

\$540 Million VA Names Veteran Benefits

Veterans and their families in California received a total of more than \$540 million in cash benefits and services during fiscal year 1964. Mort Webster, manager of VA's Southern California Regional Office said, today.

Actual distribution of this sum is outlined in the 1964 annual report of the VA, now on sale at the Government Printing Office, Washington, D. C.

In California, compensation for service-connected disabilities and pension for total non-service-connected disabilities was paid to 265,500 living veterans in the amount of \$236 million.

Death compensation and pension were paid to the dependents of 99,000 deceased veterans in the amount of \$90 million.

A TOTAL OF \$78 million in insurance and indemnity payments was made to California veterans and their beneficiaries.

An average of 420 disabled veterans of World War II and the Korean Conflict in California trained during the year under the vocational rehabilitation program to overcome the handicaps of their disabilities. They received \$8 million in subsistence, tuition, supplies and equipment.

An average of 4,000 veterans trained during the year under World War II and Korean GI Bills. They received \$5½ million in cash allowances.

In an entirely separate program 1,600 children of deceased veterans received training during the year. They received \$2½ in cash allowances.

The remainder of cash benefits, services and other VA expenditures in California during the year was approximately \$120 million.

These cash benefits and services included loan guarantee programs, automobiles for certain disabled veterans, wheel chair homes for the seriously disabled, administrative costs and miscellaneous benefits.

Stroke Victim Needs Family

One of the most important factors in the recovery of a stroke victim is the patient's family, according to Willard J. Zinn, M.D., president of the Los Angeles County Heart Assn.

Of course, the patient himself must make the major effort, but his recuperation can be made swifter and easier by a knowledgeable and understanding family.

Stroke occurs when the blood supply to the brain is diminished, blanking out one or more control centers.

HE WILL perhaps order a program of exercise to restore function of paralyzed portions of the body. In some cases the family may have to exercise paralyzed limbs for the patient. The doctor may also give instruction in methods of massage to help stimulate circulation until exercises can start.

Although most patients can hear and understand what is said to them, some may be unable to speak, or their speech may be slurred after a stroke.

If the patient can write, keep paper and pencil by his side. Or, with a little ingenuity, a bell can be arranged in such a way that even a badly disabled person can ring for attention. It is reassuring to him to know he can ring for help at any time, especially if he has difficulty speaking.

When he is well enough to get around, there are several simple, practical self-help devices which will let him do more for himself. Some are illustrated in the booklet, "Strokes: A Guide to The Family," available at your local Heart Association Branch office.

THE PATIENT should be encouraged to do as much for himself as possible, as his condition improves. It may take him a long time to brush his teeth or shave himself, but it produces a feeling of

achievement. The family's help during this time is tremendously important in giving encouragement, buoying his spirits during periods of depression, showing confidence in his improvement.

Remember — no one as much as the patient's family can reassure him he is wanted, needed, and still has an important place in the family circle.

Saxon Places In Competition

Douglas A. Cook, son of Mr. and Mrs. Bert Cook of 2106 W. 160th St., has been selected as a quarter-finalist in the Southern California Edison Co. college scholarship program.

Cook, a senior at North High, plans to enter Stanford University in the fall. He will study civil engineering.

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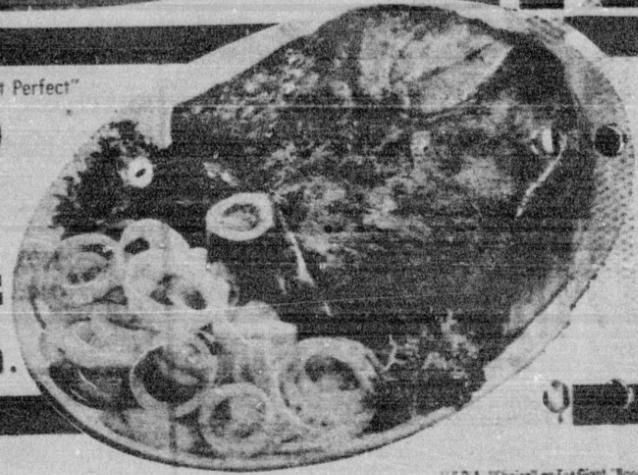
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