



Title: Veteran's Services Advisory Board

16 Mar 2017

From: Veteran's Agent

Subject: Meeting Minutes

1. The forty-sixth meeting of the Veteran's Services Advisory Board (VSAB) was called to order at 6:00 p.m., 16 Mar 2017, in the VSA office area.

2. Members in attendance were:

Mr. Ray Janke

Mr. Vincent Viglione

Mr. Bill McClure

Ms. Jan Jourdain

Members Absent were:

Selectman Archie Archible

Mr. Joe Currier

Mr. Larry Raines

Mr. Bill Bowen

Mr. Anthony McAvoy

Mr. Robert Vigneault

3. Old Business:

a. Due to Selectman Archible's absence, the ESGR issue was not addressed.

(OPEN)

b. Mr. Janke and the committee reviewed the upcoming Memorial Day activities and agenda. Mr. Viglione has secured the services of St. Francis of Assisi Pastor, Fr. Jack Sheaffer, to be our guest pastor. We are still in need of a guest speaker. **(OPEN)**

4. New Business: None

5. Public Input/Concerns/Comments:

a. Ms. Alice Moran and her daughter, Caitlin, made a presentation to the committee seeking support for Caitlin's Silver Award Girl Scout project. The project involves The Library of Congress "Veteran's History Project". Caitlin is seeking support from this committee and the V.S.O. agent specifically in reaching out to veterans to be interviewed for their oral history and to also provide the resource to train interviewers. The committee is in support of this project and Mr. Janke will serve as Caitlin's coordinator on this project. **(OPEN)**

6. Good of the VSAB:

a. Mr. Janke briefed an article about Veteran's Depression issues.

7. The meeting adjourned at 6:30 p.m. All documents that were provided during the meeting will be attached to the original minutes on file in the Town Clerk's office. The next meeting is scheduled for 20 April 2017.

Vincent Viglione
VSAB Recording Secretary

Approved

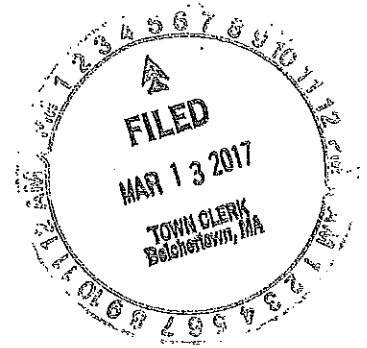


Ray Janke
Veteran's Service Agent
Co-Chairperson

Cc: Town Clerk
Town Administrator
Board of Selectman
Committee members



Veterans' Services Advisory Board Meeting Notice



Meeting Date: 3-16-2017

Time: 6:00 pm

Location: Adjacent to Veterans' Agents Office

Agenda:

- #1 Old Business
 - #1a VSAB Statement of Support for ESGR Program update
- #2 New business
 - #2a Memorial Day planning/coordination 2017
 - #2b Memorial Day guest speaker possibilities/options
 - #2c Veterans' History Project- Alice Moran & daughter
- #3 Public input/concerns
- #4 Good of the VSAB

Memorial Day

Preparation

1. **February:** Arrange/invite guest speaker.
2. **April:**
 1. Order 4 new wreaths for the monuments; flag pole (WWI/WWII/Korea), Grand Union, Viet Nam, and Middle East.
 2. Procure new flags from Sentry Uniform (paid for by Vet Council funds);
 1. 8x12 all-weather Stars & Stripes and 5x8 dbl-sided POW/MIA for flagpole on the common.
 2. 5x8 all-weather Stars & Stripes and a 3x5 double-sided: POW/MIA & Gold Star/Blue Star Family flag for Town Hall pole.
 3. At South Cemetery: a 5x8 all-weather Stars & Stripes, 3x5 of the following flags- US Army, Air Force, Coast Guard, Marine Corps, Navy, Merchant Marine, and POW/MIA.
 4. At Lake Vale: a 4x6 all-weather Stars & Stripes.
3. **Early May:**
 1. Send invitations to: school bands, Boy Scouts/Girl Scouts/Brownies, Selectmen, Fire, EMS, and elected officials.
 2. Notify B'town police of parade route and required traffic enforcement.
 3. Notify B'town DPW re: events for grounds keeping and decorations.
 4. Coordinate with Graves Officer to flag veterans' graves.
 5. Arrange for Color Guard/firing squad from Am Legion, VFW, and DAV.
 6. Send request letter to each place of worship in town, for a special acknowledgement in their service the Sunday before Memorial Day, for the Veterans who died for our country.
4. **Three weeks prior:** Have either the Commander Co-Chair of the VSAB or the Veterans' Agent write/submit an article of the Memorial Day planned activities to the Sentinel, Hampshire Gazette, Republican newspapers; and Belchertown-news.com inviting all to participate and to gather for the parade at 9:30am in the parking lot of the Town Hall. (Have gold star parents contact my office if they wish to participate in the ceremony) Confirm Invitations and offers to speak for the State and Federal representatives associated with our town, district, and/or state. Distribute this article to the Selectmen's office for a **Channel 5** update and to send out notices of the ceremony to the appropriate town departments. Also have all groups email the parade coordinator at: rianke@belchertown.org so the parade lineup can be worked out.

5. Day before parade/ceremony:

1. Replace old flags with new ones purchased from Sentry Uniform (Friday before).
2. Replace wreaths with new- place on stands and store in gazebo.
3. Stage PA system components in gazebo.

On Memorial Day

1. Early morning:

1. Lower Town Common, Town Hall flags, and all the flags at South Cemetery to 1/2 staff.
2. Position podium, wreaths in front of gazebo.
3. Prep/position PA system.
4. Have seats for the gold star parents, politicians, and speaker.
5. Bouquet(s) of flowers for gold star mom's staged.

2. At 8:30 am:

1. A salute to the fallen at South cemetery (color guard + firing squad)

3. At 9:30am:

1. Gather at the Town Hall
2. Arrange for wreath placers (two for each wreath) with local Brownies, Girl Scouts, Cub Scouts and Boy Scouts.
3. Get the names of buglers from band and designate the positions where each bugler should stand.

4. 9:55am: Form up parade in street.

5. 10:00am: Parade steps off. Proceeds up Main, around common down Park Street, onto the center of the common in positions around the gazebo and monuments for the ceremony. (Firing squad, salute, taps...)

Note: Have the DPW raise the flags at various Town locations after the Memorial Day ceremonies.

Ray Janke

From: Alice <alice.moran@verizon.net>
Sent: Thursday, March 02, 2017 9:08 AM
To: Ray Janke
Subject: Veterans History project

Follow Up Flag: Follow up
Flag Status: Completed

Hi.

I'm not sure if you participate in the Veterans History Project. Can you give me a call because I'd like to talk to someone in town about this project.

Thank you,
Alice Moran
413-626-6100

CATLIN → DAUGHTER

Ray Janke

From: Alice <alice.moran@verizon.net>
Sent: Monday, March 06, 2017 9:32 AM
To: Ray Janke
Subject: upcoming meeting

Follow Up Flag: Follow up
Flag Status: Flagged

Hi, Ray

Would it be possible to attend your upcoming meeting with the Veteran Committee so that we can show whoever is there what we will be doing? My daughter already has a number of things in place and she is planning on starting this project very soon. She's going to be reaching out to the senior center, churches, and other organizations in town to start to get the word out about her project. I was just thinking that if we attended your meeting that we'd be able to educate whoever was there about this program and see if anyone would like to work with us right from the beginning.

Thanks,
Alice Moran

VA enlists help of electromagnetic head device to treat veterans battling depression

By Terace Garnier March 09, 2017



Percy Jones receives rTMS therapy to help treat his depression. (Courtesy of the Ralph H. Johnson VA Medical Center Public Affairs Office- Medical Photographer James Arrowood)

Vietnam veteran Percy Jones is one of thousands who have served in the military and now suffers from depression. Jones fought his battle with depression for years and eventually began isolating himself, making matters worse.

"I got angry easily and I was always very nervous," Jones told Fox News. "I couldn't sleep. I started drinking too much. It got to the point where I was suicidal. I just didn't want to live."

It's not just veterans who are at risk of depression, as 11,887 active duty service members received a diagnosis between January and May of 2016 alone. That number adds to the 774,000 veterans who received a possible diagnosis of major depression in 2016.

The U.S. Department of Veterans Affairs (VA) is providing a new option to help fight the disorder called Repetitive Transcranial Magnetic Stimulation, or rTMS therapy. It's a device that uses an electromagnet charged with electricity that is applied to specific points on the patient's head. The powerful magnetic field can then affect the brain cells of the person suffering from depression.

The VA purchased 40 rTMS devices to be distributed at facilities across the country.

Jones is the first South Carolina patient to receive rTMS therapy. He began seeing Dr. Mark George, the man who invented rTMS therapy, and enrolled in a national trial at the Charleston VA. The therapy involves up to 30 sessions over a six-week period. Jones' treatments lasted 30 minutes per day, five days per week, for six weeks straight. Jones says he saw results shortly after enrolling in the trial.

"In the first week and a half I could feel a difference," Jones said. "I started realizing that I was myself again."

Kate Beaver, a spokesperson for the VA in Charleston, told Fox News that 60 percent of patients that received the treatment for clinical trials reported their depression improved or disappeared.

"Some patients who get well will stay well indefinitely," Beaver said. "Others may need 'booster' sessions from time to time."

Beaver said there are a few side effects that patients experienced during or shortly after getting the treatment: scalp discomfort, headache, facial twitching or pain which can be treated with over the counter pain medications.

"These symptoms tend to lessen or go away over treatment time," Beaver said. "Seizure during treatment is the most serious known risk of TMS, and only a very few cases of seizure have been reported. There is little evidence of risk of seizures using TMS the way it is used for depression."

Most insurance companies do not cover the procedure, which could mean thousands in out-of-pocket costs. Terrence Hayes, spokesman for the VA, said the department is currently working with various insurance companies to get better coverage. He said veterans will likely pay a small portion of the overall cost.

"The full course of therapy is variable and can cost between \$6,000 and \$12,000, depending upon the patient's condition and the number of sessions needed," Beaver said.

Twenty rTMS devices, costing up to \$100,000, will be delivered this year and 20 more are planned for 2018. This decision came nearly three weeks after President Trump announced that it was his top priority to ensure that veterans get the care they need when and where they need it.

