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All veterans are reminded that the fastest way to inquire and secure the benefits they have earned is by visiting their local County Veterans Service Office. A listing of these offices is available at www.cacvso.org.

MAY 2013



Michael Wells, Undersecretary, Operations



Deborah Harper, Deputy Secretary, Administration Services



Theresa Gunn, Deputy Secretary, Farm and Home Loans

CALVET EXECUTIVE LEADERSHIP TEAM GROWS

Recent appointments bring new faces, fresh talent, and a burst of energy to the CalVet Executive Leadership Team.

Michael Wells, Undersecretary, Operations

Governor Edmund G. Brown Jr. appointed Colonel Michael Wells as Undersecretary for Operations at the

California Department of Veterans Affairs on March 13, 2013. Wells, of Sacramento, is a combat veteran of the Iraq War and service in the Balkans (NATO HQ, Sarajevo, Bosnia). He has served in multiple positions of authority at the California Military Department since 1991, including Deputy Commander of the Youth and Community Programs Task Force, Director of Manpower and Personnel, Chief of Logistics, Director of Governmental Affairs, Plans Officer and Chief of Environmental Programs. Wells is a Colonel in the California Army National Guard serving multiple positions of increased responsibility, including Commander of the 223rd Infantry Regiment and Camp San Luis Obispo. He served as the chief of Intelligence

Operations at NATO Headquarters in Sarajevo from 2008 to 2009. He served as Assistant Chief of Staff for Intelligence at the 40th Infantry Division at Joint Training Base Los Alamitos from 2006 to 2008. He also commanded the 250th Military Intelligence Battalion at Camp Victory, Baghdad, Iraq from 2004 to 2005.

STAFF, page 3 >>

INSIDE ▶▶

CalVet Wins Top Honor	p. 5
Airport Security Easier	p. 5
Traumatic Brain Injury	p. 6
"Veteran" Defined	p. 9

Secretary's Message

May is a month with much meaning for the military and veteran community. During May we observe V.E. Day (Victory in Europe) on the 8th commemorating the day German troops laid down their weapons, thus marking the defeat of the Nazis; Armed Forces Day on the third Saturday of the month to pay honor and tribute to the members of the Army, Navy, Air Force, Marines and Coast Guard; and Memorial Day on the last Monday of the month, when we remember and pay homage to the U.S. service members who died while serving our country. While our state's residents are reminded at various times to remember the selfless contributions of the men and women who serve in our country's military, the California Department of Veterans Affairs honors and serves veterans 365 days a year. As an example of this I want to highlight the wonderful work being done by CalVet to assist with the unfortunate issue of homelessness among veterans.

Although the different divisions within CalVet are involved in addressing homelessness among California veterans, in this column I will be mentioning the work being done in our Veterans Homes of California. These are located in Barstow, Chula Vista, Lancaster, Ventura, West Los Angeles and Yountville. Veterans homes in Fresno and Redding are scheduled to be open later this year. Nearly two million veterans currently make California their home, with approximately 30,000 more coming here every year. Many of these new arrivals come with very distinct

needs, which require specialized services.

Although many veterans from previous conflicts are dying and their numbers greatly declining, we now find that veterans from the Vietnam War and more current conflicts are the ones requesting our services. Many of these veterans have severe disabilities or have been battling drug and alcohol addiction and homelessness.

To that end, in keeping with its strategic plan, CalVet has implemented several initiatives to help address the needs of homeless veterans. Since homelessness among veterans is a major problem, CalVet has implemented a rapid admissions process and several other pilot programs to help homeless veterans succeed in living a more productive life. By working together its community partners, CalVet is providing the necessary services to this most vulnerable veteran population. This is a win-win situation for the veteran, CalVet, and its community partners.

Since September 2012, a total of 190 new residents have been admitted into one of the Veterans Homes of California, and of those, 63 had been previously homeless. This means that more than 33 percent of new admissions have been homeless veterans. Kudos goes to the Veterans Home of California in Chula Vista, which has had a homeless admission rate of 67 percent with 25 of the 37 residents admitted being homeless. The Veterans Home in Yountville has also done an admirable job of

admitting homeless veterans, with approximately 68 admitted last year. But I also commend the rest of the veterans homes and their staff because all have been focused on meeting the needs of homeless veterans. To all staff who works in CalVet's Veterans Homes of California, Great Job and thank you for taking so serious our commitment to offer and deliver the highest quality health care to our aged and disabled veteran residents.

Lastly, on Memorial Day, please take a moment to remember our fallen brothers and sisters who died while serving in our nation's military. While I encourage you to enjoy a picnic or parade with your family and friends, please pause for a minute at 3:00 p.m. and silently remember that the freedoms we enjoy today were fought for and preserved by many who answered our country's call to military service.

Please share stories of our country's military heroes with your young ones this Memorial Day and teach them to be grateful for everything they enjoy, because someone who they may never know fought to ensure they live their life in freedom and peace. We have a great nation. Let us all make sure we preserve it for countless generations to come. God Bless America!

Sincerely,



Peter J. Gravett, Major General (Ret)
Secretary, California Department of
Veterans Affairs

<< STAFF**Deborah Harper, Deputy Secretary,
Administrative Services**

Governor Edmund G. Brown, Jr. appointed Deborah Harper as Deputy Secretary for Administrative Services at the California Department of Veterans Affairs on March 19, 2013. Harper, of Roseville, has been chief of the Customer Service and Publishing Division at the California State Board of Equalization since 2005. She held multiple positions at the California Department of Justice from 1996 to 2005, including budget analyst, manager of the administrative unit for the Legal Support Branch and manager of the California Bureau of Criminal Identification and Information. Harper was a staff services analyst at the California State Lottery from 1994 to 1996. She was an executive secretary at the California Department of Justice from 1993 to 1994 and legal secretary at the State Compensation Insurance Fund from 1986 to 1993.

**Theresa Gunn, Deputy Secretary,
Farm & Home Loans**

Theresa Gunn began serving as the Deputy Secretary for the California Department of Veterans Affairs Farm and Home Loan Division in April, 2013. She served as Director of Finance for ITT Technical Institute in Torrance from 1996 to 2001 and then accepted a position with the California Department of Finance. In 2004, Theresa became the Principal Program Budget Analyst in Finance responsible for the capital outlay programs for the Department

of Veterans Affairs, Military Department, California Highway Patrol, Department of Motor Vehicles, High Speed Rail, the Health and Human Services Departments, University of California, California State University, and the Community Colleges. Ms. Gunn was instrumental in acquiring and constructing the Greater Los Angeles and Ventura County, Redding and Fresno Veterans Homes; constructing the Northern California Veteran Cemetery and a variety of projects at the Yountville Veterans Home. In December 2010, the Military Department awarded her its highest civilian honor, the California Commendation Medal, for championing projects that would greatly improve the living and working conditions for the National Guard. Theresa was born and raised in a military family and is married to a veteran.

"I'm very excited about the experience, energy and talent these individuals bring to the Department," said CalVet Secretary Peter J. Gravett. "They are all deeply committed to serving California veterans and their families, and they've hit the ground running. We are already making some positive changes to the Department."

**CA DVB ALLIANCE
BUSINESS EXPO**

Disabled Veteran Business Enterprise (DVBE) owners and those interested in becoming DVBEs are invited to attend *Keeping the Promise*, a business opportunity expo hosted by the California DVB Alliance, May 13-14, 2013 at the Orange County Hyatt Regency. The annual event, sponsored this year by Union Bank, is held to assist veterans in their efforts to successfully transition back to civilian life through entrepreneurship and to connect vendors to State and corporate buyers.

This two-day expo includes an elegant reception and dinner for returning active duty military (and their professional sports and Hollywood celebrity supporters), dynamic guest speakers, and a day-long business expo and matchmaking event that connects business owners and vendors with buyers for California State agencies and some of America's largest corporations. Members of the California Department of Veterans Affairs DVBE Advisory Council will have an information table at the expo and will hold their quarterly meeting in the same hotel the following day. For more information about the expo and to register, go to www.ktpexpo.org.

NEW CALVET RESOURCE FOR VETERAN BUSINESS OWNERS

The California Department of Veterans Affairs (CalVet) is pleased to announce a new resource on its website. The Certified Business Advocate Program was created to help certified veteran business owners and veteran business owners interested in becoming certified to provide the products and services CalVet and other State agencies need to do business.

CalVet has wants to encourage an increase in the number of veteran business contracts at its Headquarters location in Sacramento and at its Veterans Homes in Barstow, Chula Vista, Ventura, Lancaster, West Los Angeles, Fresno, Redding and Yountville. CalVet also wants to encourage veteran business owners to become certified to contract with the State so they can take advantage of additional opportunities available to them.

CalVet contracts for:

- medical and personal services for residents of Veterans Homes;
- medical and laboratory supplies;
- plant operations, janitorial and laundry services and supplies;
- information technology; and
- financial services.

CalVet is extremely supportive of Small Business (SB) and Disabled

Veteran Business Enterprise (DVBE) and actively seeks partnerships with them. Being certified by the State as an SB provides you with a 5 percent bid preference. The State may also offer up to a 5 percent incentive for DVBE participation in the formal bid process. The friendly, professional people in the CalVet's Certified Business Advocate Program are ready to assist you in successfully participating in the State's procurement process.

Visit www.calvet.ca.gov/certifiedbusiness for detailed information on How to do Business with CalVet, How to do Business with California State Government, and How to Get Certified as a Small Business and/or DVBE.

Questions regarding CalVet's Certified Business Advocate Program can be directed to Advocate@CalVet.ca.gov or you may call:

Gloria Anderson
SB/DVBE Business Advocate,
(916) 651-3045

John Anderson
DVBE Outreach and Education
Coordinator
(916) 657-9354

Robert Beamer
DVBE Outreach and Education
Coordinator
(916) 503-8375

AGENT ORANGE LEGACY

The Vietnam Veterans of America Agent Orange/Dioxin Committee is asking the children of Vietnam veterans exposed to Agent Orange to register with Birth Defect Research for Children, Inc. National Birth Defect Registry at www.birthdefects.org/registry. It is recommended that you register your children as well if they are ill and/or have birth defects, learning disabilities and/or mental health issues.

The online registry includes a questionnaire that will ask about your (or your child's) disabilities; health and family history of both parents; exposures during pregnancy and occupational exposures. A special section will ask about the veteran's service in Vietnam.

Collected data will be used for a study of the pattern of birth defects and disabilities that have been most frequently reported in the children of Vietnam veterans. All data provided is confidential. Your permission would be requested before any researcher would get in touch with you. For more information contact Betty Mekdeci, at (407) 895-0802 or betty@birthdefects.org.



CALVET ARTICLE WINS TOP HONOR IN STATEWIDE COMPETITION

CalVet's efforts to educate Vietnam veterans about the health risks associated with their Agent Orange exposure have gone well—in fact, very well. An article, titled “Agent Orange: One Veteran’s Story,” written by Carolyn Ballou, which originally appeared in the CalVet Newsletter has, so far, been published in seven national, state, regional and local veterans magazines newspapers and newsletters.

When the article was published in the veteran’s hometown newspaper, his widow became so excited that she bought 30 copies and gave them to friends and family—many of whom were Vietnam veterans like her husband. She later told CalVet that a number of those veterans

found the article so compelling, they made appointments to get their health examined. Two of them have since been diagnosed with Agent Orange-related diseases and are now undergoing treatment.

In recognition of the article’s quality, reach and impact, the California Association of Public Information Officers recently honored CalVet with an Award of Excellence, its highest honor.

You can read “Agent Orange: One Veterans Story” and the following companion article, “Agent Orange Exposure Symptoms” at www.calvet.ca.gov/Files/Newsletters/2012/Nov2012.pdf.

AIRPORT SECURITY NOW EASIER FOR DISABLED VETS

A new policy recently announced by the Transportation Security Administration (TSA) makes it easier for wounded warriors to pass through airport security. The new policy is part of TSA’s Wounded Warrior Screening program, www.tsa.gov/traveler-information/wounded-warrior-accommodations, which was established to ease the screening process for wounded service members.

These individuals will be escorted through the security checkpoint and will be eligible for expedited screening through TSA Pre-Check. They also will not be required to remove their shoes, light outdoor jackets or hats when passing through security checkpoints.

To be eligible for the service, a wounded warrior or traveling companion must contact the Military Severely Injured Joint Services Operations Center at MSIJSOC@dhs.gov, or (888) 262-2396, in advance of their travel to provide itinerary information. Those traveling with injured troops or veterans must receive standard screening.

TRAUMATIC BRAIN INJURY: AN INVISIBLE WOUND



Traumatic Brain Injury (TBI), often called the signature wound of the Iraq and Afghanistan wars, occurs when a sudden trauma or head injury disrupts the function of the brain. Common causes of TBI include damage caused by explosive devices, falls and vehicle or motorcycle accidents. Most reported TBI among Operation Enduring Freedom and Operation Iraqi Freedom servicemembers and veterans has been traced back to Improvised Explosive Devices, or IEDs, used extensively against Coalition Forces.

According to Marie Rowland, Ph.D., brain injury is confusing to people who don't have one. It's natural to want to say something, to voice an opinion or offer advice, even when

we don't understand. And when you care for a loved one with a brain injury, it's easy to get burnt out and say things out of frustration. Here are a few things you might find yourself saying that are probably not helpful:

1. YOU SEEM FINE TO ME.

The invisible signs of a brain injury — memory and concentration problems, fatigue, insomnia, chronic pain, depression, or anxiety — these are sometimes more difficult to live with than visible disabilities. Research shows that having just a scar on the head can help a person with a brain injury feel validated and better understood. Your loved one may look normal, but shrugging off the invisible signs of brain injury is belittling. Consider this: a memory

problem can be much more disabling than a limp.

2. MAYBE YOU'RE JUST NOT TRYING HARD ENOUGH (YOU'RE LAZY).

Lazy is not the same as apathy (lack of interest, motivation, or emotion). Apathy is a disorder and common after a brain injury. Apathy can often get in the way of rehabilitation and recovery, so it's important to recognize and treat it. Certain prescription drugs have been shown to reduce apathy. Setting very specific goals might also help. Do be aware of problems that mimic apathy. Depression, fatigue, and chronic pain are common after a brain injury, and can look like (or be

INVISIBLE, page 7 >>

<< INVISIBLE

combined with) apathy. Side effects of some prescription drugs can also look like apathy. Try to discover the root of the problem, so that you can help advocate for proper treatment.

3. YOU'RE SUCH A GRUMP!

Irritability is one of the most common signs of a brain injury. Irritability could be the direct result of the brain injury, or a side effect of depression, anxiety, chronic pain, sleep disorders, or fatigue. Think of it as a biological grumpiness — it's not as if your loved one can get some air and come back in a better mood. It can come and go without reason. It's hard to live with someone who is grumpy, moody, or angry all the time. Certain prescription drugs, supplements, changes in diet, or therapy that focuses on adjustment and coping skills can all help to reduce irritability.

4. HOW MANY TIMES DO I HAVE TO TELL YOU?

It's frustrating to repeat yourself over and over, but almost everyone who has a brain injury will experience some memory problems. Instead of pointing out a deficit, try finding a solution. Make the task easier. Create a routine. Install a memo board in the kitchen. Also, remember that language isn't always verbal. "I've already told you this" comes through loud and clear just by facial expression.

5. DO YOU HAVE ANY IDEA HOW MUCH I DO FOR YOU?

Your loved one probably knows how much you do, and feels incredibly guilty about it. It's also possible that

your loved one has no clue, and may never understand. This can be due to problems with awareness, memory, or apathy — all of which can be a direct result of a brain injury. You do need to unload your burden on someone, just let that someone be a good friend or a counselor.

6. YOUR PROBLEM IS ALL THE MEDICATIONS YOU TAKE.

Prescription drugs can cause all kinds of side effects such as sluggishness, insomnia, memory problems, mania, sexual dysfunction, or weight gain — just to name a few. Someone with a brain injury is especially sensitive to these effects. But, if you blame everything on the effects of drugs,

two things could happen. One, you might be encouraging your loved one to stop taking an important drug prematurely. Two, you might be overlooking a genuine sign of brain injury. It's a good idea to regularly review prescription drugs with a doctor. Don't be afraid to ask about alternatives that might reduce side effects. At some point in recovery, it might very well be the right time to taper off a drug. But, you won't know this without regular follow-up.

7. LET ME DO THAT FOR YOU.

Independence and control are two of the most important things lost

INVISIBLE, page 8 >>



SAN DIEGO VETERANS HOMELESS SHELTER GETS REPRIEVE

The San Diego City Council has voted to keep the Victory Village San Diego—a veterans homeless shelter—open through the end of June. The Council funded about 80% of the shelter’s costs to keep 150 homeless veterans off the streets

and safe for 90 days beyond the previously scheduled closing date of March 30.

According to Victory Village San Diego President and CEO Phil Landis, this is not due to luck, but to the efforts of many people and groups—from the Mayor on down. “We owe thanks to Mayor Filner, the Housing Commission, the United Veterans Council, ‘Waterman’ Dave Ross, the Navy, which owns the land we sit on, and so many more, including the Council members for casting the critical vote that made it all fall into place.”

Navy veteran Doug Clarkson says there’s little doubt the shelter saved his life. “I’m homeless, but for me it’s

even more dangerous because I’m diabetic. Too often out on the streets, I couldn’t get anything to eat. At the shelter, I get regular meals. They’ve also opened the way for me to get job training and classes I need to get off the streets for good.”

Because the shelter will be open an extra 90 days, they need men’s clothing and personal care products as well as financial donations to cover those items not included in the extension approved by the Council. To find out how you can help, go to www.vvvsd.net.

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after a brain injury. Yes, it may be easier to do things for your loved one. Yes, it may be less frustrating. But, encouraging your loved one to do things on their own will help promote self-esteem, confidence, and quality of living. It can also help the brain recover faster. Do make sure that the task isn’t one that might put your loved one at genuine risk — such as driving too soon or managing medication when there are significant memory problems.

8. TRY TO THINK POSITIVELY.

That’s easier said than done for many people, and even harder for someone with a brain injury. Repetitive negative thinking is called rumination, and it can be common

after a brain injury. Rumination is usually related to depression or anxiety, and so treating those problems may help break the negative thinking cycle.

Furthermore, if you tell someone to stop thinking about a certain negative thought, that thought will just be pushed further towards the front of the mind (literally, to the prefrontal cortex). Instead, find a task that is especially enjoyable for your loved one. It will help to distract from negative thinking, and release chemicals that promote more positive thoughts.

9. YOU’RE LUCKY TO BE ALIVE.

This sounds like positive thinking, looking on the bright side of things. But be careful. A person with a brain

injury is six times more likely to have suicidal thoughts than someone without a brain injury. Some may not feel very lucky to be alive. Instead of calling it “luck,” talk about how strong, persistent, or heroic the person is for getting through their ordeal. Tell them that they’re awesome.

Marie Rowland PhD holds a bachelor’s degree in psychology at University of California, Berkeley and a doctorate degree in neuroscience at Bangor University, Wales. She started the website www.braininjuryrx.com in order to translate science and research into practical guides for people with a brain injury and their caregivers.



“VETERAN” DEFINED

By Ted Puntillo

Over the years I've heard many ideas of what people think a veteran is and what they had to do to get this status. Some people who have been honorably discharged do not think they are veterans because they only served for two years, did not serve in combat or were not injured in the service. Women and people who served honorably in the National Guard and Reserves are often unsure of their status.

What does it take to earn veteran status? The answer is not easy, but I will do my best to offer clarity from the U.S. Department of Veterans Affairs (USDVA) perspective.

Under federal law, a veteran is any person who served honorably on active duty in the armed forces of the United States. Anyone whose discharge is marked “General and under honorable conditions” also qualifies for veteran status. Any person who served in the active military, naval, or air service of the United States and was discharged from the service due to a service-

connected disability or filed a claim and was service-connected for a disability sustained while in the service is also considered a veteran. For example, a person who goes into the service, gets injured while in basic training and receives a service-connected disability rating from the USDVA (no matter how long they served) would be considered a veteran.

Certain veterans of the Philippine Commonwealth Army who were identified as scouts and served

DEFINED, page 10 >>

<< DEFINED

between December 7, 1941 and January 1, 1947 are considered veterans of the United States.

Members of the National Guard and Reserves may be considered veterans if they were deployed under Title 10 (Federal Orders), completed that deployment and were issued a DD-214 (discharge) under honorable conditions. Persons who serve in the Guard and Reserve without a federal deployment are usually not eligible for veterans benefits unless they were injured during their basic or advanced training or while on weekend drill or the two-week summer training. To qualify for benefits, they must have reported the injury, filed a claim with the USDVA, and received a disability rating for that injury.

Other persons who've earned veteran status are those who served as commissioned officers of the Public Health Service, the Environmental Science Services Administration or the National Oceanic and Atmospheric Administration, or its predecessor the Coast and Geodetic

Survey. Those individuals would have been issued a document similar to a DD-214 as proof of their service.

Eligibility for veterans' benefits also depends on the character of the discharge: honorable, general under honorable conditions, other than honorable, bad conduct and dishonorable. Normally, only honorable and general under honorable conditions will qualify the veteran for benefits. An uncharacterized discharge may also qualify the veteran, but that is up to the USDVA and is handled on a case-by-case basis.

An officer cannot receive a dishonorable discharge. If they are demoted in rank at a court martial, they are given an officer's discharge that is equal to a dishonorable discharge. Most times, an individual with entry level separation given (usually) within the first 180 days for medical or other reasons is not considered a veteran.

Veterans should never take for granted that their discharge, if not honorable, precludes them from USDVA benefits. Unless the character of the discharge is bad conduct or

dishonorable, the wise thing to do is apply for benefits

There is a process through which an individual may seek a discharge upgrade. Application for an upgraded discharge should be made within three years of discharge, but the veteran needs to have a rationale for claiming that the discharge should have been honorable.

In the past, the services have rated people with personality disorders later found to be Post Traumatic Stress Disorder (PTSD). This usually occurred after the service member returned from a combat tour and had trouble dealing with the authority back in the home unit. Service members who have had that experience or who are unclear whether they have earned veteran status should contact their County Veterans Service Office for assistance. To find the office nearest you, go to www.cacvso.org, Click on Contact Us, and then click on your county of residence.

Ted Puntillo is director of Veteran Services for Solano County.

VETERANS CARING FOR VETERANS IN CALVET HOMES

Aside from the hundreds of veterans that receive premier care at the CalVet Veterans Homes, California participates in a work study program that employs veterans as well. The U.S. Department of Veterans Affairs (USDVA) Work-Study Program is a federally funded benefit available to any eligible veteran or veteran

dependent who is receiving USDVA education benefits and attending school three-quarter time or more.

In San Diego County, Operation Iraqi Freedom and Operation Enduring Freedom veterans use this program extensively to supplement their USDVA educational benefits. Sixty-

CARING, page 10 >>

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five of these returning Iraq and Afghanistan veterans working at the Veterans Home of California, Chula Vista as part of the work study. For the most part, these student veterans attend Southwestern College in Chula Vista and San Diego State University. On the Veterans Home campus, they work to improve/enhance the quality of life of the elderly and disabled veterans living here. The Veterans Home has a 180-bed skilled nursing facility, a 55 bed assisted living unit and a 165 bed residential unit.

Students augment facility needs by assisting in various departments such as, volunteer services, main dining room, canteen store, pharmacy, accounting, front desk reception, activities, administration, housing units, warehouse, IT and in the assisted and skilled nursing units. They provide, on average, over 3,500 hours per month of service. Aside from the services they provide, they build friendships with the residents who have a common bond of serving the Nation. This is a perfect example of a program through which veterans are taking care of veterans. The program enables CalVet to support and honor our Nation's warriors

through the generations.

An individual working under this program may work at a school's veterans office, VA Regional Office, VA Medical Facility, and CalVet or other approved State employment offices. In 2001, the USDVA Work-study program was extended to America's State Veteran for a period of five years. Since that time, several of the Veterans Homes have reaped the benefits of this wonderful program as have the veteran students who participate in it. The program has been extended twice by the U.S. Congress and is due to be extended again this summer.

USDVA BRIEFS**VA ANNOUNCES MOBILE APP COMPETITION WINNER**

The Department of Veterans Affairs (VA) has announced the winner of a mobile application competition designed to make local assistance resources accessible to people helping homeless Veterans and others in need. <http://1.usa.gov/11pyWum>

VA EXPEDITING OLD COMP CLAIMS

The Department of Veterans Affairs (VA) is implementing an initiative to expedite compensation claims decisions for Veterans who have waited one year or longer. <http://1.usa.gov/104zLEK>

VETERANS PREPARING FOR NATIONAL WHEELCHAIR GAMES

Across the nation, Veterans are preparing for the 33rd National

Veterans Wheelchair Games. The Games, representing the largest annual wheelchair sports event in the world, are presented by the Department of Veterans Affairs and the Paralyzed Veterans of America. <http://1.usa.gov/117Z9fr>

VA LAUNCHES HEALTHCARE AND WOMEN VETERAN BENEFITS HOTLINE

The Department of Veterans Affairs has launched a new hotline — 1-855-VA-WOMEN — to receive and respond to questions from veterans, their families and caregivers about the many VA services and resources available to women veterans. <http://1.usa.gov/15GvTtD>

VA DOCS DISCOVERING LIFE ON THE STREET

You've heard of street smarts? Street magic? Sesame Street? Now add 'street medicine' to the list, thanks to a new VA program that is sending teams of health care providers into the streets — literally — to find and help an invisible army of sick, discouraged Veterans who spend their nights under bridges, on park benches, or on the sidewalk. <http://1.usa.gov/XjiJTf>

VETERANS, ESPECIALLY FIRST-TIME HOME BUYERS, CAN GET ONE OF THE BEST HOME LOAN VALUES IN CALIFORNIA

CALVET
HOME LOANS



The CalVet Home Loan is the best loan on the market especially for veterans purchasing their first home in California. Competitive interest rates and low down to no down payment will help you qualify for a higher loan amount while keeping your monthly payment affordable.

For more information contact the California Department of Veterans Affairs Home Loan Program at (800) 952-LOAN (5626) or visit us at www.calvet.ca.gov/homeloans

CALVET
VETERANS HOME OF CALIFORNIA
BARSTOW

The Veterans Home of California—Barstow is a 400-bed, long-term care facility located on 22 acres with a panoramic view of the Mojave River Valley.

The Home offers three levels of care that provide continuity in the lives of Veteran residents in an atmosphere of dignity and respect.

1. Domiciliary Care (Independent living) for Veterans who are self-sufficient and do not require assistance with activities of daily living.
2. Intermediate Nursing Care for Veterans requiring some nursing assistance to perform activities of daily living.
3. Skilled Nursing Care for Veterans who require a higher level of nursing care and require assistance with many activities of daily living.

Amenities include: room and board – three meals plus snacks; medical care and medications; optical care, dental care and podiatry services; transportation services to all medical appointments and off-campus activities; and much more.

Spouses are also eligible to apply with the Veteran.



For admission information, contact:

Veterans Home of California—Barstow
100 E. Veterans Parkway
Barstow, CA 92311
(800) 746-0606, ext. 1
www.calvet.ca.gov

CALENDAR OF EVENTS

MAY 11

Firefighter Career Expo

10:00 a.m. – 1 p.m.

CPAT Center

626 North Eckhoff Street, Orange

Contact: (916) 648-1717

MAY 18

Habitat for Humanity

Women's Empowerment Build

Construction Event

9:00 a.m.-2:00 p.m.

COC Campus, Lot 8

26455 Rockwell Canyon Road, Santa Clarita

Register at: www.firstgiving.com/HabitatSFSCV/2013-we-build

MAY 18-19

San Luis Obispo Stand Down

5/18 6:00 p.m. – 5/19 4:00p.m.

San Luis Obispo Veterans Hall

801 Grand Avenue, San Luis Obispo

Contact: Travis Rochelle

(805) 781-5766

MAY 23-27

Dignity Memorial Vietnam Wall Replica

Free and open to the public 24 hours a day

8201 Greenback Lane, Fair Oaks

Contact: Vivienne Yamamoto

(916) 316-8602

MAY 27 - MEMORIAL DAY

Memorial Day Service

Vietnam Veterans of Diablo Valley

10:30a.m.

Oak Hill Park, Danville

Contact: Michael Slattengren

(925) 837-6238

Memorial Day Event

10:30 a.m.

Los Angeles National Cemetery

950 S. Sepulveda Blvd., Los Angeles

Salute to Fallen Heroes

11:00 a.m.

Riverside National Cemetery

22495 Van Buren Blvd., Riverside

Contact: Jim Ruester (951) 214-4353

Memorial Day Ceremony

Yolo County Veterans Coalition

2:00 p.m.

Monument Hill Memorial Park, Woodland

Contact: Billy Wagner (530) 329-6457

Memorial Day Service & Elks BBQ

1:00 p.m.

Veterans Park

309 The Esplanade, Redondo Beach

Contact: Herb Masi (310) 993-4637

Memorial Day Remembrance

11:00a.m.

Roseville Community Cemetery

421 Berry Street, Roseville, CA

Wounded Veterans Run

9:00 a.m.

Folsom Parkway Trails

Blue Raving Road & N Parkway Drive,

Folsom

Register: www.woundedveteranrun.org

5K Run/Walk for Warriors

8:00a.m.

West LA Veterans Affairs Campus

11303 Wilshire Blvd. Bldg. 116, Los Angeles

Pre-registration required

Contact: (310) 914-4045 Ext. 165

Memorial Day Program

City of Rancho Cordova

9:30 a.m.

Sacramento VA Medical Center

Mather

Contact: Kim Walker (916) 851-8804

Memorial Day Event

5:55 p.m.

Northern California Veterans Cemetery

11800 Gas Point Road, Igo

Contact: Stephen Jorgensen

(866) 777-4533

MAY 30

Memorial Service

11:00 a.m.

Shasta County Veterans Affiliated Council

Veterans Grove, Redding Civic Auditorium,

Redding

Contact: Bob Dunlap (530) 225-5616

MAY 31

Wounded Warrior Workforce

Conference & Career Fair

San Jose City Hall Rotunda

200 East Santa Clara Street, San Jose

Contact: (408) 557-4304

Note: To view full calendar, visit www.calvet.ca.gov/Files/Events_Calendar.pdf

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