



Chattanooga Area Veterans Council

Serving veterans and their organizations of East Tennessee, North Georgia and North Alabama

Charles Coolidge Veteran of the Year & Charles Coolidge Associate of the Year Awards

Each year the Chattanooga Area Veterans Council selects a Veteran of the Year and an Associate (non-veteran) of the Year in recognition of support provided to the Veteran Community during the preceding year.

First awarded in in 1985, the award is named in honor of Medal of Honor recipient Charles H. Coolidge, Signal Mountain, Tennessee

Each CAVC Member Organization in good standing may submit one nominee for each award.

The nomination form is on the last two pages of this newsletter.

Nomination Submission must be postmarked no later than 14 January 2017

If you have questions please call Alan Syler at [423-855-6876](tel:423-855-6876) or Mickey McCamish, Chairman, at 423-394-0024.

The Charles Coolidge Awards will be presented at the CAVC Awards Banquet in February 2017. Banquet details and a reservation form will be in next month's CAVC Newsletter.

Walgreens Offers Vaccinations to Veterans

The cold and flu season is upon us and the Department of Veterans Affairs has once again teamed up with Walgreens Pharmacies nationwide to allow all veterans who are currently enrolled in the VA healthcare system to be able walk into any of the over 8000 Walgreens nationally (and the Duane Reade pharmacies in the New York metropolitan area) to receive a vaccination at no cost. Vaccinations will be available through March 31, 2017.

Veterans wishing to receive the no cost vaccination simply need to present a Veterans Identification Card and a photo ID, at any participating Walgreens to receive the vaccination.

In addition, after the Walgreens pharmacist administers the vaccine Walgreens will transmit that information securely to VA where it becomes part of the patient's electronic medical record.

VA is committed to keeping Veteran patients healthy, and during this flu season, vaccination is the best way to prevent the spread of flu. No matter where you live, visit your local VA clinic or Walgreens to get a free flu shot.

To find your local VA, visit va.gov/directory/guide/home.asp.

To locate a Walgreens store near you, call 800-WALGREENS (800-925-4733), or go to com/findastore.

To learn more about the partnership, call 1-877-771-8537 or visit ehealth.va.gov/immunization.asp.

To get more information on flu and flu vaccine, visit publichealth.va.gov/flu or www.cdc.gov/flu.

Walgreens at the corner of **happy & healthy**

Express Scripts News

Your Choice of TRICARE® Retail Pharmacies Changes Dec. 1, 2016

Express Scripts will add Walgreens to the TRICARE retail pharmacy network. CVS pharmacies will no longer be in the network.

Please take action to begin transferring your prescription drugs to a TRICARE network pharmacy by Dec. 1 to avoid paying the full retail price.

What You Need to Know

- Starting Dec. 1, 2016, CVS pharmacies including CVS pharmacies located within Target stores will leave the TRICARE retail pharmacy network. If you fill a prescription drug at CVS pharmacies after that date, you will pay the full retail price for your drugs.

- You can transfer your specialty drugs at any time to Rite-Aid or Walmart since they are part of our specialty select network.

- Beginning Dec. 1, you can fill your prescriptions drugs, including specialty drugs, at Walgreens or Kroger.

Convenient Ways to Transfer Prescriptions

It's easy to transfer your prescriptions to another network pharmacy - just do one of the following:

- Take your prescription bottles to the new pharmacy. The pharmacist there will contact your old pharmacy.

- Call the new pharmacy and have them get your prescription drug information from your old pharmacy.

- Ask your doctor to send your prescription information to the new pharmacy.

Your Pharmacy Options

Your TRICARE pharmacy benefit offers the following convenient pharmacy choices. Select the one that works best for you and your family:

- Retail Pharmacy**

More than 58,000 pharmacy locations remain in the TRICARE network, including other national chains, grocery chains and independent pharmacies. Find retail pharmacies near you by visiting express-scripts.com/TRICARE. Select "Tools" and then "Find a Pharmacy." Or download our free mobile app to find a pharmacy when you're on the go.

On Dec. 1, Walgreens will be included in the pharmacy locator and CVS pharmacies will be removed.

Military Pharmacy

Call your military pharmacy, where there is no cost to fill your prescription drug, and ask whether your drug is available. Visit tricare.mil/mtf for contact information for a local military pharmacy.

- TRICARE Pharmacy Home Delivery**

Next to your military pharmacy, Home Delivery is the best option for filling maintenance drugs and you may save money. Formulary generics and standard shipping are free. To learn more, visit express-scripts.com/TRICARE or call 855.778.1417 and a Patient Care Advocate will help transfer your eligible prescriptions.

We're committed to providing the highest level of service to ease this transition. If you have questions about your TRICARE pharmacy benefit or you need help transferring your prescription drugs, please visit express-scripts.com/TRICARE or call 855.778.1417.

Sincerely,

Shannon Lee Eghlimi

Shannon Eghlimi

Vice President – Client Services

Marietta Commissary Sale

The Marietta GA Commissary will hold an On-Site Sale at Robins AFB in Marietta 17-19 November and 15-17 December. Active military and their dependents, Guard and Reserve personnel, retired military, medically retired and 100% disabled veterans are authorized to shop at the Commissary. You must present the appropriate Military ID cards to participate.

The address for the Marietta On-Site Sale is 1901 Terrell Mill Rd, Suite 200, Marietta, GA 30067. Take I-75 North to exit 260 (Windy Hill Rd). Turn left onto Windy Hill Rd and go about 2 miles. Turn right onto Cobb Parkway. Go approximately 1/4 mile and turn right into Marietta Plaza (There is a large white building with a large red guitar on the outside of the building). We are located next door to Burlington.

Hours of operation for the Marietta Sale are: Thursday and Friday - 9:00 AM - 5:00 PM and Saturday 9:00 AM - 4:00 PM.

If you have any questions, please call 478-926-3714 or e-mail Susan Edmonds at susan.edmonds2@deca.mil.

TRICARE Expands Coverage for Treatment of Congestive Heart Failure

Congestive Heart Failure is now a covered diagnosis under the TRICARE cardiac rehabilitation benefit.

Heart failure occurs when the heart is unable to pump enough blood to meet the body's needs. This may happen when the heart muscle itself is weaker than normal or when there is a defect in the heart that prevents blood from getting out into the circulation. The American Heart Association lists several signs of heart failure:

- Shortness of breath
- Chronic coughing or wheezing
- Build-up of fluid
- Fatigue or feeling light headed
- Nausea or lack of appetite
- Confusion
- High heart rate

If you are experiencing these symptoms, talk to your health care provider. If you have been diagnosed with heart failure, it's important for you to manage and keep track of symptoms < Caution-
http://www.heart.org/HEARTORG/Conditions/HeartFailure/WarningSignsforHeartFailure/Warning-Signs-of-Heart-Failure_UCM_002045_Article.jsp > and report any sudden changes to your healthcare team.

Providers of cardiac rehabilitation services must be TRICARE-authorized hospitals or freestanding cardiac rehabilitation facilities. All cardiac rehabilitation services must be ordered by a physician.

For more details on what's covered, visit the TRICARE < Caution-

<http://www.tricare.mil/CoveredServices/IsItCovered/CardiacRehabilitation> > website at <http://www.tricare.mil/CoveredServices/IsItCovered/CardiacRehabilitation> < <http://www.tricare.mil/CoveredServices/IsItCovered/CardiacRehabilitation> >

For more information on heart attack warning signs, please visit

http://www.heart.org/HEARTORG/Conditions/HeartFailure/WarningSignsforHeartFailure/Warning-Signs-of-Heart-Failure_UCM_002045_Article.jsp#.WAgTjCRIf3A < http://www.heart.org/HEARTORG/Conditions/HeartFailure/WarningSignsforHeartFailure/Warning-Signs-of-Heart-Failure_UCM_002045_Article.jsp#.WAgTjCRIf3A >

SOURCE: TRICARE News Release at http://www.tricare.mil/CoveredServices/BenefitUpdates/Archives/10_19_16_CHF < http://www.tricare.mil/CoveredServices/BenefitUpdates/Archives/10_19_16_CHF >

Hamilton County Veteran Service Officer

Charles "Chuck" Alsobrook is the new Hamilton County Veteran Service Officer.



Photo courtesy of Times Free Press

His contact info:

Charles "Chuck" Alsobrook
 Hamilton County Veteran Service Officer
 1250 Market St. – Suite 1006
 Chattanooga, TN 37402
 Office: [\(423\) 209-7884](tel:4232097884)
 Cell: [\(423\) 619-5147](tel:4236195147)

Chattanooga Area Veterans Council
 PO Box 24984, Chattanooga, TN 37422
 Check out our website: www.chattareaveterans.com

Mickey McCamish, Chairman	423-394-0024
Alan Syler, Chairman-Elect	423-855-6876
Chris Dooley, Vice-Chairman	702-701-2858
Billy Hewitt, Immed. Past Chair.	423-894-3568
Mark Parks, Treasurer	423-326-0839
Carol Laing, Secretary	423-309-1457

CAVC is a 501(c)19 non-profit veteran organization.

New Scholarship for Veterans

East Tennessee Foundation (ETF) is happy to announce the availability of a **NEW scholarship for veterans, the Colonel Kurt Davis Veterans Scholarship!**

Scholarship information, including detailed descriptions and application instructions, as well as 2017 applications, will be available on our website, www.easttennesseefoundation.org,

beginning **November 1, 2016**. The scholarship application must be completed and submitted online. Attached is a copy of the online applicant tutorial. The application deadline for 2017 is **February 15, 2017**.

Please note: [The Free Application for Federal Student Aid \(FAFSA\)](#) opens October 1, 2016.

Below is a detailed description of the criteria for the **Colonel Kurt Davis Veterans Scholarship**. Please share this information with your colleagues and potential applicants.

ETF scholarship opportunities also include scholarships for which **adult students** are eligible. In an effort to reach veterans with this information, we are emailing the attached scholarship list to you. Scholarship criteria may also include county of residence, field of study, and other eligibility criteria, so it is important that candidates review all the scholarship criteria carefully.

All ETF scholarship applications must be completed and submitted online; attached is a copy of the online applicant tutorial, *Guideline to Completing Your Online Scholarship Application*.

Thank you for your dedication and cooperation in spreading the word about ETF scholarships! Please feel free to contact me at [\(865\) 524-1223](tel:8655241223) or toll free at [\(877\) 524-1223](tel:8775241223) or via e-mail at bheller@etf.org with any questions or concerns. I look forward to working with you!

Beth Heller, Director of Scholarship Programs

EAST TENNESSEE FOUNDATION

520 W. Summit Hill Drive

Suite 1101

Knoxville, TN 37902

Phone: [\(865\) 524-1223](tel:8655241223)

Toll Free: [1-877-524-1223](tel:18775241223)

Fax: [\(865\) 637-6039](tel:8656376039)

E-mail: bheller@etf.org

Please visit us at www.easttennesseefoundation.org

GPS address for parking garage is 408 Locust Street, Knoxville, TN 37902

Celebrating 30 Years of thoughtful giving for stronger communities, better lives

Gulf War Syndrome Update

The VA is seeking to expand the time limit that veterans can claim disability benefits for Gulf War Syndrome by five years. In a document to be published in the Federal Register on 17 OCT, the VA seeks to expand the time limit that veterans of the Gulf War may claim disability benefits for the chronic multi symptom illness known as Gulf War Syndrome from December 31, 2016 until December 31, 2021. The VA is inviting the public to comment on their plans by December 18, 2016. The document, with instructions for commenting can be found on the Federal Register website

<https://www.federalregister.gov/agencies/veterans-affairs-department>.

Gulf War Syndrome is defined by the VA as a cluster of medically unexplained chronic symptoms that can include fatigue, headaches, joint pain, indigestion, insomnia, dizziness, respiratory disorders, and memory problems. REfer to Gulf War Syndrome page www.military.com/benefits/veterans-health-care/gulf-war-syndrome.html for more details. There is no medical or scientific evidence about the nature and cause of the illnesses suffered by Gulf War veterans, however the VA says that studies by the National Academy of Sciences proved that these conditions occur in Gulf War Veterans three times more than they do in the civilian population. Based on that fact, the VA grants what it calls "presumptive disability" to veterans suffering from these conditions. Presumptive Disability means that Gulf War Veterans suffering from these conditions don't need to prove their military service caused the health problems in order to receive VA disability compensation.

In their request to extend the time period that veterans may claim disability for Gulf War Syndrome, the VA cited a study done earlier this year by the National Academy of Sciences that stated "at present, there is insufficient basis to identify the point, if any, at which the increased risk of chronic multi symptom illness may abate". That means the symptoms may still show up in veterans more than 25 years after the war's end. In order to provide fairness to affected veterans the VA says they want to continue to provide disability benefits to veterans suffering from Gulf War Syndrome no matter when the illnesses begin. [Source: Military.com | Jim Absher | October 14, 2016 ++]

Free Computer Class for Veterans and their Families

This class is free and being done in conjunction with ROVER and New Horizons Learning Center.

Contact James Macrellis for if you need more information.

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LTC James Macrellis (USA, Ret)

ROVER

Regional **O**utreach **V**eterans **E**ngagement **R**esources
Founder/CEO

Email: jamesm@rover.vet

Phone: 423.637.3490

[Visit our Website](#)

[Like us on Facebook](#)

CompTIA IT Fundamentals Class

"Computers themselves, and software yet to be developed, will revolutionize the way we learn." ~ Steve Jobs

CompTIA IT Fundamentals, January 11-12

Overview

The CompTIA IT Fundamentals class is designed to help you learn more about the world of information technology (IT). It's ideal if you're considering a career in IT or if you work in an allied field that requires a broad understanding of IT. CompTIA IT Fundamentals can also be a stepping stone to more advanced certifications such as CompTIA A+, and, with specialized experience, CompTIA Network+ and CompTIA Security+.

CompTIA IT Fundamentals is back and better than ever! We've made it as convenient as possible to for you to take the class, earn this certificate of completion and prove that you know today's technologies. Using our Online Live Delivery (OLL) you can take this class at your school, your workplace or even from your home.

CompTIA IT Fundamentals Course Overview

This course will provide you with the fundamental skills and concepts required to maintain, support, and work efficiently with personal computers.

Who Should Attend

This course is designed for individuals who are considering a career in information technology (IT) and who might be planning to pursue CompTIA IT Fundamentals certification, CompTIA A+™ certification, or other similar certifications.

Course Outline

- 1 - Identifying Computer Hardware
 - Identify Types of Computing Devices
 - Identify Internal Computer Components
 - Common Computer Connector Types
 - Identify Common Peripheral Devices
- 2 - Identifying Computer Software
 - Compare Functions and Features of Common Operating Systems
 - Identify Application Software
- 3 - Setting up a Basic Workstation
 - Connect Hardware
 - Install and Configure Operating Systems
 - Install and Configure Applications
 - Configure Accessibility Options
- 4 - Configuring Network Access
 - Network Connection Types
 - Install and Configure a SOHO Router
 - Network and Alternative Technologies
 - Sharing and Storage Methods
- 5 - Working with Files, Folders, and Applications
 - Create Files
 - Navigate a File Structure
 - Manage Files and Folders
 - Compress and Extract Files
 - Create Screen Captures
- 6 - Configuring and Using Wireless Services
 - Configuring Wireless Devices
 - Use Wireless Devices
- 7 - Securing Computing Devices
 - Identify Security Threats
 - Apply Security Best Practices
 - Perform Secure Web Browsing
- 8 - Supporting Computers and Users
 - Environmental and Safety Concepts
 - Back Up and Restore Data
 - Manage Software
 - Implement Basic Support Measures

Course Outline

To enroll in this free class, contact Arlie at 423-822-5950 or ASmith@nhchattanooga.com



Chattanooga Area Veterans Council

Appendix A CHARLES COOLIDGE AWARD RULES GOVERNING THE AWARD

Each member organization of the CAVC in good standing may recommend one veteran member of the organization for the Veteran of the Year award and/or one auxiliary/non-veteran member for the Associate Award. The associate award nominee may be from an auxiliary group of the organization in good standing. An organization shall submit only one nomination for each award. If multiple candidates are nominated for any single award, all candidates for that award from that organization will be eliminated. The selection committee shall be made up as stated in article VII, Section 3 of the CAVC bylaws and shall use existing rules without alteration to judge the nominees. Should clarification of the rules be required, the selection committee shall seek advice from the executive committee. Recommendations for change, in the rules for future years, may be made, in writing, to the executive committee. The current CAVC chairman will be an ex-officio member of the selection committee and will be the administrator of the award. Therefore, the chairman will be ineligible for nomination. The period covering the award shall be November of the previous year through October of the current year. All nominations shall be postmarked or emailed no later than 14 January 2017. Late entries will not be considered for the award. The awards will be announced and presented at the CAVC Awards Banquet. People who receive the award shall not be nominated and/or considered for another award for at least three years.

Mail or email completed applications postmarked no later than 14 January 2017 to: Mickey McCamish, CAVC Chairman, 1534 Heritage Landing Drive, Chattanooga TN 37405. Or email to: mickey@riverbendfestival.com. Questions? Call Mickey at 423-394-0024.

The following guide is for your assistance in furnishing information on nominees:

1. Organization:

Name of Organization Making Nomination

2. Nominee

Name of Nominee (Include branch(es) of service & highest rank for veterans)

3. Award:

(Veteran of the Year OR Associate of the Year)

4. Describe the nominee's contribution to the success of your organization during the past 12 months.

5. Describe nominee's contributions to other community veterans' organizations during the past 12 months.

6. Describe any community service the nominee has performed during the past 12 months.

7. Describe any honors and/or recognition the nominee received during the past 12 months.

Continue details on additional pages if needed.

Name & Title of person making nomination: _____

Phone #: _____ Date: _____