



DMAVA HIGHLIGHTS

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June 6, 2014

On this day 70 years ago, brave souls would thrust themselves into harm's way, and eventually push back Nazi aggression in Europe, resulting in Allied victory, and the beginning of the closure of WWII.



We salute all those we now call "the Greatest Generation," who served, and those who paid the ultimate sacrifice.

WHOLE BODY

Submitted by US Family Health Plan

“Massage therapy is an innovative technique that aids in reducing stress, anxiety and promotes overall good health and well-being,” says Kevin Brown, chief executive officer of Heaven’s Hands.

Heavens Hands, a therapeutic massage business, recently conducted a mini retreat in celebration of both, Spouse and Mother’s Day, May 6 at Joint Base Housing located in Joint Base McGuire-Dix-Lakehurst, New Jersey.

Participants were greeted with a personal gift of soothing lotions and oils, compliments of US Family Health Plan. They were then whisked away to an oasis of tranquility, complete with rose petals, soft music and lighting; building to a 15 minute personal massage.

“What a way to unwind!” stated one participant.

About 25 spouses and 15 children attended this US Family Health Plan sponsored event, which had activities for everyone. The children met their mothers for a family centered yoga exercise and some healthy snacks before running off to exert their energies at the Crayola bounce house.

Research has shown a direct correlation between massage therapy and stress reduction, as highlighted in the 2001 “Benefits of Massage” Good Health Article:

In an age of technical and, at times, impersonal medicine, massage offers a drug-free, non-invasive and humanistic approach based on the body’s natural ability to heal itself. So what exactly are the benefits to receiving regular massage and/or bodywork treatments?

- Increases circulation, allowing the body to pump more oxygen and nutrients into tissues and vital organs.

- Stimulates the flow of lymph, the body’s natural defense system, against toxic invaders. For example, in breast cancer patients, massage has been shown to increase the cells that fight cancer.

- Increased circulation of blood and lymph systems improves the condition of the body’s largest organ - the skin.

- Relaxes and softens injured and overused muscles.

- Reduces spasms and cramping.

- Increases joint flexibility.

- Reduces recovery time, helps prepare for strenuous workouts and eliminates subsequent pains of the athlete at any level.

- Releases endorphins - the body’s natural painkiller - and is being used in chronic illness, injury and recovery from surgery to control and relieve pain.

- Reduces post-surgery adhesions and edema and can be used to reduce and realign scar tissue after healing has occurred.

- Improves range-of-motion and decreases discomfort for patients with low back pain.

- Relieves pain for migraine sufferers and decreases the need for medication.

- Provides exercise and stretching for atrophied muscles and reduces shortening of the muscles for those with restricted range of motion.

- Assists with shorter labor for expectant mothers, as well as less need for medication, less depression and anxiety, and shorter hospital stays.

“The Whole Body” is a concept that US Family Health Plan feels is important to maintaining good health” says Jeff Bloom; executive director, US Family Health Plan. “Evidence is showing that the more massage you can allow yourself, the better you’ll feel”

Energy Conservation

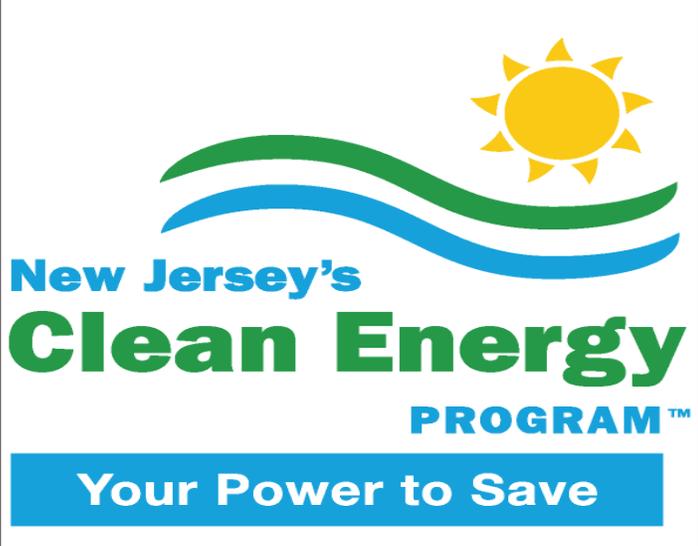
Energy Conservation Tip of the Week

For the average home, heating and cooling costs about \$1,000 per year. If your air conditioner is more than 12-years old, consider replacing it with an ENERGY STAR certified model to reduce your cooling costs by 30 percent.

Did You Know?

The New Jersey Clean Energy Program offers financial incentives and rebates to help offset the cost of making your home more energy efficient. The COOLAdvantage program offers rebates for high efficiency air conditioners and heat pumps. To learn more about this program, visit the Clean Energy website at <http://www.njcleanenergy.com/cool>.

If you would like more information about our energy and water conservation efforts, please contact Christopher Moore, Energy Manager at christopher.moore@dmava.nj.gov.



The logo for the New Jersey's Clean Energy Program features a stylized sun with rays in the upper right corner. Below the sun are two wavy lines, one green and one blue, representing water or energy waves. The text "New Jersey's" is in blue, "Clean Energy" is in large green letters, and "PROGRAM" is in blue with a trademark symbol. At the bottom, a blue banner contains the white text "Your Power to Save".

HIGHLIGHTS

SOUTH JERSEY VETERANS JOB FAIR

aloft

MOUNT LAUREL

558 FELLOWSHIP RD, MT LAUREL, NJ

MONDAY, JUNE 9

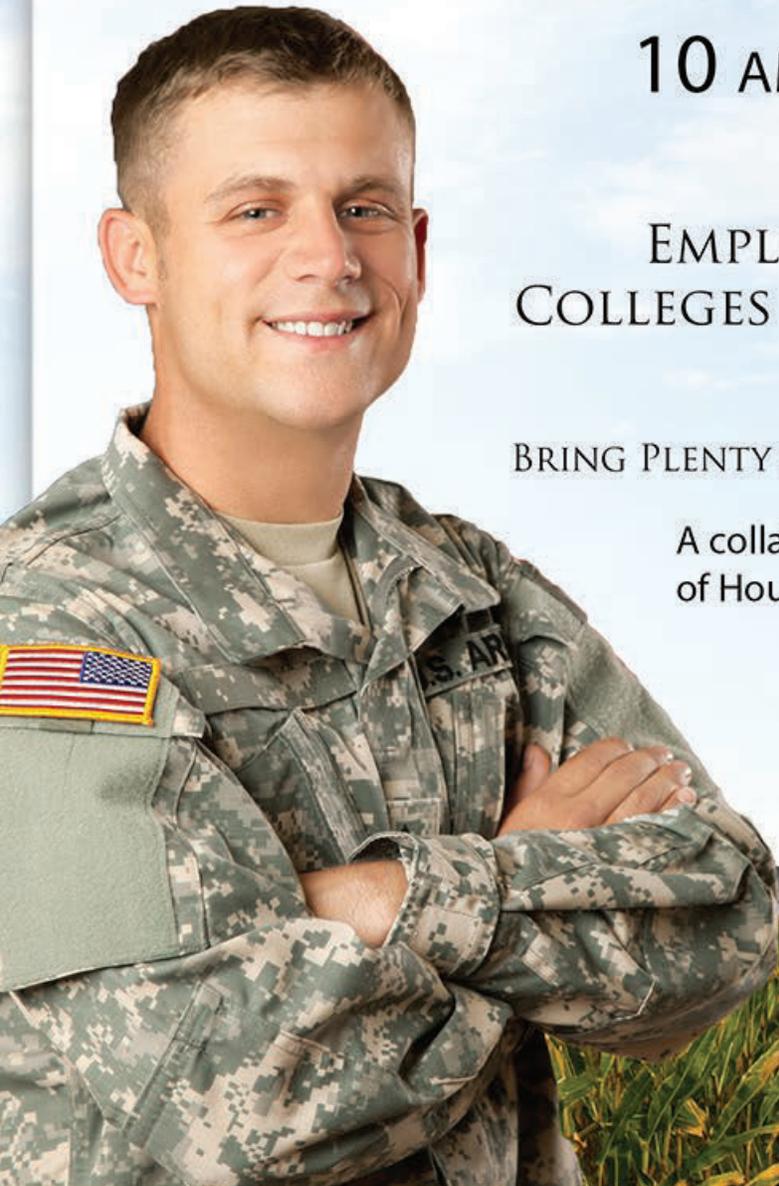
10 AM- 2 PM

EMPLOYMENT * TRAINING *
COLLEGES * HEALTH CARE * BENEFITS

BRING PLENTY OF RESUMES AND DRESS FOR SUCCESS!

A collaborative effort with the U.S. Department
of Housing and Urban Development (HUD)

The GI  Go Fund
Where Veterans Go Forward



HIGHLIGHTS

NJ National Guard Militia Museum Opens D-Day Exhibit

Explains Role of New Jersey's 102nd Cavalry in World War II

SEAGIRT, N.J. – Beginning June 6, the National Guard Militia Museum of New Jersey will open an exhibit commemorating the 70th anniversary of D-Day and the New Jersey National Guard role in the liberation of Europe during World War II.

“Seventy Years On: New Jersey’s 102nd Cavalry in World War II,” presents a chronological history of the 102nd Cavalry Group’s progress from the beaches of Normandy to the war’s end.

Using images, artifacts, historic weapons, uniforms, and primary source documents, the exhibit chronicles the 102nd’s arrival at Normandy, the critical role it played in overcoming German defenses in northern France, and its participation in the Battle of the Bulge and other important engagements. Notably, the exhibit explains how New Jersey National Guardsmen earned the distinction of being the first Americans to enter occupied Paris.

“Soldiers of today’s New Jersey Army National Guard can trace our lineage back to the units who fought their way across Europe,” said Capt. Vincent Solomeno, museum curator and command

historian. “The troopers of the 102nd Cavalry battled from D-Day to the German surrender. The intent of our exhibit is to present their heroic story and honor the sacrifices of those who served.”

In addition, the exhibit highlights the experience of New Jerseyans on the home front and discusses the Garden State’s role in manufacturing the material necessary for the war effort. It also discusses the important role played by women who volunteered in the Armed Forces and served as civilian war workers.

“Seventy Years On: New Jersey’s 102nd Cavalry in World War II,” opens June 6 and runs through October at the National Guard Militia Museum in Sea Girt. The museum is open seven days a week from 10 a.m. to 3 p.m., and admission is free.

For more information, please visit the NGMMNJ’s web site at <http://www.state.nj.us/military/museum/> or call 732-974-5966.

The National Guard Militia Museum of New Jersey is also on Facebook: [National Guard Militia Museum of New Jersey](#)



**IN MEMORY OF THOSE MEMBERS OF THE
5th Squadron 117th Cavalry
WHO GAVE THEIR LIVES ON MAY 24, 1978
WHILE IN THE SERVICE OF THEIR COUNTRY**

CPT WILLIAM R. APBLETT

SP5 CHARLES B. WARD

CWO ROBERT E. GOEBEL

SP5 LEONARD T. VELLUCCI

The 117th Cavalry Association will dedicate a plaque memorializing the service of four members of the 5-117th Cavalry on Friday, June 6, 2014 at 7:30 p.m., in the Heritage Room of the Westfield Armory. The plaque hon-

ors Capt. Rick Apblett, Chief Warrant Officer Robert Goebel, Spcs. Charles Ward and Leonard Vellucci, who died in a tragic annual training accident while flying above Fort Drum, N.Y., on May 24, 1978. (Courtesy photo)

HIGHLIGHTS



HIRING OUR HEROES®

U.S. CHAMBER OF COMMERCE FOUNDATION

2014 Hiring Our Heroes Veterans Event – Joint Base McGuire-Dix-Lakehurst, NJ
IN CONJUNCTION WITH THE 316TH ARMY RESERVE OPERATION SUSTAINMENT WARRIOR
The Navy Hanger, Fleet Logistics Support Squadron 64
3370 Wonnacott Ave, Joint Base MDL, NJ 08641
Monday, July 28, 2014

EMPLOYMENT WORKSHOPS: 9:00AM - 11AM;
11:00AM - 1:00PM; 1:00PM - 3:00PM

HIRING FAIR: 9:00AM – 4:00PM

A University of Phoenix-sponsored Hiring Our Heroes Job Fair for all veterans, military members and spouses will be proudly hosted in conjunction with the 316th U.S. Army Reserve Operation Sustainment Warrior. This job fair is being conducted by the U.S. Chamber of Commerce Foundation, the Department of Labor Veterans' Employment and Training Service (DOL VETS), the New Jersey Committee of the Employer Support of the Guard and Reserve (ESGR), the U.S. Department of Veterans Affairs, The American Legion, Goodwill Industries International, NBC News, and other local partners.

EMPLOYERS

Must register for FREE at HiringOurHeroes.org

JOB SEEKERS

Register for FREE at HiringOurHeroes.org to guarantee admission. Walk-ins welcome but space not guaranteed.

Three workshops for veterans and other military job seekers that focuses on resume writing, tips for successfully navigating hiring fairs, military skill translation, and interviewing will start at 9:00AM, 11:00AM and 1:00PM. To register for the Hiring Our Heroes Employment Workshops, visit HiringOurHeroes.org.

For registration questions, please contact us at hiringourheroes@uschamber.com or call 202-463-5807.



HIRINGOURHEROES.ORG

Find Hiring Our Heroes online:    

Download the free Hiring Our Heroes mobile app! All our powerful tools and resources at your fingertips.





ACTING VA SECRETARY ANNOUNCES IMMEDIATE ACTIONS TO IMPROVE SERVICES

WASHINGTON – Acting Veterans Affairs Secretary Sloan D. Gibson announced June 5 immediate steps to address recommendations made by VA's Inspector General who found systemic problems have led to unusually long wait times for veterans seeking health care at facilities around the country.

"No veteran should ever have to wait to receive the care they have earned through their service and sacrifice," Gibson said in Phoenix. "As the president said last week, we must work together to fix the unacceptable, systemic problems in accessing VA health care. I believe that trust is the foundation for everything we do. VA must be an organization built on transparency and accountability."

That, he said, is why VA will release results next week from its nationwide audit, along with patient access data, for all of its medical centers. The data will demonstrate the extent of the systemic problems the audit discovered, he added.

The audit was presented to the White House last week and prompted the resignation of VA Secretary Eric Shinseki.

"As a veteran, I assure you I have the passion and determination to fix these problems – one veteran at a time," Gibson said.

The inspector general confirmed VA has serious issues when it comes to patient scheduling and access, Gibson said, and the

department has moved immediately to address those issues in Phoenix.

"VA has reached out to all veterans identified in the Office of Inspector General's interim report to discuss individual medical needs and immediately begin scheduling appointments," he said. "Getting this right is our top priority, and taking care of the veterans here in Phoenix is a good place to start."

"We are using our current authority to immediately provide care in the community, to include primary care," he continued. "In Phoenix, VA is working to award a contract which will extend the ability to use non-VA providers in the community for primary care."

Additionally, he said, VA has deployed a dedicated human resources team to support the hiring of additional staff. "We are using temporary staffing measures, along with clinical and administrative support, to ensure these veterans receive the care they have earned through their service," he added. "That includes three of our mobile medical units to take care of patients right here. That's our first priority: to get all veterans off waiting lists and into clinics."

But more work remains, the acting secretary acknowledged.

"We now know there is a leadership and integrity problem among some of the lead-

ers of our health care facilities, which can and must be fixed," he said. "That breach of integrity is indefensible. In Phoenix, we initiated the process to remove senior leaders. Across the country, VA has suspended all [Veterans Health Administration] senior executive performance awards for [fiscal year] 2014. We will use all authority at our disposal to enforce accountability among senior leaders."

VA also will remove the 14-day scheduling goal from employee performance contracts to eliminate any incentives to engage in inappropriate behavior, Gibson said, will revise, enhance and deploy scheduling training, and will continue medical center audits and site inspections.

"Veterans must feel safe walking into our VA facilities. They deserve to have full faith in their VA," he said. "I will not hold back from asking for help from other agencies, from community partners, from Congress – both sides of the aisle – or from the veterans service organizations, who have been serving veterans for decades. They are all our valuable partners."

"We will need the support of all our stakeholders to continue to improve the department," he continued. "I look forward to working with them all to better serve our veterans."



Landis Intermediate School students escorted residents of the Veterans Memorial home in Vineland to a senior prom in the Home's auditorium May 30, 2014. The students had been visiting the Home each month since September 2013 to participate in activities with the residents. As a final event, 50 students escorted 50 residents along with 32 of the Home's resident couples to the prom. Area businesses donated food, limousine rides and corsages. At evening's end, residents Connie Tomasso and Mike Damico were crowned Prom Queen and King. The Veterans Memorial home in Vineland is operated by the New Jersey Department of Military and Veterans Affairs. (NJDMA-VA photo by Mark C. Olsen/Released)

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IN CONJUNCTION WITH THE 316TH ARMY RESERVE OPERATION SUSTAINMENT WARRIOR
The Navy Hanger, Fleet Logistics Support Squadron 64
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Friday, August 1, 2014

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11:00 AM - 1:00PM; 1:00 PM - 3:00PM**

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Download the free Hiring Our Heroes mobile app! All our powerful tools and resources at your fingertips.



HIGHLIGHTS



US Family Health Care, a Tricare Prime option providing a civilian based managed care network, will be holding Question and Answer sessions to provide information for servicemembers and families.

USFHP pushes forward effective Jan. 1, 2014, and they are adding an extra benefit to their already robust benefit package! Eye glasses for \$0 to low cost. To hear more about USFHP and this added benefit, come to one of their upcoming information sessions listed below:

Fort Dix Housing Community Center
Bldg. 1134 Hemlock Street, JB-MDL
June 2 and 23 / 10 a.m. to 4 p.m.
Contact: Josephine Grey at 347-501-2308

JB-MDL McGuire Library
2603 Tuskegee Airmen Ave, JB-MDL
June 16 / 10 a.m. to 2 p.m.
Contact: Pam Kwiat at 646-341-2545

**JB-MDL McGuire Housing
Jim Saxton Community Center**
3811 South Boiling Street, JBMDL
June 10 and 19 / 10 a.m. to 4 p.m.
Contact: Pam Kwiat at 646-341-2545

108th Wing Airmen & Family Readiness Office
3327 Charles Blvd, JB-MDL
June 25 / 1 to 4 p.m.
Contact: Pam Kwiat at 646-341-2545

Picatiny Arsenal Army Community Service
Bldg. 119, Dover, NJ
June 10
Contact Darrel Hutchinson at 646-354-0126

Pemberton Community Library
16 Broadway Street, Brownmills, NJ
June 30 / 12 to 4 p.m.
Contact: Pam Kwiat at 646-341-2545

Mount Laurel Library
100 Walt Whitman Ave, Mount Laurel, NJ
June 18 / 11 a.m. to 3 p.m.
Contact: Josephine Grey at 347-501-2308

Camden County Veterans Affairs
3 Collier Dr., Lakeland Complex, Blackwood, NJ
June 2, 9, 16 and 23 / 11 a.m. to 3 p.m.
Contact: Wil Acosta at 646-300-1312

NJDMAVA Bldg
IASD Section,
101 Eggerts Crossing Road, Lawrenceville, NJ
June 16 / 11 a.m. to 4 p.m.
Contact: Josephine Grey at 347-501-2308

177th Fighter Wing
Bldg. 229, 400 Langley Rd., Egg Harbor Twp, NJ
June 5 / 12 - 4 p.m.
Contact: Josephine Grey at 347-501-2308

NJNG Jersey City Armory
678 Montgomery Street, Jersey City, NJ
June 5, 12, 19 and 26 / 11 a.m. to 3 p.m.
Contact: Darrel Hutchinson at 646-354-0126

NJNG Toms River Armory
1200 Whitesville Road, Toms Rive, NJ
June 5 / 10 a.m. to 3 p.m.
Contact: Pam Kwiat at 646-341-2545

NWS Earle
Bldg. C29, 201 Highway 34 South, Colts Neck, NJ
June 18 / 1:30 to 3:30 p.m.
Contact: Pam Kwiat at 646-341-2545

Call 1-800-241-4848 option 3 or visit www.usfhp.net for more information.

DMAVA Highlights is published weekly by the Public Affairs Office of the New Jersey Department of Military and Veterans Affairs. The views and opinions expressed herein are not necessarily those of the Department of Defense, the Army, the Air Force, the National Guard, Veterans Affairs or the state of New Jersey. Letters may be sent to: NJDMAVA, DMAVA Highlights, Public Affairs Office, PO Box 340, Trenton NJ 08625-0340. e-mail at pao@njdmava.state.nj.us.

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Raymond Zawacki – Deputy Commissioner for Veterans Affairs
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Air Force Tech. Sgt. Armando Vasquez – Public Affairs Specialist