

Vietnam Veterans of America CHAPTER 49 • Westchester County



VIETNAM VETERANS MEMORIAL, LASDON PARK, SOMERS, NEW YORK



**All the POW's are not home yet!
Do you know?
Do you care?**

VVA CHAPTER 49 OFFICERS & COMMITTEES

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Vice President: Jim McCauley 238-3514
Secretary: Jim LaManna 793-6077
Treasurer: Al Singerman 930-7433

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Chaplain Al Zawiski.....428-9352
POW/ MIA Dan Griffin..... 682-4949
Member Products Jim LaManna.....793-6077
Scholarship Bob Miller.....391-8723

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| | |
|-------------|--------------|
| Edward Fox | Joe Manna |
| Dan Griffin | Jerry Morano |
| Terry Keogh | Al Singerman |
| Jim LaManna | Al Zawiski |

WESTCHESTER COUNTY VETERANS MUSEUM

HOURS:

11:00-3:30

SUMMER DAYS WEDNESDAY-SUNDAY

WINTER DAYS SATURDAY & SUNDAY

AND HOLIDAYS

864-7263

Veterans Offices:

Yonkers:377-6700
Carmel: 845-808-1620

Vet Center:682-6250

White Plains Clinic..... 718-741-4300
FDR Montrose Hospital 737-4400

Westchester County Veterans Service Agency:

Dan Griffin 813-5049

Chapter 49
Telephone / Fax Number
(914) 682-4949

Website:

www.vietnamvets49.org

E-Mail:

Mail to: Chapter49@aol.com

Meetings: 1st Thursday of the month
7:30

Armonk Post 1097

35 Bedford Rd.

Armonk, NY 10504

This newsletter is a publication of Chapter 49, however the opinions expressed herein are those of the contributors, and as such, they do not necessarily represent those of Chapter 49. All views are welcome for publication. Submit items of interest, including poems, short stories, photographs, etc., to the Editors at the Chapter address or call for other arrangements. Materials submitted will not be returned unless otherwise requested.

EXECUTIVE DIRECTOR'S REPORT

In this newsletter is our Scholarship application and instructions. Your child or grandchild does not have to live in Westchester County to be eligible, they can live anywhere.

Also in this newsletter are tips on preventing falls, which was furnished by Chapter member Richard Cantor.

If you have never submitted a claim for any injuries or illnesses that you incurred in service, then you need to call me @ 914-813-5043. You don't have to live in Westchester County; we can process the claims over the internet. I hear from many vets saying that others were worse off than them; I look at it this way; if you came out of the service changed, then you deserve to be compensated.

We would love to have all of you attend our meetings; held once a Month on the first Thursday of the Month; if we need to change the date, I will inform you. If you have trouble seeing at night, you may consider asking your wife to drive you. Then she could visit and eat dinner with my wife Sharon and the other wives. Our FREE Dinner is at 6:30 and the meeting starts at 7:30. Our meetings are also on Zoom, to connect by computer go to: <https://us02web.zoom.us/j/84554514740>. Or you can call in by phone at 1-929-436-2866, use meeting ID: 845 5451 4740.

If you have an Email address, please email me so that I can send you updates as to our activities, and to update you on new VA benefits.

Take care of yourself and each other.

Dan Griffin

Welcome to our newest members

John Impelizino from Cortlandt Manor

Edward Powers from New York City

Alfonse Pielusko from Ossining

Joseph Schank from Mamaroneck

**VIETNAM VETERANS OF AMERICA
WESTCHESTER COUNTY CHAPTER #49 SCHOLARSHIP AWARDS
PROGRAM**

Vietnam Veterans of America - Chapter# 49, awards seven scholarships of \$1 ,500 each year to high school or vocational school graduates in Westchester County. These scholarships honor six outstanding individuals from our area. The scholarships are named, the Pete Lambert Memorial Scholarship, the Congressman Hamilton Fish Jr. Memorial Scholarship, the Peter T. McCauley Memorial Scholarship, the Anthony Shine Memorial Scholarship, the Jonathan Shine Memorial Scholarship, the William Suddereth Memorial Scholarship and the Paul Bucha Memorial Scholarship.

ELIGIBILITY: Students who will complete high school in Westchester County this year, are the child or a grandchild of an active-duty service veteran, and plan to attend an accredited college/university or vocational/technical school are eligible to compete for the scholarships. Please note that service in the Reserves or National Guard does not make up veteran status unless they were activated for more than 90 days for purposes other than training. Also note that the child/grandchild of any veteran is eligible; service does not have to be during the Vietnam era.

HOW TO APPLY: There are five selection criteria that the student must submit to be considered for a scholarship:

1. 00-214 or honorable discharge of parent/grandparent
2. SAT/ACT scores; Note: for those who will be attending a vocational/technical school this requirement will be waived. If your School does not offer ACT/SAT tests, then we request that high School staff provide a record of the student's academic or vocational achievements such as report cards or other grade transcripts.
3. A resume of extracurricular activities to include school clubs, sports and student government, work experience, volunteer experience and other interests. Relevant references, with addresses and phone numbers, should be provided.
4. A written statement, not to exceed two typed pages, on the topic "The effect (if any) of my parent's/grandparent's military service on my attitudes toward life and country."
5. Student, parent/guardian, and School staff must sign application.

Students should complete the attached application and return it, along with the other requested items, by April 1st to:

Vietnam Veterans of America #49
Scholarship Committee
P.O. Box224
Pleasantville, NY 10570

SELECTION OF AWARDEES AND PRESENTATION OF SCHOLARSHIPS: WA#49 Scholarship

Committee is solely responsible for the selection process. In late April, the Committee will notify those selected for scholarships and their high schools. The acceptance and enrollment of those selected in an accredited college or technical school will be verified. Scholarship awards will be presented at our May meeting or mailed to the awardees.

THE SCHOLARSHIP COMMITTEE WILL NOT CONSIDER APPLICATIONS THAT DO NOT CONTAIN ALL OF THE REQUESTED INFORMATION IN ITS REQUIRED FORM OR ARE RECEIVED AFTER THE SUBMITTAL DATE.

NOTE TO CHAPTER MEMBERS OUTSIDE OF WESTCHESTER COUNTY: YOU DO NOT HAVE TO RESIDE IN WESTCHESTER COUNTY TO APPLY FOR OUR SCHOLARSHIP. PLEASE CALL THE CHAPTER AND WE WILL SEND YOU AN APPLICATION package.



Steady on Your Feet: Essential Tips for Seniors to Enhance Balance and Stability

As we age, maintaining good balance becomes increasingly important. It's not just about preventing falls, but also about sustaining independence and enjoying an active lifestyle. If you or a loved one are wondering how to improve balance as the years go by, you've come to the right place. Let's explore practical strategies seniors can adopt to stay steady on their feet.

The Importance of Balance for Seniors

Balance is more than just physically standing upright; it's a crucial aspect of mobility and overall health. Falls are a leading cause of injury among seniors, potentially leading to fractures or even more serious health issues. Enhancing balance not only mitigates this risk but also aids in maintaining muscle strength and coordination. **Cultivating good balance is a proactive step towards nurturing longevity and quality of life.**

Start with Simple Exercises

One of the most effective ways seniors can improve balance is through exercises specifically designed to enhance stability. These exercises can be easily integrated into daily routines:

1. The Single-Leg Stand

1. Stand behind a chair with the back facing you.
2. Hold onto the chair for support.
3. Lift one leg slowly, bending the knee.
4. **Hold this position for 10 to 15 seconds** and then switch to the other leg.

This exercise strengthens your legs and improves the sense of balance.

2. Heel-to-Toe Walk

1. Find a straight path.
2. Walk by placing the heel of one foot directly in front of the toes of the other foot.
3. Repeat this pattern, using a wall for support if necessary.

This walk improves coordination and strengthens small muscles involved in balance.

3. Tai Chi

This ancient practice involves slow, deliberate movements and deep breathing. **Tai Chi not only enhances balance but also improves flexibility and mental focus**, making it an excellent choice for seniors.

Strength and Flexibility are Key

While balance exercises are crucial, strength and flexibility should also be priorities. As we age, muscle mass tends to diminish, which can affect balance. Incorporating strength training can reverse this process.

Strength Building

- **Squats:** Use a chair for support. Squats help build leg strength.
- **Wall Push-Ups:** These are a great way to increase upper body strength without the risk of injury.

Flexibility Training

- **Stretch daily:** Focus on the calves, thighs, hips, and lower back.
- **Yoga:** Besides improving flexibility, yoga also aids in balance and mental relaxation.

Lifestyle Adjustments for Better Balance

Beyond physical exercises, making simple lifestyle adjustments can significantly enhance balance:

1. Proper Footwear

Wearing supportive shoes with non-slip soles can drastically reduce the risk of falls. Avoid high heels and flip-flops, as these can destabilize your footing.

2. Make Home Safe

- **Remove tripping hazards:** Ensure that there are no loose rugs or uneven flooring.
- **Install grab bars:** Particularly useful in bathrooms where slipping is a risk.

3. Vision Check-Ups

Poor vision can dramatically affect balance. Regular eye exams ensure that vision-related issues are promptly addressed.

Nutrition and Hydration: Unsung Heroes of Balance

Good nutrition is vital in maintaining overall health and, by extension, balance. **Ensure a balanced diet rich in calcium and vitamin D to keep bones strong.**

Stay Hydrated

Dehydration can lead to dizziness and a lack of focus. Drinking sufficient water daily helps maintain the body's systems.

Mental Well-being and Balance

Often overlooked, mental health plays a significant role in physical stability. Stress, anxiety, or depression can negatively affect balance. **Engage in activities that boost mental health**, such as socializing, hobbies, or mindfulness practices like meditation.

Seeking Professional Help

Sometimes, the best approach to improving balance is under professional guidance:

- **Physical Therapists** can offer personalized programs.
- **Occupational Therapists** can suggest home modifications for safer living.
- **Doctors** can rule out any medical conditions contributing to balance issues.

Key Takeaway

Improving balance is a multifaceted journey. It's about consistent practice, embracing a healthy lifestyle, and making thoughtful adjustments in daily life. Ultimately, these small, deliberate steps lead to a big impact on health and independence.

Quick Tips for Improving Balance in Seniors ✨

- 🏃♂️ **Exercise Regularly:** Incorporate balance exercises like Tai Chi and the Single-Leg Stand.
- 👟 **Choose the Right Shoes:** Ensure footwear is supportive and non-slip.
- 🏠 **Home Safety:** Remove tripping hazards and install safety bars.
- 👁️ **Regular Eye Exams:** Stay updated with vision checks to avoid vision-induced balance issues.
- 💧 **Stay Hydrated:** Keep water intake regular to avoid dizziness.
- 🧘 **Mental Health:** Engage in stress-reducing activities like yoga or meditation.
- 🏋️♀️ **Strengthen Muscles:** Incorporate strength training to sustain muscle mass.

JANUARY 2026

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|-----------|-----------|---------|--|-----------------------|--------|--|
| | | | | 1 New Years Day | 2 | 3 |
| 4 | 5 | 6 | 7 meeting 6:00 Board 6:30 dinner 7:30 meeting | 8 | 9 | 10 |
| 11 | 12 | 13 | 14 | 15 | 16 | 17 |
| 18 | 19 | 20 | 21 | 22 | 23 | 24 |
| <u>25</u> | <u>26</u> | 27 | 28 | 29 | 30 | 31 Pizza party 12pm FDR Building 15 |

FEBRUARY 2026

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--------|--------|---------|-----------|--|--------|--|
| | | | | | | |
| 1 | 2 | 3 | 4 | 5 meeting 6:00 Board 6:30 dinner 7:30 meeting | 6 | 7 |
| 8 | 9 | 10 | 11 | 12 | 13 | 14 Valentine's Day |
| 15 | 16 | 17 | 18 | 19 | 20 | 21 |
| 22 | 23 | 24 | 25 | 26 | 27 | 28 Pizza party 12pm FDR Building 15 |

MARCH 2026

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--------|--------|---------|-----------|--|--------|---|
| 1 | 2 | 3 | 4 | 5 meeting 6:00 Board 6:30 dinner 7:30 meeting | 6 | 7 |
| 8 | 9 | 10 | 11 | 12 | 13 | 14 |
| 15 | 16 | 17 | 18 | 19 | 20 | 21 |
| 22 | 23 | 24 | 25 | 26 | 27 | 28 Pizza party 12pm FDR Building 15 |
| 29 | 30 | 31 | | | | |
| _____ | | | | | | |

April 2026

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|-------------|--------|---------|-----------|--|--------|---|
| | | | 1 | 2 meeting 6:00 Board 6:30 dinner 7:30 meeting | 3 | 4 |
| 5 Easter | 6 | 7 | 8 | 9 | 10 | 11 |
| 12 | 13 | 14 | 15 | 16 | 17 | 18 |
| 19 | 20 | 21 | 22 | 23 | 24 | 25 Pizza party 12pm FDR Building 15 |
| 26 _____ | 27 | 28 | 29 | 30 | | |



MEMBERSHIP APPLICATION

WE NEED YOU IN THE VIETNAM VETERANS OF AMERICA



MEMBERSHIP TYPES and ELIGIBILITY

Life Membership is open to anyone who served in Vietnam between November 1, 1955 and May 7, 1975, or anywhere between August 5, 1964 and May 7, 1975

Associate Membership in the VVA is open to all who share our concerns - both men and women, friends, supporters, and families - Veteran or not.

MEMBERSHIP APPLICATION

check one

- _____ Vietnam-era Veteran Application: Life Membership - \$50.00
(must provide a copy of applicant's DD-214)
- _____ Non-Vietnam-era Veteran Application: 1 year -\$20.00, 3 years-\$50.00
 Associate Membership Life Membership
under 59-\$175.00, 60 and over-\$100.00
- _____ Non-Member Financial Contribution: _____
- _____ Report of Address Change: _____

Name: _____ Phone: _____

Address: _____ Date of Birth: _____

City: _____ State: _____ Zip Code: _____

E-mail Address: _____

Please make checks payable to: V.V.A. Chapter #49

Send application and check to:

Membership Chair, V.V.A. Chapter #49 PO Box 224, Pleasantville, NY 10570

Questions? Call the Chapter: Phone/Fax (914) 682-4949

or e-mail: Chapter49@aol.com

www.VietnamVets49.org



Chapter #49 meetings are held the 1st Thursday of each month at:
 The Armonk American Legion Hall • 35 Bedford Rd. Armonk, NY 10504
 Dinner at 6:30 pm / Meeting at 7:30 pm

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