



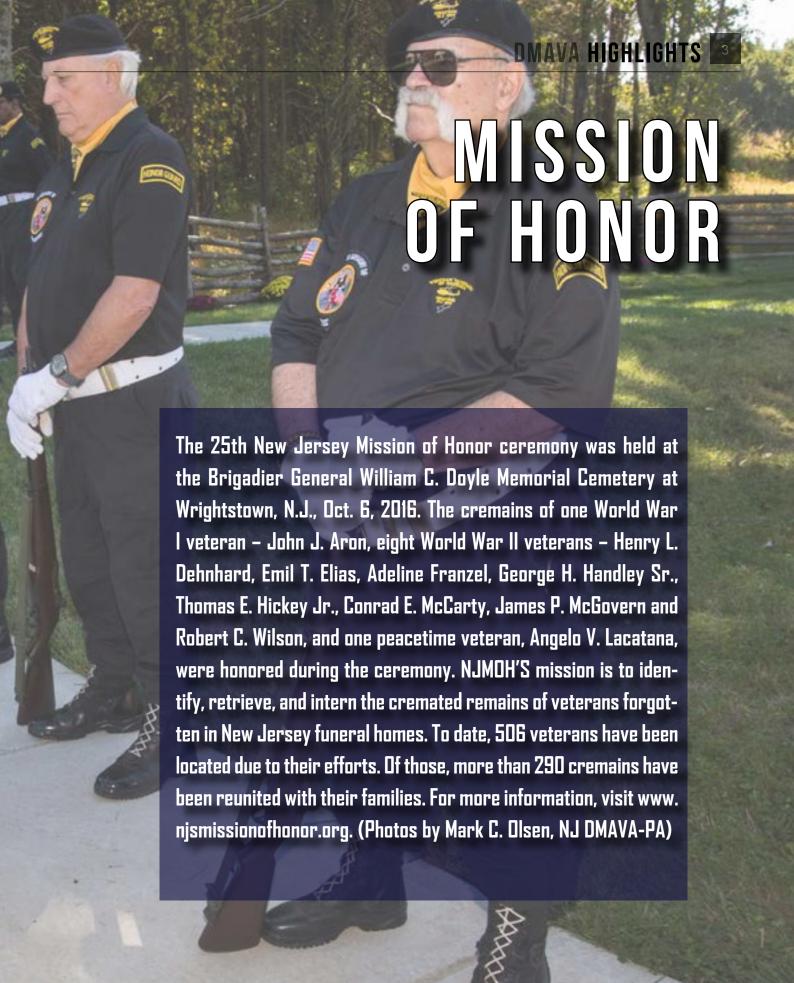
Jerry Skorch, right, Chaplain and Vice Chairman, New Jersey Mission of Honor, presents flags during the 25th New Jersey Mission of Honor ceremony at the Brigadier General William C. Doyle Memorial Cemetery at Wrightstown, N.J., Oct. 6, 2016.

New Jersey Lt. Gov. Kim Guadagno, addresses attendees at the 25th New Jersey Mission of Honor ceremony at the Brigadier General William C. Doyle Memorial Cemetery at Wrightstown, N.J., Oct. 6, 2016.

Members of the Brigadier General William C. Doyle Memorial Cemetery Honor Guard carry the American flag and an urn containing the cremains of a veteran during the 25th New Jersey Mission of Honor ceremony at the Brigadier General William C. Doyle Memorial Cemetery at Wrightstown, N.J., Oct. 6, 2016.







CHALLENGE CLASS 45 BEGINS



A New Jersey Youth ChalleNGe Academy Class 45 candidate has his hair cut during in-processing at the Joint Military and Family Assistance Center at the National Guard Armory in Bordentown, N.J., Oct. 3, 2016.

New Jersey Youth ChalleNGe Academy Class 45 candidates' in-process at the Joint Military and Family Assistance Center at the National Guard Armory in Bordentown, N.J., Oct. 3, 2016. During the next two weeks of the 22-week program, the candidates will undergo an acclimation phase where they will adjust to the program's physical, mental and social discipline. The voluntary educational program provides 16 to 18 year-old high school dropouts a structured residential program in a quasi-military environment where they can earn a general education development diploma. Since 1994, more than 3,750 cadets have graduated from the New Jersey Youth ChalleNGe Academy.

(Photos by Mark C. Olsen, NJ DMAVA-PA)



A member of the New Jersey Youth ChalleNGe Academy cadre addresses a Class 45 candidate during in-processing at the Joint Military and Family Assistance Center at the National Guard Armory in Bordentown, N.J., Oct. 3, 2016.

A New Jersey Youth ChalleNGe Academy Class 45 candidate drags her bag during in-processing at the Joint Military and Family Assistance Center at the National Guard Armory in Bordentown, N.J., Oct. 3, 2016.





Student athletes from Rutgers University in New Brunswick hosted a veterans appreciation day at the Menlo Park Veterans Memorial Home on Oct. 11. "A Day at the Carnival" event included several games from bowling to horse racing for the residents to participant with the college co-eds. Rutgers t-shirts and other items given away as prizes, with Italian ice and pretzels as the featured snacks. The town square of the Menlo home was filled with residents and fellow veterans from the Vineland home, who came up for the fun and games.

(Photos by Kryn P. Westhoven, NJ DMAVA-PA)



THE TOUGHEST MISSION

Story and photo by Mark C. Olsen, NJ DMAVA Public Affairs

In the movies, the toughest mission is the one where they ask for volunteers. Capt. Felicia M. Bittner is one of those volunteers. And the mission she volunteers for always ends in death.

Bittner is a hospice volunteer.

For Bittner, a Senior Intelligence Officer with the 108th Operations Support Squadron, the journey to becoming a hospice volunteer with Caring Hospice Services began when her mother was diagnosed with cancer in 2007.

"My mom was sick for seven years with cancer; my brother and I were her caregivers. She passed two years ago, in 2014, so it was around that time when I started thinking about working with people in hospice care."

Hospice programs provide end-of-life care that focuses on alleviating a terminally ill patient's symptoms, which can be physical, emotional, or spiritual. More than one-third of Americans who are dying utilize hospice.

"Dying people need companionship just like anyone else and most oftentimes in nursing homes they're left alone."

There are many volunteer opportunities in the world; hospice, unfortunately is not usually the first one on most people's list. As a result, it takes a special

kind of person to be a hospice volunteer.

"I didn't realize how comfortable I was around people and with the idea of death. I didn't want to run away. Going through it with my mom, I would've hated it if my mom had been alone. So I reached out."

Hospice volunteers provide emotional support and companionship to patients, as well as provide respite for caregivers and family members involved in the patient's care.

However becoming a hospice volunteer is not an easy task.

"First came the phone interview, then the in-person interview followed by a class. Then they do a background investigation to check if the volunteer has a criminal history."

That's just the first step.

"Then you go for a basic physical, blood tests to make sure you don't have any infectious diseases. Then you have a four-hour training class with the volunteer coordinator, where they go over different scenarios in case you are put in a position of talking with someone with different religious or family history sensitivities. You never know what a family is experiencing, especially with sickness and death, a lot of people handle it differently."

And because people handle death differently, this can lead to friction.

"Your role as a patient companion is just that: Its' not to upset anyone or get involved in any family gossip. Just go in and be a listener."

During the two years Bittner has volunteered as a patient companion, she has worked with nine patients. Currently she is seeing three patients a week.

"You want to be there as a presence so they are not alone. I go into the nursing home, usually I'll find someone either sitting in a bed or a chair, and I pull up a chair next to them and I ask them how their day is. Sometimes they talk and sometimes they don't, I just hold their hand."

"I'll be there anywhere from 30 minutes to an hour per patient, per week. So I am visiting them four times a month. I don't view it as a chore, it's a privilege for me that this stranger who doesn't know me, will let me sit with them."

Some patients are non-responsive.

"The one that sticks out, he was a huge fan of Peanuts (the cartoon strip). His room had Snoopy stuff everywhere, so I said 'I see you like Snoopy' and he would just mumble "Snoopy' but he was never aware enough to talk to me. So I just held his hand and I'd talk about the different Snoopy things in his room."

And then there are the patients who aren't even that fortunate, the ones that don't have any family close by, or even



have anything from their lives in their room.

"One patient's room was bare. I couldn't get her to respond in any way. So I just held her hand. I didn't start seeing her until within a few days of her passing.

There are also patients who are veterans who would benefit from volunteers.

The amount of time Bittner volunteers is based on her military, family and school schedules. Currently, Bittner is working on her masters' in public service leadership with a non-profit management specialization. She has been with the 108th for 19 years.

What might seem strange to people is that there is also a positive side to being a hospice volunteer.

"One patient had a big impact on me. She told me all about her childhood in New York and how she grew up outside of Central Park. She went on to be a psychiatrist. I joked with her if I should lay down on the couch when we were talking and she laughed."

That positive side, according to Bittner is it changes your focus on life.

"I spend as much time as I can with my kids because we get one shot, I am not going to be this age again, my kids aren't going to be this age again. I don't get a second chance for this day and who knows what's going to happen."

"That's the effect my patients and my mom have had on me."

This is the part of the story where instead of this being about Bittner, Bittner makes a direct appeal to you, the reader, about the need for more hospice volunteers. Even one more volunteer would make a difference.

"There's a lot of people out there in their 80s and 90s and they are the only one in their family left. If that speaks to someone and they have the desire to sit, there are a lot of people willing to tell their stories."

And while volunteerism has a positive side, it is also a very individual experience.

"I don't think that people should feel the way I do, because my perspective is very personal. I almost feel selfish, because I feel so good after sitting with someone. I thank them every time I go "thank you for letting me sit with you today, I really appreciate your time."

For Bittner, its' all about making a difference performing that toughest mission.

"In the intel world, there's never good news when we brief senior leadership; it's not happy, it's bad or dangerous. So what do you counter that with – love and kindness. I can't change what's happening, but I can go and sit in a nursing home and offset some of the bad in this world."

VETERANS AFFAIRS



AMERICAN LEGION COMMANDER VISITS DOYLE



Plven Dumas, superintendent, Brig. Gen. William C. Doyle Veterans Memorial Cemetery, right, briefs American Legion state commander Roger A. Gengaro and other senior leaders of the Department of New Jersey. During

the orientation Dumas talked about the history and future of the busiest state veterans' cemetery in the country. Photo by Kryn P. Westhoven, NJDMAVA-PA

VETERANS OUTREACH SCHEDULE

OCTOBER 25, 2016

"BOOTS TO BUSINESS"

PROGRAM DESIGNED FOR VETERANS WHO WANT TO START,

EXPAND OR PURCHASE A SMALL BUSINESS 8:00a.m. - 5:00p.m.

DMAVA WILL HAVE A VSO PRESENT TO HELP AND ASSIST ANY VETERAN

American Legion Post 281, 2102 Chews Landing Road, Blackwood, NJ 08012

OCTOBER *25 & 26, 2016

OCEAN COUNTY MALL (Medal Ceremony Tentative)

VETERANS OUTREACH CAMPAIGN & MEDAL CEREMONY

10:00a.m. - 8:00p.m. Daily

DMAVA MEDAL CEREMONY ON TUESDAY, OCTOBER 25 @ 11:00a.m. (Center Court)

DMAVA WILL HAVE A VSO PRESENT TO HELP AND ASSIST ANY VETERAN

1201 Hooper Ave., Toms River, NJ 08753 (Ocean County)

OCTOBER 27, 2016

VETERAN CAREER AND RESOURCE EVENT AT SUN NATIONAL BANK CENTER -

TRENTON

HOSTED BY THOMAS EDISON STATE UNIVERSITY

11:00a.m. - 6:00p.m.

DMAVA WILL HAVE A VSO PRESENT TO HELP AND ASSIST ANY VETERAN

81 Hamilton Ave., Trenton, NJ 08611 (Mercer County)

NOVEMBER 7, 2016

"BOOTS TO BUSINESS"

PROGRAM DESIGNED FOR VETERANS WHO WANT TO START.

EXPAND OR PURCHASE A SMALL BUSINESS

DMAVA WILL HAVE A VSO PRESENT TO HELP AND ASSIST ANY VETERAN

American Legion Post 279, 133 Main Street, Lincoln Park, NJ 07035

HELPFU INFORMATION

New Jersey Department of Military and Veterans Affairs

PO Box 340 Trenton, NJ 08625-0340

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



Raymond L. Zawacki, Deputy Commissioner for Veterans Affairs (609-530-7062) Cheryl Henderson, Executive Secretarial Assistant (609-530-7045) Chuck Robbins, Assistant to DCVA/Outreach Coordinator (609-530-6855)

Fax: 609-530-7191

Colonel Edward J. Chrystal Jr., Director

609-530-6967 Donna Myers, Sec 609-530-6766 Virginia Fiess, QA Coordinator 609-530-6979 Fax: 609-530-6970

Menlo Park Veterans Memorial Home Joseph Brandspiegel, CEO Jennifer Pajak, Sec

132 Evergreen Road, PO Box 3013 Edison, NJ 08818-3013 732-452-4102 Fax: 732-603-3016

Veterans Healthcare Services (DVHS) Paramus Veterans Memorial Home Dianne Tabron-Felder, CFO

1 Veterans Drive Paramus, NJ 07652 201-634-8525 Fax: 201-967-8658

Vineland Veterans Memorial Home

Allyson Bailey, Acting CEO Sharon Frye, Sec 524 North West Boulevard Vineland, NJ 08360-2895 856-405-4207 Fax: 856-696-6714

Cynthia Barnes, Sec 609-530-6975 Fax: 609-530-7075

Brigadier General William C. Doyle Veterans Memorial Cemetery Iven Dumas, State Supt – 609-738-2424 Genia DiBella, Sec – 609-738-2404

Cyndi Dzurisin, 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 rvisor, 609-738-2408 Fax: 609-758-3490

Veterans Services (DVS)

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

Veterans Benefits Bureau Patricia A. Richter, Bureau Chief – 609-530-6949 Elizabeth Schofield, Prin Staff Officer – 609-530-6954

eterans Haven Sout Walter Nall, Supt – 609-561-4948

Vacant. Asst. Supt - 609-567-3715 Carisa Shufford, Sec 609-561-4990 ext. 120 301 Spring Garden Road, PO Box 80 Winslow N.I 08095 609-561-0269 Fax: 609-567-5186

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Paul Kale, Staff Asst - 609-530-6826 Vacant. Sec - 609-530-6868 Michele Johnson, Sec - 609-530-7035

Veterans Service Offices

Veterals Service Offices
Joseph Bucco, State Supervisor – 609-530-6830
Christopher Wambach, State Supervisor – 609-530-6863
Joseph E. Nyzio, VSO – 609-530-6857

3059hi E. Nyzin, Nod – 0059000007 VA Regional Office/Philadelphia Charles Piscopo, VSO – (Mon., Wed., Alternate Fridays) 5000 Wissahickon Avenue, Philadelphia, PA 19144 856-853-4184/4185/4186

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Fax: 609-530-6970

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Ocean Paul McIntyre, VSO Robin Mitchell, Sec James J. Howard Outpatient Clinic 970 Route 70, <u>Brick</u> 08724-3550 732-840-3033/3034 Fax: 732-840-0399

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William Robinson, VSO
William Robinson, VSO
179 West Clinton Street, Dover 07801 ~ (Dover Armon)
973-386-0245(8347 Fax 973-386-0380 (Mon, Tues, Wed)
973-886-0245(8347 Fax 973-386-0380 (Mon, Tues, Wed)
973-887-4020 Fax: 973-827-4024 ~ (Franklin Armory) Warren/Hunterdon *Sibley Smith, VSO/Ombudsman

Lisa Szymanski, Sec

200 Sanatorium Road, Glen Gardner, NJ 08826
 908-537-0831/0832 Fax: 908-537/0833
 *Flemington, 4 Gauntt Place, Flemington, 08822 (Wednesday) 908-284-6146

<u>Monmouth</u>

Rita Hyland, Sec.

Salem/Cumberland

Catherine Raniolo, Sec

524 Northwest Boulevard, <u>Vineland</u> 08360-2895 856-405-4388/4390/4389 Fax: 856-696-6499

Southern Ocean County Resource Center

Vacant-VSO 179 South Main Street (Route 9) Manahawkin, NJ 08050 609-978-5895 Fax: 609-978-6446





Veterans' Oral History Luncheon to be Held in Manasquan

The National Guard Militia Museum of New Jersey (NGMMNJ) Center for US War Veterans Oral History Program will hold its annual luncheon at 11:00 a.m. on November 1, 2016 at the Manasquan Elks Lodge. The luncheon honors veterans who participated in the Veteran Oral History program over the previous year. At the luncheon each veteran will be presented with a ceremonial resolution commending them for their participation.

The Oral History Center has interviewed more than 550 veterans of World War II, Korea, the Cold War, Vietnam, Desert Storm/Shield, Operation Iraqi Freedom, Operation Enduring Freedom and more since the program's inception in 2001. Copies of individually filmed interviews are given to the veteran participants, filed at the museum, and sent to the Library of Congress. As time and resources permit, summaries are then posted on the NGMMNJ website.

Veterans' interviews are vital historical primary sources and are continually accessed by scholars, journalists, book authors and documentary filmmakers around the world, as well as by other veterans and their families. They are an essential part of the American story and provide a vital contribution to its narrative.

Individuals interested in participating in the program may obtain an application by completing the form on the website, printing and mailing the form to the museum in Sea Girt, or contacting the museum.

Contact:

Carol Fowler, Assistant Curator, Veteran Oral History Director, National Guard Militia Museum of New Jersey at Sea Girt 732-974-5966

Carol.Fowler@dmava.nj.gov

nj.gov/military/museum/oralhistory.html



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THE AMERICAN LEGION, NJSBDC AND THE SMALL BUSINESS ADMINISTRATION PRESENT A <u>FREE</u> ONE DAY PROGRAM WITH A COMPREHENSIVE 8 WEEK ON-LINE COURSE FOR VETERANS WHO WANT TO START, EXPAND OR PURCHASE A SMALL BUSINESS.

AMERICAN LEGION POST 281 LOCATED AT 2101 CHEWS LANDING ROAD, BLACKWOOD, NJ 08012 TUESDAY OCTOBER 25, 2016

FROM 08:30 AM TO 5:00 PM - REFRESHMENTS PROVIDED AT NO COST COURTESY OF AMERICAN LEGION POST 281

REGISTRATION REQUIRED BY OCTOBER 18, 2016 Registration Link:

http://boots2business.org/rebootapply/

For Questions Contact: Gene Spillane, SBA Veterans Small Business Outreach Officer <u>Engene Spillane@SBA.gov</u> / 973-645-2427







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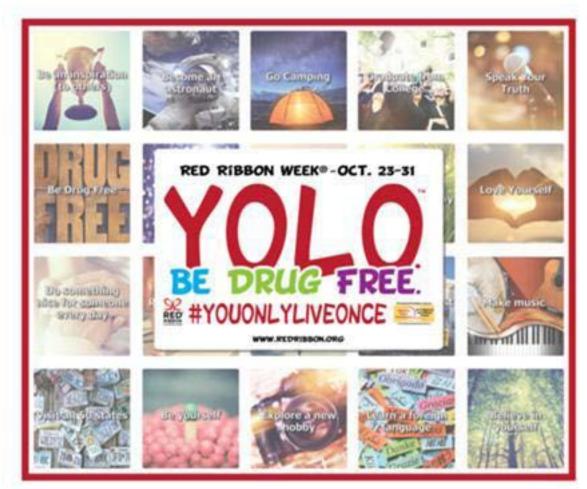
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Red Ribbon Week is a national campaign that promotes the prevention of substance abuse. The Red Ribbon mobilizes communities to educate youth and encourage participation in drug prevention activities. It is the oldest and largest drug prevention program in the nation, reaching millions during Red Ribbon Week (October 23rd-October 31st) each year. This year's theme, "YOLO. Be Drug Free" was submitted by sixth graders in Pennsylvania.

Stay tuned for tips on how you can promote substance abuse prevention in your community during Red Ribbon Week! Follow @redribbonweek on Twitter or contact your State Substance Abuse Program Alcohol and Drug Control Officer at matthew.r.scheuer.ctr@mail.mil_to learn more!

NATIONAL DISABILITY EMPLOYMENT **AWARENESS MONTH**



DOD OPPORTUNITI	ES
RECRUITING RESOURCES	2
HIRING CENTER	3
IT SERVICES	4
INNOVATION SYSTEMS	5
TRAINING CENTER	6
MENTOR PROGRAM	7







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Military OneSource1-80	
Military OneSource NJ REP6	09-433-8008
NJ ARNG SHARP Program6	09-562-0854
NJ ARNG Suicide Prevention Program6	09-562-0832
NJ ARNG Substance Abuse Program6	
NJARNG Equal Oppurtunity Office6	
NJ ARNG Psychological Health Program6	09-235-5959
108th Wing Airman & Family Readiness Ctr	
108th Wing Director Of Psychological Health	
177th Wing Airman & Family Readiness Ctr	
177th Wing Director of Psychological Health	
DOD Sexual Assault Hotline1-8	277_005_57 <i>\</i> .7
Employer Support for Guard & Reserve (ESGR)	
cubinker andbort for phase a keserve (capk)	009-302-3330
Joint Military & Family Assistance Center1-	888-859-0352
National Suicide Prevention Lifeline1-	
Red Cross	177-272-7337
Vets 4 Warriors1-	
National Resource Directory	
•	_
Joint Services Supportwwww.jointservic	essupport.org

Highlights submissions deadline 4 p.m. Wednesday: nicholas.p.young12.mil@mail.mil



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08625-0340. Email at: pao@dmava.nj.gov

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