 609-738-2408 Fax: 609-758-3490

Vietnam Veterans Memorial
1 Memorial Lane, PO Box 648, Holmdel, NJ 07733
732-335-0033 Fax: 732-335-1107
Korean Memorial
Boardwalk/Brighton Park, Atlantic City, NJ 08401
War World II Memorial
W State Street, Trenton, NJ 08608

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Vacant, Asst, Supt - 609-567-3715
Carisa Shufford, Sec
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Christopher Wambach, State Supervisor - 609-530-6863
Joseph E. Nyzio, VSO - 609-530-6857
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- HOUSEHOLD SIZE BETWEEN 1 AND 4 INDIVIDUALS

Contact: Ashley Griffiths
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VETERANS OUTREACH CAMPAIGN

"VETTE TO VET NIGHT"

Sept. 9, 5 – 8 p.m.
Chatterbox Restaurant,
1 State Route 15
Augusta, NJ 07822)

VETERANS OUTREACH CAMPAIGN & MEDAL CEREMONY

Sept. 20-21, 10 a.m. – 8 p.m. Daily
DMAVA medal ceremony Sept. 20 at 11 a.m.
at Center Court

Bridgewater Commons Mall
400 Commons Way
Bridgewater, NJ, 08807

CHERRY HILL STAND DOWN

Sept. 23, 8:30 a.m. – 1 p.m.
Cherry Hill National Guard Armory
2001 Park Blvd.
Cherry Hill, NJ 08002

VETERANS OUTREACH CAMPAIGN & MEDAL CEREMONY

Oct. *25-26, 10 a.m. – 8 p.m. Daily
DMAVA medal ceremony Oct. 25 at 11 a.m. at Center Court
Ocean County Mall
1201 Hooper Ave.
Toms River, NJ 08753

VETERANS RESOURCE FAIR

Nov. 12, 1 p.m. – 2 p.m.
Jersey City, City Hall
280 Grove Street
Jersey City, NJ 07303

The Enlisted Association of the National Guard of

New Jersey

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SEE YOU AT THE SEAVIEW

Got to www.eangnj.org for information on all weekend events

Highlights submissions deadline
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mark.olsen@dmava.nj.gov

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