



Catholic War Veterans of the USA
Father Vincent Capodanno Memorial Post
To Heal, Serve, Love, Listen

Forty-fourth Edition

est. 11/24/2015

October 2019



Father Vincent Robert Capodanno, M.M.

MEETING NOTICE
NEXT MEETING IS WEDNESDAY
November 6th AT 7:00 PM
At Our Lady of Mercy Country
Home
2115 Maturana Dr.
Liberty MO 64068

DUES

The dues are starting to come in, just twelve more to reach 100 percent.. If you wish to become a life member, let me know. I will send you the application. The schedule of amount due, according to age, is on the application. Just fill it out and mail it to me with a check made out to our post, CWV Post 1974, for half, or all, of the amount due. I will then make out a check for the amount due National and mail that check along with the application, which I have to sign, to national and they will mail you your life membership card. Then you can pay so much a month for the rest of what is due.

Thank You

WHAT'S BEEN HAPPENING

For the fourth year in a row, Post 1974 won a National Award. It was third place for something. The sound system was so terrible I really didn't hear what it was for. Anyway, since it was not first place we are supposed to have a certificate mailed to the post. They said that last year, too. Still waiting.

Speaking of awards. Normally I wouldn't mention this, but, since I had nothing to do with it, and was requested to do so, here is a report of the awards that the post, i.e. our welfare/service officer, presented at our annual Capodanno Memorial Mass. Mr. Hermann Schmidt received the post's St. Oscar Romero award for all he has done for our post and in his parish, and I received the Father Vincent Capodanno award. These awards are open to anyone in our post. I you are interested in knowing what the criteria are, contact me or Ann.

Also, and more important, Miss Sara Jane Crossett won first place in the annual Easter Poster contest and received a plaque and \$10.00 from the post. We still have not heard anything from national as to whom ever won first, second, or third place nationally.

Along the same lines: during the convention, Ann mentioned to our Regional Commander that which we would like to be kept in formed. He got rather upset and told her he was the commander and knew what his job was. So far, I have received NO information as to what transpired over the week of the convention. Seems as though nothing changes.

I have been often accused of excessive cursing and swearing. But it is not true. The truth of the matter is, after a lot of studying I have finally learned how to speak fluent Sailor.

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Things Coming Up

Every year the greater Kansas City area conducts two Veteran Stand Downs, one in the spring and one in the fall. The event in the spring is held in Kansas City, Missouri while the one in the fall is held in Kansas City, Kansas. It is during these events that the needy veteran, the homeless, those living in poverty or on the edge can receive just about everything they need. Many leave with sea bags full of clothes and other personal products.

This year the Heart of America Stand Down is scheduled for November 8, 2019@ Memorial Hall, 600 N. 7th Street, KC, KS 66101. www.KCStandDown.org 7:00 am to 2:30pm. Our post is always present. It makes for a long day, but well worth it.

On Wednesday 13th of November I will be venturing to the Moberly Correctional Center in Moberly MO for their annual Veterans Day celebration. I will be going with Tony Monaco, a post member and head guy of Patriot Outreach. I am really looking forward to it. There is also a possibility of having a tour of the new Veteran Wing at the prison.

Having never been to or in a maximum security prison, it should be quite an experience. My family just said to be sure and get out. My son, a navy veteran has other things to say, but we do have lady veterans and friend who get our newsletter, so I will keep that one out. Use your imagination.

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VA News

The Million Veteran Program (MVP) is a national research program to learn how genes, lifestyle, and military exposures affect health and illness. Since launching in 2011, over 775,000 Veteran partners have joined one of the world's largest programs on genetics and health.

KCVAMC –Care increased, service not offered then sent to other community providers. October is Breast Cancer month- Activities, services are available at the Honor Annex and the VA Hospital downtown KC, MO

VA Mission ACT

- 6/6/2019: 4 IMPORTANT THINGS TO NOTE:
1. Veterans' Community Care Program-(VCCP).
2. Expands VA's Capacity to Deliver Health Care.
3. Asset & Infrastructure Review (AIR).

4. Extends VA Caregiver Program to All Eras.

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Many of us are getting close to that age or have already reached it where diabetes is always looked for. Below is an article produced by the VA on the subject.



ABOUT DIABETES

• Diabetes is a chronic disease in which the body cannot produce or properly use insulin, which it needs to bring sugar out of the bloodstream and into cells. As a result of high blood sugar, damage eventually occurs to blood vessels and organs.

-More than 30 million Americans have diabetes, and 84 million more are at risk to develop the disease. Many Veterans have the disease, including some who developed it as a result of being exposed to herbicides while serving in Vietnam.

-Symptoms of diabetes include blurry vision, excessive thirst, fatigue, frequent urination, hunger, and weight loss. Persons with diabetes need to have their hemoglobin All levels checked every three to six months.

-There are three major types of diabetes. In Type 1 diabetes, usually diagnosed in childhood, the body makes little or no insulin, so daily injections of insulin are needed. In Type 2 diabetes, the pancreas does not make enough insulin to keep blood glucose levels normal, often because the body does not respond well to insulin.

The third type of diabetes is gestational

-Between 90-95% of adults with diabetes have Type 2 diabetes. More are at risk due to overweight or obesity.

-Diabetes affects nearly 25% of VA's patient population. The disease is the leading cause of blindness, end-stage renal disease, and amputation for VA patients.

VA RESEARCH ON DIABETES: OVERVIEW

-VA researchers are studying innovative strategies and technologies, including group visits, telemedicine, peer counseling, and internet-based education and case management, to enhance access to diabetes care and improve outcomes for patients.

-VA investigators conducted the VA Diabetes Trial, a multiyear study examining the relationship between glucose control in diabetics and cardiovascular health. The seven-year study included nearly 1,800 patients with

diabetes. Follow-up studies were conducted 10 and 15 years after the initial study.

VA researchers are using data from other large studies, such as the VA-DOD Millennium Cohort Study, to examine between diabetes and sleep apnea, poor sleep quality, statin use, and obesity.

SELECTED MILESTONES AND MAJOR EVENTS

1977- Received the Nobel Prize in physiology or medicine (Dr. Rosalyn Yalow), for developing a new way to measure insulin and other hormones in the blood

1998- Discovered that an implantable insulin pump offers better blood sugar control, weight control, and quality of life for adult than multiple daily injections

2009- Determined, through the VA Diabetes Trial, that intensively controlling blood sugar reduces the risks of heart disease only modestly

2013- Found, in the VA-DOD Millennium Cohort Study, that sleep apnea and poor sleep quality predict diabetes, independent of other diabetes risk factors or mental health

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2013- Began participation in a National Institutes of Health (NIH) study testing the long-term benefits and risks of four widely used diabetes drugs in combination with metformin

2017- Learned that a diagnosis of PTSD in pregnant women Veterans was associated with an increased risk of gestational diabetes and preeclampsia

2018- Developed a novel glucose monitoring system to help hospitals monitor the development of hypoglycemia in patients

RECENT STUDIES: SELECTED HIGHLIGHTS

Improvements in insulin release wane after treatment stops, suggests a study chaired by a VA Puget Sound Health Care System researcher. The study compared the use of different treatment among adults with the aim of preserving beta cell function, the key to the body's ability to make and release insulin. While participants showed improvements in beta cell function and blood glucose control while on the treatments, these improvements did not persist after treatment. (Diabetes Care, September 2019)

Benefits of tight glucose control wane once a strict regimen is stopped, according to a 15-year follow-up of the VA Diabetes Trial. The study showed that glucose-lowering reduced the consequences of diabetes for those who continued to lower their blood sugar levels. However,

declines in cardiovascular events, risk of death, and kidney events were not significant when intensive blood sugar lowering treatment was no longer being used. (New England Journal of Medicine, June 6, 2019)

VA patients with diabetes have similar health outcomes regardless of primary provider type, according to a Durham VA Health Care System study. The study found no significant differences in outcomes between patients with physicians, nurse practitioners, or physician assistants as their primary provider. Within VA, about one-third of primary care visits are with PAs or NPs, rather than with physicians. (JAAPA, June 2019)

Early non-adherence to diabetes drugs leads to poor health outcomes. Patients who did not adhere early on to their medication treatment for Type 2 diabetes were more likely to have heart attacks and strokes, according to a VA MidSouth Healthcare Network study. The research team looked at data from more than 159,000 Veterans over an 11-year period. The less compliant patients were to their medication regimen within the first year, the higher their chances were of having a heart attack or stroke, and to have died during a five-year period. (Diabetic Medicine, November 2018)

Million Veteran Program suggests drug targets for diabetes and heart disease. Using DNA samples from 300,000 MVP participants, researchers have singled out a handful of genetic mutations that govern cholesterol levels in adults, and that may inform the development of drugs for diabetes and cardiovascular disease. Mutations in the ANGPTL4 gene affected the development of diabetes, and the researchers hope a drug can be developed that will mimic the beneficial mutation in that gene. (Nature Genetics November 2018)

Air pollution contributes significantly to diabetes around the world, found a study by VA St. Louis Health Care System researchers.

Outdoor air pollution, even at levels that are considered safe, can lead to an increased risk of diabetes. Researchers analyzed the records of 1.7 million Veterans for the study, along with data from the EPA and NASA on airborne particulates. They estimate that pollution contributes to 14% of new diabetes cases in a year. Previous research had shown a link between air pollution and diabetes, but not the extent of the risk. (Lancet Planetary Health, July 2018)

Many patients with diabetes show early signs of chronic kidney disease, found a study by VA MidSouth Healthcare Network researchers. Patients could have undiagnosed kidney disease even before they are aware they have diabetes, according to the study. Out of nearly 37,000 Veterans with diabetes studies, 32% had evidence of chronic kidney disease before their diabetes diagnosis, based on two common measures of kidney function. (PLoS One, Feb. 9, 2018)

For more information on VA studies on diabetes and other key topics relating to Veterans' health, please visit www.research.va.gov/topics

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Lourdes Pilgrimage

Every year the Archdiocese for the Military Services sponsors a "Warriors to Lourdes pilgrimage". Thanks to the Knights of Columbus and several other wonderful organizations, the pilgrimage is totally free for veterans.

The next pilgrimage is scheduled for May 12-19, 2020. You can obtain an application on line here: www.warriorstolourdes.com

Or write to the at:

Archdiocese for Military USA
P.O.Box 4469
Washintgon D.C, 20017

I was going to apply but, I am an old guy, Vietnam Vet, and the post 9/11 veterans have preference. When I applied for an honor flight, they were giving WWII Veterans priority, which was correct. I knew they would eventually get to me since we weren't making any new WWII veterans. But, we will continue we make post 9/11 veterans. If you are a post 9/11 veteran and are interested, check it out.

Robert H. Baker American Legion Post 95 Liberty, MO

CHILI DINNER
November 2, 2019
4:30 P.M. - 7:00 P.M.

at

**Our Lady of Mercy
Country Home**

2115 Maturana Dr, Liberty, MO



**Chili, Hotdogs and all the Fixins'
Door prizes will be awarded**

Donation:

Adults \$ 8.00

Children \$ 4.00 (12 and Under)

Children 4 and under FREE

Proceeds go towards supporting American Legion youth programs

Robert H. Baker
American Legion Post 95
Fall Fundraiser Raffle



VIZIO V-Series™ 50" Class 4K HDR Smart

Military Logo Patio Fire Pit



U.S. Stove Company Woodstove

Drawing to be held November 2nd, 2019
at 19:00 HRS

Donations: \$1 each or 6 for \$5

Contact a Post 95 member for tickets.