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IN-HOME CARE: MORE IMPORTANT THAN EVER BEFORE

As our nation continues to overcome the impacts of the coronavirus (COVID-19), the elderly and those with underlying medical conditions remain the most vulnerable populations with a higher risk for severe illness. Based on information from the Centers for Disease Control (CDC), those at high-risk for severe illness from COVID-19 are:



- People 65 years and older
- People who live in a nursing home or long-term care facility
- People of all ages with underlying medical conditions, including
 - Chronic lung disease or moderate to severe asthma
 - Serious heart conditions
 - Chronic kidney disease undergoing dialysis
 - Those who are immunocompromised

THE CRITICAL ROLE OF HOME CARE DURING THIS OUTBREAK

As hospitals and health facilities are populated with infected patients who can transmit the virus to other patients and staff, receiving care in the home is one of the safest options during this time. Home care allows you to receive the care you need, while self-isolating in the safety of your own home.

Now more than ever, in-home care can help improve your mental and emotional well-being by ensuring that though you are self-isolating, you will not be lonely. Our local care teams are committed to consistency and will establish a regular home visit schedule based on your level of need.

COMFORT

Receiving care in the safety of your own home provides the opportunity for you to remain in a comfortable place and continue your daily routines all while managing your health conditions.

PERSONALIZED CARE

Our care teams create a custom plan of care based on your unique lifestyle, preferences, and needs.

INDEPENDENCE

You will be able to keep control over many aspects of your daily life and live by your own schedule as our care plans allow you to receive care while maintaining your independence.

**THERE'S NEVER BEEN A BETTER
TIME TO CHECK
IN ON YOUR HEALTH!**

Connect with your local Community Outreach Manager to learn how we can better protect your health!

800.295.5846

HEALTHY RECIPES YOU CAN MAKE AT HOME!

*We've included modifications for common conditions like
Congestive Heart Failure, COPD, Diabetes, Cancer, and low body weight.*

THREE-BEAN CHILI

Prep Time: 10 minutes

Cook Time: 30 minutes (stovetop); 4 hours (crockpot)

Yield: 5 servings (2 cups per serving)

Ingredients:

- 1 15oz can pinto beans
- 1 15oz can black beans
- 1 15oz can kidney beans
- 2 15oz cans tomato sauce
- 1 15oz can diced tomatoes
- 1 onion, diced
- 2 tsp minced garlic
- 1 tbsp southwest chipotle seasoning, salt-free



DIRECTIONS:

Place all ingredients in a 3-4 quart pot or crockpot.

Stovetop cooking: Bring to a boil on medium-high heat; reduce heat to low and simmer 30 minutes.

Crockpot cooking: Cook 4 hours on low setting.

MODIFICATIONS:

CHF: To reduce sodium content, select "no-salt-added" canned beans, tomato products, and tortilla chips. Increase seasoning to taste.

COPD: To increase fat content, sauté onion in 3-4 tbsp olive oil. Top chili with grated cheese and/or sour cream. Top cornbread liberally with butter or soft margarine.

Diabetes: To limit carbohydrates, select a side dish of: ready-to-eat vegetables OR 10 tortilla chips OR one 2x2in square of cornbread

Cancer: To increase protein, add an additional can of beans to chili and top with grated cheese. Serve large portions as tolerated, or serve 5-6 small meals/day.

Low Body Weight: Increase fat and protein content as listed above for COPD and Cancer. Consume dishes liberally.

SUGGESTED SIDE DISHES:

Ready-to-eat raw vegetables

Cornbread

Blue corn tortilla chips

CHICKEN STIR-FRY

Prep Time: 20 minutes
Cook Time: 30 minutes
Yield: 4 servings

INGREDIENTS

1 lb chicken breast tenders,
cut into 1-inch pieces

Variation: Substitute 1 lb
pre-cooked shrimp for chicken

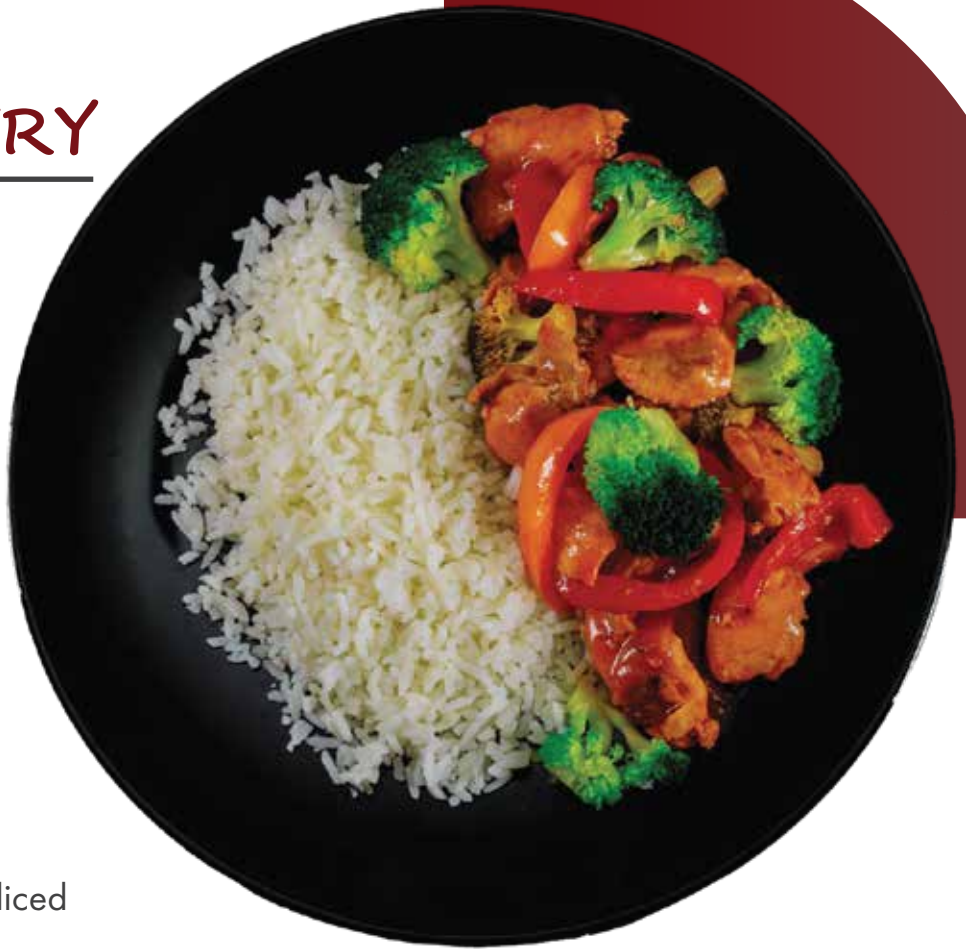
2+ tbsp olive oil

1 12oz bag of broccoli slaw

1 onion, diced

1 zucchini or yellow squash, diced or sliced

2 bell peppers, cut into 1-inch pieces



DIRECTIONS

Heat oil to medium heat in a frypan or on an electric grill.

Sauté chicken until thoroughly cooked (reaching 165° Fahrenheit).

Add vegetables to chicken; stir frequently cooking until vegetables are crisp-tender (about 5 minutes).

Serve over brown rice or brown rice noodles, if desired.

Optional: Top with sauce of choice: Sweet & Sour, Teriyaki, Soy Sauce, Orange Sauce, Sweet Chili Sauce.

MODIFICATIONS:

CHF: To reduce sodium, choose not to add sauce OR select a reduced-sodium sauce and limit to 2 tbsp.

COPD: To increase fat, increase oil to 4+ tbsp; add butter or soft margarine to rice/rice noodles.

Diabetes: To limit carbohydrates, serve without rice/rice noodles OR limit rice/rice noodles to less than 1 cup. Choose soy sauce.

Cancer: To increase protein, increase chicken (or shrimp) to 1 ½ lbs.

Low Body Weight: Increase fat and protein content as listed above for COPD and Cancer. Serve with 2 or more cups of rice/rice noodles.

TOP 10 BENEFITS OF REGULAR EXERCISE

In medicine, there is no magical cure-all. But if there were one, physical activity would be it! No other therapy provides as many amazing health benefits. Here are the top 10 benefits of regular physical activity!



- 1 Helps you live longer and prevents many chronic diseases such as heart disease, high blood pressure, stroke, type 2 diabetes, and colon and breast cancers.
- 2 Improves cardiorespiratory and muscular fitness.
- 3 Raises your metabolism and helps you lose weight more easily (or eat more without gaining weight).
- 4 Helps reduce stress, anxiety, and depression as well as improves your mood.
- 5 Helps maintain brain function in older adults.
- 6 Helps with digestion and promotes regular bowel movements.
- 7 Increases bone density (better than calcium supplements can).
- 8 Helps maintain your balance and agility which are important factors in the prevention of falls.
- 9 Improves sleep quality.
- 10 Improves your overall quality of life.

The American Heart Association recommends 150 minutes of moderate-intensity exercise per week.

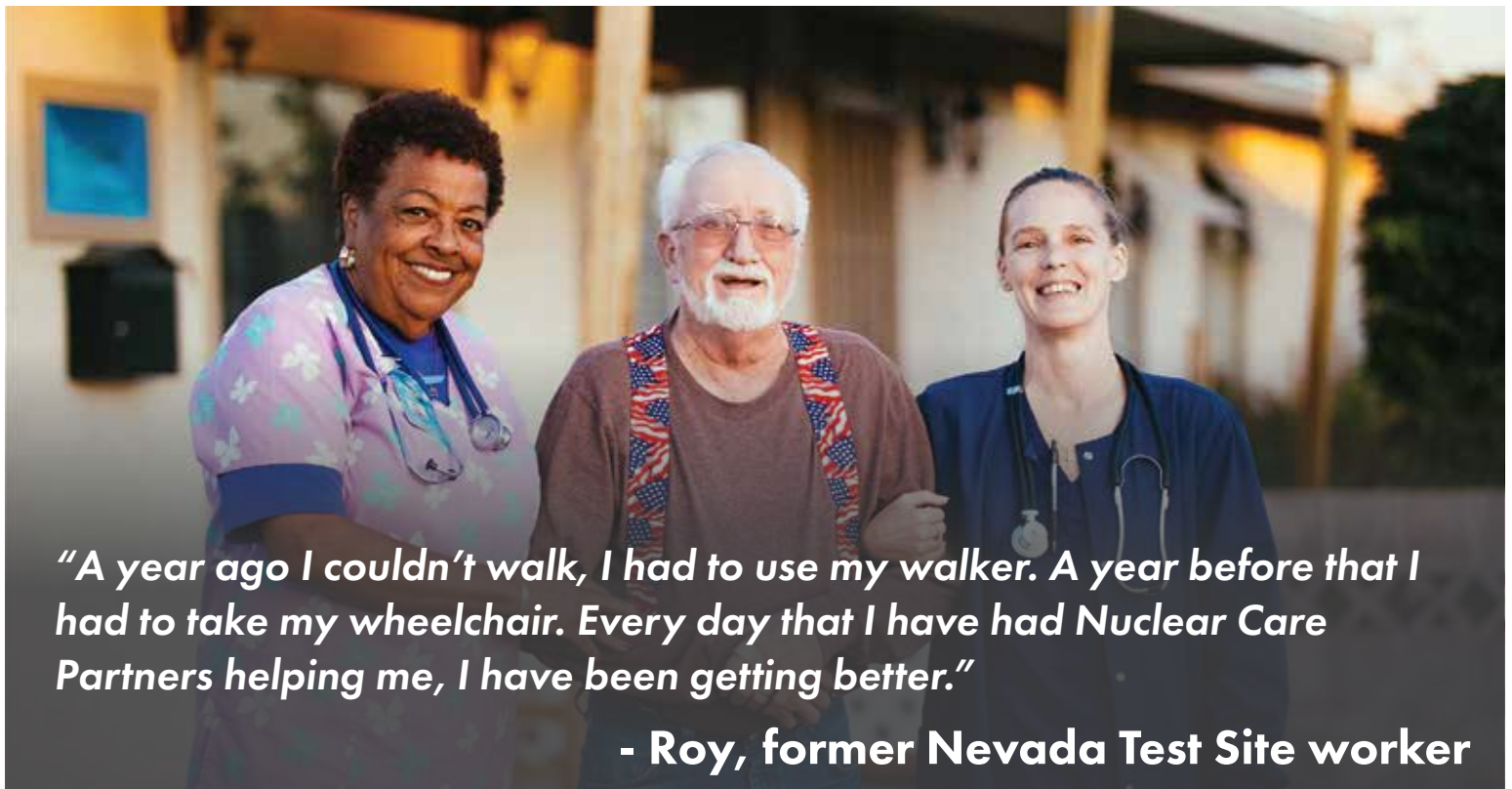
TRY THIS!

- Take a brisk 30-minute walk per day, five days a week OR try three, 10-minute walks a day, five days a week.
- Walk uphill and add a set of 5 lunges per leg to your walk every 5 minutes.
- Try “Nordic Walking” with ski poles, for added upper-body resistance and postural training when walking.

If getting out in bad weather is a concern, walk from one end of your home to the other for 10 minutes without stopping. Local malls or supermarkets can also be great indoor walking arenas—the options are endless and inexpensive!

A body in motion...stays in motion.

The key is to get moving and stay moving! Walking can be alternated with swimming, biking, and resistance exercises to add diversity to your routine. There is no need for fancy equipment—your body moving against gravity can provide enough resistance to improve your strength. Take a step toward better heart health and get started today!



BEFORE GETTING STARTED - A WORD OF CAUTION

You should always speak to your doctor before you change, start, or stop any part of your healthcare plan, including physical activity or exercise.

Reading health and exercise information online may be helpful, but it cannot replace the professional diagnosis and treatment you might need from a qualified healthcare provider.

IMPAIRMENT RATINGS 101

With Elizabeth Brooks, Independent Advocate for Nuclear Workers & Survivors

An impairment rating provides compensation for former DOE employees for any percentage of permanent disability caused by the approved illness. Impairment ratings are done every 2 years or every time a new condition is added to the white card. They are paid at a rate of \$2,500 per percentage point of disability. For example, if you are impaired at 50% for your covered conditions, you will receive \$125,000 (50 x \$2,500). Former DOE workers may receive compensation up to \$250,000.



Preparing for your Impairment Rating

Once you have received a recommendation for an impairment rating, you should start the preparation process.

1 If you are able to pay for the needed testing with your current medical insurance, you should schedule your appointment as soon as possible.

You may receive correspondence listing the minimum documentation and testing requirements for each condition that you are covered for. However; if you have an advocate, it's best to have them fill out this paperwork with the qualified physician that will be performing your evaluation. Your advocate will consult with your physician to ensure the appropriate testing is ordered for your specific case.

2 If you would prefer to wait to receive your DOL medical benefits white card before doing testing, consult with your advocate so your appointment can be made in a timely fashion. Please note, you'll receive correspondence from the Department of Labor every 30 days asking if you've scheduled your impairment rating. However, do not be overwhelmed as there is a 90-day window for the evaluation to take place.

Choosing the Best Doctor for your Impairment Rating

Following the receipt of your final decision for the acceptance of a condition, you will receive paperwork asking whether or not you'd like to complete an impairment evaluation. You'll also be asked if you would like to have the Department of Labor's medical consultant do your evaluation or if you would like to choose your own doctor. It is of the utmost importance to choose a qualified impairment specialist experienced in performing evaluations and who are willing to go the extra mile to make sure your rating is as high

as possible. For this reason, I choose Dr. Lee Meals and Dr. Rheanel Tolar*, to do evaluations for all my clients.

*** Dr. Meals & Dr. Tolar are independent contractors who specialize in performing impairment ratings for former atomic workers, like you!**

How to Get the Most out of your Impairment Rating (Every Time!)

- 1** ***Proper preparation for testing is very important.*** Consult with your advocate to make sure all documentation by your physician is complete and check at least a few days before.
- 2** ***If you are working with an advocate, do not send your records to the doctor*** performing the impairment evaluation. If you do, the evaluation may be done without all the needed testing and documentation, resulting in a lower score.
- 3** ***Keep your advocate aware of any updates with your medical status.*** In emergent cases, it's possible that your claim may be expedited.
- 4** ***Your impairment may be increased by a consequential condition.*** Consequential conditions are any illness, injury, impairment, or disease that is a consequence of an accepted condition under EEOICPA. These conditions may be added to your DOL medical benefits white card.

Contact your local Community Outreach Manager who can connect you with Elizabeth Brooks, Independent Advocate for Nuclear Workers & Survivors.

800.295.5846

Did you know?

Following your first impairment evaluation, the Department of Labor will pay the difference between the first and second evaluations. For example, if your 1st evaluation was 50% and the 2nd was 70%, the DOL will pay 20% (70%-50%).



NATIONWIDE & DECADES LONG

My Atomic Journey from Farmhand to Start-Up Engineer

A personal recount by Clarence

I was born in 1939 in the dusty town of El Paso in southern Texas. I grew up in a time of ration stamps and shortages with two brothers—Albert, who later flew B-17s during World War II, and Thomas, who was also involved in the war. We weren't able to feed ourselves so my mom bought a vegetable farm in the lower valley and my dad worked as a nixie clerk at the post office. We didn't have anything, we all had to chip in to keep life moving. I was milking in the third grade and had my first job when I was 12.

When I was 17 I joined the U.S. Air Force and went off to basic training. The school was fast-paced, but it came easy to me. My roommate and I tied for the highest score of our class, so we got our choice of bases. I chose Walker Air Force Base in Roswell, New Mexico where I worked in strategic air command.

During my time in the service, I decided I wanted to go to armament school—which I started attending in 1957 at Walker Air Force Base. This was where I found out what the atomic tables were and where I started learning about the nuclear industry. Eventually, I got a job related to the nuclear field and went to work for General Dynamics Astronautics as a Cryogenic Technician. I worked on Intercontinental Ballistic Missiles, and really enjoyed my work.





From there, I traveled all over the country—wherever I was needed. I worked at the Nevada Test Site for 11 years as a Cryogenic Technician and later began working at Bechtel Corporation in San Francisco managing engineering and construction projects. At the time I thought,

“Can you believe it? A small-town farm boy wearing a suit and tie and working in San Francisco!”

I even won an award from the Department of Energy for my innovative practices at Bechtel. I worked all kinds of temporary assignments and was later assigned to the Hanford Site where I worked for 12 years as a start-up engineer, writing the start-up procedures and helping them put the reactors together. I also worked for many years at the Savannah River Site (in remediation and cleanup), Los Alamos National Lab, Lawrence Livermore National Lab, Westinghouse Astronuclear Lab, and many more. The NIOSH report of my nuclear work history is about an inch thick!

As life went on I started into environmental restoration, cleaning up hazardous and radioactive waste. I worked on various projects—I put together cyclones to separate the heavy metals from the radioactive waste and even converted a crematorium for

radioactive waste. I began working with the Purge Water Management System—a program to manage radioactive and hazardous waste. I worked with PWMS for years, owned part of the patent, and even helped create their training video. This, among my other work experiences and accomplishments, is something I’m very proud of.

My work in the nuclear industry allowed me to do things that nobody would ever do or consider doing. I really enjoyed it and couldn’t ask for more. When I think back about it I feel so blessed with all the things I’ve done—I’ve had a fantastic life.

About two years ago I got connected with Nuclear Care Partners. I had been working with the Department of Labor to get my lung cancer covered, but I was confused and overwhelmed with not knowing what I needed to do to file and what they needed from me. As soon as I talked to Nuclear Care Partners they came to my house and explained everything to me. They were a resource to me and helped me file my claim, receive my benefits, and they started caring for me in my home.

My nurses come in and take care of me a couple of times a week now, and every one of them is very pleasant, sharp, and gracious. This year one of my nurses came to my house on Christmas day to see me because she knew me and my wife, Jan, didn’t have anybody to celebrate Christmas with. She even brought me a fruitcake, my absolute favorite! It meant so much to me and Jan, not many people would do that out of the kindness of their own heart. I keep telling my nurses that they need to change their name to Nuclear Care Angels, because that’s what they are to me—they’re my angels.



A LIFE-SAVING PHONE CALL

An unexpected diagnosis brings husband and wife together

For over a decade, Robert worked for independent contractors throughout the state of Washington. He did carpentry and construction for various atomic sites, including the Hanford Site in Richland. The projects were never for extended periods of time, each one lasted about 6-8 weeks. Robert did this work from 1971 to 1983.

"I didn't know I was being exposed to all of that radiation. I don't think anyone did,"

Robert recalled. He did remember one instance when working at one of the reactors where the workers had to wear a monitor and get checked about once a week to see how much radiation they received. "We had no idea what the impacts would be."

More than 30 years after finishing this work Robert discovered he was sick. In 2016 he started noticing that if he laid on his right side it became hard for him to breathe. At the time he didn't think much of it but later discovered the cause. "The year 2017 was the first time I knew the radiation had affected my health. But I know the Lord had his hands in how they found out I was sick."

Robert hadn't been in to see his primary care physician for at least a year. The receptionist at his doctor's office gave him call and told him their records had shown that he hadn't been in for a while and asked if Robert wanted to set up a routine appointment to check up on his health. "I thought 'might as well.'"

At the appointment, the doctor checked his lungs and told him everything was fine. But Robert's wife

pressed him to tell the doctor about the problems he had breathing when he would lay on his right side. After telling his physician, the doctor immediately sent him to get an x-ray done. She told Robert she would contact him in the next couple of days in regard to the results of the x-ray.

After a 15-minute drive back home, Robert and his wife Marilyn walked into their house to the sound of a ringing phone. It was the doctor's office. Marilyn answered the phone and the doctor told her that her husband had a massive pleural effusion. "I had no clue what that was," Marilyn remembered. The doctor told them she was going to make an emergent referral to the pulmonary department at their local hospital and that they should take the first appointment with any doctor they could get.



The next morning Robert and Marilyn were enjoying breakfast when the phone rang again. This time it was the pulmonary department. After reviewing the x-rays, they wanted Robert in the emergency room as soon as possible. So Robert and Marilyn went off to the hospital, and nine days later they returned home. In those nine days, they discovered he had three to five liters of fluid in the right lung area. The doctor drained some fluid and sent it off to be tested, but Marilyn remembers the doctor saying "I can almost guarantee this is stage four lung cancer." Unfortunately, that is exactly what it turned out to be.

A couple of days later they did a biopsy and found cancer in Robert's pleural area. The doctors found the primary tumor in Robert's lung and did radiation to remove and reduce it. "So we progressed from there and he's been on immunotherapy ever since," Marilyn said.

Robert expressed profound gratitude that the receptionist called him back in 2017.

“At my first appointment with the oncologist, he told me that if I didn’t have any treatment done I would’ve had three to four months to live.”

While Robert’s health has progressed positively since his diagnosis, the road to recovering his health has not been an easy one. Since beginning cancer treatment three years ago, Robert got pulmonary embolisms in both sides of his lungs and had to be hospitalized for two days. In addition, the medication he was taking for his cancer caused swelling in the feet and legs and because Robert already had hammertoes, he ended up getting painful ulcers on the bottom of his toes. He had to have surgery to remediate this and unfortunately received a staff infection after the surgery. Marilyn remembers, “He nearly lost his foot.” While the Drake’s have endured many medical hardships over the past few years—including Marilyn battling and overcoming breast cancer—they have continued to push onward and upward through it all.



“We had another company try to get us to go with them, but we decided to choose Nuclear Care Partners and we’ve never looked back.”

The year 2020 marks three years since Robert was diagnosed with stage four lung cancer. Today he is doing much better and even plays golf three times a week. He is also no longer receiving radiation for his cancer. “He doesn’t look ill. Nobody believes he’s as sick as the doctor says he is,” Marilyn chuckled.

“It makes me so happy to see him back to playing golf and doing what he wants to with his life. Nuclear Care Partners has been a blessing to us and we’re very thankful,” said Marilyn. Robert has been with Nuclear Care Partners for nearly two and a half years now and he and Marilyn continue to live a wonderful life in Washington.



MARY

Former Atomic
Worker &
Nuclear Care
Partners Patient



MAKING HISTORY BY MAKING A LIVING

Former Operating Engineer Shares Her Story

I was born in Louisiana and lived there until I was about three years old. Then in 1953, my aunt and uncle—who were like mom and dad to me—moved to Las Vegas, Nevada and brought me with them. I’ve lived here ever since.

Growing up, I never thought I would work in the nuclear industry. But when I was a teenager I went to the Nevada Test Site (NTS) on a summer program. That’s where I first heard of it.

When I turned 22 I applied for a job as a payroll clerk at the Nevada Test Site. I got the job as a clerk/typist and I was committed to working hard and doing a good job. My boss—an old Navy admiral—was hard as nails and soft as cotton. He pushed me to succeed and eventually, I worked my way up to become a senior clerk.

One day I was ranting about how I was tired of having to do everything for the guys, sign all of them up, send them to the job, and so on. So my boss said, “Well why don’t you be one of them then?” So I did.

I applied to be an operating engineer and in 1976 they took me and one other woman.

At that moment I didn’t realize how big of a deal that was, for a woman of color to be hired as an operating engineer at a major nuclear testing site. I just thought I was making a living! But I am very proud of my work.

I did a three-year apprenticeship that I finished in 1979. I began working, mostly at the Test Site, but sometimes in town, running the operating equipment. I did anything to do with heavy equipment, I would run the forklifts, cranes, or anything they needed me to. I knew that when it was time to work, you worked—so

that’s what I did for the next 11 years until I left my job in 1990.

My job at Nevada Test Sites was a good job and I enjoyed it. It allowed me to support and raise my three daughters and it gave us a good life.

I suppose I knew that I was being exposed to radiation and other toxic things during my career because we had to wear devices to monitor what we were being exposed to and there were people all around the job monitoring the radiation levels. At the time though, I didn’t think too much about it. I was focused on providing my children with a good life.

“If it wasn’t for the Test Site, I wouldn’t have been able to do the things I’ve done in life.”



I always tell people we must remember that the Test Site was really saving our country.

When I left NTS in 1990 I was healthy but began to struggle with sinus infections. Every year I could bet on getting a sinus infection, and it went on like that until I

was diagnosed with COPD, Chronic Silicosis, and later, sleep apnea (a consequential illness of my other diagnoses). In 2006 I started the process to file for my EEOICPA benefits. I went to the resource center to self-file, but I also had help from my pulmonologist as well as Ruben from Nuclear Care Partners. Ruben helped me figure out what was going on with the process—what the Department of Labor needed from me and what I needed to do. He also connected me with an Authorized Representative, Elizabeth Brooks, who helped me through the process of filing as well.

I started care with Nuclear Care Partners in 2015. At first, I was hesitant about in-home care and kept telling Ruben that I didn't need it. But I got to a point where I did need it. When we first started out I could mop, vacuum, and do what I needed to do for myself around the house, but I started to feel myself losing that ability.

We think we'll never get weak, but I realized that I needed to step back and accept the help that was being given to me. And I'm so glad I did.

My nurses are magnificent, they treat me so well. They keep me stable and when they come into my home they help me with everything I need. We've established a bond and trust with each other. I love them so much I even referred my brother and sister to Nuclear Care Partners—they both worked at the Nevada Test Site too.

All my life I never made plans. I just took things as they came and did what I had to do in the moment and things turned out beautifully. I really think I'm living my best life now.



National Specialty Pharmacy (NSP) is a retail pharmacy dispensing traditional and compound medications. NSP is based in Henderson, Nevada and was founded with the primary mission of providing the highest quality patient care. We specialize in providing prescription fulfillment services to patients who are former atomic workers under Department of Labor (DOL) programs. We have been successfully working with DOL patients in the White Card program for over two years and have established streamlined processes that ensure efficient and accurate prescription fills for patients across the US.

Everyone involved in the patient care process starting with the patients themselves, to the caregivers, nurses, case managers and physicians quickly discover that having one central pharmacy focused on fulfilling their prescription needs and answering their questions simplifies the process for all involved and ultimately results in highly effective care for patients.

Since most patients have many prescriptions from multiple doctors, it is often difficult for patients, nurses and caregivers to monitor and keep track of prescription compliance and fulfillment. Our three full time pharmacists and dedicated DOL support team are able to oversee the management of these medications and give advice to a patient, practitioner or nurse for any interactions,



Your Whole Family Wellness Partner

“After being diagnosed with chemo induced neuropathy, my podiatrist wrote me a prescription for a medicated compound cream to see if it would alleviate the numbness and burning in my legs and feet. After mentioning this to my nurse from Nuclear Care Partners, she told me about National Specialty Pharmacy which is approved and recognized by the Department of Labor. I’ve been having them fill my prescriptions for the past 6 months and taking advantage of their free delivery service.

In addition, National Specialty Pharmacy will fill any other prescriptions; even those not covered by the Department of Labor. I’m very pleased with their courtesy and professionalism.”

Robert Bodak

over-prescribed medications, treatment options, etc. We work hand in hand with each patient’s doctor to develop the best prescription protocol for the patient’s specific care needs.

In many cases, patient specific compounds are an alternative treatment to traditional medications.

Listed below are several examples of symptoms and the compound medication to treat the corresponding symptom.

Neuro compound cream - Neuropathy pain, nerve pain, diabetic and general pain, arthritis

Pain compound cream - Arthritis, orthopedic injuries, muscle pain, generalized overall body pain

Nasal dryness compound gel - Patients that are oxygen dependent or even use oxygen intermittently and experience dryness around the nostril area

Diabetic compound cream- Diabetics that have dry/cracked skin issues, also effective with chemotherapy and radiation patients

Compounded scar cream - New and old scars

If you are interested in any of our compounded medications, please call to speak to a Pharmacist to discuss which compound formulation may be right for your specific symptoms. With your permission, we can then request the medication prescription from your doctor or you can request the medication during your next doctor visit.

We know how difficult it can be for patients to physically get to multiple doctor appointments, rehab appointments and pharmacies so to help simplify this process, we offer free shipping direct to the patient's home. The National Specialty Pharmacy team is here to help you with all your prescription needs. We will do all we can to earn your business, and more importantly, to earn and keep your trust.

We are joining forces with Nuclear Care Partners in the following states, and many more.

Arizona
California
Colorado
Georgia
Idaho
Iowa
Missouri

Nevada
New Mexico
Ohio
Oregon
Washington
Wyoming

NATIONAL
SPECIALTY PHARMACY

Please feel free to contact our pharmacy with any questions.

Pharmacy 855.557.6595

Want to share this newsletter with a friend?

Give us a call & we'll send them a copy!

Call 800.295.5846

Give us their name & address

We'll sign them up to receive our 3 annual editions!



***Want to see your story featured in an upcoming newsletter?
Give us a call & get connected with our team!***

ARE YOU READY TO FILE?

3 Questions to Ask Yourself When Preparing for the Filing Process

Were you recently diagnosed with a serious illness? Are you wondering if you qualify for benefits through the EEOICPA? Our Benefits Specialists can help you determine your eligibility and navigate the filing process. These three questions will help you better understand your benefits, could save you months of paperwork, and potentially prevent your claim from getting denied!

Do you have a verifiable illness?

The Department of Labor (DOL) requires certain tests for a diagnosis to be verified. For example, if you went to your doctor with complaints of shortness of breath and other common symptoms of COPD, your doctor would need to order at least a Pulmonary Function Test (PFT) and a chest x-ray to prove, or verify, that you have COPD.

Our Benefits Specialists can teach you how to discuss your health condition(s) & EEOICPA benefits with your physician to help them understand what the DOL requires for your specific illness.

Could your illness have been caused by something you were exposed to at a DOE site?

To be covered under the EEOICPA, your illness must have a root cause from radiation, chemicals, heavy metals, fumes, etc. How do you know if there is a link? The DOL follows the Centers for Disease Control guidelines on causation so you might start by checking out their website or by simply talking to your doctor!

We have been helping former workers for nearly a decade, and are very familiar with the relationships between DOE sites, work processes and exposure to toxic substances.

Did your work process put you in contact with radiation or other hazardous materials/chemicals that could be the root cause of your illness?

The DOL will need to verify that your work did, in fact, put you in contact with the radiation, chemicals, heavy metals, fumes, etc. that caused your illness. If you wore a dosimeter badge during your work and have been diagnosed with radiation-induced cancer, the dosimeter badge essentially serves as proof that you may have been exposed. We can help you link the rest—chemicals, heavy metals, fumes, etc.—if you don't remember all of the material safety data sheets (MSDS) in your area.

Our Benefits Specialists can help you navigate the Site Exposure Matrix (SEM) website that shows what each work process could have been exposed to at every DOE site and can help determine if your illness is linked to your workplace exposure.

If you can answer YES to all three of these questions, you are ready to file!

HOME CARE LIKE YOU'VE NEVER EXPERIENCED

Our Preventative Care Program

We can help you monitor your medication, track new conditions, and develop healthy habits to avoid potential illnesses or injuries.

"I've never been so happy in my life to have someone care for me. They help me with anything I need and actively keep me doing things to make sure that I take care of myself. I've got a life that I can still live and I want a quality of life, they give me that. They help me do the things I want to do. They really care."

- Larry, former Uranium Miner & Nuclear Care Partners Patient



LARRY

Former Atomic Worker &
Nuclear Care Partners Patient

We Provide Compassionate Care, Unique to Your Needs.

We believe everyone has the right to live a comfortable, independent and dignified life—and we're here to make that happen for you.

"This is home care like never before. We develop an individualized plan of care with each patient that meets their unique health goals, and then we provide top-notch, talented care teams to help them meet those goals."

- Jenna Noem, CEO



PAUL
Former Atomic Worker &
Nuclear Care Partners Patient

We Value the Power of Human Connection.

Our care teams seek to build meaningful relationships with our patients as we get to know them, their story, and their health needs.

"My patients aren't just a number to me. I get to be involved with their families and with their daily life—to really get to know them. These relationships definitely lead to better health outcomes for our patients."

- Sherry Cazier (WA) nurse

Ask yourself, do you want to...

Live independently

Have a voice & make decisions in your care

Have a custom care plan suited to your unique needs

Be with a health care provider that delivers the highest quality of care

Our In-Home Care Services Include:

- Skilled nursing
- Medication management
- Meal preparation
- Home safety assessments
- Daily monitoring (if necessary)
- Fall prevention program
- Pulmonary support
- Durable Medical Equipment
- Diet education
- Physician support
- Education and much more



LEONARD
Former Atomic Worker &
Nuclear Care Partners Patient

HISTORICAL HIGHLIGHT

FERNALD

1,050 acres. 38 years.

Over 500 million pounds of uranium produced.

The Fernald Preserve, formerly known as the Feed Materials Production Center, Fernald Environmental Management Project, and Fernald Closure Project, spent nearly 40 years processing uranium ore to support our nation's nuclear weapons complex.

In 1951, the Department of Energy (DOE) acquired 1,050 acres of land from private landowners near the rural community of Fernald, about 18 miles northwest of Cincinnati, Ohio. They chose this land due to its central location between the uranium ore delivery ports of New York and New Orleans, and because of its close proximity to Cincinnati's large labor force. The landscape was level, making the site's construction easy, and it was isolated which provided safety and security. It was also located about 40 feet above a large water aquifer, which supplied the water needed for uranium metal processing.

The site began with only about a dozen employees and operations commenced in 1952. Uranium ore was transported to the site and processed in foundries to produce high-purity uranium metal. The purified uranium or "feed materials" was then used as targets inserted into nuclear reactors that produced plutonium for weapon construction. The uranium fuel cores were the "feed" for the Atomic Energy Commission's plutonium production reactors in Oak Ridge, Tennessee, at the Savannah River Site in South Carolina, and at the Hanford Site in Washington state.

Unfortunately, during the facility's operation, processing activities led to the contamination of the soil, surface water, and groundwater. In 1984 it was learned that the plant was releasing uranium dust into the atmosphere, exposing the surrounding community to ionizing radiation, soluble and insoluble forms of uranium, and other hazardous chemicals.



***From 1952 until 1989,
more than 500 million
pounds of uranium metal
was produced at Fernald.***

The site drew national attention from the media and the state of Ohio, local residents and workers began to take legal action against the site. Following the end of the Cold War, the DOE stopped uranium production at Fernald and shifted the facility's focus to environmental management.

To protect human health, the environment, and the land's future use, the Fernald Site was cleaned to standards approved by the U.S. Environmental Protection Agency (EPA) and the Ohio EPA. This cleanup was successful and completed in 2006.

The site has come full circle, now serving as a nature preserve. The land's natural features have been restored using native plants and grasses, and the ecological restoration has made it home to a diversity of wildlife. More than 245 species of birds have been observed and over 100 different species have been documented as nesting at the Fernald Preserve. The Preserve now features a 7-mile network of trails and an award-winning visitors center, greatly enjoyed by the local community.

Currently, the DOE Office of Legacy Management manages the Fernald Preserve, ensuring the continued effectiveness of the site's environmental remediation, the ongoing groundwater cleanup, and the ecological restoration.

Current Land Uses

Fernald Preserve Visitors Center
395 acres of forest
332 acres of prairie
33 acres of savanna
81 acres of wetland
60 acres of open water
7.4 miles of walking trails
120-acre On-Site Disposal Facility
29 acres of infrastructure

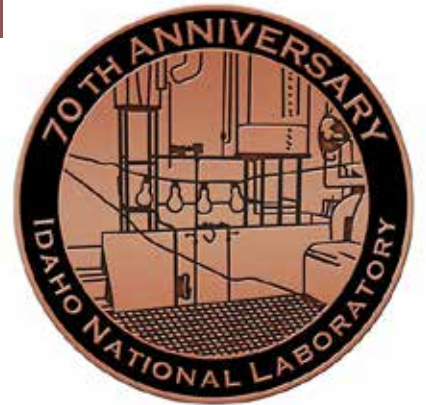




631 24½ Rd. Suite C
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A FREE GIFT FOR YOU!

Established in 1949 as the National Reactor Testing Station, this pin commemorates the 70th anniversary of the Idaho National Laboratory. Fifty-two reactors, most of them first-of-a-kind, were built at the site. The success of one of the early reactors, EBR-1, proved that nuclear power could be harnessed to produce electricity. Today, the INL furthers its legacy by leading the initiatives to develop next-generation reactor technologies, advanced fuel cycles, and space nuclear power systems.



Call **800.295.5846** to order your free pin today!

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