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Cold War Patriots is a division of Professional Case Management and not affiliated with the U.S. Department of Labor.

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Updates & News

News from the Advisory Board

Advisory Board on Toxic Substances Finalizes Recommendations Before the End of Their Term

The second term Advisory Board on Toxic Substance and Worker Health (ABTSWH) held virtual meetings in April and June. Before their term was over, the Board finalized the following recommendations to the Division of Energy Employees Occupational Illness Compensation (DEEOIC):

- ★ DEEOIC should review the list of job categories the Board developed and expand the Procedure Manual's list of job categories which can be presumed to be exposed to asbestos.
- ★ The Board recommended and DEEOIC agreed to remove Exhibit 18-1 from the Procedure Manual. This exhibit contained a contradictory statement involving smoking history and the presumption for Chronic Obstructive Pulmonary Disease (COPD).
- ★ The Board provided information DEEOIC requested concerning Parkinsonism. They also recommended that trichloroethylene and carbon disulfide be an additional link to Parkinson's Disease in the Site Exposure Matrix.
- ★ The Board finalized their recommendation to include additional cancer-causing toxic substances into the Site Exposure Matrix.

In addition, the Board expressed that it is necessary for them to have a contractor so they can fulfill the work assigned to them by Congress. The Board drafted a preliminary document required by the U.S. Department of Labor (DOL) to justify the Board's need for a support contractor. They currently do not have the capacity to properly oversee the quality of the work by industrial hygienists and contract medical consultants as legislated by Congress. The U.S. DOL has begun the process to seat the third term board, in hopes to appoint the members quickly and avoid any break in the Board work.

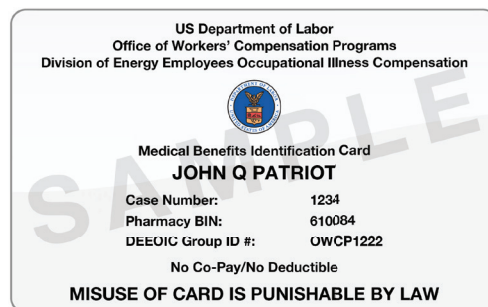
New Medical Bill Processing Provider

Changes to your U.S. Department of Labor White Medical Benefits Card

If you have been approved for the U.S. DOL white medical benefits, you should have received the new white medical benefits card in the mail, along with a Welcome Letter. You will notice the information on the card has changed. There is no longer a card ID number to identify your benefit. Instead, you are identified with a case number.

The case number can be found on the front of your new card and ranges from 4 to 12 digits in length. This case number is the way you will be identified and covered for care under the EEOICP. **Please make sure your medical provider(s) have a new copy of this card the next time you visit their office or receive home care from them so they can properly bill for the care you have earned.**

Cold War Patriots has developed a Provider Conversion Checklist to help you and your provider(s) manage this transition. To receive a digital copy, please call the **Outreach Help Center at 1.877.335.0779**. You can also visit the "Industry News" section on the Cold War Patriots website and search for the article posted on May 28th or visit www.coldwarpatriots.org/cnsi-your-new-medical-bill-processing-provider to download a copy.



New U.S. DOL white medical benefits card example

Breathing — An Essential Function

Are you ever frustrated that you become short of breath doing everyday tasks like bathing and dressing, or walking up a few stairs? Is it worrisome when you hear that air pollution is going to be poor on any given day? Do you rely on breathing medicines, treatments, or equipment as part of your routine? You aren't alone. Current information suggests:

- ★ Approximately 16 million Americans have been diagnosed with Chronic Obstructive Pulmonary Disease (COPD), examples include Chronic Bronchitis and Emphysema. It is estimated that the true number may be closer to 24 million, if undiagnosed people were included.
- ★ About 25 million Americans suffer from Asthma, putting them at risk for sudden attacks of breathing difficulty as well as more complications from common cold and flu, including COVID-19.
- ★ An additional 541,000 people are living with some form of lung cancer. There are several types of lung cancer, accounting for 13% of all cancers. The five-year survival rate depends on how early the cancer is diagnosed and treated. Unfortunately, most cases are not caught early.



What can be done for people with respiratory conditions?

After all, breathing is an “essential function.” Talk to your doctor about options you may have. If your treatment plan hasn't changed in years, you may be able to access newer medications and equipment. Inhaled medications have come a long way in recent years. Oxygen equipment is available that is smaller and lighter than earlier versions. If you receive in-home care through Professional Case Management, you can talk to your Nurse Case Manager about available options.

Quick and easy tips to make breathing easier:

- ★ If you smoke, quit as soon as you can. Smoking makes every respiratory condition worse. Look into gums, lozenges, or patches. You can also receive free coaching through the national quit line at 1-800-QUIT-NOW.
- ★ Avoid getting sick by practicing good handwashing, limiting visitors and exposure to crowds, and getting a yearly flu vaccine.
- ★ Keep up your strength by eating a balanced diet that includes enough protein, healthy fats, vitamins, and minerals. Including lean meat, fish, and dairy products, as well as plenty of fruits and vegetables.
- ★ Get regular light to moderate exercise, such as walking.

If any of this is confusing or overwhelming to you, contact the **Cold War Patriots Help Center at 1.877.335.0779**. We may be able to assist you in arranging in-home care that can help better manage your respiratory and overall health. To learn more about managing your respiratory health, join Cold War Patriots and Kelly Garber, Certified Respiratory Therapist, for a Virtual Event. Visit **www.ColdWarPatriots.org/CWPevents** to sign up!

Your health status changes over time – is it time for an impairment evaluation?

Did you know that as a nuclear weapons or uranium worker, you could qualify for even more monetary compensation? To determine if you qualify, you will need an impairment evaluation, which must be performed by a certified physician who is enrolled in the U.S. Department of Labor (DOL) Energy Employees Occupational Illness Compensation Program (EEOICP).

For each 1% of impairment, \$2,500 is awarded, up to a maximum of \$250,000. This benefit is on top of what you may have already earned through the EEOICP and Radiation Exposure Compensation Act (RECA) Programs.

Why choose PCM for your impairment evaluation?

Unlike many other impairment evaluators, PCM Impairments will talk with you, as opposed to just conducting a file review. This conversation helps determine a more accurate impairment evaluation for you.

Here are some other reasons why you should choose PCM Impairments for your impairment evaluation:

- You will have an in-depth conversation with an EEOICP-enrolled impairment physician.
- Meetings are conducted safely via the phone.
- All your impairment-related questions will be answered.
- Impairment navigators will guide you through the entire process.
- The forms necessary to initiate a U.S. DOL impairment claim will be correctly completed.

Best of all, the impairment evaluation is FREE! PCM Impairments doctors will not charge you for an impairment evaluation, your EEOICP benefit covers the cost of the evaluation.

Impairment Evaluations 101

Who is qualified for an impairment evaluation?

The U.S. DOL will typically authorize an impairment evaluation initially upon receipt of your U.S. DOL white medical benefits card and every two years or when a new condition has been added.

Do I need to meet with someone face-to-face?

No, with PCM Impairments, the evaluation can be completed from the comfort of your own home over the phone.

Why should I even get an impairment evaluation?

As a nuclear weapons or uranium worker with a U.S. DOL white medical benefits card, you may qualify for monetary compensation under Part E of EEOICP.

Schedule your impairment evaluation medical records review and an in-depth conversation with one of PCM Impairments' ABIME-certified physicians.

**Call 888.837.7393 or
visit PCMimpairments.com**



MEET THE PHYSICIANS | Donald Lakatosh, M.D., Norm Walton, M.D., and Randy Soo Hoo, M.D.

Official Cold War Patriots National Day of Remembrance™

Every October, the Official Cold War Patriots National Day of Remembrance™ honors the men and women who worked in the U.S. nuclear weapons and uranium industries and recognizes those who are no longer with us. The Cold War Patriots (CWP) community is grateful for the efforts of Janine Anderson, a former nuclear weapons worker, who led the effort to create the first National Day of Remembrance (NDR). Our community was saddened by Janine's passing in 2009, but we remain deeply grateful for her dedication to creating this day that recognizes this group of dedicated workers. The United States Senate first passed a resolution to create NDR in October 2009 and for the past eleven years, at the request of Cold War Patriots, they have passed a Resolution to designate October 30th as the day to remember the work performed by the brave men and women in our nuclear weapons complexes.

In March, we asked Senator Lamar Alexander (R-TN) to introduce the Resolution and Senator Tom Udall (D-NM) to be the lead co-sponsor of the Resolution, as they have done in past years. But this year there will be an added request—**to permanently designate October 30th as the National Day of Remembrance for Nuclear Weapons Program Workers**. Designating October 30th permanently as a National Day of Remembrance for Nuclear Weapons Program Workers will not be considered a national holiday such as Memorial Day or Veterans' Day. Instead, it will be a day much like Flag Day—a day to honor and remember those civilians who helped protect our country.

In June we published the blog, *"Let's Make the National Day of Remembrance for Nuclear Weapons Program Workers Permanent!"* and asked the public to help accomplish this important goal by signing a petition to send to Senate members. We also sent out a press release, posted on Facebook and emailed our Cold War Patriots members asking them to sign the petition. We received over 1,500 signatures and the petition has been submitted to the Senate.

As we move forward in planning the 12th Official Cold War Patriots National Day of Remembrance™, we are closely monitoring the Centers for Disease Control (CDC) health regulations and listening to the concerns of our Cold War Patriots members who fall into the at-risk population. We are considering hosting a virtual National Day of Remembrance, which would allow you to participate in the ceremony from the comfort of your own home. Check your mailbox for official updates and an invitation. To receive information about a virtual National Day of Remembrance, please call our **Outreach Help Center at 877.335.0779** to confirm your email address.



At Home Stories

Life at Home for Cold War Patriots Members

Cold War Patriots (CWP) knows many of our members suffer from respiratory and other illnesses due to the service you provided for our nation's defense. When the COVID-19 pandemic began we knew we needed to act quickly. Our goals were to continue to keep you informed and check in with as many members as we could in hopes of being a friendly voice you could talk to during a time of limited social interaction.

Since March, thousands of CWP members have joined one of our Virtual Events and our Outreach Team has spoken with members all across the nation. "Every worker I spoke to was beyond appreciative that someone in their community was calling them to see how they were doing and if they needed anything. Many are widowed and living alone, so they wanted to talk and enjoyed hearing a friendly voice that called to check on them and cared," shared Nikki Clark, Local Representative of Cold War Patriots from Paducah, Kentucky.



While some nuclear weapons and uranium workers happily shared personal stories about quarantining with their family and how their pets seemed confused to have them home; many also shared how much they missed weekly breakfasts with friends, monthly bingo games, seeing their grandkids, and wondered if and when life would go back to normal.

Many had questions about their U.S. DOL EEOICP claim and decided to rededicate this time to completing their to-do list. A CWP Outreach Team member was able to assist a member with finding pulmonologists in their area and providing insight into what their next step should be. "Many of these workers had lost all hope," said Nikki Clark, "but due to these conversations, we were able to track down the documentation that the U.S. DOL requested. We have now seen that the U.S. DOL has re-opened claims and former workers are now waiting for a response."

Regardless of where you are at in the EEOICP process, whether you've yet to file a claim and don't know where to start, or have received your U.S. DOL white medical benefits card and have a question, please do not hesitate to call the **CWP Outreach Help Center at 1.877.335.0779**. We can always connect you to our team members who live in your community and connect you to the resources you and your family need. We hope you have heard from us in the past few months, if not, please call us! It is our mission to serve you all and continue to be a friendly and helpful voice for you, no matter the situation.

Cold War Patriots Outreach Help Center

The Cold War Patriots Outreach Help Center assists nuclear weapons and uranium workers navigate programs related to EEOICPA and RECA. Many Outreach Help Center representatives are former workers themselves and understand the issues that you may face. The Outreach Help Center is open Monday through Friday from 9am to 7pm ET.

Please call 877.335.0779 or email us at info@coldwarpatriots.org.



2021 Everyday Patriots Calendar

We would like to thank those who sent in an “Everyday Patriots” submission for our 2021 Cold War Patriots calendar! We received an overwhelming amount of submissions from across the country and it was extremely difficult to narrow it down to just 14 winners. All the “Everyday Patriot” nominations were thoroughly reviewed by our Cold War Patriots team members and the winners have now been selected and notified.

We are very excited about featuring these stand out nuclear weapons and uranium workers who have made a positive impact on their community in our calendar next year. In addition, we plan to include the “Everyday Patriots” winners on the Cold War Patriots website for all to read about.

Please stay tuned for more information on our “Everyday Patriots” calendar and when you can expect your calendar to arrive in the mail. We are proud of each year’s Cold War Patriots calendar and we are dedicated to making it the best it can be; but we feel this calendar will stand out from the rest since it puts the spotlight directly on our hardworking and dedicated Cold War Patriots members like you! If you know of a former or current worker who would like to receive this calendar, please call our **Outreach Help Center** at **877.335.0779** to make sure they are on our mailing list.



2020 Cold War Patriots Events

We know everyone is eager to get back to how life used to be. In March, Cold War Patriots put on hold all in-person events, following guidelines by the Centers for Disease Control (CDC). As we monitor the situation and how your state is re-opening, we are looking forward to seeing many familiar faces and are taking safety precautions to protect you. We will be sure to alert you once we begin holding in-person events.

In the meantime, join our Virtual Events from the comfort and safety of your own home. We have been hosting a variety of 25–50 minute events that you can watch on YouTube, including **Doc Talks hosted by an Impairment Doctor and Respiratory Health Talks presented by a Certified Respiratory Therapist**. We have also continued our Town Halls for those who have a U.S. DOL white medical benefits card, pending claim, denied claim, or have never applied. **For dates, times and to sign-up, please visit coldwarpatriots.org/CWPevents or call 866.475.5919.**

Contact us at 866.670.3978 to receive an in-person or over the phone EEOICP benefits review.

This free 30-minute meeting conducted by an EEOICP-trained representative can help you understand the benefits you receive as part of the program and make sure you are utilizing all your benefits. When you call, please mention that you would like to “receive your free EEOICP Benefits Review” and we will connect you with an expert.

Join the Conversation on Our Facebook Page

We encourage you to “like” the Cold War Patriots Facebook page at **Facebook.com/ColdWarPatriots**. While it is a way for you to stay informed on industry news, updates to the EEOICPA and RECA programs, and important notices that could affect your right to benefits; it is also a way for you to engage with your peers in the nuclear weapons and uranium industries. This is such a tight-knit community and we have seen workers offer

help and advice to others and share their experiences on successfully navigating the EEOICPA and RECA programs. Whether you worked in Nevada, Washington, Tennessee, or any other nuclear weapons or uranium facilities, your experiences are very similar, and you can learn from each other. We encourage you to not only “like” the Facebook page, but to use it as a resource and a way for you to get answers to your questions.



Sign Up to Receive Our Emails!

It is more important than ever to stay connected. Cold War Patriots is regularly emailing our members important information. You can either call our **Outreach Help Center at 1.877.335.0779** to confirm that we have your email on file or **visit coldwarpatriots.org/newsletter** to sign up for our email list! After signing up you will begin to receive:

- ★ Information about your benefits
- ★ Documents to share with your doctors
- ★ Invites to our virtual and in-person events
- ★ A digital copy of our quarterly newsletter
- ★ Tips and advice from doctors, advocates, and industry experts

Don't have an email? Now is the perfect time! We recommend visiting **www.gmail.com** on your computer or phone to set up a **FREE** email account.