



The Guardian

The monthly newsletter of the New Mexico Department of Veterans Services

October, 2021

- DVS fills five VSO Vacancies (see pages 4-6)
- DVS to Co-Host Veterans Day Film Series (pg. 14)
- Updated list of all DVS VSOs/Field Offices (pg. 24-25)
- Plus information about upcoming outreach events

2021 Forgotten Heroes Funeral Lays to Rest 22 Unclaimed Deceased Veterans



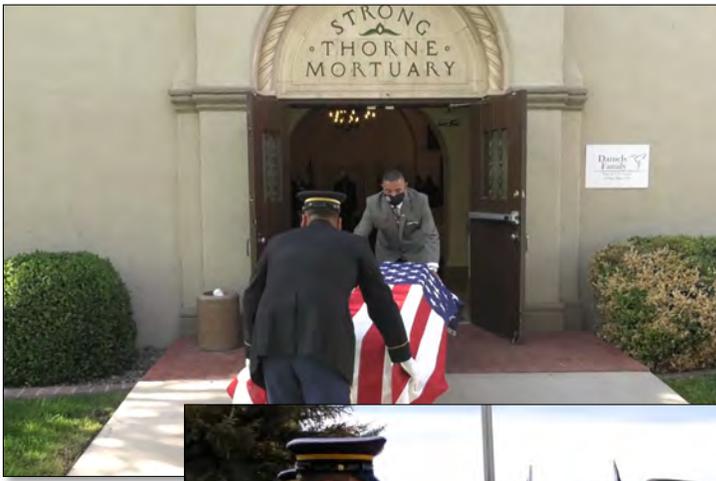
The cremated remains of 22 military veterans who, upon death were unclaimed by family for burial, were buried with a Forgotten Heroes Funeral on September 23 at the Santa Fe National Cemetery.

The annual funeral is presented by the New Mexico Department of Veterans Services (DVS), Bernalillo County, the New Mexico National Guard, the Santa Fe National Cemetery, the State Office of the Medical Investigator, and Daniels Family Funeral Services of Albuquerque to provide a military funeral unclaimed deceased veterans in New Mexico.

Last year's funeral was cancelled due to the COVID-19 pandemic. This year, Governor Michelle Lujan Grisham delivered the eulogy to a gathering of facemask-wearing veterans and members of the public who served as "family" for the deceased veterans.

"Unclaimed is the word given to their remains," said the Governor. "But today, we come together...to claim them...to honor them...to respect them...to value them...and to make clear that we will never forget the sacrifices that our men and women and their families make for our nation... every single day. May each of their souls now rest in peace."

The urns were escorted from Albuquerque to the Santa Fe National Cemetery by members from Albuquerque, Santa Fe and the New Mexico State Police, sheriff's deputies from Bernalillo, Sandoval, and Santa Fe counties--and the American Legion Riders. The Legion Riders and members of the Santa Fe High School NJROTC carried the urns from the hearse and to the burial site. DVS has produced a video highlighting the funeral: <https://www.youtube.com/watch?v=0TSaTgXGRHE>



Video highlights:

<https://www.youtube.com/watch?v=0TSaTgXGRHE>

Forgotten Heroes Funeral Provided For Unclaimed Deceased Deming Veteran

In a separate Forgotten Heroes Funeral, the cremated remains of U.S. Navy Veteran Robert Baldowski were laid to rest with military honors at the Mountain View Cemetery in Deming on September 10.

Though no family had stepped forward upon his death earlier this year, a few friends were on hand to witness military honors rendered by the Marine Corps League Gaffney-Oglesby Detachment 1328 Honor Guard.

“He was a forgotten veteran when he died,” said a friend who declined to give his name to DVS. “But thanks to you he is no longer forgotten, and is finally able to rest in peace.”



2021 Honor Guard Conference Held in Albuquerque

DVS, the New Mexico National Guard, and AARP-New Mexico hosted the 2021 New Mexico Honor Guard Conference on September 30 in Albuquerque.

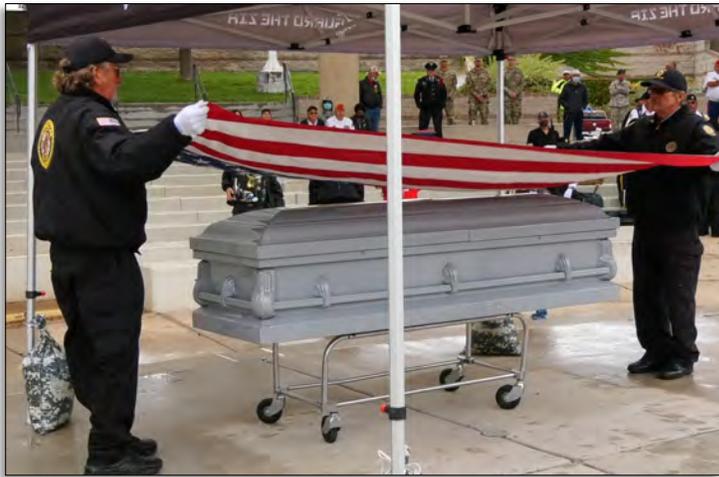
The conference provided information and a learning/training opportunity for the state's all-volunteer honor guards.

All honorably discharged deceased veterans of the United States Armed Forces are entitled to a military funeral—as long as there is an honor guard available in their community to render honors. Here in New Mexico, the bulk of this duty is performed by nearly 40 all-volunteer honor guards.

At the conference, demonstrations were provided by a New Mexico Army National Guard Honor Guard. The volunteer units then rendered honors, in front of a judging panel, in a simulated military honors funeral.

Here is a link to a video produced by DVS that highlights the demonstration by the NMNG Honor Guard, and the performances by the volunteer honor guards:

<https://www.youtube.com/watch?v=hHJC2VDI7us>.



Stray Cattle Problem Solved at Gallup State Veterans Cemetery

The New Mexico Department of Veterans Services (DVS), New Mexico Department of Transportation/District 6, and the city of Gallup installed a “cattle guard” at the DVS-managed Gallup State Veterans Cemetery last month.

The cattle guard was installed on National Cemetery Drive, which leads into the cemetery. DVS has had issues with stray cattle roaming onto cemetery grounds ever since the cemetery’s opening on Memorial Day, 2018. Cattle have been eating the grass, defecating on the grounds—in some cases, on cemetery plots—and have posed a danger to vehicle traffic.



The three agencies came up with a plan to keep out the cattle in a cost-effective, cost-sharing way. DVS purchased the cattle guard and worked with NMDOT District 6 Gallup Patrol staff to “cut” the road for installation. DVS would like to thank the following people for this collaboration for a job well done: Robert Hamblen and Ben Welch from the city of Gallup for building a fence along the road leading up to the cattle guard...and the DVS and DOT crew pictured below for installing the cattle guard:



(From L-R): DVS Interment Specialist Rocky Thompson, DVS Interment Specialist Anthony Jim, Gallup State Veterans Cemetery Supervisor Gilbert Lopez, DOT Highway Maintenance Crew members Darrell Curley, Marty Skeet, Leo Martinez, and Joshua King.

DVS Re-Establishes Rio Rancho Field Office

DVS has reopened a Rio Rancho field office in the Sandoval County Government Complex, at 1500 Idalia Road/Building “D”, room 2041.

Office visits are by appointment only on Tuesdays, Wednesdays, and Thursdays from 8am-5pm. Veterans or their eligible dependents needing help with filing VA claims, filing for state veterans benefits, or needing help with any other issue can make an appointment with DVS Veterans Service Officer Dustin Newsom, who previously served as the VSO in the Santa Fe office. He can be contacted by email at dustin.newsom@state.nm.us or calling (505) 221-7190.

Appointments are mandatory. All visitors must wear a facemask to enter the building and for the duration of a visit with Mr. Newsome, who will also be wearing a face mask.

On Mondays and Fridays, Mr. Newsom will continue offering remote assistance by email and phone.



Dustin Newsom
DVS Rio Rancho VSO

DVS Fills Four Vacant Veterans Service Officer Positions

DVS is pleased to announce the hiring of four Veterans Service Officers to fill vacancies in the following communities:



Nick McKenzie
DVS Santa Fe VSO

Santa Fe

Nicholas “Nick” McKenzie is the new DVS Veterans Service Officer (VSO) in Santa Fe. He is based in room 132 of the Bataan Memorial Building downtown, at 407 Galisteo Street and across the street from the capitol.

The Bronx, NY, comes to DVS from Santa Fe Community College, where he was a Public Safety Aide. The Bronx, NY, native served 21 years as a U.S. Navy “Seabee” construction mechanic and Navy Recruiter...and was stationed in Japan, Guam, Bahrain, Kuwait, Greece, Kwajalein Atoll in the South Pacific, and Afghanistan.

Nick is eager to start helping veterans and their eligible dependents file VA claims, file for state benefits, or assist with any other issues. As with all DVS VSOs, appointments must be made for all in-office visits...and can be done by calling Nick at (505) 218-3125 or by email at nicholas.mckenzie1@state.nm.us. Facemasks are also required for all in-office visits.

Albuquerque

Jesus Palomino is the new VSO in Albuquerque. He will be initially based in the agency’s Northeast Heights office at 5201 Eagle Rock Blvd. NE. and will eventually move to the DVS downtown Albuquerque office in the Dennis Chaves Federal Building.

Jesus comes to DVS from the New Mexico Dept. of Public Safety’s Concealed Carry Unit. Prior to this, the native of Mesa, AZ, served 14-years with the United States Marine Corps as a personnel chief/human resource specialist and first-line manager. He was stationed in Missouri, California, and North Carolina before being deployed with the 26th Marine Expeditionary Unit to Kuwait. His service culminated with a transfer to the Marine Recon Unit based at Kirtland AFB.

Appointments can be made with Jesus by calling (505) 681-6998 or emailing jesus.palomino1@state.nm.us.



Jesus Palomino
DVS Albuquerque VSO

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Miguel Martinez
DVS Las Cruces VSO

Las Cruces

There are two new VSOs in the DVS Las Cruces office, located at 2024 E. Griggs Avenue.

Miguel Martinez is one of these VSOs—and is also serves a dual role as the new DVS southern regional VSO supervisor. The native and lifelong resident of Las Cruces is recognized as a workforce expert. He comes to DVS after eight years with the New Mexico Dept. of Workforce Solutions, where he was the employment services supervisor for the southwest region—and more recently, the regional director for HELP-NM.

He was responsible for oversight of all adult & dislocated, youth programs, and Onestop Services under the Workforce Innovation and Opportunity Act and National Farmworker Jobs Program for the southern seven county region...providing oversight for program and performance quality improvement

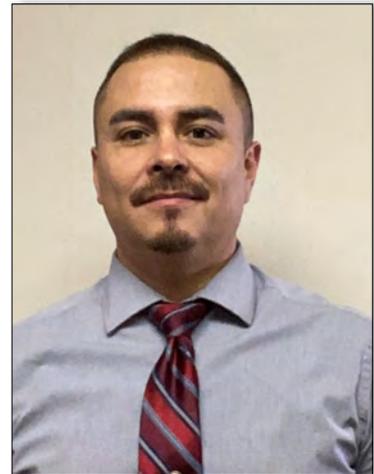
activities, opportunity initiatives, performance analysis, technical assistance, development of policies and procedures, and monitoring activities to fulfill contract obligations.

Appointments with Miguel can be made by calling (575) 644-6869, or by email at miguel.martinez1@state.nm.us.

Vincent “Vince” Tellez is the other new Las Cruces VSO. Like Miguel, Vince is also a native of Doña Ana County—having grown up in Vado and Anthony.

He comes to DVS from the New Mexico Workforce Connection, where he was a local employment veterans representative (LVER). His main responsibility was conducting outreach to employers—engaging in advocacy efforts with hiring executives to increase employment opportunities for veterans, encouraging the hiring of disabled veterans, and generally assisting veterans to gain and retain employment. Prior to this, he was a crime scene technician with the Las Cruces Police Department.

Vince served in the United States Marine Corps from 2001-2005, where he was a network administrator and supply warehouseman stationed at Camp Pendleton just north of San Diego, CA. In 2003, he deployed with the 1st Supply Battalion as part of the first U.S. push into Iraq. A second deployment in 2004 found him with the 2nd Battalion, 10th Marines Security Platoon at Al-Taqaddum Air Base (“Camp TQ”) in Iraq.



Vince Tellez
DVS Las Cruces VSO

Vince can be contacted for appointments by email at vincent.tellez@state.nm.us or by calling (505) 361-5298.

“We are thrilled to have these four gentleman joining DVS,” said DVS Secretary Sonya L. Smith. “They are all highly qualified individuals who have a history of helping people, and are especially eager to focus on helping New Mexico’s veterans and their families.”

DVS is currently working on filling VSO vacancies in Alamogordo, Grants, Hobbs, and Silver City.

DVS Provides Claims/Benefits Assistance at Kewa Pueblo

DVS made an outreach stop in Kewa Pueblo—formerly known as Santo Domingo Pueblo—on September 30 at the Santo Domingo Health Center.

The outreach was by invitation from the Kewa Pueblo Health Corporation. Assistance was provided on an appointment-only basis, and face masks were required to be worn. DVS Field Services Director Larry Campos was joined by DVS Veterans Service Officers Johnny Martinez, Dustin Newsom (*upper-left photo below, in black shirt*), and Martin Márquez (*upper-right photo, in black shirt*) to provide information about or help file for VA claims, state veterans benefits, or help with anything else a veteran needed help with.”

DVS Veterans Business Outreach Director Rich Coffel (*bottom photo, seated at right*) provided counseling for veterans looking to open or expand a small business. Also invited to the outreach was Robert Romero from the Santa Fe Vet Center, who from the privacy of the center’s mobile outreach RV provided one-on-one mental health assistance, and Theresa Quintana from Help NM—who provided information about rental & utilities assistance, education & job training programs, and agricultural subsidies.

“Reaching out to rural-area veterans—especially those on tribal land—is a big part of what we do at DVS,” said DVS Field Services Director Campos. “We want to make sure we are not neglecting any veteran or their eligible dependents. If you would like us to come to your area, please contact me at (505) 235-6480 or larry.campos@state.nm.us.”





DVS Provides Claims/Benefits Counseling at Job Fair

DVS accepted an invitation to provide benefits assistance outreach at the *Salute to our Veterans* Veterans Job Fair at American Legion Post 49 in Albuquerque on September 21.

The job fair was presented by AL Post 49, the New Mexico Department of Workforce Solutions, and the New Mexico Workforce Connection. More than two dozen companies and agencies were there, looking to fill vacancies—and looking to fill these vacancies with veterans.

DVS Veterans Business Outreach Center Director Rich Coffel, DVS Veterans Service Officer Johnny Martinez, and DVS Event/Outreach Coordinator Joseph Dorn provided the benefits assistance.

There are two veterans job fairs coming up this month in Albuquerque. For more information, please go to pages 16 & 17 for details.



Rich Coffel
Veterans Business
Outreach Center Director

U.S. Small Business Administration Honors Veterans Business Outreach Center

New Mexico Veterans Business Outreach Center (VBOC) Director Rich Coffel has been recognized by the Small Business Administration (SBA) New Mexico District Office for his outstanding work during the COVID-19 pandemic.

Director Coffel was presented with a certificate citing his “outstanding support for our nation’s small businesses, and its continued collaboration with the SBA to deliver critical economic relief programs during the COVID-19 national emergency.”

The VBOC is the business development division of DVS. Director Coffel provides “one-stop-shop” assistance for entrepreneurial-minded veterans, transitioning service members, and spouses in New Mexico and Colorado---providing expert counseling focusing on starting, growing, or purchasing a small business or franchise operation. In addition to providing this critical service during the pandemic, Director Coffel—teleworking via email or phone--has also provided timely information about COVID-19 emergency federal and state funds and loans available for veteran-owned and small businesses.

The VBOC is located at the DVS Albuquerque Northeast Heights office and currently offers help by appointment only. Please contact Director Coffel at richardL.coffel@state.nm.us or (505) 220-9932. He can also offer assistance by email or phone.

DVS to Make Benefits Outreach Stop at the Albuquerque Murphy VA Medical Center

Please see the informational flyer below. This will be the first of a monthly series of outreach stops at the Raymond G. Murphy VA Medical Center in Albuquerque, located at 1501 San Pedro Drive SE

For all NMVAHCS Employees and Patients who are
Veterans:



VA Hospital Lobby

Last Tuesday of Every Month

10am-1pm

- October 26, 2021
- November 30, 2021
- December 28, 2021
- January 25, 2022
- February 22, 2022
- March 31, 2022

Veteran Property Tax Exemption
Disabled Veteran Property Tax Waiver
Veteran License Plates
Disabled Veteran Parks and Museums
Plus much more!

Joseph Dorn
505-861-9177

josephm.dorn@state.nm.us

<https://www.facebook.com/nmdvshealthcare2015/>

Don't Forget Your
DD-214!!!



DVS to Present Veterans Property Tax Workshop In Valencia County

Valencia County Assessors Office Veterans Property Tax Workshop



444 Luna Ave,
Los Lunas, NM 87031

10am to 2pm

• November 8, 2021

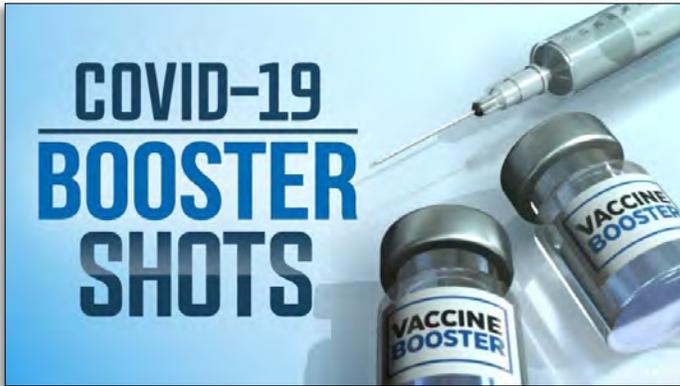
- Veteran Property Tax Exemption
- Disabled Veteran Property Tax Waiver
 - Veteran License Plates
- Disabled Veteran Parks and Museums
 - Plus much more!

Joseph Dorn
505-861-9117

josephm.dorn@state.nm.us

Don't Forget Your DD-214!!





State Urges COVID Booster Shot For Certain Population Segments

The New Mexico Department of Health (DOH), in concurrence with a recommendation issued by the federal Centers for Disease Control and Prevention (CDC), is recommending a third, or “booster shot,” of the Pfizer COVID-19 vaccine for certain segments of the population.

The CDC and DOH urge the following individuals to receive their Pfizer booster shot—provided it’s been at least six months since completing the Pfizer 2nd shot primary series:

- Individuals 65 years and older and residents in long-term care settings
- Individuals aged 50 to 64 with certain underlying medical conditions (more about these conditions):

<https://www.cdc.gov/coronavirus/2019-ncov/need-extra-precautions/people-with-medical-conditions.html>

In addition, the CDC identified groups that may receive a booster shot as well:

- Individuals 18 to 49 who are at high risk for severe COVID-19 due to certain underlying medical conditions
- Individuals aged 18-64 years who are at increased risk for COVID-19 exposure and transmission because of an occupational or institutional setting

Note: at this time, only Pfizer boosters are available, and neither CDC nor DOH recommends “mixing” one type of primary vaccine with a different type of booster vaccine. DVS will pass along information about Moderna or Johnson & Johnson booster shots when it becomes available.

Eligible patients are encouraged to schedule their booster dose with their medical team, primary care provider, specialist, or pharmacy provider.

The statewide registration app--<https://vaccineNM.org>—also allows booster dose scheduling for people who meet the above criteria for a Pfizer booster dose. Appointment priority will be reserved for those in the highest risk categories: age 65+ and 50 – 64 years with underlying medical conditions. Going forward, a portion of appointments will be reserved for this high-risk group.

New Mexicans who need help scheduling can call the DOH hotline at 1-855-600-3453; option 0. This hotline is primarily intended for seniors and those without internet.

Long-Term Care Facilities

The New Mexico Aging and Long-Term Services Department is coordinating the distribution of Pfizer boosters to the small number of residents and staff of long-term care facilities who received the Pfizer primary series.

New Mexico VA Health Care System

Veterans who get their health care from the VA/New Mexico VA Health Care System should contact the Albuquerque Raymond G. Murphy VA Medical Center for booster shot information and registration. (505) 265-1711

10-Digit Phone Dialing Coming to New Mexico Ahead of New New Suicide Hotline Number

(Originally published in the Albuquerque Journal on October 5 by Dr. Melissa Mason/Guest Columnist)

September was National Suicide Prevention Month and, this month, New Mexicans need to be prepared for a new way of dialing local phone numbers that will hopefully save lives.



The National Suicide Prevention Hotline will be changing next summer from the current 1-800-273-8255 (TALK)...to a much simpler and easier to remember three-digit number: 9-8-8.

The switch to using 9-8-8 is akin to calling 9-1-1 for emergencies, and is much easier to remember in times of crisis. The hotline is in place to enable individuals of all ages to be able to connect with counselors who are trained in suicide prevention and mental health emergencies.

To accommodate this new three-digit suicide hotline, New Mexicans will now have to make ten-digit phone dialing beginning this October 24--even when dialing local calls, as we are one of 35 states that currently permits seven-digit dialing. Callers will have to dial the 505 or 575 prefixes before every call. We have local numbers using 988 as the first three digits, also known as the central office code or local exchange.

On or after October 24, if you use only seven digits for local dialing, your call may not go through or you may hear a recording directing you to use a ten-digit number. There is no need to wait for October 24 to begin using ten-digit phone numbers as this has been enabled since April 24, 2021. Start reprogramming all those numbers in your contact list now!

Suicide Prevention Help For Veterans in New Mexico

DVS has made veteran suicide awareness and prevention in New Mexico a high priority. Veterans Health Care Coordination Division Director Jemia Warner has hosted several Facebook “live” discussions with suicide awareness & prevention experts from the New Mexico VA Health Care System and leaders from veterans service organizations.

The discussion have covered everything from recognizing warning signs, taking proactive safety measures in the home, and how and where to take at-risk veterans for help here in New Mexico. These discussions, along with talks on other important topics, can be found on the DVS Facebook page: <https://www.facebook.com/nmdvshealthcare2015/videos>.

DVS will alert the veteran community and the media about future discussions on its Facebook page.



Marie J. Nickoli

Ms. Indigenous San Juan
College 2019-2021

Reign Ends For U.S. Marine Serving as Ms. Indigenous San Juan College

The two-year reign as Ms. Indigenous San Juan College has ended for U.S. Marine Corps veteran Marie J. Nickoli.

Ms. Nickoli, who is a Koyukon Athabascan from Kaltag, Alaska, was selected in 2019 to represent the college and promote cultural awareness of Native/ Indigenous cultures, Alaskan Natives subsistence and way of life, and to assist with the recruitment and retention of Native American students. Her reign lasted two years due to the pandemic. Her royalty campaign theme was *visibility, unity, and empowerment*.

One of her main goals was to promote tribal arts and culture. Among her accomplishments during her reign, she collaborated with the late Navajo artist Dustin Jim to create a Native themed coloring book titled, “Ms. Indigenous

Coloring Book.” More than 300 copies have been donated to children and adults in New Mexico—with another 100 copies donated to Alaskan tribal villages. She also coordinated a blanket and socks drive for elders, arts activities for children at the Farmington Public Library, and attending the World Eskimo and Indian Olympics in Alaska.



From 2001-2009, Ms. Nickoli served in the United States Marine Corps as a field wireman responsible for constructing, operating, and maintaining secure communications links linking key outposts, control points, and headquarters. She was deployed four times overseas: in 2003 with the 26th Marine Expeditionary Unit in support of Operation Iraqi Freedom, to Haiti after the devastating 2004 earthquake, and twice to Al Asad Airbase, Iraq, in 2006 and 2008. She said her military experience helped not only with her reign as Ms. Indigenous San Juan College—but also in life.

“My campaign was inspired by the Marines ethos of honor, courage, and commitment,” she said. “My military experience in the Marines has given me the courage to be brave, to try out for various projects, and to voice my opinion—even when it was not popular.”

Ms. Nickoli earned an Associate’s Degree in Instrumentation Control and Electrical Technology in 2020, and this spring a degree in Occupational Safety.

“My service in the Marines has also shaped my mission to continue to honor veterans for their service and dedication,” she said. “I enjoy participating in functions that promoted Native American women veterans. My next visionary project is to help form a U.S. Marine Corps League detachment in San Juan County.”

DVS, Warrior Films, and the Cocteau Cinema Presents a Special Veterans Day Film Tribute in Santa Fe



Veterans Journey Home Film Series



Join us for *Veterans Journey Home*, a five-film series featuring the emotionally rich stories and heroic contributions made by Veterans featuring a discussion with filmmaker Frederick Marx, the acclaimed Co-Maker of *Hoop Dreams*.

Screening & Filmmaker Q&A

Thursday, Nov. 11th & Friday Nov. 12th

Matinee Event: 1:00pm ~ Evening Event: 6:00pm

Veterans/Military: FREE

General Matinee: \$25 ~ General Evening: \$20



**Limited Tickets!
Reserve Today!**



Jean Cocteau Cinema
418 Montezuma Ave, Santa Fe, NM 87501



October is Breast Cancer Awareness Month

(story from the U.S. Centers for Disease Control)

Every October, the nation observes National Breast Cancer Awareness Month.

Breast cancer is a disease that affects both women *and* men—and is among the most common cancers.

According to the National Breast Cancer Foundation, 1 in 8 women will develop invasive breast cancer in her lifetime. Next year, new breast cancer diagnoses are expected to number more than 200,000 for women and more than 2,000 for men.

What Are the Symptoms?

There are different symptoms of breast cancer, and some people have no symptoms at all. Symptoms can include—

- Any change in the size or the shape of the breast.
- Pain in any area of the breast.
- Nipple discharge other than breast milk (including blood).
- A new lump in the breast or underarm.

If you have any signs that worry you, see your doctor right away.

What Are the Risk Factors?

Some main factors that affect your chance of getting breast cancer include:

Getting older. The risk for breast cancer increases with age; most breast cancers are diagnosed after age 50.

Genetic mutations. Inherited changes (mutations) to certain genes, such as BRCA1 and BRCA2. Women who have inherited these genetic changes are at higher risk of breast and ovarian cancer.

Reproductive history. Early menstrual periods before age 12 and starting menopause after age 55 expose women to hormones longer, raising their risk of getting breast cancer.

Having dense breasts. Dense breasts have more connective tissue than fatty tissue, which can sometimes make it hard to see tumors on a mammogram. Women with dense breasts are more likely to get breast cancer.

Personal history of breast cancer or certain non-cancerous breast diseases. Women who have had breast cancer are more likely to get breast cancer a second time. Some non-cancerous breast diseases such as atypical hyperplasia or lobular carcinoma *in situ* are associated with a higher risk of getting breast cancer.

(continued on next page)

Family history of breast or ovarian cancer. A woman's risk for breast cancer is higher if she has a mother, sister, or daughter (first-degree relative) or multiple family members on either her mother or father's side of the family who have had breast or ovarian cancer. Having a first-degree male relative with breast cancer also raises a woman's risk.

Previous treatment using radiation therapy. Women who had radiation therapy to the chest or breasts (for instance, treatment of Hodgkin's lymphoma) before age 30 have a higher risk of getting breast cancer later in life.

Women who took the drug diethylstilbestrol (DES), which was given to some pregnant women in the United States between 1940 and 1971 to prevent miscarriage, have a higher risk. Women whose mothers took DES while pregnant with them are also at risk.

How Can I Lower My Risk?

You can do things to help lower your breast cancer risk.

- Keep a healthy weight and exercise regularly.
- Don't drink alcohol, or limit the amount of alcohol you drink.
- If you are taking hormone replacement therapy or birth control pills, ask your doctor about the risks.
- Breastfeed your children, if possible.

Ask your doctor when you should get a mammogram.

Other than skin cancer, breast cancer is the most common cancer among American women. Mammograms are the best way to find breast cancer early, when it is easier to treat and before it is big enough to feel or cause symptoms.

What Is a Mammogram?

A mammogram is a non-invasive procedure that is used to check for breast cancer in women, even if they have no signs or symptoms of the illness. The screenings involve a series of x-rays of each breast and are great for detecting tumors deep inside the breast tissue that cannot be felt.

Mammograms use very low dose x-rays, and are used after cancer has been detected, and even treated, to make sure that the cancer has been removed or is successfully in remission.

October 16 Is National Mammography Day

National Mammography Day is a part of Breast Cancer Awareness month and is celebrated on the third Friday of October every year.

Mammograms are a hugely important aspect of Breast Cancer Awareness Month, as millions of women across the globe are encouraged to attend Mammography screenings as part of the defense against developing breast cancer.

According to the CDC, cancer is the second biggest cause of death among Americans. Breast cancer is among the most common diagnosis in women, and screenings and exams are crucial for early detection and treatment.





October is Also National Violence Awareness Month

(story from the National Domestic Violence Hotline)

National Domestic Violence Awareness Month is also an annual designation observed in October.

For many, home is a place of love, warmth, and comfort. It's somewhere that you know you will be surrounded by care and support, and a nice little break from the busyness of the real

world. But for millions of others, home is anything but a sanctuary. The U.S. Department of Justice estimates that 1.3 million women and 835,000 men are victims of physical violence by a partner every year.

- Every 9 seconds, a woman in the U.S. is beaten or assaulted by a current or ex-significant other.
- 1 in 4 men are victims of some form of physical violence by an intimate partner.

Here's another shocking statistic: the number of U.S. troops killed in Afghanistan and Iraq between 2001 and 2012 is 6,488. The number of women who were murdered by current or ex-male partners during that same timeframe is 11,766, according to statistics cited in the Huffington Post--almost double the number of people were killed fighting in both wars.

Those who are in an abusive relationship will stay with their partner for a number of reasons:

- Their self-esteem is destroyed, and they are made to feel they will never be able to find another person to be with.
- The **cycle of abuse**, meaning the 'honeymoon phase' that follows physical and mental abuse, makes them believe their partner really is sorry and does love them.
- It's dangerous to leave. Women are 70 times more likely to be killed in the weeks after leaving their abusive partner than at any other time in the relationship, according to the Domestic Violence Intervention program.
- Statistics suggest that almost 5 percent of male homicide victims each year are killed by an intimate partner.
- They feel personally responsible for their partner, or their own behavior. They are made to feel like everything that goes wrong is their fault.
- They share a life. Marriages, children, homes, pets, and finances are a big reason victims of abuse feel they can't leave.

Many people often don't know if they are really in an abusive relationship because they're used to their partner calling them crazy or making them feel like all problems are their own fault. Here are a few ways to know if you're in an abusive relationship that you need to end...and leave.

- Your partner has hit you, beat you, or strangled you in the past.
- Your partner is possessive. They check up on you constantly wondering where you are; they get mad at you for hanging out with certain people if you don't do what they say.
- Your partner is jealous. (A small amount of jealousy is normal and healthy) however, if they accuse you of being unfaithful or isolate you from family or friends, that means the jealousy has gone too far.
- Your partner puts you down. They attack your intelligence, looks, mental health, or capabilities.
- They blame you for all of their violent outbursts and tell you nobody else will want you if you leave.
- Your partner threatens you or your family.
- Your partner physically and sexually abuses you. If he or she ever pushes, shoves, or hits you, or makes you be intimate against your will, they are abusing you--even if it doesn't happen all the time.

As this month comes to an end, the important discussion it brings to the forefront about domestic violence's horrific repercussions should not.

If you are experiencing domestic abuse, please contact the National Domestic Violence Hotline for help. More information can be found at <https://www.thehotline.org>

If you are in immediate danger, call 9-1-1 immediately.



Veterans Community Bulletin Board

NOTICE: The following page(s) feature event and informational flyers provided to DVS by veterans and community service agencies. These flyers are published for the convenience of New Mexico's veteran community. Inclusion in The Guardian does not constitute an endorsement by DVS of the organization, content, products, or services contained therein.

DVS invites service agencies and non-profit service organizations to send flyers or news releases announcing an upcoming or ongoing veteran-related event. DVS will post these flyers as a public service courtesy to the veteran community. However:

- Flyers must have the name of a point-of-contact from the organization...along with the contact's phone number or email address. Flyers without this information will not be published.
- DVS is not responsible for the accuracy of the content, products, or services in these flyers.
- Views expressed in these flyers are the independent views of the authors/owners of the third-party entity that created the flyer—and does not necessarily reflect the views of DVS.
- To the maximum extent permitted by law, DVS expressly denies liability for any and all losses suffered by any persons or organizations who, in their independent discretion and reliance, either directly or indirectly rely on content, products, services or information offered by these independent third-party organizations.
- DVS reserves the right to edit or decline publishing of any flyer.



William-Mason
THE AMERICAN LEGION
POST 95

Albuquerque, New Mexico



Suicide Prevention Walk

Saturday, October 16, 2021

11:00 am-1:00 pm

Donations \$22.00/Per Family or Individual

New Mexico Veteran Memorial Park

1100 Louisiana Blvd SE

ABQ NM 87107

lunch provided by Sandia JROTC at Post 95

525 San Pedro Ave NE

Donation \$5.00

Point of Contact Karen Street via cell phone 410.844.1346

Proceeds to Benefit Veterans Suicide Prevention Program

Gen Lloyd W. "Fig" Newton Chapter Tuskegee Airmen, Inc

13TH ANNUAL Golf Classic

RAFFLE
BUFFET
PRIZES
MULLIGANS

Saturday
16 Oct 2021
8:00 AM



Gen Lloyd W. "Fig" Newton Chapter
Tuskegee Airmen, Inc

TOPGOLF

Join us for our 13th Annual TAI Golf Tournament hosted by TOP GOLF!
Proceeds from this tournament will benefit the Chapter Scholarship Fund,
GEN "Fig" Newton Aviation Camp, and Colonel Alvin Drew Space Camp.



\$80 Per Player
6 Person Teams



1600 Desert Surf Cir NE
Albuquerque, NM 87107



Check-In: 7:45 AM
Shotgun: 8:00AM



VETERANS JOB FAIR



OCTOBER 26th 10:00 AM—1:00 PM

Are you a VETERAN searching for a JOB?
Are you spouse of Veteran, a family member of a
Veteran, or a friend of a Veteran?
This Job Fair is for YOU!



LOCATION: VFW POST 6216

2631 Bridge Blvd SW
Albuquerque, NM 87105



DRESS FOR SUCCESS & BRING COPIES OF YOUR RESUME

Santa Ana Star Casino Hotel
Veteran's Integration Center (VIC)
Albuquerque Police Department
University of New Mexico
Transportation Security Admin.
Adelante
Ambercare
A Better Way of Living
Resource MFG Staffing

Montech, Inc.
Building Bridges
Metropolitan Detention Center (MDC)
Edgewater
Goodwill Industries of New Mexico
Local Union 611
New Mexico State Police
Lowe's Support Center
T-Mobile

Face masks required. COVID-19 health & safety protocols will be observed.

For questions or additional information, contact the New Mexico Workforce Connection at 505-843-1900 or email
NMWorkforceConnection@wccnm.org

Follow us @nmworkforce 

Equal opportunity program in which auxiliary aids and services are available upon request to individuals with disabilities.



New Mexico
Workforce Connection
A Proud Partner of the American Job Center Network





**The 21st Annual: “The Job Connection (Patent Pending)”
 October 27th, 2021 10 A.M.-3:00 P.M.
 At the American Legion Post #13 Albuquerque, NM**

Employers:

Is your company looking for top quality candidates to fill your current jobs? At this event you will meet Transitioning Veterans, Reserve Members, Guard Members, Veterans and Military Spouses of high quality. This event is limited to 65 candidates and 40 hiring companies and is a private event for only the companies that have RSVP'd, as well the Military members that are seeking better employment. This event is at no cost to the employers and service members that are in attendance. Employers set up is at 9:00 A.M.

Prospective Employees:

- Prospective Employees (Military) should bring 10-15 Resumes
- Prospective Employees (Military) should be dressed for Success
- Bring ID that states you are somehow military affiliated
- Event starts at 10:00 a.m. Please be on time and seated by 9:45 a.m.

Prospective Employees: Veterans, Reserve , Guard Members & Transition Military Members.
 RSVP by Oct 15th, 2021

Employers: RSVP: by Oct 15th, 2021

To: Mr. Brad Lakin (USMC Veteran) Email: brad.lakin@gcu.edu or paul64espi@yahoo.com



YOU'RE INVITED!

*246th MARINE CORPS
BIRTHDAY BALL*

NOVEMBER 6, 2021

*SANDIA RESORT AND CASINO
Albuquerque, NM 87113*

*All Veterans, Family, and Friends are invited
to come and join us in celebrating the 246th
Birthday of the United States Marine Corps
This is a Full Traditional Marine Corps Ball,
Including a Formal Banquet*

For more information and Ticket Prices:

<https://mcl1316.com/birthday-ball-news>

Or go to the following website:

www.MCL1316.com



News from the VA



VA Resumes Overpayment Notifications, Medical Co-Payment Collections...While Continuing to Offer Debt Relief Options

The U.S. Department of Veterans Affairs (VA) will resume over-payment notifications for new benefit debts and the debts deferred from April 6, 2020 through Sept. 30, 2021 due to the COVID pandemic.

VA suspended debt collection April 6, 2020 and will restart debt collection Oct. 1, 2021. However, VA will not deduct debts from benefits payments until January 2022.

Collections on medical co-payments created prior to April 6, 2020 and on new medical co-payments will also resume Oct. 1, 2021.

Debt notification letters sent to affected veterans and beneficiaries will include options to request debt relief for those who continue to need financial relief from the impacts of the COVID-19 pandemic.

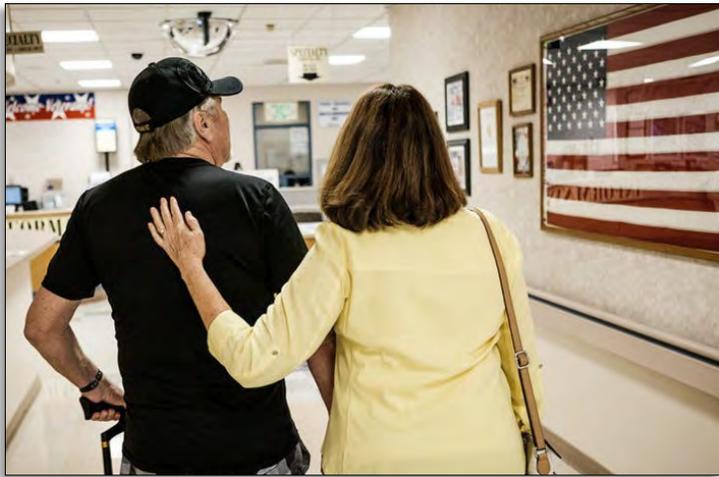
VA will continue to provide relief options such as extending repayment plans, waivers, and temporary hardship suspensions during these challenging times. It has been and will remain a priority of VA to work individually with each veteran.

Veterans and beneficiaries with questions or requiring assistance on debt management can access the following resources:

- For benefit debt information, review frequently asked questions, submit requests online at <https://iris.custhelp.va.gov/app/ask/> or by calling 1-(800) 827-0648.

- For medical care and pharmacy services copayment debt, contact the Health Resource Center at 1-866-400-1238.





VA Extends Eligibility For Its Caregiver Support Program For Certain Veterans

VA's Caregiver Support Program (<https://www.caregiver.va.gov/>) is extending eligibility through Sept. 30, 2022 for:

- Veterans who are legacy participants, (for a definition/ more information): <https://www.caregiver.va.gov/pdfs/MlssionAct/Legacy-Reassessment-Factsheet-11192020-Final.pdf>)

- Legacy applicants <https://www.caregiver.va.gov/pdfs/MlssionAct/CaregiversPCAFCLegacyFAQ73120.pdf>
- Family caregivers participating in VA's Program of Comprehensive Assistance for Family Caregivers: https://www.caregiver.va.gov/support/support_benefits.asp

This extension applies to Veterans who were participating in PCAFC before Oct. 1, 2020, individuals who applied for PCAFC before Oct. 1, 2020 and those who were accepted into the program after Oct. 1, 2020.

The extension will provide VA an additional year to conduct required reassessments of this cohort.

PCAFC offers enhanced clinical support for family caregivers of eligible Veterans who incurred or aggravated a serious injury in the line of duty and meet other eligibility criteria. Benefits under PCAFC include education and training, enhanced respite care, counseling, a monthly stipend, CHAMPVA (if eligible) and certain travel expenses, among others.

All legacy participants, legacy applicants and their family caregivers will be reassessed based upon the new eligibility criteria resulting from the Final Rule which became effective Oct. 1, 2020

https://www.caregiver.va.gov/pdfs/MlssionActEligibilityCriteriaFactsheet_Chapter2_Launch_Approved_Final_100120.pdf

“During this one-year period, approximately 19,800 legacy participants, legacy applicants and their family caregivers will be reassessed,” said VA Caregiver Support Program Executive Director Colleen M. Richardson, Psy.D.

The department will initiate a large-scale effort to complete reassessments for this cohort. This effort will begin within the next several weeks.

The earlier VA conducts reassessments, the sooner it will be able to assist with discharge planning for PCAFC participants who do not qualify under the new eligibility criteria. Discharge planning may include engaging the veteran and family caregiver in other services to include participation in the Program of General Caregiver Support Services (https://www.caregiver.va.gov/care_caregivers.asp), which provides caregivers with education, training, peer support mentoring, coaching and self-care courses.



VA, National Support Network Partner to Teach Veterans How to Fight Cybercrime

VA is partnering with the Cybercrime Support Network to protect veterans who are disproportionately targeted for identity theft and other online scams.

The partnership will provide educational resources that strengthen online security for service members, veterans and their families and focus on recognizing, reporting and

recovering from cybercrime. <https://fightcybercrime.org/milvet-resources>.

The educational awareness campaign includes:

- Public service announcements via Comcast broadcast services and an online portal.
- [FightCybercrime.org](https://fightcybercrime.org), a resource database for those impacted by cybercrime and online fraud.
- [ScamSpotter.org](https://scamspotter.org), a website to help Veterans identify scams and report fraudsters.

“According to the Federal Trade Commission, in 2019 our nation’s veterans lost 44% more in damages to cyber-criminals compared to non-veterans,” said Reginald Humphries, VA Director of IT Strategic Communication, Office of Information and Technology. “This partnership provides needed education and resources to mobilize the veteran community to help protect themselves from the impact of these crimes.”

VA AppStore Features Apps to Make Managing VA Healthcare Easier

Looking for ways to make managing your VA healthcare easier? VA offers a variety of health-related mobile apps for veterans to help you take control of your health care from the palm of their hands. You can access these apps that will either be downloaded directly to a mobile device or through a mobile-friendly website

With just a click of an icon, you can manage VA health care appointments, download records, refill prescriptions, or message your health care provider. There are icons and links for COVID-19 information, Military Sexual Trauma (MST) counseling, PTSD information, burn pit registry information, and many, many more helpful programs.

To access these icons and links, go to the VA’s mobile app page...and simply click on any icon.

<https://www.myhealth.va.gov/mhv-portal-web/mobile-apps>

If you’re a veteran in crisis and need immediate help, please contact the Veterans Crisis Line at 1-800-273-8255, option 1. Someone will immediately take your call and offer assistance.





DVS Offices Are Open for In-Person Assistance—By Appointment Only

DVS offices are open for in-person visits for veterans or their eligible dependents seeking assistance with filing VA claims, filing for state veterans benefits, or for anything that a veteran or his/her family may need help with.

DVS has formed partnerships with federal, state, local, and private agencies and organizations all dedicated to helping veterans and their families.

All DVS office visits are on an appointment-only basis.

Office hours are Monday-Friday from 8am-5pm, Monday-Friday. Veterans or their eligible dependents **must** make an appointment with a DVS veterans service officer (VSO) via the contact information below and on the following page.

DVS VSOs are also continuing to offer the same assistance by email or phone. Veterans from anywhere in the state can contact any DVS VSO for assistance.

With the COVID-19 virus and new variants still posing a health threat, DVS is requiring all unvaccinated veterans or their eligible dependents who visit DVS offices to wear a protective facemask. DVS staff will observe COVID-19 six-foot social distancing and will clean & disinfect the office in-between customer visits.

The following page has the locations and contact information for DVS offices and veterans service officers in New Mexico. Also on the list is the contact information for:

- the DVS women veterans program
 - dedicated to helping women veterans
- the three DVS-managed state veterans cemeteries (in Angel Fire, Ft. Stanton, and Gallup)
- the New Mexico Veterans Business Outreach Center (VBOC)
 - free business counseling for veterans wanting to open, expand, or purchase a small business

Alamogordo VSO

Temporarily vacant. For assistance, contact the DVS Las Cruces or Roswell offices, or call (505) 383-2400

Albuquerque VSO (Downtown)

George Vargas
500 Gold Ave. SW
(575) 520-2634
george.vargas@state.nm.us

Albuquerque VSO (NE Heights)

Victoria Bader
5201 Eagle Rock Blvd. NE
(505) 225-5253
victoria.bader@state.nm.us

Albuquerque VSO (NE Heights)

Johnny Martinez
5201 Eagle Rock Blvd. NE
(505) 274-3609
johnW.martinez2@state.nm.us

Albuquerque VSO (NE Heights)

Jesus Palomino
5201 Eagle Rock Blvd. NE
(505) 681-6998
jesus.palomino1@state.nm.us

Carlsbad VSO

Dagmar Youngberg
101 N. Halagueno
(575) 988-5900
dagmar.youngberg@state.nm.us

(continued on next page)

Clovis VSO**Matt Barela**

904 W. Sixth St.

(575) 825-9602

matthew.barea@state.nm.us**Farmington VSO****Beverly Charley**

San Juan College Veteran Center

(505) 327-2861

beverly.charley@state.nm.us**Gallup VSO****Durrell Tsosie**

908 E. Buena Vista Ave./Room 1A

(505) 218-0348

durrell.tsosie@state.nm.us**Gallup VSO****Benjamin Stewart**

908 E. Buena Vista Ave./Room 1A

(575) 386-7911

benjamin.stewart@state.nm.us**Grants VSO***Temporarily vacant. For assistance, contact the DVS Gallup office, or call (505) 383-2400***Hobbs VSO***Temporarily vacant. For assistance, contact the DVS Carlsbad or Roswell or call (505) 383-2400***Las Cruces VSO****Miguel Martinez**

2024 E. Griggs Ave.

(575) 644-6869

miguel.martinez1@state.nm.us**Las Cruces VSO****Vincent Tellez**

2024 E. Griggs Ave.

(505) 361-5298

vincent.tellez@state.nm.us**Las Cruces VSO***Las Cruces VSO Rosa Bycenski currently on leave of absence.***Las Vegas, NM VSO****Martín Márquez**

917 Douglas Ave.

(575) 520-5079

martinM.marquez@state.nm.us**Las Vegas, NM VSO****Arturo Marlow**

917 Douglas Ave.

(505) 331-8838

arturo.marlow@state.nm.us**Rio Rancho VSO****Dustin Newsom**

1500 Idalia Rd./Bldg. D, Room 2041

(505) 221-7190

dustin.newsom@state.nm.us**Roswell VSO****Danielle Thompson**

1600 SE Main St./Suite "A"

(575) 416-2284

danielle.thompson@state.nm.us**Santa Fe VSO****Nick McKenzie**

Bataan Memorial Bldg/1st floor

407 Galisteo St./Room 134

(505) 218-3125

nicholas.McKenzie1.@state.nm.us**Silver City VSO***Temporarily vacant. For assistance, contact the DVS Las Cruces office, or call (505) 383-2400***Women Veterans Program/VSO****Robin Wilson (Program Mgr.)**

5201 Eagle Rock Blvd. NE

(Albuquerque)

(505) 372-9106

robin.wilson@state.nm.us**Veterans Business Outreach Center (VBOC)****Rich Coffel (Director)**

5201 Eagle Rock Blvd. NE

(Albuquerque)

(505) 220-9932

richardL.coffel@state.nm.us**Angel Fire****State Veterans Cemetery****Randy Myklebust (Supervisor)**

34 Country Club Rd.

(505) 225-4341

randal.myklebust@state.nm.us**Gallup****State Veterans Cemetery****Gilbert Lopez (Supervisor)**

333 National Cemetery Dr.

(505) 905-9771

gilbert.lopez@state.nm.us**Ft. Stanton****State Veterans Cemetery****Stephen McConnell (Supervisor)**

1398 State Highway 220

(505) 383-4381

stephen.mcconnell@state.nm.us