OREGON DEPARTMENT OF VETERANS' AFFAIRS

VETERAN BENEFITS

RESOURCE GUIDE FOR VETERANS, THEIR DEPENDENTS AND SURVIVORS 2014 FEDERAL AND STATE BENEFITS

Inside +

VETERANS SERVICE OFFICES
FILING A CLAIM
HEALTH CARE
EDUCATION
EMPLOYMENT
AND MORE

STATE AND FEDERAL BENEFITS

Learn about the 2014 veteran benefits and programs offered by the U.S. Department of Veterans Affairs and the State of Oregon.

AFGHANISTAN / IRAQ / BOSNIA / SOMALIA / PANAMA / GRENADA / COLD WAR / VIETNAM / KOREA / WWII

Looking for a home?

You have a veterans' benefit that can help.

You served your country and now it's your country's turn to serve you by financing the home you've been dreaming of. With the ORVET Home Loan, you will always be offered a low interest rate with flexible terms and a simple application process.

Since 1946, the Oregon Department of Veterans' Affairs has helped more than 334,000 veterans realize their dreams of owning a home, loaning more than $7.5 billion to veterans.

The ORVET Home Loan is an additional and distinctively separate benefit from the Federal VA Home Loan Guaranty Program.

To apply or to find out more about your qualifications, please call the Oregon Department of Veterans' Affairs Home Loan Department.

You also will find highly qualified mortgage brokers, banks and credit unions that participate in the ORVET Home Loan Program. If you would like to work with someone in your local community, please call us for a listing of participating brokers and lenders in your area.

OR VET

888 673 8387

Low interest rates and flexible terms.

Find more information about eligibility and qualifications at www.orvethomeloans.com

THANK YOU FOR YOUR SERVICE

It has been four years since I returned from my third and final deployment to Iraq. When I raised my right hand to serve, I wanted to be tested and part of something larger than myself. Only now do I fully appreciate the depth of history and tradition I joined. Across all generations of veterans, there is a shared bond whether they served stateside or in places like Iwo Jima or Inchon, Khe Sanh or Kandahar, Normandy or Najaf.

Now safely at home with a young family of my own, I am keenly aware that we still have thousands deployed in Afghanistan. As we close out the fight overseas, our veterans begin the fight at home to access healthcare, continue their education, and find work with a mission. The wars will end, but the effort to serve our veterans is just beginning.

A robust state and federal veterans' benefits system exists for all our veterans and their families. I am proud to now be a part of the team at the Oregon Department of Veterans' Affairs – one of the many partners dedicated to delivering these resources.

Regardless of the era of service you served in, as a veteran, you deserve nothing less than the best in care, resources, and opportunities – not as a charity, but as an investment.

This veteran benefit magazine is an informational guide, complete with a directory for each federal and state benefit available to you and your family. Whether you are planning to go to school, need help filing a disability claim, accessing health care or obtaining a home loan, the Oregon Department of Veterans' Affairs and the county veteran service offices are available to ensure you are taking full advantage of the benefits you have earned.

Thank you again for your service to our country. Welcome home.

C. Smith

Cameron Smith, Director
Oregon Department of Veterans' Affairs

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THE OREGON DEPARTMENT OF VETERANS' AFFAIRS IS COMMITTED TO SERVING THE MORE THAN 325,000 VETERANS AND THEIR FAMILIES IN THE STATE OF OREGON TO ENSURE THEY RECEIVE THE BENEFITS, SERVICES AND PROGRAMS TO WHICH THEY ARE ENTITLED.

Published by the Oregon Department of Veterans' Affairs, **Vets News** is a free publication delivered quarterly to your mailbox or email box. In every issue you will learn about current issues impacting veterans in Oregon including Federal VA hot topics, and state, local and regional happenings.

Sign-up online at **oregon.gov/odva/info/VetsNews.shtml**

503 373 2390

Have a story idea? Email us at **vetsnews@odva.state.or.us**

Up to the minute news can also be found **oregondva.com**

This magazine is produced and published by the Oregon Department of Veterans' Affairs to assist and educate veterans in learning about state and federal veteran benefits. Veterans can also find this information online at **www.oregondva.com**

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homeloans@odva.state.or.us

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503 373 2389

COUNTY VETERAN SERVICE OFFICES
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Esubscribe and benefit info
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www.oregondva.com

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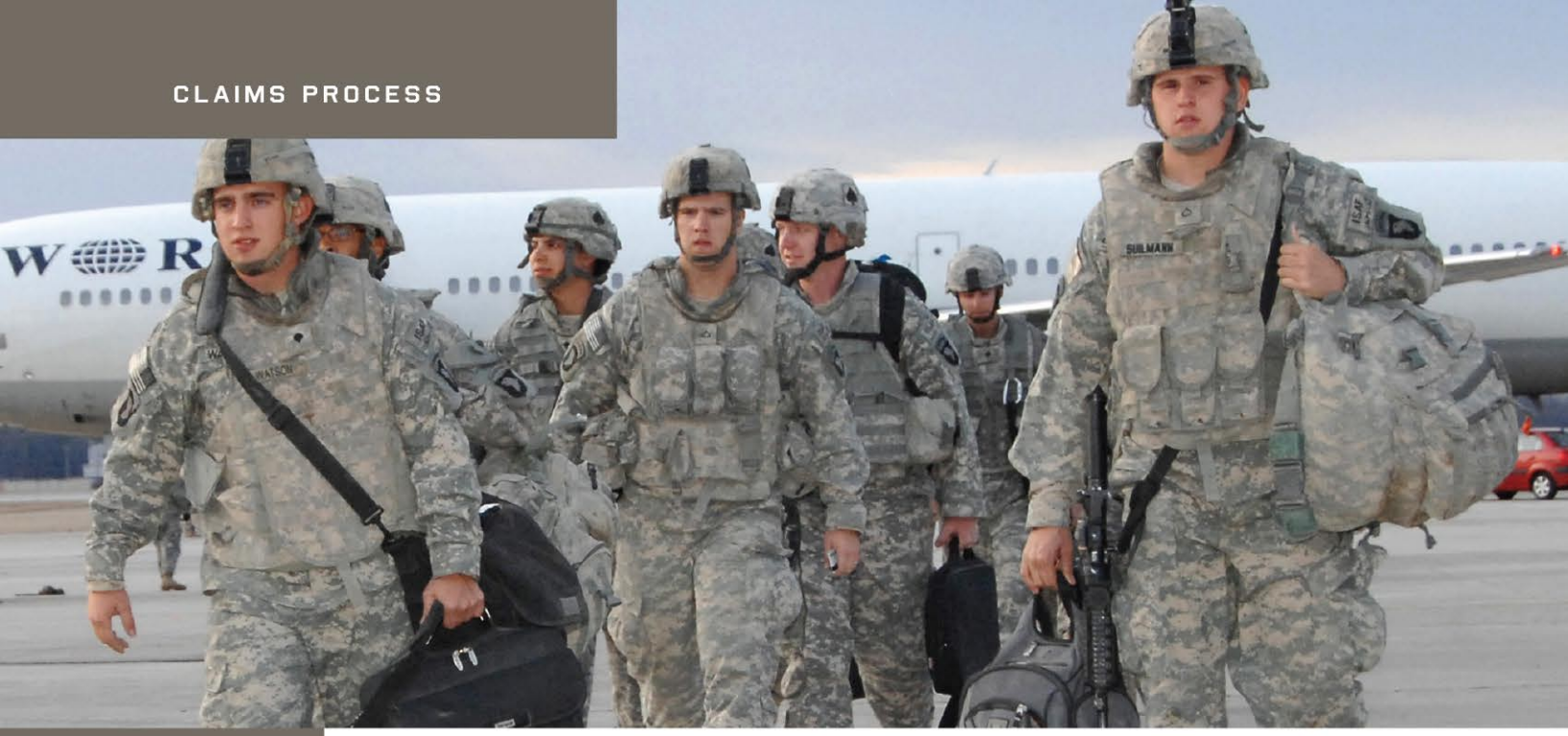
503 373 2389

Published December 2013

I AM A WOMAN.
I SERVED IN THE MILITARY.
I AM A VETERAN
Join us!
MARCH 28-29
2014 OREGON WOMEN VETERANS CONFERENCE
Open and free to all women who have served.
@ THE HILTON IN EUGENE
RESERVE YOUR ROOM ONLINE
CONFERENCE REGISTRATION
BEGINS JANUARY 2014
WWW.OREGONWOMENVETERAN.COM



How to file a Disability Claim

STEP 1: FILE A CLAIM Filing for veterans benefits is a free service provided by the Oregon Department of Veterans' Affairs and local County Veteran Service Officers (CVSO) who are accredited by the Federal VA and certified by the State of Oregon. Claims also can be filed by National Service Offices. The disability claim process begins the moment you file a claim.

To file, veterans must sign a power of attorney (POA) which authorizes VSOs to act on your behalf when preparing presenting and prosecuting your claim for any and all benefits from the VA.

STEP 2: OBTAIN EVIDENCE You must submit evidence to support your disability claim. Evidence submitted at the time of the filing will help expedite your claim. Your disability evaluation will be based on the evidence so it is essential that the information is accurate and complete. VSOs will assist you in this process.

STEP 3: GET A VA PHYSICAL EXAM The exams that the VA requests will depend on your claim and treatment history. Your nearest VA Medical Center will schedule the exam and contact you to let you know when and what exams are scheduled. After the exams, a report will be prepared and sent to the VA for review. You can help the process go faster by keeping your appointments and asking your private medical providers to send copies of your records to the VA office.

TIP: Ask your private doctor to include your VA file number on all records they submit.

STEP 4: VA RATES COMPLETE RECORD The VA will consider all evidence submitted and make a decision about whether or not the claim supports injuries and disabilities incurred while in service.

If the VA approves the claim, then a rating is decided based on how severe your conditions are. The ratings are defined and set based on federal law.

BE PREPARED TO FILE YOUR CLAIM

Bring a copy of your DD-214 and evidence that supports your claim.

Never assume the VA has the necessary information on file.

Be sure your VA file number is included on every page of your correspondence and documentation.

Respond quickly and completely to the VA's requests for further information.

Keep all scheduled medical appointments.

Notify the VA immediately if your address or phone number changes.

Know your service dates and Social Security number. If you are a spouse of a deceased veteran, you should know this information, along with any previous marital status of your veteran.

Consider using direct deposit to receive VA payments and be prepared to provide a voided check.

2014 VA DISABILITY COMPENSATION RATES FOR VETERANS

DISABILITY RATING	MONTHLY BENEFIT
10%	$130.94
20%	$258.83
30%	$400.93
40%	$577.54
50%	$822.15
60%	$1,041.39
70%	$1,312.40
80%	$1,525.55
90%	$1,714.34
100%	$2,858.24

Options for denied claims or if you disagree with decision

If the VA denies your claim you may appeal the decision. You may also appeal if your claim was approved, but you disagree with any part of the rating.

An appeal involves many steps, some of which are optional and some that are required, and have strict time limits and include:

1. Notice of Disagreement (NOD)
2. Statement of Case (SOC)
3. Hearings (Optional)
4. Formal Appeal (Form 9)
5. Board of Veterans' Appeals (BVA)
6. U.S. Court of Appeals for Veterans' Claims (CAVC)

Unfortunately, this process can take years to come to a final decision, but once a decision has been made, you will be notified by mail.

Veterans Claims Advocacy for veterans, their survivors and dependents

The Federal VA benefit system actually is a legal system. In order to qualify for benefits, veterans must file a claim against the United States proving they are eligible for these benefits through the submission of legal, military and medical evidence.

ODVA employs federally accredited and state certified Veteran Service Officers (VSOs) who are subject matter experts in Federal VA law (Chapter 38 United States Code and Chapter 38 Code of Federal Regulations) and are allowed to practice by taking Power of Attorney for veterans seeking benefits. These VSOs represent veterans, their dependents and survivors before the Federal VA in their claims and appeals.

With its County Veteran Service Officer and National Service Officer partners, ODVA provides claims and counseling advocacy and representation to Oregon's 328,000 veterans, resulting in more than 32,000 claims filed on their behalf during 2011.

Currently, ODVA holds Power of Attorney for nearly 70,000 Oregon veterans.

Besides claims work, VSOs regularly help veterans and their families learn about other benefits that they may be eligible for. VSOs are knowledgeable about the many resources available within the state and can usually assist in finding help and solutions to issues that you may be facing.

To schedule an appointment with your local VSO, refer to the directory on this page.

Check Your VA Disability Claim Online

Sign up for eBenefits at *www.ebenefits.va.gov*.

COUNTY AND NATIONAL VETERAN SERVICE OFFICES

BAKER
541-523-8223

BENTON
541-758-1595

CLACKAMAS
503-650-5631

CLATSOP
503-440-8310

COLUMBIA
503-366-6580

COOS
541-396-7590

CROOK
541-447-5304

CURRY
866-298-0404

DESCHUTES
541-385-3214

DOUGLAS
541-440-4219

GILLIAM
541-384-6712

GRANT
541-575-1631

HARNEY
541-573-1342

HOOD RIVER
541-386-1080

JACKSON
541-774-8214

JEFFERSON
541-475-5228

JOSEPHINE
541-474-5454

KLAMATH
541-883-4274

LAKE
541-947-6043

LANE
541-682-4191

LINCOLN
541-574-6955

LINN
541-967-3882

MALHEUR
541-889-6649

MARION
503-373-2085

MORROW
541-922-6420

MULTNOMAH
503-988-8387
EXT 25005

POLK
503-373-2085

SHERMAN
541-565-3408

TILLAMOOK
503-842-4358

UMATILLA
541-278-5482

UNION
541-962-8802

WALLOWA
541-426-3155
EXT 241

WASCO
541-506-2502

WASHINGTON
503-846-3060

WHEELER
800-982-1172

YAMHILL
503-434-7503

NATIONAL VETERAN SERVICE OFFICES

AMERICAN LEGION
503-685-5006

DISABLED AMERICAN VETERANS
503-412-4750

MILITARY ORDER OF THE PURPLE HEART
503-412-4770

NATIONAL ASSOCIATION FOR BLACK VETERANS OF AMERICA
503-412-4159

VETERANS OF FOREIGN WARS
503-412-4757

Compensation and Pension

DISABILITY COMPENSATION is a monetary benefit paid to veterans who are disabled by an injury or illness that was incurred or aggravated during active military service. These disabilities are considered to be service-connected.

Disability compensation is paid monthly and varies with the degree of disability, the impairment of a veteran's earning capacity and the number of dependents. Veterans with certain severe disabilities may be eligible for additional special monthly compensation. The benefits are not subject to federal or state income tax.

NATIONAL GUARD / SELECT RESERVE Reservists who serve on active duty establish veteran status and may be eligible for the full-range of VA benefits, depending on the length of active military service and a discharge or release from active duty under conditions other than dishonorable. In addition, reservists not activated may qualify for some VA benefits.

National Guard members can establish eligibility for VA benefits if activated for federal service during a period of war or domestic emergency. Activation for other than federal service does not qualify guard members for all VA benefits.

Claims for VA benefits based on federal service filed by National Guard members should include a copy of their military orders, presidential proclamation or executive order that clearly demonstrates the nature of their federal service.

MILITARY RETIRED PAY Historically, veterans have not been permitted to receive full military pay and VA compensation for benefits at the same time. Veterans who were entitled to both have had to either waive a portionof their retirement equalling the amount of awarded VA compensation or elect not to receive VA compensation at all. Receiving both benefits and retirement pay is commonly known as "concurrent receipt."

In 2004 Congress passed the Concurrent Retired and Disability Pay Act, allowing many veterans to recieve 1000 percent of the military retirement and VA compensation.

Because of the complexity of this issue, visit *www.dfas.mil* for more information.

PRESUMPTIVE HEALTH CONDITIONS

There are three categories in which veterans may qualify for a service connected disability based on a condition to be presumed by military service. These groups are veterans who were diagnosed with a chronic disease such as arthritis, diabetes, or hyper tension within one year of being released from active duty; veterans diagnosed with Amyotrophic Lateral Sclerosis (ALS) any time after discharge after service at least 90 days of continuous service or more; and veterans who served in the conflicts/geographic regions associated with those diagnosed conditions identified below. For more information on presumptives, please contact a VSO.

Former POW'S

Imprisoned for any length of time and disability at least 10 percent disabling:

- Psychosis
- Any of the anxiety states
- Dysthymic disorder
- Organic residuals of frostbite
- Post-traumatic osteoarthritis
- Heart disease or hypertensive vascular disease and their complications
- Stroke and its residuals
- Osteoporosis, if veteran has PTSD, on or after Oct. 10, 2008

Imprisoned for at least 30 days and disability at least 10 percent disabling:

- Avitaminosis
- Beriberi
- Chronic dysentery
- Helminthiasis
- Malnutrition (including optic atrophy)
- Pellagra
- Any other nutritional deficiency
- Irritable bowel syndrome
- Peptic ulcer disease
- Peripheral neuropathy
- Cirrhosis of the liver
- Osteoporosis, on or after Sept. 28, 2009

Vietnam Veterans

[Exposed to Agent Orange]
Served in the Republic of Vietnam between Jan. 9, 1962 and May 5, 1975:

- AL amyloidosis
- Chloracne or other acneform disease similar to chloracne
- Porphyria cutanea tarda
- Soft-tissue sarcoma (other than osteosarcoma, chondro sarcoma, Kaposi's sarcoma or mesothelioma
- Hodgkin's disease
- Multiple myeloma
- Respiratory cancers (lung, brochus, larynx, trachea)
- Non-Hodgkin's lymphoma
- Prostate cancer
- Acute and subacute peripheral neuropathy
- Type 2 diabetes
- Chronic B-cell leukemia
- Ischemic heart disease
- Parkinson's disease

Atomic Veterans

[Exposed to Ionizing Radiation]
Participated in atmosphic nuclear testing; occupied or was a POW in Hiroshima or Nagasaki; service before Feb. 1, 1992 at diffusion plant in Paducah, KY, Portsmouth, OH, or Oak Ridge, TN; or service before Jan. 1, 1974 at Amchitka Island, AK:

- All cancers
- Non-malignant thyroid nodular disease
- Parathyroid adenoma
- Posterior subcapsular cataracts
- Tumors of the brain and central nervous system

Note: VA also will consider other diseases not listed above were caused by radiation, if supported by medical or scientific evidence. To be eligible for disability compensation, VA must be able to establish that it is at least as likely as not that a veteran's disease was caused by his/her exposure to radiation during military service.

Gulf War Veterans

Served in the Southwest Asia Theater of Operations during the Gulf Wars with conditions that are medically unexplained, including chronic multi-symptom illnesses defined by a cluster of signs or symptoms that have existed for six months or more, such as:

- Chronic fatigue syndrome
- Fibromyalgia
- Irritable bowel syndrome
- Any diagnosed or undiagnosed illness that the Secretary of VA determines warrants a presumption of service connection.

Signs or symptoms of an undiagnosed illness include: fatigue, skin symptoms, headaches, muscle pain, joint pain, neurological symptoms, respiratory symptoms, sleep disturbances, GI symptoms, cardiovascular symptoms, weight loss, menstrual disorders.

There are nine specific infectious diseases associated with military service during this period that are prevalent in Southwest Asia, and have been diagnosed among U.S. troops serving there, and known to cause long-term adverse health effects:

- Brocellosis
- Campylobacter jejuni
- Coxiella burnetii (Q fever)
- Malaria
- Mycobacterium tuberculosis
- Nontyphoid Salmonella
- Shigella
- Visceral leishmaniasis
- West Nile virus

Contact a VSO (listed on page 7) to file a disability claim if you have been diagnosed or experienced any of the presumptive symptoms described above.

VA DISABILITY PENSION BENEFIT FOR WARTIME VETERANS A non-service connected Disability VA Pension is a benefit paid to wartime veterans who have limited or no income, and who are age 65 or older, or, under 65 and are permanently and totally disabled, or, a patient in a nursing home, or, are receiving Social Security disability payments. The amount that's payable depends upon the type and amount of income the veteran and family members receive from other sources.

Veterans who are more seriously disabled may qualify for Aid and Attendance or Housebound benefits. These benefits are paid in addition to the basic pension rate.

Monthly payments are made to qualified veterans to bring their total income to a congressionally established support level (including other retirement and Social Security income).

AID AND ATTENDANCE (A&A) is a benefit paid in addition to monthly pension and compensation. It may not be paid without eligibility to a pension. A&A is allowed if the veteran: requires the aid of another person in order to perform his or her daily living activities; is bedridden; is a patient in a nursing home due to mental or physical incapacity; or has corrected visual acuity of 5/200 or less, in both eyes, or concentric contraction of the visual field to 5 degrees or less.

HOUSEBOUND BENEFITS may not be paid without eligibility to pension and compensation. Qualifying veterans must have a single permanent disability (rated 100 percent disabled), and need assistance, or have a single permanent disability (100 percent disabled) and another disability, or disabilities, evaluated as 60 percent or more disabling.

A veteran cannot receive both A&A and Housebound Benefits at the same time.

Basic Eligibility

A person who served in the active military service and who was discharged or released under conditions other than dishonorable may qualify for VA health care benefits. Reservists and National Guard members also may qualify for VA health care benefits if they were called to active duty (other than for training only) by a federal order and completed the full period for which they were called or ordered to active duty.

Veterans who enlisted after Sept. 7, 1980, or who entered active duty after Oct. 16, 1981, must have served 24 continuous months or the full period for which they were called to active duty in order to be eligible. This minimum duty requirement may not apply to veterans discharged for hardship, early out, or a disability incurred or aggravated in the line of duty.

Enrollment

For most veterans, entry into the VA health care system begins by applying for enrollment.

To apply, complete VA Form 10-10EZ, Application for Health Benefits, which may be obtained from any VA health care facility or regional benefits office, online or by calling VA.

Once enrolled, veterans can receive health care at VA health care facilities anywhere in the country. Veterans enrolled in the VA health care system are afforded privacy rights under federal law.

During enrollment, each veteran is assigned to a priority group based on their service connected disability rating and other factors. VA uses priority groups to balance demand for VA health care enrollment with resources.

5-YEAR POST DEPLOYMENT BENEFIT

Veterans, including members of the National Guard and activated reservists, are eligible for the enhanced "Combat Veteran" benefits if they served on active duty in a theater of combat operations after Nov. 11, 1998, and have been discharged under honorable conditions.

STANDARD BENEFITS

VA's medical benefits package provides you the following health care services to all enrolled veterans:

- Preventive Care Services
- Ambulatory (Outpatient) Diagnostic and Treatment Services
- Hospital (Inpatient) Diagnostic Treatment
- VA prescribed Medications and Supplies

ACUTE CARE SERVICES, which may have limitations and special eligibility criteria, include:

- Ambulance service
- Dental Care
- Durable Medical equipment
- Eyeglasses
- Hearing Aids
- Home Health Care Homeless programs
- Maternity and Parturition services
- Non-VA Health Care Services
- Orthopedic, Prosthetic, and Rehabilitative Devices

REHABILITATIVE SERVICES

- Readjustment Counseling
- Sexual Trauma Counseling

Women Veterans Heathcare 1-855-VA-WOMEN (1-855-829-6636)

Women veterans are eligible for the same VA benefits as male veterans. Comprehensive health services are available to women veterans including primary care, specialty care, mental health care and reproductive health care services VA provides management of acute and chronic illnesses, preventive care, contraceptive services, menopause management, and cancer screenings, including pap smear and mammograms, and gynecology.

Maternity care is covered in the Medical Benefits package to include care for newborn children of women veterans for up to 7 days after birth. VA is also mandated to implement pilot programs to provide child care to women veterans receiving medical care, and to provide readjustment services to women veterans. Infertility evaluation and limited treatments also are available.

Expanding Healthcare services for women veterans is requiring VA to report to Congress on its comprehensive assessment of the barriers in providing health care to women veterans. VA is required to train its mental health providers in the treatment of military sexual trauma.

Women Veterans Program Managers are available at all VA facilities to help veterans seeking treatment and benefits.

TriCare

TriCare is the Department of Defense's managed health care program for active duty military and their dependents, as well as military retirees and their dependents.

There are four options for your health care; TriCare Prime, TriCare Extra, TriCare Standard and TriCare for Life.

Each of these options has specific benefits, exclusions, co-pay and deductible requirements. Enrollment is not mandatory for TriCare Extra or TriCare Standard.

Enrollment is required for TriCare Prime, and at age 65 you become eligible as long as you have Medicare Parts A and B. TriCare Prime also has fewer out-of-pocket costs than other TriCare options.

TriCare For Life has minimal out of pocket costs, aside from Medicare part B premiums. Benefits should be coordinated between Medicare and TriCare.

To contact TriCare call 888-TRIWEST (888-874-9378).

Non-VA Medical Center Emergency Care

Veterans are eligible for emergency care at non-VA facilities under certain circumstances. The 2010 Veterans Emergency Care Protective Act enable VA to reimburse veterans enrolled in VA health care for the remaining cost of emergency treatment if the veteran has outside insurance that only covers part of the cost.

If non-VA emergency care is received, notification to the nearest VA health care facility must be made within 72 hours of hospitalization. VA payment is limited up to the point that veteran's condition is stable for transport to a VA facility.

The VA can also provide retroactive reimbursements for emergency care received on or after July 19, 2001, if considered appropriate under the circumstances.

My healthevet
www.myhealth.va.gov

Online management

Managing your health information - appointments, prescriptions, labs, blood tests and even exchanging messages with your health care team - has never been easier.

My HealtheVet, your online Personal Health Record, helps you gain a better understanding of your health status and allows you to explore a variety of ways to monitor and improve your health, 24 hours a day/7days a week.

To get the most out of My Health*e*Vet, Veterans are urged to visit their local VA health care facility to get an upgraded account, known as In-Person Authentication (IPA). This simple process allows you to use My Health*e*Vet to:

- View your VA appointments
- Access VA wellness reminders
- Communicate online through secure messaging
- View laboratory results and more

To begin using My Health*e*Vet, register today at *www.myhealth.va.gov*.

Veterans Affairs Medical Centers

PORTLAND VA MEDICAL CENTER
3710 SW. US Veterans Hospital Rd.
Portland, OR 97239
503 220 8262 or 800 949 1004
www.portland.va.gov

ROSEBURG VA MEDICAL CENTER
913 NW Garden Valley Blvd.
Roseburg, OR 97471
541 440 1000 or 800 549 8387
www.roseburg.va.gov

WHITE CITY (SORCC)
8495 Crater Lake Hwy.
White City, OR 97503
541 826 2111 or 800 809 8725
www.southernoregon.va.gov

Community-Based Outpatient Clinics

BEND
2650 NE Courtney Dr.
541 647 5200

BROOKINGS
555 Fifth St.
541 412 1152

EUGENE
100 River Ave.
541 607 0897

HILLSBORO
1925 Amberglen Pkwy.
3rd Floor
503 906 5000

KLAMATH FALLS
2819 Dahlia St.
541 273 6206

LA GRANDE
202 12th St.
541 963 0627

NEWPORT
1010 SW Coast Hwy.
541 265 4182

NORTH BEND
2191 Marion St.
541 756 8002

PORTLAND (EAST)
10535 NE Glisan St.
2nd Floor
503 273 5142

SALEM
1660 Oak St. SE, Ste 100
503 220 8262

THE DALLES
704 Veterans Dr.
800 949 1004

WARRENTON
91400 Neacoxie St.
Bldg. 7315
Camp Rilea
503 220 8262

WEST LINN
1750 SW Blankenship Rd.
Suite 300
503 210 4900

The Vet Center Combat Call Center is an around the clock confidential call center where combat veterans and their families can call to talk about their military experience or any other issue they are facing in their readjustment to civilian life. The staff is comprised of combat veterans from several eras as well as families members of combat veterans.

Vet Centers

Services provided at Vet Center include bereavement and readjustment counseling to individuals, groups, couples, and families.

If you served in a combat zone and received a campaign ribbon, you and your family are eligible for Vet Center services. In addition, parents, siblings, spouses and children of any active duty service member who dies while on active duty are eligible for bereavement counseling services. Services are also provided to any veteran who experienced military related sexual trauma while on active duty.

BEND
1645 NE Forbes Rd. Ste. 105
541 749 2112

EUGENE
190 East 11th Ave.
541 465 6918

GRANTS PASS
211 SE 10th St.
541 479 6912

PORTLAND
1505 NE 122nd Ave. Ste. 110
503 688 5361

SALEM
2645 Portland Rd. Ste. 250
503 362 9911

U.S. Department of Veterans Affairs

Connect. It matters.

Friendship. It matters.

Ask the question. It matters.

Family.

Compassion. It matters.

Support. It matters.

Listen. It matters.

It Matters.

© 10/13 VHA

Because you mean so much to them.

Confidential help for Veterans and their families

Veterans Crisis Line

1-800-273-8255 PRESS 1

Confidential chat at **VeteransCrisisLine.net** or text to **838255**

Trauma and PTSD

Posttraumatic Stress Disorder (PTSD) is a mental health issue that can occur after someone goes through a traumatic event such as war, assault, or disaster. Most people have some stress reactions after a trauma.

Each service member will have their own experiences. However, understand that almost all service members will need time to readjust after being in a war zone. This can be especially intense during the first months at home. Common stress reactions are a normal part of readjustment.

Below are common physical, mental/emotional, and behavioral reactions that service members may experience:

COMMON PHYSICAL REACTIONS

- Trouble sleeping, overly tired
- Upset stomach, trouble eating
- Headaches and sweating when thinking of the war
- Rapid heartbeat or breathing
- Existing health problems become worse

Free PTSD Coach download from: iTunes (iOS)* and Google Play (Android)*

COMMON MENTAL/EMOTIONAL REACTIONS

- Bad dreams, nightmares
- Flashbacks or frequent unwanted memories
- Anger
- Feeling nervous, helpless, or fearful
- Feeling guilty, self-blame, shame
- Feeling sad, rejected, or abandoned
- Agitated, easily upset, irritated, or annoyed
- Feeling hopeless about the future
- Experiencing shock, being numb, unable to feel happy

COMMON BEHAVIORAL REACTIONS

- Trouble concentrating
- Being jumpy and easily startled
- Being on guard, always alert, concerned about safety and security
- Avoiding people or places related to the trauma
- Excessive drinking, smoking, or drug use
- Lack of exercise, poor diet, or health care
- Problems doing regular tasks at work or school
- Aggressive driving habits

Service members may have unwanted memories of the war zone. If something happens that reminds them of a war experience, they may have a range of reactions, from intrusive images and thoughts, all the way to a feeling of reliving their experiences ("flashbacks") that are so realistic they feel like they are back in the war.

Irritations or reacting more strongly to common family issues, anger and aggression are common war zone stress reactions. Even minor incidents can lead to significant reactions.

Reactions like these that last for months can affect relationships, work, and overall well-being if not treated. Emotional or psychological problems are not a sign of weakness. Injuries, including psychological injuries, affect the strong and the brave just like physical injuries. But stigma of mental health issues can be a huge barrier for people who need help, but knowing when and how to get help is actually part of military training.

Visit your local Vet Center (complete list of locations are on the previous page) if you would like to talk to someone about what you are experiencing. You can also learn more about PTSD at *www.ptsd.va.gov*

PTSD Mobile App

PTSD Coach has now been downloaded over 100,000 times in 74 countries around the world. The PTSD Coach app can help you learn about and manage symptoms that commonly occur after trauma. Features include: Reliable information on PTSD and treatments that work; Tools for screening and tracking your symptoms; Convenient, easy-to-use skills to help you handle stress symptoms; Direct links to support and help; Always with you when you need it.

Together with professional medical treatment, PTSD Coach provides you dependable resources you can trust. If you have, or think you might have PTSD, this app is for you. Family and friends can also learn from this app.

DOWNLOAD THE MOBILE APP

Free PTSD Coach download from: iTunes (iOS)* and Google Play (Android)*. Also see PTSD Coach ONLINE: 17 tools to choose from available for desktop. PTSD Coach was created by the VA's National Center for PTSD and the DoD's National Center for Telehealth and Technology.

NOTE: PTSD is a serious mental health condition that often requires professional evaluation and treatment. PTSD Coach is not intended to replace needed professional care.

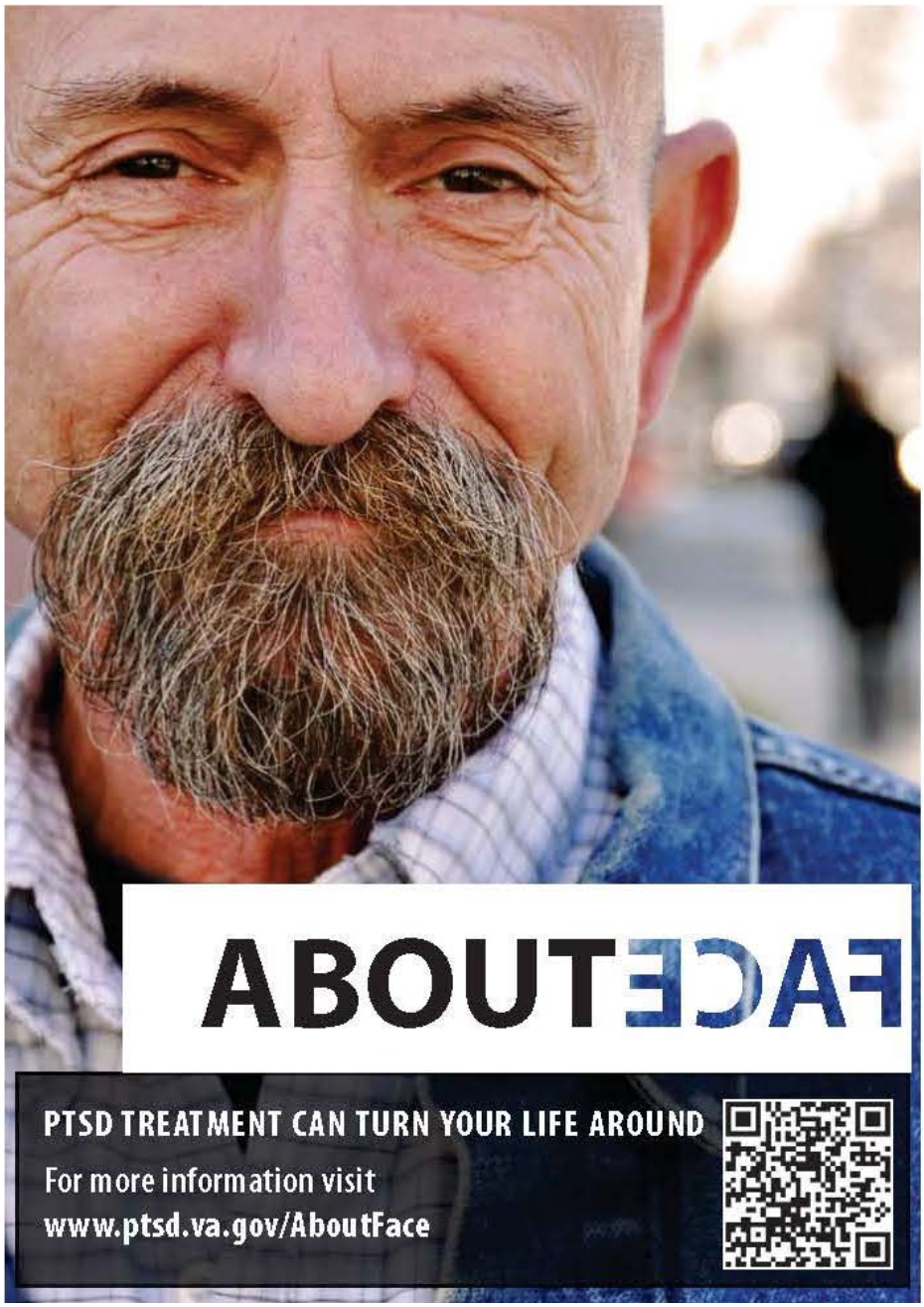
Traumatic Brain Injury (TBI)

Major advances in protective and medical technology have vastly increased survivability rates among wounded U.S. service members. They have also introduced new challenges to care for increasing numbers of veterans and service members with extremely complex injuries, particularly polytrauma and traumatic brain injury.

A Traumatic Brain Injury (TBI) happens when something outside the body hits the head with significant force. This could happen when a head hits a windshield during a car accident, when a piece of shrapnel enters the brain, or during an explosion of an improvised explosive device (IED.)

Individuals who sustain a TBI may experience a variety of effects, such as an inability to concentrate, an alteration of the senses (hearing, vision, smell, taste, and touch), difficulty speaking, and emotional and behavioral changes.

If you experienced head trauma during your service, please contact the VA to schedule an examination. To learn more about TBI, visit *www.polytrauma.va.gov*



Military Sexual Trauma

Military sexual trauma (MST) is the term that the Department of Veterans Affairs uses to refer to sexual assault or repeated, threatening sexual harassment that occurred while the Veteran was in the military. It includes any sexual activity where someone is involved against his or her will – he or she may have been pressured into sexual activities (for example, with threats of negative consequences for refusing to be sexually cooperative or with implied faster promotions or better treatment in exchange for sex), may have been unable to consent to sexual activities (for example, when intoxicated), or may have been physically forced into sexual activities. Other experiences that fall into the category of MST include unwanted sexual touching or grabbing; threatening, offensive remarks about a person's body or sexual activities; and/or threatening or unwelcome sexual advances.

Both women and men can experience MST during their service. All veterans seen at Veterans Health Administration facilities are asked about experiences of sexual trauma because they know that any type of trauma can affect a person's physical and mental health, even many years later. People can recover from trauma and the VA has free services to help veterans do this. You do not need to have a VA disability rating (be "service connected") to receive these services and may be able to receive services even if you are not eligible for other VA care. You do not need to have reported the incident(s) when they happened or have other documentation that they occurred.

For more information, veterans can speak with a VA healthcare provider, contact the MST Coordinator at their nearest VA Medical Center, or contact their local Vet Center. More MST information can be found at *www.mentalhealth.va.gov/msthome.asp*

Long Term Care Standard Benefits

GERIATRIC EVALUATION A geriatric evaluation is the comprehensive assessment of a veteran's ability to care for him/herself, his/her physical health, and social environment, which leads to a plan of care. The plan could include treatment, rehabilitation, health promotion, and social services. These evaluations are performed by inpatient Geriatric Evaluation and Management (GEM) Units, GEM clinics, geriatric primary care clinics, and other outpatient settings.

ADULT DAY HEALTH CARE The Adult Day Health Care (ADHC) Program is a therapeutic day care program, providing medical and rehabilitation services to disabled veterans in a combined setting.

RESPITE CARE Respite Care provides supportive care to veterans on a short-term basis to give the caregiver a planned period of relief from the physical and emotional demands associated with providing care. Respite Care can be provided in the home or other non-institutional settings.

HOME CARE Skilled home care is provided by VA and contract agencies to veterans that are homebound with chronic diseases and includes nursing, physical/occupational therapy, and social services.

HOSPICE/PALLIATIVE CARE Hospice and palliative care programs offer pain management, symptom control, and other medical services to terminally ill veterans or veterans in the late stages of the chronic disease process. Services also include respite care as well as bereavement counseling to family members.

Limited Benefits

NURSING HOME CARE While some veterans qualify for indefinite nursing home care services, other veterans may qualify for a limited period of time. Among those that automatically qualify for indefinite nursing home care are veterans whose service-connected condition is clinically determined to require nursing home care and veterans with a service-connected rating of 70% percent or more. Other veterans may be provided short-term nursing home care if space and resources are available.

DOMICILIARY CARE Domiciliary care provides rehabilitative and long-term, health maintenance care for veterans who require some medical care, but who do not require all the services provided in nursing homes. Domiciliary care emphasizes rehabilitation and return to the community. VA may provide domiciliary care to veterans whose annual income does not exceed the maximum annual rate of a VA pension or to veterans that have no adequate means of support.

Oregon Veterans' Homes

The Oregon Veterans' Home provides skilled nursing, Alzheimer's and memory-related, and rehabilitative care in an environment that understands the unique needs of the men and women who served our country in uniform. Care at the Oregon Veteran's Home is an earned benefit available to veterans, their spouses and parents who had a child die while serving in the U.S. Armed Forces. To be eligible for this benefit, qualifying veterans must have served as defined by the U.S. Department of Veterans Affairs (Federal VA) and received an honorable discharge from their branch of service.

Conservatorship Program

The Oregon Department of Veterans' Affairs Conservatorship Program serves veterans, their surviving spouses, minor children or helpless adult children of veterans, and dependent parents.

Professional Trust Officers assist Oregon veterans manage their financial affairs and property while helping ease the burdens often associated with paying bills, collecting funds on debts owed to the veteran, corresponding with creditors, buying or selling real-estate, or other investments.

Trust officers are experts in Oregon law, administrative rules and veterans law and regulation. Whenever possible they work closely with interested family members in planning for the welfare and best interest of the veteran, their spouse or dependent.

A conservator gains possession of all income and assets and establishes a personal budget and pays for care, personal needs, dependent support, property maintenance, etc., according to that budget. A conservator applies for all benefits for which the protected person may be eligible and invests or otherwise conserves unused funds.

An accounting of financial activities is submitted to the court, U.S. Department of Veterans Affairs, protected persons and others as required by law.

For a person with a substantial amount of income, assets or property, who is unable to manage his or her finances well enough to provide adequate care themselves, a conservator may be needed. Causes may include mental illness or deficiency, physical illness or disability, chronic use of drugs or controlled substances, disappearance or confinement, chronic intoxication, and helpless or minor children.

A petition asking for the appointment of a conservator may be submitted to a court by anyone interested in the estate, affairs or welfare of the person. This includes parents, guardian, custodians or any person who would be adversely affected by lack of effective management of the property or affairs.

The court appoints a conservator and the order remains in effect until the person's condition improves, majority is reached or until death.

It feels like home.

John, Navy WWII Veteran. Resident of the Oregon Veterans' Home

The place where honor lives.

Oregon Veterans' Homes

Named Best Nursing Home

The Oregon Veterans' Home in The Dalles, was named one of the top rated nursing homes in Oregon by U.S. News & World Report in the fifth annual Best Nursing Homes ratings.

Step II Award

The Oregon Veterans' Home has received the Step II Award for Quality Achievement from the American Health Care Association (AHCA) and the National Center for Assisted Living (NCAL).

Honor. Service. Sacrifice.

The Oregon Veterans Homes provide affordable, long-term nursing care for Oregon veterans, their spouses and Gold Star parents. Designed to honor those who have served our country, quality of life with a clean, caring and supportive environment.

Oregon locations in The Dalles and Lebanon (Coming Fall 2014).

Call or visit online to learn more.

oregon.gov/odva/vetshome | 800 846 8460

Medicare and Medicaid Certified

Dependency and Indemnity Compensation (DIC)

Dependency and Indemnity Compensation (DIC) is the primary monthly monetary benefit payable to surviving dependents of a deceased veteran, and is the equivalent benefit to disability compensation for veterans.

This benefit is payable if the veteran died while on active duty, in the line of duty and not due to willful misconduct or, if death was after service, the death was caused or attributed to a service-connected disability.

The current basic monthly rate of DIC is $1,215 for an eligible surviving spouse. The rate is increased for each dependent child, and also if the surviving spouse is housebound or in need of aid and attendance. VA also adds a transitional benefit of $301 to the surviving spouse's monthly DIC if there are children under age 18. The amount is based on a family unit, not individual children.

Death Pensions

Survivors' (Death) Pension is a needs-based benefit paid to an unremarried surviving spouse, or an unmarried child, who meets certain age or disability requirements, of a deceased wartime veteran.

In order to qualify for a VA Death Pension, the VA calculates income received from most sources by the surviving spouse and any eligible children. It includes earnings, disability and retirement payments, unemployment insurance payments, interest and dividends payments, and net income from farming, business or rental property.

If the income is below a certain level, the dependent or surviving spouse may be eligible for this pension.

Burial Benefits

Dependents and surviving spouses of an eligible veteran are eligible to be buried in national cemeteries.

When a death occurs and eligibility for interment in a national cemetery is determined, grave space is assigned by the cemetery director in the name of the veteran or family member. One gravesite is permitted for the interment of all eligible family members, unless soil conditions or the number of family decedents necessitate more than one grave. There is no charge for burial in a national cemetery.

Headstones and Markers

Spouses and dependents are not eligible for a Government-furnished headstone or marker unless they are buried in a national cemetery, state veteran's cemetery, or military post/base cemetery.

Survivor Benefit Plan

When a military retiree dies their retirement pay stops. This means that the surviving no longer receives income source. If a veteran is a military retiree, thought needs to be given as to how to protect the spouse from the hardships caused by the loss of the retirement pay.

One option available is the Survivor Benefit Plan (SBP). The SBP is an insurance plan that will pay the veteran's surviving spouse a monthly payment (annuity) to help make up for the loss of retirement income. The plan is designed to protect survivors against the risks of the veteran's early death, a survivor outliving the benefits, and inflation.

Survivors should report retiree deaths to the Defense Finance and Accounting Service (DFAS) casualty office at 800-321-1080.

CHAMPVA and Tricare

The Civilian Health and Medical Program of the U.S. Department of Veterans Affairs (CHAMPVA) is a comprehensive health care program in which the VA shares the cost of covered health care services and supplies with eligible beneficiaries. The program is administered by Health Administration Center.

Due to the similarity between CHAMPVA and the Department of Defense (DoD) TRICARE program (sometimes referred to by its old name, CHAMPUS) the two are often mistaken for each other. CHAMPVA is a U.S. Department of Veterans Affairs (VA) program whereas TRICARE is a regionally managed health care program for active duty and retired members of the uniformed services, their families, and survivors. In some cases a veterans may look to be eligible for both/either program on paper. However, if you are a military retiree, or the spouse of a veteran who was killed in action, you are and will always be a TRICARE beneficiary.

Incarcerated Veterans

When a veteran receiving VA disability compensation is incarcerated, payments to the veteran are reduced to 10 percent after the 61st day of incarceration after conviction of a felony. If a veteran is in receipt of a non-service connected prension, all pension payments will stop.

However, benefit payments may be apportioned to the veteran's spouse, child or children, and dependent parents on the basis of individual need. In determining individual need, consideration shall be given to such factors as the claimant's income and living expenses, the amount of compensation available to be apportioned, and any special needs. More information on incarcerated veterans can be found on Page 36.

Post-9/11 GI Bill Transfer of Entitlement

The Post-9/11 GI Bill also offers some service members the opportunity to transfer their GI Bill to dependents. An individual approved to transfer an entitlement to educational assistance under this section may transfer the individual's entitlement to the individual's spouse, or one or more of the individual's children any combination of spouse and child. A family member must be enrolled in the Defense Eligibility Enrollment Reporting System (DEERS) and be eligible for benefits, at the time of transfer to receive transferred educational benefits.

Visit *www.gibill.va.gov/benefits/other_programs/dea.html.*

OREGON'S VETERANS' DEPENDENT TUITIONWAIVER

Offered by the State of Oregon University System (OUS) and local community colleges, this state benefit provides a full tuition waiver (excluding fees) for a bachelor's, master's or associates degree at an OUS institution or community college for children and spouses (who have not remarried) of a member of the U.S. Armed Forces who either died in active duty, became 100 percent disabled in connection with military service (universities only), or died as a result of a disability sustained in active duty. Dependents of recipients who earned a Purple Heart after Sept. 11, 2001 are also eligible to receive a tuition waiver from Oregon universities.

Eligibility differs slightly for community colleges and universities. Call the college admissions department for detailed information on this benefit.

(DEA) DEPENDENTS' EDUCATIONAL ASSISTANCE

DEA is a federal VA benefit that provides education and training opportunities to eligible dependents, spouses and survivors of certain veterans. The program offers up to 45 months of education benefits.

To be eligible, you must be the dependent or spouse of a veteran who died or is permanently and totally disabled as the result of a service-connected disability, a veteran who died from any service-connected disability, a service member missing in action or captured in line of duty, a service member forcibly detained or interned in line of duty, or a service member who is hospitalized or receiving outpatient treatment for a service connected permanent and total disability.

FRY SCHOLARSHIP

Children of an active duty member of the Armed Forces who has died in the line of duty on or after September 11, 2001, are eligible for the the Marine Gunnery Sergeant John David Fry Scholarship. Eligible children attending school may receive up to their full tuition & fees for a public school or a statutory annual maximum amount for a public school, plus a monthly living stipend and book allowance under this program.

Burial and Cemetery Benefits

The U.S. Department of Veterans Affairs (VA) Benefits Administration oversees a burial benefits program designed to assist claimants in meeting the funeral and burial costs of a deceased veteran. The VA does not make funeral arrangements or perform cremations. Families should make these arrangements with a funeral provider or cremation office. You should advise your family of your wishes and where your discharge papers are kept. These papers are very important in establishing your eligibility. You may wish to make pre-need arrangements with a funeral home.

SERVICE – CONNECTED DEATH If a veteran's death is service-connected, the VA will pay a burial allowance of up to $2,000 for deaths on or after Sept. 11, 2011. If the veteran is buried in a VA national cemetery, some or all of the cost of moving the veteran's body to the national cemetery nearest the veteran's home may also be reimbursed. There is no time limit for applying for a service-connected burial allowance. The person who bore the veteran's burial expense may claim reimbursement from any VA regional office.

NON-SERVICE-CONNECTED DEATH If a veteran's death is not service-connected, there are two types of payments the VA may make: Burial and Funeral Expense Allowances. The VA will pay a burial and funeral allowance if the veteran was discharged under conditions other than dishonorable and the veteran was in receipt of VA pension or compensation at the time of death. If a veteran died while in a VA facility or as a patient at an approved state nursing home the VA may also pay this allowance.

BURIAL PLOT ALLOWANCE When a veteran is buried in a cemetery that is not under the U.S. government jurisdiction, the VA may also pay a plot allowance, provided that the veteran was discharged under a condition other than dishonorable; and meet other qualifications similar to that of a non-service connected death.

FILING A CLAIM FOR REIMBURSEMENT OF EXPENSES To file for reimbursement of burial expenses an Application of Burial Allowance form must be submitted to the VA. The person filing the claim must also provide a certified copy of the veteran's death certificate and proof of the veteran's military service (Form DD-214), and itemized bills of the funeral and burial expenses.

BURIAL FLAG A United States flag is provided, at no cost, to drape the casket or accompany the urn of a deceased veteran

who served honorably in the U. S. Armed Forces. It is furnished to honor the memory of a veteran's military service to his or her country.

When burial is in a national, state or post cemetery, a burial flag will automatically be provided. When burial is in a private cemetery, the funeral director will generally help the next of kin with this process.

HEADSTONES AND MARKERS The Department of Veterans Affairs (VA) furnishes upon request, at no charge to the applicant, a Government headstone or marker for the unmarked grave of any deceased eligible veteran in any cemetery around the world, regardless of their date of death.

For eligible veterans that died on or after Nov. 1, 1990 and whose grave is marked with a privately purchased headstone, VA may also furnish a headstone or marker to supplement the graves or a Medallion to be affixed to the privately purchased headstone.

Eligible veterans are entitled to either a Government-furnished headstone or marker, or the new medallion, but not both.

BRONZE MEDALLIONS FOR HEADSTONES AND MARKERS The Department of Veterans Affairs (VA) provides a medallion, by request, to be affixed to an existing privately purchased headstone or marker to signify the deceased's status as a veteran.

If requested, the medallion is furnished in lieu of a traditional Government headstone or marker for veterans that died on or after Nov. 1, 1990, and whose grave is marked with a privately purchased headstone or marker.

BURIAL AT SEA The VA National Cemetery Administration cannot provide burial at sea. For information, contact the U.S. Navy Mortuary Affairs office toll free at 866-787-0081.

MILITARY FUNERAL HONORS The Department of Defense (DoD) is responsible for providing military funeral honors. "Honoring Those Who Served" is the title of the DoD program for providing dignified military funeral honors to veterans who have defended our nation.

Upon the family's request, Public Law 106-65 requires that every eligible veteran receive a military funeral honors ceremony, to include folding and presenting the United States burial flag and the playing of Taps.

Visit the Oregon Military Funeral Honors website for local information and instructions about this service at *www.mil.state.or.us/omfh*

PRESIDENTIAL MEMORIAL CERTIFICATES A Presidential Memorial Certificate (PMC) is an engraved paper certificate, signed by the current president, to honor the memory of honorably discharged deceased veterans.

OREGON NATIONAL CEMETERIES

EAGLE POINT NATIONAL CEMETERY
2763 Riley Rd.
Eagle Point, OR 97524
541-826-2511

ROSEBURG NATIONAL CEMETERY
1770 Harvard Blvd.
Roseburg, OR 97470
541-826-2511

WILLAMETTE NATIONAL CEMETERY
11800 SE Mt. Scott Blvd.
Portland, OR 97086-6937
503-273-5250

You should advise your family of your wishes and where your discharge papers are kept. These papers are very important in establishing your eligibility for burial and cemetery benefits.

Education Tuition Assistance

POST 9/11 GI BILL

The Post-9/11 GI Bill provides financial support for education and housing to honorably discharged veterans with at least 90 days of aggregate service on Title 10 Active Duty or Title 32 Active Guard Reserve Duty after Sept. 10, 2001, or individuals discharged with a service-connected disability after 30 days. The Post 9-11 GI Bill will pay eligible individuals full tuition and fees directly to the school for all public school in-state students, attending classes at a greater than half-time rate. A monthly housing allowance (MHA) based on the Basic Allowance for Housing for an E-5 with dependents is also provided. Distance Learning enrollee's housing allowance is equal to half the national average BAH for an E-5 with dependents. An annual books and supplies stipend of $1,000 is paid proportionately based on enrollment.

This benefit provides up to 36 months of education benefits, generally benefits are payable for 15 years following release from active duty. This benefit may be transferred to dependents and spouses based on six years of active duty service.

TILLMAN MILITARY SCHOLARSHIP

The Pat Tillman Foundation's Tillman Military Scholars program supports our nation's active and veteran servicemembers and their families by removing financial barriers to completing a degree or certification program of choice. The scholarships cover not only direct study-related expenses such as tuition and fees, but also other needs, including housing and child care.

COLLEGE CREDIT FOR YOUR MILITARY TRAINING

All universities and local community colleges in Oregon use the recommendations made by the American Council on Education (ACE) to award academic credit toward a degree for education and training received in the military.

To claim college credit for military training, request a transcript from your military service branch. At no charge, each service will provide official copies to schools.

MONTGOMERY GI BILL

Montgomery GI Bill (MGIB) benefits are available for service members and veterans to help with education and training costs by providing up to $51,000 in cash and numerous support programs.

MGIB can be used to pay for many different programs including the following degrees, business technical or vocational courses , distance learning including correspondence courses, apprenticeship/job training, flight training, licensing and certification exams.

VA educational benefits may be used while the service member is on active duty or after the service member's separation from active duty with a fully honorable military discharge. Discharges "under honorable conditions" and "general" discharges do not establish eligibility.

Eligibility generally expires 10 years after the service member's discharge. However, there are exceptions for disability, re-entering active duty, and upgraded discharges.

TUITION ASSISTANCE – TOP-UP

Top-up allows the VA to reimburse an individual for all or a portion of the charges for courses that are not reimbursed under certain military education programs. The amount of this benefit can be equal to the difference between the total cost of a college course and the amount of Tuition Assistance that is paid by the military for the course.

To be eligible for the Top-up benefit, the person must be approved for federal Tuition Assistance by a military department and be eligible for Montgomery GI Bill (MGIB)-Active Duty benefits or the Post-9/11 GI Bill.

YELLOW RIBBON GI EDUCATION ENHANCEMENT PROGRAM

The program was enacted to assist eligible individuals with payment of their tuition and fees in instances where costs exceed the most expensive in-state undergraduate tuition at a public institution of higher education.

To be eligible, the student must be a veteran receiving benefits at the 100 percent benefit rate payable, a transfer-of-entitlement-eligible dependent child or spouse of a veteran.

VA will match the school's percentage (up to 50 percent) to reduce or eliminate out-of-pocket costs for eligible participants.

To receive this benefit your school must agree to participate in the Yellow Program. Six of seven OUS institutions participate in the Yellow Ribbon Program.

RESERVE EDUCATIONAL ASSISTANCE (REAP)

REAP is a Department of Defense (DoD) education benefit program designed to provide educational assistance to members of the Reserve components called or ordered to active duty in response to a war or national emergency (contingency operation) as declared by the president or Congress.

Eligible veterans must be a member of a Ready Reserve component (Selected Reserve, Individual Ready Reserve, or Inactive National Guard) to pay into the "buy-up" program. Guard members are eligible if they were serving under Title 32 orders for 90 consecutive days as authorized by the president or secretary of defense for a national emergency and is supported by federal funds.

The DoD and Department of Homeland Security (Coast Guard) will determine eligibility.

STATEWIDE APPRENTICESHIPS (BOLI)

Oregon Apprenticeship Opportunities Statewide is offered through the Oregon Bureau of Labor and Industries (BOLI).

If eligible, an apprentice may use veterans' educational benefits while registered in an apprenticeship program. If an existing apprenticeship program does not have an approved veteran's program in place, veterans can coordinate the establishment of a new training program by communicating with an employer and the Apprenticeship and Training Division.

Typically, an apprenticeship lasts two to five years, depending on industry requirements.

VETERANS' EDUCATIONAL ASSISTANCE PROGRAM (VEAP)

The Post-Vietnam Era Veterans' Education Assistance Program (VEAP) is available if you elected to make contributions from your military pay to participate in this education benefit program. You can use this benefit for degree, certification, correspondence, apprenticeship/job training programs, and vocational flight training programs.

VOCATIONAL REHABILITATION AND EMPLOYMENT (VR&E)

The Vocational Rehabilitation and Employment (VR&E) VetSuccess Program assists veterans with service-connected disabilities to prepare for, find, and keep suitable jobs. For veterans with service-connected disabilities so severe that they cannot immediately consider work, VetSuccess offers services to improve their ability to live as independently as possible.

Eligibility and entitlement for VR&E are two different things. You may meet eligibility criteria, yet not be entitled to services. The first step in the VR&E process is to be evaluated to determine if you qualify for services.

TUITION ASSISTANCE WHILE ON ACTIVE DUTY

This DoD program is administered by the individual branches of the armed forces. Tuition Assistance (TA) can be used to pay up to 100 percent of a service member's tuition while taking eligible courses during off-duty hours.

Tuition Assistance benefits are capped at $250 per semester credit hour, with a $4,500 yearly cap.

OREGON VETERAN EDUCATIONAL AID PROGRAM

The Oregon Veteran Educational Aid Program provides educational benefits to veterans pursuing approved training or coursework equal to the months of active duty service up to 36 months. Benefits are paid while pursuing classroom instruction, home study courses, vocational training, licensing and certificates from accredited Oregon educational institutions.

Full-time students may receive up to $150 per month and up to $100 per month for part-time students. This benefit is not available if you are receiving educational aid under any federal act based on service in the Armed Forces.

NONRESIDENT VETERAN IN-STATE TUITION

Nonresident veterans who are pursuing undergraduate studies pay tuition rates and fees no greater than the Oregon resident rate. Veterans must establish Oregon residency within one year of enrollment at one of the seven OUS campuses.

To qualify, the nonresident veteran must have served in the Armed Forces of the United States and relieved or discharged from that service under honorable conditions.

Eligible nonresident veteran students should contact the financial aid office at the OUS institution to request this benefit. Benefit is extended to veterans who enroll and begin after September 2013.

VOYAGER TUITION ASSISTANCE PROGRAM

Voyager is a tuition benefit that is available to honor and support Oregon residents who served the nation as members of the National Guard or Reserves in an active duty capacity in a combat zone since Sept. 11, 2001.

Voyager is a "last dollar award." Qualifying students will be awarded a fee remission for no more than the difference between campus tuition and mandatory fees and expected military tuition benefits. The student is responsible for obtaining federal military tuition benefits. If a student is not eligible for federal tuition benefits they must demonstrate proof of ineligibility.

Application forms or process information is available at campus financial aid offices. Contact your university financial assistance department for more information.

THANK YOU.

You served your country and now it's your country's turn to serve you by financing the home you've been dreaming of. With the ORVET Home Loan, you will always be offered a low interest rate with flexible terms and a simple application process.

Since 1946, the Oregon Department of Veterans' Affairs has helped more than 334,000 veterans realize their dreams of owning a home, loaning over $7.5 billion to veterans.

NOW THAT YOU'RE HOME

LEARN ABOUT YOUR OREGON HOME BENEFITS

To apply or to find out more about your qualifications, please call the Oregon Department of Veterans' Affairs Home Loan Department at **888-673-8387**.

www.orvethomeloans.com

Home Loans for Oregon Veterans

The Oregon Department of Veterans' Affairs offers a state veterans' home loan that is an additional and distinctively separate benefit from the Federal VA Home Loan Guaranty Program. The current lifetime maximum loan amount for a single family, owner occupied residence is $417,000. The program is designed specifically to provide veterans the lowest interest rate possible and is secured through special federal bonding only available to state home loan programs.

ODVA takes pride in achieving consistent high levels of customer satisfaction, makes every attempt to be flexible and provide an easy application process. Learn more online at *www.orvethomeloans.com*

Federal VA Home Loan Guaranties

The purpose of the VA loan guaranty program is to help veterans and active duty personnel finance the purchase of homes with competitive loan terms and interest rates. The VA does not actually lend the money to veterans. VA guaranteed loans are made by private lenders, such as banks, savings and loans, or mortgage companies. The VA guaranty means the lender is protected against loss if the veteran fails to repay the loan.

You can apply for a VA loan with any mortgage lender that participates in the VA home loan program. You will need to get a Certificate of Eligibility from the VA to prove to the lender that you are eligible for a VA loan.

HUD / FHA Loans

Veterans are not eligible for VA financing based on Active Duty for Training in the Reserves, or Active Duty for Training in the National Guard (unless "activated" under the authority of Title 10, US Code) service. However, these veterans may qualify for a HUD / FHA veteran's loan.

The VA's only role in the HUD / FHA program is to determine the eligibility of the veteran, and issue a Certificate of Veteran Status, if qualified. Under this program, financing is available for veterans at terms slightly more favorable than those available to non-veterans.

Oregon Property Tax Exemption

If you are a disabled veteran, you may be entitled to exempt some of your homestead property's assessed value from your property taxes.

To qualify, veterans must be certified by the VA or any branch of the Armed Forces as having disabilities of 40 percent or more or be a veteran who served and is certified each year by a licensed physician as being 40 percent or more disabled.

Active duty service members, including National Guard and Military reserve forces, also may qualify for a residential property tax exemption. For more details contact the Oregon Department of Revenue or your county assessor.

Oregon Property Tax Deferrals

Disabled veterans may qualify to "borrow" from the state of Oregon to pay property taxes to the county.

To qualify, veterans must be determined eligible to receive or be receiving federal Social Security disability benefits due to disability or blindness. If you qualify, the Oregon Department of Revenue (DOR) will pay property taxes to the county. Six percent on the taxes are deferred and a lien will be placed on the property. All taxes plus interest and fees must be repaid.

Applicants must file their requests with their local county assessor's office. For more details contact the DOR or your county assessor.

Specially Adaptive Housing Grants

The VA may approve a grant of not more than half of the cost of building, buying, or remodeling adapted homes, or paying indebtedness on homes previously acquired, up to a maximum of $64,960.

To qualify for this grant, veterans must be entitled to compensation for permanent and total service-connected disability due to certain specifications.

Special Housing Adaptations Grant

VA may approve a grant for the actual cost, up to a maximum of $12,992, for adaptations to a veteran's residence that are determined by the VA to be reasonably necessary.

The grant also may be used to assist veterans in acquiring a residence that already has been adapted with special features for the veteran's disability.

To qualify for this grant, veterans must be entitled to compensation for permanent and total service-connected disability due to certain specifications.

Supplemental Financing–Loan Guaranty

Veterans who have available loan guaranty entitlement may also obtain a guaranteed loan or possibly a direct loan from VA to supplement the grants to acquire a specially adapted home.

Home Improvements and Structural Alterations

The HISA program provides funding for disabled veterans to make home improvements necessary for the continuation of treatment or for disability access to the home, essential lavatory and sanitary facilities.

Disabled veterans may be eligible for HISA when it is determined medically necessary or appropriate for the effective and economical treatment of the service-connected disability.

Veterans, service members and spouses may qualify for priority

EMPLOYMENT AND TRAINING SERVICES

Let the Oregon Employment Department help you connect with employers who are waiting to hire veterans and military personnel. Our iMatch system can help match your skills to job opportunities.

We also have representatives that work exclusively with veterans and military service members. Visit us online to learn more!

WorkSource Oregon | Employment Department

www.WorkinginOregon.org

KNOWING YOUR EMPLOYMENT RIGHTS AS A VETERAN OR SERVICE MEMBER IS A RIGHT YOU SERVED TO DEFEND

AND DEFENDING THOSE RIGHTS IS OUR DUTY

USERRA is a federal statute which provides job protections and employment rights to employees who may serve, currently serve, or have served on military duty. **www.dol.gov/elaws/userra.htm**

VETERANS EMPLOYMENT OPPORTUNITY ACT

The VEOA allows preference eligible persons or veterans who are honorably discharged from the armed forces to compete for vacant federal positions. VEOA offers protection to eligible veterans during a Reduction in Force (RIF) and against adverse actions. VETS staff investigates 5 and 10 point federal Veteran Preference complaints and answer inquires regarding VEOA.

www.opm.gov/veterans/

REALIFELINES

The primary mission of REALifelines is to provide wounded and injured service members, and their families, with personal assistance through a seamless network to ensure a successful transition to civilian life by addressing the challenges they face outside of their recovery.

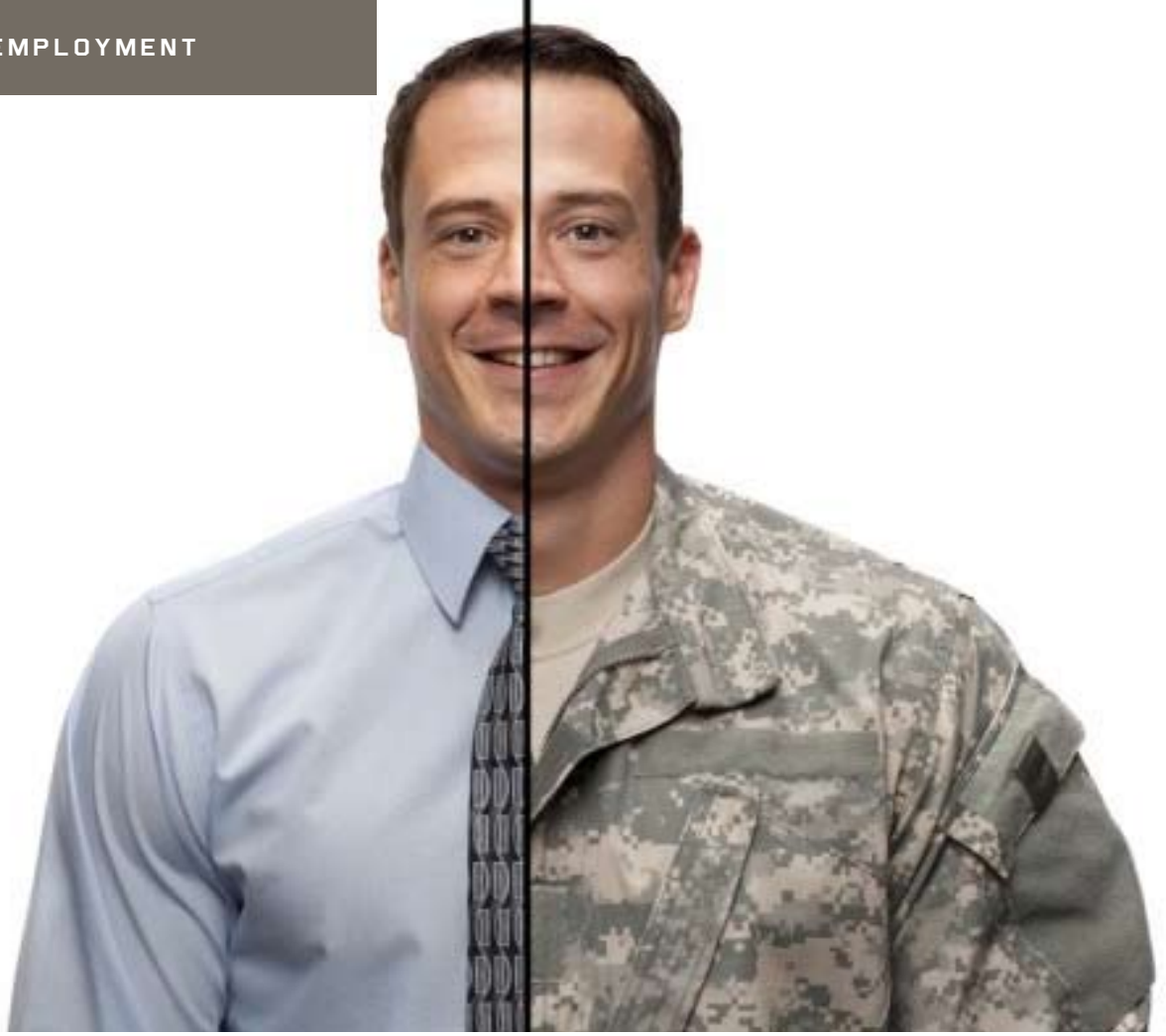
www.dol.gov/vets/programs/Real-life/main.htm

STAND DOWNS

Stand down is a military term referring to a brief respite from combat and are events coordinated in local communities to provide veterans with a wide range of social services. Stand Downs foster employment opportunities for veterans to promote self-sufficiency and improve veterans' connections with community-based service providers. Potential applicants can access stand down information at the following website or contact the VETS office in Salem, Ore.

www.dol.gov/vets/programs/Stand%20Down/main.htm

U.S. DEPARTMENT OF LABOR
VETERANS EMPLOYMENT AND TRAINING SERVICE (VETS)
503 947 1490
www.dol.gov/vets



VETERANS PREFERENCE
Veterans and disabled veterans receive preference when applying for state, county and local government jobs in Oregon.

5-POINT VETERANS' PREFERENCE
Veterans who provide proof of their veteran status when applying for public employment will receive a 5-point preference. This preference is added to the total possible points based on your qualifications for the job. This preference is also applicable when being considered for promotions.

10-POINT DISABLED VETERANS' PREFERENCE
Disabled veterans who provide proof of their service-connected disability when applying for a government job will receive a 10-point preference.

DOCUMENTATION To prove your veteran status, please provide a copy of your DD-214 and/or a service-connected disability rating letter from the VA.

Direct Professional Licensing for Military Experience

This law was designed to quickly get service members back to work after serving in the military and requires certain professional licensing agencies and boards in Oregon to accept military training or experience as an acceptable substitution for education or experience required for licensure, certification or registration. Professions include: private security professional, teacher, engineer, land surveyor, psychologist, occupational therapist, occupational therapy assistant, physician assistant, nursing assistant, denture technology, chiropractor, physical therapist, radiologist, hemodialysis technician, athletic trainer, respiratory care, polysomnographic technologist, pharmacist, pharmacy technician, cosmetologist, mortician, embalmer, polygraph examiner, private investigator, and commercial driver.

Public Employment Interviews

In 2011 the Legislature passed HB 3207, which mandates public employers to interview veterans for positions if the veteran can prove their military education and skills meet the minimum qualifications and desired attributes of the position. The intention of this statute is to get veterans into interviews with hiring managers so veterans can prove they are qualified.

It is the responsibility of the veteran to plainly demonstrate through the application process that their experience in the military qualifies them for the position they are seeking.

Veterans Day Off

Senate Bill 1, passed during the 2013 Regular Session, requires employers to offer paid or unpaid time off on Veterans Day to employees who are veterans of the Armed Forces. Notice must be given by a veteran 21 days in advance of Veterans Day.

OREGON DISABLED VETERANS AND VETERAN EMPLOYMENT REPRESENTATIVES

Veterans can find employment information, education and training opportunities, job counseling, job search workshops, and resume preparation assistance at state Workforce Career or One-Stop Centers through the Employment Department.

These offices have specialists who work directly with veterans and disabled veterans to find employment.

Disabled Veterans´ Outreach Program Specialists (DVOP) and Local Veterans Employment Representatives (LVER) assist veterans in applying for federal, state, local government and private sector employment. DVOPs and LVERs have offices to serve all veterans in more than 20 Oregon cities.

VETERAN CAREER FAIRS, EXPOS AND WEBSITES

The federal government, including DoD, the VA and many state and local entities hold career expos and job fairs through out the state. There are also many websites that feature job openings with companies looking to hire veterans. The benefits of using these resources include engaging with employers who are actively seeking to hire veterans and tools to help translate military experience into civilian equivalent experience.

Find Employers who value the skills of Veterans

Employers from around the country are looking for skilled and dedicated employees to join their ranks and they have noticed that veterans fit that bill.

Below are some of the more useful and popular websites that feature employers who are specifically looking to hiring veterans, like you.

veterans.jobs

h2h.jobs

veteranscareerfair.com

uschamber.com/hiringourheroes

employvets.com

mynextmove.org/vets

Guide Dogs and Service Dogs

VA may provide guide dogs to blind veterans including the expense of training the veteran on how to use them, and the cost of the dog's medical care.

Additionally, VA may also provide service dogs trained for the aid of hearing impaired veterans and veterans with spinal cord injuries, dysfunction and other chronic impairment that substantially limits mobility. Currently there are pilot programs being conducted by the VA to provide service dogs to veterans who have conditions such as PTSD.

There are also many private non-profit organizations that provide service dogs to disabled veterans.

Clothing Allowance

The VA pays a clothing allowance to veterans who, because of a service-connected disability, wears or uses a prosthetic or orthopedic appliance (including a wheelchair) in which the VA determines tends to wear out or tear the clothing. The VA will also pay a clothing allowance to veterans who use medication prescribed by VA physicians for skin conditions caused by a service-connected disability which the VA determines causes irreparable damage to the veteran's outer garment.

Automobile Assistance Program

The VA offers qualified veterans and active duty service members a one-time payment of up to $18,900 to be used toward the purchase of an automobile or other forms of conveyance. To qualify, a veteran or service member must have one of the following disabilities including loss, or permanent loss of use, of one or both feet, loss, or permanent loss of use, of one or both hands, or permanent impairment of vision in both eyes to a certain degree.

Adaptive Equipment

VA will pay for installation of adaptive equipment for automobiles deemed necessary to ensure that eligible veterans will be able to safely operate vehicles, and to satisfy the applicable state standards of licensure. This equipment includes power steering, power breaks, power window lifts, power seats and other special equipment necessary to assist the person into and out of the vehicle or other conveyance.

VA will also repair, replace, or reinstall adaptive equipment determined necessary for the operation of a vehicle acquired under this program, or for the operation of a vehicle an eligible veteran may previously or subsequently have acquired.

Travel Reimbursement

VA has the authority to provide eligible beneficiaries reimbursement for mileage, special mode of transportation, and in certain circumstances, a taxi or hired car.

If you meet the criteria below, you may be eligible for mileage reimbursement or special mode transport. You qualify if:

- You have a service-connected (SC) rating of 30 percent or more, or
- You are traveling for treatment of a SC condition, or
- You receive a VA pension, or
- Your income does not exceed the maximum annual VA pension rate, or
- You are traveling for a scheduled compensation or pension examination

You qualify for Special Mode Transportation if:

- Your medical condition requires an ambulance or a specially equipped van as determined by a VA clinician, and
- You meet one of the eligibility criteria listed above, and
- The travel is pre-authorized (authorization is not required for emergencies if a delay would be hazardous to life or health)

Scheduled appointments qualify for round-trip mileage. Unscheduled visits may be limited to return mileage only.

In order to be eligible for travel benefits when transporting to VA care or treatment, a veteran must actually be incurring an expense. Should one or more veterans travel together in a private vehicle, only the owner of the vehicle is actually incurring expenses and therefore is the only person entitled to travel reimbursement. However, should multiple veterans share a vehicle where passengers must pay for their transport such as a taxi or where one veteran pays another veteran for transport, then all are entitled to travel reimbursement either at the mileage reimbursement rate or actual expense, whichever is less. Such persons must provide a receipt to indicate an incurred expense and to receive reimbursement. Find your local medical center for reimbursement.

VA Hospital Transportation Service Program

The Veterans Healthcare Administration has a transportation program for non-ambulatory and remote VA patients. The Veterans Transportation Service (VTS) provides transport for veterans to VA Medical Centers (VAMCs). These services include vehicle routing and scheduling software for VA Medical Facilities.

While all veterans with VA funded medical appointments are eligible to ride VTS, a first priority is given to wheelchair-bound patients who have no other transportation alternatives. VTS is establishlishing a network of community and volunteer transportation service providers to improve access to VA health care, including the Portland VAMC.

RESERVATIONS ARE REQUIRED

Reserations are needed for transportation at least four full business days before the date transport is needed. Specific information about the veteran also is required. To make a reservation, call 503-723-5044, or 800-949-1004, ext. 55044.

DAV Transportation Network

Because many veterans lack transportation to and from VA medical facilities for needed treatment, the Disabled American Veterans (DAV) operates a nationwide Transportation Network to meet this need. Through the Transportation Network, DAV volunteers drive veterans to and from VA medical facilities for treatment.

The Transportation Network is a clear example of veterans helping veterans. The DAV has 189 Hospital Service Coordinators around the country who coordinate the transportation needs for disabled veterans. Contact your local medical center for more information.

VOLUNTEER DRIVERS NEEDED: The DAV is always looking for volunteer drivers. If you are interested in volunteering in the DAV Transportation Network please visit *www.dav.org/help-dav/volunteer/drive-a-van*.

Veteran Designation on ODL

The DMV now offers a veteran designation that can be voluntarily placed on Oregon driver licenses. In order to receive the designation, veterans must be a United States veteran, provide proof of veteran status (DD-214 or DD-215), and meet all other Oregon requirements for a driving privilege or identification card including payment of the original, renewal or replacement fee.

There is no additional fee for the veteran designation. Call your local DMV for more details.

Military Records and Medals

Veterans or their next of kin who need assistance in obtaining service records, a DD-214, or replacement awards and medals must formally request them through the National Personnel Records Center (NPRC). The NPRC is the records custodian for most discharged and retired members of all branches of service. The fastest way to obtain a copy is through their website.

If you do not have access to the internet, you can order a copy by mailing or faxing a Standard Form 180. The forms are available in any CVSO office or online at *www.archives.gov/veterans*.

Correction of Errors or Injustices on Military Records

Requests to have military records corrected are handled through each branch of service's Board for the Correction of Military Records.

All requests to correct an error to military records must be filed within three years of discovery of the error and contain evidence, such as signed statements from you and other witnesses or copies of records that support your case. It is not enough to provide the names of the witnesses.

Applying for a correction is a simple process, however, it is recommended you use the services of a VSO.

Applying for Review of Discharge

You must make your application for discharge upgrade within 15 years of discharge. If your discharge is older than 15 years, you must apply for a change to your military records using the process detailed above.

Form DD Form 293 (Application for the Review of Discharge or Dismissal from the Armed Forces) can be obtained from ODVA or a local VSO.

Military and Veteran ID Cards

If you are an active duty, reserve or national guard service member, dependent or retiree, you can get a Military ID at any DEERS location within Oregon. Appointments may be required. Call in advance for more information.

Veterans receiving VA benefits may be able to get an ID card at medical centers or Community Based Outpatient Clinics (CBOC). If you are not receiving benefits, you can choose to place your veteran status on your Oregon Drivers License (see opposite page). Please see VA location listings on page 12 to inquire about ID services available.

DEERS Locations

BEND
Bend Armory
875 SW Simpson Ave.
Bend, OR 97702
541 383 0954

SPRINGFIELD
Armed Forces Reserve Center
3106 Pierce Pkwy Suite A
Springfield, OR 97477
541 463 7271, 221 6473

KLAMATH FALLS
Kingsley Field
211 Arnold Ave. Rm 306
Klamath Falls, OR 97603
541 885 6133

NORTH BEND
U.S. Coast Guard
2000 Connecticut Ave.
North Bend, OR 97459
541 756 9622

PORTLAND
Oregon Air National Guard Base
6801 NE Cornfoot Rd Bldg 300
Portland, OR 97218
503 335 4046

Naval & Marine Corps Reserve Center
6735 N Basin Ave.
Portland, OR 97217
503 285 4566, Ext 525

SALEM
Oregon National Guard
Anderson Readiness Center Rm 231
3225 State St NE
Salem, OR 97301
503 584 2387 / 2380

WARRENTON
US Coast Guard
2185 SE 12th Pl.
Warrenton, OR 97146
503 861 6300

Veterans Recognition License Plate

The Oregon DMV offers specialty license plates to veterans and service members who want to display their military service.

You can choose from plates that indicate branch of service, campaign or service medals and some specialty military plates such as the Gold Star Family plate (see samples below).

A portion of the fees from the veteran plates helps support the Oregon Veterans' Home, a skilled-nursing care facility, located in The Dalles.

To obtain a veteran plate, proof of military service (DD-214) and/or proof of award of a military related medal must be

EMERGENCY SUPPORT AND RESOURCES

1-877-4AID-VET (1-877-424-3838)

OREGON VETERANS' EMERGENCY ASSISTANCE

The Oregon Veterans' Emergency Assistance Program is for veterans and their immediate family (spouse, unremarried surviving spouse, child, or stepchild) who are in need of emergency financial assistance. Assistance is granted one time only and average award amounts vary.

Emergency financial assistance includes, but is not limited to, emergency or temporary housing and related housing expenses, such as expenses for utilities, insurance, house repairs, rent assistance or food, emergency medical or dental expenses, emergency transportation, expenses related to starting a business, such as business licenses or occupational license, temporary income after military discharge; and legal assistance for certain veteran issues.

National Call Center for Homeless Veterans

If you are a homeless veteran, you can receive support to get back on your feet.

Contact VA's National Call Center for Homeless Veterans at 877-4AID-VET (877-424-3838) to speak to a trained VA responder. The hotline and online chat are free and neither VA registration nor enrollment in VA healthcare is required to use these services.

Expert responders staff the hotline for homeless veterans 24 hours a day, seven days a week. The responders can provide emergency support and resources to homeless veterans, family members, as well as community agencies and non-VA providers.

When you call or join the online chat you will be connected to a trained VA responder. The responder will ask a few questions to assess your needs. If you're a veteran, you may be connected with the Homeless Program point of contact at the nearest VA facility.

VA offers these services to homeless veterans and veterans at risk of homelessness and their families.

According to the National Coalition for Homeless Veterans (NCHV), about 23 percent of America's homeless population are veterans. That equates to between 529,000 and 840,000 veterans who are homeless at some time each year. Because of this, the Department of Veterans Affairs and other non-profit organizations have devised a number of initiatives to help our homeless veterans. Here are some of the initiatives provided by VA for our veterans.

VA's Compensated Work Therapy

VA's Compensated Work Therapy (CWT) is comprised of three unique programs which assist homeless veterans in returning to competitive employment: Sheltered Workshop, Transitional Work, and Supported Employment. Veterans in CWT are paid at least the federal or state minimum wage, whichever is the higher.

The Homeless Veteran Supported Employment Program (HVSEP) provides vocational assistance, job development and placement, and ongoing supports to improve employment outcomes among homeless veterans and veterans at-risk of homelessness. Formerly homeless veterans who have been trained as Vocational Rehabilitation Specialists (VRSs) provide these services.

CWT veterans have been successfully employed over the years in various competitive positions including, but not limited to, health care, information technology, manufacturing, warehousing, construction trades, clerical and office support, retail and the services delivery. CWT programs develop an individual rehabilitation plan for each veteran and provide a wide range of support services to the veteran at the CWT locations. VA benefits including service-connected compensation, and non-service connected pensions cannot be reduced, denied, or discontinued based on participation in CWT.

The CWT program mission is to provide realistic and meaningful vocational opportunities to veterans; encouraging successful reintegration into the community at the veterans' highest functional level.

Find an Oregon location: www.cwt.va.gov/locations.asp

Transitional Residence Program

The Transitional Residence (TR) program is a work-based Psychosocial Residential Rehabilitation Treatment Program offering a therapeutic residential setting for veterans involved in CWT. The TR program provides a rehabilitation-focused residential setting for veterans recovering from chronic mental illness, chemical dependency and homelessness. TR provides a bridge between hospitalization or intensive outpatient treatment and successful community reintegration. It utilizes a residential therapeutic community of peer and professional support, with a strong emphasis on increasing personal responsibility and achievement of individualized rehabilitation goals.

This program differs from other VA-operated residential bed programs in that participants contribute (using their CWT earnings) to the cost of operating and maintaining their residences and are responsible for planning, purchasing and preparing their own meals. *Find an Oregon location: www.cwt.va.gov/locations.asp*

HUD-VASH

This joint Supported Housing Program with the US Department of Housing and Urban Development (HUD) provides permanent housing and ongoing case management treatment services for homeless Veterans who would not be able to live independently without the support of case management. HUD's Section 8 Voucher Program has designated more than 10,000 Vouchers to Public Housing Authorities (PHAs) throughout the country for veterans who are homeless. This program allows veterans to live in veteran selected apartment units with a Housing Choice voucher. These vouchers are portable so that veterans can live in communities served by their VA medical facility where case management services can be provided. *Contact HUD-VASH Regional Coordinator at Teresa.Pittman@va.gov*

Drop-in Centers

These programs provide a daytime sanctuary where homeless veterans can clean up, wash their clothing, and participate in a variety of therapeutic and rehabilitative activities. Linkages with longer-term assistance are also available. *Locations vary. Contact your local Vet Center or VA Community Based Outpatient Clinic (see page 12) for locations and services in your area.*

Stand Downs

Stand Downs are one-to three-day events that provide homeless veterans a variety of services and allow VA and community-based service providers to reach more homeless veterans. Stand downs give homeless veterans a temporary refuge where they can obtain food, shelter, clothing and a range of community and VA assistance. In many locations, stand downs provide health screenings, referral and access to long-term treatment, benefits counseling, ID cards and access to other programs to meet their immediate needs. *For information on Stand Down dates and locations, please contact the Homeless Veterans Programs Office at 202-461-1857 or visit www.va.gov/HOMELESS.*

Veterans Emergency Relief Programs

Many military and service organizations have emergency relief programs specifically designated to help veterans and military members and their families. Inquire within local organizations about programs such as the Air Force Aid Society, American Legion Temporary Financial Assistance, Army Emergency Relief, Disabled American Veterans Disaster Relief Grants, Navy-Marine Corps Relief Society, Oregon National Guard Emergency Relief, Salvation Army Home Front War Relief Program, and VFW Unmet Needs.

Veteran Courts

There is a growing effort nationally, and in Oregon, to institute veterans' courts or dockets to allow district attorneys to send military members and veterans into treatment, rather than jail, when they commit a non-violent offense.

These courts are staffed by people who take into consideration the charges and challenges facing veterans who return home from war. They may allow some military members to enter into mental health diversion programs as treatment for non-violent infractions as opposed to automatically jailing the offender.

The law relies on the judgment of a prosecutor, who will determine, on a case-by-case basis, which defendants may be eligible for diversion. These prosecutors must consider, for example, whether a veteran who spent four years at a military base should be offered the same diversion opportunity as one who deployed twice to combat situations in Afghanistan or Iraq.

Prosecutors must decide how serious the crime must be before diversion is taken off the table and must consider the victim of the offense.

The Veterans Justice Outreach Program (VJO)

VJO offers outreach and case management to veterans involved in law enforcement encounters, overseen by treatment courts, and incarcerated in local jails. Call Oregon's VJO Coordinator, 503-220-8262, ext. 32716.

Incarcerated Veterans Benefits

VA benefits are affected if a beneficiary is convicted of a felony and imprisoned for more than 60 days. Disability compensation paid to an incarcerated veteran rated 20 percent or more disabled is limited to the 10 percent rate.

Payments are not reduced for participants in work-release programs, residing in halfway houses or under community control.

Failure to notify VA of a veteran's incarceration can result in overpayment of benefits and the subsequent loss of all VA financial benefits until the overpayment is recovered. VA benefits will not be provided to any veteran or dependent wanted for an outstanding felony warrant.

VA may be able to take a portion of the amount that an incarcerated veteran is not receiving and pay it to his or her dependents, if they can show need.

When a veteran is released from prison, his or her compensation or pension benefits may be restored. Depending upon the type of disability, the VA may schedule a medical examination to see if the veteran's disability has improved or worsened.

The Healthcare for Reentry Veterans Program

This program offers outreach to veterans incarcerated in state and federal prisons, and referrals and short-term case management assistance upon release from prison.

Oregon Hunting and Fishing Licenses

A free hunting and angling license for disabled war veterans rated at 25 percent service-connected disabled or more with the VA is offered through the Oregon Department of Fish and Wildlife. Veterans must be Oregon residents for at least six months. Also, non-resident uniformed service members are able to hunt or fish in Oregon for the same cost as an Oregon resident.

Special Access Pass for Disabled Veterans

Service-connected disabled veterans can apply for this pass from the Oregon Parks and Recreation Department. Passes are valid for four years and allows free year-round camping and day-use privileges at RV and tent sites at 26 Oregon State Parks.

Active Duty Leave Reimbursement

Active Duty Military on official leave are eligible to be reimbursed for state park visits. After your visit, send the camping receipt for the dates of your stay, and a letter from your CO on official letterhead stating you were on leave for the dates you camped.

The refund request must arrive no later than 30 days after departure date of your stay. *Send a receipt to Oregon Parks and Recreation Dept., Reservations Northwest, 2501 SW 1st Ave., Suite 100, Portland, OR 97201-4751.*

America the Beautiful - The National Parks and Federal Recreational Lands Pass Series

The National Parks and Federal Recreational Lands Pass Series is your ticket to more than 2,000 federal recreation sites. Each pass covers entrance fees at national parks and national wildlife refuges, standard amenity fees at national forests and grasslands and at lands managed by the Bureau of Land Management and Bureau of Reclamation. You can obtain an Access Pass in person, with proper documentation, from a participating Federal recreation site or office.

Veteran Memorials Across Oregon

The Oregon Department of Veterans' Affairs in Salem is home to memorials honoring Oregon veterans and current service members dating as far back as the Spanish American War. A walking tour leads you through winding paths and lush landscaping starting at the Korean War Memorial and finishing at the WWI Doughboy. These memorials are visited year round by veterans, their families and civilians alike to honor, remember and pay tribute to the amazing men and women who have, and continue to fight for our freedoms and liberties.

The Department has also compiled a list of the veteran memorials across the state. You can find the complete list at: *www.oregon.gov/odva/Pages/veteranmemorials.aspx*

AUTO/ADAPTIVE/CLOTHING

PAGE 30

ADAPTIVE EQUIPMENT
Contact ODVA or a CVSO for assistance.
AUTOMOBILE ASSISTANCE PROGRAM
Contact ODVA or a CVSO for assistance.
CLOTHING ALLOWANCE
Contact ODVA or a CVSO for assistance.
GUIDE AND SERVICE DOGS
Contact VA Primary Care Provider.

BURIAL BENEFITS

PAGE 20

BRONZE MEDALLIONS
www.cem.va.gov
BURIAL AT SEA
U.S. Navy Mortuary Affairs at 866 787 0081
BURIAL FLAGS
www.cem.va.gov
BURIAL PLOT ALLOWANCES
www.cem.va.gov
FILING A CLAIM FOR REIMBURSEMENT
www.cem.va.gov
HEADSTONES AND MARKERS
www.cem.va.gov
MILITARY FUNERAL HONORS
www.cem.va.gov or www.mil.state.or.us/omfh
OREGON NATIONAL CEMETERIES
See page 21
PRESIDENTIAL MEMORIAL CERTIFICATES
www.cem.va.gov

CLAIMS

PAGE 6

2013 VA DISABILITY COMPENSATION RATES
APPOINTMENTS
Contact ODVA or a CVSO for assistance.
EBENEFITS
www.ebenefits.va.gov
HOW TO FILE A CLAIM
PREPARE TO FILE YOUR CLAIM
VETERAN SERVICE OFFICERS IN YOUR AREA
See page 7 for a complete list.

DEPENDENTS & SURVIVORS

PAGE 18

APPORTIONMENT
Contact ODVA or a CVSO for assistance.
CHAMPVA
www.va.gov/hac/forbeneficiaries/champva/champva.asp
DEPENDENTS' EDUCATIONAL ASSISTANCE
www.gibill.va.gov/benefits/other_programs/dea.html
FRY SCHOLARSHIP
www.gibill.va.gov/benefits/other_programs/dea.html
HEADSTONES and MARKERS
www.cem.va.gov
POST 9/11 GI BILL TRANSFER ENTITLEMENT
www.gibill.va.gov
SURVIVOR BENEFIT PLAN
800 321 1080
TRICARE
888 TRIWEST (888 847 9378)
VETERANS' DEPENDENT TUITION WAIVER
Contact college admissions office.

DISABILITY & PENSIONS

PAGE 8

AID & ATTENDANCE
Contact ODVA or a CVSO for assistance.
DISABILITY COMPENSATION
800 692 9666 or 503 373 2085
HOUSEBOUND BENEFITS
Contact ODVA or a CVSO for assistance.
NATIONAL GUARD/SELECT RESERVE
Call Oregon Military Department.
MILITARY RETIRED PAY
www.dfas.mil
PENSIONS
Contact ODVA or a CVSO for assistance.

EDUCATION

PAGE 22

COLLEGE CREDIT FOR MILITARY TRAINING
Contact college registrar's office.
MONTGOMERY GI BILL
www.gibill.va.gov
NON-RESIDENT VETERAN FEE REMISSION
Contact the financial aid department at any Oregon university.
OREGON EDUCATIONAL AID
Contact ODVA or a CVSO for assistance.
POST 9/11 GI BILL
www.gibill.va.gov
RESERVE EDUCATIONAL ASSISTANCE (REAP)
www.gibill.va.gov/benefits/other_programs
STATEWIDE APPRENTICESHIPS (BOLI)
Contact the Oregon Bureau of Labor and Industry
971 673 0761 or www.oregon.gov/boli
TILLMAN SCHOLARSHIP
www.gibill.va.gov/resources/education_resources/Tillman_ Scholarship.html
TUITION ASSISTANCE/TOP-UP
www.gibill.va.gov
TUITION ASSISTANCE WHILE ON ACTIVE DUTY
www.gibill.va.gov
VETERANS' EDUCATIONAL ASSISTANCE (VEAP)
www.gibill.va.gov/benefits/other_programs
VOC REHAB AND EMPLOYMENT (VR&E)
www.gibill.va.gov
VOYAGER TUITION ASSISTANCE PROGRAM
Contact college financial aid offices.

EMPLOYMENT

PAGE 28

CAREER FAIRS AND EMPLOYMENT SITES
Contact the Oregon Employment Department.
DIRECT LICENSING FOR MILITARY TRAINING
Contact ODVA for details.
PUBLIC EMPLOYMENT INTERVIEWS
Contact ODVA for details.
VETERANS EMPLOYMENT REPS
www.oregon.gov/EMPLOY/VETS
VETERANS PREFERENCE
Contact ODVA for details.
DVOP / LVER LOCATOR
www.oregon.gov/EMPLOY/VETS/pages/contact_us.aspx

HEALTH CARE

PAGE 10

5-YEAR POST-DEPLOYMENT BENEFITS
Contact the OIF/OEF Coordinator at local Medical Center. Complete list of centers in Oregon on page 12.

COMMUNITY BASED OUT-PATIENT CLINICS (CBOC'S)
Complete list on page 12.

ENROLLMENT
Contact your local Medical Center, ODVA or a CVSO for assistance.

MEDICAL CENTERS IN OREGON
Complete list on page 12.

MY HEALTH eVET
www.myhealth.va.gov.com

NON-VA MEDICAL EMERGENCY CARE
Contact your local Medical Center.

STANDARD HEALTH CARE BENEFITS

TRICARE
888 TRIWEST (888 847 9378)

VETS CENTERS
Complete list on page 12.

WOMEN VETERANS HEALTH CARE
Women Veterans Program Managers are available at each VA Medical Center. See the Medical Center listing on page 12.

HOME LOANS/TAXATION

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FEDERAL VA HOME LOAN GUARANTEE
www.benefits.va.gov/homeloans

HOME IMPROVEMENTS
Contact ODVA or a CVSO for assistance.

HUD/FHA LOANS
www.fha.com

OREGON PROPERTY TAX EXEMPTION
Contact County Tax Assessors or Revenue office.

OREGON PROPERTY TAX DEFERRALS
Contact County Tax Assessors or Revenue office.

ORVET HOME LOAN
888 673 8387
www.orvethomeloans.com

SPECIALTY ADAPTIVE HOUSING GRANTS
Contact ODVA or a CVSO for assistance.

SPECIALTY HOUSING ADAPTATIONS GRANT
Contact ODVA or a CVSO for assistance.

SUPPLEMENTAL FINANCING
Contact ODVA or a CVSO for assistance.

HOMELESS RESOURCES

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DROP-IN CENTERS
877 424 3838 (877 4AID VET) or your local Vet Center or CBOC.

EMERGENCY SUPPORT AND RESOURCES
877 424 3838 (877 4AID VET)

HUD/VASH
HUD-VASH Regional Coordinator
www.va.gov/homeless/hud-vash_eligibility.asp

OREGON VETERANS EMERGENCY GRANT
503 373 2186

STAND DOWNS
Contact ODVA, a CVSO for planned events in your area or www.va.gov/homeless.

TRANSITIONAL RESIDENCE PROGRAM
www.cwt.va.gov/locations.asp

VETERANS EMERGENCY RELIEF
Contact local Service Organizations.

ID'S/DMV PLATES/RECORDS

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MILITARY RECORDS AND MEDALS
www.archives.gov/veterans
Or contact ODVA or a CVSO for assistance.

MILITARY VETERANS LICENSE PLATES
Contact your local DMV.

NATURALIZATION PREFERENCE
USCIS has established a toll-free military help line, 877 247 4645.

RECORDS CORRECTIONS, REVIEW OF DISCHARGE
Each branch of service's Board for the Correction of Military Records, ODVA or local CVSO.

VETERAN DESIGNATION ON ODL
Contact your local DMV.

LONG TERM CARE

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CONSERVATORSHIP SERVICES
800 692 9666 or 503 373 2085

LONG TERM CARE BENEFITS
Contact your local Medical Center.

VETERANS' HOME
800 846 8460 or 541 296 7190

RECREATION & MEMORIALS

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ACTIVE DUTY LEAVE REIMBURSEMENT
www.oregon.gov/OPRD/PARKS/fee_waivers

AMERICA THE BEAUTIFUL PASS
www.store.usgs.gov/pass/military.html

HUNTING AND FISHING LICENSES
www.dfw.state.or.us/resources/licenses_regs/lifetime.asp

SPECIAL ACCESS PASS FOR DISABLED VETERANS
www.oregon.gov/OPRD/PARKS/fee_waivers

VETERAN MEMORIALS ACROSS OREGON
www.oregon.gov/odva/veteransmemorials

TRANSPORTATION

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DAV TRANSPORTATION NETWORK
www.dav.org/volunteers/Transportation.aspx

TRAVEL REIMBURSEMENT
Contact your local Medical Center. Complete list on page 12.

VA VET TRANSPORTATION PROGRAM
Contact your local Medical Center appointment line. Complete list on page 12.

TRAUMA

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VETERANS CRISIS LINE
800 273 8255 Press 1
www.VeteransCrisiSLine.net

VETERAN COURTS

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HEALTH CARE RE-ENRTY
Contact ODVA or a CVSO for assistance.

INCARCERATED VETERAN BENEFITS
Contact ODVA or a CVSO for assistance.

VETERAN COURT DIVERSION
Contact your local District Attorney's office.

VETERANS JUSTICE OUTREACH (VJO)
Contact ODVA, a CVSO or VJO for assistance.

VETERAN BENEFITS

OREGON DEPARTMENT OF VETERANS' AFFAIRS
700 SUMMER STREET NE
SALEM, OR 97301-1285

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