



## 2017 Resource Guide for Veterans and their Families

10/02/2017

If or when you call for RI Vet Corps Navigator assistance, be sure to leave a message indicating your contact information and how we can help. We will get back to you. Vet Corps Navigators are eager to assist you. This list has been produced with the hopes Veterans or their family members will find it helpful and be able to easily navigate to information they seek. Suggestions are welcome. There are many booklets you can print if so inclined. This list is most useful if you have access to a computer.

### Phone Directory; Providence VA Medical Center (PVVAMC)

[https://www.providence.va.gov/contact/phone\\_directory.asp#C](https://www.providence.va.gov/contact/phone_directory.asp#C)

### Burials and Memorials

<http://www.cem.va.gov/>

1. [Cemetery Services](#)
2. [Burials](#)
3. [Headstones Markers & Medallions](#)
4. [Presidential Memorial Certificates](#)
5. [Cemeteries](#)
6. [Nationwide Gravesite Locator](#)
7. [Burial Flags](#)
8. [Burial Allowance](#)



### Care Givers Support, Aid & Attendance

#### Veterans' Pensions

**Protect Your Money from Poachers offering assistance with pensions for free.**

#### **From the Federal Trade Commission**

<https://www.consumer.ftc.gov/articles/0349-veterans-pensions>

Veterans and their families are a target for some dishonest advisers who are claiming to offer free help with paperwork for pension claims. Click the link before you proceed.

The RI Vet Corps will help you with contacting a VSO for assistance.

#### **VA CareGiver Support.**

[Caregiver.va.gov](http://Caregiver.va.gov) , [www.caregiver.va.gov/support-line/presentations.asp](http://www.caregiver.va.gov/support-line/presentations.asp)

#### **What Is the Veterans Aid & Attendance Pension Benefit?**



[http://www.Veteransaidbenefit.org/Veterans\\_aid\\_attendance\\_pension\\_benefit\\_explained.htm](http://www.Veteransaidbenefit.org/Veterans_aid_attendance_pension_benefit_explained.htm)

[http://www.Veteransaidbenefit.org/eligibility\\_aid\\_attendance\\_pension\\_benefit.htm](http://www.Veteransaidbenefit.org/eligibility_aid_attendance_pension_benefit.htm)

[http://www.va.gov/opa/publications/benefits\\_book/benefits\\_chap02.asp](http://www.va.gov/opa/publications/benefits_book/benefits_chap02.asp)

### **Understanding the Veterans Pension Benefit and the Aid and Attendance Allowance**

[http://www.Veteransaidbenefit.org/aid\\_and\\_attendance\\_pension\\_benefit.htm](http://www.Veteransaidbenefit.org/aid_and_attendance_pension_benefit.htm)

#### **Who Is Eligible for the Pension Benefit?**

To receive Pension, a veteran must have served on active duty, at least 90 days, during a period of war.

[http://www.Veteransaidbenefit.org/eligibility\\_aid\\_attendance\\_pension\\_benefit.htm](http://www.Veteransaidbenefit.org/eligibility_aid_attendance_pension_benefit.htm)

#### **How to Apply for Aid and Attendance: Tips to Make It Easier, Faster:**

[https://www.ourparents.com/articles/how\\_to\\_apply\\_for\\_aid\\_and\\_attendance\\_tips\\_to\\_make\\_it\\_easier\\_faster](https://www.ourparents.com/articles/how_to_apply_for_aid_and_attendance_tips_to_make_it_easier_faster) (Contact a VSO for assistance)

#### **Aid & Attendance and Housebound Pension:**

[http://www.benefits.va.gov/pension/aid\\_attendance\\_housebound.asp](http://www.benefits.va.gov/pension/aid_attendance_housebound.asp)

#### **Understanding the Veterans Pension Benefit and the Aid and Attendance Allowance:** Excellent comprehensive info.

[http://www.Veteransaidbenefit.org/aid\\_and\\_attendance\\_pension\\_benefit.htm](http://www.Veteransaidbenefit.org/aid_and_attendance_pension_benefit.htm)

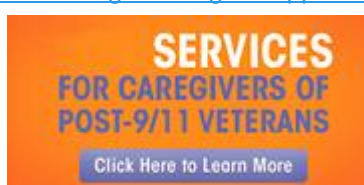
#### **VA Caregiver Support info** 1-855-260-3274 Support Line

<http://www.caregiver.va.gov/>

[http://www.index.va.gov/search/va/va\\_search.jsp?NQ=URL%3Ahttp%3A%2F%2Fwww.caregiver.va.gov%2F&QT=pre+9%2F11+caregivers+support&submit.x=0&submit.y=0](http://www.index.va.gov/search/va/va_search.jsp?NQ=URL%3Ahttp%3A%2F%2Fwww.caregiver.va.gov%2F&QT=pre+9%2F11+caregivers+support&submit.x=0&submit.y=0)

"VA values your commitment as a partner in our pledge to care for those who have "borne the battle." We have several support and service options designed with you in mind. The programs are available both in and out of your home to help you care for yourself and the Veteran you love."

**Services for Post-9/11 Vets:** [http://www.caregiver.va.gov/support/support\\_benefits.asp](http://www.caregiver.va.gov/support/support_benefits.asp)





With VA's Caregiver Support Line assistance is just a quick phone call away. Whether you're in need of immediate assistance or have questions about what services you may be eligible for, the caring licensed professionals who answer the support line can:

- Tell you about the assistance available from VA.
- Help you access services.
- Connect you with the Caregiver Support Coordinator at a VA Medical Center near you.
- Just listen, if that's what you need right now.

If you're just getting started with VA, calling the Caregiver Support Line is a great first step to take to learn more about the support that's available to you.

### **uTube Videos on Vterans Benefits- a must see**

The Difference between a VA Ratings Decision and a BVA Decision.

<https://www.youtube.com/watch?v=2f5ADL5s-A4>

Why isn't the VA Satisfied with Your Evidence? (Quick Tip 1)

<https://www.youtube.com/watch?v=X2-uV0AuT1A>

Evidence The VA Must See On Your Claim

<https://www.youtube.com/watch?v=E0j6yZF9vEM>

How to Win Your VA Compensation Claim

<https://www.youtube.com/watch?v=QRH2nZ2fkHU>

How a 70% VA PTSD Rating Can Get You To 100%

**Very important for those with a PTS rating** Video

Due to the severe impacts of Post Traumatic Stress Disorder on the body and mind, there is a thin line between the 70% PTSD rating and a 100% TDIU rating. Travis analyzes the 70% PTSD rating and explains how this level may qualify a veteran for a 100% TDIU rating.

How Do I Get A 100 Percent VA Disability Rating

<https://www.youtube.com/watch?v=P4iwh78n7nM>

<https://www.youtube.com/watch?v=8l4wVf905Kw>

47 Secret Veteran Benefits for Seniors (a book)

<https://www.youtube.com/watch?v=SMY0dhKzoBY>

PTSD Claims for VA Compensation (seek out a VSR)

TDIU Claims for VA Compensation

<https://www.youtube.com/watch?v=jAVW-oYXP10>

### **Senior Veterans Service Alliance (SVSA)**

<http://www.Veteransaidbenefit.org/>



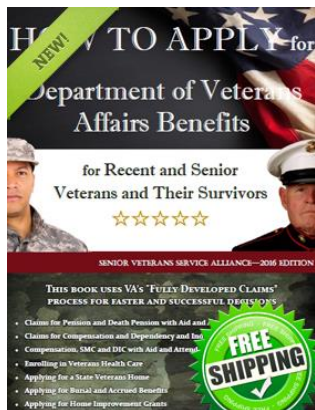
*Not Associated with the Government or VA*



“The SVSA lists [appeals agents](#), [advocates](#) and [eldercare services](#) in many areas of the country. These individuals and providers help senior Veterans and their survivors understand [Veterans benefits available](#) to them [including detailed information on Aid & Attendance].

Many of the Veterans benefits now available are not relevant to these older Veterans or are no longer available to them; but, there are still [benefits to assist older Veterans](#) that are not being utilized to the fullest extent. In addition, we have found that many of our nation's seniors, whether Veterans or not, are struggling with a myriad of financial and emotional challenges in their final years of life.”

**Our mission is twofold.** First, we are dedicated to helping elderly seniors who served their country receive cash support or other services available from VA. Second, we provide a [national website listing of dedicated professionals](#) to help senior Veterans better prepare for their final years of life. This national network of providers and advisers includes financial advice, legal help, preparation for eldercare, education on government support programs, care provider services and much more. Although we concentrate on helping senior Veterans, we will not turn away any Veteran who comes to us for help.



(2016 Edition) The Senior Veterans Service Alliance is excited to introduce this new [how to apply book](#) as a welcome and needed resource for Veterans and their families. We can find no other book currently available that incorporates the newest claims procedures from the

Department of Veterans Affairs along with detailed instructions on how to submit applications for over 25 different types of disability claims including Pension, Death Pension, DIC, Compensation, Burial Benefits, and more... [This book is \$79. Local VSO’s or advocates from SVSA can help and guide you with any of these issues and file claims on your behalf. *There are no local SVSA reps in R.I.* but you can contact them with questions: There is no fee unless they handle an appeal. The website has tons of information].





The answers to many questions such as below can be found in this publication.

**What Is the Veterans Aid & Attendance Pension Benefit?**

**Understanding the Veterans Pension Benefit and the Aid and Attendance Allowance**

**Who Is Eligible for the Pension Benefit?**

To receive Pension, a veteran must have served on active duty, at least 90 days, during a period of war.

**Eligible Wartime Periods**

Under current law, VA recognizes the following wartime periods to determine eligibility for VA Pension benefits:

- Mexican Border Period (May 9, 1916 – April 5, 1917 for Veterans who served in Mexico, on its borders, or adjacent waters)
- World War I (April 6, 1917 – November 11, 1918)
- World War II (December 7, 1941 – December 31, 1946)
- Korean conflict (June 27, 1950 – January 31, 1955)
- Vietnam era (February 28, 1961 – May 7, 1975 for Veterans who served in the Republic of Vietnam during that period; otherwise August 5, 1964 – May 7, 1975)
- Gulf War (August 2, 1990 – through a future date to be set by law or Presidential Proclamation)

**DD214 website** <http://www.dd214.us/> Any VSO or Navigator can fill out the paperwork for your files on line and fax it to the appropriate office. You have to sign the paperwork first. Turnaround time is about 10 days but can be longer depending upon the request i.e. medical records take a longer time.

**Geriatric Care**

[http://www.va.gov/GERIATRICS/guide/longtermcare/Shared\\_Decision\\_Making.asp](http://www.va.gov/GERIATRICS/guide/longtermcare/Shared_Decision_Making.asp)

**Caring for Elders in RI**

<http://www.caregiverhomes.com/for-caregivers/cg-elder/cg-elder-stateinfo/cg-elder-stateinfo-ri>

**Geriatrics and Extended Care:** VA Caregiver Support Program

[http://www.va.gov/geriatrics/guide/longtermcare/respite\\_care.asp](http://www.va.gov/geriatrics/guide/longtermcare/respite_care.asp)

**VA Healthcare Resources**

**The Application Process**

<https://www.va.gov/HEALTHBENEFITS/apply/> or apply by phone:

To apply, call 1-877-222-VETS (8387), Mon-Fri between 8 am and 8 pm, EST. **OR call the**

**Prov. VAMC Office below:**

**VA Healthcare Eligibility Office Providence VAMC:**

**For questions on healthcare eligibility: 273-7100 ext. 2496**

Tamara Jolin, Lead Program Clerk



Dept. of Veterans Affairs  
830 Chalkstone Ave.  
Providence, RI 02904  
401-273-7100 ext. 3250 (second clerk)



[Tamara.jolin@va.gov](mailto:Tamara.jolin@va.gov)

**Tamara Jolin** can check if you qualify for VA healthcare and sign you up or assign a clerk to help you. Remember, if you have been injured while in an active duty status it generally is sufficient to receive VA healthcare but *that injury must be included in your service record* to avoid the otherwise arduous requirements of having to prove it is service connected. She will advise you of the parameters of being accepted, or not, into the system. For questions on healthcare eligibility: 273-7100 ext. 2496 or 3250 as listed above. This is where you can ask the questions.

### **Seamless Care for Traveling Veterans**

[https://www.va.gov/healthbenefits/access/seamless\\_care.asp](https://www.va.gov/healthbenefits/access/seamless_care.asp)

### **Coordinated care for traveling Veterans**

Open the link below to open the PDF. VA publication.  
[www.va.gov/vhapublications/ViewPublication.asp?pub\\_1...](http://www.va.gov/vhapublications/ViewPublication.asp?pub_1...)

### **Health Benefits Reference Library**

<https://www.va.gov/healthbenefits/resources/publications.asp>

### **VA Dental Insurance Plan (VADIP)** 1 888 310 1681 or 1 855 370 3303.

No longer accepting enrollees. Current enrollees are covered until 2021

<https://www.va.gov/healthBenefits/vadip/>

### **Paid Caregiver Programs:**

Lisa Provencal, Coordinator Point; 229-9760; Caregiver Homes 545-0518;  
Tri Town Personal Choice 519-1932

### **Care Breaks (Federally funded Diocese of Prov.):**

<http://guide.riVetcorps.org/programs/carebreaks/>

**Fiduciary Care:** <http://www.benefits.va.gov/fiduciary/fiduciary.asp>

### **Summary of VA Dependents' VA supports and Survivors' Benefits:**

<http://www.benefits.va.gov/BENEFITS/benefits-summary/SummaryofVA DependentsandSurvivorsBenefits.pdf>

### **DEPENDENCY AND INDEMNITY COMPENSATION (DIC):**

<http://www.benefits.va.gov/BENEFITS/factsheets/survivors/dic.pdf>

### **CareConnection** AARP

[https://careconnection.aarp.org/en/home.html?utm\\_medium=National\\_SEM&utm\\_campaign=information&utm\\_source=CareConnection](https://careconnection.aarp.org/en/home.html?utm_medium=National_SEM&utm_campaign=information&utm_source=CareConnection)



**Hidden Heroes** <https://hiddenheroes.org/>

Military caregivers don't often ask for help, but they deserve our support. If you're caring for an injured service member or Veteran, or want to help those that do, join us today.



**Need a second medical opinion?**

At times, such as my happen when filing a Notice of Disagreement or any reason a Vet wants a second opinion from outside of the VA system, particularly if it is a specialist you need to see, you will probably require a referral from a PCP since most specialist will not take walk-in patients. After rigorous research by the Vet Corps the VA has agreed to provide, in lieu of a referral, a letter from your PCP that "should" be sufficient for making the outside appointment. **You are required to pay for that appointment** since the VA will not, as a rule, refer a Vet to a specialist that the VAMC already has available in house. This decision came after a Vet Corps member realized Vets may be trapped in the VAMC system otherwise, without an opportunity to see a specialist outside the VA with the needed referral. Many Vets do not have private insurance. Kudos to the VA for rendering a solution so quickly and to the new "proactive" advocate office for responding just as quickly.

If you do not have medical insurance, try to use public benefits, Social Security, Unemployment, Medicare, State Veterans Assistance, State Programs, or just go to the ER at your local hospital, they have programs too.

**R.I. Division of Elderly Affairs (DOE)**

<http://www.dea.ri.gov/>

A must for determining benefits due RI seniors. They produce a publication: 2016 Pocket Manual of Elder Services. An invaluable booklet for benefits. Download from link below:

<http://www.dea.ri.gov/Pocket%20Manual/2015-2016%20Pocket%20Manual-pdf.pdf>

Elders can find help with prescription drugs:

**FACT SHEET  
RHODE ISLAND PHARMACEUTICAL ASSISTANCE TO THE ELDERLY  
RIPAE**

[http://www.dea.ri.gov/programs/prescription\\_assist.php](http://www.dea.ri.gov/programs/prescription_assist.php)

**Compensation**



## **Benefit Rates**

### **Who Is Eligible for the Pension Benefit?**

<http://www.benefits.va.gov/COMPENSATION/>

Service in the Uniformed Services on active duty, **OR**

Active duty for training, **OR**

Inactive duty training, **AND**

You were discharged under other than dishonorable conditions, **AND**

You are at least 10% disabled by an injury or disease that was incurred in or aggravated during active duty or active duty for training, or inactive duty training

**Note:** If you were on inactive duty for training, the disability must have resulted from injury, heart attack, or stroke.

### Evidence Required

- Medical evidence of a current physical or mental disability, **AND**
- Evidence of a relationship between your disability and an injury, disease, or event in military service. Medical records or medical opinions are required to establish this relationship.

**Note:** Under certain circumstances, VA may conclude that certain current disabilities were caused by service, even if there is no specific evidence proving this in your particular claim. The cause of a disability is presumed for the following Veterans who have certain diseases.

### Presumed Disability

- Former prisoners of war
- Veterans who have certain chronic or tropical diseases that become evident within a specific period of time after discharge from service
- Veterans who were exposed to ionizing radiation, mustard gas, or Lewisite while in service
- Veterans who were exposed to certain herbicides, such as by serving in Vietnam
- Veterans who served in Southwest Asia during the Gulf War

### **Eligible Wartime Periods**

Under current law, VA recognizes the following wartime periods to determine eligibility for VA Pension benefits:

- Mexican Border Period (May 9, 1916 – April 5, 1917 for Veterans who served in Mexico, on its borders, or adjacent waters)
- World War I (April 6, 1917 – November 11, 1918)
- World War II (December 7, 1941 – December 31, 1946)
- Korean conflict (June 27, 1950 – January 31, 1955)





- Vietnam era (February 28, 1961 – May 7, 1975 for Veterans who served in the Republic of Vietnam during that period; otherwise August 5, 1964 – May 7, 1975)
- Gulf War (August 2, 1990 – through a future date to be set by law or Presidential Proclamation)

### **Access Current Rates**

<http://www.benefits.va.gov/COMPENSATION/rates-index.asp#combinedRatingsTable1>

Select the compensation program below to view current rates. Historical rates are linked from the current rates page, as well.

- [Veterans Compensation Benefits Current Rates](#)
- [Special Monthly Compensation \(SMC\)Current Rates](#)
- [Dependency Indemnity Compensation \(DIC\) Current Rates](#)
- [Parents DIC Current Rates](#)
- [Automobile Allowance, Clothing Allowance and Medal of Honor Rates](#)
- [Birth Defects \(Spina Bifida, Children of Women Vietnam Veterans\) Rates](#)

### **Rate Chart for Disabled Veterans**

[http://www.benefits.va.gov/COMPENSATION/resources\\_comp01.asp](http://www.benefits.va.gov/COMPENSATION/resources_comp01.asp)

### **38 CFR Book C, Schedule for Rating Disabilities**

<https://www.benefits.va.gov/WARMS/bookc.asp>

### **“VA updates rating criteria for all disabilities**

### **First update in more than 70 years improves benefits delivery”**

<https://www.blogs.va.gov/VAntage/41029/va-updates-rating-criteria-disabilities/> *Follow the link to see how it may or may not affect you.*

“In the coming months, more body systems will be updated until all 15 are modernized, ensuring VA provides the most accurate ratings for disability compensation claims based on modern medicine.”

### **VA Blog**

<https://www.blogs.va.gov/VAntage/>

### **Combined Ratings Table**

<http://www.benefits.va.gov/COMPENSATION/rates-index.asp#combinedRatingsTable1>

### **How to Read Compensation and SMC Benefits Rate Tables**

<http://www.benefits.va.gov/COMPENSATION/resources-rates-read-compAndSMC.asp>

“Rating” links with info are on each of the VA links above.



**Presumptive**- A "presumptive" service connection is one in which VA assumes that specific disabilities in certain Veterans were caused by their military service.

**Presumptive List**- If you served in Nam or aboard any of the ships listed, you may be eligible for the Agent Orange presumptive list.

<http://www.benefits.va.gov/BENEFITS/factsheets/serviceconnected/presumption.pdf>

<http://www.publichealth.va.gov/exposures/agentorange/conditions/>

<http://www.militarydisabilitymadeeasy.com/vapresumptivelist.html>



**Agent Orange** If you are a Veteran with "multiple myeloma" who was exposed to Agent Orange during service, you may be eligible to receive VA health care and disability compensation.

<http://www.publichealth.va.gov/exposures/agentorange/conditions/parkinsonsdisease.asp>

<http://www.cancer.org/cancer/multiplemyeloma/detailedguide/multiple-myeloma-what-is-multiple-myeloma>

**Fibromyalgia** -

Gulf War Veterans who develop fibromyalgia **do not have to prove a connection between their illnesses and service to be eligible to receive VA disability compensation.**

<http://www.publichealth.va.gov/exposures/gulfwar/fibromyalgia.asp>

**Camp Lejeune**: Past Water Contamination for 30 days or more between August 1, 1953 and December 31, 1987: - **There are 15 Qualifying health conditions and you don't have to have one to be eligible.**

<http://www.publichealth.va.gov/exposures/camp-lejeune/>

**Diseases Associated With Exposure to Contaminants in the Water Supply at Camp Lejeune** (Final Ruling)

A Rule by the [Veterans Affairs Department](#) on [01/13/2017](#)



<https://www.federalregister.gov/documents/2017/01/13/2017-00499/diseases-associated-with-exposure-to-contaminants-in-the-water-supply-at-camp-lejeune>

**Exposure to Chemical Agents**

<http://www.publichealth.va.gov/exposures/publications/oef-oif-ond/post-9-11-Vet-fall-2016/index.asp>

**Nearly 100,000 Vets Enrolled in Burn Pit Registry**

<http://www.va.gov/HEALTH/NewsFeatures/2016/December/Nearly-100000-Vets-Enrolled-in-Burn-Pit-Registry.asp>

The National Academies ([nationalacademies.org/BurnPitRegistry](http://nationalacademies.org/BurnPitRegistry)) wrote the following with regard to the their burn pit registry study;

“CONCLUSION: Attributes inherent to registries that rely on voluntary participation and self-reported information *make them fundamentally unsuitable for addressing the question of whether burn pit exposures have caused health problems.* [Emphasis added] Addressing the issues identified by the committee would, though, improve the AH&OBP Registry’s utility as a means of generating a roster of concerned individuals and creating a record of self-reported exposures and health concerns.

All parties—service members, veterans, and their families; VA; Congress; and other concerned people—would benefit from having a realistic understanding of the strengths and limitations of registry data so that they can make best use of them and, if desired, conduct the kind of investigations that might yield salient health information and improve health care for those affected.”

**Highlights of Assessment of the Department of Veterans Affairs Airborne Hazards and Open Burn Pit Registry by the National Academies**

<http://www.nationalacademies.org/hmd/~media/Files/Report%20Files/2017/Burn-Pits-highlights.pdf>

**Burn Pits and Particulate Matter in VA Claims** Veterans Law Blog (VLB)

<https://www.veteranslawblog.org/burn-pits-particulate-matter/>

**DisabledVeterans.org (Ben Kraus’) assessment of the burn pit registry**

<http://www.disabledveterans.org/2017/09/08/if-you-could-teach-vsos-about-burn-pits-what-would-you-say/>



Burn Pits. Read the full National Academies report: “This report, prepared by the Committee on the Assessment of the Department of Veterans Affairs Airborne Hazards and Open Burn Pit Registry, fulfills the congressional mandate and provides responses to other questions posed by VA.” [But it’s irrelevant]  
<http://www.nationalacademies.org/hmd/reports/2017/assessment-of-the-va-airborne-hazards-and-open-burn-pit-registry.aspx>

**More information about pensions and benefits can be found elsewhere in this Resource Guide**

### **The “Process”-Filing a disability claim with the VA**

## **M21-1 Compensation and Pension Manual Rewrite**

[http://www.benefits.va.gov/warms/M21\\_1MR.asp](http://www.benefits.va.gov/warms/M21_1MR.asp)

VA personnel use this manual which guides them on the process of accepting or rejecting a claim based on the information therein. You have access to it.

*Below are videos that will help you prepare yourself for the process of filing a claim and getting rated. There are many more as you will discover.*

**Always seek out a VSR for assistance. NEVER FILE ON YOUR OWN**

Familiarizing yourself with the “process” will make it easier. You will at least know what to expect and can prepare accordingly. A VSR should prepare you. Ask questions and expect answers from them.

If you decide to hire a lawyer, Perkins Studdard Veterans' Law and Legal Help has produced a series of excellent videos, a couple of which are listed below. This is not a recommendation but a suggestion for you to take advantage of the information available in the series of videos. There is a plethora of law firms servicing Vets that can be found on line.

*“Helping the men and women who've served our country is our passion. We'll do everything in our power to get the best outcome for your veteran's case.”*

<https://perkinslawtalk.com/our-team/travis-studdard/>

**"Fully Developed Claims Decided in 90 Days or Less"**

<https://www.youtube.com/watch?v=nVc7-VBe2ac>

**Resources for filing any case with the VA and how to fight the VA.**

<https://www.veteranslawblog.org/>

**Veterans Law Blog-a rich resource for legal information on claims etc.**

<https://www.veteranslawblog.org/blog/>

**Mindset for the VA Comp & Pen Exam**

<https://www.youtube.com/watch?v=QRH2nZ2fkHU>

**How to Win Your VA Compensation Claim**

<https://www.youtube.com/watch?v=QRH2nZ2fkHU>



## **8 Steps to Improve YOUR VA Disability Claim or Appeal**

[https://www.youtube.com/watch?v=B\\_9R825QBY8](https://www.youtube.com/watch?v=B_9R825QBY8)

The site also contains 20 other videos, some of which are listed here.

## **6 Reasons to Keep Pursuing VA Claims and Appeals AFTER you reach 100%. A MUST SEE VIDEO FOR ALL VETS & THEIR SPOUSES SEEKING A RATING. VETERANS LAW BLOG (VLB)**

<https://www.youtube.com/watch?v=4cFUwC0oypQ>

**Veterans Law Blog "...the BEST resource in your battle with the VA." Excellent and informative video's and books available informing you of ALL aspects involved in the "ratings" process and how to proceed INCLUDING explaining why a Total Disability Individual Unemployable (TDIU) 100% rating may not be the best rating to pursue.**

**"Since 2007, the Veterans Law Blog teaches what others keep secret."** They will show you resources you can purchase but it's not all about the money with them. They have a passion, so keep in mind, everyone has a right to earn a living. Their prices are reasonable. Also keep in mind an effective VSO will and should be aware of all the info.

<https://www.veteranslawblog.org/>

<https://www.veteranslawblog.org/blog/>

## **The Difference between a VA Ratings Decision and a BVA Decision.**

<https://www.youtube.com/watch?v=2f5ADL5s-A4>

## **How to Withdraw a VA Disability Claim**

by Chris Attig

<https://www.veteranslawblog.org/how-to-withdraw-a-va-claim-or-appeal/>

"If one more person tries to tell me about the "non-adversarial" nature of the VA Claims and Appeals process.....

....I think my head might actually explode.

I just looked at yet another case where a Veteran was tricked - this time by a BVA Veterans Law Judge.....

....into withdrawing a VA appeal with some real merit.

I'm sick of seeing this VA tactic, so let me show you the 4 most common scenarios that the VA uses to trick veterans and survivors into withdrawing legitimate (and often lucrative) claims and appeals."

## **Don't Let the VA Trick You Into Withdrawing a VA Claim or Appeal.**

## **Why isn't the VA Satisfied with Your Evidence? (Quick Tip 1)**





<https://www.youtube.com/watch?v=X2-uV0AuT1A>

### **Evidence the VA Must See On Your Claim**

<https://www.youtube.com/watch?v=E0j6yZF9vEM>

### **How to Win Your VA Compensation Claim**

<https://www.youtube.com/watch?v=QRH2nZ2fkHU>

### **How a 70% VA PTSD Rating Can Get You To 100%**

*Very important for those with a PTS rating*

Due to the severe impacts of Post Traumatic Stress Disorder on the body and mind, there is a thin line between the 70% PTSD rating and a 100% TDIU rating. Travis analyzes the 70% PTSD rating and explains how this level may qualify a veteran for a 100% TDIU rating.

### **How Do I Get A 100 Percent VA Disability Rating?**

<https://www.youtube.com/watch?v=P4iwh78n7nM>

<https://www.youtube.com/watch?v=8l4wVf905Kw>

### **47 Secret Veteran Benefits for Seniors (a book)- A VSR will help you.**

<https://www.youtube.com/watch?v=SMY0dhKzoBY>

### **TDIU Claims for VA Compensation a series of vids by the *Irate Veteran***

<https://www.youtube.com/watch?v=jAVW-oYXP10>

### **VA's Dirty Secret To Deny TDIU** -Perkins Studdard Veterans Law

<https://www.youtube.com/watch?v=ldisYjtzkp4#t=9.793811>

### **Getting Evidence To Prove Disabilities In TDIU**

<https://www.youtube.com/watch?v=kUIwczrP5sQ>

**The Ultimate VA Claims Effective Date Checklist – how to get an earlier effective date in your VA Claim or appeal.** Veterans Law Blog by Chris Attig

<https://www.veteranslawblog.org/the-ultimate-va-claims-effective-date-checklist-how-to-get-an-earlier-effective-date-in-your-va-claim-or-appeal/>

**VocRehab: Attorney Chris Attig Interviews Guru Benjamin Krause of** (<http://www.disabledveterans.org/>)

<http://www.disabledveterans.org/2017/05/10/voc-rehab-attorney-chris-attig-interviews-guru-benjamin-krause/> Important information

### **Biggest VocRehab Facebook Group Hits 20,000 Members**

<http://www.disabledveterans.org/2017/09/26/biggest-vocrehab-facebook-group-hits-20000-members/>

### **Do you know about this under-utilized path to Service Connection?**

<https://www.veteranslawblog.org/know-utilized-path-service-connection/>



"If a second medical condition was caused – or **aggravated** by a service-connected condition, you may be able to service-connect it on the grounds that it is secondary to the original condition."

**Si vis pacem, para bellum**

*"VA executives decided to spend taxpayer dollars to learn how to best manipulate public sentiment about very serious issues for which our country demands transparency." ~Ben Kraus, DisabledVeterans.org*

### **VA Pays Millions For Spin-And-Stonewall Machine**

There are many systemic problems within the VA system but one that doesn't get talked about much and is of considerable importance is VA officials clearly understanding their need to hire a PR firm to put a positive spin on their official public comments and stories. That says a lot about problems within the VA:

<http://www.disabledveterans.org/2014/07/03/va-pays-millions-spin-stonewall-machine/>

**VA communication specialists** "are not concerned with veterans in need," writes columnist Michelle Malkin. "They're not concerned with citizens and public officials requesting information... What these entrenched government employees care most about, above all else, is the business of spin and stonewalling. The reality is that VA pays millions for purposes less worthy than supporting veterans. Vets most certainly are not a top priority."

### **Exclusive: Inside the VA's Spin-'N-Stonewall Machine**

<http://nation.foxnews.com/2014/07/02/exclusive-inside-vas-spin-n-stonewall-machine> Ben Kraus is considered by the VA to be contentious and "anti-VA" but

he advocates for Vets as a lawyer and a disabled Veteran and will expose VA shortcomings as he discovers them, sometimes with his own spin but always with the truth. Within his blog lies the truth as to why so many Vets are frustrated with the VA even if they are not entirely sure of why things are the way they are. It is no mystery why those seeking treatment or a rating are the most affected. They deal directly with the system at a deeper level. Healthy Vets don't cost money and/or do not necessarily face the issues that create dissent and, therefore, in many cases, are not prone to criticize VA operations but instead will criticize those Vets who are angry and dismiss the reasons for that anger. They are the lucky ones. Nothing happens until it happens to you syndrome. The story above is about millions of dollars being spent on putting a positive spin on the VA propaganda instead of spending it on Veterans care. The Providence VAMC is one of the top in the country, have many dedicated,



professional people and I'm very happy they are available for me but there is a reason many VAMCPVD Vets are angry and there is a reason the VA in Washington feels it necessary to hire a PR firm. There is no denying the truth and *I would advise those considering dropping their private insurance to reconsider.* For those offended by these and other facts concerning VA behavior and the publishing of them, I say; "You are just as responsible for a cover-up if you deny the truth, attempt to silence the truth or vilify the source of the information." To all Vets; protect your healthcare. The old axiom of "nothing happens until it happens to you" is at play here. Go here: <http://www.disabledveterans.org/2017/09/25/agency-spins-growing-pattern-non-va-emergency-room-bill-denials/> and here: <http://www.disabledveterans.org/2015/03/25/jon-stewart-nails-veterans-choice-card/> and that's just the beginning if you are unfamiliar with what is really going on. The truth never changes. It takes so long to requisition equipment at the VA, some doctors buy their own equipment needed for patient care. There are many more examples of major VA problems across the country and you will find them if you search. There are way too many to list here.

If you experience rude treatment by a VA provider and it is serious enough to be medically threatening in any way, or violates your rights, you have the option of contacting the Office of Investigator General (OIG) in Washington. The information is elsewhere in this document. You do not have to be subjected to humiliation or rudeness by a supposedly, professional. As I have mentioned previously, contact the Veterans advocate and see what happens. Be advised they do not file your letter and only pass it on to the VA manager of the perpetrator so in a few weeks it could be like it never happened. If you are totally outraged, contact the OIG. If you don't hear from them within six weeks, they are not taking your case. Be advised the OIG generally issues a slap on the wrist without holding anyone accountable. They simply "suggest" ways to avoid the shortcoming. Advocate for yourself wisely. The VA is a government entity with government employees. Many are excellent, some are not, including some PCP's and specialists.

A system without accountability is impossible to change in any meaningful way. Consider this; the VA is government funded with employees being paid by the government. A private practice is paid for by patients or insurance companies and therefore it is in their best interest to remain professional at all times so as not to lose their source of funding. You will find the VA can be a healthcare



system that doesn't want to give healthcare. What other system would give bonuses to doctors for not referring patients?

**The Washington Post: The Word war** [in 5 parts, U.S. propaganda in detail.]

<http://www.washingtonpost.com/wp-dyn/content/article/2006/03/25/AR2006032500983.html>

### **PTSD**

For our comrades in arms; if you recognize any of the symptoms below and do not seek treatment, at least remember it's not your fault and "*that was then and this is now...*" There's a lot of this going around and it never goes away BUT we can learn how to deal with it.

[http://www.medicinenet.com/posttraumatic\\_stress\\_disorder/article.htm](http://www.medicinenet.com/posttraumatic_stress_disorder/article.htm)

- "[Posttraumatic stress disorder \(PTSD\)](#) is an emotional illness that was first formally diagnosed in soldiers and war veterans and is usually caused by terribly frightening, life-threatening, or otherwise highly unsafe experiences but can also be caused by devastating life events like unemployment or divorce.
- PTSD symptom types include re-experiencing the [trauma](#), avoidance, emotional numbing, and hyperarousal.
- PTSD affects 8 million adults in any one year. Girls, women, and ethnic minorities develop PTSD more than boys, men, and Caucasians.
- Complex posttraumatic [stress](#) disorder (C-PTSD) usually results from prolonged exposure to traumatic event(s) and is characterized by long-lasting problems that affect many aspects of emotional and social functioning.
- Symptoms of C-PTSD include problems regulating feelings, dissociation, or depersonalization, persistent depressive feelings, seeing the perpetrator of trauma as all powerful, preoccupation with the perpetrator, and a severe change in what gives the sufferer meaning.
- Untreated PTSD can have devastating, far-reaching consequences for sufferers' medical, emotional, and vocational functioning and relationships, their families, and for society. Children with PTSD can



experience significantly negative effects on their social and emotional development, as well as their ability to learn.

- Although almost any event that is life threatening or that severely compromises the emotional well-being of an individual may cause PTSD, such events usually include experiencing or witnessing a severe accident or physical injury, getting a frightening medical diagnosis, being the victim of a crime or torture, exposure to combat, disaster, or terrorist attack, enduring any form of abuse, or involvement in civil conflict.
- Issues that tend to put people at higher risk for developing PTSD include female gender, minority status, increased duration or severity of, as well as exposure to, the trauma experienced, having an emotional condition prior to the event, and having little social support. Risk factors for children and adolescents also include having any [learning disability](#) or experiencing violence in the home.
- Disaster preparedness training may be a protective factor for PTSD as can rapid intervention and certain personal, interpersonal, and environmental factors.
- Symptoms of C-PTSD include problems regulating feelings, dissociation, or depersonalization, persistent depressive feelings, seeing the perpetrator of trauma as all powerful, preoccupation with the perpetrator, and a severe change in what gives the sufferer meaning.”
- Untreated PTSD can have devastating, far-reaching consequences for sufferers' medical, emotional, and vocational functioning and relationships, their families, and for society.

**The Vet Center in Warwick, RI counils Vets with PTSD. See them below. The VAMC Providence is very active in their outreach program for all types of medical and psychiatric care.**

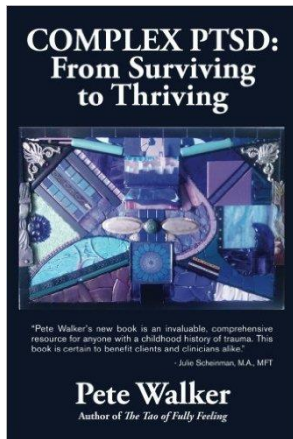
[https://www.providence.va.gov/Social\\_Work\\_Svc/Meet\\_Our\\_Teams.asp](https://www.providence.va.gov/Social_Work_Svc/Meet_Our_Teams.asp)

**How a 70% VA PTSD Rating Can Get You To 100%**

Very important for those with a PTSD rating-Video

<https://www.youtube.com/watch?v=8l4wVf905Kw>





Pete Walker, Complex PTSD: From Surviving to Thriving, a guide and map for recovering from childhood trauma. (2013). USA: Azure Coyote Book.

We included this excellent book because of the statistical evidence of the prevalence of childhood trauma from toxic parents in this country. Written by a family counselor of 30 years who experienced it. For those who counsel, want to know more about Complex PTSD, family members of a PTSD family member, and or those currently in treatment, this book has received many accolades and "is an invaluable, comprehensive resource....certain to benefit clients and clinicians alike"

Veterans have gone to war with this malady. It may be why they joined in the first place. Be advised, if you suffer from PTSD this can trigger those visceral flashbacks as you connect with the information within.

### **The Ghosts within a Journalist's Struggle with PTSD**

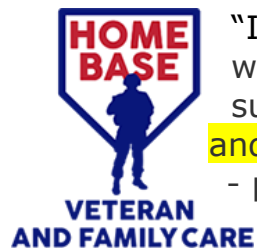
[http://www.truthdig.com/report/item/the\\_ghosts\\_within\\_a\\_journalists\\_struggle\\_with\\_ptsd\\_20170212](http://www.truthdig.com/report/item/the_ghosts_within_a_journalists_struggle_with_ptsd_20170212)

If you have PTSD or think you may, you will be able to identify with this story. This journalist covered violence in various countries and saw things that tipped the scales. He didn't know what was wrong until he had a bit of guidance. Learning how to handle PTSD is imperative since it never leaves you. You will never undo what you experienced but you CAN learn to handle it.

### **Healing From Complex Trauma & PTSD/CPTSD (Complex) Post Traumatic Stress Disorder**

<http://www.healingfromcomplextraumaandptsd.com/>

## **Home Base Free Intensive Health Care**



"In September of 2009, the Red Sox Foundation teamed up with Massachusetts General Hospital to create Home Base in support of Service Members, Vietnam Vets, Post-9/11 Veterans and their Families struggling with the Invisible Wounds of War -- post traumatic stress and traumatic brain injuries."

About Home Base Veterans and Families

**What is Home Base?**



The following examples are based on the stories of veterans and families helped by Home Base:

<http://www.runtohomebase.org/what-is-home-base>

The Impact for Your Gift

<http://www.runtohomebase.org/fundraising-impact>

The fundraising that takes place allows for Veterans and their families to receive much needed care. On this link you will get an idea of the cost of that care for a Vet. There is no charge for the program services.

**To learn more or to make an appointment, visit [www.homebase.org](http://www.homebase.org)**

**For Veterans wishing to schedule a consultation, please call**

**617-724-5202**

**FAMILY CARE + SUPPORT AT HOME BASE**

<http://homebase.org/clinical-care/clinical-care-support/>

- Home Base treats the family members of Veterans regardless of their ability to pay. If the family member of a Veteran has insurance, Home Base bills it, but will pay for anything not covered by insurance including co-pays. If a Veteran family member does not have insurance, Home Base covers 100% of the treatment and support, at no cost to the patient.
- Home Base also pays for parking for family members who come in for appointments.
- Home Base will provide transportation to appointments to and from the regional outpatient clinic if needed, through a partnership with a group of retired Massachusetts State Police Officers.
- Home Base offers pre-established babysitting for folks who need childcare in order to attend appointments

### **National Center for PTSD**

<http://www.ptsd.va.gov/public/where-to-get-help.asp>

*Please note that the National Center for PTSD does not provide direct clinical care or individual referrals. We provide information to help you find local mental health services and information on trauma and PTSD.*



## PTSD Care for Everyone

- [Finding a Therapist](#)  
Information, phone numbers and websites to help locate care for PTSD.
- [Help for Family and Friends | Asistencia para Familiares y Amigos](#)  
Learn about resources to help you take care of yourself while supporting someone with PTSD.
- Subscribe: <https://www.ptsd.va.gov/about/subscribe.asp>

## **PTSD Care for Veterans, Military, and Families**

- See [Help for Veterans with PTSD](#) to learn how to enroll for VA health care and get an assessment.
- All [VA Medical Centers](#) provide PTSD care, as well as many VA clinics.
- Some VA's have programs specializing in PTSD treatment. Use the VA PTSD Program [Locator](#) to find a PTSD program.



- If you are a war Veteran, find a [Vet Center](#) to help with the transition from military to civilian life.
- Call the 24/7 [Veteran Combat Call Center 1-877-WAR-VETS](#) (1-877-927-8387) to talk to another combat Veteran.
- DoD's Defense Centers of Excellence (DCoE) [24/7 Outreach Center for Psychological Health & Traumatic Brain Injury](#) provides information and helps locate resources.  
Call 1-866-966-1020 or email [resources@dcoeoutreach.org](mailto:resources@dcoeoutreach.org)
- [Military OneSource](#)  
Call 24/7 for counseling and many resources 1-800-342-9647.
- **Need further assistance?** [Get Help with VA PTSD Care, Benefits, or Claims.](#)

Information on this website is presented for educational purposes only. It is not a substitute for informed medical advice or training. Do not use this



information to diagnose or treat a mental health problem without consulting a qualified health or mental health care provider.

**The National Center for PTSD does not provide direct clinical care, individual referrals or benefits information.**

**For help please see:**

[Where to Get Help for PTSD or Get Help with VA PTSD Care, Benefits, or Claims](#)

**PTSD Information Voice Mail:**

(802) 296-6300

Contact Us: [ncptsd@va.gov](mailto:ncptsd@va.gov)

Also see: [VA Mental Health](#)

#### **Vets Mental Health & PTSD Resources**

**Coaching Into Care VA:** a national telephone-based support service for family members and others who want to help reluctant Veterans access their VA health care benefits, particularly for mental health issues. <http://www.mirecc.va.gov/coaching/>

**Disabled American Veterans:** <https://www.dav.org/>

**Emotional Intelligence Toolkit:** an online program that teaches how to reconnect to uncomfortable or frightening emotions without becoming overwhelmed. It also teaches techniques for reducing overwhelming stress. <http://www.helpguide.org/>

**Gift from Within:** a non-profit organization dedicated to those who suffer from PTSD, those at risk for PTSD, and those who care for traumatized individuals; develops and disseminates educational material, including videotapes, articles, books and other resources through its website. <http://www.giftfromwithin.org/>

**Give an Hour:** a non-profit organization providing free mental health services to US military personnel and loved ones affected by the conflicts in Iraq and Afghanistan. [www.giveanhour.org](http://www.giveanhour.org)

**Iraq and Afghanistan Veterans of America:** <http://iava.org/>

**Lawyers Serving Warriors:** free legal advice for Veterans with PTSD who served in the Iraq or Afghanistan War. <http://www.lawyerservingwarriors.com/>

**Make the Connection:** a national public awareness campaign to connect Veterans and their families with mental health resources. At the heart of the campaign are personal testimonials, which illustrate true stories of Veterans who faced life events, physical injuries or psychological



symptoms, reached out for support and found ways to overcome their challenges.

<http://maketheconnection.net/>

**Mental Health Residential Rehabilitation Treatment Programs:** provides residential rehabilitative and clinical care to eligible Veterans. Call: **1-800-959-6280**

<http://www.mentalhealth.va.gov/msthome.asp>

**MilitaryOneSource:** offers confidential resource and referral services that can be accessed 24 hours a day via telephone, the Internet, and e-mail. Provides confidential family and personal counseling services in local communities across the country, at no cost, for up to 6 sessions per person per problem. <http://militaryonesource.mil/>

**National Alliance on Mental Illness (NAMI Rhode Island):** its “mission is to educate the public about mental illness; offer resources and support to all those whose lives are touched by mental illness; to advocate at every level to ensure the rights and dignity of those with mental illness; and to promote research in the science and treatment of mental illness. NAMI offers an array of education and training programs and services for consumers, family members, providers and the general public.” Call: **401-331-3060**. <http://namirhodeisland.org/>

**ptsd.va.gov:** a VA website created to “advance the clinical care and social welfare of America’s Veterans and others who have experienced trauma, or who suffer from PTSD, through research, education, and training in the science, diagnosis, and treatment of PTSD and stress related disorders. <http://www.ptsd.va.gov/>

**Providence VA Medical Center:** PTSD Clinical Team (PCT) Outpatient, Women’s Stress Disorder Treatment Team (WSDTT) Outpatient. Call: **401.273.7100 x2736**. Contact: **William Unger, PhD**. <http://www.providence.va.gov/>

**PTSD Coach:** a mobile phone application developed jointly by the VA and the DoD, can be downloaded for free from iTunes. It provides information on assessing PTSD symptoms, self-management strategies, and guidance for professional help.

<http://www.ptsd.va.gov/public/materials/apps/PTSDCoach.asp>

**Seeking Safety:** a model of counseling to help people improve coping skill; attain safety from trauma/PTSD and substance abuse disorder (SUD). The treatment manual is published as a book titled, *Seeking Safety: A Treatment Manual for PTSD and Substance Abuse*.

<http://www.treatment-innovations.org/seeking-safety.html>

**The Veteran’s PTSD Handbook:** Author: **John D. Roche**





**VA Caregiver Support:** the VA provides a number of services designed specifically to support the Family Caregiver. The programs are available in and out of the home. **VA Caregiver Support Line** (toll-free): **1-855-260-3274**. <http://www.caregiver.va.gov/>

**VA National Suicide Prevention Hotline:** Call: **1-800-273-TALK (8255)** and press “1”

**Vietnam Veterans of America:** <http://www.vva.org/>

**Veterans Crisis Line:** connects Veterans in crisis and their families and friends with qualified Department of Veteran Affairs responders through a confidential toll-free hotline, online chat, or text. <https://www.Veteranscrisisline.net/>

**Sierra Club Military Outdoors:** ensures that service members, Veterans and their families have skill, exposure, knowledge and confidence to access the great outdoors.  
<http://www.sierraclub.org/outdoors/2016/11/military-and-Veteran-2017-adventure-calendar>

### **I Could Have Been That Girl: Is PTSD Incurable?**

[http://www.huffingtonpost.com/jenni-schaefer/i-could-have-been-that-gi\\_b\\_10049428.html](http://www.huffingtonpost.com/jenni-schaefer/i-could-have-been-that-gi_b_10049428.html)

### **Notice of Disagreement (NOD)**

Video on NOD: <https://www.youtube.com/watch?v=hOWbDJquzn0>  
<http://www.vba.va.gov/pubs/forms/vba-21-0958-are.pdf> Required Form.

If your claim has been denied and you feel you have cause to disagree, you can file a Notice of Disagreement. **Contact a VSO or a lawyer** for assistance and gather your evidence *including outside notes from “outside” doctors you may have seen*. Generally you will have the same VSO or lawyer working on the appeal as on the original claim. You will not be able to switch to another rep until after a decision on the claim has been made. The VA has a rigid policy they require you to follow and you will be under strict time constraints. Make sure you meet the deadlines. Time is of the essence. You will need new evidence and not a rehash of previously presented evidence. Concerning pain; we have been told by a VSO the VA does not consider any pain level below 4 worth considering as part of your claim. Make sure your VSO is familiar with information that will help you be successful. Discuss this carefully with them. If you consider seeking assistance from a lawyer, it is reasonable to consider the level of rating you are fighting for. Generally they will not take a case that is not worth the effort financially. Finally, if you Google “notice of disagreement” you will find



many PDF documents with information including directives that VA claims examiners are required to follow. I strongly recommend you watch the videos available on the Veterans Law blog produced by attorney Chris Attig and you may consider purchasing some of his material which is very reasonably priced and loaded with advice that is absolutely required to prepare you for your fight with the VA. Si vis pacem, para bellum.

### **Upgrading a Discharge due to Error or Injustice**

DoD ensure Veterans are aware of the opportunity to have their discharges and military records reviewed for all Veterans who believe they have experienced an error or injustice to request relief from their service's Board for Correction of Military/Naval Records (BCM/NR) or Discharge Review Board (DRB).

For discharge upgrades, if the discharge was more than 15 years ago, the Veteran should complete DD Form 293 (<http://www.dtic.mil/whs/directives/forms/eforms/dd0293.pdf> [1]) and send it to their service's DRB (the address is on the form). For discharges over 15 years ago, the Veteran should complete the DD Form 149 (<http://www.dtic.mil/whs/directives/forms/eforms/dd0149.pdf> [2]) and send it to their service's BCM/NR (the address is on the form).

For corrections of records other than discharges, Veterans should complete the DD Form 149 and submit their request to their service's BCM/NR (the address is on the form).

Key information to include in requests:

1. Why the Veteran's discharge or other record was unjust or erroneous--for example, how it is connected to, or resulted from unjust policies, a physical or mental health condition related to military service, or some other explainable or justifiable circumstance.
2. Provide support, where applicable, for key facts. If a Veteran has a relevant medical diagnosis, for example, it would be very helpful to include medical records that reflect that diagnosis.
3. Third, it is helpful, but not always required, to submit copies of the Veteran's applicable service records. The more information provided, the better the boards can understand the circumstances of the discharge.

BCM/NRs are also *authorized to grant relief on the basis of clemency*.

Veterans who believe their post-service conduct and contributions to society support an upgrade or correction should describe their post-service activity and provide any appropriate letters or other documentation of support.

Personnel records for Veterans who served after 1997 should be accessible online and are usually retrievable within hours of a request through the Defense Personnel Records Information Retrieval System (DPRIS). To obtain one's personnel records from DPRIS, go to <https://www.dpris.dod.mil/> [3], then select "Individual Veteran Access" on the left side of the website and follow the instructions. Veterans will need to register for a logon and verify their current mailing address before requesting records. The whole process usually takes less than 10 minutes. Those who served prior to 1997 or for whom electronic records are not available from DPRIS, can request their records from the National Personnel Records Center (NPRC) using the eVetRecs website at:

<http://www.archives.gov/Veterans/military-service-records/> [4].

### **Education and Training The "Forever GI Bill"**

<https://www.benefits.va.gov/GIBILL/forevergibill.asp>



“The President signed into law the [Harry W. Colmery Veterans Educational Assistance Act](#) also known as the “Forever GI Bill,” which will bring significant changes to Veterans education benefits.....Some of the changes will go into effect immediately, and some are written to go into effect shortly after.”

### **911 GI Bill & the Yellow Ribbon GI Education Enhancement Program**

In RI, the following schools participate in the Yellow Ribbon program: Brown, Bryant, Johnson and Wales, New England Institute of Technology, RISDI, Roger Williams, and Salve Regina. Contact info for the schools can be found in the link below:

<https://guide.rivetcorps.org/programs/yellow-ribbon-gi-education-enhancement-program/>

A Brochure for the two educational benefit programs can be found here:

[http://www.benefits.va.gov/gibill/docs/pamphlets/Yellow\\_Ribbon\\_Pamphlet.pdf](http://www.benefits.va.gov/gibill/docs/pamphlets/Yellow_Ribbon_Pamphlet.pdf)

Brown University website and information is here:

<https://www.brown.edu/about/administration/financial-aid/veteran-benefits>

Veterans should contact the VA directly to determine their eligibility for both programs. Additional information regarding VA Benefits and the Yellow Ribbon Program is available at GI Bill Information or by calling VA Benefits at 1-800-827-1000.

**Training at Home:** <http://www.benefits.va.gov/gibill/index.asp>

### **VA Vocational Rehabilitation**

<http://www.military.com/benefits/Veteran-benefits/vocational-rehabilitation-and-employment.html>

**Vocational Rehabilitation and Employment.** The **Vocational Rehabilitation and Employment (VR&E)** Program, sometimes referred to as Chapter 31 or **Voc-Rehab**, helps **Veterans** with service-connected disabilities and employment handicaps prepare for, find, and keep suitable jobs.

### **Operation PAVE**

<http://www.benefits.va.gov/vocrehab/>



[http://www.pva.org/site/c.ajlRK9NJLcJ2E/b.7750849/k.36C/Operation\\_PAVE\\_Paving\\_Access\\_for\\_Veterans\\_Employment.htm?s\\_src=google&gclid=Clb86\\_3xk9ACFU1qfgod288L2q](http://www.pva.org/site/c.ajlRK9NJLcJ2E/b.7750849/k.36C/Operation_PAVE_Paving_Access_for_Veterans_Employment.htm?s_src=google&gclid=Clb86_3xk9ACFU1qfgod288L2q)  
[http://www.pva.org/site/c.ajlRK9NJLcJ2E/b.6305401/k.27D1/Paralyzed\\_Veterans\\_of\\_America.htm=-321](http://www.pva.org/site/c.ajlRK9NJLcJ2E/b.6305401/k.27D1/Paralyzed_Veterans_of_America.htm=-321)

Paralyzed Veterans of America launched its vocational rehabilitation and employment program, PAVE (Paving Access for Veterans Employment). With offices now co-located in VA medical centers in Tampa, Richmond, San Antonio, Chicago, Minneapolis and Long Beach, Operation **PAVE serves Veterans nationwide** using a hybrid, integrated approach to assist Veterans and transitioning service members who face significant barriers to employment, as well as their spouses and caregivers.

### **RI Department of Labor and Training Network Centers**

<http://www.networkri.org/>

"The *netWORKri* centers are conveniently located throughout the state where jobseekers and employers are matched through quality employment programs and services. Whether you are a jobseeker looking for just the right job or an employer looking for qualified employees we have all the resources to make it easy for you...**all at no cost!**" Training on preparing resume's, interviewing skills, typing, and many excellent seminars all geared towards helping clients with information and skills for a successful job search.

### **Forms**

**A Veteran Service Organization (VSO) will assist with forms. See VSO'S later in this document. All claims should go through a VSO or a lawyer. VSO's get paid so there is no charge for their service.**

**SF180** <https://www.archives.gov/research/order/standard-form-180.pdf>

Form to request a copy of military records, including health.

**1010EZ** <http://www.va.gov/vaforms/medical/pdf/1010EZ-fillable.pdf>

Instructions for completing enrollment application for health benefits

**21-526EZ** notice to Veteran/service member of evidence necessary to substantiate a claim for Veteran's disability compensation and related compensation benefits

<http://www.vba.va.gov/pubs/forms/VBA-21-526EZ-ARE.pdf>

**21-527EZ** notice to Veteran of evidence necessary to substantiate a claim for Veterans non service-connected pension benefits

<http://www.vba.va.gov/pubs/forms/VBA-21-527EZ-ARE.pdf>



**VBA-21-534EZ-ARE** notice to survivor of evidence necessary to substantiate a claim for dependency and indemnity compensation, death pension, and/or accrued benefits <http://www.vba.va.gov/pubs/forms/VBA-21-534EZ-ARE.pdf>

**21P-8416** Instructions for Medical Expense Report <http://www.vba.va.gov/pubs/forms/VBA-21P-8416-ARE.pdf>

**27-0501** Veterans Benefits Timetable <https://webmail.webfaction.com/?task=mail&action=get&mbox=INBOX.FORMS&uid=8&part=8&frame=1&extwin=1>

**21-0958** VA Notice of Disagreement Form <http://explore.va.gov/file-disagreement>  
<http://www.vba.va.gov/pubs/forms/vba-21-0958-are.pdf>  
<https://www.ebenefits.va.gov/ebenefits/homepage>

### **VA Dental**

**Generally speaking free dental is given only to 100% disabled Vets or if the dental problem is due to a service connected injury.** <https://www.emergencydentistsusa.com/dental-care-resources-for-veterans/>

**VA Dental** [http://www.va.gov/healthbenefits/vadip/VADIP\\_fact\\_sheet\\_02-18-15.pdf](http://www.va.gov/healthbenefits/vadip/VADIP_fact_sheet_02-18-15.pdf)

**VADIP** <http://www.deltadentalvadip.org/> Veterans Affairs Dental Insurance Program **VADIP closed to new enrollees. Current enrollees are good until 2021.**

<http://www.trdp.org/> for retiree dental program TRICARE

### **For Disabled Vets**

**Transportation for at least 30% Vets to and from appointments**

273-7100 ext. 3550 make appointment.

**Service Dogs for Disabled Vets**

<http://www.puppiesbehindbars.com/home>

**Free Charter Fishing Trips**- for disabled Vets.

[www.Veterananglercharters.org](http://www.Veterananglercharters.org)  VA Charters, Inc.

**Habitat for Humanity**

<http://www.habitatwestbay.org/>





This organization is in many RI communities and a Google search will bring them up. They have a Veterans Build program that started in 2013 as a way to address the needs of returning veterans from active duty. The mission: *"Provide home ownership, critical home repairs, employment and volunteer engagement opportunities to U.S. Veterans, military service members and their families."* It provides affordable home ownership opportunities with 0% mortgages while performing sweat equity into the home building process. It also provides for critical home repairs for seniors who own their own home who are living in an unsafe environment and finally provides volunteer opportunities which could lead to other employment opportunities. Volunteering with Habitat helps returning vets to reintegrate back into society. It gives them a new mission and allows them to use their skills and discipline to build and work alongside people in their community.

For more information within your community, Google them. Volunteers are always needed. For Westbay and Northern RI contact:

Amy L. Gates, V.P.

Veterans Build

401-374-2724 mobile

[amy@habitatwestbay.org](mailto:amy@habitatwestbay.org)

## **VA Healthcare Links**



## Health Care Links

- [Tricare](#)
- [Tricare Prime](#)
- [Tricare Prime Remote](#)
- [Tricare Standard and Extra](#)
- [US Family Health Plan](#)
- [Tricare Prime Overseas](#)
- [Tricare Prime Remote Overseas](#)
- [Tricare Standard Overseas](#)
- [Tricare for Life](#)
- [Tricare Reserve Select](#)
- [Tricare Retired Reserve](#)
- [VA Health Care](#)
- [PTSD](#)
- [VA Disability Compensation](#)
- [My HealthVet Program](#)
- [Blindness Rehabilitation](#)
- [Agent Orange](#)
- [Alcohol and Substance Abuse](#)
- [VA Work-Study Allowance](#)
- [CHAMPVA](#)
- [Gulf War Syndrome](#)
- [Radiation Exposure](#)
- [Military Spouse](#)
- [VA Health Care Enrollment](#)
- [VA Health Care Priority Groups](#)
- [VA Special Access to Care](#)
- [VA Health Care General Eligibility](#)
- [VA Health Care Important Documents](#)
- [VA Health Care Financial Assessment](#)
- [VA Health Care Services Requiring Co-pays](#)
- [VA Health Care Outpatient Services](#)
- [Does the VA bill insurance companies?](#)
- [VA Health Care Travel Costs](#)
- [Veteran Health Registries](#)
- [VA Health Care Readjustment Counseling](#)
- [VA Health Care Prosthetic and Sensory Aids](#)
- [Home Improvements and Structural Alterations through VA Health Care](#)
- [Services for Blind Veterans](#)
- [Veterans Mental Health Care and Suicide Prevention](#)
- [Work Restoration Programs](#)
- [VA Health Care Domiciliary Care](#)
- [VA Outpatient Dental Treatment](#)
- [VA Nursing-Home Care](#)
- [Emergency Medical Care in Non-VA Facilities](#)
- [VA Outpatient Pharmacy Services](#)
- [Fisher Houses: Your "Home Away from Home"](#)
- [VA Rolls Out New Diabetes Prevention Tool](#)
- [President Signs Burn-Pit Registry Law](#)
- [Appeals of VA Claims Decisions](#)
- [Nursing-Home Care For Veterans](#)



- Is Your VA Hospital Spying on You?
- Extended VA Care
- VA Care for Project 112/SHAD Participants
- VA Patient Rights: Respect and Nondiscrimination
- VA Patient Rights: Participation in Treatment Decisions

**More Health care Links from the VA** More links can be found while searching these.

- [Tricare](#)
- [Tricare Prime](#)
- [Tricare Prime Remote](#)
- [Tricare Standard and Extra](#)
- [US Family Health Plan](#)
- [Tricare Prime Overseas](#)
- [Tricare Prime Remote Overseas](#)
- [Tricare Standard Overseas](#)
- [Tricare for Life](#)
- [Tricare Reserve Select](#)
- [Tricare Retired Reserve](#)
- [VA Health Care](#)
- [PTSD](#)
- [VA Disability Compensation](#)
- [My HealtheVet Program](#)
- [Blindness Rehabilitation](#)
- [Agent Orange](#)
- [Alcohol and Substance Abuse](#)
- [VA Work-Study Allowance](#)
- [CHAMPVA](#)
- [Gulf War Syndrome](#)
- [Radiation Exposure](#)
- [Military Spouse](#)

Military Sexual Trauma Fact Sheet

<http://www.benefits.va.gov/BENEFITS/factsheets/serviceconnected/MST.pdf>

My HealtheVet

Katherine Foresti, My HealtheVet Coordinator

401-273-7100 ext. 2128 office

401-952-2655 direct

[Katherine.foresti@va.gov](mailto:Katherine.foresti@va.gov)

My HealtheVet Help Line: 1-877-327-0022





### Prescription Management

View a list of your VA-prescribed medications and have them delivered to your home using My HealthVet.

This service is available to account holders with Premium Accesses  
<https://www.ebenefits.va.gov/ebenefits/about/feature?feature=my-healthVet-prescription-management>

With Premium Access you have access to your medical info and can check on the status of a pending claim, communicate with your doctor using secure messaging, order your prescription refills on line, have access to your medical records and even check what the doctor has written which can be an asset to “setting the record straight” at times by leaving your own notes. You will have the ability to comment on record entries. First, register an account by clicking on the link above, then go to the records dept. in the basement of the VAMC and identify yourself in person with an ID. With that, you will then gain the highest level of access; Premium, allowing access to all of the above and more. This is particularly valuable if you are a Vet in the VA healthcare system, are filing a claim and/or seeking a rating or already have a claim.

### Veterans Health Line

<http://www.Veteranshealthlibrary.org/> a plethora of health resources.

### **Military Benefits**

- Education
- Health Care
- Finance
- Insurance



### **Forensic Guide**

**Lawyers Serving Warriors:** free legal advice for Veterans with PTSD who served in the Iraq or Afghanistan War.

<http://www.lawyerservingwarriors.com/>

### **Legal Resources non-VA,**

[https://webmail.webfaction.com/?\\_task=mail&\\_action=get&\\_mbox=INBOX.Legal&\\_uid=1&\\_part=2&\\_frame=1&\\_extwin=1](https://webmail.webfaction.com/?_task=mail&_action=get&_mbox=INBOX.Legal&_uid=1&_part=2&_frame=1&_extwin=1)

**Veterans Treatment Court** Vets get a second chance if they follow the program.

<https://www.courts.ri.gov/Courts/districtcourt/Pages/VeteransTreatmentCourt.aspx>

### **Veterans Inc.**

<http://www.Veteransinc.org/>





Veterans Inc.  
69 Grove Street  
Worcester, MA 01605  
(800) 482-2565  
For legal advice

**VA Outreach & Social Sharing Portal**

<http://explore.va.gov/outreach-sharing> all about benefits.

**HelpRILaw**

<http://www.helprilaw.org/>

**c/o Rhode Island Legal Services**

56 Pine Street, Fourth Floor, Providence, RI 02903

Call Us (401) 271-2652, (800) 662-5034, Fax (401) 453-0310



**Housing Information**

**Help with rent from the Veterans Affairs Supportive Housing Program.**

[http://www.needhelppayingbills.com/html/veterans\\_help\\_with\\_paying\\_rent.html](http://www.needhelppayingbills.com/html/veterans_help_with_paying_rent.html)

**HUD-VA Supportive Housing Program Description**

<http://www.vets.ri.gov/includes/benefits/basic/hudva.php>

**FIND ASSISTANCE PROGRAMS AND FINANCIAL HELP FROM YOUR STATE, CITY, AND COUNTY GOVERNMENT AS WELL AS LOCAL ORGANIZATIONS.**

[http://www.needhelppayingbills.com/html/state\\_aid\\_and\\_assistance\\_progr.html](http://www.needhelppayingbills.com/html/state_aid_and_assistance_progr.html)

**Some Veterans report challenges meeting monthly bills: Are you one of them?**

<http://www.blogs.va.gov/VAntage/41469/veterans-report-challenges-meeting-monthly-bills-are-you-one-of-them/>

**Public assistance in Rhode Island.**

[http://www.needhelppayingbills.com/html/rhode\\_island\\_public\\_assistance.html](http://www.needhelppayingbills.com/html/rhode_island_public_assistance.html)

**Housing Rental options**

[Rental Resource Guide](#) and [www.HomeLocatorRI.net](http://www.HomeLocatorRI.net)

Homeless options [Shelter Guide](#).

**Affordable Housing on Line:**





<http://us8.campaign-archive2.com/?u=160df5d0a9e898b82b91f52e6&id=127b60c1e7&e=745f846ae8>

**Building Homes for Heroes:**

[http://buildinghomesforheroes.org/about?gclid=CMWZ\\_un7os8CFciBfgodRIQ\\_Ayw](http://buildinghomesforheroes.org/about?gclid=CMWZ_un7os8CFciBfgodRIQ_Ayw)

**Habitat for Humanity** (also posted in Orgs helping Vets below)

<http://www.habitatriwestbay.org/> (Local link)

Building homes for disabled Vets (see Organizations Helping Vets below)

"We are open to all military, National Guard, active or reserve, retired or a veteran. There is no restriction. Although ...if someone is completely disabled this program is not for them as other resources are available. We have income guidelines that [Vets have] to fit into." If you would like to examine the many volunteer opportunities, go to the link above.

**VA \$0 down guaranteed housing loans**

[http://www.benefits.va.gov/benefits/factsheets/homeloans/va\\_guaranteed\\_home\\_loans.pdf](http://www.benefits.va.gov/benefits/factsheets/homeloans/va_guaranteed_home_loans.pdf)

**Summary of Loan Benefits:**

<http://www.benefits.va.gov/BENEFITS/benefits-summary/SummaryofVAHomeLoanGuarantyBenefits.pdf>

**8 Unbeatable Benefits of VA Home Financing**

<https://www.Veteransunited.com/valoans/8-unbeatable-benefits-of-va-home-financing/>

**Mortgage Servicing Assistance**

[http://www.benefits.va.gov/homeloans/Veteran\\_borrowers.asp](http://www.benefits.va.gov/homeloans/Veteran_borrowers.asp)

"VA Home Loans are provided by private lenders, such as banks and mortgage companies. VA guarantees a portion of the loan, enabling the lender to provide you with more favorable terms. These lenders then sell the loans to servicers, or service the loans within their own companies. VA provides guidance and policies to servicers so they can provide solutions to borrowers having difficulties in retaining their property or avoid foreclosure. VA also provides guidance with current loans if issues arise with servicers.

For your convenience, we have created six short videos which cover different subjects on avoiding foreclosure.

If you are a borrower and want to contact the VA Loan Guaranty Office regarding any aspect of your mortgage, please call 1-877-827-



3702. Additionally, you may also contact your local **Regional Loan Center** for assistance and information regarding your VA loan. Please visit the trouble **making payments web page** if you have financial trouble or some other circumstance regarding your VA home loan.”

Regional Loan Center for RI is:  
Department of Veterans Affairs  
VA Regional Loan Center  
1240 East Ninth Street  
Cleveland, OH 44199  
1-800-729-5772

**Operation Stand Down RI (OSDRI)**

[www.osdri.org](http://www.osdri.org)

An excellent source for those qualified and needing housing or financial assistance

**VA Home Loan Overview**

<http://www.militaryauthority.com/benefits/finance/va-home-loan/va-home-loan-overview.html>

Includes advantages of a VA loan.

**USA CARES**

<http://www.usacares.org/>

Assisting *military families* with housing, rental and mortgage assistance and financial assistance.

In RI they have a grant for \$30,860.11, helped with 3 homes and have 197 clients.

**Veterans Inc.**

<http://www.Veteransinc.org/>

Veterans Inc.  
69 Grove Street  
Worcester, MA 01605  
(800) 482-2565



Veterans Inc. is a national leader in ending homelessness among Veterans. We have one of the highest rates in the nation – 85% – for transitioning Veterans out of homelessness.

A 501(c)3 nonprofit headquartered in Massachusetts, Veterans Inc. is the largest provider of support services to Veterans and their families in New England. Since 1990, we have helped more than 60,000 Veterans in need and today operates offices and programs in all six New England states.

Veterans Inc.'s clinical case management approach addresses the “total Veteran,” incorporating job training and employment services, health and wellness, and supportive services ranging from transportation to legal advice

**Military Handbooks**

**2016 Federal Benefits for Veterans, Dependents and Survivors online edition. (VA)**

[https://www.va.gov/opa/publications/benefits\\_book.asp](https://www.va.gov/opa/publications/benefits_book.asp)



**2016 Federal Benefits for Veterans, Dependents and Survivors *printed* edition PDF (VA)**

[https://www.va.gov/opa/publications/benefits\\_book/2016\\_Federal\\_Benefits\\_for\\_Veterans.pdf](https://www.va.gov/opa/publications/benefits_book/2016_Federal_Benefits_for_Veterans.pdf)

**Free downloads for active military and Veterans.**

<http://militaryhandbooks.com/>



**2016 Military Handbooks online – Now Available for downloading**

2016 AFTER THE MILITARY HANDBOOK

2016 BENEFITS FOR VETERANS AND DEPENDENTS...health care benefits, disability compensation, pension,

2016 GETTING UNCLE SAM TO PAY FOR YOUR COLLEGE DEGREE...everything you need to know about:

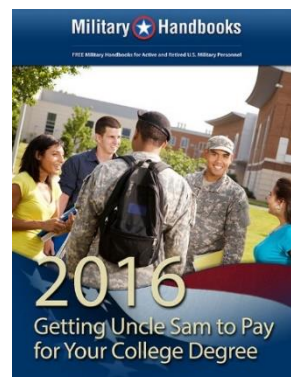
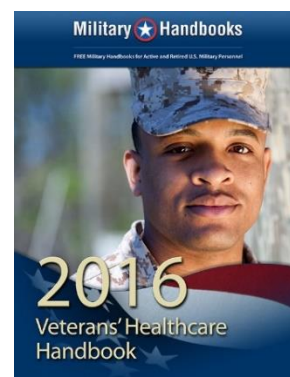
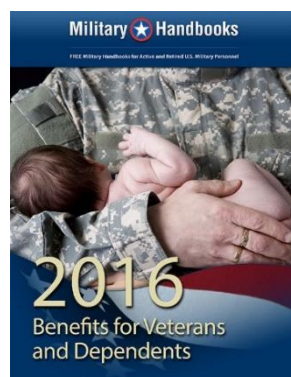
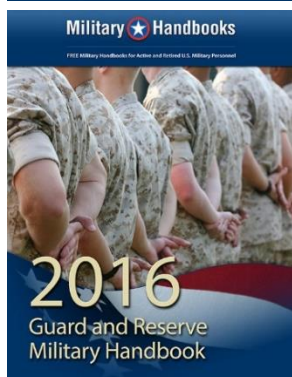
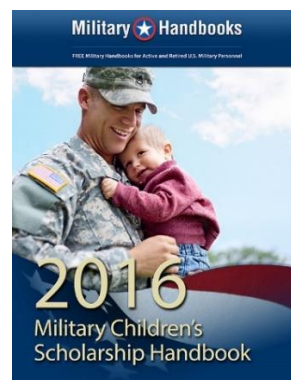
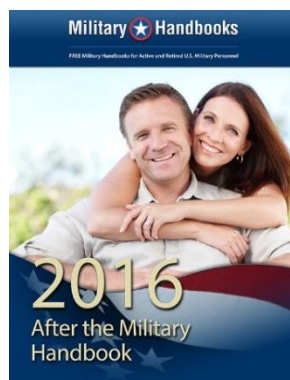
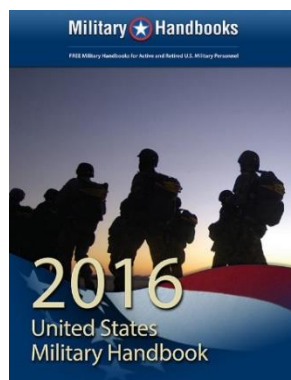
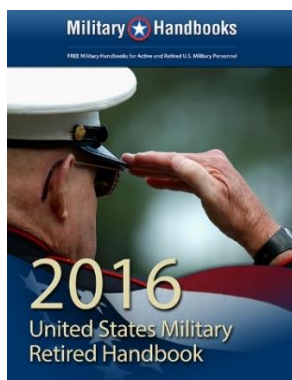
2016 GUARD AND RESERVE MILITARY HANDBOOK...written specifically for service members in the

2016 MILITARY CHILDREN'S SCHOLARSHIP HANDBOOK...A college degree has become the essential tool

2016 UNITED STATES MILITARY HANDBOOK...The United States Military Handbook is designed to help all

2016 UNITED STATES MILITARY RETIRED HANDBOOK...designed to assist all U.S. Military personnel who

2016 VETERANS HEALTHCARE BENEFITS HANDBOOK...This unique handbook, written for Veterans, gives





### **US Army Retired Soldiers Handbook (not shown)**

[file:///C:/Users/Owner/Documents/RI%20VETCORPS/BOOKLETS/2016\\_US Army Retired Soldier Handbook.pdf](file:///C:/Users/Owner/Documents/RI%20VETCORPS/BOOKLETS/2016_US_Army_Retired_Soldier_Handbook.pdf)

### **Mobile Medical Centers**

<http://www.va.gov/opa/choiceact/documents/Fact-Sheet-Mobile-Vet-Centers.pdf>

Telemedicine is one tool VA Mobile Medical Centers and Mobile Vet Centers utilize to provide Veterans in rural and remote areas the opportunity to communicate with, and receive services from trained providers. Utilizing the benefits of virtual technology, high speed internet and satellite connectivity, patients are able to directly interact with providers miles away.

### **The Office of Rural Health Contacts**

<http://www.ruralhealth.va.gov/contactus/centraloffice.asp>

### **Veterans Living Abroad**

<http://www.benefits.va.gov/persona/Veteran-abroad.asp>

### **Veterans Living Abroad Contact Information**

<http://www.benefits.va.gov/PERSONA/Veteran-abroad-contact.asp>

### **Foreign Medical Program (FMP)**

Health care benefits program for U.S. Veterans who are residing or traveling abroad and have VA-rated, service-connected disabilities. - See more at:

<http://www.va.gov/purchasedcare/programs/Veterans/fmp/>

### **National Guard**

National Guard Veteran & Reserve benefits may differ from other branches of service depending on deployment.

### **Dec 16, 2016 H.R. 6416: Reserve, Guard retirees win Vet status (with limitations)**

Section 305 of the law states that any person entitled under Chapter 1223, Title 10, U.S. Code to “retired pay for nonregular service or, but for age, would be entitled under such chapter to retired pay for nonregular service shall be honored as a Veteran but shall not be entitled to any benefit by reason of this honor.” There is a limitation in that they still cannot be called Veterans unless they have a qualifying period of active duty under Title 10 orders which typically means 180 days or longer of consecutive service but always results in a Certificate of Release or Discharge from active duty, or a DD214.





### **Your Benefits: Active Guard Reserve**

<http://www.benefits.va.gov/GUARDRESERVE/active-reserve.asp>

<http://www.benefits.va.gov/GUARDRESERVE/active-reserve.aspx>an Legion A Magazine for a Strong America May 2017: 22. Print.

### **National Guard & Reserve Benefits**

<http://www.benefits.va.gov/GUARDRESERVE/active-reserve.asp>

### **Guard and Reserve Military Handbook (Military Handbooks on line.)**

### **Veterans Benefits for National Guard and Reserve Servicemembers**

<http://militaryhandbooks.com/?s=national+guard+and+reserve>

### **After the Military Handbook (Military Handbooks on line.)**

<http://militaryhandbooks.com/view-military-handbooks/guard-and-reserve-handbook/>

<http://militaryhandbooks.com/view-military-handbooks/after-the-military/>

### **Summary of VA Benefits for National Guard and Reserve Members and Veterans**

<http://www.benefits.va.gov/benefits/benefits-summary/summaryofvanationalguardandreserve.pdf>

### **Understanding the Guard's Duty Status**

<http://www.ngaus.org/sites/default/files/Guard%20Statues.pdf>

### **Your Benefits: Active Guard Reserve**

<http://www.benefits.va.gov/GUARDRESERVE/active-reserve.asp>

### **Diseases Associated With Exposure to Contaminants in the Water Supply at Camp Lejeune** (Federal Register final decision)

A Rule by the [Veterans Affairs Department](#) on [01/13/2017](#)

<https://www.federalregister.gov/documents/2017/01/13/2017-00499/diseases-associated-with-exposure-to-contaminants-in-the-water-supply-at-camp-lejeune>

### **Office of Inspector General (OIG)**

<https://www.va.gov/oig/>

*"The OIG conducts oversight of VA and its programs and operations, providing independent and objective reporting to the VA Secretary and the Congress for the purpose of preventing and detecting fraud and abuse, and bringing about positive change in the integrity, efficiency, and effectiveness of VA. To report potential criminal activity, fraud, waste, mismanagement, or other abuse, contact the VA OIG Hotline at [vaoighotline@va.gov](mailto:vaoighotline@va.gov) or [www.va.gov/oig/hotline/default.asp](http://www.va.gov/oig/hotline/default.asp). You can also sign up for the site to get information of the activities and investigations of the OIG."* If you





experience a particularly egregious event you should contact the OIG. They may not respond but it is worth the effort and depending upon the seriousness of the situation, they do.

## **Patient Rights**

### **Rights and Responsibilities**

<http://www.va.gov/health/rights/>

Employees must respect and support your rights as a patient. If you would like more information about your rights as a patient, please talk with your VA treatment team members or if necessary, a [Patient Advocate](#). Patient Rights and Responsibilities are posted in outpatient and inpatient areas. If you have not received a copy of your Rights and Responsibilities, please contact the Patient Advocate who can provide you with a copy or you may download a copy here:

- [Rights and Responsibilities of VA Patients and Residents of Community Living Centers](#)
- [Rights and Responsibilities of Family Members of VA Patients and Residents of CLCs](#)

### **VA Patient's Rights: Participation in Treatment Decisions**

<http://www.militaryauthority.com/benefits/health-care/va-health-care/va-patients-rights-participation-in-treatment-decisions.html>

[38 CFR 17.33 - Patients' rights. | US Law | LII / Legal Information I](#)

**VA Patient's Rights** *A must read if you are a patient at the VAMC*

<http://www.militaryauthority.com/benefits/health-care/va-health-care/va-patients-rights-participation-in-treatment-decisions.html>

**This document from the link below comes from a political military community member's blog called *Daily Kos*:**

**"Attention Veterans.. Read it.. Your VA Patient bill of rights"**

<http://www.dailykos.com/story/2013/2/14/1187054/-Attention-Veterans-Read-it-Your-VA-Patient-bill-of-rights>

"If one or any of these rights [in the link above] are abused....Demand Action. I knew about these rights for many years and it seems many facilities have forgotten they are binding. This is why I raise Hell when they are abused.



The VA Healthcare system is a good model for single payer [many Veterans would vehemently disagree] and it is our responsibility to make sure our Veterans are treated properly according to VA patient bill of rights.

The VA has set them in place and we have to make sure Veterans get this type of treatment nationwide and are not just words on a wall. The VA Administration needs to hear from Veterans and their families along with advocates to ensure this bill of patient rights is followed.” ~Vet Wife

**Rights and Responsibilities of VA Patients and Residents of Community Living Centers.** The Veterans Health Administration (VHA) <https://www.va.gov/health/rights/patientrights.asp>

### **PATIENT ADVOCATES VAMC PROVIDENCE R.I.**

If you have a complaint or any issue with any situation within the VA, first go to the VA Patient Advocate. The office is in the VAMC Providence. This is an important first step to resolution.

In the past, VA advocates frequently did not get notify Veterans subsequent to the Vet contacting the office leaving the Vet without any information on the status of their issue. There is now a new “proactive” advocacy model in place where Veterans can expect to hear from the office quickly and efficiently. This alone is a major and significant improvement relieving the stress and frustration felt by Vets in the past. Further, the office is professionally staffed and, by location, now very accessible.

Be advised if you write a letter of complaint and bring it to the advocate’s office, those letters are not filed with the advocate but are sent to the manager of the offending office. The advocates do not keep such files.

[HTTP://WWW.PROVIDENCE.VA.GOV/PATIENTS/CUSTOMERSERVICE.ASP](http://www.providence.va.gov/patients/customerservice.asp)

“Our Patient Advocate program seeks to personally give you and your family the security of knowing someone is available to focus on your individual concerns and rights as a patient. If you, or a Veteran you care for has not been able to resolve your issues directly with the individual/service involved, then please contact our patient advocates who will assist you with your concern in a timely manner.



**Heather Pezzullo, LICSW**

**Patient Advocate**  
401-273- ext. 3093



**Stephanne Proske, MSN, RN, CNOR**

**Patient Experience Officer**  
401-273-7100 ext. 6462

RI has a new **Director of Veterans Affairs** operating out of the Dept. of Human Services and appointed by the governor to a RI state cabinet level position <http://www.ri.gov/press/view/26866>. This is the first time RI has had a voice for Veterans this highly placed. His name is **Kasim Yarn** and he has vowed to assist Vets as he develops his crusade to help Veterans. He assured us he has the empowerment to facilitate change. He also invites Veterans to call him when they feel the need, for anything. If you need action very quickly or are unable to get help otherwise, do call him. *Cdr. Yarn invites Vets to call about anything and to visit his office as well.* He has stated it is his mission to help Veterans needing assistance, has an open door policy and based on his MO, he is eager to intercede on your behalf. His staff consists of two well informed and well seasoned caseworks:

Cdr. Kasim Yarn, (Ret.)  
RI Dept. of Human Services  
Director, Division of Veterans Affairs  
560 Jefferson Blvd  
Warwick, RI 02886  
401 921 2119 ext. 3  
[Kasim.yarn@dhs.ri.gov](mailto:Kasim.yarn@dhs.ri.gov)

To email his office, contact one of his caseworkers:  
[David.rothermel@Vets.ri.gov](mailto:David.rothermel@Vets.ri.gov) 401-921-0949  
[david.dosreis@Vets.ri.gov](mailto:david.dosreis@Vets.ri.gov) 401-921-0946



Cdr. Kasim Yarn (ret),  
RI Dept. of Human Services  
Director, Division of Veterans Affairs



Remember, you have rights as a VA patient or in any healthcare system and if the patient bill of rights has been violated, take action. Familiarize yourself with the Patient Bill of Rights and you should demand your rights if necessary. As they say in the U.S. Navy; "This is not a drill." Be advised you have the right to refuse care. The responsibility of the VAMC is to inform you of the medical consequences of doing so and not to brow beat you. Some PCP's tend to bully patients. You also have a right to medical care and to be treated with dignity and respect. Violations of these mandates can, understandably, leave Veterans helpless and wondering what to do about them. Advocate for yourself wisely.

### **Veterans Service Organization (VSO) and dealing with VA issues**

Veteran Service Organizations are helpful and extremely important when dealing with many issues. Veteran Service Reps (VSR)'s have been trained to represent you in the intricacies of filing a claim that is service connected and can point you in a direction you may not have considered. Contact the RI Vet Corps for assistance or for a referral if you need help with finding a VSO. You can also contact the VA for a VSO contact. The current RI and MA VSO's are listed below in this document.

### **How to Appeal a Board of Veterans' Appeals Decision**

#### **Contact A VSR from a VSO First and Foremost**

<http://www.uscourts.cavc.gov/appeal.php>

### **ACCREDITED REPRESENTATIVE VSR'S & VSO'S** (ALSO LISTED BELOW)

<http://www.benefits.va.gov/vso/>

**Ben Krause**, the founder of the *Disabled Veterans* has a scrappy website dealing with VA issues and helpful suggestions. The site <http://www.disabledVeterans.org/> founded by Ben is all about helpful information for Vets. Go there.

**2017 VA Accountability Act:** This is worth reading.

<http://veterans.house.gov/115th-congress-legislation/accountability.htm>

**My VA Story:** <http://myvastory.org/> Share problems and issues with other Vets



**Vets rate VA hospitals** as they share their experiences; it offers Vets an opportunity to vent or praise if you are so inclined, the link below is a site that gives some insight into VA facilities nationwide. The site was founded by Ben Krause, and is all about and for Vets. <https://www.VAratings.com>.

In a section on disability claims and selecting a VSO, Krause posted:

**How to Select your Veteran Service Organization & manage claims**

<http://www.disabledVeterans.org/2011/01/14/how-to-file-a-va-claim-for-disability-compensation/>

Krause suggests the following:

**“VSO Selection.**

Not all VSO’s are created equal. Keep an open mind and shop around for the one you feel the most confident with handling your case. Some have less training or experience than others. Others have too many cases to directly manage effectively. The advantage for you will be the fact that you have your case already together with assistance from a VSO prior to the presentation. Talk to the VSO about how to further document your claim prior to filing it. If the VSO feels confident that you’re ready to go, go for it. One thing to consider, *a bad VSO can squash your ability to appeal successfully by failing to notice shortfalls in your documentation before an appeal.*” ~Ben Krause <http://www.disabledVeterans.org/>

**VETERANS SERVICE ORGANIZATIONS (VSO) and VETERAN SERVICE REPS**

The following Veterans Service Organizations are located at the Providence Regional Benefit Office:

- American Legion
- **AMVETS**
- Disabled American Veterans
- Veterans of Foreign Wars
- Massachusetts Veterans Service
- Military Order of the Purple Heart
- Vietnam Veterans of America

**Current VSO list in RI 11/23/16**

**VETERANS SERVICE ORGANIZATIONS (VSO) and VETERAN SERVICE REPS**

**MA:**

**American Veterans 401-223-3702**





**RI:**

**American Legion:**

Ron Levasfeur 401-223-3687

**DAV:**

Michael Zibrida 401-223-3695

Kenneth Andrade (same)

**MA Dept. Veterans Affairs:**

Paul Brawley 401-223-3683

**Military Order of the Purple Heart:**

Dennis Deldono 401-223-37631

**VFW:**

Ray Deniswich 401-223-3689

Susan Rezendes 401-223-3690

**Vietnam Veterans of America:**

Jack Ryan 401-223-3745

401-223-3693

**When you choose a Veterans Service Organization (VSO) to represent you, you will sign a power of attorney giving them the authority to work on your case. This is normal procedure. It is also important to understand the VA will assume they will represent you for all your subsequent claims and send future information to that VSO. Once you choose a VSO for a particular claim, generally speaking you will not be allowed to change the VSO servicing you *until the claim runs its course to conclusion*; i.e. acceptance, denial, etc..**

**However, let us say for example, you chose the DAV to represent you and they did something outrageous like failing to file your case within the year required for you to provide any and all supporting documentation. At the end of that year, without the VA receiving the further documentation you had supplied to the DAV, this would result in an automatic denial. You can certainly refile a case or notice of disagreement (NOD) but it may defy logic to continue having the DAV represent you. You need to be aware you can approach a different VSO with your new case and sign a power of attorney with a new VSO so the VA does not send your new information to the VSO you do not want anything more to do with, in**



**this case, the DAV. In all cases never, ever file a claim on your own. Always seek out a VSO for assistance. They are paid to assist you and argue your case before the VA. If a VSO is not advocating for you and/or keeping you informed of the process and the subsequent details as your case proceeds, the VSO is not doing their job and certainly not working in your favor.**

**I am aware of one case where the VA sent a denial letter to a Vets original VSO and that VSO sent the requirements for filing a NOD to the Vet, which is normal procedure. That Vet had not decided if he would pursue the NOD or not but because of the unprofessional way the Vet had been represented by his original VSO he had already discarded the requirements letter they sent him since he knew he would not allow them to further represent him under any circumstances for that case or any further case. The Vet was aware of having a year to decide and produce required evidence if he went forward with the case.**

**Ultimately the Vet decided to fight the VA and did file the NOD with a new VSO for representation. To the utter amazement and chagrin of the Vet and new VSO, the original VSO, without the knowledge, authorization, or approval of the Vet, outrageously had sent a letter to the VA indicating, in essence, the Vet would not be pursuing the NOD and the case was dropped. Amazingly, this took place within the one year window allowed to produce further supporting documentation for the NOD. The original VSO had actually thrown the Vet under the bus without further contact. This was consistent with the type of representation the Vet had come to expect from that VSO (as have other Vets). For the record, that letter sent to the VA by the original VSO was denied by the Vet as part of the subsequent NOD process with the new VSO and the Vet went on to win his claim for another 10% raise to his disability pension.**

**As Ben Krause explains elsewhere in this document, be careful who you choose to represent you. A sloppy or careless VSO will cause you to lose a case. Seek out Vets who have gone through the process. They will gladly share their experience with you and**



**recommend a VSO, based on that experience. You might consider calling some of the Vet orgs that service Vets and talk to them.**

**These examples are meant to help make you aware of the importance of a VSO to your case and why you must choose carefully and advocate for yourself wisely. Filing a case is a process most Vets are unaware of. And like anything else, Some VSO's are better than others.**

**For those Vets who are, or have been, sitting on the fence and/or deciding not to file a claim for whatever reason, I urge you to see a VSO. Delaying a possible claim for an entitlement can have serious consequences for you and/or your family or spouse in the future. A service connected injury can worsen over time and refusing treatment or a pension can lead to a loss of possible care for you or your spouse in the future. All veterans were faced with the possibilities of injury or death as a result of our service. I hear many older Veterans say "I should have done this a long time ago." Abraham Lincoln said it best; please see his quote at the end of this document.**

At the RI Vet Corps it is our sincerest wish Veterans receive all the best the VA has to offer and there truly is quite a lot, and in many ways, is an excellent resource. There are also many dedicated and compassionate people working at the VA. Personally, I am very appreciative the VA is available but have had my battles, as have other Vets, and would feel remiss if I had not addressed the potential for struggle. ***The RI Vet Corps is available and eager to assist Vets in helping them find the appropriate resource for whatever help they require.***

The question has been asked as to why there is such a dichotomy when it comes to VA satisfaction levels. Some sing VA praises, others, not so much. Below are two perspectives on that; one, a marine who had been separated in 2009 and the second, a perspective from a doctor. They are worth reading, particularly if you find yourself unhappy with your PCP or healthcare in general. Both offer helpful and thoughtful perspectives with points to ponder:



**The Marine:** <http://www.blogs.va.gov/VAntage/26400/how-i-hack-the-va-healthcare-system-for-a-great-experience/>

**The Doctor:** <http://www.blogs.va.gov/VAntage/14500/va-secrets/>

### **Pensions & Resources Eligibility**

There are pension benefits, healthcare benefits, children benefits, survivor and other benefits available to qualifying Veterans and/or their family members based on eligibility. If you feel you qualify for a pension benefit, including survivor benefits, see a Veterans Service Organization (VSO) to determine your eligibility. They are listed in this document. The RI Vet Corps has identified eligible Veterans and have directed them to the appropriate VSO for filing. Start your inquiry with the information below:

Search the Department of Veteran's Affairs website for benefit information:

<http://www.benefits.va.gov/pension/vetpen.asp>

#### **General Benefits Information**

[Disability Compensation](#)

[Pension](#)

[GI Bill ®](#)

[Vocational Rehabilitation & Employment](#)

[eBenefits Employment Center](#)

[Dependents' Educational Assistance](#)

[Survivor Benefits](#)

[Home Loans](#)

[Life Insurance](#)

#### **Who Is Eligible for the Pension Benefit?**

*[This is from a commercial site but does have a lot of information]*

[http://www.Veteransaidbenefit.org/eligibility\\_aid\\_attendance\\_pension\\_benefit.htm](http://www.Veteransaidbenefit.org/eligibility_aid_attendance_pension_benefit.htm)

**Federal Benefits for Vets, Dependents and Survivors: 2016 on line & print editions:** [http://www.va.gov/opa/publications/benefits\\_book.asp](http://www.va.gov/opa/publications/benefits_book.asp)  
**2017 VA Benefits Booklet** is scheduled to be available on line in 2017.



## **2016 Benefits for Veterans & Dependents (by Military Handbooks)**

<http://militaryhandbooks.com/view-military-handbooks/benefits-for-Veterans-dependents/> (a lot of info by *Military Handbooks*).

## **After the Military Handbook (Military Handbooks on line.)**

<http://militaryhandbooks.com/view-military-handbooks/after-the-military/>

**Pensions:** <http://www.benefits.va.gov/pension/index.asp>

VA Survivors' Pensions

<http://guide.riVetcorps.org/programs/va-survivors-pension/>

## **Concurrent Retirement and Disability Pay (CRDP)**

<http://www.dfas.mil/retiredmilitary/disability/crdp.html>

You must be eligible for retired pay to qualify for CRDP. If you were placed on a disability retirement, but would be eligible for military retired pay in the absence of the disability, you may be entitled to receive CRDP.



## **E Benefits**

**Your one-stop shop to learn about and apply for your VA benefits,**

<https://www.ebenefits.va.gov/ebenefits/homepage>

## **RI Vet Corps Benefits Assistance**

<http://guide.riVetcorps.org/programs/index/Benefits%20Assistance/>

## **RI Vet Corps Guide**

<http://guide.riVetcorps.org/>

A very comprehensive guide worth reviewing.



## **Service Dogs for Disabled Vets:**

<http://www.puppiesbehindbars.com/home>

## **Social Services**

Contact your local **Community Action Program** for information.

## **Snap Benefits info:**

<https://webmail.webfaction.com/?task=mail&action=get&mbox=INBOX.FORMS.SNAP&uid=1&part=2&frame=1&extwin=1>

## **Transportation**

**Transportation for Vets (with ≥30%) to and from appointments**

273-7100 ext. 3550

## **United Way resources**





**United Way 211** <http://www.uwri.org/get-help-2-1-1/> Dial 2-1-1 on your phone and receive help with any questions you may have by being referred to the appropriate resource based upon your need.

**Veterans Identification Card Information**

[https://iris.custhelp.com/app/answers/detail/a\\_id/911/related/1](https://iris.custhelp.com/app/answers/detail/a_id/911/related/1)

**Organizations & People Servicing Veterans:**

**Honor Flights New England**

<http://honorflightnewengland.org/>

<https://www.facebook.com/HonorFlightNewEngland/>

**Attention WWII and Korea Veterans:** Free flights to and from our national monuments. Apply on the website.

It is estimated that approximately 500 WWII Veterans pass away each day. That is more than *one veteran every 3 minutes*.

We are in a Race against Time to Say **Thank You!**

**OUR MISSION**

*“Transport America’s veterans to Washington, D.C. to visit those memorials dedicated to honoring their service and sacrifices.”*



**REACH OUT BY EMAIL**

[honorflightnewengland@gmail.com](mailto:honorflightnewengland@gmail.com)

Honor Flight New England

PO Box 16287

Hooksett, NH

03106

603-518-5368



**MYVA311: ONE NUMBER TO CALL TO REACH VA**

VA is introducing [1-844-MyVA311 \(1-844-698-2311\)](http://www.va.gov/myva/) as a go-to source for Veterans and their families who don't know what number to call.

<http://www.va.gov/myva/>

**RI Department of Labor and Training (netWORKri)**

<http://www.networkri.org/>



A must for serious job seekers. Home computer access for job searches excellent on-site training. Recruitment days for companies hiring.

Jeremy Tolleson, Veterans Services Representative  
West Warwick netWORKri  
1330 Main St.  
W. Warwick, RI 02893  
Tel: (401) 462-4131  
Fax: (401) 826-8991  
[Jeremy.tolleson@dlt.ri.gov](mailto:Jeremy.tolleson@dlt.ri.gov)



Brenda Tetreault, Veterans Representative  
Providence netWORKri  
1 Reservoir Ave.  
Providence, RI 02907  
Tel: (401) 462-8927  
Fax: (401) 462-8947  
[Brenda.tetreault@dlt.ri.gov](mailto:Brenda.tetreault@dlt.ri.gov)

Employ RI netWORKri Program Brochure  
<http://www.dlt.ri.gov/lmi/pdf/employrijob.pdf>

Free training on all aspects of finding employment. netWORKri offices are located in Providence, W. Warwick, Wakefield and Woonsocket.

### **Gateway To Independence**

Col. Robert Germani  
Director of Veteran's Affairs  
164 Delaine St.  
Prov. RI 02909  
(401) 351-2279  
[bob@ywcanri.org](mailto:bob@ywcanri.org)

The program, Gateway to Independence, is an alcohol and drug free residential transitional program located in Providence. Veterans reside in YWCA owned properties for up to 24 months and are provided case management services to help them identify and treat the issues that caused their homelessness. The goals of the program are to assist the Veteran with residential stability, increase their skill levels and/or income, and obtain greater self-determination. YWCA personnel staff the program 24 hours a day.

### **Habitat for Humanity**



<http://www.habitatriwestbay.org/>



This organization is in many RI communities and a Google search will bring them up. They have a Veterans Build program that started in 2013 as a way to address the needs of returning veterans from active duty. The mission: *"Provide home ownership, critical home repairs, employment and volunteer engagement opportunities to U.S. Veterans, military service members and their families."* It provides affordable home ownership opportunities with 0% mortgages while performing sweat equity into the home building process. It also provides for critical home repairs for seniors who own their own home who are living in an unsafe environment and finally provides volunteer opportunities which could lead to other employment opportunities. Volunteering with Habitat helps returning vets to reintegrate back into society. It gives them a new mission and allows them to use their skills and discipline to build and work alongside people in their community. For more information within your community, Google them. Volunteers are always needed. For Westbay and northern RI contact:

Amy L. Gates, V.P.  
Veterans Build  
401-374-2724 mobile  
[amy@habitatriwestbay.org](mailto:amy@habitatriwestbay.org)

### **The Mission Continues**

<https://www.missioncontinues.org/>



A Habitat for Humanity Partner.

*"The Mission Continues* empowers veterans who are adjusting to life at home to find purpose through community impact. We deploy veterans on new missions in their communities, so that their actions will inspire future generations to serve. Veterans who sign up for the fellowship program have the ability to get paid volunteer hours. Vets who apply will need to tell Mission Continues that they would like to partner with Habitat of West Bay and Northern RI. If you live in a different area, they can refer you.

### **Hero 2 Hired RI**

Linda McConney-Rico, Employment Coordinator  
541 Airport Rd





Warwick, RI 02886

O: (401) 275-1248

C: (623) 850-6583

F: (401) 275-4323

[Linda.m.mcconey-rico.ctr@mail.mil](mailto:Linda.m.mcconey-rico.ctr@mail.mil)

[www.ebenfits.va.gov//jobs](http://www.ebenfits.va.gov//jobs)

### **HEROES IN TRANSITION** (For the Cape & Islands only)

22 BATES ROAD, SUITE 135

MASHPEE, MA 02649

TEL: 508.539.1010

[CONTACT@HEROESINTRANSITION.ORG](mailto:CONTACT@HEROESINTRANSITION.ORG)

Heroes in Transition provides financial assistance to Veterans and military families through various organizations *on the Cape*. They include the St. Vincent De Paul Societies in Mashpee and Sandwich, Housing Assistance Corporation, the Cape and Islands Veterans Outreach Center and Cape Cod Cares for the Troops. The organization has funded the major portion of a passenger van that transports Veterans from Hyannis to off-Cape medical facilities and provides taxi vouchers for Veterans to and from the Veterans outpatient clinic in Hyannis.

Other support includes home modifications for Vets with disabilities. The changes in their homes gave them access to areas they were unable to reach and helped them to maintain independence.



### **Operation Stand Down Rhode Island**

<http://osdri.org/contact/>

William Jamieson, Case Manager, 401-383-4730

[wjamieson@osdri.org](mailto:wjamieson@osdri.org)

Cassi DuCharme, Executive Assistant 401-383-4730

[cducharme@osdri.org](mailto:cducharme@osdri.org)

1010 HARTFORD AVENUE

JOHNSTON, RHODE ISLAND 02919

401-383-4730 (Office)

401-383-9107 (Fax)

Help for homeless Vets and housing, etc.



### **RI Division of Veterans Affairs**

RI Dept. of Human Services

Division of Veterans Affairs

Kasim Yarn, Director

560 Jefferson Blvd.



Warwick, RI 02886  
Tel: (401) 921-2119 ext. 3  
[kasim.yarn@dhs.ri.gov](mailto:kasim.yarn@dhs.ri.gov)  
More information below



### **RI Vet Corps**

*Our Mission:*

**Helping Veterans and their Families  
Navigate the System.**

Tanisha Simpson, Director  
401-921-5350

Call or email: [tsimpson@westbaycap.org](mailto:tsimpson@westbaycap.org)  
for questions, to find a navigator or to  
contact any Vet Corps Navigator directly.  
Check out the RIVC guide link:

<http://guide.riVetcorps.org/>

A very comprehensive guide worth reviewing.

### **United Fly Tyers of RI**

[www.uftri.org](http://www.uftri.org)

“Dedicated to the tying arts and to teaching and learning about flies: how to tie them, their history, and their application near and far”

They hold free fly tying sessions (sometimes just for Vets) and they are open to new members. You have an opportunity to fish your flies with the org.



**United Way 2-1-1 in RI** Dial 211 and get a referral for whatever problem you need help with.

Jay Burdick, Outreach Coordinator  
50 Valley St.  
Providence, RI 02909-0365  
[jburdick@uwri.org](mailto:jburdick@uwri.org)

**Help Starts Here**



**Veteran Angler Charters** (Free charter fishing for Vets with a service rating)

Capt. Randell Bagwell, River Rebel Charters

Fishing for VA Charters, Inc.  
(401) 699-1974



**VA Charters, Inc.**





[captrlbagwell@cox.net](mailto:captrlbagwell@cox.net)

<http://www.Veterananglercharters.org/>

***Fishin' With A Mission.***

Veteran Angler Charters is a non-profit organization whose mission is to offer free charter fishing trips to our active duty, retired, wounded and recovering Veterans and their families, providing recreational rehabilitation and therapeutic support.

**Veterans Assembled electronics (VAe)**

Julie Frisone

VAe®

Veterans Assembled electronics

40 Fountain Street, 8<sup>th</sup> Floor

Providence, RI 02903

401-301-7665 (Mobile)

[jfrisone@vaellc.com](mailto:jfrisone@vaellc.com)

[www.vaellc.com](http://www.vaellc.com)



We train service disabled veterans for careers as electronics technicians. Upon completion of the 5 month, hands on, immersive training program, a veteran will earn 11 internationally recognized credentials. Each veteran is assigned a Veteran Advocate to assist from the application process, through the training phase, graduation, and beyond.

Brochure: [https://webmail.webfaction.com/?\\_task=mail&\\_action=get&\\_mbox=INBOX&\\_uid=1864&\\_token=8D9dfd6kUMsWdpA2P586G1Wwj0w6U6NN&\\_part=2](https://webmail.webfaction.com/?_task=mail&_action=get&_mbox=INBOX&_uid=1864&_token=8D9dfd6kUMsWdpA2P586G1Wwj0w6U6NN&_part=2)

**Vet Center Warwick, RI**

Rochelle Fortin, LICSW, BCD, Team Leader

2038 Warwick Ave.

Warwick, RAI 02889

Tel: (401) 739-0167

Fax: (401) 739-7705

[www.Vetcenter.va.gov](http://www.Vetcenter.va.gov)

The Vet Centers are funded by the Department of Veterans Affairs and there are community-based centers located in all fifty states, District of Columbia, Guam, Puerto Rico and the U.S. Virgin Islands. Vet Centers provide readjustment counseling and outreach services to all Veterans who served in any combat zone. Bereavement counseling and counseling for military related sexual abuse or harassment is also available. Family members and/or significant others can be seen at Vet Centers for military related issues. There is no cost to the Veteran or family for these services.

**Veterans Employment Center**



Google: [https://www.google.com/webhp?sourceid=chrome-instant&rlz=1C1CHZL\\_enUS706US706&ion=1&espv=2&ie=UTF-8#q=Veterans%20employment%20center](https://www.google.com/webhp?sourceid=chrome-instant&rlz=1C1CHZL_enUS706US706&ion=1&espv=2&ie=UTF-8#q=Veterans%20employment%20center)

**Veterans Inc.** <http://www.Veteransinc.org/>

Veterans Inc.  
69 Grove Street  
Worcester, MA 01605  
(800) 482-2565



Veterans Inc. is a national leader in ending homelessness among Veterans. We have one of the highest rates in the nation – 85% – for transitioning Veterans out of homelessness.

A 501(c)3 nonprofit headquartered in Massachusetts, Veterans Inc. is the largest provider of support services to Veterans and their families in New England. Since 1990, we have helped more than 60,000 Veterans in need and today operates offices and programs in all six New England states.

Veterans Inc.'s clinical case management approach addresses the "total Veteran," incorporating job training and employment services, health and wellness, and supportive services ranging from transportation to legal advice.

**Tim Corey, Veterans Inc. Universal Services Advocate**

1070 Main St.  
Pawtucket RI  
Cell: 401-484-3283  
Fax: 401-223-6533  
[timcorey@Veteransinc.org](mailto:timcorey@Veteransinc.org)



**WOUNDED WARRIOR  
PROJECT®**

**US Army Wounded Warrior Program**

Michael Tallman, Col. (Ret.) AW2 Advocate  
Providence VAMC  
830 Chalkstone Ave.  
Providence, RI 02908  
Cell (401) 603-9142  
(877)393-9058 AW2 Call Center  
[Michael.m.tallman.ctr@mail.mil](mailto:Michael.m.tallman.ctr@mail.mil)



**Center for Minority Veterans (CMV)**  
<https://va.gov/centerforminorityveterans/>

**Women Veterans**



**Woman Veterans hotline:**  
**1-855-VA-WOMEN (829-6636)**

**The State of Women Veterans campaign focuses on issues impacting Women Veterans**

<http://www.blogs.va.gov/VAntage/30459/the-state-of-women-Veterans-campaign-focuses-on-issues-impacting-women-Veterans/>

**Carla Murchelano/SVSR-Woman Veterans Coordinator in R.I.**

Tel: (401) 223-3651

Fax: (401) 223-3680

**State of Women Veterans: Women Veterans more likely to complete a degree with VA education benefits**

<http://www.blogs.va.gov/VAntage/32421/state-women-Veterans-study-suggests-women-Veterans-likely-complete-degree-va-education-benefits/>

**Center for Women Veterans (CWV)**

<http://www.va.gov/womenVet/>

**VA Programs to End Homelessness Among Women Veterans**

[http://www.va.gov/homeless/for\\_women\\_Veterans.asp](http://www.va.gov/homeless/for_women_Veterans.asp)

**Women Veteran Resources**

<http://nvf.org/women-Veteran-resources/>

**Operation We Are Here**

<http://www.operationwearehere.com/FemaleVeterans.html>

**Women Veterans**

<http://www.legion.org/Veteransbenefits/womenVeterans>

**Women Veterans**

[http://nchv.org/index.php/employment/employment/women\\_Veterans\\_employment/](http://nchv.org/index.php/employment/employment/women_Veterans_employment/)

**Women Veteran Organizations**





<http://www.womensmemorial.org/News/WomVetOrgs.html>

A number of women Veteran's organizations have local chapters. For more information about these chapters or to inquire about a chapter in your area, please contact the organization's headquarters.

**Women Veterans Rock**

<http://www.womenVetsrock.org/>

**American Women Veterans**

<http://americanwomenVeterans.org/home/>

#womenVeterans



**Department of Defense Extends Online Military Exchange Shopping Privileges to Veterans**

Release No: NR-010-17

Jan. 13, 2017

The Department of Defense announced a policy change that will extend limited online military exchange shopping privileges to all honorably discharged veterans of the military.

The veterans' online shopping benefit will be effective this Veterans Day, Nov. 11, 2017.

<https://www.defense.gov/News/News-Releases/News-Release-View/Article/1049503/departement-of-defense-extends-online-military-exchange-shopping-privileges-to-v/>

Get Verification here: <https://www.shopmyexchange.com/veterans>

On line military exchange website: <https://www.shopmyexchange.com/>



<http://www.vetbiz.com/>

There are many Veteran owned businesses and if you are a Veteran and want to start a business, it would be a mistake for you not to look into this valuable benefit. This program, Veterans Owned Small Business (VSOB)



<http://federal.famr.us/veteran-owned-business/?gclid=CJieqvfn19UCFZSIfgodcJYI7w>

will be integrated into the Small Business Association (SBA) which is much more equipped with the parameters of starting a business and has programs and seminars that will help you succeed.

We are an independent company that specializes in helping businesses get registered to do business with the federal government. Often, the difference between landing and losing a contract or grant is a small mistake that prevents proper filing. Trust the experts so you can be sure your company is properly registered and fully able to apply for and win federal contracts and Grants. We'll begin by getting you registered and initiating the application process so you can start bidding on federal contracts. We'll gather some information to get the ball rolling, then contact you to discuss the registration process more fully. Don't worry - we'll be here to walk you through it every step of the way.

There is ample evidence of the excellent programs offered by the VA and no shortage of information available to that end. Many Veterans are very happy with the care they have received, however, that may not be your personal experience. As in any system you are a part of, there may be times you are not satisfied with a response from the person or office you have contacted. Within the VAMC system there are also avenues available to take your concerns to another level as suggested earlier in this document.

Just to recap....Seek assistance first from the *VA advocates*, with the new proactive format you should get a timely response. You can call *Kasim Yarn's office* to speak to one of the two caseworkers working with Cdr. Yarn; *David Rothermel*, 401-921-0949 [david.rothermel@Vets.ri.gov](mailto:david.rothermel@Vets.ri.gov) or *David DosReis*, 401-921-0946 [david.dosreis@Vets.ri.gov](mailto:david.dosreis@Vets.ri.gov) who hold a cabinet level position in RI state government and constantly working to assist Veterans. Remember, you have rights, so be proactive, act responsibly, speak out and advocate for yourself wisely! Be your own champion. If need be and as a last resort, contact one of the Senators from RI for assistance. The VA has an office responsive to such a contact within the advocate's office.

Keep in mind, if you need to file a claim for a service connected condition, appeal a decision, get help with any of the above forms, or other issues that





may arise, **do not hesitate to contact any of the VSO's listed above and absolutely do NOT attempt to advocate for yourself when filing a claim or filing a NOD.** In all possibility, you may not be successful or less successful than you may have been. You may contact the RI Vet Corps for help with choosing a VSO to represent you [tsimpson@westbaycap.org](mailto:tsimpson@westbaycap.org).

**Service connected injuries can get worse over time and/or lead to other maladies connected to the original injury. Do not miss the opportunity to re-file for additional benefits.** It is not unusual for a 10% rating to lead to 50% or more. You are as entitled as much as any Veteran is. See a VSO with supporting medical evidence of a deteriorating condition or conditions. Seek outside medical notes on your condition, if possible, to support your claim. Keep in mind, if you feel you are not being helped through VA channels, call Cmdr. Yarn's office or call your state reps or senators or contact the Office of Investigative Services (OIG) at <https://www.va.gov/oig/hotline/> for assistance.

If you have any further questions or could use assistance, call *Tanisha Simpson, Director RI Vet Corps* at 401-921-5350, [tsimpson@westbaycap.org](mailto:tsimpson@westbaycap.org) to find a navigator or contact any Vet Corps Navigator directly. The RI Vet Corps is eagerly available to assist you.

From all the members of the RI Vet Corps, we wish you well and all the best.

**"To care for him who shall have borne the battle, and for his widow, and his orphan"**

*A. Lincoln*

This list is frequently updated as new pertinent information becomes available. Obviously we can't put all the information available on the internet but in your search you will find one link leads to another and so on. We hope this helps in your search. If you have any additions, questions or comments about any of this, please 401-921-8486 and leave a message or email me at [eaubin@riVetcorps.org](mailto:eaubin@riVetcorps.org) particularly if you find a broken link. I will respond as soon as I'm able. Many times we are out of the office so please leave a message as described above. I generally check my email and phone messages every day. I am available for appointments and will accommodate you as necessary. Thank you.



Everett Aubin, Navigator  
RI Vet Corps  
Westbay Community Action  
218 Buttonwoods Ave.  
Warwick, RI 02886  
401-921-8486 office  
[eaubin@rivetcorps.org](mailto:eaubin@rivetcorps.org) office  
[twoclowns@cox.net](mailto:twoclowns@cox.net) business



**RI Vet Corps/RSVP** – Would you like to help military members in Rhode Island but don't know how? The RI Vet Corps is always looking for volunteers who are willing to go out into the community and share our Resource Guide information for Veterans and their Families. The RI Vet Corps supply an important service to Vets, and even though there are other organizations with overlapping information, our RI Vet Corps Navigators are in the trenches and on the streets where the Vets are. **This is a great opportunity for veterans. You could be a part of “Helping Veterans and their Families Navigate the System.”** The rewards are enormous as you help change their lives. We will show you how.

**If you are interested, please contact Tanisha Simpson @ 401-921-5350**

