

NOBLES COUNTY VETERAN NEWSLETTER

Sioux Falls VA Contacts

This office has taken the time to generate contact cards for the Sioux Falls VA Medical Center. It has been recognized that veterans and their families may not know which extension to dial once they have reached the VA at the 605-336-3230 primary line.

The contact cards that have been created displays what each option takes you to, making it easier to get through to the desired department. Hopefully this assists with your overall experience with the VA.

Please keep in mind that you may still have to be put on a brief hold before getting through to someone or you may have to leave a message with the department. This is just an easier method to save you from having to listen to the prompts.

Thank you!

James Dunn



Post-9/11 Veteran Service Bonus Available

The Minnesota Department of Veterans Affairs has a long history of awarding service bonuses to Minnesota Veterans who served in America's wars. Starting in 1919 after World War I, through World War II, the Korean War, Vietnam War, Persian Gulf War, and now the Global War on Terrorism, the Minnesota Department of Veterans Affairs recognizes the sacrifices and courage Minnesotans demonstrated to defend our country.

The 2022 Legislature passed and Governor Walz signed the first-ever Veterans Omnibus Bill that included funding for a service bonus payable to eligible Veterans who served from 9/11/01 to 8/30/21. The Minnesota Department of Veterans Affairs (MDVA) is honored to facilitate this program for eligible Veterans, currently serving service members, or Veterans beneficiaries.

For more information, visit
MinnesotaVeteran.org/ServiceBonus

To contact your local County Veterans Service Officer, visit
MACVSO.org





Minnesota Military Family Assistance Center (FAC)

Minnesota has several Family Assistance Centers (FAC) throughout the state. The centers are placed for the purpose of providing support programs to military veterans and their families.

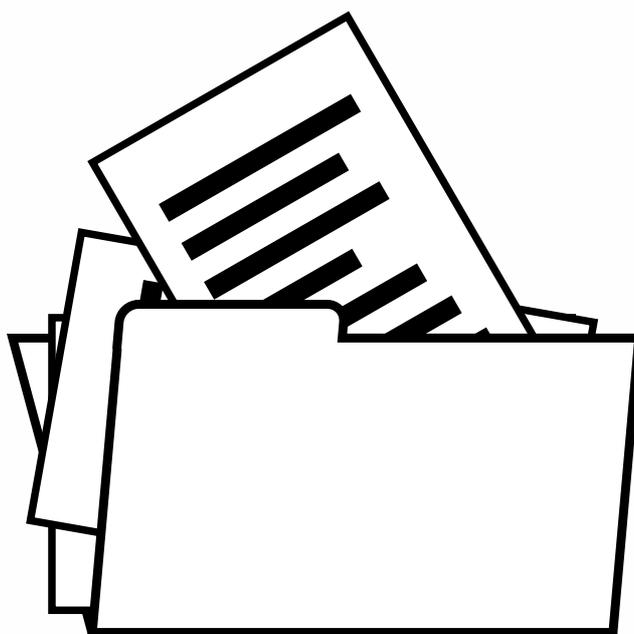
The support programs offered available are but not limited to:

- Crisis intervention
- Financial assistance
- Community support
- DEERS/ID Card
- TRICARE assistance

These centers are available in 13 locations throughout the state.

- Cottage Grove: (651) 268-8200
- Rosemount: (651) 282-4748
- Bemidji: (218) 755-4750
- New Ulm: (651) 268-8543
- Duluth: (218) 723-4852
- Camp Ripley: (320) 616-3119
- Mankato: (507) 382-8252
- Minneapolis: (612) 713-1516
- Marshall: (651) 268-8475
- Brooklyn Park: (763) 424-6392
- Moorhead: (218) 236-2177
- Fort Snelling: (612) 713-2367
- 148th FW (Duluth): (218) 788-7833

For Sioux Falls, SD, you can contact the Air National Guard base at (605) 988-5845.



Claim Filing 101

Filing a VA claim for compensation may seem confusing for some. The required forms and documentation may appear overwhelming and might make some people hesitant on even going through with filing a claim.

Although this is a brief summary, I encourage each of the veterans reading this to reach out to me any time they have additional questions (507-295-5292).

Intent To File (VA Form 21-0966)

The Intent To File form is used when a veteran does not have the required evidence or diagnosis for a condition that they are looking to receive compensation for. This is one of the two most common forms used. If you do not have the evidence needed to back your claim, use this form. It opens up a one year window from the day you filed and

gives you ample time to collect and submit the evidence that you need to make your claim successful.

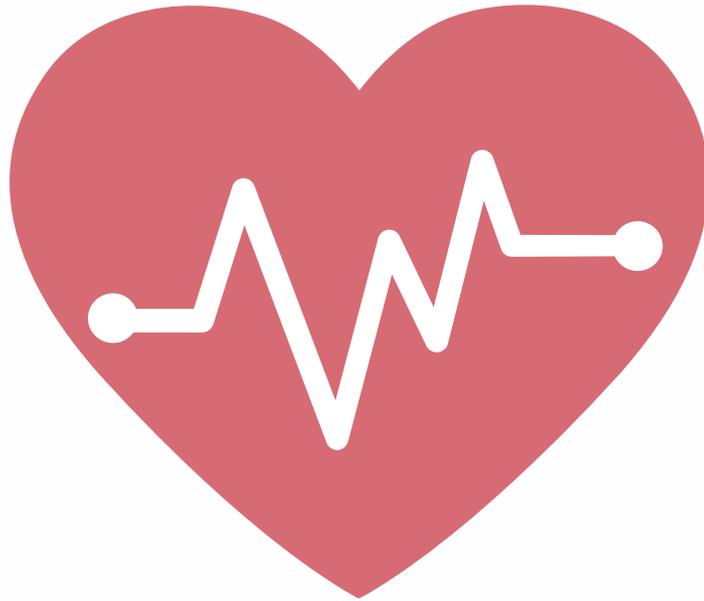
Fully Developed Claim (VA 21-526EZ)

The 21-526EZ form is used when the veteran has all of the evidence they need or the required diagnosis for their desired claim. This makes the claim an official claim, and can be filed through the VA. This form suggests that you have everything available to submit and do not need to submit anything else at the time you file it.

Friendly Reminder

Intent To File=Unofficial Claim

Fully Developed Claim=Official Claim



New Presumptive Conditions for Respiratory Cancers

On April 25, 2022, the Department of Veterans Affairs (VA) announced that they have added nine new respiratory cancers to presumed service connections. They have suggested that this is due to environmental exposures to particulate matter.

Using scientific and medical research, the VA has determined the following to be presumptive conditions:

- Squamous cell carcinoma of the larynx
- Squamous cell carcinoma of the trachea
- Adenocarcinoma of the trachea
- Salivary gland tumors of the trachea
- Adenosquamous carcinoma of the lung
- Large cell carcinoma of lung
- Salivary gland tumors of the lung
- Sarcomatoid carcinoma of the lung
- Typical and atypical carcinoid of the lung

Do you qualify for meeting these presumptive measures? Here is the criteria that you **MUST** fall into for a potentially successful claim:

- Veteran who served any amount of time in the Southwest Asia theater of operations beginning on August 2, 1990, to the present date, OR Afghanistan, Uzbekistan, Syria, Djibouti beginning September 19, 2001 to present.

For details on Memorial Day, feel free to contact this office!



VA Integrative Health

Integrative health is a unique form of healthcare where the primary focus is on the mind, body, and spirit.

Using evidence-based practices, integrative care in the VA system provides various useful therapy options to address the body as a whole.

Such activities offered include acupuncture, aromatherapy, tai chi, yoga, meditation, and massage.

For veterans interested in yoga and tai chi activities, they are encouraged to call the Sioux Falls VA at (605) 336-3230, extension 7604.

The end goal is for veterans to find peace within their surroundings, such as environmental factors and relationships with family and friends.

This office will be receiving brochures on the VA Integrative Health Program in the near future, so please feel free to call this office or stop by for a copy!