

**We did our part to  
keep America free!**



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P.O. Box 18916 | Denver, CO 80218-9927

★ Recent changes to the U.S. DOL procedure manuals, potential new SECs and laws are being discussed that could affect your benefits. Call us today to learn if your benefits could be impacted by these updates! ★

[www.coldwarpatriots.org](http://www.coldwarpatriots.org)

1.877.335.0779

# Nominate Your Pet to be A 2023 Patriotic Pet

**Pets are the best! And they make us healthier too.**

**ATTENTION CWP MEMBERS** — Cold War Patriots wants to see your pets! We want to hear about your furry friends, and how they add joy to your lives.

There are so many benefits of owning a pet, like helping to keep you physically active and being there for emotional support when you need it. Something we hear time and time again from the workers we care for is that being able to keep a pet in their lives is a key reason why they want to remain at home. Professional Case Management is so pleased to be able to offer the support and services necessary to keep people and their pets together.



*We are pleased to introduce Scout, our Patriotic Pet for the month of May!* According to Carol T., Scout's owner, "Scout makes me laugh by trying to catch balls in the air, and his favorite activity is to chase after balls."

Want to celebrate your furry friend? Visit the URL below or scan the QR code and fill out the form to submit your pet to be featured as a Patriotic Pet of the Month across our social media channels, including Facebook!

[www.membership.coldwarpatriots.org/patriotic-pet-campaign](http://www.membership.coldwarpatriots.org/patriotic-pet-campaign)



## Go Paperless and Receive Your Newsletter by Email



Do you want to conserve paper and receive your CWP quarterly newsletter digitally? If so, visit the URL below or scan the QR code, then complete the form to opt out of receiving a mailed paper copy and receive your quarterly newsletter by email.

[www.membership.coldwarpatriots.org/enewsletter-signup](http://www.membership.coldwarpatriots.org/enewsletter-signup)



# Ask the Respiratory Therapist

By Kelly Garber, Certified Respiratory Therapist

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**Q: I worked around various chemicals for many years, and now I have lung disease. How can I keep my lungs as healthy as possible?**

**A:** This is a great question and one that greatly affects nuclear weapons and uranium workers. While there isn't anything you can do to change your prior exposure, there *are* steps you can take to keep your respiratory system as strong as possible.



- If you smoke, make a plan to quit. This is the single best thing you can do to avoid any further damage. You may need support, and the CDC's QuitLine has helped many people. You can reach them at 1-800-QUIT-NOW.
- Maintain a healthy weight. Additional pounds mean your lungs must work harder.
- Drink water. Proper hydration is vital to keeping the airways clear.
- Eat a balanced diet. Consuming several servings a day of fresh or frozen fruits and vegetables will give you the best chance of getting the nutrients you need.
- Keep your hands clean. Frequent handwashing can prevent the spread of certain diseases.
- Get vaccinated. For most people, this includes flu, COVID and pneumonia shots.
- See the Doctor. They will assess your health, order necessary tests, and follow up with any symptoms you may be having before they become more serious.
- Take all breathing medications on schedule. Don't stop or cut down because you feel well. Many of these medications must be taken regularly to have the most benefit.

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**If you are diagnosed with a lung disease, you may be eligible to file a claim for benefits under the Energy Employees Occupational Illness Compensation Program Act (EEOICPA) if you or your doctors think the disease was caused by exposures in the workplace.**

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**Call the Cold War Patriots Outreach Help Center at 1.877.335.0779 to discuss what your next steps should be.**

# PCM Nurses Administrator Spotlight



## **KIMBERLY EWIG | NURSE ADMINISTRATOR OF CO**

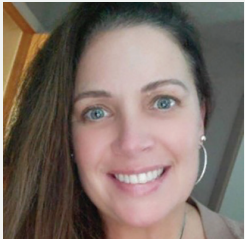
I grew up in Michigan and started my nursing career in Chicago 15 years ago. I moved to Colorado 10 years ago and have been with PCM since 2020. I have been so honored to care for the men and women who sacrificed for their country. I am pleased to see these brave workers stay in the comfort of their own homes with the care of fantastic caregivers. My favorite part is hearing the amazing stories of their lives. I am committed to providing individualized care for each nuclear weapons and uranium worker throughout Colorado and Utah.



## **HERA SHORE | NURSE ADMINISTRATOR OF NM**

I grew up in Indonesia and came to the U.S. at 16 years old, following my mother's path. At the time, I did not speak any English and began by taking Level 1 ESL classes. I went on to graduate from the University of New Mexico with my bachelor's degree and have been a nurse for 12 years. I have been with PCM for six years; I started as a Case Manager and now have the opportunity of being a Nurse Administrator. I love my community and the staff I work with.

PCM is a great company because of the values we hold and the goal of ensuring all our clients receive the best quality of care they deserve.



## **AMY RAMMEL | NURSE ADMINISTRATOR OF OH**

I have been a nurse for 20 years and have been with PCM for close to 12 years. I have been a Home Care Nurse, Case Manager, Senior Case Manager, and am currently the Nurse Administrator for the Ohio region. I feel strongly that PCM is a vital asset in enabling workers to remain at home and so I am incredibly grateful that I can be a part of this company. My husband was a union laborer and was involved with the union, along with his brothers. I feel

strongly about the need to care for those who worked and those who are still working to provide protection for our community and country.



## **JENNIFER DOUGLAS | NURSE ADMINISTRATOR OF TN**

I am originally from Upstate New York and moved to East Tennessee in 2011. I started my career with PCM five years ago and never looked back. I have had the pleasure of working in the role of Case Manager, Nurse Navigator and now Nurse Administrator. These roles have given me the opportunity to build lifelong relationships with the people we serve, their family, the community, and co-workers. My favorite part of working for PCM is how much I continue

to learn from our Cold War Patriots. It is a privilege to work for a company who cares so much and lives up to their mission statement.



# 3 In-Home Healthcare Myths Busted



**“ James requires a great deal of care and support and I have always been there for him. Our Case Manager is on top of everything and always teaching me tricks and tips and sharing knowledge so I can help James control his illnesses.”**

— Terry, RPCA and wife of 46 years to James, former Sandia National Labs worker of 24 years and PCM client since 2020

It's time to bust some common in-home health care myths and get you one step closer to receiving all the in-home health care services you've already earned as a nuclear defense worker covered under Energy Employees Occupational Illness Compensation Program Act (EEOICPA). *Are you ready?*

## **MYTH #1: In-home health care is only for patients who are seriously ill**

**FACT:** Receiving in-home health care depends on your need, not the stage of your illness. Patients in early years of their health care journey benefit from in-home care services to support high functionality, quality of life, and ways to remain safely in their home during the course of their illness. Many U.S. Department of Labor (DOL) white medical benefits card holders are not seriously ill when they begin to receive free in-home health care services through EEOICPA.

## **MYTH #2: Family members can't act as a worker's home care provider**

**FACT:** Professional Case Management (PCM) provides opportunities for your loved ones, if they qualify, to become a Relative Personal Care Attendant (RPCA), meaning they would be paid to provide you in-home care. PCM will supply them with educational resources, ongoing training, and 24/7 support. PCM supports and supervises family members with a Registered Nurse Case Manager who handles illness treatment, medication management, and necessary U.S. DOL paperwork.

**“ My PCM care team is respectful to me and my family, they involve and educate all of us regarding my medical needs and concerns.”**

— Addison, former Portsmouth Gaseous Diffusion Plant worker of 10 years, PCM client since 2019

**“ PCM has provided kind, consistent care. I have been confident in their services and thankful I am able to be home with my family, knowing help is easily accessible.”**

— Deborah, former Portsmouth Gaseous Diffusion Plant Worker, PCM Client Since 2021

## **MYTH #3: My doctor won't have the information necessary to approve in-home health care services through the U.S. DOL**

**FACT:** PCM specializes in caring for U.S. DOL white medical benefits card patients, so they can guide both you and your doctor through the process. If needed, we'll help you establish a relationship with a U.S. DOL-enrolled physician who can write care orders for your U.S. DOL-related needs and coordinate with your regular physician for illnesses not covered under EEOICPA.

**Ready to learn more about how you can qualify for and benefit from in-home health care? Contact our Outreach Help Center today by calling 888.903.8989.**



# Outreach Spotlight



## **PETER COASH | NEW MEXICO**

I have had the honor of working for Professional Case Management (PCM) and Cold War Patriots (CWP) since 2020. In my role, my first responsibility is to the worker. I am passionate about helping nuclear weapons and uranium workers navigate the EEOICPA program and getting them the care they have earned. My role is to educate healthcare providers in Hospitals, Rehabilitation Centers, Oncology Clinics, Pulmonology clinics, and Neurology Clinics. I am amazed how many medical professionals, case managers, and social workers are not familiar with the program and its benefits. I enjoy educating the different partners about EEOICPA benefits because to so many, this program is life-changing.

I thank all the current and former nuclear weapons and uranium workers for their service. We at PCM are here to provide you with the best in-home health care possible, and quite frankly, you have earned it!



## **DAVID MYNATT | TENNESSEE**

I have been with Professional Case Management and Cold War Patriots since 2019. During my time with PCM and CWP, I have had the pleasure of meeting many workers who were employed at the Oak Ridge, Tennessee facilities. I enjoy listening to the workers talk about their various roles, work ethic, dedication, and passion for their job. Many of the workers I meet have dedicated 20, 30, and sometimes over 40 years to keeping our country safe. It is a great honor to help them with any in-home health care services they might need or assisting with the EEOICPA benefits process.

A large part of my role is to visit health care providers such as Hospitals, Cancer Centers, Pulmonology offices, and Hospice providers to educate them on the EEOICPA benefits program and the various levels of care PCM has to offer. PCM provides a unique and specialized level of in-home health care services for nuclear weapons and uranium workers, and my goal is to make sure the local health care community knows the in-home health care they are entitled to.

It is a tremendous privilege to work for Professional Case Management and Cold War Patriots and I look forward to helping many more workers in the years to come.

# Cold War Patriots Events

Thank you to everyone who has attended one of our 35 Cold War Patriots events so far this year! We are proud to bring you the necessary information about EEOICPA and RECA benefits, as well as resources from the U.S. DOL Energy Employees Resource Centers, Advocates, and Medical Screening programs.

We hope you can join us at one of our upcoming events this year. For those unable to join us in person, we will continue to offer Virtual Events.



## BENEFITS REVIEW EVENTS

At these events, we invite you to stop by to speak with an EEOICPA and RECA expert and Advocates. During these one-on-one sessions, we sit down with you to discuss your specific needs.

## DRIVE BY EVENTS

Workers are invited to stop by, pick up a special gift and reconnect with old friends. Past giveaway items included pies from local bakeries, stainless steel BBQ grill sets, and game day cooler bags!



## DOC TALK EVENTS

If you have your U.S. DOL white medical benefits card, join us for lunch to hear directly from an Impairment Doctor from PCM Impairments about the additional benefits you are eligible for. You'll have a chance to speak directly with the Impairment Doctor.



Local Outreach Marc Shannon |  
Richland, WA



PCM Clinical Staff | Oak Ridge, TN



Regional Director, Anna King-Sutton,  
RN | Santa Fe, NM



Doc Talk Event with PCM Impairments  
Dr. Soo Hoo | Santa Fe, NM



Doc Talk Event with PCM Impairments  
Dr. Lakatosh | North Augusta, SC



Tim Lerew at a Town Hall Event |  
North Augusta, SC

## FOR DATE, TIME, & EVENT LOCATIONS

Visit the CWP Events Page, by visiting [www.coldwarpatriots.org/cwpevents](http://www.coldwarpatriots.org/cwpevents), scanning the QR code, or giving us a call at **1.877.335.0779**.



Be sure to also check your emails & mailbox for official invitations throughout the year.



# IMPAIRMENTS CORNER

## It Matters Where You Get An Impairment Evaluation

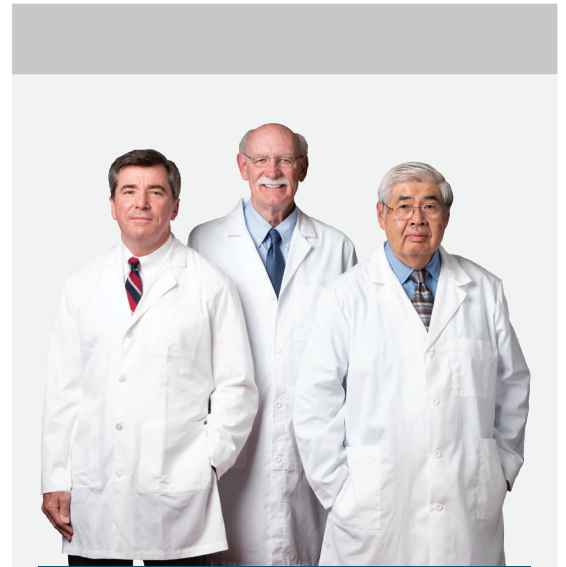
Did you know you have a choice when it comes to Impairment Evaluation providers? Even if you have used another provider in the past, you can utilize the services of PCM Impairments *at no cost to you!*

If your work history led to illness(es) and you have a U.S. Department of Labor white medical benefits card, you may be entitled to an Impairment Evaluation. Generally speaking, Impairment Evaluations can be authorized initially upon receiving your white card and every two years thereafter. There is compensation of up to \$250,000 available depending on your situation.

If you don't specify a doctor, the U.S. DOL will choose one for you. And that Doctor likely will not speak to you to discuss your health conditions. You deserve to have an in-depth conversation to explain how your covered conditions are impacting your day-to-day life.

Did you know that Impairment Evaluations can't be complete by just any Doctor? It requires a specially certified Impairment Doctor. At PCM Impairments, we have three of the most experienced Impairment Doctors in the country. Each one has over 18 years' worth of experience in this specialized field.

*Call PCM Impairments to ensure your next Impairment Evaluation is caring and thorough.*



**Dr. Lakatosh, Dr. Walton and Dr. Soo Hoo** provide Impairment Evaluations, including an in-depth conversation with you.

**We are certain you will have a great experience with PCM Impairments. You have a choice in Impairment providers, so why not choose the best? Let us get you on the right track today! Call us at 866.578.2580.**