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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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[www.coldwarpatriots.org](http://www.coldwarpatriots.org)  
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# National Day of Remembrance

## How It All Began

In the late 1990s groups of sick workers would travel to Washington, D.C. to educate Congress on the need for a federal program to compensate workers who developed serious illnesses through their exposure to radiation and other toxic substances at U.S. Department of Energy nuclear weapons facilities and the uranium mining and processing industry. Because of their advocacy, twenty years ago the Energy Employees Occupational Illness Compensation Program Act of 2000 (EEOICPA) was passed on October 30.

The late Janine Anderson, former worker from the K-25 plant in Oak Ridge, TN and former Cold War Patriots (CWP) Advisory Committee member, was one of those advocates. From her visits to Congress, she developed rapport with many responsible for the passage of EEOICPA and along with other advocates, monitored the program to ensure its implementation followed the intent of Congress.

Janine had another dream. Every year, she wanted the country to honor these civilian workers who were put in harm's way, often without their knowledge, by designating October 30 as the National Day of Remembrance. Janine's first step was raising the idea with Cold War Patriots; and on April 29, 2009, CWP and the Atomics Trades and Labor Council Union Hall arranged a day-long signing of a 40-foot-long scrolled petition.

With the continued help of Cold War Patriots and local congressmen, Janine gathered petitions from across the country asking the U.S. Senate to designate October 30 as the National Day of Remembrance for nuclear weapons and uranium workers. The first National Day of Remembrance was celebrated in 2009, the same year Janine passed away from cancer caused by her work at K-25.

Since 2009, Cold War Patriots has carried Janine's torch; obtaining Congressional resolution every year designating October 30 as the National Day of Remembrance. We will be celebrating the 12<sup>th</sup> Official Cold War Patriots National Day of Remembrance™ this year.



Janine Anderson

## Celebrating 20 Years of the EEOICPA

Twenty years ago, on October 30, a bi-partisan Congress made history by passing the Energy Employees Occupational Illness Compensation Program Act (EEOICPA). Previously, "when workers who helped build and safeguard our country's most dangerous weapons became ill because of their work, they had nowhere to turn," stated U.S. DOL Offices of Workers Compensation Programs Director, Julia Hearthway.

Under the leadership of Secretary Richardson, U.S. DOE Deputy Dr. David Michaels held field hearings around the country to hear directly from the workers, their family members, or their survivors. Their testimony convinced Secretary Richardson of the need for a federal compensation program. On April 12, 2000, the Secretary of Energy announced that the Administration intended to seek compensation for these workers.

In the ensuing months, workers organized through their union or through local groups, and even made multiple trips to Washington, DC to make their case, while the media continued to publish articles about the health of these workers. Congress worked on the legislation, and on October 30, 2000, President Bill Clinton signed it into law.

Source: [www.dol.gov/newsroom/releases/owcp/owcp20191030](http://www.dol.gov/newsroom/releases/owcp/owcp20191030)





★ **FRIDAY** ★  
**OCT. 30<sup>th</sup>**

**A NATIONWIDE  
VIRTUAL CEREMONY**

## A SPECIAL THANK YOU

This year, we are pleased to offer a commemorative Cold War Patriots stainless steel bookmark as a special means of recognition to the living legends and fallen heroes who protected our nation.



## HONORING OUR LIVING LEGENDS & FALLEN HEROES

This year marks the 12<sup>th</sup> anniversary of the Official Cold War Patriots National Day of Remembrance™; a ceremony held to honor the men and women who worked in the U.S. nuclear weapons and uranium industries and to recognize those who are no longer with us. As a nuclear weapons or uranium worker, you are invited to be recognized as a living legend and to help us remember our fallen heroes.

## REGISTER TO VIEW THE VIRTUAL CEREMONY

We want to keep our Cold War Patriots safe, so the 12<sup>th</sup> Official Cold War Patriots National Day of Remembrance™ will be a **virtual** ceremony that you can watch from your home. Registration is easy, you can either:

- ★ Visit **coldwar patriots.org/NDR** and fill out the registration form, **OR**
- ★ Call our Outreach Help Center at **866.311.5760** to fill out the registration form over the phone

You will then **receive an email** with instructions on how to view the ceremony on your computer or smart phone. For more ceremony details, including how to submit the name of a loved one to be honored, visit **coldwar patriots.org/NDR**. If you have any additional questions, please call **866.311.5760** or email **events@coldwar patriots.org**.



**12<sup>th</sup> OFFICIAL  
COLD WAR PATRIOTS  
NATIONAL DAY of  
REMEMBRANCE™**

Remembering Our Living Legends  
and Honoring Our Fallen Heroes

To receive yours by mail, register to view the virtual 12<sup>th</sup> Official Cold War Patriots National Day of Remembrance™ ceremony.





**Question:** I am so confused about nebulizers versus inhalers (meter dose inhalers, dry-powder inhalers, etc.) for my breathing medications. Which should I be using?

**Answer:** There are many schools of thought on this topic, but very few clinical studies to prove or disprove them. Often, clinicians stick with what they were originally taught based on what was common practice at the time. During my Respiratory Therapy Training we always believed that nebulizers were best. Their technology creates a smaller particle size of the medication, making it easier for more medication to deposit in the smaller and lower airways. Also, because the treatment takes place over 10-15 minutes, it does not rely on one or two single deep breaths.

That was many years ago. Today, technology has evolved, and most experts agree that an inhaler used properly with a spacer device, can be just as effective as a nebulizer. Inhalers are smaller, lighter, and more portable than nebulizers. In fact, many newer medications only come in inhaler form, or specialty inhaler form, like spin-halers and dry-powder inhalers. Getting an optimal result requires proper technique, be sure to read the instructions that come with any new inhaler you may be prescribed. Managing several types of medications, including inhaled medications, can be confusing.

The bottom line is this: Both nebulizers and inhalers can be effective ways to take respiratory medications. Follow your prescriptions. If you have questions, contact your prescribing doctor or your pharmacist.

Home health nurses can assist with management as well as proper use and technique. Professional Case Management, the leading home-health and impairment evaluation company for nuclear weapons and uranium workers, offers in-home care services from Registered Nurse case management, light housekeeping and meal prep, all the way to daily visits if approved.

**Call the Cold War Patriots Outreach Help Center at 1.877.335.0779 to learn more about your in-home care options.**

## Advice from a PCM Nurse

By Patrick J. Southworth, MBA, BS, RN  
Professional Case Management

### Resistance Bands: A Little Stretch Goes A Long Way

Good health is more important than ever before. Even before COVID-19 restrictions many older adults did not maintain a healthy lifestyle:

- ★ The Centers for Disease Control and Prevention determined that only 28-34% of adults ages 65-74 were physically active.
- ★ The U.S. Department of Health and Human Services found that 80% of adults did not meet the guidelines for both aerobic and muscle-strengthening activities.

If you used to exercise regularly, the past seven months may have changed your routine, and now you may have difficulty climbing steps, walk at a slower pace, or tire while completing household tasks. To improve basic conditioning and core strength while following a cautious lifestyle, exercise using resistance bands may help.

Resistance bands are basically oversized rubber bands, they are light, take up little space, are easily portable and come in a broad range of resistance levels. The bands can be used to replicate almost any exercise done with weights and even allow range of motion exercises that you would never attempt with weights.

Resistance band training can be a comparatively safe, convenient, low cost, and effective way to improve core strength and endurance. As with any new form of exercise, recognize your limitations and be sure to check with your health care provider before you start.

# 2021 EVERYDAY PATRIOTS CALENDAR ANNOUNCEMENT



Cold War Patriots ★ 2021 Calendar

Cold War Patriots would like to give a huge thank you to all our members who submitted a nomination for our 2021 “Everyday Patriots” calendar. We received many nominations from across the country, and while it was difficult to narrow all of the nominations down, we are excited to announce the 14 “Everyday Patriots” who will be featured in next year’s calendar.

We are honored to introduce these “Everyday Patriots” to you and feature them in our upcoming calendar, newsletters, and blog posts on the Cold War Patriots website. You can soon read all about who they are and their stories when you receive your calendar in the mail.

The following nuclear weapons and uranium workers were selected due to their hard work and dedication to their community. Congratulations to them all!



## Everyday Patriots

**Don D.** ★ Colorado

**Bob R.** ★ Colorado

**Daniel B.** ★ Iowa

**Billy Bob C.** ★ Kentucky

**Bobby C.** ★ New Mexico

**Johnny T.** ★ New Mexico

**Charlotte H.** ★ Nevada

**Dana B.** ★ Ohio

**Carl H.** ★ Ohio

**Linda P.** ★ South Carolina

**Lloyd S.** ★ Tennessee

**Larry W.** ★ Tennessee

**Carolyn W.** ★ Texas

**John A.** ★ Washington



Charlotte H.



Billy Bob C.



Carolyn W.



Dana B.

# Updates & News

## News from the Advisory Board

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### Second-Term Advisory Board Finalizes Recommendations to Improve Compensation Program

The tele-meeting for the Advisory Board on Toxic Substances and Worker Health (ABTSWH) was held on June 16, 2020.

Division of Energy Employees Occupational Illness Compensation (DEEOIC) Director Rachel Pond updated that all claims are now being directed to any District Office for adjudication now to help even out the case load and that experts within the U.S. DOL were able to assist claims examiners if they were not familiar with a site.

The Board passed a resolution recommending that DEEOIC add carbon disulfide and trichloroethylene (TCE) as agents which can cause, aggravate, or contribute to the development of Parkinsonism. The Board also recommends that a periodic review of Parkinsonism be performed by DEEOIC to capture any new research conclusions.

The Board recommended that DEEOIC evaluate job categories and aliases across the U.S. Department of Energy (DOE) complex to make sure that all workers who were exposed to asbestos before 1995 are included in the labor categories which are presumed to be exposed.

If DEEOIC accepts the Board's recommendations, claims previously denied because the exposure to carbon disulfide or carbon trichloroethylene was not considered the reason for the development of Parkinson's disease can be reopened. The same applies to claims denied because the labor category was not on the presumed list for asbestos exposure. If you were denied for either of these claims, this new update would affect you.

The Board's second term expired July 15, 2020. On August 17, 2020 the Secretary of Labor appointed members for the third-term including two individuals with experience in industrial hygiene.

## Legislation Introduced to Improve EEOICPA

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Four pieces of legislation were introduced which, if passed, will improve the Energy Employees Occupational Illness Compensation Program (EEOICP).

Senator Patty Murray (D-WA) and Congressman Adam Smith (D-WA) introduced The Toxic Exposure Safety Act of 2020. This legislation would expand the coverage under Part E of EEOICP. According to the press release, one part establishes a Special Exposure Cohort for a list of diseases that, according to medical experts, should be included with current information on causality to exposure and resulting diseases. This includes all forms of cancer and asbestos-related diseases.

Congressman Ed Perlmutter (D-CO) introduced three amendments to the U.S. DOL appropriations bill. The first is a provision providing additional funding for the ABTSWH to hire a contractor to provide technical assistance as it fulfills its statutory responsibility to conduct oversight of U.S. DOL. The U.S. DOL informed the Board in April that it would be unlikely that they would be able to get the funding in place for the 2021 fiscal year. However, Congressman Perlmutter was able to submit an amendment that provides the funding.

The second provision provides continued funding for U.S. DOL's Office of the Ombudsman which helps former nuclear weapons workers navigate the complex claims process. The Ombudsman's office sunsets on October 30, 2020. Congressman Perlmutter also submitted a "Sense of Congress" amendment to the House National Defense Authorization Act recommending that the U.S. DOL keep this office open past the sunset date. This funding will allow this office to continue its important work.

Source: [www.murray.senate.gov](http://www.murray.senate.gov), [www.perlmutter.house.gov/news](http://www.perlmutter.house.gov/news)



## COVID-19's Impact on Claims Processing

The U.S. Department of Labor's Inspector General (IG) audited the Department's Office of Workers Compensation Programs to determine if the COVID-19 is having any impact on processing claims. **Below is the IG's report for the Division of Energy Employees Occupational Illness Compensation (DEEOIC).**

“ As a result of COVID-19 and social distancing mandates, some U.S. Department of Energy (DOE) facilities have completely closed or are operating with minimal staff. This has impacted the Energy Program because it relies on employment information from these facilities to adjudicate claims and the records research required is not always considered essential by the U.S. DOE. DEEOIC is monitoring the situation and maintaining frequent communication with the U.S. DOE through scheduled conference calls, ad-hoc telephone calls, and emails. As of May 19, 2020, 59 claims were experiencing delays caused by difficulty obtaining records from the U.S. DOE.

DEEOIC has also been impacted by COVID-19 because some physicians are unable or unwilling to conduct medical evaluations and complete medical reports. DEEOIC needs this information to issue a decision on a claim or to award monetary compensation and is being flexible regarding the time frames for medical evidence on a case-by-case basis. As of May 19, 2020, 123 claims were experiencing delays caused by difficulty in obtaining medical documentation from physicians or other COVID-19 related issues.

According to DEEOIC officials, as of May 29, 2020, these delays had not yet impacted DEEOIC's performance measures for timeliness. However, DEEOIC officials stated they are tracking any delays that occur and will be able to identify any cases where adjudication was delayed because of COVID-19.

Source: [www.oig.dol.gov/public/reports/oa/2020/19-20-004-04-001.pdf](http://www.oig.dol.gov/public/reports/oa/2020/19-20-004-04-001.pdf)

**If you need assistance or have questions regarding your claim, please call the Cold War Patriots Outreach Help Center at 1.877.335.0779.**



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

This complimentary 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.

# HISTORY OF COLD WAR PATRIOTS



Cold War Patriots was founded in the spring of 2008 by Professional Case Management (PCM), the leading home-health and impairment evaluation company for nuclear weapons and uranium workers. PCM recognized a need to unite this group of patriotic Americans so they could learn about and protect their benefits under the Energy Employees Occupational Illness Compensation Program Act (EEOICPA) and the Radiation Exposure Compensation Act (RECA) programs.

Cold War Patriots offers local and virtual events that educate current and former workers and their families. Cold War Patriots also provides an Outreach Help Center to support workers with questions and helpful information.

★ PLEASE CALL US TODAY AT **877.335.0779** SO WE CAN HELP YOU GET THE BENEFITS YOU HAVE EARNED ★

## 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](http://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](http://www.gmail.com)** on your computer or phone to set up a **FREE** email account.

## 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](mailto:info@coldwarpatriots.org).**

