

**CLASSES BEGIN: Every Wednesday from October 11–November 15, 2017  
6-8 PM at VFW POST 2867, 340 Outwater Lane, Garfield, NJ 07026**

# **VETS CHAT AND CHEW 2: FOR MALE VETERANS & ACTIVE MILITARY**

Depressed? Anxious? Trouble  
Sleeping? Eating out of control?  
Confused about healthy eating?

**EVERY WEDNESDAY EVENING**

**VETS CHAT & CHEW** is a  
program designed for  
veterans and active  
military to come together  
and learn about food, how  
it can make you feel, cook  
it, share the meal together  
and make some new  
friends at the same time

October 11–November 15, 2017

6-8 pm –classes will begin  
promptly at 6:00

At

VFW Post 2867

340 Outwater Lane

Garfield NJ 07026

**TO RESERVE A SPACE:**

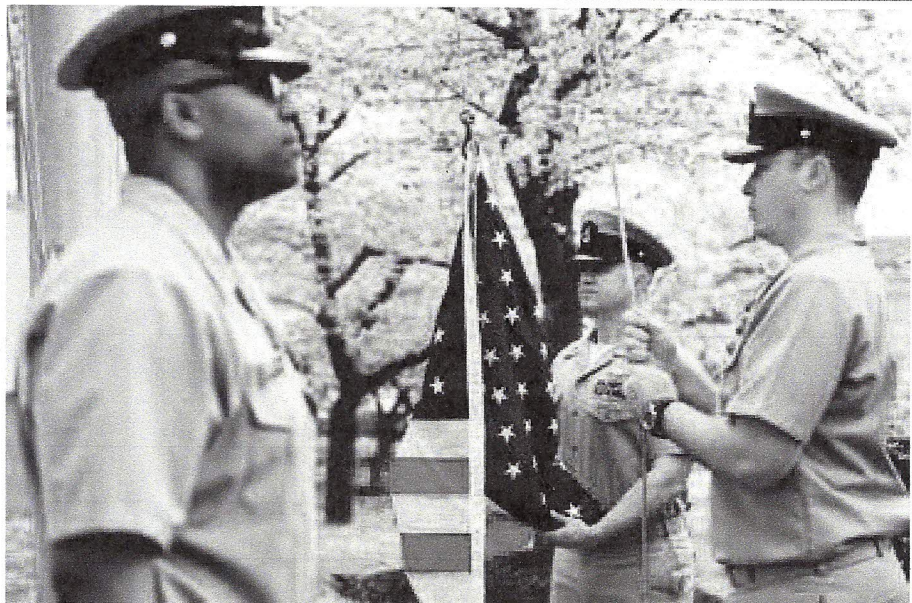
**CONTACT: ANNE BURNS**

**201-592-1130**

**VETSCHATANDCHEW@GMAIL.COM**

**WWW.VETSCHATANDCHEW.COM**

**facebook**



The program consists of six 2 hour sessions, one time per week for 6 weeks. Food information will be introduced that can help you start to feel better. You will create and share meals together and learn food lifestyle changes from the techniques of a nutrition consultant. You will learn how to cook meals from a professional chef. Healthy, simple and inexpensive recipes will be introduced. All activities are designed to modify behavior and teach nutritional techniques that can be used for the rest of your life.

**12-15 PARTICIPANTS PER GROUP**

**We will give you \$20 for travel and provide ingredients  
of the meal to take home after each session**





## Military Benefits

# Veterans can register now for chance at early access to online military exchange shopping

By: Karen Jowers June 5

The screenshot shows the NEX website interface. At the top left, it says "NEX YOU SERVE YOU SAVE". The main navigation bar includes "EXCHANGE" and a search bar. Below the navigation, there are several promotional banners: "4th of July Sale" with "TAX FREE SHIPPING EVERY DAY" and "FREE STANDARD SHIPPING", a "20% ASHLEY HOME OFFICE FURNITURE" promotion, and a "FAMILY SERVING FAMILY" banner. A large padlock icon in the center indicates that users must be logged in to access certain deals. The bottom of the page features a "No Sales Tax" banner and a "THIS WEEK'S SPECIAL" section.

All honorably discharged veterans interested in shopping online at the military exchanges can begin their verification process immediately, exchange officials said, and some may be able to shop prior to the program's full launch.

Some veterans who register at [VetVerify.org](http://VetVerify.org) will be invited to be beta testers, with the ability to shop online earlier than the planned Nov. 11 launch date. Officials said the sooner veterans register on the site, the better their chances of being chosen as a beta tester.

The exchange websites offer tax-free shopping, as well as discounted pricing. Actual online pricing can be seen only by those who are authorized to shop at the

Subscribe

For more newsletters click here

Army and Air Force Exchange Service CEO Tom Shull formally proposed the idea of expanding the benefit to honorably discharged veterans on May 14, 2014, noting that it would provide a modest benefit to those who had served but left the military short of retirement.

"The exchanges began working to recognize the service of millions of veterans without exchange privileges while generating additional financial support for critical budget-constrained quality-of-life programs," Shull said, in a statement. "We are proud to stand with our sister exchanges as we welcome our veterans home to their military family and protect and preserve hard-earned military benefits."

The exchanges currently provide more than \$300 million a year from their profits to support military quality of life programs. The veterans online shopping benefit is expected to increase that monetary support. In a Jan. 18 DoD memo, officials noted that AAFES will invest about \$1.8 million a year to cover costs associated with the expansion of the online platform. If 0.3 percent of the newly eligible veteran group, or about 45,000 veterans, shop online, that cost is expected to be recouped.

"We are excited to be welcoming our shipmates back to the NEX," said retired Rear Adm. Robert J. Bianchi, CEO of Navy Exchange Service Command, in a statement. "Inviting veterans to shop online is just another way for us to honor them for their patriotism and service to our country."

*Senior reporter Karen Jowers writes about military families, quality of life and consumer issues for Military Times. She can be reached at [kjowers@militarytimes.com](mailto:kjowers@militarytimes.com).*



[www.militaryexchange.com](http://www.militaryexchange.com).

VetVerify.org uses information from the Defense Department's Defense Manpower Data Center to verify a veteran's status; veterans will receive notification of their acceptance as online shoppers or, if their records are incomplete, will receive guidance on the steps they can take to update those records.

Doing this process ahead of time will allow veterans to start shopping Nov. 11, or earlier if they are among the "beta testers" chosen to try out the system in advance of the launch.

This new benefit, which would increase the online shopping base by an estimated 13 million veterans, applies only to shopping online at the military exchanges, not at the physical buildings on military installations. Until now, online military exchange shopping was available only to active-duty, reserve and Guard members, retirees, 100 percent disabled veterans and their dependent family members, and certain others.

"It's an honor to now provide this service and benefit to our well-deserving veterans. Once a Marine, always a Marine," said Cindy Whitman Lacy, Marine Corps Exchange Director of Business and Support Services at Headquarters Marine Corps Manpower and Reserve Affairs, in a statement today announcing the verifying website.

"This initiative is one of many ways to keep our community connected."

**Sign up for our NEW Good News Report** - All positive stories about the military.

Email Address

Admit One

**Get Your Flu Shot Today!**

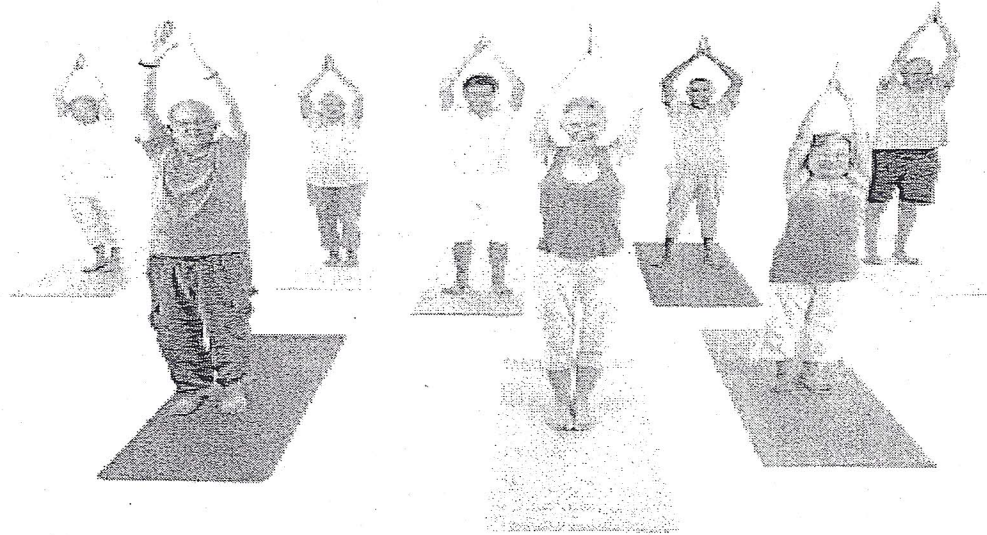
Lyons Walk-In Flu Clinic  
Building 4 – Room 41  
(Triage Room)

Hours: 9 a.m. – 11:30 a.m.  
1 p.m. – 3:30 p.m.

Admit One

# Free to All Veterans

## Yoga Is at Lyons!



Yoga is a practice to help reduce pain and stress and to improve balance and harmony in your mind, body and spirit.

**Just about anyone can do it!**

Classes are Wednesdays 10:30am-11:30am in the Planetree Suite  
(Building 6, Second Floor)

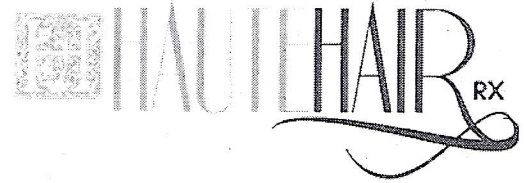
**All Veterans are Invited to Attend!**

For Further Information

Contact Abbey Fisher, RN

(973)676-1000 ext. 2946





## VA CRANIAL PROSTHESIS & SCALP TREATMENT PROCEDURE

### *STEP BY STEP*

**\*If you are going through cancer treatment your Oncologist can request your cranial prosthesis consult with HauteHair. \*No need for any other steps.\***

1. Make an appointment with your primary care physician

\*Ask for a referral to see the Dermatologist

2. Make an appointment to see the Dermatologist

\*Address your hair and scalp issue with Dermatologist; let them know you have concerns about thinning areas or balding, experiencing Alopecia.

3. Request a Cranial Prosthesis consult & referral for bi-weekly Scalp Treatments with VA provider (**Haute Hair**)

4. Call **Haute Hair (202) 543-1090**, once Dermatology appointment complete so that we may follow up with Prosthetics.

\*We will schedule an appointment time for your wig & scalp consultation. Follow-up scalp appointments will be scheduled bi-weekly once the initial consultation is complete.

\*When your unit is ready we will schedule you an appointment with our qualified stylist