

NC VFW



The Leader

Magazine

Summer 2021

Official Publication of the Department of North Carolina Veterans of Foreign Wars



CONGRATULATIONS 2021-2022 TEAM



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Please send your comments, suggestions,
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4. State Commander's Message
5. Department Officers
6. Two Sailors
7. VFW Posts 10 /VFW Post 6983
8. Veterans Foundation
9. Editor's Comments/VFW Posts 9116/2423
10. 91st State Convention
11. State Convention Highlights
12. Calendar/Buddy Poppy
14. Jimmy
15. Humana Healthy Summer
16. Gold Star Memorial
17. Cooties
18. Thanks Victor
19. VFW Post 6018 Activities
20. VFW Post 12196 Community Service
21. PTSD Update
22. VFW Fact Sheet

IN MEMORY

This Magazine is Dedicated to The Men and Women of the Armed Services
Who Honor, Protect and Defend This Great Nation.

Magazine available online at vfwnc.com

STATE COMMANDER'S MESSAGE



COMRADES COOTIES & AUXILIARY MEMBERS

Service, Sacrifice, Respect and Responsibility are the words I

believe in and hold close to my heart.

As we continue our journey forward this year with the NC Department of the Veterans of Foreign Wars of the United States, I ask each of you to join me in reflection of what they mean to you and to your service to our country and to your service to our fellow Veterans.

I am deeply humbled by your confidence in me to lead our Department during the 2021-2022 year. You have my heartfelt thanks for that. I have big shoes to fill, not only those of my predecessor, Past Department Commander Letourneau, but of the many fine Department Commanders and Leaders who came before him.

Our Department is in excellent shape. It has been rebuilt in thanks to the efforts of many who took on the task of cleaning house and restocking it. We must now safeguard those efforts and continue to grow this great Department in everything we do.

I look forward to visiting with each of you as I travel around North Carolina visiting posts and districts this year. My command staff, line officers and committee chairs are here to assist you throughout the year, and I ask you to take advantage of our group to the fullest.

My congratulations go out to all of you for the extraordinarily successful year we have had in North Carolina in 2020-2021. Membership has topped 22,000 and is still climbing. All programs were successful in selecting and honoring their participants including our Voice of Democracy winner finishing in fourth place Nationally,

posts being assisted across the Department with grants to replace lost income due to Covid-19 restrictions, and individual members continuing to receive assistance and support. Most importantly, the Department was able to continue to function throughout the entire period of restrictions. As the year comes to a close on June 30th you have much to be proud of and I thank all of you for your efforts.

If you did not attend this years Department Convention you missed a lot. This years Memorial Service honored the memory of the members we lost over the past two years, including Past National Commander-in-Chief and Past Department Commander Billy Ray Cameron and Past Department Commander and Past National Color Guard member Gary Barringer. Jeanette Cameron was recognized at the Saturday Night Banquet as well. We also had a live band providing beach music on Friday and Saturday night and a hospitality room that provided great drinks and fabulous food. Come join us in October for the Fall CofA and see for yourself!

In closing, I just want to say that I am extremely excited about the coming year and what we can do together to enrich the lives of Veterans of North Carolina. May God bless each one of you, the Department of North Carolina and the United States of America.

IN COMRADESHIP

Russ Chambers
State Commander

***SERVICE-SACRIFICE
RESPECT-RESPONSIBILITY***

2021/2022 Department Officers



VFW of North Carolina

State Commander.....Russ Chambers

Senior Vice Cdr.....Tim Woods

Junior Vice Cdr.....Helen Nelson

Adjutant/QM.....Charles Slater

Judge Advocate.....Dave Wagoner

Surgeon.....Johnny Taylor

Chaplain.....Richard Rice

Chief of Staff.....J.K. Smith

National Council Rep.....Greg Stafford

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District Commanders

DISTRICTS

- | | |
|-------------------|---------------------|
| 1. Graham Lever | 10. John Marion |
| 2. Robert Brock | 11. Dolphus Troy |
| 3. Jimmy Baughman | 12. Bobbi Sheets |
| 4. Barbara Chance | 13. Danny Rochester |
| 5. Anna Cummings | 14. Art Gordon |
| 6. Joe Caradonna | 15. William Carter |
| 7. David Martin | 16. James Young |
| 8. Josh Holt | 17. Robert Morrow |
| 9. Dwight Rickard | |



Commander Russ Chambers



Senior Vice Cdr.
Tim Woods



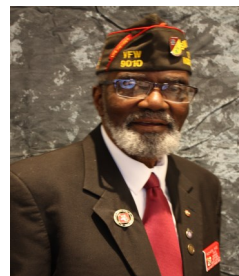
Junior Vice Cdr.
Helen Nelson



Judge Advocate
David Wagoner



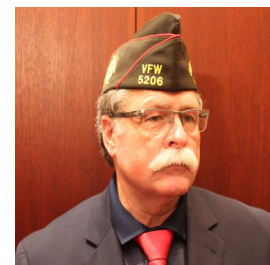
Surgeon
Johnny Taylor



Chaplain Richard Rice



Chief of Staff
J.K. Smith



Chuck Slater
Adjutant /QM

TWO SAILORS

William Clarence Jackson of **VFW Post 6060, Elizabeth City, NC** presented special honors to two sailors this past Memorial Day. Electrician's Mate 3rd Class W. C. Jackson and BMKR1c William Eugene Blanchard. Jackson, a resident of Elizabeth City, NC perished December 7, 1941, aboard the USS West Virginia. Blanchard perished on that same date of Infamy aboard the USS Oklahoma. Sailors Jackson and Blanchard and all that gave their last full measure of devotion to their Country were honored with a rifle salute and "Taps" by the VFW Honor Guard.



Electrician's Mate 3rd Class W. C. Jackson



BMKR1c William Eugene Blanchard

RAEFORD VFW POST 10



Ralph A. Pandure VFW Post 10, Raeford, NC holds their monthly meeting the second Monday of every month at the post headquarters at the Raeford Airport. Rolly Eans was elected as the new Commander as outgoing Commander George Balch stands with some of the membership. VFW Post 10 is one of the oldest posts in NC and is currently accepting new members. Items discussed were membership, blood drive, Memorial Day program, District 8 meeting and National Convention.

ANGIER VFW POST 6983

A Memorial Day wreath laying ceremony was held at the town of Angier flagpole on Saturday May 29th. Senator Jim Burgin spoke and we were honored with the presence of two Gold Star Mothers.



Senator Jim Burgin with Post Commander John Mott



Greetings Veterans

The Veterans Foundation of NC continues to support and fund the following programs:

VOICE OF DEMOCRACY

NC CHILDREN'S HOME

VETERANS RELIEF FUND

GUITARS FOR VETS

VETERANS HEALING FARM



Veterans Healing Farm



Founder John Mahshie and Board Member Ken Sellers

In 2013 Air Force Veteran John Mahshie transformed a Nine Acre plot of land into a lush farmland filled with organic fruit trees, medicinal herbs, flowers and vegetables. Over the past years Veterans and their families have experienced spending time in nature and growing things to feed the body as well as the spirit. Veterans learn that they are valued and how to trust others. In this way, they resolve feelings of inadequacy while learning new skills.

The Foundation is proud to support the **Veterans Healing Farm** which has become a place for Veterans and their families to volunteer in the growing of food, herbs, flowers and making of honey. Located in Hendersonville, NC the farm is dedicated to creating a community for fellow Veterans who need a sense of belonging.

VFW POST 9116



VFW Post 9116 along with the Auxiliary and Polk County Honor Guard conducted a Memorial Day Service at the Polk Memorial Garden Cemetery in Columbus, NC. A Memorial to the Gulf War was dedicated adding to the other memories in Memorial Park in Columbus, NC.

VFW POST 2423



James B. Crump VFW Post 2423 held a Memorial Day Service at the Indian Trail Memorial Garden. Pictured is the Post Honor Guard.

EDITOR'S COMMENTS

COMRADES!

As a new year is upon us the future of our department looks brighter than ever. The department leadership team is as strong as it has ever been.



Commander Russ Chambers, Sr. Vice Tim Woods and Jr. Vice Helen Nelson bring a lot to the table, not the least of which is proven leadership. Our Department continues to change with the times, as Helen's election means that in two years our department will likely be led by a woman. Special congratulations go out to her.

Past Department Commander Victor Letourneau set the state up for success with a robust year with the Department achieving over 100% in membership and All-American status.

Interest in the VFW Leader Magazine continues to grow. Thanks to all the Post and Districts across the state that submitted stories and photos for this issue. The Leader represents us all and we can't do it without you. If you have an event that deserves recognition, send photos and a brief story to the Leader.

Spread the word--share the Leader in your community. If you know of a business that would like exposure to thousands of Veterans and potential customers in NC, ask them to place an ad in the magazine. Sometimes, all it takes is asking.

Thanks to Department Commander Russ Chambers for his support, and to Leader Publisher Clark Hunter for his dedication to our magazine.

Kevin M. Holden
Editor

VFW NC 91ST STATE

It was great to be back! This year's Annual State Convention was well attended and celebrated with the remembrance of the ninety one years that went before us. The election of new officers to serve in 2021-2022 will provide the leadership to move forward with this exciting year. Our National guest of honor, Junior-Vice-Commander-in-Chief Tim Borland, spoke of how impressed he was with our department and the warm hospitality he received. The Saturday Banquet was well attended and treated everyone to a great meal complete with live music and special presentations. A Special thanks to all who attended and everyone who worked to make this a great event. Looking forward to our Department C of A in October.



CONVENTION HIGHLIGHTS



DATES TO REMEMBER



2021

JULY 31-AUG 5
NATIONAL CONVENTION
ST. LOUIS, MO

SEPTEMBER 20-23
FALL LEGISLATIVE
CONFERENCE
WASHINGTON, DC

OCTOBER 2-4
COUNCIL OF ADMINISTRATION
GREENSBORO, NC

NOVEMBER 18-21
SOUTHERN CONFERENCE
HILTON HEAD, SC

2022

FEBRUARY 4-6
COUNCIL OF ADMINISTRATION
GREENSBORO, NC

FEBRUARY 27-MARCH 3
LEGISLATIVE CONFERENCE
WASHINGTON, DC

JUNE 9-12
DEPARTMENT CONVENTION
GREENSBORO, NC

BUDDY POPPY



Jack Blaney **Megan Blaney**
Buddy Poppy King **Buddy Poppy Queen**

At the banquet held during the Department Convention, Megan Blaney, representing **VFW Post 6183, Norwood, NC**, was crowned Buddy Poppy Queen for 2021. Jack Blaney, representing **VFW Post 6365, Locust, NC**, was crowned Buddy Poppy King for 2021.



The Poppy wreath, dedicated in Remembrance, and honor of past and present, was created by members of **VFW Post 4542 Auxiliary, Spring Lake, NC**. Chaplain Margie Erskine served as Poppy Chair and designer. The Team consisted of Post Commander Elvis Cook, QM Mark Erskine, Valerie Cook, Regine Warner, Stephanie Smith, Chris LeJune and Anna Nuss. The project took six months to complete.

VFW Department of North Carolina
Is on TEAM Lipphardt



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ELECT

Al Lipphardt VFW Junior Vice CiC 2022



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NATIONAL COUNCIL OF ADMINISTRATION 2018-2022

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COMMITMENT – CREDIBILITY – COURAGE

www.TEAMLipphardt.org FB LipphardtCIC Campaign #alipphardt

JIMMY

A familiar face with helping hands describes Jimmy Eason who was always there throughout the years of VFW conventions and conferences. He always had a place for you at his table and enjoyed dressing up for banquets complete with top hat.

Jimmy was the Department Bugler for 30 years playing taps at various events. At our recent convention he retired his bugle with the presentation of his bugle to the Department.

He is a 30 year retired US Army SSgt E-6 and resides with his wife in Mount Olive, NC, which is famous for both Jimmy and pickles.

Jimmy is always there to help with the setting up, tearing down and coordination of anything that has to be done to make our events successful.

He served in North Korea and Vietnam and is a Life Member of **VFW Post 2057 in Rocky Mount NC.**



CONGRATULATIONS
ADVOCATE HEALTH ADVISORS
ON
16 YEARS OF SERVICE TO VETERANS
(See Ad on inside front cover)



3 ways to eat healthy this summer

If you want to kick-start a healthy eating plan, summer may be an ideal time. There are so many fresh fruits and vegetables in season. And warm weather means you can grill outside. So open your eyes and taste buds to the joys of summer eating. Try these 3 ways to eat healthy this summer.

1. Enjoy your produce.

Once you have your fruits and vegetables, it's time to enjoy them! You can grill vegetables as kebabs, in a grill basket or in foil packets. You can add steamed or roasted veggies to whole-grain pasta, potato or meat salads. Or chop up raw veggies to mix into salads or top off tacos. Fruit can be fun, too. Add it to salsa, salads and yogurt. You can even grill certain fruits like pineapple wedges, halved peaches and mango sections. (Lightly coat the grill with cooking spray and cook over medium heat for 3 to 5 minutes.)

2. Add herbs.

Fresh herbs, which may be grown in a garden or windowsill, are great to season summer foods. In salads, they can replace fatty, salty dressings. With meats and vegetables, they can bring out their flavor. (By growing your own herbs, you may also save money.)

Herbs used in summer meals include basil, cilantro, dill, mint, oregano and rosemary. There are also pepper, fresh parsley and thyme, which is a mix of mint and citrus flavors. Here are some ways you can add herbs to your food this summer:

- Top pizza and salads with basil
- Mix cilantro into salsas and chutneys
- Add dill to omelets and yogurt dressing
- Blend mint into marinades for meat and vegetables
- Sprinkle oregano on lamb, beef and beans
- Put parsley in salads and pasta dishes
- Rub rosemary on fish or poultry
- Toss thyme into boiling water to flavor rice or pasta

3. Fire up the grill.

Grilling can be a fun and healthy way to prepare fruits and vegetables and also meats. It's fast and may cook off much of the fat. And you can go beyond hot dogs and burgers. Choose lean cuts of beef, including sirloin and loin cuts; chicken breasts; turkey and fish. Grilling is also a way to tenderize meat for more flavor and texture without adding fat. Marinate meats and fish in salsa, low-calorie salad dressing, wine or citrus juices.

Find more ideas about living a healthy life at www.humana.com/manage-your-health.

ELKIN GOLD STAR FAMILY MEMORIAL DEDICATION



Captain Mark Garner VFW Post 7794, Elkin, NC dedicated the Gold Star Family Memorial with over 800 people in attendance. Honor Guard for the 20 Gold Star Families was provided by the Post's Honor Guard. The Memorial took two years to complete which consisted of 420 service hours by the post and the Gold Star Family sub-committee of the post. Fundraising in excess of \$70,000 included contributions from local businesses. Woody Williams company assisted in the creation of the Monument and was present for the dedication. Yellow roses were placed on the monument by Gold Star Families.



COOTIES



The Grand of NC cooties have stayed lousy during the pandemic. We are proud to have been able to attend the winter council of administration banquet and present the Patriots Pen Award. The Cooties always enjoy giving back and this program is near and dear to us with educating youth. As our year comes to a close we had our grand convention in Newport, NC where we wished grand commander John Schelander congratulation on a lousy job and inducted our incoming Grand Commander Allen Doubles and wished him an even lousier time. We hope all cooties and comrades will be able to meet up soon.



THANKS VICTOR



Commander Victor Letourneau led us through a challenging year while maintaining spirit, leadership and the determination to meet a Department membership goal of 101% resulting in All-American status.

He is thankful for all of the support that he received this year from everyone in the Department. He will continue to support the Department of NC in any way possible.

“I have been blessed in so many ways and I feel a sense of duty to give back to my country and the men and women who stand watch over us and to the Veterans who have served our United States of America.”

Remember to Stay Safe! and Stay Strong!

Victor has certainly lived up to his motto of **“One More.”**

FW POST 5305



VFW Post 5305, Newton, NC hosted the inaugural Military Honor Ride on May 1st to raise money for post building repairs. The Maniax Riding Club assisted in the organization of the event. Riders enjoyed camaraderie before mounting up. Many riders from other areas participated in the ride. The post is sponsoring activities such as Free Hot Dogs to the community, Wing Night, Spaghetti Night and a 4th of July Celebration.

VFW POST 6018 ACTIVITIES

VFW Post 6018, Fayetteville, NC held its Annual Memorial Day Program. The Post honored all of the members lost over the past 18 months. A flag with their names attached was displayed outside of the Post honoring our Veterans. Your legacy lives on and you will never be forgotten.



Members of VFW Post 6018 participated in 122 ASB of the 82nd Combat Aviation Brigade Organizational Day. Each company rotated through and almost 100 soldiers and family members were supported throughout the day. The Post assisted in many ways and signed up new members to our post. It felt really good getting back to supporting the troops.



Thank you to everyone that participated in this event honoring our Veterans on this Memorial Day. Members of the Post, the soldiers of the 108th ADA Brigade, Service Source and my co-workers in DPW who are in charge of the cemetery. We will never forget you and will always honor you for your sacrifice.



On this rainy Friday morning, members of VFW Post 6018 delivered over 80 care packages to Woodland Nursing Home residents. We have members that are living there and have had members there in the past. We wanted to show our love and support to all the residents. Happy Mother's Day to all the mothers and Happy Father's Day to the fathers from all Post members.



LELAND VFW POST 12196 COMMUNITY SERVICE

At their May 11 meeting, **Leland VFW Post 12196** took time to recognize individuals for their service to the community. Mayor Brenda Bozeman received recognition for continued steadfast support for all Veterans. Emergency Management Director and former Leland Fire Chief, John Grimes was recognized as the “Safety Officer of the Year”. Mr. Grimes was also recognized as VFW NC District 5 Safety Officer of the Year. Mrs. Anna Barefoot Saunders, English and Journalism teacher at West Brunswick High School, was recognized as the “Teacher of the Year”. Families of three deceased Comrades during the past year were recognized for their military service and their service to others during their careers. Commander Decker recognized outstanding service to the community by all members of VFW Post 12196.



Mrs. Saunders and Cdr. Decker



Chief John Grimes and Cdr. Decker



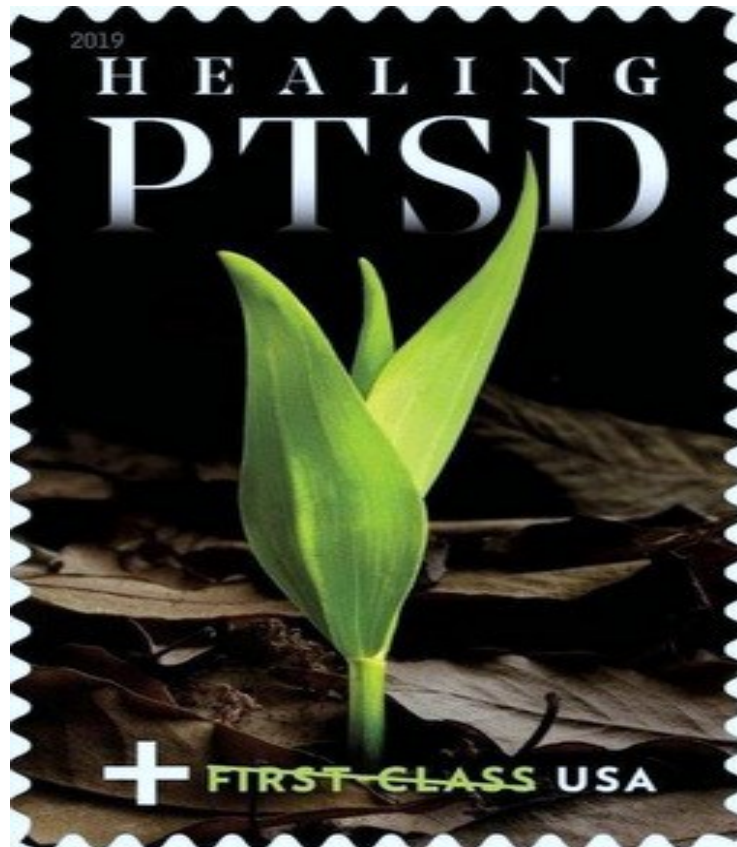
**Debra Cooke, Cdr Decker and
Chaplain Nate Pringle**



(L to R) Mayor Brenda Bozeman, Ms. Anna Barefoot Saunders, Charles and Debra Cooke, Chief John Grimes and VFW Post Commander Gerald Decker.

PTSD STAMP UPDATE

Our Mission continues with the promotion and energy necessary to insure the continuation of the PTSD Postage Stamp which is being featured in order to increase awareness of a timeless disorder that effects our Veterans. Navy Veteran Garland Bram Denny, who passed away in 2015, was instrumental in the ten year journey to introduce the stamp. Since this time the stamp has been made available to all post offices throughout the country with a portion of the proceeds going to research and the US Department of Veterans Affairs.



This Stamp is raising funds right now!

Sue Tucker Denny, daughter of Garland Denny, and their family are working along with hundreds of other citizens to continue with this effort. Currently more than **9.1 million** Healing PTSD stamps have been sold, bringing the total revenue raised to more than **\$1 million** which represents months of sales by the people - for the people. By law, 100% of the net amount raised is transferred to the Department of Veterans Affairs to support those suffering from PTSD. **The stamp will continue to be sold until December 2021, after which, it is hoped that your voice will help make the Healing PTSD Stamp permanent.** Visit our website and add your name to support the continuation of the PTSD stamp

Please visit www.HelpHealPTSD.com

VFW FACT SHEET



FACT SHEET

As the nation's oldest major war veterans' organization, the VFW has an impeccable and longstanding record of service and stewardship. More than 4.5 million patriotic Americans, both members and non-members, entrust the VFW with financial contributions and dedicate millions of volunteer hours.

YOUR DONATION OF

\$20

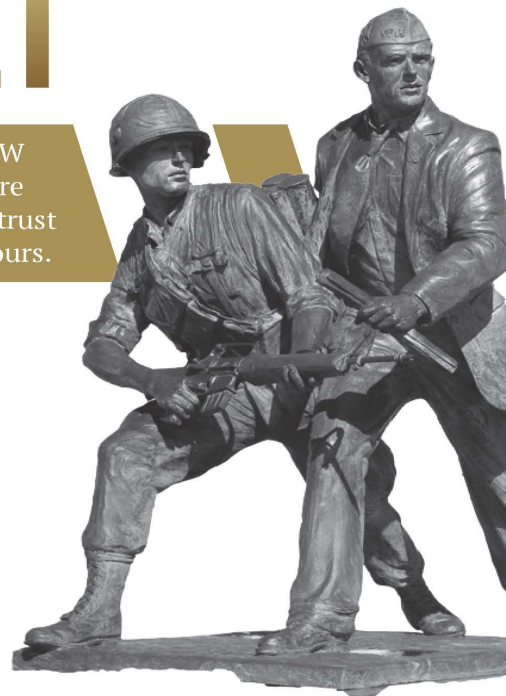
ENSURES THE VFW CAN

Educate a separating service member about his or her well-earned VA benefits through a private benefits counseling session with a VFW Service Officer.

Provide training to 4 VFW Service Officers on signs of emotional suffering so they can better direct veterans to programs and services.

Help cover rent, utilities or groceries for a military family struggling with the hardships of war.

Deliver 4 morale-boosting "welcome home" celebrations for service members who have returned from combat.



1,900+

Number of VA-accredited VFW representatives across America and abroad, helping veterans fight for the VA benefits they have earned.

61

Number of VFW-SVA Fellows (student veterans) who have traveled to Washington, D.C., to advocate for veterans' rights.

\$9.7 billion+

The total annual amount the VFW helped veterans recoup in VA disability compensation and pension benefits — which includes \$1.4 billion in new benefits paid to veterans in fiscal year 2020.

2.3 million+

Number of service members and their family members hosted at VFW Military Assistance Program (MAP) events since 2005.

23

Number of times the VFW has testified before Congress in the last 12 months alone. The VFW has been instrumental in virtually every major legislative victory for veterans in the 20th and 21st centuries.

\$2.9 million

Amount of scholarships, monetary awards and other incentives the VFW distributes annually to middle and high school students through two major patriotic essay competitions.

\$12.1 million+

Value of financial assistance awarded to military families since 2004 to help cover basic needs in times of crisis. 44% of the funds covered basic housing needs.

\$9.2 million

Amount of scholarships awarded to more than 2,054 veterans and service members through VFW's "Sport Clips Help A Hero Scholarship" since January 2014.

Updated June 2021

Learn more about the VFW's programs and services at [vfw.org](https://www.vfw.org).



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