COVID 19 Vaccines have arrived at the Dayton VA

The Moderna COVID-19 vaccine has arrived at the Dayton VA Medical Center. The Dayton VA is following the CDC guidance for vaccine recommendations. They are currently vaccinating:
- Healthcare personnel
- Veterans living in VA long-term care facilities
- Veterans with spinal cord injuries

The Dayton VA plans to offer COVID-19 vaccines to all Veterans receiving VA health care who want one following the CDC Emergency Use Authorization guidance by priority group. As more vaccines are available, the next group to be vaccinated are those at increased risk of severe illness from COVID-19 due to underlying medical conditions and those 75 years and older. If you’re eligible to get a vaccine, your VA healthcare team will contact you. Visit [https://www.va.gov/health-care/covid-19-vaccine/](https://www.va.gov/health-care/covid-19-vaccine/) for more information.

Benefit News

Army Veterans Upgrade from Less-Than Honorable Discharges Simpler
Tens of thousands of Army Veterans with other-than-honorable dismissals will have an easier path to upgrade their discharge status under a new legal settlement announced in November 2020.

The resolution of a class-action lawsuit filed in the U.S. District Court for Connecticut more than three years ago, requires Army officials to automatically review tens of thousands of discharge upgrade applications denied over the last nine years, this time using “procedures more favorable to veterans” regarding evidence of underlying mental health conditions.

As 2020 draws to a close, we reflect with gratitude on the Veterans we have been honored to serve. To all Veterans, service members, and families, we wish you a Merry Christmas and wonderful holiday season.

Kimberly Frisco, Executive Director

http://www.mcvsc.org/ December 2020
Other News

**Depression and the Holidays**

Feeling down during or after the holiday season is not uncommon. Preparing for the holidays, the increased expectations of family and friends, the sadness of not having a loved one present, or having to say goodbye after a holiday reunion can contribute to a person feeling down.

Tips to help you deal with mild depressive feelings:
- Manage your diet
- Get adequate rest
- Avoid alcohol
- Participate in regular exercise
- Surround yourself with people who are important to you
- Communicate your feelings to someone you trust
- Join a support group

If your feelings persist or if you suspect it might be more serious, contact your primary care provider or contact the Veterans Crisis Line at 1-800-273-8255.

This Month in History

**December 7, 1941**
The attack on Pearl Harbor was a surprise military strike by the Imperial Japanese Navy Air Service upon the United States against the naval base at Pearl Harbor and other military facilities in Honolulu, Territory of Hawaii, just before 08:00, on Sunday morning. More than 2,400 Americans died in the attack, including civilians, and another 1,000 people were wounded. The day after the assault, President Franklin D. Roosevelt asked Congress to declare war on Japan.

**December 1, 1969**
The U.S. Government holds its first draft lottery since World War II (Vietnam War).

**December 30, 2008**
Saddam Hussein hanged in northern Baghdad for crimes against humanity.

**December 7, 2020**
Aviation legend, Chuck Yeager dies at 97. He broke the sound barrier flying the Bell X-1 in October 1947 45,000 feet above the Mojave Desert.

About Us

**Montgomery County Veterans Services Commission**
627 Edwin C. Moses Blvd.
4th Floor, East Medical Plaza
Dayton, OH 45417

**Office Hours:** Monday - Friday, 8:00 a.m. - 4:30 p.m.

**Appointment Hours:** Monday - Friday, 8:30 a.m. - 3:30 p.m.

**Phone:** (937) 225-4801

MCVSC Newsletter http://www.mcvsc.org/

Upcoming Events

**MCVSC NEW WEBSITE**
Visit us at MCVSC.org

**COVID-19 FINANCIAL RELIEF ASSISTANCE**
Call for more information at 937-225-4801

**Winter Coat Giveaway**
January 15, 2021 from 9:00AM - 3:00PM
January Coat Distribution
627 Edwin C. Moses Blvd
4th Floor, East Medical Plaza
937-225-4801

Eligibility Requirements:
- Eligible Veteran (honorable DD-2214)
- Montgomery County Resident
- At or below 250% Federal Poverty Level

**Commission Meetings:**
January 13, 2021 at 10:00am
February 12, 2021 at 10:00am
March 11, 2021 at 10:00am

**Our Commissioners**
Jerry Hays, President, Disabled American Veterans
Federico Rojas, Jr., Vice President, Veterans of Foreign Wars
William Fried, Secretary, Vietnam Veterans of America
James Dade, American Legion
Mark Wilson, American Veterans (AMVETS)

December 2020