



## SENIOR NUGGET – APRIL 2022



### BENEFITS FOR VETERANS

Individuals who served their country in the armed forces are eligible for a wide assortment of benefits through the U.S. Department of Veteran Affairs (VA).

Benefits include health care services, ranging from routine check-ups and screenings to long-term care and burial. Additional benefits are also available for aging Veterans

**Enrollment:** Any individual that served in active military, naval or air service and was discharged under any condition other than dishonorable may qualify for VA health care benefits. Members of the Reserves or National Guard who were called to active duty, other than for training & completed the full duty requirement may also be eligible for health care.

- Veterans who enlisted after Sept 7, 1980, must have served 24 continuous months or the full period for which they were called
- All Veterans are encouraged to enroll with VA to determine their eligibility for benefits. The VA's enrollment system is based on priority groups

#### Long-Term Care Benefits:

- Includes assistance that is provide for an extended period of time to help Veterans with daily tasks and/or provide support managing an ongoing illness
- Eligibility for services covered by the VA are determined by type of need required
- Long-term care may be provided in a person's home, community site, residential setting or nursing home. All is determined by type of need a Veteran has
- Long-term care services may also be covered through Medicare, Medicaid, insurance or private funds
- In some circumstances, Veterans may use the Aid and Attendance Allowance to cover long-term care. This type of aid is an additional monthly monetary benefit provided by the VA to those Veterans receiving a pension
- For more information see: [www.va.gov/healthbenefits](http://www.va.gov/healthbenefits) and [www.myhealth.va.gov](http://www.myhealth.va.gov) or call the VA at 1-877-222-VETS

- **Aging Veterans are eligible for several other services:**
  - Geriatric Evaluation
  - Adult Day Health Care programs
  - Respite Care
  - Skilled home care services
  - Hospice and Palliative care for terminally ill Veterans
  
- **Burial and Markers**

Any Veteran and his/her spouse, may be buried at any Veteran Cemetery at no cost. Family needs to provide the Veterans Official Discharge paper.

**MARKERS:** A military marker indicating branch of service is available, at no cost. Contact mortuary, cemetery, the VA or local VFW or American Legion post for assistance.

**DID YOU KNOW ...** Religious affiliation markers are also available to everyone?  
 Inquire with cemetery to obtain a marker for someone's grave.

**Steps to take before you become incapacitated or die:** Prepare a WILL, a Durable Power of Attorney, a Durable Power of Attorney for Health and a Living Will (Advance Directive). Forms for most are online. See [www.agingwithdignity.com](http://www.agingwithdignity.com) for helpful information.

**TIPS ON NATURAL REMEDIES:**

- Lower your blood pressure ... with a POTATO!
- Outsmart your allergies ... with Local HONEY!
- Soothe your aching back ... with GINGER!
- Sharpen your memory ... with PEPPERMINT!
- Lower cholesterol naturally... with APPLES!

**HAPPY BIRTHDAY TO ALL CELEBRATING AN APRIL BIRTHDAY**

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**Check Your Bible Birth Verse: [www.birthverse.com](http://www.birthverse.com)**

**Senior Nuggets are provided through Atholton's Senior Ministries.**