



Disabled American Veterans • [Chapter #23](#)

Serving Those Who Served

Monthly updates for DAV Chapter #23 – Anaheim, California

US Veterans • Families • Community



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Monthly Meeting Schedule

Wednesday, February 25, 2026

Location:



VFW Post 3173

805 E Sycamore St, Anaheim, CA 92805

All monthly meetings are held on the 4th Wednesday of each month.

Save the dates in your phone calendar and set alerts!

E-Board Polo Shirt Colors

RED = Odd Months BLUE = Even Months

RED (3 letters) – Jan, Mar, May, Jul, Sep, Nov

BLUE (4+ letters) – Feb, Apr, Jun, Aug, Oct, Dec

Meeting Day Timeline

- **1600-1700** – Setup volunteers arrive
- **1700-1800** – E-board meeting (Back room)
- **1800-1900** – Social Hour / Mealtime
- **1900-TBD** – Members Meeting
- **TBD** – Breakdown

Support DAV Chapter #23

Feeling Generous? Make a Donation

Make Checks Payable To:

“DAV – Chapter #23”

DAV Chapter #23

PO Box 10335

Santa Ana, CA 92711

Your gift gives ill and injured veterans the opportunity to live a life with respect and dignity. Help change the lives of even more veterans in need with a donation to DAV Chapter 23 today.

DAV is a 501(c)(4) tax-exempt charity, IRS EIN 31-0263158. All contributions to DAV may be tax-deductible according to IRS regulations.

Give Today

Welcome New Members

New to DAV Chapter #23?

Come to the monthly meeting so we can welcome you and introduce you to the Chapter leadership and other members.

Bring a fellow veteran who might benefit from DAV's services and community.

The 100 Most Common VA Disabilities

Use this list as a starting point when talking with a Veteran Service Officer (VSO) about your potential claims. Many conditions worsen over time—don't wait to get the benefits you earned.

Musculoskeletal

Knee strain
Back strain
Neck strain
Shoulder strain
Ankle sprain
Hip strain
Wrist strain
Foot pain
Arthritis
Sciatica

Neurological / Nerve

Migraines
Headaches
TBI
Neuropathy
Radiculopathy
Carpal tunnel
Cubital tunnel
Seizures
Facial paralysis
Post-concussion

Mental Health

PTSD
Depression
Anxiety
Adjustment disorder
Panic disorder
Somatic symptom

Hearing / Ear

Tinnitus
Hearing loss
Meniere's disease
Vertigo
Chronic ear infections
Eustachian dysfunction
Perforated eardrum
Acoustic trauma
Otitis media
Balance disorders

Digestive / GI

GERD
IBS
Colitis
Diverticulitis
Hernias
Ulcers
Hemorrhoids
GI reflux
Crohn's disease
Gastritis

Cardiovascular

Hypertension
Heart disease
Arrhythmias
Vascular disease
Heart failure
Atherosclerosis

Insomnia
Bipolar disorder
Cognitive disorder
Schizophrenia

Respiratory

Sleep apnea
Asthma
COPD
Bronchitis
Sinusitis
Rhinitis
Deviated septum
Pulmonary fibrosis
Toxic exposure disease
Tuberculosis residuals

Endocrine / Metabolic

Diabetes
Thyroid disorders
Obesity
Metabolic syndrome
Adrenal disorders
Photophobia
Conjunctivitis
Glaucoma
Cataracts
Optic nerve damage

Aortic aneurysm
Peripheral artery disease
Chest pain
Heart palpitations

Skin

Scars
Eczema
Psoriasis
Skin cancer
Keloids
Chloracne
Urticaria
Chronic dermatitis
Acne
Dry eye

Genitourinary

Prostate issues
Bladder disorders
Kidney disease
Liver disease
Gallbladder issues
Urinary incontinence
Hernia (hiatal)
Visual field issues
Retinopathy
Corneal issues

 **Orange County, CA – Veteran Events in 2026**

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February 2026

Operation Stand Down 2026 – Volunteer & Outreach Weekend

Annual Stand Down focused on connecting veterans to housing, healthcare, benefits, and community resources. (Exact dates TBD – sign-ups open February 2026.) ocnstanddown.org

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April 2026

Annual Veterans Stand Down (One Community Now)

April 24–25, 2026 – major support event for at-risk and homeless veterans (medical, dental, legal, employment and more). onecommunitynow.com

ONGOING / YEAR-ROUND VETERAN RESOURCES & EVENTS

- **Heroes Hall Museum & Veterans Exhibits** — Permanent year-round exhibitions, educational programming, and community engagement opportunities focused on Orange County veterans. *Watch the calendar for specific talk and program dates each month.* [OC Fair & Event Center - Costa Mesa, CA](#)
- **VA Outreach & Events (In-Person & Online)** — Free informational sessions, benefits workshops, and veteran support events hosted by the U.S. Department of Veterans Affairs. *Check regularly for Orange County outreach dates and locations.* [Veterans Affairs](#)
- **CalVet Stand Down & Veteran Services Calendar** — California Dept. of Veterans Affairs posts Stand Downs, community resource events, and outreach sessions statewide (filter for Orange County). *Dates added throughout 2026.* [CalVet+1](#)

Key Federal & California Veteran Benefits

Federal (VA) Benefits

- VA Health Care
- Disability Compensation
- VA Pension for wartime veterans

California State Benefits

- Property Tax Exemptions
- College Tuition Fee Waiver for Dependents

- GI Bill, VR&E, Yellow Ribbon
- VA Home Loan Program
- VA Life Insurance
- Burial & Memorial Benefits
- CalVet Home Loans
- Veterans Homes of California
- DV License Plates & DMV Waivers
- Hunting/Fishing Discounts
- State Parks & Recreation Passes

[Visit VA.gov](#)

[Visit CalVet](#)

Request your military records (DD214)

Review and print documents from your official military personnel file (including your DD214).

(ALL HIGHLIGHTED LINKS ARE LIVE)

How to request your records from the National Archives

You can request records from the National Archives online, by mail, or by fax.

Note: If you're submitting an application for VA benefits, we'll request your DD214 for you when we receive your application. You don't need to do this yourself through the National Archives.

Option 1: Request your records online

You can request your military service records online using the National Archives' eVetRecs tool.

When you get to eVetRecs, select **Make a new request**.

You'll then need to sign in with an identity-verified **ID.me** account. The National Archives may ask you to take a "live selfie" photo with your smartphone as an added step to verification.

[Request your records using eVetRecs on the National Archives website](#)

Note: You'll receive an email letting you know that we've received your request.

Option 2: Fill out the National Archives' request form (to mail or fax)

Fill out a Request Pertaining to Military Records (Standard Form 180).

[Get Standard Form 180 to download](#)

Mail or fax your completed form to the appropriate address or fax number listed on the last page of the form. To find the right address or fax number for you, you'll need to use the first chart on that page to find your branch of service, separation date, and type of record.

More records information

- [**Reconstruct military records destroyed in NPRC fire**](#)

Find out if your records may have been destroyed in the 1973 fire at the National Personnel Records Center (NPRC) in St. Louis and how to reconstruct your records to support a VA disability compensation claim.

- [**Review medical records online**](#)

Set up your personal health record, and download medical records, reports, and images to share with your VA and non-VA doctors.

- [**Change your address in your VA.gov profile**](#)

Find out how to change your address and other contact information in your VA.gov profile. This will update your information across several benefits and services.

- [**Get Veteran ID cards**](#)

Find out which Veteran ID cards you may need, and how to request them.

- [**Download your VA benefit letters**](#)

Download copies of letters, like your award letter, for certain benefits.

- [**Learn how to apply for a discharge upgrade**](#)

Answer a series of questions to get step-by-step instructions on how to apply for a discharge upgrade or correction. If your discharge gets upgraded, you'll be eligible for the VA benefits you earned during your period of service.

More information

- **Check your VA claim or appeal status**

If we've made a decision on a claim for disability, pension, burial, and DIC (Dependency and Indemnity Compensation) benefits, or a Board Appeal, you can download your decision letter.

- **Download your VA education letter**

If we made a decision on your application for Post-9/11 GI Bill benefits, you may be able to download your education decision letter now.

- **Check your remaining Post-9/11 GI Bill benefits**

Your GI Bill Statement of Benefits will show you how much of your benefits you've used and how much you have left to use for your education or training.

- **Request your military service records (including DD214)**

Submit a military records request for documents like your DD214, awards, decorations, performance reports, orders, qualifications, and security clearance.

- **Manage your VA debt**

Check the status of debt related to VA disability compensation, non-service-connected pension, or education benefits. You can also make payments or request help.



Weekly Brunch with Brothers & Sisters in Arms

Denny's – 1695 E Lincoln Ave, Orange, CA 92865
(Corner of Lincoln & Tustin, near the 55 Freeway)

Thursdays • 12:00–2:00 PM

An informal, pay-your-own-way gathering for camaraderie, conversation, and connection with fellow DAV Chapter 23 members.

Contact: "Nightrain" Joe Gramoglia – (714) 943-5107

Important VA Contacts & Resources

- **MyVA411:** 1-800-698-2411
- **Veterans Crisis Line:** 988 then press 1
- **Vet Centers:** 1-877-927-8387
- **Homeless Veteran Resources:** 1-877-424-3838

Use the VA Health & Benefits App or MyHealtheVet secure messaging for appointments, prescriptions, and medical records.

Need Help Filing VA Claims?

Multi Options are Available:

Check out our Chapter website VSO Page

Chapter 23 Veteran Service Officers (VSO) – DAV Jack Fisher Chapter 23

Or

DAV Veteran Service Officers (VSOs) are here to help you submit and track your claims.

Long Beach VAMC

5901 E. 7th St, Bldg. 8 Room 107

Long Beach, CA 90822

Hours: 8 AM – 3 PM, Monday–Friday

Phone: (562) 826-5711

Check out the New and Improved DAV Chapter 23 Website

<https://dav23.com>

Have Ideas for the Website or Newsletter?

We're always looking for new content, events, and resources to include.

Newsletter Editor: Past Commander John “Mack” Mackus

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