



Cape Cod Currents



Cape Cod Chapter Military Officers Association of America

July 2013 Event - 102nd Intelligence Wing, MA Air National Guard Briefing

by COL Patrick Cobb USAF, Commanding Officer

Tuesday, July 9, 2013 – 1130 registration; meal 1200

**Location: U. S. Coast Guard Air Station Cape Cod Falcon Golf Course Clubhouse
Massachusetts Military Reservation – Goenther Road, Buzzards Bay MA 02664**

Cost: \$25.00/person Reservations: by July 1, 2013 to John Martins

Buffet menu – choice of chicken marsala, cod, or steak tips, clam chowder, mashed potatoes, vegetable, strawberry short cake; cash bar available

note: coffee/tea served at the bar but included with meal

Security requires a DD form 2 or a listing on a roster for the event. If you have no DD card, note this on the reservation form and include name(s) of those attending and drivers license number(s).



On May 11, 2013, the Chapter awarded scholarships of \$1,500 and \$1,000, total value \$7,000, to the following (left to right in photograph): Katherine (Katy) A. Smith, Martha's Vineyard Regional High School, Simmons College, Boston; (Matthew) Hunter Maher, Nauset Regional H. S., Bentley University, Waltham, Massachusetts; Kayla Elizabeth Howe, Monomoy Regional School District – Chatham H. S., University of Massachusetts, Amherst; Meghan Elizabeth Richer, Monomoy Regional School District – Harwich H. S., Fairfield University, Fairfield, Connecticut; Thomas Weston Moakley, Falmouth H. S., Georgetown University, Washington, DC. Pictured with the students are Mr. Bill Zammer, guest speaker and award presenter, owner of the Flying Bridge Restaurant in Falmouth where the event was held, and retired Captain Ed Lambert, U. S. Navy, Chairman of the Scholarship Committee. Not pictured is scholarship recipient Ashley Raye Barattini, Barnstable H. S., Stonehill College, Easton, Massachusetts, receiving her grant at the June Chapter meeting.

The military affiliations of our awardees are varied and interesting. Kayla - grandfather: LTC USA ret; Katy – grandfather: Medical Technician Fifth Grade (Corporal) USA, grandfather: Seaman First Class USN, father: Ensign USNR, 3rd Assistant Engineer, Merchant Marines; Ashley – grandfather: Sargent USA ret; Meghan – father: Captain USA; Matthew – father: Avionics Technician E-7 USAF ret; Thomas – father: Captain NOAA Corps ret.

A “flying start” from the Flying Bridge restaurant to our 2014 scholarship awards was made by owner **Bill Zammer** when he donated the entire cost of the event to our Scholarship Fund. The value to the Chapter is **\$1,080.00**. President Don Lynde sent a thank-you letter to Mr. Zammer. Referrals to and patronage of his establishments (the Coonamesset and Flying Bridge restaurants, plus the Red Horse Inn, all in Falmouth; Tugboats restaurant, Hyannis and Clancy’s restaurant, Dennisport) would be in order. If you go, mention our thanks to the management.

Another “flying” boost of \$2,000.00 to our 2014 awards came via member Steve Schrader (whose son Sam received a CCC award some years ago), also a member of the **Air Force Association, Otis Chapter 166**. That chapter’s officers voted to donate to CCC’s Scholarship Fund and to other groups such as Cape Cod Civil Air Patrol. The gift came because 166’s scholarship program had little recent participation. Steve comments, “We knew MOAA’s did [have activity], had a need (calls for donations in the last several newsletters), and ran a fine program. We thought as fellow military veterans MOAA would appreciate the donation... MOAA needed money, supported local youth, [the Chapter] has similar backgrounds and goals and objectives to AFA Chapter 166...[which] wanted a portion of its funds to go to support local youth education and as a bonus could support another local veterans organization. Maybe it was somewhat unsolicited but it seemed like a nice fit to us.”

Schoolhouse Thanks - The following came May 21, 2013, from Principal Kevin A. Turner of Harwich High School (Monomy Regional School District), *alma mater* of 2013 awardee Meghan Richer, “On behalf of Harwich High School, I wish to express my sincerest gratitude to you for your generous scholarship offer and continued support of our high school and our students.”

Donors - Those giving tax-deductible Scholarship Fund donations for the period Oct 13, 2012 to April 22, 2013 include the following:

COL Charles Aftosmis USAF	COL John E. Lennox USAF
CAPT Allan K. Brier USCG	COL Donald C. Lynde USA
LTC James Cervantes USAF	COL John B. Martins USAF
CDR Lee S. Clark USN	CAPT Jim McCormick USN
LTC Brian J. Conway USA	RADM William M. McDermott USN
RADM Jeffrey A. Cook USN	LTC Patrick J. McNamara USAF
CAPT Leonard A. DiLorenzo USN	LTC Clare M. O'Brien USAF
BGEN Jimmy G. Dishner USAF	COL Marie R. O'Neil USA
LTC Alden R. Grove USA	Judith A. Perchard, Auxiliary member
LCDR Ronald J. Haley USN	LTC Dannie J. Risley USA
COL George A. Jonic, Jr USMC	CDR John W. Simchock USN
CDR Thomas J. Keating USN	LTC Robert F. Stanley USA
CAPT William C. Kelley USN	COL Charles T. Westcott USMC
CAPT Leonard R. Kilmer USPHS	LTC William M. Yates USMC.

Raffle proceeds and cash given to raffles go 100% to scholarships. Operating account money purchases prizes, *e.g.* alcoholic beverages. Those dollars come from dues and events expenses.

The 2013 Scholarship Awards photo plus news release went to the following: *Barnstable Patriot, Cape Cod Times, Falmouth Enterprise, Mashpee Enterprise, Martha's Vineyard Times, Military Officer* magazine, *Otis Notice*, Wicked Local publications.

Watch for the photo to appear in *Military Officer* – email May 30 indicated future publication.

COL Patrick J. Cobb USAF is Commander, 102nd Intelligence Wing, MA Air National Guard, Otis Air National Guard Base, MA, a force of over 1,300 military and civilian personnel. Prior to his current assignment, he was Director of Intelligence, Surveillance and Reconnaissance, Air National Guard, National Guard Bureau, Joint Base Andrews, Maryland. Operations in which he served include Deny Flight, Decisive Endeavor, Northern Watch and Deliberate Guard.

COL Cobb is a distinguished ROTC graduate of the University of Florida (BA) and USAF Squadron Officer School (distinguished graduate). He holds a M.S. in Strategic Intelligence, Joint Military Intelligence College, plus academic achievements through the Air Command and Staff College; Air War College; Johns Hopkins University Applied Physics Laboratory's National Security Studies and Technology Seminar, National Security Studies Program; and the Elliott School of International Affairs, George Washington University.

His decorations include the Legion of Merit, Meritorious Service Medal with one oak leaf cluster and the Air Force Commendation Medal. In 2003 he was Air National Guard XO Action Officer of the Year, while in 2006 he was recognized as the National Guard Bureau A2 Action Officer of the Year. Previous tours took him to Maine, Maryland, Montana and DC.

Advanced Directives and Medical Orders: A Three Part Series

by CCC member LtCol Bill Yates USMC (Retired) April 19, 2013

McNamara & Yates, P.C. Box 1196, 128 Route 6A, Sandwich, MA 02563 508-888-8100 www.cape-law.com

Note: save this article – last of three. If you missed the first two in the June 2013 *Cape Cod Currents*, or for a single document with all three, contact the editor – info at end of the issue.

Part 3: Massachusetts Medical Orders for Life-Sustaining Treatment (MOLST)

MOLST is a Medical Order – different from advance directives because it is based on a person's current health status and is effective immediately upon signature, whether or not a person retains capacity or has lost capacity to make medical decisions for themselves.

MOLST is a standardized form that translates a seriously ill patient's preferences for certain medically appropriate life-sustaining treatments into valid medical orders that can be honored by all health care professionals across care settings. So, the MOLST form is a combination of the Comfort Care DNR order verification form, but with more specificity regarding the patient's preferences for end of life treatment.

The MOLST program was first authorized in Massachusetts under Chapter 305, Section 43 of the Acts of 2008. A test implementation of the MOLST took place in a limited geographic area, resulting in the State ordering statewide expansion of MOLST beginning on April 1, 2012.

MOLST does not change the law. All adults in Massachusetts should complete a Health Care Proxy form to appoint their agent who is authorized to make health care decisions on their behalf should they become incapacitated.

MOLST is most suitable for patients of any age with a serious medical condition, including but not limited to: life threatening disease, chronic progressive disease, dementia, life threatening injury, or medical frailty.

A valid MOLST form must be signed by both the patient (or Health Care Agent if the patient has lost capacity, or the patient's guardian) **and** the attending physician. If a patient has not

appointed a Health Care Agent before losing the capacity to sign a MOLST, no one is authorized to sign on his/her behalf unless a court-appointed guardian is granted the authority to do so.

Page one of the MOLST contains the valid medical orders about CPR, intubation/ventilation and transfer to a hospital. Page two is a further expression of a patient's other preferences and indicates the extent of the discussions that have occurred.

MOLST is a "clinical" form and a standard of care. It requires prior discussion(s) between the patient and the attending physician(s) regarding the patient's medical condition, prognosis, values and wishes for care. Then, if the MOLST form is medically indicated based on the patient's current health status and preferences, a MOLST form may be signed by both the patient and the physician.

MOLST forms are not yet in wide use across the Commonwealth, but patients with significant medical issues should ask their primary care physician about the appropriateness of the MOLST form in their situation.

A valid MOLST form stays with the patient. Patients should keep the form where it is easy to find (on the refrigerator, the back of a door or at their bedside) and keep a copy in their wallet or purse for travel outside the home. Copies of the form are valid and should be kept in the patient's medical records.

Summary:

Every adult (18 years of age) should prepare a Health Care Proxy with the assistance of an Estate Planning Attorney.

If a patient has health issues and wishes to limit EMS personnel efforts to resuscitate, then the patient should discuss the appropriateness of the Comfort Care DNR Order Verification with the doctor.

If a patient has specific desires regarding life-sustaining measures, the patient should discuss the use of the MOLST form with the doctor.

Member Sherman Reed CAPT USN wrote the following in the *Cape Cod Times* of April 13, 2013, "We older folks should make decisions on how much care we consume from all sources, including family. If we consume too much, we take from those who follow. I believe that the 87-year-old woman in California understood and chose DNR (do not resuscitate), as was her right. Despite my health care proxy, which indicates I do not want to be resuscitated, I was. It was a mistake, and my family and I went through hell because of it. It took me nine months to recover my lost mind." Although Sherm was unconscious and his wife had his health care proxy and knew he did not wish to be resuscitated, the medical professionals used "heroic measures" despite the desires of the 87-year old because no copy of the proxy was available on scene. This event and experiences of Joanna Reade, wife of member Bill, lead to the Yates series of articles.

Comments on the series **by Sherm** compiled and edited from three sources and used with his permission follow.

Thank you for the great three part series (over two issues) on Advanced Directives and Medical Orders by LtCol Bill Yates. I called both of you to express my deepest appreciation for the effort and usefulness to me even after the research I have already done. I hope everyone will take advantage of the kind offer to send a single document combining all three parts.... I think every couple or widow or widower should have a copy and re-read it or updates of it as they get older obviously using [Yates'] (or someone like him) services as needed.... My research covered the MA internet sources, my lawyer, personal physician, and minister as well as my local fire and police departments. [Bill] had about 1/3 more useful info than I had plus putting it into a tight

interlocking package that made it much more coherent. Every one of my sources acts like they are knowledgeable of a narrow piece which is what makes Bill's effort so valuable.... I am using [Yates' material] to dialogue with my doctor currently concerning eventual use of MOLST (I knew nothing about it). I am also discussing caregiver respite stays at Liberty Commons Nursing Home if needed at any time – again using Bill's fine work with MOLST.... Based on several personal experiences, a very valuable service will be given our members and their spouses if they will become informed with this source and discuss it with their families followed by consulting with the appropriate professionals. I know it can be tough to do but the sheer horror that can happen far outweighs not doing so. Our members and their spouses have certainly learned how to plan and make tough decisions. This is just one more.

For the future

July 10, 2013

Chapter Officers meeting, Hyannis VFW

Sep. 10, 2013

To be announced

Treasurer Hank Bertsch reported on June 1, 2013, the following balances.

Charity Fund 05/31/13	\$ 327.42	Scholarship Fund 05/31/13	\$ 2,825.73
Operating Fund 05/31/13	\$ 2,736.82		

MMR Falmouth gate – drill weekends open: July n/a, Aug. 24-25, Sep. 14-15.

An explanation on nomenclature regarding titles of retirees from the regular forces vs. those from reserve components - helpful to people like your editor - is contained in a December 2011 letter excerpt from the Navy Personnel Command to a former Navy chaplain colleague.

...clarification of the change in policy in designation from USNR to USN. Effective 29 April 2005, the Commander in Chief re-designated our Reserve Component from Naval Reserve to Navy Reserve to accurately describe our alignment as one Navy. This change influenced the culture of integration between our active and reserve components. The next step taken, in June 2005, was to refer to all sailors, whether active or reserve, as United States Navy sailors. Although the law still differentiates between active and reserve component, because of this initiative, Navy policy allows you to be addressed as United States Navy (Retired). No legal or administrative action is required by you to make this change in title.

Although internet research made it clear that all retirees are now properly listed simply as USA or USAF or USN or USCG regardless of whether we retired from active duty service or from time in the reserve components, the reasoning behind this usage was unclear. From the excerpt it can be seen no legal change occurred, but only a change in the form of written address.

Strength Training [from mayoclinicembodhealth.com] Strength training is an important part of an overall fitness program. Here's what strength training can do. You know exercise is good for you. Ideally, you seek ways to incorporate physical activity into your daily routine. If your aerobic workouts aren't balanced by a proper dose of strength training, though, you're missing a key component of overall health and fitness. Despite its reputation as a "guy" or "jock" thing, strength training is important for everyone. With a regular strength training program, you can reduce your body fat, increase your lean muscle mass and burn calories more efficiently.

Muscle mass naturally diminishes with age. "If you don't do anything to replace the lean muscle you lose, you'll increase the percentage of fat in your body," says Edward Laskowski, M.D., a physical medicine and rehabilitation specialist at Mayo Clinic, Rochester, Minn., and co-

director of the Mayo Clinic Sports Medicine Center. "But strength training can help you preserve and enhance your muscle mass - at any age."

Strength training also helps (1) Develop strong bones. By stressing your bones, strength training increases bone density and reduces the risk of osteoporosis. (2) Control weight. As you gain muscle, your body gains a bigger "engine" to burn calories more efficiently - which can result in weight loss. The more toned your muscles, the easier it is to control your weight. (3) Reduce risk of injury. Building muscle helps protect joints from injury. It also contributes to better balance, which can help maintain independence as you age. (4) Boost stamina. As you get stronger, you won't fatigue as easily. (5) Manage chronic conditions. Strength training can reduce the signs and symptoms of many chronic conditions, including arthritis, back pain, depression, diabetes, obesity and osteoporosis. (6) Sharpen focus. Some research suggests that regular strength training helps improve attention for older adults.

CCC MOAA Scholarship and Charity Fund contribution Chapter members and any others who would like to make a federal tax deductible donation to either our Charity or Scholarship Fund may do so by providing the requested information and mailing a check or money order.

The Chapter thanks you very much for your generosity.

I/we, _____, contribute to the CCC MOAA
[please print name(s) legibly]

Scholarship Fund the amount of \$50 \$100 \$200 Other \$ _____

Charity Fund the amount of \$50 \$100 \$200 Other \$ _____

Make instruments payable to CCC MOAA with a "memo" indicating the fund name.
Mail to CCC MOAA, PO Box 1553, Mashpee MA 02649-1553.

Signature _____ Date _____ check # _____

Reservation – July 9, 2013 Event: 102nd Intelligence Wing, MA Air Nat'l. Guard Briefing
Falcon Golf Course Clubhouse, Massachusetts Military Reservation, Goenther Road

Name _____ entrée: cod chicken marsala steak tips

Guest _____ entrée: cod chicken marsala steak tips

Guest _____ entrée: cod chicken marsala steak tips

Guest _____ entrée: cod chicken marsala steak tips

Cost: \$25.00 per person – checks to CCC MOAA – **responses** due not later than **July 1, 2013**

check # _____ date _____ in the amount of \$ _____ is enclosed

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