

VETERANS ADVISORY NEWS

OCTOBER 27TH, 2015

INSIDE THIS EDITION:

VETERANS ECONOMIC COMMUNITIES INITIATIVE2

THE BENEFITS OF HIRING MILITARY VETERANS3

PTSD: SLEEP APNEA AND CPAP THERAPY.....4

VA SUPPORTIVE HOUSING GRANTS...5

No COLA FOR 2016.....5

CHICAGOLAND VETERANS SURVEY....6

2015 VETERANS DAY FREE MEALS AND DISCOUNTS7-8

COOK COUNTY DISABLED VETERANS PROPERTY TAX EXEMPTION9

NEW OPPORTUNITIES TO SAVE ON ENERGY – AND DOLLARS.....9

VETERANS DAY10

UPCOMING VETERAN EVENTS10



THE DEPARTMENT OF VETERANS AFFAIRS WAS CREATED BY COOK COUNTY BOARD PRESIDENT TONI PRECKWINKLE IN DECEMBER 2012 TO SERVE THE COUNTY’S EMPLOYEE VETERANS AND VETERANS WHO LIVE IN COOK COUNTY THROUGH OUTREACH AND SUPPORT SERVICES.

QUESTIONS/COMMENTS:
BILL BROWNE: 312-603-6423
AUDREY MOLLO: 312-603-2221
COOK COUNTY EMAIL:
VETERANS.AFFAIRS@COOKCOUNTYIL.GOV

MESSAGE FROM COOK COUNTY VETERANS AFFAIRS

Dear Veterans:

This month’s newsletter contains information on the following: Locations for FREE meals and discounts for Veterans Day (please note that this list is NOT all inclusive); VA’s initiative on a program to increase education and employment opportunities to Veterans; the benefits of hiring military veterans; PTSD as it relates to sleep apnea; information on the HUD/VASH program to help homeless veterans find housing; information on Cook County Disabled property Tax exemptions for tax year 2015 and a request for Veterans to answer a survey on Veteran issues, including adjustment to civilian life, housing, employment, barriers to care and physical and mental health. The purpose of this survey is to gather data that will help identify local needs and opportunities for programs and services. We have also provided information for all residents, including Veterans, to save energy and dollars through an initiative to promote energy efficiency throughout Cook County.

Veterans Day is a day set aside to thank and honor all veterans who served nobly in the military for their service – in wartime or peacetime. We salute all of our veterans, remembering “all gave some and some gave all.”

Bill Browne, Director of Veterans Affairs
 Cook County Veterans Affairs

WINTER STAND-DOWN IN CHICAGO

There will be a Winter Stand-Down at the Humbolt Park (Northwest) Armory for homeless veterans on Tuesday, November 10th, 2015. The Humbolt Park (Northwest) Armory is located at 1550 N. Kedzie, in Chicago. Registration will begin at 0800 hours. Hot food, warm clothing, medical, V.A. assistance, flu shots, etc...

We need ALL VOLUNTEERS who can help. Set-up is Monday, November 9th, at 0800 hours. For more information, please contact Mr. Paul Bezazian at (773) 387-7720. Please see following inserts for event flyer and details.

Are you a combat Veteran separated between January 2009-2011?

Combat Veterans discharged between January 1st, 2009-2011, and did *not* enroll in the VA health care during the 5 year eligibility period will have an additional one year to enroll. The additional eligibility period begins the date of the enactment of the Clay Hunt Suicide Act (02/12/2015). Combat veterans that may have missed their window of enhanced combat eligibility and not able to register for VA health care, could now be eligible. Any questions or for more information, please contact the JBVAMC OEF/OIF/OND Team at 312-569-5900.



VETERANS ECONOMIC COMMUNITIES INITIATIVE

<http://www.va.gov/opa/pressrel/pressrelease.cfm?id=2732>

The Department of Veterans Affairs (VA) announced the expansion of a program aimed at increasing education and employment opportunities to America's Veterans to an additional to 25 new communities. The Veterans Economic Communities Initiative (VECI) brings together local and national partners to coordinate services for Veterans and military families. Announcement of the expanded communities was made by senior VA officials to more than 500 leaders from the business, nonprofit, philanthropic and local government communities who are attending VA's two-day inaugural VECI Policy Academy. The Policy Academy serves as a forum for local, regional and national partner organizations to engage in honest dialog about Veteran economic issues; receive interactive training on national philanthropic and community-based best practices; and hear from leaders in the field about emerging data, trends and opportunities.

"History has shown that when you give Veterans an opportunity to succeed, they go above and beyond. And we as a nation owe them those opportunities to succeed," said Secretary of Veterans Affairs Robert A. McDonald. "There is a tremendous amount of goodwill from the American people towards Veterans; they want to help. Through public-private partnerships like those formed and harnessed by VA's VECI Initiative, we will now be able to provide better networks and tools to Veterans in 50 communities nationwide." VECI is part of Secretary McDonald's department-wide transformation called MyVA, dedicated to putting veterans at the center of everything VA does and enhancing strategic partnerships to extend VA services.

"We have made great strides in how Veterans and their families are being supported at the local and national level through the first 25 communities that launched this incredible initiative," said Rosye Cloud, Senior Advisor for Veteran Employment. "It is because of the success of the partnerships formed through VECI that we are able to double the program from 25 to 50 communities participating. And we are excited that this announcement was made at our first-ever VECI Policy Academy." As part of the VECI initiative, a VA economic liaison in each community will expand and encourage collaboration among private and public organizations that offer resources related to Veteran education, training and employment. Through strategic partnerships offering Veterans innovative forms of learning and employment opportunities, these communities will help veterans gain competitive career skills and locally in-demand fields.

Campaign partners include the Departments of Defense and Labor, the Small Business Administration, and regional and national nonprofits, businesses and educators. All VECI communities were selected based on the following: Unemployment, Employment Opportunity and Job Growth; Education Spending. See the full list of VECI communities at: <http://www.va.gov/opa/pressrel/pressrelease.cfm?id=2732>. Under the VECI, communities will develop sustainable models in the next two years that will include:

- Developing public-private partnerships focused on employment and economic opportunities;
- Employer networks and commitments to Veteran Employment Centers: www.ebenefits.va.gov/jobs.
- Support at career fairs and employment summits to boost economic competitiveness for Veterans;
- Sharing practices and training and supporting employers who are considering hiring Veterans; and
- Facilitate resource hubs to connect veterans to opportunities of entrepreneurship and skills building.

People wishing to receive e-mails from VA with the latest news releases can subscribe to the VA Office of Public Affairs Distribution List at: http://www.va.gov/opa/pressrel/opa_listserv.asp.



THE BENEFITS OF HIRING MILITARY VETERANS

<http://www.bizjournals.com/chicago/how-to/human-resources/2015/09/the-benefits-of-hiring-military-veterans.html>



According to the Equal Employment Opportunity Commission (EEOC), three million veterans have returned from military service over the past decade and an additional one million are expected to return over the next five years. As these service members return home, many will look to join the civilian workforce. Most veterans have the skills, experiences, and leadership qualities that employers value in the workplace. Tapping into this source of talent provides an opportunity to bolster organizations.

Strategic Advantages: More and more employers are becoming aware of the strengths that military members can bring to the workforce. The following are just a few examples:

- **Work Ethic:** Many veterans are used to working long hours and adapting to environments. They generally understand that success comes from a strong commitment to the task at hand.
- **Teamwork:** Working in a team environment begins early for military members. Their lives may even depend, at times, on their ability to work with and trust in team members. Veterans know the role of their efforts in supporting a team and achieving collective goals.
- **Initiative:** The military experience has encouraged veterans to think on their feet and take action. They are trained to understand and solve complex issues without step-by-step guidance.
- **Training and Education:** Veterans receive a variety of training, encompassing most occupations. Most military training schools teach technology, leadership and management.
- **Leadership Abilities:** Through frontline situations, many veterans can provide examples of developed leadership skills learned during their military careers, then applied in the workforce.

Actively recruit: The Vietnam Era Veterans' Readjustment Assistance Act of 1974, or VEVRAA, requires contractors and subcontractors with certain federal contracts to take affirmative action to employ and advance in employment qualified covered veterans. The law prohibits discrimination against covered veterans, and requires contractors and subcontractors to list their employment openings with the appropriate employment service delivery system.

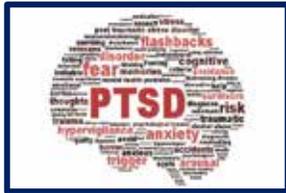
VEVRAA requires certain federal contractors and subcontractors to compile and submit the VETS-4212 Report each year. The VETS-4212 Report has replaced the VETS-100A Report beginning with this year's filing cycle. It must be filed no later than September 30, 2015. The VETS-4212 Report is required by federal contractors or subcontractors who have a federal contract or subcontract of \$100,000 or more entered into (or modified) on or after December 1, 2003.

Linking with Resources: While some employers will be required to draw upon veteran candidates, others without such requirements may want to take an active approach toward hiring these valuable employees. Most states have a state job bank that employers may use to post job openings. Employers can also contact an employment representative whose aim is to help employers hire veterans. Letting employment representatives know hiring vets is a priority for an organization can help them identify qualified former service members whose skills match those needed for job postings.



PTSD – HOW IT RELATES TO OBSTRUCTIVE SLEEP APNEA & CPAP THERAPY

<http://www.eosleep.com/2014/09/11/ptsd-how-it-relates-to-obstructive-sleep-apnea-cpap-therapy/>



The American College of Chest Physicians published a study to determine how frequent Obstructive Sleep Apnea (OSA) is among combat veterans with Post Traumatic Stress Disorder (PTSD). PTSD may develop after exposure to traumatic events, such as threats of imminent death.

The diagnosis may be given when a group of symptoms, such as disturbing recurring flashbacks, avoidance or numbing of memories of the event, and hyper-arousals, continue for more than a month after the occurrence of a traumatic event. Prisoners of war exposed to harsh treatment are particularly prone to develop PTSD. The acute presentation of symptoms can be affective, cognitive, perceptual, emotional and behavioral responses, which are relatively normal responses to gross psychological trauma. However, if the symptoms persist, they can take on a whole life of their own and may be maintained by inadvertent reinforcement.

Sleep disorders such as recurrent dreams, nightmares, staying asleep or falling asleep are all too common in patients with PTSD. OSA has not necessarily been well described as a noticeable feature of PTSD. More than 70% of those who carry a diagnosis of PTSD, are also at a higher risk for the diagnosis of OSA. Combat Veterans and anyone suffering with PTSD or with difficulty sleeping, should be considered for an evaluation of sleep disordered breathing prior to additional treatment, including pharmacotherapy researchers said. An additionally relevant study published by the ACP in the *Chest Journal* investigated the Impact of PTSD on Continuous Positive Airway Pressure adherence in patients with OSA. According to their conclusions, therapeutic adherence or compliance to the CPAP mask is frequently poor among patients with PTSD and/or OSA.

CPAP Therapy is a prescribed machine to help a person who has OSA breathe easily and consistently, sending positive air pressure and preventing the airway from collapsing throughout the night. The unit consists of a small air pressure generator connected by tubing to a nasal or full-face mask that is worn at night during sleep. Poor sleep quality, including insomnia and sleep disturbances, are common among patients with PTSD, and can also impair CPAP adherence. ACP found patients with PTSD had significantly lower rates of adherence to CPAP therapy. This may create an additional obstacle to care in this already compromised and challenging patient population.

Patients suffering with PTSD often experience severe nightmares that cause the individual to relive the traumatic event(s). Researchers sought to compare nightmare-related effects of regular CPAP use in combat veterans affected by both OSA and PTSD. After making their comparisons, the study's authors concluded that CPAP therapy produces meaningful declines in the number of nightmares associated with PTSD. They also concluded that the greatest benefit of treatment appears in individuals who are CPAP compliant and adhere to the treatment on a regular basis. The healthcare community is finding out more and more everyday about the importance of creating awareness, getting a diagnosis and finding treatments for OSA, especially for those whose health is already compromised.



VETERANS AFFAIRS SUPPORTIVE HOUSING GRANTS

<http://www.military.com/military-report/veterans-affairs-supportive-housing-grants.html?ESRC=mr1019.nl>

The Veterans Affairs Supportive Housing (VASH) helps homeless veterans find housing. Through the VASH program, homeless veterans are provided a special class of Section 8 vouchers that they use at approved agencies to obtain housing. The Department of Veterans' Affairs (VA) Services for Veteran Families (SSVF) program, provides supportive services to very low-income veteran families living in or transitioning to permanent housing. Eligible veteran families are provided case management and assistance in obtaining VA and other benefits, which includes time-limited payments to third parties (such as landlords, utility companies, moving companies, and licensed child care providers) if these payments help veteran families stay in or acquire permanent housing on a sustainable basis. For more information, visit the [VA Homeless Veterans webpage](#), the [HUD-VASH Vouchers webpage](#), and the [VA Homeless Veterans SSVF webpage](#). For more on veteran benefits, visit the [Military.com Benefits Center](#).

NO COST OF LIVING ADJUSTMENT FOR 2016

<http://paycheck-chronicles.military.com/2015/10/15/2016-cost-of-living-adjustment-likely-zero/>

The 2016 cost of living adjustment (COLA) for federal benefits will be zero for 2016. This is because the index used to determine military retirement, Department of Veterans Affairs (VA) disability payments, and social security shows that there has been no inflation since last September. The dramatic decrease in the cost of gasoline has cancelled out all the other price increases, leaving a [net negative Consumer Price Index for Urban Wage Earners and Clerical Workers](#) (CPI-W). This is the third time of no increase, since increases were made automatic in 1975.

Federal payments are received by about 80 million US residents each year, including retired and disabled workers and their families, disabled veterans, and federal retirees. The formula used to calculate COLAs isn't perfect because it uses data from families who make most of their income from wages. It specifically excludes families who get most of their income from Social Security and pensions. The families actually receiving federal benefits, typically retirees and the disabled, have different spending patterns than those currently working.

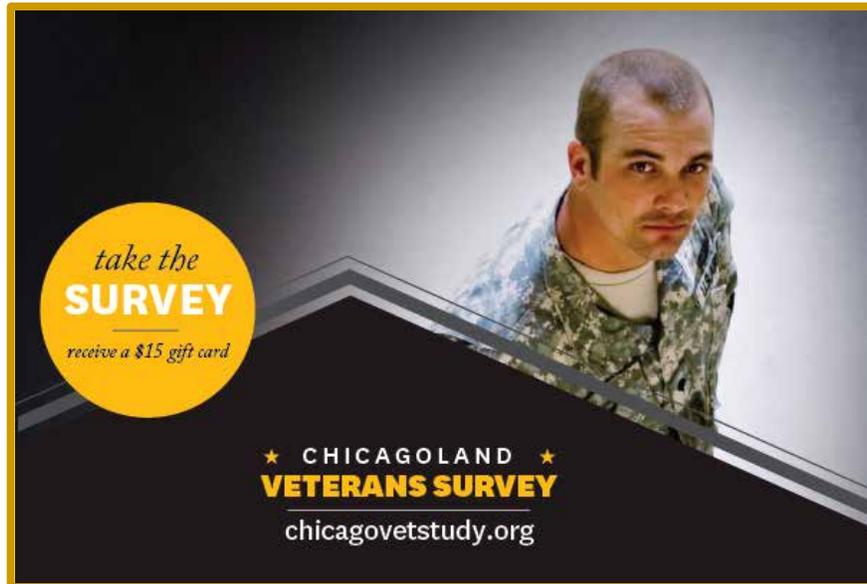
In particular, federal benefit recipients tend to spend less on gasoline and more on health care, where costs have been rising rapidly. Unfortunately, the current economic trends mean that federal benefit recipients are actually spending more on their expenses, but not getting an increase in benefits because costs haven't risen for the group that is polled for the calculations. This is all the more frustrating because there actually *is* a Consumer Price Index for the Elderly (CPI-E). It would only make sense to use the CPI-E for federal payments to primarily older individuals, based upon an index that actually measures spending for the older.

However, there is a sliver of a positive: *your monthly benefits won't go down*. Under federal law, payments remain the same even when there is negative inflation, like we are facing right now. I wish there was better news regarding COLA for 2016, because a lot of everyday expenses have gone up. Unfortunately, the math doesn't support an increase at this time. Read the complete article and learn more, at: <http://paycheck-chronicles.military.com/2015/10/15/2016-cost-of-living-adjustment-likely-zero/#ixzz3p3BLzOk5>.



THE CHICAGOLAND VETERANS STUDY

<http://cir.usc.edu/research/research-projects/chicagoland-veterans-study>



ATTENTION VETERANS: LET YOUR VOICE BE HEARD!



If you have served in the military and live in the Chicago area (including DuPage, Will and Lake counties), you are invited to participate in a survey that is part of a research study. Participation is voluntary and respondents will receive a \$15 gift card. The survey is anticipated to take 30 to 60 minutes to complete.

Study Overview: Working alongside Loyola University Chicago School of Social Work, the Chicagoland Veterans Study hopes to poll more than 2,000 veterans through October. The survey will tackle a range of issues, including adjustment to civilian life, housing, employment, physical and mental health, and barriers to care. The essential data gathered will help identify local needs and opportunities for program and service development. We hope to provide new insights that will inform efficient community-based initiatives, targeted intervention strategies, cost-effective community action plans and a local data-driven framework for veterans in and around Chicago.

The Chicagoland Veterans Study is the most recent study of a large, urban military population by the center. CIR developed the *first comprehensive study* assessing the opportunities and challenges in serving a large urban region's military community. In 2013, the center surveyed the military population in L.A. County, home to the largest population of veterans in the country. The following year, a similar study in Orange County was undertaken to further our understanding of military-affiliated needs within California.

For more information, please visit: www.chicagovetstudy.org



2015 VETERANS DAY FREE MEALS AND DISCOUNTS

<http://themilitarywallet.com/veterans-day-free-meals-and-discounts/>

Veterans Day is soon approaching and there are many restaurants and companies who want to thank our veterans by providing them with discounts or a free meal. To those companies, the military community gives collective thanks!

Please note that this list is NOT all inclusive, visit the above web address for more information. The restaurants and companies listed below will require proof of service for free or discounted services. Proof of service includes the following: VA/Military ID, Driver's License with Veteran Designation, Veterans Service Organization Card or DD214. Others may go by the honor system. You should call ahead to verify participation date, time, and locations, since many franchises have different policies.

Applebee's – November 11, 2015: Free meal for veterans on **Veterans Day**. There will be 7 entrées to choose from, *beverage and gratuity not included*. Military ID or proof of service required. [More](#).



Bar Louie - November 10-11, 2015: From open to close, every location across the country will offer veterans a free meal, *up to a \$12 value*. Military ID or proof of service is required. [Locations](#).

Carraba's - November 9-15, 2015: Free appetizer of your choice for veterans. Proof of service required. [Locations](#).

Chick-fil-A - November 11, 2015: Free meal to all veterans. Military ID required. [Locations](#).



Chili's - November 11, 2015: All veterans offered any lunch or dinner meal from limited menu. Dine-In only; *beverages and gratuity not included*. Proof of military service required. [Visit their website to find locations](#).

Denny's - November 11, 2015: Free Build Your Own Grand Slam® from 5 a.m. to noon for all veterans. [Locations](#).



Famous Dave's - November 11, 2015: Free meal at participating locations only - [more details](#).

Fox and Hound, and Bailey's Sports Grille - November 11, 2015: Free Sandwich or Entree (up to \$10) for active duty military and veterans with ID or proof of service. Dine-in only and at only at participating locations. [Locations](#).



Golden Corral - November 11, 2015 (5pm – 9pm): All veterans are invited to participate in Golden Corral's Military Appreciation dinner. For more information visit: <http://www.goldencorral.com/military/>.

Hooters - November 11, 2015: All veterans are invited to a free meal, \$10.99 value with any drink purchase. Military ID or proof of service is required at any Hooters location across the country. [Locations](#).

IHOP - November 11, 2015 (7am - 7pm): Free Red, White and Blue pancakes/combo plate including eggs, bacon and hashed browns. Please call ahead to verify participation. [More info](#). [Locations](#).

Krispy Kreme - November 11, 2015: Free doughnut and small coffee to all veterans. [Locations](#).

Lone Star Steakhouse - November 11, 2015: All veterans receive free Starter with proof of service. [Locations](#).



2015 Veterans Day Free Meals and Discounts, Continued...



Long Horn Steakhouse - November 11, 2015: Complimentary Texas Tonion and non-alcoholic beverage. Offer good for all Veterans and proof of service required. [Find a location near you.](#)

McCormick & Schmick's Seafood Restaurants – November 8, 2015: Veterans will receive a free lunch or dinner entrée from a special menu. Proof of military service is required and reservations are recommended. For more information visit: [McCormick and Schmick's Veterans Appreciation Event.](#)



Olive Garden - November 11, 2015: Free entrée for veterans; proof of service is required. [Locations.](#)

Outback Steakhouse – November 11, 2015: Honoring America's military with a free Bloomin' Onion and non-alcoholic beverage. Proof of service is required. Also, receive 15% off your purchase from Nov. 12-Dec 31, 2015. [Locations.](#)

Perkin's Restaurant & Bakery - November 11, 2015: Free Magnificent Seven meal for all veterans, including eggs, pancakes, and bacon or sausage links. Call to verify location participation. Proof of service is required. [Locations.](#)



Red Lobster – November 9-12, 2015: Free Appetizer or Dessert. [Find a location near you.](#)

Red Robin - November 11, 2015: Free Red's Tavern Double and Bottomless Steak Fries for all veterans. [Locations.](#)

StarBucks - November 11, 2015: Free tall brewed coffee for veterans and their spouses. Participating stores only.



Texas Roadhouse - November 11, 2015: Free lunch event to honor all veterans. Choose from 10 free meals, plus sides and beverage. Proof of service is required. Call ahead to verify times and locations. [Find locations.](#)



T.G.I. Friday's - November 11, 2015: Free lunch for all veterans from 11am-2pm. Proof of service is required; Dine-In Only. Contact your local T.G.I Friday's for more information and details. [Locations.](#)

Home Depot and Lowe's 10% Military Discount Available to Veterans and their Families on Veteran's Day



Home Depot: The Home Depot is offering all veterans and their families a 10% discount in honor of Veteran's Day. The offer is valid for a maximum of \$200 discount. You can also [find Home Depot discounts online.](#)



Lowe's: Lowe's Companies is offering all veterans and immediate family a 10% discount on Veterans Day. The discount is available for purchases up to \$5,000. Proof of service is required. Like Home Depot, Lowes extends the discount to veterans on military holidays. You can also [find exclusive discounts at Lowe's.com.](#)



COOK COUNTY DISABLED VETERANS PROPERTY TAX EXEMPTION

<http://www.cookcountyassessor.com/>

The Cook County Assessor's Office (CCAO) offers several exemptions designed to lower your property tax bill. Under the enhanced version of the law, Disabled Veterans with a *service connected disability certified by the U.S. Department of Veteran Affairs* are eligible for this annual exemption. Recent legislation (SB 107) increases the dollar amount of savings from the Disabled Veterans Exemption and *expands eligibility* for the Exemption.

DISABLED VETERANS EXEMPTION		
30% - 49%	50% - 69%	70% - 100%
Receive a \$2,500 reduction in a property's EAV.	Receive a \$5,000 reduction in a property's EAV.	Receives a FULL EXEMPTION from <u>ALL</u> property taxes.

Changes to the Disabled Veterans Exemption will not go into effect until Tax Year 2015, which begins January 1st, 2016. Exemption Savings show up on the SECOND INSTALLMENT tax bill. The applications will be made available January 1st, 2016 on the Cook County Assessor's website: <http://www.cookcountyassessor.com/>. The applications are due back to the Cook County Assessor's Office by March 1st, 2016.

The Returning Veterans Exemption gives reduction in the equalized assessed value (EAV) of the property. It is available to Illinois residents *who have served in the U.S. Armed Forces, Illinois National Guard or U.S. Reserve Forces; who are Returning from active duty in an armed conflict involving the United States; and Owned or had a legal interest in the property and used it as a principal place of residence on January 1st of the tax year in question.* The Exemption lasts for the year of the return of the veteran from duty, and one year after. The veteran must provide a DD214 Form.

NEW OPPORTUNITIES TO SAVE ENERGY - AND DOLLARS

Cook County residents will receive **Smart Meters** from ComEd and the Cook County Department of Environmental Control wants to make sure you know about **new opportunities** to help the environment while also saving energy and money with your new meter. Cook County Board President Toni Preckwinkle has **committed to reducing 80% of greenhouse gas emissions** in Cook County by 2050. Based on this commitment, the Department of Environmental Control promotes energy efficiency throughout the County, and is now educating residents on the new Smart Grid.

The Cook County Department of Environmental Control follows Cook County Board President Toni Preckwinkle's directive that our County become a world-class model of sustainability. We are working not only to boost sustainability practices throughout County government, but also to join forces with local governments, nonprofits and business, to accomplish more than we could separately in making each of Cook County's communities sustainable.

To further communications about our work, we have developed this e-newsletter, along with our two websites at: [Sustainability Website](#) and [Department of Environmental Control](#).



Click below to apply for employment opportunities under the Office of the President, Forest Preserve District, and Health & Hospitals Systems.

Cook County Job Opportunities
<http://www.cookcountyil.gov/current-job-listings>

Forest Preserves District:
<http://fpdcc.com/about/jobs/>

Health and Hospitals Systems:
<http://www.cookcountyhhs.org/about-cchhs/human-resources/careers/>



COOK COUNTY DEPARTMENT OF VETERANS AFFAIRS

COOK COUNTY VETERANS AFFAIRS
COOK COUNTY BUILDING ROOM 801
118 NORTH CLARK STREET
CHICAGO, ILLINOIS 60602
BILL BROWNE: 312-603-6423
AUDREY MOLLO: 312-603-2221
VETERANS AFFAIRS EMAIL:
VETERANS.AFFAIRS@COOKCOUNTYIL.GOV

VETERANS DAY

Veterans Day is an opportunity to commemorate the contributions of living veterans. Also known as Armistice Day, it officially received its name in America in 1926 through a congressional resolution. It became a national holiday 12 years later by similar congressional action.

If World War I had been "the war to end all wars," November 11th might be still called Armistice Day. Realizing that peace was equally preserved by veterans of World War II and Korea, Congress decided to make the day an occasion to honor all those who have served America. In 1954 President Dwight D. Eisenhower signed a bill proclaiming November 11th as Veterans Day. The first Veterans Day parade was held in Emporia, Kansas.

A law passed in 1968 changed the national commemoration of Veterans Day to the fourth Monday in October. It soon became apparent, however, that November 11 was a date of historic significance to many Americans. Therefore, in 1978 Congress returned the observance to its traditional date.

UPCOMING VETERANS RESOURCE EVENTS

Please See the Following Inserts for More Information and Event Details

End of Life Choices – Cook County Elder Justice Center

- Tuesday, October 27th from 11:30am to 1:00pm
- To register, contact: 312-603-9233

Chicagoland Veterans Survey – USC Social Work

- Through Monday, November 30th
- For more information, visit: www.chicagovetstudy.org

The Illinois Power Grid Upgrade – Smart Meter Technology

- For more information, visit: www.smartpowerillinois.org

Winter Stand Down for Homeless Veterans – Northwest Armory

- Tuesday, November 10th at 8:00am
- For more information call the Oak Park Veterans Center at 708-457-8805 or visit: www.chicagostanddown.org

A Salute to Our Vets – Commissioner Jesus “Chuy” Garcia

- Thursday, November 12th from 9:30am to 12:30pm
- To register, contact: 773-376-2700 or <https://goo.gl/LL5P48>

Operation Cookie Drop 2015 – Military Families of Cicero United (MFCU)

- Please show your support by donating packaged cookies to our troops overseas; boxes shipped to insure mid-December arrival
- Donations accepted through Sunday, November 15th
- For more information, contact: 708-656-3600, Ext. 776

**CIRCUIT COURT
OF COOK COUNTY
ELDER JUSTICE CENTER**

FREE SENIOR ENRICHMENT SEMINAR SERIES:

End of Life Choices: Achieving Excellence in End of Life Care

- ❖ Exploring Options with Hospice and Palliative Care
- ❖ How can Advance Directives best serve you
- ❖ Medicare and Medicaid Hospice Benefits
- ❖ Services Offered by Hospice, Palliative and Home Health Care

SPEAKERS: **Wanda Henry-Jenkins, B.A., M.H.S.**
Bereavement & Volunteer Services Manager
VITAS Hospice Care, Chicagoland

Diane Rapaport, MD
Sr. Medical Director VITAS Hospice, Chicagoland
Director of Ethics, End of Life & Palliative Care Training
Mercy Hospital

Tuesday, October 27, 2015

11:30 a.m. – 1:00 p.m.

Richard J. Daley Center
50 West Washington Street
Courtroom 2403
Chicago, Illinois 60602

TO REGISTER CONTACT:

The Circuit Court of Cook County Elder Justice Center
(312) 603-9233

Hon. Timothy C. Evans, Chief Judge, Circuit Court of Cook County
Hon. Patricia Banks, Presiding Judge, Elder Law and Miscellaneous Remedies Division

USC Social Work

*Center for Innovation and Research
on Veterans & Military Families*



LOYOLA
UNIVERSITY CHICAGO

take the
SURVEY

receive \$15 gift card

Attention Veterans

Want *your* voice heard?

If you previously served in the military, you are invited to participate in a survey that is part of a research study. Participation is voluntary. The survey is anticipated to take 30 to 45 minutes to complete.

★ CHICAGOLAND ★
VETERANS SURVEY

chicagovetstudy.org

A brand new **smart meter** is coming your way

Special Delivery!

With your new meter, you can:

**CHECK YOUR
ENERGY USAGE
ONLINE**

**SEE WHAT
YOU'RE PAYING
IN REAL TIME**

**SAVE USING
APPLIANCES
WHEN ENERGY
IS CHEAPER...
and more!**



To make the most of your new meter, visit:

www.smartpowerillinois.org

Winter Standdown

**Tuesday, November 10, 2015
8:00 a.m.**

FOR HOMELESS VETERANS

**Northwest Armory
1551 N. Kedzie; Chicago, IL**



Honoring Those Who Served

For more information visit our web site at www.chicagostanddown.org or call the Oak Park Vet Center at 708 457 8805.

A SALUTE TO OUR VETS

Brought to you by Cook County Commissioner Jesús "Chuy" García



THURSDAY, NOVEMBER 12TH
9:30AM – 12:30 PM

**JOIN US IN HONORING THE DEDICATION
& COURAGE OF OUR VETERANS!**



McKinley Park

2210 W. Pershing Rd.

** Lot & street parking available*

**Color Guard Ceremony,
Awards Ceremony,
Breakfast & More!!!**

JOIN US!

If you or someone you know has served in the armed forces,
please register by calling 773-376-2700 or at go to
<https://goo.gl/LL5P48>

VETERAN'S NAME _____

ADDRESS _____

CITY _____ STATE _____ ZIP CODE _____

PHONE NUMBER _____ - _____ - _____

BRANCH OF MILITARY _____

RANK _____

NUMBER OF GUESTS ATTENDING THE EVENT _____

OPERATION COOKIE DROP 2015



Military Families of Cicero United is requesting your help:



Our Troops overseas are in need. Please show your support



by donating packaged cookies.



Lets show our troops they are not forgotten during this

upcoming Holiday season.



Oct. 1st - Nov. 15th



Boxes will be shipped our promptly to insure arrival by mid Dec.



Please contact Arielle for further information

708.656.3600 Ext.776



Military Families of Cicero Donations for Troops Request



Items asked to be donated:

Beef Jerky
Candy
Single Serving powdered drink mixes
Cookies
Crackers
Canned Ravioli
Spam
Corned beef hash
Vienna Sausages
Slim Jims
Energy bars
Breakfast bars
Trail mix
Power bars
Rice crispy treats
Granola bars
Chips
Fruit Snacks
Tuna packages
Noodles in cups
Bagged nuts
Anything nonperishable not listed is ok as well

Donations can be dropped off to Maureen Carroll at the Public Safety Building located at 5410 W. 34th Street, Monday thru Thursday from 8am-4pm.

Or

Donations can be dropped off to Toni Sweatman in the Human Resources office located on the 2nd floor of Town Hall, Monday thru Thursday from 8am-6pm

If you have any questions, please feel free to contact Maureen Carroll at (708)656-3600 ext. 776 or 542

