



HEART OF AMERICA CHAPTER

Military Officers Association of America

(Visit our Web Site at www.moahoa.org)

Number 10

October 2016

Carol Buller to present "Tips for Successful Aging"

Carol Buller will be our speaker at the September 24th meeting. Her topic will be "Tips for Successful Aging".

Carol Buller is Clinical Assistant Professor and Program Coordinator of the Adult/Gerontological Nurse Practitioner program at the University of Kansas School of Nursing.

In addition to her teaching responsibilities, Dr. Buller maintained a busy private geriatric practice where she cared for older adults living independently, in long-term care, and assisted living settings.

She is currently developing a geriatric practice in a medically underserved area through the KU Health Partners Silver City Health Center. She holds certification as a Family Nurse Practitioner and a Gerontological Nurse Practitioner.

"On This Side of 60". She has been taking care of older adults for her entire career as a home health nurse, adult day care nurse coordinator, nurse educator, college professor and geriatric nurse practitioner. While she loves to read and learn about health and wellness after age 60 her best teachers have been the clients and the many older adults she has cared for. She will share her insights and current knowledge on health in aging and preparing for health or functional changes in the future.

Our Meeting will be held October 22, 2016 (4th Saturday) at the DAV (Disabled American Veterans) building at 8787 Old Santa Fe Road.



Carol Buller

The Auxiliary Luncheon begins at 1145 hours with the MOAA Luncheon beginning at 1215 hours. Cost of the lunch is \$12.00.

To get to the DAV, exit off I-435 at 87th Street (close to Bannister Mall), and drive east to Old Santa Fe Road, turn right for one block, or drive on Blue Ridge to 87th Street and turn west, go one block to Old Santa Fe Road, turn left and go approximately one block. The DAV is at the rear of Loma Vista Shopping Center.

Everyone must have a meal reservation by Wednesday of the week before the luncheon. Those on the permanent list need to call only if they will be absent. Substitute meals must be made at time of reservation. Cancellations must be called in by 9:00 a.m. Saturday of the luncheon.

Reservations are imperative in order to provide meals for all who attend. To make reservations, contact Samuel or Judy Leonard by telephone at 816-792-0744 or by e-mail at jllynn2@kc.rr.com.

PLEASE — No reservations can be accepted after 1000 on Wednesday especially requests for substitute meals.

2016 Meeting Calendar

| | |
|-------------|-------------------|
| 23 January* | July (No Meeting) |
| 27 February | 27 August |
| 26 March * | 24 September* |
| 23 April | 22 October* |
| 28 May * | 19 November* |

18 June (Chapter Picnic) 10 December (Holiday Party)

NOTE: All Meetings are on the 4th Saturday EXCEPT as indicated. They vary according to a holiday or available date.

*(Exec Council meets at 10:30 am)

Web Site: www.moahoa.org/

Meeting Information

TOPIC: "Tips for Successful Aging"

SPEAKER: Carol Buller
KU School of Nursing

Saturday, October 22, 2016

TIME: 11:30 a.m. - Auxiliary
12:15 p.m. - MOAA

MEAL COST: \$12.00

MENU: Swiss Steak, Vegetable, Salad,
Mashed Potatoes/Gravy,
Roll/Butter, Dessert, Coffee, Iced Tea,

(Substitute Meals of Baked Chicken Breast or Hamburger Steak must be requested at Time of Reservation)

LOCATION:
Disabled American Veterans
8787 Old Santa Fe Road
Kansas City, Missouri

Call Sam and Judy Leonard at 816-792-0744 for Reservations or e-mail jllynn2@kc.rr.com

Notes from the President



by G. Bruce Eveland



The following is a message from our newly appointed President for MOAA, LTG Dana Atkins, USAF (Ret). As you read this message, be mindful that as members, we are the strength MOAA needs to fight and win issues that are brought before Congress.

Thank you for your service and as a member of MOAA-HOA; the best chapter in mid-America.

Dear MOAA-HOA Members:

As I step into the role of president and CEO of MOAA, I am inspired by its mission: to “advocate for our military community and connect it to the nation we serve.” For more than 86 years, MOAA has helped ensure America honors its promises to service members and their families. I am honored to lead MOAA into the future – and I must thank Vice Adm. Norbert R. Ryan, Jr. USN (Ret.), for his 13 years of dedication.

MOAA’s clout in Washington has never been stronger, due to unrelenting leadership and the active support of 390,000-plus members. In 2015 alone, this led to significant legislative gains:

- Blocking means-testing for TRICARE Prime and TRICARE For Life
- Preserving commissary benefits and restoring \$300 million in funding
- Ending the annual threat of large Medicare/ TRICARE payment cuts

MOAA remains the strongest and most effective veterans’ organization in the U.S., but challenges lie ahead. Military health care, in particular, is an easy target in tough budgetary climates. These challenges aren’t new – absent MOAA’s ongoing advocacy, you’d be paying an additional \$1,500-plus each year for health care – and more proposals for increased beneficiary costs are imminent in future budgets.

House and Senate Armed Services committee leaders agree “comprehensive reform of the military health care system is essential” and “commit to . . . begin reforming the military health care system,” saying, “increases to fees and co-pays will be . . . necessary.”

It’s critical we stand unified to preserve the value of these benefits. MOAA needs a strong membership to ensure our message – to do the right thing on behalf of those in uniform – is heard loud and clear on Capitol Hill. I ask you, as a loyal MOAA member, to encourage fellow officers, active and retired, to join our ranks. There is power in numbers. Securing your future is my first priority; I look forward to serving you.

Lt. Gen. Dana T. Atkins, USAF (Ret)
President and CEO

P.S. I’d like to hear your perspectives about MOAA’s efforts to secure your future. Please complete our short survey at www.moa.org/annualletter.

HEART OF AMERICA CHAPTER Military Officers Association of America



Opinions expressed herein are those of the editor or columnists and are not necessarily those of the Heart of America Chapter of the Military Officers Association of America.

2016 HEART OF AMERICA CHAPTER OFFICERS

| POSITION | RANK | OFFICER | HOME |
|----------------------|------|-------------------|--------------|
| President | COL | G. Bruce Eveland | 609-238-6141 |
| 1st Vice President | COL | Celia A. Allman | 816-320-3464 |
| 2nd Vice President | Maj | Gary J. Fox | 816-525-3592 |
| Recording Secy | CAPT | Roger "Jim" Davis | 816-373-1523 |
| Membership Secy | MAJ | Keith Pechak | 913-915-2131 |
| Treasurer | MAJ | Emma Toops | 719-200-9530 |
| Immed Past President | Maj | Jerry Magliano | 913-261-9957 |
| Auxiliary President | Mrs. | Susan Eveland | 816-309-6182 |

APPOINTED OFFICERS:

| | | | |
|----------|-----|------------|--------------|
| Chaplain | CDR | Rod Kelley | 816-560-4512 |
|----------|-----|------------|--------------|

STANDING COMMITTEE CHAIRS):

| | | | |
|-------------------|------|---------------------|--------------|
| Finance | Col | Garey Reeves | 816-524-5571 |
| Legislative | Maj | Bill Tudor | 816-380-6363 |
| Membership | Maj | Gary J. Fox | 816-525-3592 |
| Program | Capt | Don Dawson | 816-741-4027 |
| Scholarship | Maj | Victor Christianson | 816-240-8315 |
| Newsletter Editor | LTC | Leslie C. Hobbs | 816-830-5309 |

Chaplain's Corner

Chaplain Rod Kelley

FARM KID writing home from MCRD, San Diego

Dear Ma and Pa,

I am well. Hope you are. Tell Brother Walt and Brother Elmer the Marine Corps beats working for old man Minch by a mile. Tell them to join up quick before all of the places are filled.

I was restless at first because you got to stay in bed till nearly 6 a.m. But I am getting so I like to sleep late. Tell Walt and Elmer all you do before breakfast is smooth your cot, and shine some things. No hogs to slop, feed to pitch, mash to mix, wood to split, fire to lay. Practically nothing.

Men got to shave but it is not so bad, there's warm water. Breakfast is strong on trimmings like fruit juice, cereal, eggs, bacon, etc., but kind of weak on chops, potatoes, ham, steak, fried eggplant, pie and other regular food, but tell Walt and Elmer you can always sit by the two city boys that live on coffee. Their food, plus yours, holds you until noon when you get fed again. It's no wonder these city boys can't walk much.

We go on "route marches," which the platoon sergeant says are long walks to harden us. If he thinks so, it's not my place to tell him different. A "route march" is about as far as to our mailbox at home. Then the city guys get sore feet and we all ride back in trucks.

The sergeant is like a school teacher. He nags a lot. The Captain is like the school board. Majors and colonels just ride around and frown. They don't bother you none.

This next will kill Walt and Elmer with laughing. I keep getting medals for shooting. I don't know why. The bulls-eye is near as big as a chipmunk head and don't move, and it ain't shooting at you like the Higgett boys at home. All you got to do is lie there all comfortable and hit it. You don't even load your own cartridges. They come in boxes.

Then we have what they call hand-to-hand combat training. You get to wrestle with them city boys. I have to be real careful though, they break real easy. It ain't like fighting with that ole bull at home. I'm about the best they got in this except for that Tug Jordan from over in Silver Lake. I only beat him once. He joined up the same time as me, but I'm only 5'6" and 130 pounds and he's 6'8" and near 300 pounds dry.

Be sure to tell Walt and Elmer to hurry and join before other fellers get onto this setup and come stampeding in.

Your loving daughter,
Alice

Auxiliary News



HAPPY HALLOWEEN!

Get outside, enjoy the crisp air, changing colors and the beauty of fall! I want to thank Erika Van Dyne for being our hostess last month. That bag of snacks will stay in my car until gone; nice to have a treat on board! Judy Leonard will be our hostess for this month.

If you attended our September meeting you were able to see the beautiful leather bound books we will be selling. We will have a list at our next meeting of all the books. There are 96 books, 18 of them are First Edition, signed by the author.

All books are leather bound, many still in the wrappers. These are all new, never read, Franklin Library books. The list will indicate the name of the book, author and whether or not it is a First Edition. There are some very famous authors and novels. The First Editions will be \$15.00 each, all the other books \$10.00 each. All the proceeds will go to our Family Support Program.

If you do not attend our meetings and have an interest in seeing a list of our books please email me, all books will be sold on a first come and purchase basis. These are beautiful books, wonderful for gifts or for your library.

These books have been donated by one of our members from his library. Help us make the holiday season special for some military families by purchasing some books to help our Family Support Program.

Susan

Susan Eveland
Auxiliary President
Cell: 816-309-6182





Heart of America Chapter (HOAC)

Chapter and/or Auxiliary Membership Application/Renewal or Scholarship Donation

Name: _____ Date: _____

Membership Dues: Chapter \$20 Year

Auxiliary \$5 Year

Scholarship Donation?

Write in the Amount _____

Primary Phone Number: _____

Email Address: _____

Best way to reach you? Phone or Email If phone, best time to call you? AM or PM or other _____

Make checks payable to:
Heart of America Chapter MOAA

Mail to:
MAJ Emma Toops, Treasurer MOAA
22804 West 73rd Street
Shawnee, KS 66227