



HEART OF AMERICA CHAPTER Military Officers Association of America

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

Number 3

March 2018

Bill Boilot to Speak about Founders Keep Program at the March 24th HOA Meeting

Bill Boillot is Co-Founder of Founders Keep. Founders Keep was started to bring the stories of our founding to life once again. During his career as an educator, Bill became concerned that students were not learning enough about the Constitution which is the basis for how our government is organized and the laws that govern us.



Founders Keep Chapters are discussion and reading groups focused on the founding documents and other readings. The goal is to become informed and to educate ourselves as to the goals and vision of the Founders. This is not a political organization, just a group whose mission is to share and learn our country's history.

Our Founders knew as long as the real stories of our history were passed down from generation to generation tyranny could not prevail, but if we do not learn and pass that knowledge to the next generation, it will be lost forever.

Our Meeting will be held March 24, 2018 (4th Saturday) at the new DAV (Disabled American Veterans) building at 14605 East Hwy 40, Kansas City, MO 64136. 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 from Independence, Missouri, exit off I-70 onto Noland to go south for 1 mile to E Hwy 40. Turn left and drive one-half mile. DAV is on the south side of E Hwy 40.

Everyone must have a meal reservation by Wednesday of the week before the luncheon. Substitute meals must be made at time of reservation. Cancellations must be called in by 9:00 a.m. Saturday of the luncheon.

To make reservations, contact Samuel or Judy Leonard by telephone at 816-792-0744 or by e-mail at jlynn2@kc.rr.com by Wednesday before the meeting.

2018 Meeting Calendar

27 January*	No July Meeting
24 February	25 August*
24 March *	22 September
28 April	27 October*
19 May * (3rd Sat)	17 November* (3rd Sat)
23 June (Chapter Picnic)	8 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: *Founders Keep Program*

SPEAKER: *Bill Boilot*
Co-Founder Founders Keep Program

Saturday, March 24, 2018

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

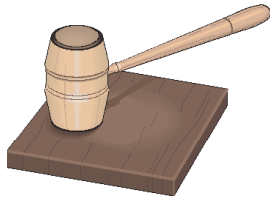
MENU: *Corned Beef/Cabbage, Horse Radish,
New Potatoes/Carrots, Corn Bread/
Butter, Dessert, Coffee, Iced Tea,*

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

LOCATION:
*Disabled American Veterans
14605 East Highway 40
Kansas City, Missouri 64136*

*Call Sam and Judy Leonard at 816-792-0744 for
Reservations or e-mail jlynn2@kc.rr.com*

Notes from the President



by Jerry Magliano



As many of you know, March has been designated Women's History Month. This month's issue of the Military Officer Magazine has an excellent article on this topic.

Few women have played as important a role in our country's history as those who have served in our military as well as the women who stayed behind to manage the household and care for the children.

During the Revolutionary War, women followed their husbands to war out of necessity with permission from their Commanding Officers.

Fast forward to the Civil War during which women served as administrators, cooks, nurses and even spies for both Armies. During that conflict, Mary Walker became the only woman to receive the Medal of Honor.

During WW I, women were allowed to join the military to serve as nurses and support staff. More than 400 would die in the line of duty.

During WWII, more than 400,000 women served in non-combat roles as nurses, mechanics, administrators and even pilots. Eighty-eight women became POWs. In 1948, women were granted permanent status in the military.

During the Korean War, 50,000 woman served at home and abroad. Over 7,000 women served, mostly as nurses, during the Vietnam War. Since that era, woman have served in a number of conflicts in the Middle East and Europe and were authorized to fly combat missions and serve on combat ships. More recently, they have been authorized to serve in ground combat units alongside their male counterparts.

Our Chapter has been privileged over the years to have many women members who have been part of this incredible legacy. We all join in honoring them.

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.

2018 Heart of America Chapter Officers

POSITION	RANK	OFFICER	HOME
President	Maj	Jerry Magliano	913-530-1761
1st Vice President	LTC	Grant Montgomery	913-494-7619
2nd Vice President	COL	Mike Neer	913-908-6621
Recording Secy	CAPT	Jim Davis	816-373-1523
Membership Secy	MAJ	Keith Pechak	913-915-2131
Treasurer	MAJ	Emma Toops	719-200-9530
Immed Past President	COL	G. Bruce Eveland	609-238-6141
Auxiliary President	Mrs.	Diane Christianson	816-240-8315

APPOINTED OFFICERS:

Chaplain VACANT

STANDING COMMITTEE CHAIRS:

Finance	Col	Garey Reeves	816-524-5571
Legislative	Maj	Bill Tudor	816-365-6148
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

Auxiliary News



Another great showing for our last meeting. March is here and everybody is Irish on St Patrick's Day. I want to thank Tina Dawson for our nice presents. She put a lot of work into making the aprons and bringing us chocolate hearts and popcorn.

Terri Jo will be our hostess this month. Following our meeting, we will attend the MOAA luncheon and program. Hope to see you there.

Diane Christianson
Auxiliary President
MOAA-HOAC

February Luncheon Photos



Jerry Magliano presents Chapter Gold Bar to speaker Jack Cashill



Special Board meeting to discuss and vote on the MOAA MFI grant

A Look at the New Hypertension Guidelines with Specific Comments Related to Older Persons

Linda Crosser, COL, USA, (ret), MOAA, Heart of America Chapter Surgeon

The new 2017 clinical practice guidelines published in Hypertension, by Whelton, P.K., et. al., review the accumulating scientific data used to update existing guidelines with current recommendations for the prevention, detection, evaluation, and management, of high blood pressure (hypertension, HTN) in adults.

Blood pressure (BP) control has long been recognized to be important in the prevention of heart attack, stroke, peripheral vascular disease, vascular dementia, and kidney disease.

The threshold measurements to initially treat elevated BP's has been adjusted. In patients who do not have a cardiovascular risk, or disease, the BP at which treatment is indicated is 140/90. In patients with documented cardiovascular disease, or risk, or 65 years old or older, the threshold for treatment is now 130/80.

The accuracy of BP measurements was again considered important. Patients must be sitting, at rest for 5 minutes, without caffeine or exercise for 30 minutes, with the arm supported on a table at heart level, without clothing underneath the BP cuff.

When treating HTN, the best proven non-pharmacological practices were clearly described: 1. Weight loss; 2. Consumption of a healthy diet; 3. Decreased sodium intake, if possible to 1500 mg/d or lower; 4. Increased

potassium intake to 3500-5000 mg/d, preferably by dietary intake. 5. Increased physical activity, specifics cited; 6. Moderation in alcohol intake. The DASH diet (Dietary Approaches to Stop Hypertension) was again recommended.

The goal of treating HTN is to have BP's lower, within a range consistent with health and quality of life. For persons 65 years old, and older, blood pressures can often be much lower than the healthy target, for a variety of reasons. There are 17 classes of medications use to treat HTN.

Additionally, there are medications used to treat other diseases that also lower blood pressure. For example, medications used to treat Parkinson's disease, and enlarged prostates also lower blood pressure. Ideally it is much easier to take one's allotment of pills all at once, however there can be a "peak effect" where blood pressure is too low, and the patient feels symptoms such as weakness, dizziness, fatigue, increased confusion. Falls, possible fractures can also result. If possible, it may be better for a patient to take medications affecting the BP at different times of the day. This can also improve the 24-hour control of HTN. Forgetting to take pills will negate this potentially beneficial effect. Discussions with the primary health care provider can help sort out these issues.

Reference: Whelton, P.K., et. al.; 2017 High Blood Pressure Clinical Practice Guideline; 2017 ACC/AAA/AAPA/AGS/APLA/ASH/ASPC/NMA/PCNA Guideline for the Prevention, Detection, Evaluation, and Management of High Blood Pressure in Adults; AHA Hypertension, 11/13/17.

YOU CAN HELP: In November the Chapter will be mailing the 2018 membership dues statement. You can save the Chapter the cost of printing and mailing a dues invoice by completing the form below and mail the form with your check before 18 November 2017 or by purchasing your membership at the November 18 Chapter Meeting.



Heart of America Chapter (HOAC) Chapter and Auxiliary Membership Application or Renewal

Date: _____ Is this Renewal or Application Request: _____

Name: _____ Primary Phone Number: _____

E-mail Address: _____

Primary Phone Number: _____


Chapter Dues are \$20/Yr

Auxiliary Dues are \$5/Yr

Checks payable to: HOAC/MOAA

Mail to: Treasurer HOAC-MOAA
PO Box 860061
Shawnee, KS 66286

Unlike many veterans organizations, National MOAA and Local Chapters collect yearly dues separately - Chapter dues effective January 1st, and National dues billed in your membership anniversary month. Chapter dues are \$15.00 and Ladies Auxiliary are \$3.00. Both are payable now. Please help the Chapter control costs by being prompt with your payment. Not sure if you've paid yet? If the address label above reads "MEMBERSHIP CURRENT" you're OK. If not, please complete the membership renewal form on page 4 and mail to Treasurer Vic Christanson. Many thanks for your support!

Heart of America Chapter
Military Officers Association of America
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 MOAA