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Serving Those Who Serve

Military & Family Readiness Specialists

Joint Services Support **Cares**



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Bulletin

National Guard | Reserve | Veterans | Families

Joint Services Support **Cares**



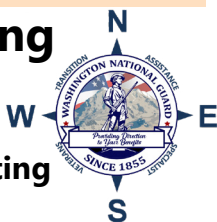
SUICIDE PREVENTION LIFELINE
800-273-8255

JSS Departments

- [Military & Family Readiness](#)
- [Child & Youth](#)
- [Personal Financial Counseling](#)
- [Mental Health](#)
- [Employer Support of the Guard & Reserve](#)
- [Substance Abuse & Prevention](#)
- [Transition Assistance](#)
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VA Updating Rating Systems

Sleep Apnea rating to be changed



In 2017, VA began making changes to the way they rate certain conditions. Not since 1945, has this comprehensive review been done. In the most recent activity, VA announced changes to how they will rate lung conditions, hearing and behavioral health. These changes are not slated to be enacted until sometime in 2032. Probably the most drastic change is coming to the Sleep Apnea rating.

Sleep Apnea, with the use of an airway device like CPAP or APAP, will soon be a 0% rating from the 50% it is currently if the machine is taking away all symptoms. If you still have fatigue or other symptoms, the rating will be 10 or 30% depending on severity.

Fortunately, the VA is not taking away anyone's previous rating. If you already have 50%, then you will retain that rating. This will only affect



HIRE A Veteran DAY
Monday, July 25, 2022

Scan this QR Code to Receive Employment Assistance from a Work for Warriors Transition Coach

future claims. Other conditions will also see a change, some for the better. It is important to seek help before you file.

If you have questions or looking for someone who is fully experienced in this processing, please contact me at antio-nette.m.deandrea.civ@army.mil. Please stay tuned as we will continue to bring news of other changes in this processing.

Annie DeAndrea, Transition Assistance Specialist
Washington National Guard
Camp Murray, WA 98430
253-512-8722



Washington State National Guard

MILITARY AND FAMILY READINESS UPCOMING EVENTS

24/7 HOTLINE
800-364-7492

Location	POC	Event	Date
Bremerton	POC: Ray Andringa	Back-to-School Holiday Magic	1-5 Aug TBD
Kent	POC: Courtney Holbird	Back-to-School Trunk or Treat Turkey Drop Holiday Magic	7 Aug TBD TBD
Marysville	POC: Dorie Sprague	Back-to-School Holiday Magic	15 Aug TBD
Spokane	POC: Leslie Burks	Back-to-School Holiday Magic	5 & 11 Aug TBD
Vancouver	POC: Liz Johnston	Back-to-School Contact Contact	6-7 Aug 3 Dec
Yakima	POC: Mike Berndt	Back-to-School Holiday Magic	6-7 Aug 3 Dec

About the Program

Military & Family Readiness Specialist provide Volunteer information, referral for crisis intervention counseling, community information and referral, TriCare medical and dental resource referral, legal resources referral, ID cards, Defense Enrollment Eligibility Referral (DEERS), financial resource referral and unit support

We assist ALL Branches of the Armed Forces, Veterans and their dependents.

Locations

Bremerton	360-473-2411
Camp Murray	253-512-7869
Kent	253-945-1876
Marysville	360-436-2423
Spokane	509-532-2775
Vancouver	360-604-7303
Yakima	509-469-4638

Volunteer opportunities available!

Get ready for a very special hiring celebration this National Hire a Veteran Day on July 25! Each year, brave men and women from the military service return to civilian life. This day was created to remind job seekers and employers alike that these veterans' experience and dedication can breathe new life into the workforce. It aims to teach people about the value of hiring a veteran.

Get Ready for the Back to School Event of the Year! It's never too early to register for this annual JSS event that provides FREE school supplies and Backpacks to kids ranging in age from 5-18.



King County-Kent, WA Back to School Supplies, Backpacks & Resource Fair
Operation Homefront
Kent VFW
Joint Services Support
Saturday & Sunday, August 6 & 7, 2022
1200-1800
Open to: National Guard | Reserve | Retired Military | Veterans

Yakima Back-to-School RESOURCE EVENT
6-7 August
2501 Airport Lane, Yakima, WA 98902
Free school supplies, backpacks, and military family resource materials.
*Event space filled on a first-come, first-served basis. *Event subject to change.

Seven Convenient Locations to Serve You!
Camp Murray Aug 17, 2022
Bremerton Aug 1-5, 2022
Kent Aug 7, 2022
Marysville Aug 15, 2022
Spokane Aug 5-11, 2022
Vancouver Contact POC
Yakima Aug 6 & 7, 2022

Useful Numbers

Jennika Cardenas R3SP
Program Coordinator
253-512-1357
jennika.m.cardenas.civ@army.mil
<https://www.facebook.com/pg/JSSWA>
Call the National Suicide Prevention Lifeline (Veterans and Military Crisis Lines)

North America:
1-800-273-TALK (8255); Press 1

Online chat:
<https://www.veteranscrisisline.net/get-help/chat>
or <https://suicidepreventionlifeline.org/chat>

Text: 838255
Family Programs After Hours:
800.364.7492



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WAARNG JFHQ State,
Victim Advocate Coordinator
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sean.m.smith166.civ@army.mil

WA State Hotline:
253.307.6483
24/7 DoD SAFE Helpline
1-877-995-5247
www.safehelpline.org