

# ATOMIC



# HEALTH NEWS

FOR DEPARTMENT OF ENERGY, ATOMIC  
WEAPONS EMPLOYEES & URANIUM WORKERS

## ASK THE EXPERTS

*Better health is just a phone call  
away with Health Watch*

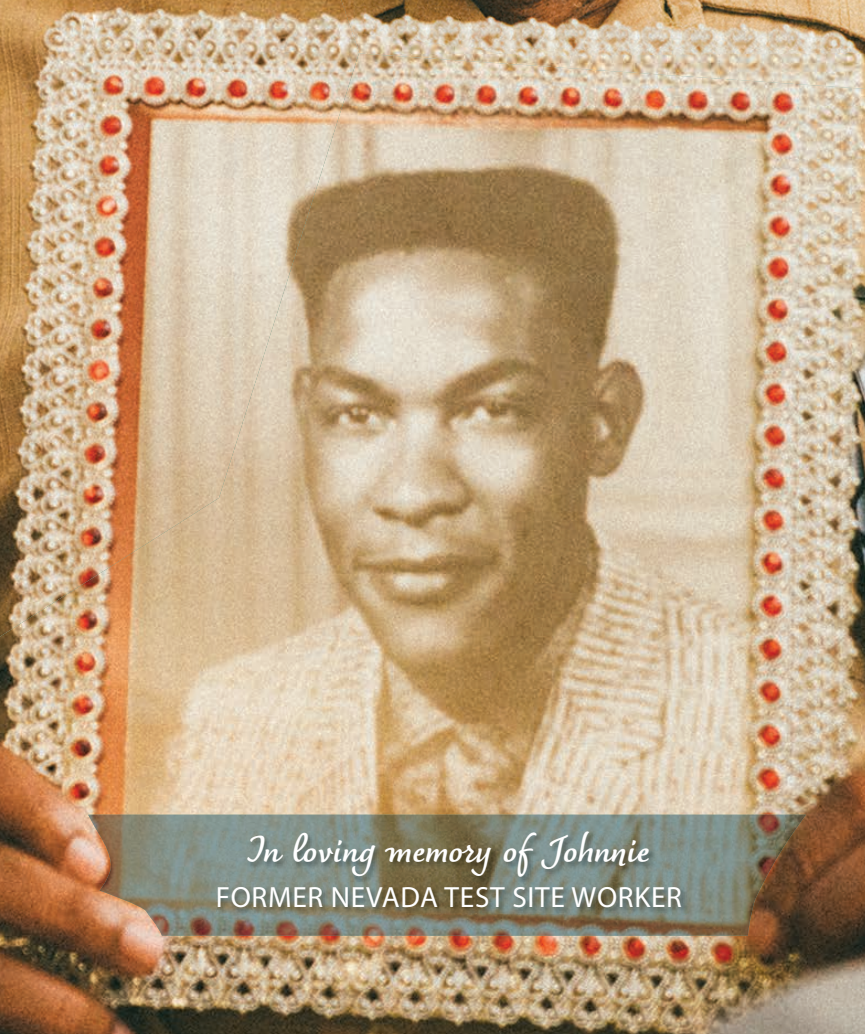
*COPD: Diagnosis education,  
symptoms, medication & treatment*

## ATOMIC SITE FEATURE

*Nevada Test Site*

## ATOMIC MUSEUMS

*A list of atomic  
museums &  
exhibits across  
the country*



*In loving memory of Johnnie*  
FORMER NEVADA TEST SITE WORKER

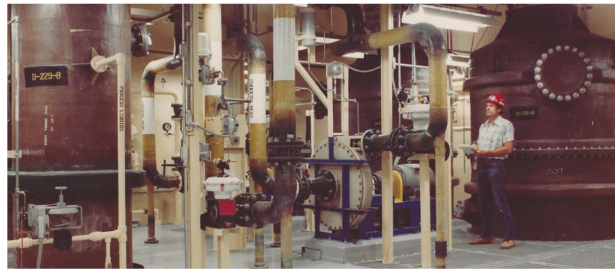


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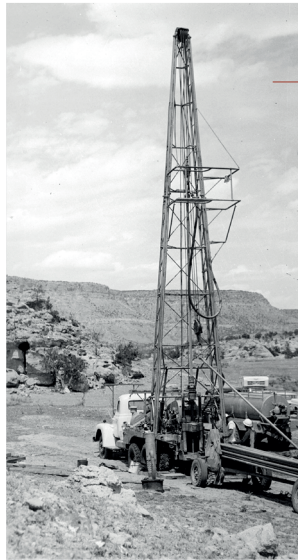
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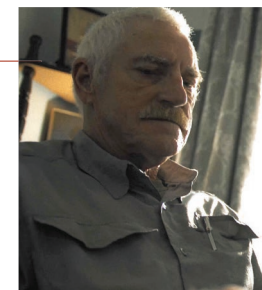
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## COMMUNITY PARTNER

*Act Now DME*

## JOIN THE ATOMIC HEROES ALLIANCE!

**An exclusive group for atomic heroes, like you!**

### What is the Atomic Heroes Alliance?

The Atomic Heroes Alliance (AHA) is an exclusive group for former atomic workers that's home to a **network of organizations that are committed to helping former workers** get what they need. Whether it's a list of DOL-friendly pharmacies, finding a white card-friendly doctor or if you just need extra support around the home, AHA is a place that you can turn to when you're searching for help, support, and/or resources related to your EEOICPA benefits.

### Member benefits include:

- Free Atomic Pins & Gifts
- Access to a Network of EEOICPA Resources & White Card-Friendly Organizations
- An Early Edition of our Atomic Health News Magazine
- Information about Free Health Screenings & More!

### Benefits Assistance for DOL White Cardholders

- Adding consequential illnesses to your white card
- Learning how to maximize your benefits
- Out-of-pocket and medical travel reimbursement forms
- Impairment ratings & more

SIGN UP TODAY TO RECEIVE  
YOUR FREE MEMBERSHIP  
CARD & PIN!

**800.295.5846**

*\*Please allow 4-6 weeks for delivery*



### Premier Access to our Specialty Programs



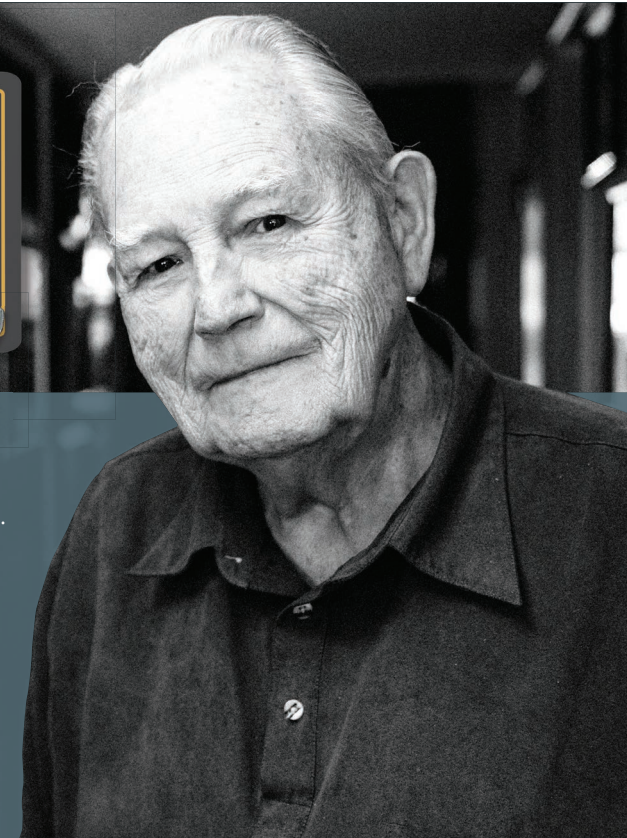
#### BreatheBetter

Maximize your health and well-being by improving your lung health. Our nurses will guide you through individualized interventions unique to your health needs.



#### Health Watch

This program will help you monitor your health, answer your questions & provide you with a variety of resources related to your EEOICPA health benefits while you await your benefits approval.







## MEET FRED

### *The Last Surviving Member of the Manhattan Project Bomb Test Crew*

I'm proud to have worked for over 14 years in the atomic industry and am honored to be carrying out the legacy as the last surviving member of the Manhattan Project Bomb Test Crew. My name is Fred and I was born in Oklahoma City, Oklahoma in 1932 near the height of the Great Depression. At just three days old, I was adopted by my wonderful family for a mere ten dollars! My father worked for the Sinclair Oil Corporation so they brought me out to Shidler, Oklahoma where I grew up on the oil lease. I was blessed with a great family and upbringing, and I was even fortunate enough to meet and have a relationship with my birth parents later in life. Right after World War II, my buddies and I thought it would be fun to join the National Guard, so at 15 years old, I did just that, without my parents' knowledge. My dad's job had us moving around between Oklahoma and Kansas depending on where the oil company needed him and in my senior year of high school, he was transferred to Claflin, Kansas. I decided to stay behind to finish up my senior year but began to feel homesick so I went out to Claflin that Christmas and decided to stay with my family and leave the National Guard. Three months later, the Korean War broke out and all of my friends got sent to Korea—I had missed the war by just a few months!

After graduating high school I began working in Wichita, Kansas for Boeing as an Expediter. My job was to search for the parts for the B-52 planes and put them in the right place. Shortly after, I was drafted and though it broke my dad's heart, they sent me to basic training in Camp Hope, Louisiana. After completing basic training, I was sent to guard the Presidio of San Francisco in California.

**I thought I would eventually be going to Korea for the war but there was a secret mission assigned to me that they wouldn't tell anyone about, not even me! As a part of this secret mission, myself and some other military policemen were sent to Area 51 and the Nevada Test Site.** Even upon arriving we still had no clue why we were there or what our duties were. They finally told us that we were to be a part of Operation Upshot-Knothole, setting off 11 atomic tests throughout the summer. At that time, the only bombs that had been dropped were Hiroshima and Nagasaki, so they wanted to see how far out the blast would reach, the amount of damage it would leave, and how far away a person could be to leave damage.

The living situation that summer was not ideal for any of us, we slept in tents with no air conditioning in the middle of the desert in 110° heat. I couldn't believe how developed the Nevada Test Site, then called the Nevada Proving Ground, was. It was almost like a city. They started building homes and businesses and even brought in cattle and sheep. While working there, my job as a military policeman was to escort all of the military troops who arrived at the test site to witness the bomb tests. I would advise them, "There's going to be a test going off in a few minutes. You're going to have to get down in the trench, and don't get up! Wear your dark glasses, then once the wind comes you can stand up." After each test, the other military policeman and I would go back to our tents and sleep during the day while the debris continued to rain down from the sky. The protection wasn't great, we hardly wore any radiation badges because we didn't know what we were being exposed to at the time. In hindsight, many of us workers should've been in the trenches while the tests were going off rather than staying above ground at the Jeeps. Who knows what we were exposed to!

**After the military, I began working at the Los Alamos National Laboratory in New Mexico. I started in 1956 and worked for LANL for 14 years. I was working full-time in security and part-time in the lab, helping build the core of the bombs in the hot boxes. As a part of the Manhattan Project Bomb Test Crew, we did all of our secret messaging by mouth. We would meet at the La Fonda hotel in Santa Fe to trade secrets and all of our documentation there at the bar, where even the bartender was one of us.**

It was dangerous work. I had a good friend who was severely exposed once. He was mixing the plutonium in the hot box and he should have been standing behind the protective lead screen, but he wasn't and there was a criticality that threw beta-gamma all over him and the lab. Some people in the lab, my boss included, who put their heads up against the glass in the hot box ended up dying of brain cancer. "It's a miracle Fred is alive," Gloria, Fred's wife, remarked.

While working at Los Alamos, I got the opportunity to see and meet some of the most famous theoretical physicists like Albert Einstein and J. Robert Oppenheimer. I witnessed and was a part of some incredible parts of history there. Years later, my security job began to fold and the lab wanted to hire me full-time but I really didn't want to work there for the rest of my life so I turned it down. "It's a good thing he did because all of his buddies are gone now from working there full-time," said Gloria.

I left Los Alamos in 1970 and my family and I eventually moved up to Canada for a bit where I worked in air traffic control for the Calgary International Airport. **One day we got a call from the Atomic Testing Museum. Gloria answered and they were asking her if I was still around. To their surprise, she told them I was, and they informed her that they were from the new museum being built in Las Vegas and that they were raking the country to find people who worked with the atomic tests. I was the first surviving member that they had found.**

They invited us to the museum opening and asked if we'd like to come down early to see the old atomic proving grounds. We couldn't say no! So we went down in November of that year and from the hotel, we took a bus to the proving grounds. "The bus was full of descendants of the workers that had passed, but not any of the original workers, other than Fred," Gloria remembered. "It was a very rainy day and when we finally got to the grounds where the bombs had been they had had so much rain that Fred didn't recognize it because it was all covered in grass!"

We were asked to come back to the museum opening that following February and they made all of the arrangements for us. Before the opening, we sent them some old things of mine to include in the museum—photos of myself, my Camp Desert Rock mess card and unit insignia, and photographs and information about Operation Upshot-Knothole. They even created a study collection in my name! In the spring of 2005, when the museum opening came around I was dealing with an aneurysm below my heart, but knowing how important this trip was to me, my doctors sent me with some medication and a wheelchair so I could still go. My wife, Gloria, and my daughter, Debbie came with me and pushed me through the museum and up and down the Las Vegas Strip. It was a surreal experience to see my photos enlarged up on the walls.

While we were there a gentleman from the museum came up to me to shake my hand and congratulate me. He asked me if I ever worked at a nuclear installation and I told him I worked at Los Alamos for 14 years and that I helped build the core of the bomb. He was so shocked that I was still alive after hearing all I had done and he told me I should probably have my health checked to see if I had any exposure-related issues. At the time, I had no health problems, other than the aneurysm, but decided to get checked anyways. The VA hospital did all kinds of tests but all they could find was a spot of melanoma on my leg, which they removed. They had some suspicion that there was something wrong with my lungs but they couldn't detect what it might be, so they sent everything to Johns Hopkins University where they found that I had Asbestosis.

Since working at the sites, I've been diagnosed with and added COPD, Asbestosis, and skin cancer to my DOL White Card. Thankfully, Nuclear Care Partners is there to help me every day. I've been cared for by them for nine years now and it's been amazing. My wife, Gloria is also my family caregiver and was just tickled when she won the NCP Family Caregiver award of the Year in 2016!

*"As a Nuclear Care Partners nurse, coming here and being the only nurse that sees him for the past seven years has been so wonderful. The stories I hear are incredible and I just cherish them. These guys are my family!" - Nancy, Fred's Nurse*

*Nancy (left), Fred (center), Gloria (right)*





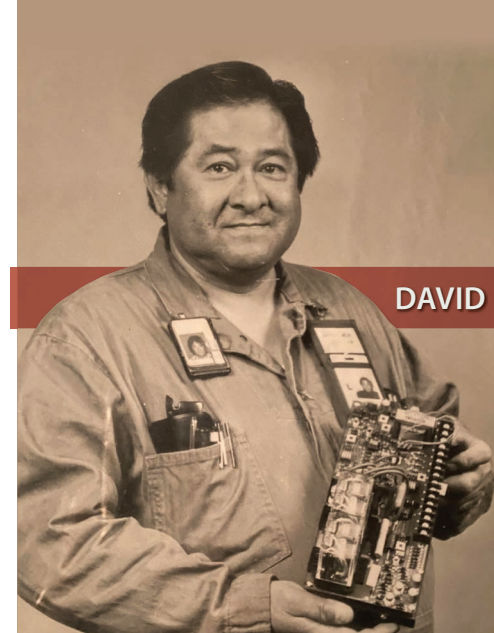


PEGGY



# REAL WORKERS, REAL PHOTOS

CHUCK



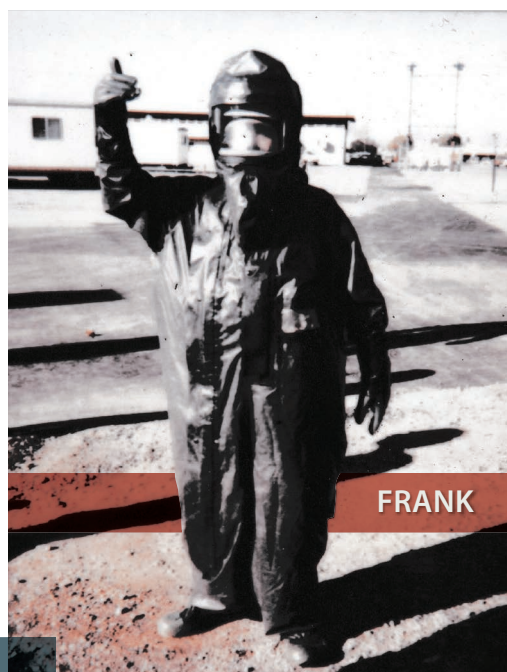
DAVID



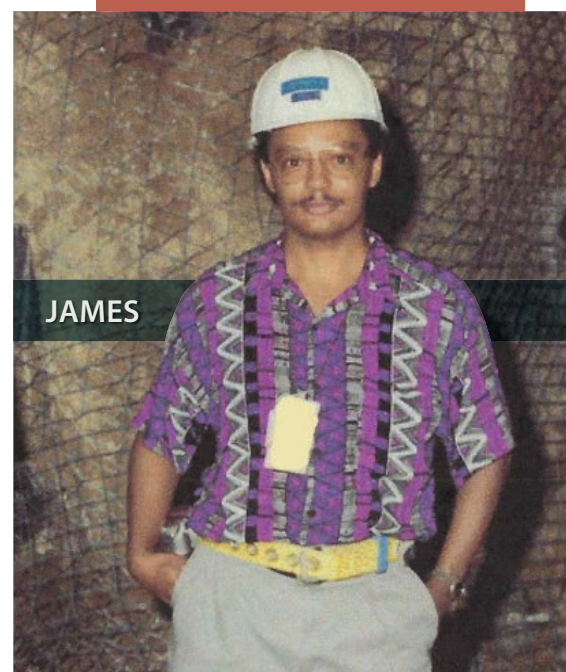
SONNY



DOLORES



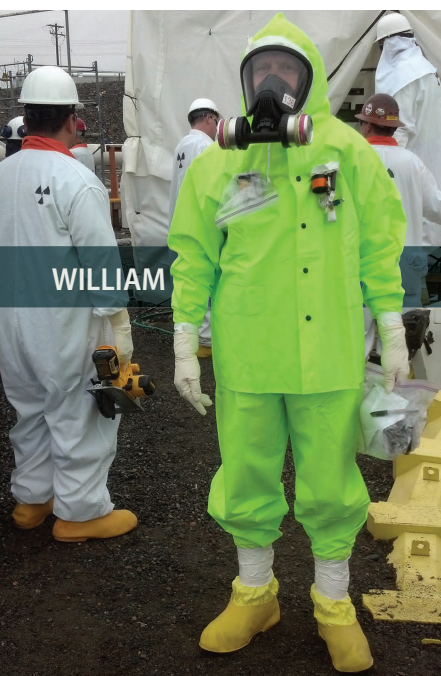
FRANK



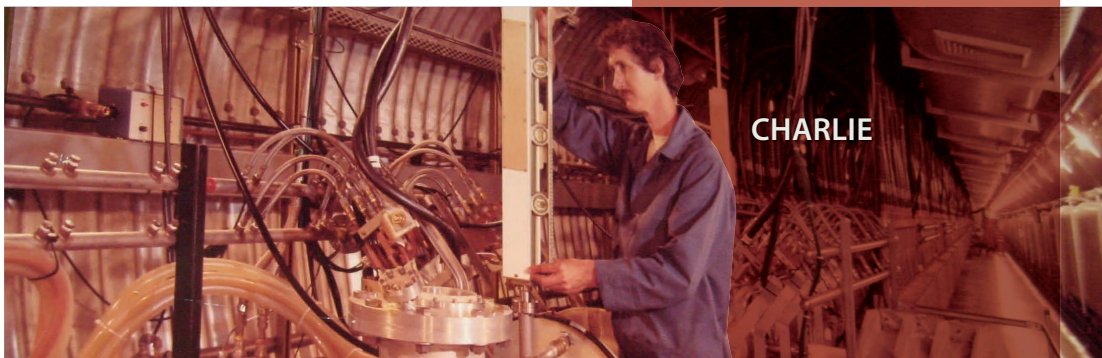
JAMES



PHILIP



WILLIAM



CHARLIE



HELLEN



JACK

Want to see your photos featured  
in one of our upcoming calendars  
or newsletters?

We'd love to share your photos from  
working in the atomic industry!

Call to learn more about  
submitting your photos!

800.295.5846

**Peggy** - Worked in Publications/Illustrations for the Savannah River Site for over 36 years.

**Dolores** - (far left in photo) Worked at Atomics International in the Quality & Reliability Assurance Department.

**Frank** - Health Physicist at UMTRAP-Grand Junction & Durango Colorado, remediation of vicinity properties and uranium mills.

**James** - Event Engineer (Project Manager) for Los Alamos National Laboratory during nuclear testing.

**William** - Senior Radiological Control Technician at Hanford for 40 years. Photo taken at the Hanford Tank Farms.

**Charlie** - Engineer at Lawrence Livermore National Lab.

**Chuck** - Electrical General Foreman at Rocky Flats.

**David** - Worked as an Electrician for 45 years at Idaho National Lab.

**Sonny** - Worked in security at the Nevada Test Site for 35 years.

**Philip** - Worked at Lawrence Livermore National Laboratory.

**Hellen** - First woman truck driver at the Savannah River Site.

**Jack** - Worked for 28 years at the Savannah River Site, worked as an Ironworker General Foreman.



# MEET PHIL

HUMOR IN THE FACE OF DANGER: A URANIUM MINER'S UNIQUE EXPERIENCE IN THE MINES

*"It's a miracle as many people survived as they did," Phil said.  
"The first mine I worked at hauled a man out every week.  
It was a dangerous job."*



Around 1961, at just 20 years old, Phil began working in the uranium mining industry in Grants, New Mexico. Over the course of four years, he worked at three uranium mines in Arizona and New Mexico, progressing from a simple laborer to a skilled uranium miner.

Phil also worked at the Western Nuclear - Split Rock uranium mill tailings site in Jeffrey City, Wyoming. In fact, this is where he met Barb, his wife. Barb worked at Western Nuclear for about five years. She began as a laborer, or top-lander, then went into the warehouse as a draftsman, and finally transitioned to working underground as a surveyor. While out at Split Rock, Phil had a good friend named George, who also happens to be a patient with Nuclear Care Partners. Barb struck up a friendship with George and his wife Chris as well. "I suppose they liked me and they liked Phil, so they set us up on a blind date," Barb shared. "We hit it off and I was really impressed with Phil when we first met but he didn't call me! So then a few weeks later I went into the Split Rock restaurant and there he was! I did circles at the door wondering if I should go in. I eventually did and asked him 'where have you been?' to which he replied, 'I've been hunting.'" They shared a laugh and Phil took Barb out again. The pair have been married for over 43 years now.

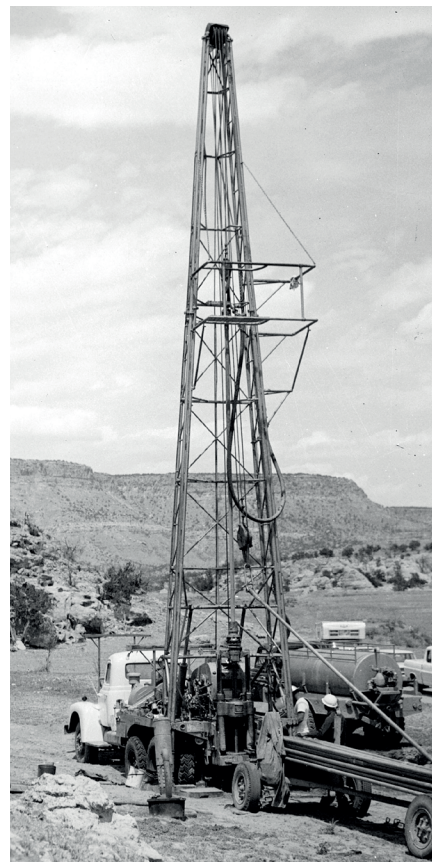
Barb couldn't help but boast of her husband's success as a miner, mentioning that he was what you call a grade-A miner, a top-of-the-board miner (these were the miners that made the most production footage and got put up on the board). "He was always on top of the board," she said.

Being raised in a small town in southern Idaho of about 30 people, Phil never really experienced much of the outside world, but working at the mines allowed him to meet different people and experience new cultures. While he truly enjoyed the work, Phil found that he loved the culture of the people more than anything.

*"Humor was something that kept us all going," Phil recalled. "You couldn't dwell on what you were doing or the danger we were in, we had to make jokes."*

One of Phil's mining partners was nicknamed "Tiny", in spite of the fact that he was 6'6" and weighed about 350 pounds. Phil recounted that Tiny's wife was very particular and "neater than anything." He laughed aloud as he reminisced, "I would catch mice underground and put them in Tiny's lunch pail on the way home. And for two or three days after that, he wouldn't get lunch!" This humorous comradery was vital in helping the miners get through the day and keep their minds off of the many occupational hazards.

Exposure to radon gas and smoke was common in the uranium mines, "it was smoke all the time." Phil remembered, "ventilation was something they talked about, but no one ever saw it." When Phil first started in the mines of New Mexico, he learned that "if the smoke was green you had to get out of the mine because there was no oxygen in it, but if it was blue it was safe because there was oxygen in it." The high amounts of silica dust in



the mines also contributed to a plethora of health issues for the miners. Phillip recalled the mining town of Gold Hill, Nevada, where the average miner only lived for two years (after beginning work) due to silicosis.

One of Phil's cousins, who was also a uranium miner, died of lung disease as a result of his workplace exposure. Phil realized that he too could have lung disease due to his exposure, but didn't think he had worked at the mines long enough to contract anything. When he began to notice shortness of breath and other similar symptoms he was tested and diagnosed with lung disease. His DOL White Card covers costs associated with his approved diagnoses of Pneumoconiosis, Pulmonary Fibrosis, and other chronic manifestations due to radiation.

A few years ago, Nuclear Care Partners held a local informative event on the EEOICPA benefits available to former uranium miners. While he had already received his Department of Labor white card, Phil wasn't aware that the card could cover additional services like in-home care. He attended the event and learned that he could receive benefits for his workplace exposure and consequential lung disease. Phil became a patient with Nuclear Care Partners and his wife, Barb, is now employed by the company to be his family caregiver.

*"Having my wife as my caregiver helps me do things that I couldn't do otherwise," Phil said. "The care team is wonderful and every single nurse I've had with Nuclear Care Partners has wound up being like family. In fact, my nurse's husband is now one of my best friends. We even go fishing together."*

Phil expressed immense gratitude for his care team and shared that since he began care with Nuclear Care Partners in 2011, his nurses have been so vigilant and have, "saved my life." Barb shared that on multiple occasions, his nurses have caught oncoming pneumonia and prevented it. **"I am so thankful for this care that has allowed me to have a high quality of life at home."**



— Kerr-McGee Uranium Mill in Grants, New Mexico

US Department of Labor  
Office of Workers' Compensation Programs  
Division of Energy Employees Occupational Illness Compensation



Medical Benefits Identification Card  
JOHN DOE

Case Number: 000123456789  
Pharmacy BIN: 87654321  
DEEOIC Group ID #: OWCP1222

No Co-Pay/No Deductible

MISUSE OF CARD PUNISHABLE BY LAW

Your **DOL White Card** can cover costs associated with your approved illness including:

- Doctors' Visits, Medical Treatments & Copays
- Prescribed Medications
- Reimbursement for out-of-pocket Medical Expenses
- Inpatient & Outpatient Hospital Charges
- In-Home Health Care
- Durable Medical Equipment (wheelchairs, walkers, O<sub>2</sub> concentrator, etc.)
- Travel for Medical Treatments
- Diagnostic Laboratory & Radiological Testing & More!

**Curious if you're getting the most of your EEOICPA benefits?**

*We can help you maximize your benefits and assist with impairment ratings and adding consequential illnesses to your card.*

**Call to Learn How to Maximize Your Benefits!**

800.295.5846





**Better health is just a phone call away!**

*Written by Leslie Higgins,  
Health Watch Representative*

**Hello! My name is Leslie Higgins and I am so honored to be Nuclear Care Partner's Health Watch Representative and have the opportunity to tell you about this unique program!**

The Health Watch program is a series of calls to a very special group of people, our nation's former atomic workers. These calls are offered as a resource to former workers who are awaiting in-home nursing care approval from the Department of Labor.

**Over the course of 8 weeks, I reach out on a weekly basis to provide education about the assistance and resources that Nuclear Care Partners can offer.**

Throughout these calls, I will check in on any new health needs that the local care team needs to be aware of. I then ensure these requests are given to and accommodated by the local team, including the patient's care team which consists of the nurse and/or Clinical Director. Our goal is to give each former worker the assurance that they have a whole team looking out for them. Our patients have shared that they enjoy having a team in close contact with them and caring for their needs, even before nursing care approval!

My favorite part of these calls is building relationships with each former worker. I love hearing stories about how they helped build our nation's nuclear defense and learning about their lives. Tom tells me about his love of cooking. The other night he was cooking



— Terry, Former Atomic Worker

prime rib for himself and his wife. And then there's Judy, with the thrill in her voice telling me about the beauty of visiting the Easter cave. Lou happened to mention to me that he played the piano. I asked him to play a song for me. What a joy through music! Captain and I exchange Bible verses. He makes the statement that he thanks God now more than ever. You can hear Patricia light up when she tells me about her sweet service dog and how everyone loves him wherever he goes. I extended my calls with Val simply because of the enjoyable conversations we have!

I have asked people to make a list of blessings they see during the week. I have heard many things from, "I had a great conversation with my son" to "this week was good, I did not hurt." In many of the calls, I talk to a spouse. Regina, wife and caregiver for her husband, once told me, "My job is taking care of him. I quit my job to take care of him. There is more to life than money."

I am so proud to be a part of a company that has a vision of compassion. Even though just making a phone call is a small thing, I take it very seriously. Through these calls, I hope to be a blessing and bring encouragement and a smile to the other end of the line.

#### Benefits of the DOL White Card:

- Asking if any durable medical equipment is needed.
- Educating about travel reimbursement for medical visits.
- Educating about consequential illnesses that can be added to the white card.
- Discovering what daily needs are needed around the house.
  - Is light housekeeping needed? Is assistance needed to sign up for pharmacy delivery or grocery deliveries? (*this can be done after service of care is approved*)
- Making sure there are no out-of-pocket expenses for the medical diagnosis on the white card.

#### Specialty Programs offered by Nuclear Care Partners:



##### Atomic Heroes Alliance

- The Atomic Heroes Alliance is an exclusive group for former atomic workers that offers various resources related to their EEOICPA benefits as well as other gifts and perks. Membership is free!



##### Family Caregiver Bootcamp

- Anyone can sign up to receive the Family Caregiver Bootcamp training videos which provide education and support to family caregivers while guiding them through the basics of what it means to be a family caregiver!
- **Do you have your white card & is your loved one caring for you at home?**
  - If so, your caregiver may be eligible to get paid for the care they are already providing. Our Family Caregiver program (not offered in all states) provides caregivers with the education, training, and support they need to care for their loved ones. Family caregivers are direct employees and can earn a competitive wage for the care they provide.



##### BreatheBetter - A Respiratory Care Program

- If you have your DOL White Card, you may qualify for this free program which serves to improve your breathing and will guide you through individualized interventions unique to your health needs.

**If you'd like more information about signing up for Health Watch, please give us a call at 800.295.5846.**



*I hope to talk to you soon,  
Leslie*





## ASK THE EXPERTS COPD

Diagnosis education,  
Symptoms, Medication  
& Treatment

I WENT TO MY DOCTOR AND  
HE TOLD ME I HAVE COPD.

### NOW WHAT?

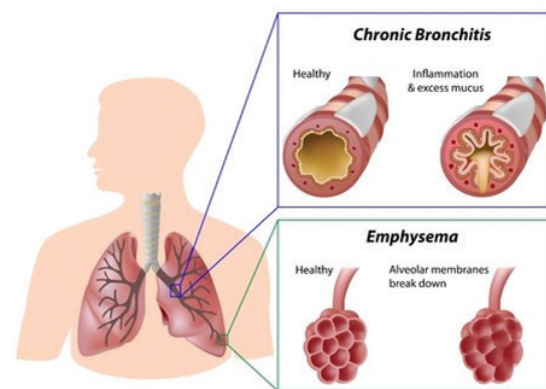
*If you are one of the 16 million Americans living with COPD, know that you are not alone. Although there is no cure for COPD, there are treatments and programs that can help to slow the disease progression.*

#### What is COPD?

The Centers for Disease Control defines Chronic Obstructive Pulmonary Disease (COPD), as a group of diseases that cause airflow blockage and breathing-related problems. It includes emphysema and chronic bronchitis. Picture this in your mind when trying to relate to chronic bronchitis. When we take our morning shower or nightly bath, we assume that when we let the water drain, it will work just like it was intended to do. What happens when the water starts to drain slower than normal, moving through the pipes at a much lower pace than it should? There is usually a cause behind this. Whether hair is clogging the drain or there's mineral build up on the side walls of the pipe, both are obstructing the flow of the water.

Your lungs and airway work under the same basic principals. The more open the pipes, the smoother the air will flow—or in the example of the drain, the water runs through smoother and with less effort.

— Devin, Clinical Administrator, with Jerry, Former Savannah River Site Worker & Nuclear Care Partners Patient



Above are illustrations of how chronic bronchitis and emphysema affect our lungs and airways. Emphysema works under different principles than those of chronic bronchitis. In Emphysema, your respiratory system is taking in plenty of air but the lungs cannot efficiently use the oxygen because of a diffusion problem. Tiny sacs in your lungs called alveoli take the oxygen that you breathe in and grab the oxygen molecule and pull it into your bloodstream. From here your heart takes over and distributes that oxygen to the rest of your body.

The problem with emphysema is that if the alveoli are damaged they can not as efficiently grab and distribute the oxygen that your body needs. The main reason is decreased surface area within the lungs. Picture your alveoli as a tiny bunch of grapes. When the grapes are full and plump they have more surface area to grab onto the oxygen molecule. If you deflate or pop those grapes, there is less surface area for your body to grab the oxygen that it needs.

#### How did I get COPD?

There are many factors and causes that can contribute to the development of this disease. In the case of our Atomic Heroes and former DOE workers, several causes can be attributed to their work history and occupational materials exposures encountered while working in DOE facilities. Common hazards include dust, silica, asbestos, mining dust, sulfur dioxide fumes, cadmium fumes, as well as other heavy metal fumes from welding.

#### Signs and symptoms of COPD include but are not limited to:

- Shortness of breath, especially during physical activities
- Wheezing
- Chest tightness
- A chronic cough that may produce mucus (sputum) that may be clear, white, yellow or greenish
- Frequent respiratory infections
- Lack of energy
- Unintended weight loss (in later stages)
- Swelling in ankles, feet or legs

#### Common Medications used to treat your COPD Diagnosis:

- Bronchodilators
- Inhaled steroids
- Combination inhalers
- Oral steroids
- Phosphodiesterase-4 inhibitors
- Theophylline
- Antibiotics

Although COPD is a progressive disease that gets worse over time, it is treatable. With proper management, most people with COPD can achieve great symptom control and quality of life, as well as reduced risk of other associated conditions.

### How Nuclear Care Partners can help with your COPD Diagnosis



Here at Nuclear Care Partners, we are always looking for new and inventive ways to help our patients maximize their quality of life while battling their COPD diagnosis. That's why we created our BreatheBetter Program, which allows you, from the comfort of your own home, to work on simple breathing exercises designed by healthcare professionals to maximize your lung function and lung health.

- Receive education on your specific disease and disease process.
- Learn from a BreatheBetter nurse and practice a variety of lung exercises to help with your breathing.
- Find comfort in knowing that we will advocate for you and your lung health needs to your physician(s).
- Learn how to properly use and care for your inhalers, concentrators, and other medications and devices.

#### Suffering from symptoms of COPD?

#### Interested in our BreatheBetter program?

Give us a call at **800.295.5846** to see if you may qualify for EEOICPA benefits & if you're eligible for our respiratory care program!

Written by Devin Hodnett,  
Clinical Administrator



\*COPD Image sourced from:

<https://blogs.biomedcentral.com/on-medicine/2017/06/06/the-many-inflammatory-faces-of-chronic-obstructive-pulmonary-disease-copd-cannot-be-diagnosed-by-simple-testing/>



ATOMIC SITE FEATURE

# NEVADA TEST SITE

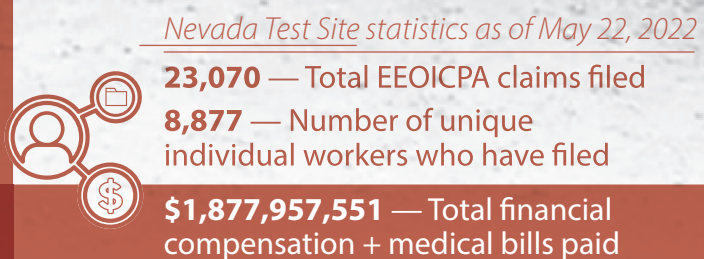
*The Most Bombed Place on Earth*

## Atomic History of the Nevada Test Site

A cornerstone of our nation's nuclear weapons testing, the Nevada Test Site (NTS) consists of approximately 1,375 square miles and is located about 65 miles northwest of Las Vegas, Nevada. With the inception of the Manhattan Project in 1942 and the onset of the Cold War in 1947, the United States sought a location to design and build its nuclear weapons arsenal as fear of the Soviet Union increasing their own atomic weapons took hold.

In 1950, the Atomic Energy Commission (AEC) selected the Las Vegas Bombing and Gunnery Range to develop and test its nuclear weapons. In December of 1950, President Harry Truman approved the establishment of nearly 700 square miles of the Range as the Nevada Proving Ground (the name of the site was later changed to the Nevada Test Site in 1955).

The first official nuclear testing at NTS began in January 1951 with the detonation of Shot Able, a 1-kiloton bomb. The site acquired more land for testing and conducted over 1,000 nuclear tests from 1951 to 1992, appropriately earning the nickname of the "most bombed place on Earth." About 90% of the tests were conducted underground and the remaining 10% took place above ground, also known as atmospheric shots, which created mushroom clouds visible up to 100 miles away.



## Nuclear Testing

The Atomic Heritage Foundation cites that these tests served a variety of purposes such as:

- Determining the impact of nuclear weapons on the physical environment and on manmade structures like military equipment
- Searching for possible peaceful uses of these weapons
- Testing the strength and effectiveness of new weapons
- Proof-testing existing weapons
- And studying the effects of nuclear fallout

Some tests also involved military personnel who conducted operations near atomic ground zero – the point on the Earth's surface closest to the detonation of a bomb – for the purpose of developing new battleground tactics.

One example of a test series was Operation Plumbbob which was conducted from May through October of 1957. It consisted of 29 nuclear tests and was one of the most comprehensive and longest test series. Operation Plumbbob eventually became quite controversial when the operation was declassified and it was revealed that it had released large amounts of radioiodine into the atmosphere causing civilian exposure and exposing nearly 3,000 atomic workers to high levels of radiation.

## Exposure & Nuclear Fallout

When the testing began, most residents of the area, and even those working at the site, did not know about the possible health risks—including the potential for wind currents to cause radioactive fallout. The communities that were exposed and affected by nuclear fallout throughout Nevada, Arizona, Utah, Oregon, Washington, and Idaho are called "Downwinders", who may be eligible for compensation through the Radiation Exposure Compensation Act. (Please note: the RECA program is scheduled to end on July 9, 2022). The men and women who worked at the Nevada Test Site and who have been diagnosed with cancer or a chronic illness linked to their workplace exposure may qualify for financial and medical benefits through the EEOICPA.

**Nuclear Care Partners' team of Benefits Specialists can help you determine if you may qualify.**

## Atomic Legacy

On September 23, 1992, the last underground nuclear test occurred at NTS. While the Nevada Test Site no longer tests nuclear weapons, the Department of Energy (DOE) declares that the Site, "maintains the capability to resume testing should the necessity arise." The DOE continues to use the now-called, Nevada National Security Site (NNSS) for a range of national security needs. The site is also the preferred location for the National Nuclear Security Administration's defense programs, industry research, and development efforts.

While the legacy of the Nevada Test Site is controversial, it is without question that the brilliant minds and hard working men and women who worked at the site are to be revered and honored for their service and dedication to our country. Many unknowingly sacrificed their health as they played a vital role in the development and maintenance of our nation's nuclear arsenal.

*Check out page 15 of this newsletter to learn more about the atomic museums across the country, including the National Atomic Testing Museum located in Las Vegas, Nevada.*

**Article Sources:**  
Energy.gov

Atomic Heritage Foundation

[www.dol.gov/owcp/energy/regs/compliance/statistics/WebPages/NVDA\\_TEST\\_SITE.htm](http://www.dol.gov/owcp/energy/regs/compliance/statistics/WebPages/NVDA_TEST_SITE.htm)





— Photo courtesy of Jack,  
Former Atomic Worker

# ATOMIC MUSEUMS

## ACROSS THE COUNTRY

### “Because of You, Freedom Lives”

We humbly honor your contributions, sacrifice, and your atomic legacy—a legacy that you built with your service to our nation’s nuclear weapons industry. Thank you for the work you did and the time you spent building and maintaining our nation’s nuclear defense. Your patriotism, heroism, and devotion to our country not only brought about incredible scientific innovation, but also played an essential role in our nation’s defense during World War II, throughout the Cold War, and into the present day.

Just as you selflessly served our country, we now have the honor and the privilege to serve atomic heroes like you, and are grateful to be a part of this inspiring legacy of service.

The following list, while not comprehensive, shares various atomic museums and locations featuring atomic history exhibits across the country. We hope you can check out some of these incredible museums and tributes to our nation’s atomic heroes, like you, who played a vital role in history.

### CALIFORNIA

**Chabot Space and Science Center**  
10000 Skyline Blvd • Oakland, CA 94619  
(510) 336-7300

**The Exploratorium**  
Pier 15 Embarcadero at Green St • San Francisco, CA 94111  
(415) 528-4444

### COLORADO

**Atomic Legacy Cabin**  
2597 Legacy Way • Grand Junction, CO 81503  
(970) 248-6251

### IDAHO

**Idaho Science Center**  
440 S Front St • Arco, ID 83213  
(208) 527-3770

**EBR-I Atomic Museum**  
Off HWY 26 between Arco & Idaho Falls, ID  
(208) 526-0050

### NEVADA

**National Atomic Testing Museum**  
755 E Flamingo Rd • Las Vegas, NV 89119  
(702) 409-7366

### NEW MEXICO

**National Museum of Nuclear Science & History**  
601 Eubank Blvd SE • Albuquerque, NM 87123  
(505) 245-2137

**Bradbury Science Museum**  
1350 Central Ave • Los Alamos, NM 87544  
(505) 667-4444

**Los Alamos History Museum**  
1050 Bathtub Row • Los Alamos, NM 87544  
(505) 662-4493

### OHIO

**Mound Cold War Discovery Center**  
1075 Mound Rd • Miamisburg, OH 45342  
(937) 247-0402

**Fernald Preserve Visitors Center**  
7400 Willey Road • Hamilton, OH 45013  
(513) 648-3330

**National Museum of the US Air Force (“Fat Man” Atomic Bomb Exhibit in WWII Gallery)**  
1100 Spaatz Street, Dayton, OH 45433  
(937) 255-3286

### SOUTH CAROLINA

**Savannah River Site Museum**  
224 Laurens St SW • Aiken, SC 29801  
(803) 648-1437

### TENNESSEE

**American Museum of Science & Energy**  
115 E Main St • Oak Ridge, TN 37830  
(865) 294-4531

**Y-12 History Center**  
New Hope Center, 602 Scarboro Rd • Oak Ridge, TN 37830  
(865) 574-3615

**The Oak Ridge History Museum**  
102 Robertsville Rd • Oak Ridge, TN 37830  
(865) 806-0390

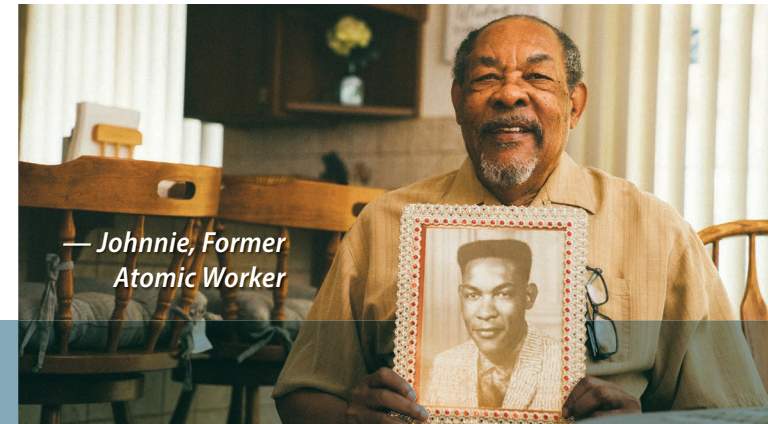
### WASHINGTON

**Manhattan Project National Historical Park - B Reactor**  
2000 Logston Blvd • Richland, WA 99354  
(509) 376-1647

**The REACH Museum**  
1943 Columbia Park Trail • Richland, WA 99352  
(509) 943-4100

### WASHINGTON D.C.

**National Archives Museum**  
701 Constitution Avenue NW, Washington, DC 20408  
(202) 357-5000



— Johnnie, Former  
Atomic Worker



# Act Now

## Durable Medical Equipment

**Act Now DME LLC was founded on the belief that providing exceptional service and supplies every time is not just a catch phrase. Rather, these words guide every action in the daily operations of this Tucson-based DME company.**

Far too often, clients who have the greatest need for durable medical equipment are left behind. Among them are America's unsung heroes of the Cold War era. These hardworking men and women devoted a portion of their lives to working in dangerous conditions, only to face a long and complicated road to receiving the benefits for which they are entitled.

Act Now DME understands the needs of these claimants. We understand how overwhelming the process of obtaining a White Card can be, and we strive to provide a service that goes beyond supplying equipment.



Many of our clients do not realize the multitude of items that are covered by the Department of Labor as a part of their covered condition. Act Now DME is committed to educating each patient on the equipment and supplies they are entitled to receive, and our personalized service ensures the appropriate products are supplied. Our clients and patients have peace of mind that their

needs will not go unaddressed and essential supplies can be ordered at any time. Most importantly, Act Now DME believes in serving each patient with kindness, fairness, compassion, and a human touch.

### Partnering with Nuclear Care Partners

Act Now DME is excited to partner with Nuclear Care Partners as a provider of durable medical equipment for our nation's atomic heroes. Our company was built to provide DME to this population. We are experts in the White Card program and submitting claims to the DOL. We are nationally accredited and are able to provide DME services anywhere in the United States.

### Supplies When You Need Them

Act Now DME will begin to provide you with monthly DME upon the completion of our patient intake packet. Unlike any other DME company, we call every patient each month; you decide the frequency of these calls. An example of "soft" DME monthly orders include, but are not limited to, personal wipes, disinfectant products, gloves, and incontinence supplies. You may receive as many of these items as you need each month, and may call us at anytime to order more should you run out.

Our Warehouse Manager will educate you on all of the "hard" DME supplies that you may receive, including ambulatory aides, hospital beds, oxygen and nebulizer devices and supplies, lift chairs, scooters, and much more. Some of these items require authorization from DOL, and our clinical DME managers will ensure each claim is submitted with expedience. We work very hard to ensure the items you need are approved by DOL. We can drop ship anywhere in the U.S., and we even contract with local professionals to ensure timely and quality setup of large items such as patient lifts and hospital beds.

### Where Service Matters

Meeting the dynamic needs of our patients is always our number one priority. Our model of service stems from our very name. We know that obtaining needed DME is not always an easy task nor a quick process. At Act Now, we strive to establish services and begin providing equipment and supplies to our patients as quickly as possible.

We are committed to responsiveness, timeliness, follow-through, and ensuring no patient gets left behind. This commitment to excellent service comes at no cost to you. We value every one of our patients and we are always here for you.

**Ready to get started?  
Just send us an email  
or give us a call.**



**Hours of Operation:**  
8:30am—4:30pm MST

**Address:**  
7620 N Hartman Ln  
Suite 178  
Tucson, AZ 85743

**Phone:** 520-442-2411  
**Fax:** 520-585-5902

**Email:**  
[requests@actnowdme.com](mailto:requests@actnowdme.com)

**Exceptional service and supplies, every time.**







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PARTNERS®**

631 24 ½ Rd. Suite C  
Grand Junction, CO 81505

START YOUR COLLECTION WITH THE 1<sup>ST</sup> ANNUAL ATOMIC PATCH



## 2022 ATOMIC PATCH!

*Featuring the  
Manhattan Project*

This first annual Atomic Patch serves to remember and honor those who worked in The Manhattan Project, helping build and maintain our nation's nuclear arsenal. Born out of a rising fear that Germany was creating a nuclear weapon, the Manhattan Engineering District was formed as a headquarters for the code-named Manhattan Project in New York in 1942. This patch commemorates the 80<sup>th</sup> anniversary of the Manhattan Project.

*Start your collection today and adorn your jackets, hats, and more!*

**Call to Order Your Free Patch!**

**800.295.5846**

*\*Product image shown is for illustration purposes only, actual product may vary.*

