



AMVETS Department of Nebraska

Newsletter October 2017

COMMANDER Kevin Neumann

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2nd VICE COMMANDER (Alt. NEC) Anita Curington

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NEC Rep. Albert Christener

ALTERNATE N.E.C. George Lambert

JAB Jim Cada

PROVOST MARSHAL Heather Curington

1 year Trustee D. Wehrli

2 year Trustee C. T. Diesing

3 year Trustee R. Lechner

We have a new website amvetsnebraska.org

The new website is integrated to our new Facebook, Twitter, YouTube, Instagram and Google+ social media sites.

The new website has valuable information for you to access. Go to the new website and look around. Any comments use the "feedback" tab on the right side of any webpage.

These changes will allow us to communicate better with AMVETS posts, post members and the Veteran community.

Are you looking for resources? You can find Member Resources [CLICK HERE](#) and Veteran Resources [CLICK HERE](#) on the new AMVETS website.

Did you know you have access to AMVETS photo's? [CLICK HERE](#) Did you know you can send in your photo's to be placed on the AMVETS Nebraska website? [CLICK HERE](#)

You can have your AMVETS Department or Post stories posted on the new AMVETS Nebraska website [CLICK HERE](#)

Attention AMVETS NE Posts: AMVETS Nebraska needs a release from your local post to produce an IRS 990 N form for you. To access the form [CLICK HERE](#) Any questions call Bernie Brosnihan 402-514-7377 bbrosnihan@cox.net

Website: amvetsnebraska.org

Facebook: [CLICK HERE](#)

Twitter: [CLICK HERE](#)

Instagram: [CLICK HERE](#)

YouTube: [CLICK HERE](#)

Google+: [CLICK HERE](#)

Omaha National Veterans Cemetery Carillon
[CLICK HERE](#)

Email: amvetsnebraska@gmail.com



AMVETS Department of Nebraska

AMVET Nebraska is looking for donations to add a Carillon at the Omaha National Veteran's Cemetery. For details [CLICK HERE](#)



Example

Do you need help with a VA claim? Find your Veteran Service Officer for your County [CLICK HERE](#)

Do you need help with your Veteran benefits? [CLICK HERE](#)

Do you know if you qualify for the homestead exemption as a veteran? [CLICK HERE](#)

AMVETS Department of Nebraska no longer offers bonding services. We advise Posts to check with a private bonding company or their insurance company.

AMVETS Department of Nebraska newsletter will be located on the AMVETS Nebraska website. Go to website, in the navigation select "blog-news:", select "newsletters" in the drop down.

Do you need help with any of the categories below?

[Jobs](#)

[Starting a Business](#)

[VA Claims](#)

[VA Medical](#)

[Veteran Benefits](#)

[Financial Help](#)

[Education](#)

[Transitioning to Civilian Life](#)

[Home Finance](#)

[Homeless Help](#)

[Women Veteran's](#)

[Disabilities – Accessibility](#)

The State Executive Committee (SEC) is on 21 October, beginning at 10:00 AM, at the Lincoln, VFW Headquarters. I would like to have a Commander's Meeting after the SEC Meeting and would encourage ALL Post Commanders to attend. We have a lot of work to do that requires a total team effort. If a Commander cannot attend the meeting please send someone from your Post that can represent you.

AMVETS program manual [CLICK HERE](#)


AMVETS Officers manual [CLICK HERE](#)



AMVETS Department of Nebraska

cybersecurity basics

Cybersecurity doesn't have to take a great deal of effort. Applying and maintaining just a few basic rules – things you may have heard a million times before -- can go a long way to keeping your computer systems and vital information safe from malware, hackers and crooks. **Be software smart:** • Install trusted antivirus software from well-known vendors, and keep all your software up to date with the latest features. • Enable automatic updates for your programs to stay current and as safe as possible. **Be password smart:** • Use strong, unique, hard-to-guess passwords for your accounts, devices and networks. • Never keep passwords in the vicinity of your computer, and never share them. • When given the option, use multifactor authentication such as security questions, personal ID numbers and fingerprints, in addition to passwords. **Be email smart:** • Delete mail that appears suspicious or comes from unknown sources. • Avoid clicking on attachments and links you aren't expecting – they could contain malware. • Be wary of messages asking for personal or sensitive information. • If you're not sure email from a company is legitimate, contact the company directly using information from an account statement, credit card or online search – not with information provided in the email. **Be surfing smart:** • Make sure a site is safe before entering personal or sensitive information – look for the closed padlock symbol and https in the address bar. • Be on the lookout for fraudulent sites that copy the look of legitimate sites by looking for clues such as slightly misspelled or altered names, missing contact info or different website and email domain names. • Verify details such as contact information with independent, trusted sources before taking action. • Disconnect from the Internet when you're not using it. **Be data smart:** • Always encrypt sensitive information. • Protect information with firewalls. • Back up computer and data regularly. **Be social media smart:** • Learn the privacy and security settings of your social networks, adjust them to your needs, and check regularly for updates. • Be careful what you post and how much personal information you share – remember that what you post online, stays online. • Check the site's referral policy to be sure you're not unintentionally signing friends and family up for spam. • Know and manage your friends, and know what actions to take if someone is harassing, threatening or impersonating you. • Use caution with third-party applications that may ask for more info or access than you want to share.



CORE FOUR LEGISLATIVE PRIORITIES

Mental Health & Suicide Prevention

- Reduce stigma
- Increase access to care
- Improve identification & treatment
- Increase knowledge of mild-to-moderate TBIs & behavioral after effects
- Advocate for veterans with bad paper discharges as a result of undiagnosed or improperly treated post-deployment mental health issues, including TBIs
- Increase acceptance and use of Veteran Treatment Courts

Toxic Wounds

- Recognition and compensation for diseases acquired after toxic exposure – emphasizing exposures not yet recognized by VA as presumptively causing ill health, such as Bum Pits

Service Dogs & Assistive Technology

- Assistive Technology Service Dogs can aid in dressing, opening/shutting doors, retrieving items, turning lights off/on, alert to medical issues, and more
- Prosthetics & Traditional Assistive Technology

Complementary & Alternative Medicine (CAM)

- Expand and enhance VA's offering of CAM for chronic pain and other health conditions including mental health
- Most commonly used alternative treatments for chronic pain:
 - Acupuncture*
 - Chiropractic Care*
 - Exercise*
 - Medical Marijuana*
 - Stress-Management/Relaxation Techniques*
 - Supplements/Vitamins*
 - Yoga*

Amy Webb • National Legislative Policy Advisor • Awebb@AMVETS.org

AMVETS Nebraska POW/ MIA event 9/2017 Video
[CLICK HERE](#)

Veterans service organizations (VSOs) play a major role as advocates for the veteran community, and as partners with VA, to ensure this nation's veterans receive the benefits they have earned. An important part of this partnership is to support VSOs as they train their advisors on the benefit process. eBenefits [CLICK HERE](#), to contact a county service officer [CLICK HERE](#)



AMVETS Nebraska Commander

Kevin Neumann