



# THE PRESS

Editor -Javier Collazo

The American Legion



Alvin Myo Dunn American Legion Post 365 Vista, CA

“Where Veterans & Their Families Meet”

Volume 4 Issue 1801

**JANUARY 2018**

[www.legionpost365.org](http://www.legionpost365.org)

<https://www.facebook.com/AmericanLegion365>

Happy New Year  
2018

**FROM THE EDITOR:**

Comrades, I would like to take this time and wish each and everyone one of your reading this, a safe and Happy New Year. -Javier Collazo, Editor

### FROM THE COMMANDER:

Dear Members, Friends and Family,

Your American Legion Post 365 Commander Art Haeussler and All Officers wish to Thank all of those that helped us make the calendar year 2017 so memorable.

Together we were able to get the air conditioning installed, paid off the lingering tax issues, modernized clubroom equipment, dedicated "Brian's Place" patio, repaired the roof, updated the main post sign, updated some parking lot lighting, cleaned & painted inside and out, hosted Our National Commander for dinner and all of this as we celebrated our 7<sup>th</sup> Year in our 1234 home!

Our "To Do" list is ongoing and we need everybody's assistance to move forward with our numerous plans to maintain and continue the refurbishment of Post 365 and Property.

As our membership changes and grows, we also must make every effort to continue with our efforts to broaden our family style atmosphere.

An atmosphere which is welcoming to all ages.

It is extremely rewarding to see the many people that have come forward to assist our team.

Thank You to those who truly care!

Best Wishes for a Happy & Healthy New Year!

Sincerely,

Art Haeussler

Commander



### FROM THE 1<sup>st</sup> VICE:

Your American Legion Membership cards should reads **2018**. If it does not, please take the time to renew your dues as you are now considered expired. Ways to renew your membership:

Online @ [www.legion.org/renew](http://www.legion.org/renew)

At the post with a copy of your current membership card. Mail in your dues upon receiving a renewal notice.

Steve Miller

1<sup>st</sup> Vice Commander

### FROM THE HISTORIAN:



The past year for Post 365 has been historic in many ways. We will celebrate our 87<sup>th</sup> Anniversary on January 10<sup>th</sup>. That was the date that 22<sup>nd</sup> District Commander Leroy Bailey came to Vista and presented the Charter for Post 365 to its first commander Baldwin W. Foote. On more recent note, we had two visits. The first, from the Grinch, who took all our Christmas presents in the dark of night. But with an unprecedented outpouring of Christmas Spirit, both members and friends filled the stockings back up and we were able to achieve our goal in supporting all the Christmas wishes of our military families and local organizations that needed help. The second – and truly a historic visit, was from Denise Rohan, the American Legion National Commander. Her visit to our post was a first by a National Commander.

And lastly, on a much more visible note, was the addition of a new sign outside the post. After six years of working together as a team the comradeship of both Post 365 and VFW Post 7041 is on display for all to see. We

are proud to have our names and seals together showing the public that 1234 South Santa Fe is truly a place where “Veterans and their families meet”.

Raymond K. Johnson – Historian

**FROM THE LEGION AUXILIARY:**

Thank you all for your continued support of our programs. On December 9<sup>th</sup> several of us went to the La Jolla Veterans hospital to serve the veteran patient’s lunch and assist them with Bingo and give them a small gift bag. Thank you for those who participated, donated items for the gift bags, shopping for the food, and the cooking of the pasta. The veteran patients loved it. This is just an example of one of our programs in action.

Remember, we hope to see you at the Post for our Rocking the 80’s New Year’s party. We will be serving H’dourves, serving Champaign, and enjoying a DJ. The party will begin at around 6pm.

We would like to wish everyone a Happy New Year.

Warmly,  
Colleen Collazo, President

**FROM THE LEGION RIDERS:**

On Saturday December 16<sup>th</sup>, we held a 12 Days Of Christmas Post Crawl. It was a great time to share comradery, visit and support multiple post with San Diego. The Posts visited included Post 149 (Escondido), Post 434 (Chula Vista), Post 255 (San Diego), Post 731 (Linda Vista), Post 310 (San Diego), Post 416 (Encinitas) and of course our own home Post 365.

+ + + + + + + +

**TID BITS**

From Wes Sherman, District 22 Executive Board Member:  
Please Share: Hello, Our next food distribution will be Jan 13<sup>th</sup>. Flyer is attached. Please share.  
**What:** Free Food Distribution  
**Who:** Open to all Active Duty, Veterans, Guard, Reservists and their families  
**When:** January 13, 2017: 10am  
**Where:** 9951 Businesspark Ave. San Diego 92131

Thanks,  
**Jennifer Santis**  
Community Liaison  
Courage to Call  
Mental Health Systems  
9465 Farnham Street  
San Diego, CA 92123  
Office: [858-636-3608](tel:858-636-3608)  
Cell: [858-378-3929](tel:858-378-3929)  
Fax: [858-268-5013](tel:858-268-5013)  
Email: [jsantis@mhsinc.org](mailto:jsantis@mhsinc.org)  
Website: <http://courage2call.org/>

+ + + + + + + +

## East County veterans aboard to host first-ever female National Commander for The American Legion with an introduction in a promising new noninvasive PTS treatment

 [BJ Coleman](#)  Wed December 20, 2017



Military veterans from throughout Southern California converged on the USS Midway museum on Sunday, December 10, to host Denise Rohan of Wisconsin, first-ever woman to serve as National Commander for The American Legion. Rohan arrived in San Diego during travel around the country to visit the Legionnaires she commands for 2017-2018.

Rohan's official event schedule in San Diego County began with a docent-led tour of the carrier museum in San Diego harbor, followed with a special presentation describing a promising new noninvasive, non-pharmaceutical treatment expected to alleviate common diagnoses

for combat veterans. Known as transcranial magnetic stimulation therapy, this treatment has proven effective in relieving post-traumatic stress, traumatic brain injury, anxiety, depression and insomnia for a limited number of veterans who have undergone trial cycles of treatment. Supporting advancement of this therapy is a mission adopted for the current year by American Legion District 22, which is roughly contiguous with San Diego County. Dr. Harold M. Koenig, Vice Admiral, USN (Retired) explained the likely dramatic impact of this therapy, "I've seen a lot in medicine, lots of changes. But I've seen nothing like the potential this has." Koenig retired as Surgeon General of the Navy in 1998.

Ryan Garza agreed, "I call this a miracle treatment. This is the best thing that ever happened to me." Garza served in the Marine Corps for 4.5 years, with four tours in Afghanistan. He was badly injured in late 2011, and subsequently lost his lower right leg in amputation. He also witnessed a close friend and fellow veteran commit suicide. "My life was absolutely miserable," Garza said. He suffered anxiety attacks and could sleep at most three hours each night. Garza entered TMS therapy treatments recently, and said the effects were almost immediate. After his second day of treatment, he slept for eight straight hours. He could feel his anxiety lessening too.

Christina Sanders described similar results. Sanders was in the Marine Corps for four years, and she was injured by an improvised explosive device in Iraq's Anbar Province during 2006. She was diagnosed with TBI and PTS. "When I returned, I was a different person. I was confused, not focused," she explained. She began twice daily weekday TMS therapy sessions on November 14. Her sleep improved, as did her sensory perception. "I could feel and see better, see deeper colors. And I could see the results recorded in my EEG," she continued.

Treatment is preceded by a baseline assessment EEG to determine problem areas in brain activity. Koenig offered a layman's terms explanation of what the TMS treatment does, "When the areas of the brain are not all synchronized, not all on the same frequency, problems develop." Koenig likened this condition to a mistuned radio, which sounds fuzzy and difficult to hear. Most of the patients treated only need a two-week course of therapy, preferably twice daily.

Chris Yates, American Legion District 22 Commander 2017-2018, explained how the local Legion decided to initiate this supportive collaboration. "What are we doing to help veterans? And what can we do?" he asked. In a brief interview after the TMS presentation, Yates elaborated, "At our December District 22 general meeting, we decided to adopt this as our Veterans Affairs and Rehabilitation program for the year. We had the opportunity to share the experiences of veterans who have had this therapy. And we've taken on a three-part mission to support TMS treatment. Our mission is to connect veterans in need with this therapy. The first part is raising awareness of the therapy among veterans. The second part is fundraising to pay for veterans' treatment. More important than anything is to develop a resolution and move this within The American Legion to do whatever it takes to make this widely available, whether encouraging legislation to be enacted or urging FDA approval so that DOD and the VA will provide this treatment free of charge to veterans, and insurance companies will pay for treatments. That's our mission."

Yates was referring obliquely to the fact that TMS has received FDA approval as a treatment for depression and for migraines but not yet for other military-service connected conditions. Another related aspect of the local American Legion mission is to connect veterans with an upcoming series of clinical trials to be sponsored by UCSD investigating the effectiveness of TMS for those other conditions. The particular treatment is also more

formally called personalized repetitive transcranial magnetic stimulation. Treatments are locally available through MindSet clinic services, located at 16918 Dove Canyon Road. More information can be found at [www.mindset-hq.com](http://www.mindset-hq.com).

+ + + + + + +

## **IMPORTANT TRICARE NOTICE:**

Starting on January 1, 2018: You will fall into one of two categories based on when you or your sponsor entered active duty. Each group will have different enrollment fees and out-of-pocket costs. Costs for TRICARE benefits will be charged by Calendar Year (January - December) instead of Fiscal Year (October 1 - September 30).

Group A: If you or your sponsor's initial enlistment or appointment occurred before January 1, 2018, you are in Group A. (Tricare Select Group A will not incur an enrollment fee. Prime Group A will incur an enrollment fee of \$289.08 for an individual and \$578.16 for a family.)

Group B: If you or your sponsor's initial enlistment or appointment occurs on or after January 1, 2018, you are in Group B. (Tricare Select Group B enrollment fees are \$450 for individual and \$900 for family. Prime Group B enrollment fee is \$350 for an individual and \$700 for a family.) Plan information and costs are available at: <https://tricare.mil/About/Changes/General-TRICARE-Changes/Costs/Other>.

Effective January 1, 2018, enrollees in TRICARE Reserve Select, TRICARE Retired Reserve, TRICARE Young Adult, and Continued Health Care Benefit Program have Group B cost shares, regardless of when the sponsor first joined the military.

TRICARE Prime enrollees will remain in TRICARE Prime. TRICARE Standard and Extra beneficiaries will be enrolled in TRICARE Select. During 2018, you can choose to enroll in or change coverage plans. Enrollment will move to a calendar year open enrollment period beginning in the fall of 2018, during which active enrollment will be required for coverage for the following year. The open enrollment period will begin on the Monday of the second full week in November and run through the Monday of the second full week in December of each calendar year.

TRICARE Prime is a managed care program and an assigned PCM provides most of your care. When you need specialty care, your PCM will refer you to a specialist. If you choose to get specialty care without referral or authorization, referred to as the point-of-service (POS) option, you will have to pay the deductible and 50% of the cost for your TRICARE covered treatment. Any deductibles or cost-shares for POS don't count toward your catastrophic cap.

TRICARE Select will replace TRICARE Standard and TRICARE Extra both stateside and overseas. Stateside, TRICARE Select will be a self-managed, preferred provider network option. You will not be required to have a primary care manager (PCM) and therefore you can visit any TRICARE authorized provider for services covered by TRICARE without a referral.

An authorized provider is any individual, institution/organization, or supplier that is licensed by a state, accredited by national organization, or meets other standards of the medical community, and is certified to provide benefits under TRICARE.

You don't have to enroll in TRICARE Select if you're a TRICARE Standard beneficiary as of Nov. 30, 2017. You'll be automatically converted to TRICARE Select on Jan. 1, 2018, as long as you're registered in the Defense Enrollment Eligibility Reporting System (DEERS) and are eligible for TRICARE. Each region has its own provider network. You may pay more to visit a non-network provider.

On January 1, 2018, the three regions will become two. TRICARE North and TRICARE South will combine to form TRICARE East. TRICARE West will remain unchanged.

2018 TRICARE East Network Provider Directory <https://www.humanamilitary.com/provider-locator>

2018 TRICARE West Network Provider Directory

<https://tricare-west.com/content/hnfs/home/tw/bene/providerdirectory.html>

TRICARE Retiree Dental Program <http://www.trdpnetwork.org/>

TRICARE For Life Costs won't change for TRICARE For Life (TFL). There are no changes in TFL eligibility, benefits, or the requirement to have Medicare Part A and B.

+ + + + +

## **District 22 Hosts the first Female National Commander Denise Rohan.**

December 10, 2017. Our First Female National Commander Denise Rohan started her California Tour in the 22<sup>nd</sup> District. She had started her visit on December 9<sup>th</sup> with a brief stop at Post 416 to watch the Army vs Navy Football Game.

On Sunday, the day began with a tour of the USS Midway, followed by a brief stop on the Greatest Generation Walk along the USS Midway. Lunch was held at Post 255, and Post 365 had the honor of hosting the Diner.

Pictured below (from L to R) is National Executive Committeewoman Janet Wilson (sitting), District 22 1<sup>st</sup> Vice Commander Javier Collazo, District 22 2<sup>nd</sup> Vice Commander Sam Flores (Sitting), Department of CA Adjutant "Doc" Bart, District 21 Executive Board Monique Clemons, District 21 Commander Eddie Romero, National Commander Denise Rohan, District 22 Commander Chris Yates, District 29 Commander Ken George, District 14 Commander JD Bennet, Alternate National Committeemen Ed Grimsley, and Department of CA Commander Bob Heinisch.



Many happen to be member of Area 5, which is why we had 5 showing.