



THE CENTURION

DELAWARE COMMISSION OF VETERANS AFFAIRS

Robbins Bldg – 802 Silver Lake Blvd, Suite 100, Dover, Delaware 19904

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Ruth Ann Minner, Governor

Dr. Harriet Smith Windsor, Secretary of State

Volume 13, Number 1

Gary “Mo” Morris, Chairman

Antonio Davila, Executive Director

Jan-Mar 2006

CHAIRMAN’S UPDATE

My Fellow Veterans,

I want to wish all veterans a Happy New Year! We are well on the way with the construction of the Veterans Home. I encourage everyone to drive by the construction site on Airport Road in Milford to see the progress. Last month we were honored to present Mayor Ronnie Rogers and City Manager Richard Carmean a plaque as a token of our gratitude for all the effort put forth by the Milford City Council. In addition to the extra acreage, they are working closely with the Steering Committee, Commission and contractors to insure the dedication takes place this year. One of our regular visitors to the monthly Commission meetings is Mr. Dave White of the Department of Labor. Mr. White routinely reminds all of us of the assistance provided by his office to assist veterans in employment and re-employment issues. In times when everyone needs assistance to find good jobs, many forget that there are advocates to assist them throughout the state. If you or anyone you know needs assistance, please contact the Department of Labor at (302) 761-8139/8138 and ask for Mr. White. As we start this New Year, my aim is to have the Commission more visible in the work we do for veterans. However, we are only as good as the people we serve. I ask you to contact one of the Commissioners listed in the back of this publication to express your concerns, issues or ideas that you feel should be addressed. I was honored to attend the Christmas Concert by the Delaware Guard at the Grand Opera House in Wilmington in December. Army, Air Guard and Reserve units in Delaware are playing a vital role in the War on Terrorism. Not in recent memory has units of the home guard been used so much. The citizens of Delaware have shown their pride and respect for these units by being present at deployments and return of the units. Also thousands of dollars have been contributed towards the Guard Emergency Assistance Fund and for calling cards for deployed service members. The veterans of past wars and conflicts want to say “Thank You” and our prayers are with you.

Gary “Mo” Morris
Chairman

THOUGHT FOR THE QUARTER

“America is a land of opportunity. Everybody can become a taxpayer.”

VA PRESCRIPTION CO-PAY TO INCREASE BY \$1

Co-payments for outpatient medicines prescribed through Department of Veterans Affairs (VA) medical facilities will raise by \$1, according to an announcement by the VA. The \$1 increase for a 30-day supply of prescription drugs will take effect on January 1, 2006, the first change in VA prescription drug co-payments in four years. “Through sound management practices, efficient pharmacy operations and price negotiations that put veterans first, VA has been able to contain prescriptions drug costs,” said the Honorable R. James Nicholson, Secretary of Veterans Affairs, noting that co-payments paid by veterans will still be lower than similar expenses in the private sector. The increase to \$8 from \$7 for a 30-day supply of prescription drugs is required by federal law, which bases VA’s co-payments from outpatient prescriptions on increases in the Medical Consumer Price Index. The \$1 increase will not affect veterans who have an injury or illness connected with their military service resulting in a 50 percent or greater disability. Also known as “Priority Group 1” veterans, these patients will see no change in their current prescription drug benefit, Nicholson said. Other veterans with less pronounced service-connected ailments – those classified as Priority Groups 2 through 6 - will see their prescription drug co-pays rise by \$1, but their annual out-of-pocket expenses for VA medicine will remain capped. The new cap will rise to \$960 per year, up \$120 from the previous level. This means veterans in Priority Groups 2 through 6 will pay no more than \$960 annually for VA outpatient medicine. Veterans who have no injury or illness related in any way to their prior military service- referred to as Priority Groups 7 and 8 – will also see their co-payments increase, but there is no cap on annual payments for outpatient medicine. Not all prescription drugs will be subject to the \$1 increase. Outpatient medications not subject to co-payments include:

- Medication for treatment of a service-connected disability;
- Medication for a veteran who has a service-connected disability of 50 percent or more;
- Medication for a veteran disabled by 50 percent or more for unemployability;
- Medication for a veteran whose annual income does not exceed the amount of VA pensions;
- Medications for health problems that may be linked to Agent Orange for Vietnam veterans, to radiation exposure, to undiagnosed illnesses of Persian War veterans, or for new veterans within two years of discharge after serving in a combat theater. (*VA News Release, November 16, 2005*)

HIGHER LIMITS EXTENDED IN VA LOAN PROGRAM

American’s veterans and their families now have a greater chance to make their dreams of home ownership a reality, thanks to an increase in the Department of Veterans Affairs (VA) home loan limit. Effective January 1, 2006, changes in the loan guaranty limits will mean veterans are able to get no-down payment loans up to \$417,000. The previous ceiling was \$359,650. “For more than 60 years, VA has assisted our veterans to become home owners,” said the Honorable R. James Nicholson, Secretary of Veterans Affairs. “This increase is another example of our commitment to ensure VA benefits keep pace with the needs of our veterans in today’s housing market.” The Veterans Benefits Improvement Act of 2004 tied increases in the VA guaranty to increases in the Federal Home Loan Mortgage Corporation’s conforming Loan Limit. When this limit increases, VA Guaranty limits also go up, allowing VA to keep pace with rising home values. VA-guaranteed home loans are made by banks and mortgage companies to veterans, service members and reservists. With VA guaranteeing a portion of the loan, veterans can receive a competitive interest rate without making a down payment, making it easier to buy a home. More information about VA home loan benefits is

available on the Web at <http://www.homeloans.va.gov> or call 1-800-827-1000. (VA News Release, December 29, 2005)

VETERANS' HEALTH CARE OUTSCORES PRIVATE SECTOR-AGAIN

Veterans continue to be more satisfied with their health care than the average American, according to an annual report on customer satisfaction that compares the Department of Veterans Affairs (VA) health care system with private-sector health care. The ratings came in the annual American Customer Satisfaction Index (ACSI), which ranks "customer satisfaction" with various federal programs and private-sector industries. "Although VA has received many wonderful endorsements recently, the support of our veterans – the people who know us best – is the highest praise," said the Honorable R. James Nicholson, Secretary of Veterans Affairs. "This is a testament to the hard work of VA employees, the support of Congress and the leadership of the White House." The ACSI, an independent survey of customer satisfaction within both the federal and private sectors, gave VA's inpatient care a rating of 83 on the 100-point scale. That's 10 percentage points higher than the 73 rating achieved for inpatient care by the private-sector health care industry. VA's rating of 80 for outpatient care was five percentage points higher than the 75 rating for private-sector outpatient care and nine percentage points higher than the average satisfaction rating for all federal services. The latest findings mark the sixth consecutive year VA's health care system has outranked the private sector for customer satisfaction. "VA provides world-class health care for our veterans," said Dr. Jonathan B. Perlin, VA's Under Secretary for Health. "The ACSI ratings confirm that our veterans recognize the dedicated service of VA's health care professionals." Since 1994, the ACSI survey has been a national measurement of customer satisfaction with the quality of goods and services in the United States. ACSI produces indices of satisfaction for seven economic sectors, 41 industries, 200 private-sector companies and two types of local government services. VA's strong

showing came after interviews with veterans who have recently used the Department's services. The report is the product of the National Quality Research Center at the University of Michigan Business School, the CFI group, and the Federal Consulting Group. Health care is just one of many potential benefits available to those who served in our nation's armed forces. If you served, or know someone who did, check on eligibility for benefits and services for VA at: www.va.gov or call 1-800-827-1000. (VA News Releases, January 18, 2006)

STROKE ALERT

Chest pains would send most people rushing to the hospital fearing a heart attack. But only half of all adults in a recent survey of the Journal of the American Medical Association could identify even one of the five warning signs of a "brain attack" or stroke. We talk about the symptoms all the time, but the message just doesn't get through. At the first sign of stroke people should seek immediate medical attention. Any of these five symptoms of stroke require immediate treatment:

- * Sudden weakness or numbness of the face, arm or leg, especially if it is on one side of the body.
- * Slurred words or trouble talking or understanding speech.
- * Blurring or dimness of vision in one or both eyes.
- * Unexplained dizziness, loss of balance, or sudden falls.
- * Sudden severe headache with no apparent cause.

The stroke victim may suffer brain damage when people nearby fail to recognize the symptoms of a stroke. After discovering that a group of non-medical volunteers could identify facial weakness, arm weakness and speech problems, researchers urged the general public to learn questions to ask victims. They presented their conclusions at the American Stroke Association's annual meeting February 2005. Widespread use of this test could result in prompt diagnosis and treatment of the stroke and prevent brain damage. Now doctors say a bystander can recognize a stroke by asking these three simple questions:

- * Ask the individual to SMILE.
- * Ask him or her to RAISE BOTH ARMS.

*Ask the person to SPEAK A SIMPLE SENTENCE (coherently) (i.e. It is sunny out today).

If he or she has trouble with any of these tasks, call 911 immediately and describe the symptoms to the dispatcher. (*National Institute of Neurologic Disorders and Stroke*)

VA DISABILITY LUMP SUM

The Department of Veterans Affairs is considering a controversial change in disability benefits that would provide a one-time lump sum, rather than monthly payments, to those with low-rated disabilities. Veterans' groups do not like the idea, recommended in a May report from the VA's inspector general as a way to cut costs. Donald Mooney of the American Legion, testifying December 7, 2005, before the House Veterans' Affairs Committee about problems in processing disability claims, said such lump-sum payments would create a number of problems. For example:

- If a service-connected condition worsened over time, it is unclear if or how the veteran could get an increase in disability compensation.
- It is unclear whether a spouse would be entitled to service-connected death benefits in such cases.
- Since the VA often inaccurately assigns an initial disability rating, if a veteran is paid too little or too much, the process for getting more money or repaying money would be problematic.

The idea of lump-sum disability benefits was first raised in 1996 by the Veterans' Claims Adjudication Commission, which noted that veterans making multiple claims for the same disability were a large reason for a backlog of claims, and that most of the repeat claims come from veterans with comparatively less-severe disabilities who were trying to get their disability ratings increased. The Government Accountability Office (GAO), which has been studying VA claims processing, noted that about 65% of disabled veterans have disabilities rated at 30% or less, which consume a large amount of the VA's administrative time and resources. A survey of veterans in 2000 showed that about one-third of those with newly received disability rates expressed

interest in the idea of a one-time payment instead of monthly disability pay. The GAO's representative noted that a one-time benefit would be potentially useful to some veterans as they make the transition from military to civilian life. However, this was talked about only as an option, with veterans retaining the choice to get traditional monthly disability pay if they did not want a lump sum. A lump-sum payment system saves money only if the payment received is less than a veteran would get in a lifetime through monthly payments and if a veteran waives the right to a re-evaluation of the disability in the future. The 1996 commission asked Congress to approve paying reduced lump-sum disability payments, but lawmakers never acted. No immediate action is expected on the new IG recommendation either, but a new panel (the Veterans' Disability Benefits Commission) is looking at possible changes to veterans' compensation, particularly for those with low-rated disabilities. The 13-member commission, appointed in February, is due to complete its work next August, but its members already have been talking about the need for an extension. (*Times, December 26, 2005*)

VA WARNS OF TELEPHONE PRESCRIPTON SCAM

The Department of Veterans Affairs (VA) is warning veterans not to give credit card numbers over the phone to callers claiming to update VA prescription information. "Some unscrupulous scammers have targeted American's veterans, especially our older veterans" said the Honorable R. James Nicholson, Secretary of Veterans Affairs. "VA does not call veterans and ask them to disclose personal financial information over the phone." The latest scam, currently centered in the Midwest, comes from callers who identify themselves as working for the "Patient Care Group." They say VA recently changed procedures for dispensing prescriptions and ask for the veteran's credit card number. "VA has not changed its processes for dispensing prescription medicines," Nicholson said. "And we've definitely not changed our long-standing commitment to protect the personal

information of our veterans.” Veterans with questions about VA services should contact the nearest VA medical center or call, toll-free, 1-877-222-8387. (*VA News Release, October 19, 2005*)

IDENTITY THEFT

There appears to be an identity theft scam going on in Mississippi, Alabama and possibly Pensacola, Florida. Individuals are calling VA beneficiaries and advising them that their VA files have been destroyed as a result of Hurricane Katrina. The caller advises that VA is trying to rebuild their files and request their Social Security Numbers and other personal information. VA OIG has agents looking into this with local police agencies. (*VA OIG Criminal Investigations Division*)

VETERANS EMPLOYMENT PROGRAMS

According to the Bureau of Labor Statistics almost 15% of veterans in the 20-to-24-year-old group were unemployed during the first three quarters of 2005. The national rate for this age group is closer to 5%. In an ongoing effort to rectify this imbalance the U.S. Department of Labor (DOL) announced November 10, 2005, that about 330,000 wallet-sized cards and key fobs with employment and job-training information will be distributed to military personnel and veterans over the next six months. The department also unveiled the Recovery and Employment Assistance Lifelines – REALifelines – Advisor. This new online tool will provide information and resources to help returning wounded and injured veterans successfully transition into civilian employment. The ‘Key To Career Success’ cards and REALifelines online Advisor are part of DOL’s outreach efforts to help veterans and returning soldiers access good job opportunities and develop new career pathways. The card will be attached to a brochure for demobilizing and transitioning servicemembers as they go through the joint DOL, VA and DOD Transition Assistance Program. For veterans who have already made the transition, additional information and professional staff guidance will be available at the nearly 3,500 One-Stop Career

Centers nationwide. The card will help veterans access local One-Stop Career Centers where they can be connected to employers seeking men and women with the unique skill sets and experience characterized by military service. It will also highlight veterans’ special status so that, upon arrival at the Centers, they will receive priority service as required under the Jobs for Veterans Act. The back of the card and key fob features the toll-free phone number 877-889-5627 and Web link www.servicelocator.org. Here veterans can speak with a service representative or locate the nearest Center and download a map and driving directions. A key feature of the REALifelines Advisor is that it offers one-on-one assistance through the department’s state directors for DOL’s Veterans’ Employment and Training Service. These directors will help the transitioning service member or veteran find meaningful employment through the Career Centers and arrange for assistance to help determine what services and programs are best suited for them. The advisor is one of a series of online tools called “elaws” for Employment Laws Assistance for Workers and Small Businesses, which are interactive Web sites providing information about major federal employment laws and issues. In a related move, the VA and General Services Administration signed a formal agreement November 4, 2005, expanding GSA’s efforts for veterans who own businesses. The agreement commits GSA to put more emphasis on programs for veteran-owned businesses, particularly those with service-related disabilities. By law, all federal agencies are required to strive to award 3% of their contracts (by value) to businesses owned by service-disabled veterans. The new VA-GSA agreement commits the agencies to cosponsor eight regional conferences for veteran businesses in the coming year. The Small Business Administration and other federal agencies will also participate. The first regional conference was held November 7-10, 2005, in Kansas City, MO. Additional info on these and other veteran employment programs can be found at www.dol.gov/elaws/realifelines.htm, Veterans’ Employment and Training Service www.dol.gov/vets/, and the Transition Assistance Programs www.dol.gov

gov/vets/programs/tap/main.htm. (*American Forces Press Service, November 2005*)

CHEWING GUM TO REPLACE BRUSHING

According to an Army official they are working to develop chewing gum containing a bacteria-fighting agent that will prevent plaque, cavities and gum disease. This would benefit soldiers in combat who often cannot brush and floss, and who can undergo bacterial growth in the mouth under the stress of combat. The gum, described at the American Association of Pharmaceutical Scientists convention in Nashville, would replace conventional chewing gum the Army issues with field rations. In order to replace traditional brushing and flossing, the new gum would need a pleasant taste and its bacteria-fighting ingredients would have to remain potent for 30 minutes to an hour. Development is expected to be completed within the year, after which scientists will begin field-testing. If all goes well, a manufacturer will be contracted to produce the new chewing gum and have it ready for issue four years from now. (*Air Force Retiree News, November 18, 2005*)

JET LAG AVOIDANCE

Jet lag is very common after long flights, and is especially difficult for older adults and people with health problems. It occurs because crossing multiple time zones tends to disrupt your circadian rhythms, confusing your natural 24-hour body clock, which regulates your waking and sleeping hours and keeps you aligned with your environment. Symptoms of jet lag may include: fatigue; insomnia; disorientation; swollen hands and feet; headaches; digestive problems; and lightheadedness. The symptoms feel especially acute if you fly from west to east, because it is not difficult for your body to adjust to losing time when you journey east than to gain time when you fly from east to west. You can avoid jet lag altogether by following these 10 simple steps.

1. Adjust your bedtime by an hour a day, a few days before your trip. Change your sleep pattern to match the schedule you will keep at your

destination. This will help you avoid jet lag during your trip.

2. Resetting your watch at the beginning of your flight may help you adjust more quickly to the time zone you will be visiting.

3. Drink plenty of water before, during and after your flight. The air on planes is extremely dry, and some experts believe that dehydration is a leading cause of jet lag. Virtually everyone agrees that dehydration can make jet lag worse.

4. Avoid drinking alcohol or anything with caffeine during your flight. (That includes many soft drinks as well as coffee or tea.) Both alcohol and caffeine increase dehydration.

5. Sleep on the plane if it is nighttime at your destination. Use earplugs, headphones, eye masks or other sleep aids to help block out noise and light, and travel pillow to make yourself comfortable so you can sleep.

6. Stay awake during your flight if it is daytime at your destination. Read, talk with other passengers, watch the movie, or walk the aisles to avoid sleeping at the wrong time.

7. Exercise as much as you can on the flight, but review the two preceding tips. If you need to sleep to match nighttime at your destination, do that. Many airlines include instructions for in-flight exercises on a card or in the airline's magazine; check the seat pocket in front of you. Try these in-flight exercises:

- Stretch your back, arms and leg muscles.

- Walk up and down the aisle when the seat belt sign is turned off.

- Squeeze a rubber ball or a pair of socks to stimulate good circulation in your hands and arms; alternate hands.

- While sitting in your seat, lift one knee and flex your foot for the count of 10; repeat with the other leg.

8. Eat lightly but strategically. Remember that high-protein meals are likely to keep you awake, foods high in carbohydrates promote sleep, and fatty foods many make you feel sluggish.

9. Take supplements. Some people claim that melatonin, a natural hormone produced by our bodies, will cure jet lag by promoting sleep. Others swear by a homeopathic product called "No Jet

Lag”. Melatonin can be purchased online or at most health food stores. No Jet Lag is available online and at many retail outlets that sell travel supplies.

10. Relax on the first day at your destination. If you have the luxury of arriving at your destination a day or two before you have to engage in important activities that may require a lot of energy or sharp intellectual focus. Give yourself a break and let your body adjust to the time change a little more gradually. (*About Senior Living, December 21, 2005*)

CERTIFICATE OF APPRECIATION TO DELAWARE VETERANS

In January 1946, Walter W. Bacon, then elected Governor, authorized a state award to those who served in World War II. To honor this commitment to Delaware Veterans, Governor Ruth Ann Minner has announced that the State of Delaware will provide a “Certificate of Appreciation” to all Delaware residents who shall have served honorably in the Armed Forces of the United States during time of peace, conflict or war. To request a “Certificate of Appreciation” the veteran/spouse or next of kin must submit the enclosed application (see page 11) along with a copy of a Certificate of Release or Discharge from Active Duty, (DD Form 214). DO NOT SEND ORIGINAL.

COMBAT VETERANS COUNSELING SERVICES AVAILABLE IN KENT & SUSSEX COUNTY

Angela Hoag, MSW, LCSW, Clinical Social Worker is presently conducting a *War Veteran’s Support Group* every Thursday afternoon at 2:00 PM. This group is for combat veterans struggling with Post Traumatic Stress Disorder (PTSD). Ms. Hoag also facilitates a *Significant Other Support Group* every Friday morning at 9:00 AM for wives, significant others, and family members of a veteran diagnosed with PTSD. This group is a Psycho-Educational program to assist family members in understanding the symptoms of PTSD, and teaches effective coping techniques. Ms. Hoag also

facilitates a *Military Sexual Trauma Group* every Friday morning at 11:00 AM for female veterans who have experienced military sexual trauma during their active duty service. All groups are held at the Dover Vet Center Outreach Office located at the Commission of Veteran’s Affairs Office, 802 Silver Lake Blvd., Suite 100, Dover, DE 19904. Similar services are held at the Vet Center Outreach Office in Georgetown, Sussex County, and the Vet Center in Elsmere, Wilmington, DE. For additional information or to request individual therapy, please contact Ms. Hoag, MSW, LCSW, at (302) 739-2792 x. 1003 or (800) 344-9900 x. 1003.

DEFENSE SUPPLY CENTER DISTRIBUTES SURPLUS BLANKETS TO HOMELESS ASSISTANCE PROVIDERS

The Defense Supply Center in Philadelphia (DSCP) provides blankets to organizations serving the nation’s homeless population. In order to be considered for the blanket distribution programs, the nonprofit organization or local government agency has to send a letter to the DSCP requesting the blankets. The request should be on the organization’s official letterhead; state the quantity of blankets needed; list the name, phone and fax numbers of the contact person handling the request; and include a “ship to” address. The requesting agency must also include a letter of endorsement from a local state or federal agency stating the organization does, in fact, serve the homeless. The endorsement can be from the VA, local government, Congressional staff, local police department, HUD or other similar agency. Requests should be sent to Defense Supply Center in Philadelphia, ATTN: Jane Koons, 700 Robbins Avenue, CNT Building 6, Philadelphia, PA 19111-5008. For more information, call Koons at 215-737-3164. (*National Coalition for Homeless Veterans, January 2006*)

COMMISSION MEETINGS

The Delaware Commission of Veterans Affairs meets the fourth Tuesday of each month, 11:00 AM, 802 Silver Lake Blvd, Suite 100, Dover, DE. The meeting schedule varies for June and December of

each year. These meetings are open to the public. Any individual requiring special accommodations, shall contact this office one week prior to the meeting date. If you would like to attend, please call 1-800-344-9900 (in State) or (302) 739-2792.

MOBILE VETERANS SERVICE CENTER

Ms. White will be providing services for veterans from the mobile Service Center at the following locations:

FEB 01	Bridgeville Town Hall
FEB 02	Ocean View Town Hall
FEB 07	Seaford State Service Center
FEB 08	Georgetown Service Center
FEB 14	Laurel Town Hall
FEB 17	Seaford Cheer Center
MAR 01	Seaford Service Center
MAR 02	Ocean View Town Hall
MAR 07	Laurel Town Hall
MAR 08	Georgetown State Service Center
MAR 14	Bridgeville Town Hall
MAR 17	Seaford Cheer Center
MAR 28	Bethany Beach Town Hall
MAR 29	Georgetown Service Center

For more information, contact Ms. White at the Pyle State Service Center, (302) 732-9560.

VETERAN SERVICE OFFICERS

Delaware Commission of Veterans Affairs

(Kent County) – Ms. Melanie E. Bronov - Dover office - may be reached Monday –Friday, 9:00 AM - 4:30 PM, (302) 739-2792 or (800) 344-9900 (in State). Please call for an appointment.

(Sussex County) - Ms. Laurie A. White - Pyle State Service Center located in Roxanna, DE, may be reached Monday-Friday, 8:30 AM - 4:30 PM, (302) 732-9560. Please call for an appointment.

American Legion

Robert McBride, Dept. Service Officer, (302) 633-5323, will visit the following posts between 9:00 AM and 1:00 PM on the following dates:

FEB 03	Oak Orchard/Riverdale, Post 28 (8:00-12:00)	945-1673
FEB 10	Walter L Fox, Post 2	674-3922
FEB 17	Laurel Post #19	875-9948
MAR 03	Oak Orchard/Riverdale, Post 28 (8:00-12:00)	945-1673
MAR 10	Walter L Fox, Post 2	674-3922
MAR 17	Laurel Post #19	875-9948
MAR 24	David Harrison, Post 14	633-1711
MAR 31	Nanticoke Post #6	629-9915

Disabled American Veterans (DAV)

Paul Lardizzone, Dept. Service Officer (DAV).
Every Tuesday: DAV Headquarters Building
& Wednesday 183 South Street
(Kent) 8:00-12:00 Camden, DE 19934
(302) 697-9061
Every Thursday: Department of Labor
(Sussex) 8:00-12:00 Div. of Emp & Trng
(302) 856-5230 600 N. DuPont Hwy.
Georgetown, DE 19947

Paralyzed Veterans of America (DE/MD PVA)

Darrell Johnson, Sr., National Service Officer, VA Regional Office, 1601 Kirkwood Hwy, Room 26, Wilmington, DE 19805, (302) 633-5325 or (302) 633-5392. Mr. Johnson will make home visits upon request for vets who do not have transportation to the VA. He will be in the Oak Orchard area the 1st Tuesday, Dover the 2nd Tuesday, Frederica the 3rd Tuesday and at the Home of the Brave on the 4th Tuesday of each month. In addition to our service officer at the Wilmington VA Regional Office, we also have a representative, David Timberman, National Liaison Service Officer, at the Home of the Brave on the 2nd & 4th Tuesday from 10:00 AM until 2:00 PM. The Home of the Brave is located at 6632 Sharps Rd, Milford, DE (302) 424-1681 or 1682.

Military Order of the Purple Heart (MOPH)

Richard Magner, National Service Officer, VA Regional Office, 1601 Kirkwood Hwy, Wilmington, DE 19805, (302) 633-5508.

Vietnam Veterans of America (VVA)

Terry Baker, National Service Officer, VA Regional Office, 1601 Kirkwood Hwy, Wilmington, DE 19805, (302) 633-5357

Veterans of Foreign Wars (VFW)

James Withrow, Dept. Service Officer, VA Regional Office, 1601 Kirkwood Hwy, Room 21, Wilmington, DE 19805, (800) 461-8262 ext. 5326 or (302) 633-5326.

1ST Thursday

Delaware DOL (633-5326) 8:00-11:00 AM
Milford VFW (422-4412) 1:30-4:00 PM

2nd Thursday

Delaware DOL (633-5326) 8:00-11:00 AM
Milton VFW (684-4975) 1:30-4:00 PM

3rd Thursday

Delaware DOL (633-5326) 8:00-11:00 AM
Rehoboth VFW (227-3469) 1:30-4:00 PM

4th Thursday

Delaware DOL (633-5326) 8:00-11:00 AM
Seaford VFW (629-3092) 1:30-4:00 PM

5th Thursday

Delaware DOL (633-5326) 8:00-11:00 AM

NOTE: All persons interested in Outreach Services should first call our office so that some advance information may be obtained to accelerate the application process. Kent & Sussex County residents may call 1-800-461-8262 ext 5326. New Castle County residents may call 633-5326.

NOTE: persons desiring assistance at the Thursday-downstate locations should be at the Delaware DOL no later than 9:00 AM or at the afternoon locations by 2:00 PM. The VFW provides services to veterans and their dependents without respect to veteran service organization affiliation; membership in the VFW is NOT required for service.

VETERANS ORGANIZATIONS POC

Air Force Sergeants Association

Tony Lee.....(302) 698-5144
American Ex-Prisoners Of War
Howard Melson.....(302) 539-1808
American Legion
Ed Phillips Jr.....(302) 628-5221
AMVETS
Lloyd Harris.....(302) 945-0406
DE/MD Paralyzed Veterans of America
Wayne Carter.....(302) 368-4898
Disabled American Veterans
Paul Lardizzone.....(302) 697-9061
40 & 8
Eugene “Chip” Rosan.....(302) 678-8077
Jewish War Veterans
Barry Newstadt.....(302) 475-2820
Korean War Veterans Association
Richard Ennis.....(302) 653-6765
Military Order of the Purple Heart
Bill Carroll.....(302) 655-3820
Military Order of the World Wars
COL (Ret) Eugene A. Hebert.....(302) 335-0110
E-Mail gene@hebert.net
The Reserve Officers Association
CWO John V. Hawkins, Sr. (Ret)...(302) 328-8115
U.S. Navy Veterans Association
Jim Anderson.....(302) 295-7051
Veterans of Foreign Wars
Paul Phillips Jr.....(302) 656-5022
Vietnam Veterans of America
Tom Daws.....(302) 738-8875
WAVES Nat’l
Ruth Harden.....(302) 998-1373

**DELAWARE VETERANS
MEMORIAL CEMETERY**

New Castle Co. Section (Bear, DE).....834-8046
Sussex Co. Section (Georgetown, DE).....934-5653

VETERANS ADMINISTRATION

Claims, Benefits, Veterans Services
(Regional Office).....1-800-827-1000
VA Hospital Scheduling.....1-800-461-8262
.....302-994-2511
Veterans Outreach Center
(New Castle County).....302-633-5360
(Kent and Sussex Counties).....302-422-8011

Women's Veteran Program Manager
(Regina A. Lane, RN).....(302) 633-5580

EMPLOYMENT SERVICES

Al Barclift (Wilmington).....302-761-8093
Michael Companion (Wilmington).....302-761-8096
Ron Bythwood (Newark).....302-453-5473
Mike Wolanski (Newark).....302-453-5350
Steve Flaherty (Dover).....302-739-5473
Charley Roberson (Dover).....302-739-5473
Norris Townsend (Georgetown).....302-856-5230
Cliff Rumph (Georgetown).....302-856-5230

VETERANS UPWARD BOUND PROGRAM

Sandria D. Johnson (USAF-Ret.) Counselor /
Associate Director, Delaware State University,
1200 N DuPont Hwy, Dover DE 19901, (302) 857-
6135. E-mail sjohnson@desu.edu.

RETIREE ACTIVITIES

Retired Activities Office

Lt. Col Ken Smith, (USAF RET), Bldg 520, Room
105, Dover AFB, DE 19902, (302) 677-4612.

Retired Navy Activities Affairs Office

Leon Stajkowski, Naval & Marine Corps Reserve
Center, 3920 Kirkwood Hwy, Wilmington, DE
19808, (302) 998-5194.

COMMISSION OF VETERANS AFFAIRS

Commissioners may be reached by calling (800)
344-9900.

Gary Morris (Chairman).....AMERICAN LEGION
Richard Ennis (Vice Chairman).....KWVA
Cornelius "Bill" Carroll.....MOPH
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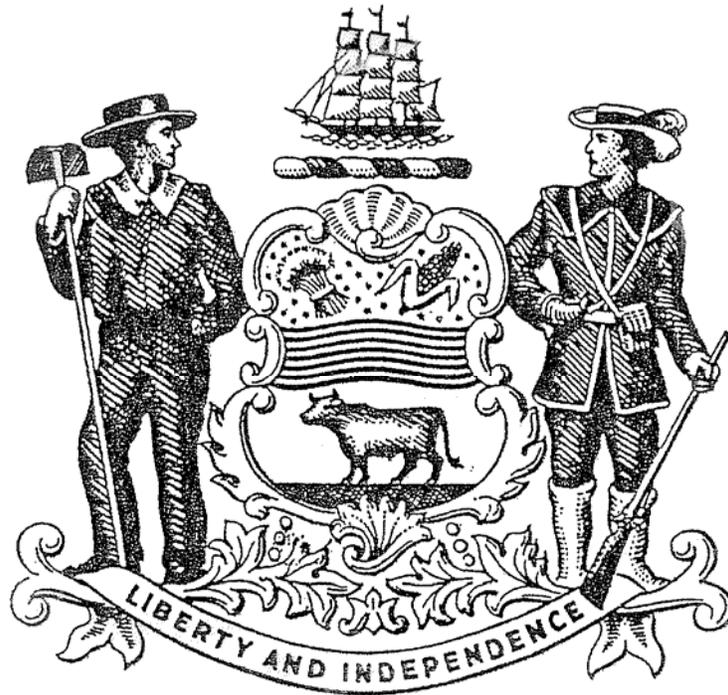
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