

LEONARD C. BARNES POST 450

QUARTERLY NEWSLETTER

The 5 Most Important Things Every Veteran Should Know – Whether Serving or Retired

Our veterans—past and present—carry a lifelong legacy of service, strength, and sacrifice. Whether you are still in uniform, recently transitioned, or retired for many years, there are five key areas that remain vital to your well-being and quality of life.

1. Know Your Benefits

The Department of Veterans Affairs (VA) provides a wide range of benefits: health care, disability compensation, pensions, education, housing loans, and more. Too often, veterans miss out because they are unaware of what's available. Stay connected with your local VA office, a Veterans Service Officer (VSO), or organizations like the American Legion or VFW to ensure you receive everything you've earned.

2. Prioritize Your Health

Your health—physical and mental—must remain a priority. Veterans face unique challenges such as service-connected conditions, PTSD, or long-term injuries. Regular checkups, preventive care, and mental health support can make all the difference. If you need help, reach out—there is strength in asking for support, not weakness.

3. Stay Connected

Transitioning out of the military can feel isolating, but connection is key. Staying involved in veteran organizations, support groups, or community programs not only provides camaraderie but also strengthens mental well-being. Brotherhood and sisterhood don't end with your service—they evolve into lifelong bonds.

4. Plan for Financial Security

Retirement, pensions, disability payments, and Social Security can create a complex financial picture. It's important to budget wisely, explore financial planning resources, and ensure your family is protected with wills, life insurance, or estate plans. A stable financial foundation ensures peace of mind and long-term security.

5. Keep Serving in Spirit

Service doesn't stop with discharge papers. Many veterans find purpose in volunteering, mentoring younger service members, or simply sharing their story. Giving back to your community—whether through your local post, church, or neighborhood programs—keeps the spirit of service alive and inspires the next generation.

Being a veteran means carrying forward a legacy of resilience, courage, and commitment. By staying informed, taking care of your health, maintaining connections, securing your finances, and continuing to serve in new ways, you honor not only your own service but the sacrifices of all who stood beside you.

Resources for Veterans

If you or a fellow veteran need guidance, help is available. Connect with the VA Benefits and Services at www.va.gov or call 1-800-827-1000 for assistance. For health-related support, reach out to the VA Health Care system or the Veterans Crisis Line by dialing 988, then Press 1. Local Veterans Service Organizations (VSOs) such as the American Legion, VFW, and DAV provide free help with claims and community support. Financial counseling is available through Military OneSource (www.militaryonesource.mil). Remember—you are not alone, and resources are here to support you every step of the way.

Reported by: Wilma Draughn-Davis, Post 450 Adjutant



Inside this issue

5 Important Things

Birthday Wishes

Brain Teasers

Calendar of Events

Inspirational Quote

Laugh Line

Social Security Passage

Concealed & Carry Permit

End of Life Decisions

Support Our Veterans

BECOME A MEMBER

What Are You Waiting For?

Join Today!

BIRTHDAY WISHES

OCTOBER

Trina Singleton
Issac Tolliver, J.

NOVEMBER

Patrick Allen
Eddie Brumfield
Rogers Golston
Emmitt McQuarters

DECEMBER

Wilma Draughn-Davis
Harold G. Robinson, Jr.
Woodrow Williams



"Support Our Veterans: Make a Difference Together"

We were excited to share an upcoming opportunity to contribute to our local veterans and strengthen our community bonds. Your involvement makes a real difference. Everyone who showed interested joined me as I delivered our collected toiletries from Leonard C. Barnes Post 450 to the Veterans Peer Support project on Thursday, September 4, 2025, at 10:00 AM. The location was Overton Brooks VAMC Annex, 3000 Knight St, Bldg 5, Shreveport, LA 71105 (entrance by the flagpole).



When we made the delivery, the gratitude expressed by the Veterans Peer Support project team was truly heartwarming. Their sincere appreciation uplifted everyone involved and sparked an even greater spirit of generosity within Post 450, making us all proud to support our community together.

I would like to extend my heartfelt gratitude to our members for participating and your unwavering support. Your encouragement has been invaluable to me. Thank you very much, Joan Welch, Event Coordinator.

LAUGH LINE

Two soldiers were at the golf course near Lackland and were waiting to tee off.

They started talking about being back in Texas. One said to the other: only two things come from Texas — Football Players & Hookers.

Another soldier was standing right behind them and over heard what was said. He tapped the one of the soldiers on the shoulder and said "My wife is from Texas".

Without blinking an eye the other soldier asked?...

"What position does she play!"



A Year in Service & Fellowship

At Leonard C. Barnes Post 450, we remain committed to honoring veterans, strengthening our community, and keeping traditions alive through a variety of events and activities each year. Our Post is more than just a meeting place – it's a family where service, fellowship, and community outreach come together.

Annual Highlights at Post 450 Include:

Memorial Day & Veterans Day Services – Honoring those who served and those we have lost with ceremonies, community gatherings, and special tributes.

Community Outreach & Support – Partnering with local schools, churches, and organizations to provide mentorship, resources, and encouragement to veterans and families in need.

Holiday Celebrations – From Thanksgiving meals to Christmas gatherings, we open our doors to ensure no veteran or family feels left out during the holiday season.

Fundraisers & Charity Events – Supporting veteran initiatives, scholarships, and community programs through raffles, dinners, and donation drives.

Youth Engagement & Education – Encouraging future generations through student stipends, flag education, and youth leadership activities.

Social & Fellowship Gatherings – From potluck luncheons to family days, Post 450 ensures there are plenty of opportunities for camaraderie and friendship.

Every event we host reflects our mission: to serve veterans, their families, and our community while honoring the legacy of those who came before us. We invite you to stay engaged, volunteer, and participate in the many opportunities Post 450 offers. Together, we continue to make a difference!

Stay Connected Follow us on lcbpost450.org; lcbpost450@gmail.com, Facebook and Instagram Pages to keep up with upcoming events, photos, and ways to get involved.

COLORECTAL CANCER SCREENING

We're excited to announce that MailedFIT tests are coming to the home of Veterans aged 45-75!

MailedFIT kits provide easy, in-home screening tests for possible signs of colorectal cancer. To assist Veterans in completing this important screening, any Veteran enrolled in VA care within the specified age range will now automatically receive a FIT test in the mail every year—for free. MailedFIT provides an important health care process that can now be completed in the comfort of your own home, no matter where you live. Since most colon cancer bleeds, FIT works by detecting small amounts of blood in the stool. FIT is typically recommended once a year.

Colorectal cancer is the second deadliest cancer in the United States and is one of the few cancers where screening is proven beneficial. Therefore, the importance of consistent, high-quality colorectal cancer screening cannot be overstated. But it doesn't need to be! Screening can detect this cancer early, when it is more easily treated and often can be cured. For this test, you receive a test kit from your VA provider. The kit has everything you need to complete the screening process, including a brush or stick to sample a small amount of stool from the toilet. Once you've got that sample, you can mail the kit back to the VA or bring it in to the lab.

Colorectal cancer affects both men and women of all races and ethnic groups. Veterans who are 45-75 years old are strongly encouraged to talk to their VA provider about the need for colorectal cancer screening and the options available to them. The most important message is that colon cancer screening is effective, but screening only works if it gets done. VA offers multiple screening options, including a painless, home-based fecal immunochemical test (FIT) that checks for blood in your stool, traditional colonoscopy, and flexible sigmoidoscopy.

The US Preventive Services Task Force (USPSTF) recommends select preventive clinical services, including cancer screening. However, screening for cancers remains underutilized in the United States. The Centers for Disease Control and Prevention leads initiatives to increase breast, cervical, and colorectal cancer (CRC) screening. Increased use of screening from current levels to 100% would prevent an additional 2,821 deaths from breast cancer, 6,834 deaths from cervical cancer, and 35,530 deaths from CRC over a lifetime of the respective single-year cohort. Increasing use of CRC screening would prevent approximately 8.5 times as many deaths as the equivalent increase in use of breast cancer screening (women only), although twice as many people (men and women) would have to be screened for CRC.

A large number of deaths could be avoided by increasing breast, cervical, and CRC screening. Public health programs incorporating strategies shown to be effective can help increase screening rates. VA is focused on helping Veterans with cancer live better lives. VA providers work hard to ensure the proper cancer screening takes place, and if necessary, work to find the best treatments for your cancer care needs.

Your risk of getting colorectal cancer increases as you get older. To help prevent colorectal cancer, be sure to:

- ♦ Reduce Sedentary Time
- ♦ Maintain A Healthy Weight
- ♦ Lower Alcohol Intake
- ♦ Stop Smoking
- ♦ Get Screened Routinely, beginning at age 45
- ♦ Choose Healthy Foods—fruits, vegetables, high in fiber (grains), lower animal fats, and/or avoid processed meats.

Cancer prevention starts with healthy living, including eating healthy, maintaining a healthy weight and reducing your overall stress. Cancer prevention can also come in the form of certain vaccinations. It's equally important to understand your history of environmental exposures so you can understand your individual risk.

All VA providers stand shoulder to shoulder with Veterans and support them on every step of their cancer journey.

For more information, visit cancer.va.gov or email cancer@va.gov.

Reported by: Dr. Jason Dominitz, VA National Director of Gastroenterology

CALENDAR OF EVENTS

- 01 OCTOBER 2025**
 - ♦ Be the ONE Day
- 06 OCTOBER 2025**
 - ♦ Fall Meetings—Members of The American Legion's National Executive Committee (NEC), along with American Legion commission and committee members, will convene in Indianapolis
- 13 OCTOBER 2025**
 - ♦ Navy Birthday
- 20 OCTOBER 2025**
 - ♦ Notification of 2024 Child Welfare Foundation Grant Recipients
- 21 OCTOBER 2025**
 - ♦ Department of Service Officer School
- 01 NOVEMBER 2025**
 - ♦ Be the ONE Day
- 04 NOVEMBER 2025**
 - ♦ Election Day
- 10 NOVEMBER 2025**
 - ♦ Marine Corps Birthday
 - ♦ American Legion Auxiliary Birthday
 - ♦ Buddy Check Week
- 11 NOVEMBER 2025**
 - ♦ Veterans Day
- 17-22 NOVEMBER 2025**
 - ♦ American Education Week
- 24 NOVEMBER 2025**
 - ♦ National Family Week: Promote & Celebrate healthy families and communities
- 28 NOVEMBER — 25 DECEMBER 2025**
 - ♦ Holiday Donor Blood Drive
- 01 DECEMBER 2025**
 - ♦ Be the ONE Day
- 07 DECEMBER 2025**
 - ♦ Pearl Harbor Day (1941)
- 13 DECEMBER 2025**
 - ♦ Army-Navy Football Game

Continue on Page 5.

BRAIN TEASERS

- 1. Which weighs more, a pound of feathers or a pound of bricks?
- 2. The person who makes it sells it. The person who buys it never uses it. The person who uses it never knows they're using it. What is it?
- 3. I have cities but no houses, forests but no trees, and rivers but no water. What am I?

END OF LIFE CARE DECISIONS

End-of-life care is one of the most personal decisions a Veteran and their family will ever make. VA offers hospice services across a variety of settings—including its own Community Living Centers (CLCs), contracted community nursing homes and home hospice agencies.

While each Veteran’s needs are unique, the setting in which hospice care is provided can profoundly shape the experience. One invaluable resource in this decision-making process is VA’s Bereaved Family Survey, which measures family satisfaction with end-of-life (EOL) care. The data consistently show families report higher satisfaction with VA CLC hospice care than with community-based hospice. Currently, 87% of families rate VA CLC EOL care a 9 or 10 on a 0–10 scale, compared to 81% for community hospice care. These findings reflect clinical excellence and VA’s commitment to honoring Veterans through every stage of life.

VA staff understand the unique needs of Veterans, including the psychological and physical conditions related to military service, which creates a respectful atmosphere culturally attuned to the Veteran’s life of service. Families frequently recall the small but meaningful details of

VA care, like the Honor Walk or Final Salute, a ceremonial procession to honor a Veteran’s death. Others reflect on the exceptional kindness and professionalism they experienced:

- “The care was beyond exceptional. I didn’t know that kind of care was possible. They treated me like family.”
- “We had full insurance coverage but got better care at VA than any private hospital.”
- “They did everything they could to make him and us comfortable. The social work staff and the chaplains were wonderful. They helped us after death.”

These voices speak to more than clinical competence—they speak to trust, compassion, and the enduring connection between Veterans and the system that was built to serve them. Choosing VA for hospice care means selecting a health care system that understands and honors Veterans—not only in life, but in their final days as well.

First printed August 29, 2025 by Sarah M. Tolstyka, Communication Specialist, Office of Geriatrics and Extended Care

INSPIRATIONAL

"Take chances, make mistakes. That's how you grow. Pain nourishes your courage. You have to fail in order to practice being brave." – Mary Tyler Moore

SOCIAL SECURITY APPLAUDS PASSAGE OF LEGISLATION PROVIDING HISTORIC TAX RELIEF FOR SENIORS



The Social Security Administration (SSA) is celebrating the passage of the One Big, Beautiful Bill, a landmark piece of legislation that delivers long-awaited tax relief to millions of older Americans. The bill ensures that nearly 90% of Social Security beneficiaries will no longer pay federal income taxes on their benefits, providing meaningful and immediate relief to seniors who have spent a lifetime contributing to our nation's economy.

“This is a historic step forward for America’s seniors,” said Social Security Commissioner Frank Bisignano. “For nearly 90 years, Social Security has been a cornerstone of economic security for older Americans. By significantly reducing the tax burden on benefits, this legislation reaffirms President Trump’s promise to protect Social Security and helps ensure that seniors can better enjoy the retirement they’ve earned.”

The new law includes a provision that eliminates federal income taxes on Social Security benefits for most beneficiaries, providing relief to individuals and couples. Additionally, it provides an enhanced deduction for taxpayers aged 65 and older, ensuring that retirees can keep more of what they have earned. Social Security remains committed to providing timely, accurate information to the public and will continue working closely with federal partners to ensure beneficiaries understand how this legislation may affect them.



Does the “Veterans Concealed & Carry Online Permit” Holdup?



It appears that the so-called “Veterans Concealed & Carry Online Permit” is highly likely to be misleading or outright illegitimate. A recent fact-check flagged veterans-targeted landing pages that imply the certificate you receive is the concealed carry permit—when in fact, it isn’t. These certificates

do not replace the official permit and users have reported confusion as a result. Historically, even some legitimate offerings—like Virginia’s non-resident permit program—used to accept online training certificates. However, that ended effective January 1, 2021, and online-only certificates are no longer accepted by Virginia State Police.

How concealed carry permits usually work (especially for veterans) :

- 1. State-issued: Concealed carry permits are issued only by state or local government agencies—never by private online services .
- 2. Training requirements: While many states do accept some form of online training, most still require in-person courses or fingerprinting and a background check, especially for the actual permit issuance .
- 3. Veteran benefits: In many states (like Texas), veterans may qualify for fee waivers or training exemptions based on their military service—but you must still go through the official application process, submit documentation (e.g., DD-214), and complete whatever training or background checks are required
- 4. Texas example: Texas law now allows permitless carry for most adults aged 21 and over—but many veterans still opt to get a License to Carry (LTC) because of reciprocity with other states. Even then, the LTC is obtained through the Texas Department of Public Safety, and online-only courses might not meet the entire training requirement unless specifically allowed .

The "Veterans Concealed & Carry Online Permit" you're referring to is almost certainly not a valid concealed carry permit. It likely provides a misleading certificate that may claim to substitute for an official permit—but in reality, it doesn’t hold any legal standing. If you’re looking to lawfully carry concealed—especially across state lines—your best bet is:

- ◆ Check your state’s official concealed carry permitting authority (e.g., Department of Public Safety, Sheriff’s Office).
- ◆ Look into veteran-specific benefits (training waivers, fee reductions).
- ◆ Complete all required steps: training (online or in-person as accepted), background check, fingerprinting, documentation submission.

Louisiana law (§ SB 143 / Act No. 680) has allowed honorably discharged veterans and active-duty/reserve service members to carry a concealed weapon without needing a permit, provided they meet these conditions: (This law went into effect **August 1, 2022**)

- ◆ Are at least 21 years old
- ◆ Have no violent felony convictions, and are not under the influence of alcohol or drugs
- ◆ Must carry proof of veteran status at all times—acceptable documentation includes:
 - ◆ A military ID, OR A Louisiana DL or ID marked “Veteran”,
 - ◆ Or a DD-214 indicating an “Honorable” or “Under Honorable Conditions (General)” discharge alongside a Louisiana-issued ID

Statewide Permitless Carry Law (Constitutional Carry) starting July 4, 2024, Louisiana enacted a broader permitless concealed carry law for all adults aged 18 and older—veterans or not.

No. In light of these laws, any so-called "online permit" for veterans is not required, lacks legal force, and is likely fraudulent or misleading. veterans who meet Louisiana’s legal criteria, carrying concealed without a permit is already permitted by law.

CALENDAR OF EVENTS
continues

- 20 DECEMBER 2025**
 - ◆ Space Force Birthday
- 31 DECEMBER 2025**
 - ◆ Post All-Time High Award
 - ◆ Post Honor Ribbon

Are you a Veteran who is homeless or experiencing housing instability?

If you are a Veteran who is homeless or at imminent risk of homelessness, we strongly encourage you to contact the National Call Center for Homeless Veterans at (877) 4AID-VET (877-424-3838) for assistance.

- VA is committed to ending homelessness among Veterans. Our focus is threefold:
- ◆ Conducting coordinated outreach to proactively seek out Veterans in need of assistance.
 - ◆ Connecting homeless and at-risk Veterans with housing solutions, health care, community employment services and other required supports.
 - ◆ Collaborating with federal, state and local agencies; employers; housing providers, faith-based and community nonprofits; and others to expand employment and affordable housing options for Veterans exiting homelessness.

If you are a Veteran who is homeless or at imminent risk of becoming homeless, call the National Call Center for Homeless Veterans at (877) 4AID-VET (877-424-3838) for assistance. Explore www.va.gov/homeless/ to learn about VA programs for Veterans who are homeless and share that information with others.

From: https://www.va.gov/homeless/?utm_source=footer&utm_medium=email&

- BRAIN TEASER'S ANSWERS**
- 1. Neither, they both weigh a pound
 - 2. A Coffin
 - 3. A map