



THE CENTURION

DELAWARE COMMISSION OF VETERANS AFFAIRS

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Jack A Markell, Governor

Jeffrey W. Bullock, Secretary of State

Volume 18, Number 4

James L. Thompson, Chairman

Antonio Davila, Executive Director

Oct-Dec 2011

CHAIRMAN'S UPDATE

My Fellow Veterans,

This has been quite an eventful year for Americans and veterans. We have seen the death of some terrorist leaders that opted to destroy the U.S.A. and our way of life and liberty. Some despots in North African countries have been removed from power or are being removed as our newsletter goes to press. Unfortunately, our nation and state have been hit in 2011 by hurricanes, storms, earthquakes, cyclones, droughts and by uncontrollable wild fires. But Americans, being resourceful and united, have pulled together to help the less fortunate get back on their collective feet. Since this is the last issue of the year, I would like to express my thanks to the over 79,000 veterans in Delaware for their service to our State and Nation. Through your collective efforts we have remained free and continue the vigil to protect our American way of life. All members of the Commission and I thank all of you and wish each of you a Happy Veterans Day, Happy Thanksgiving, a Happy Hanukkah or Merry Christmas, and a Safe and Happy New Year. And take a minute during these festive times to reflect on your efforts and the efforts of all veterans of all services to remember the friends that you made, and sometimes lost, during your time in military service. The Commission, the Commission central office staff and staffs of both our northern and southern cemeteries wish all of you a prosperous and Happy New Year 2012.

Sincerely,
James L. Thompson
Chairman

THOUGHT FOR THE QUARTER

“The world has so many problems that if Moses had come down from Mt. Sinai today, the two tablets he carried would be aspirin.”

VETERANS DAY CEREMONY

The Marine Corps League, Department of Delaware, and the Delaware Commission of Veterans Affairs will host a Veterans Day Ceremony on Friday, November 11, 2011. The program will be held at the Memorial Bridge Plaza, Delaware Memorial Bridge, New Castle, Delaware, beginning at 10:30 AM. For further information, please call (800) 344-9900 (in state only) or (302) 739-2792.

VETERAN'S DAY STORYTELLING EVENT & APPLE PIE SOCIAL

Judge Morris Estate, White Clay Creek State Park

On Sunday, November 6, 2011, 1:00 pm, please join us as we honor Veterans at our annual Apple Pie Social. Hear firsthand accounts of life, both overseas and on the home front, during World War II and the Korean War. We will be serving coffee and apple pie. Veterans are free and all others \$5 per person. Must preregister as space is limited. The event will be held at White Clay Creek State Park, Newark DE. Park entrance fee is in effect. Call (302) 368-6900 to register.

WILMINGTON VAMC OFFERS FREE INFLUENZA IMMUNIZATIONS TO ELIGIBLE VETERANS

The seasonal flu vaccine is available at the Wilmington VA Medical Center and the Ventnor, Vineland, Cape May, Dover and Georgetown clinics. The complete vaccine schedule is available online at www.wilmington.va.gov. All eligible military Veterans are encouraged to get a free influenza vaccination. The Centers for Disease Control and Prevention (CDC) recommends that you get the seasonal flu vaccine as soon as the vaccine becomes available in your community. Veterans enrolled in the Delaware and Southern New Jersey Healthcare System can get free flu shots at the following VA walk-in clinics: October 12, 2011 – 3 p.m. to 6 p.m., October 13, 2011 – 8 a.m. to 11:30 a.m., October 20, 2011 – 8 a.m. to

11:30 a.m., November 10, 2011 – 8 a.m. to 11:30 a.m., November 18, 2011 – 8 a.m. to 11:30 a.m., December 1, 2011 – 11 a.m. to 1:30 p.m. or come to any scheduled appointment or stop in at your Primary Care Team any time during the day and receive your flu shot. (*Wilmington VA Medical Center, September 21, 2011*)

VETERANS BENEFITS BRIEFING OFFERED MONTHLY

Beginning Thursday, November 3, 2011, our Veterans Service Officer will be providing a VA Benefits Briefing (Q & A) at 1:00 pm at the Commission Office in Dover. Anyone can attend – no appointment necessary. This briefing will be held every 1st Thursday of the month. If you have any questions or need directions, please contact our office at (302) 739-2792 or (800) 344-9900 (in state only).

VA STREAMLINES ONLINE APPLICATIONS FOR HEALTH BENEFITS RENEWAL

Automated 10-10EZR Form Simplifies Updates

The Department of Veterans Affairs (VA) has automated its online Health Benefits Renewal (10-10EZR) form as part of its ongoing effort to streamline access to benefits. “This action dramatically reduces the time it will take for enrolled Veterans to submit updates to their demographic information and further reduces access barriers to needed care for Veterans,” said Secretary of Veterans Affairs Eric K. Shinseki. Previously, Veterans filling out the online 10-10EZR were required to print a copy, sign it and send it to their local medical center before updates to their personal, insurance or financial information could occur. Veterans may now submit these updates online. For additional information, go to www.va.gov/healtheligibility or call VA’s toll-free number at 1-877-222-VETS (8387). The online form is available at <https://www.1010ez.med.va.gov/sec/vha/1010ez/Form/1010ezr.pdf>. (*VA News Release, September 08, 2011*)

VA SURVIVOR ASSISTANCE

VA's Office of Survivors Assistance (OSA) ensures families of the fallen have full access to the services and benefits to which they are entitled. It was established by Public Law 110-389, Title II, Section 222, in October 2008 to serve as a resource regarding all benefits and services furnished by the Department to survivors and dependents of deceased Veterans and members of the Armed Forces. OSA also serves as a principal advisor to the Secretary of Veterans Affairs and promotes the use of VA benefits, programs and services to survivors. The OSA is your advocate to ensure fairness, equity and appropriateness of all survivor benefits and to serve as the liaison for inter- and intra-agency collaboration and coordination on survivor issues. OSA is also fully committed to staying in step with the needs of survivors to ensure that OSA remains a viable advocate for the survivor community. They can be contacted at officeofSurvivors@va.gov. Their website <http://www.va.gov/survivors> includes answers to the following list of FAQ's which cover many of the needs of survivors.

1. How do I apply for benefits?
2. Is there someone that can help me file my claim?
3. How do I check the status of my claim?
4. How do I know if I am eligible for a benefit?
5. What is the difference between DIC and SBP?
6. What is the SBP / DIC offset?
7. What is the difference between DIC and Death Pension?
8. Is DIC taxable income?
9. What is CHAMPVA?
10. As a surviving spouse, am I eligible for VA medical care?
11. How do I update my contact information?
12. What education benefits are available and what is the Sgt. Fry Scholarship?
13. How can I access information about VA Education Benefits for myself or for my children?
14. What are VGLI/SGLI and how do I file a claim?
15. I am a widow/er; if I remarry, do I lose my benefits? If I later get divorced or my new husband dies, do I get my VA benefits back?
16. How do I get a copy of my loved one's DD-214 or DD-1300?

17. Who is eligible for Veteran Center grief counseling and how can I locate a center?

18. Am I eligible for a VA Home Loan as a widow?

19. My question is not covered above, is there another source of information I can check?

(<http://www.va.gov/survivors>, Aug 2011)

NASAL INSULIN SPRAY SHOWS PROMISE IN TREATMENT OF ALZHEIMER'S

A small pilot study led by a Department of Veterans Affairs (VA) researcher found that a nasal insulin spray improved memory, thinking skills, and functional ability in people with mild cognitive impairment and Alzheimer's disease. Currently, there are no effective treatments to delay or prevent Alzheimer's. "This research builds on several years of preliminary work by an innovative group of VA investigators and their colleagues, and we are gratified to see the progress that is being made on behalf of Veterans and all Americans who are at risk for Alzheimer's disease," said VA Under Secretary for Health Dr. Robert Petzel. A VA team with the Geriatric Research, Education and Clinical Center at the VA Puget Sound Health Care System led the trial, which was sponsored in large part by the National Institute on Aging, part of the National Institutes of Health (NIH). The new findings appear in the September 12, 2011, Archives of Neurology. Previous studies found that low brain levels of insulin—the main hormone that turns sugar in the bloodstream into energy for cells—could contribute to Alzheimer's. Based on these findings, VA's Dr. Suzanne Craft has led efforts to test the benefits of restoring normal insulin function in the brain. The new study tested a nasal spray that delivers insulin quickly and directly to the brain, with no harmful side effects, such as increased insulin levels throughout the whole body. The trial included 104 adults with either amnesic mild cognitive impairment—in which people have memory loss that may progress to Alzheimer's—or mild to moderate Alzheimer's disease. The study volunteers received 20 international units (IU) of insulin, 40 IU of insulin, or a saline placebo, which were all given through a nasal delivery device for four months. Memory, cognition and functional ability were measured before and after treatment. Some

participants also received spinal taps to test cerebrospinal fluid as well as brain scans before and after treatment. Treatment with 20 IU of intranasal insulin improved memory, and both doses of insulin preserved general cognition and functional ability. These results warrant larger trials of insulin nasal-spray therapy to help prevent Alzheimer's disease or slow its progression. VA Chief Research and Development Officer Dr. Joel Kupersmith stated, "VA researchers are exploring a number of possible approaches to help prevent or effectively treat this devastating disease, and these are among the most promising results to date. We are proud to partner with NIH in supporting this vital work." For more information on VA research, visit www.research.va.gov. (VA News Release, September 13, 2011)

VA TELEPHONE SERVICE HELPS FAMILY MEMBERS ENCOURAGE VETERANS TO SEEK MEDICAL CARE

The Department of Veterans Affairs (VA) has launched a telephone service, *Coaching into Care*, to provide assistance to family members and friends trying to encourage their Veteran to seek health care for possible readjustment and mental health issues. "Those closest to Veterans are often the first to recognize when Veterans are having difficulties," said Secretary of Veterans Affairs Eric K. Shinseki. "Family members and friends may not know what to say to encourage their Veterans to seek much needed readjustment and health care. The *Coaching into Care* line will help them find the right words." To help Veterans address problems and support Veterans in making decisions about getting care, the *Coaching into Care* program offers unlimited, free coaching with family members or friends over a series of telephone calls. The priority is connecting Veterans with VA care in their community through the family member's help and encouragement. Callers receive professional coaching on solving specific logistical obstacles and encouraging sometimes reluctant Veterans to seek care while still respecting the Veteran's right to make personal decisions. *Coaching into Care*, launched in March 2011, has had more than 650 calls with family members or friends of greater than 175 Veterans to

encourage them to seek care. This phone line is connected to VA's Veterans Crisis Line, Caregiver Support Line, and the National Call Center for Homeless Veterans. This way, if the caller or Veteran is in an immediate crisis, or has concerns regarding caregiving for a disabled Veteran, or seeking assistance regarding homelessness, there is no wrong number for families to call. Callers can reach VA's *Coaching into Care* program at the toll-free number 1-888-823-7458, 8:00 am – 8:00 pm, Mondays through Fridays, and online at <http://www.mirecc.va.gov/coaching/>. As always, Veterans can reach immediate help at the Veterans Crisis Line at 1-800-273-8255, press 1 for Veterans. (VA News Release, September 6, 2011)

RETROACTIVE TRAUMATIC INJURY BENEFITS NO LONGER JUST FOR OEF/OIF INJURIES

As of October 1, 2011, the Servicemembers' Group Life Insurance Traumatic Injury Protection benefit, also known as TSGLI, will be payable for all qualifying injuries incurred during the period October 7, 2001 to November 30, 2005, regardless of where they occurred, and regardless of whether the member had SGLI coverage at the time of the injury. The Veterans' Benefit Act of 2010 removes the requirement that injuries during this period be incurred in Operations Enduring or Iraqi Freedom. This is welcome news for the many servicemen and women who suffered serious traumatic injuries while serving stateside or in other areas outside of OEF or OIF during this time period, but until now have not been eligible for TSGLI. TSGLI provides a payment ranging from \$25,000 to \$100,000 to Servicemembers sustaining certain severe traumatic injuries resulting in a range of losses, including amputations, limb salvage, paralysis, burns, loss of sight, hearing or speech, facial reconstruction, 15-day continuous hospitalization, coma, and loss of activities of daily living due to traumatic brain injury or other traumatic injuries. Former Reservists and National Guard members who were injured during the retroactive period and suffered a qualifying loss are eligible for a TSGLI payment even if the cause was not related to service, such as a "civilian" automobile accident or severe injury

which occurred while working around their home. The law regarding these payments covers these individuals 24/7. Additionally, survivors of Servicemembers who died more than seven days after their injuries are also eligible to receive a TSGLI payment if the member had a covered loss. VA is working with VA and DoD Public Affairs to publicize this change in the TSGLI law, while the branches of service are identifying any retroactive claims they have denied because the injury was not OEF/OIF and outreaching to those individuals.

Secretary of Veterans Affairs, Eric K. Shinseki stated, "We at VA appreciate the President's and Congress' efforts to improve benefits to our troops. Now all of our nation's Servicemembers who suffered severe traumatic injuries while serving their country can receive the same traumatic injury benefits, regardless of where their injury occurred." Although applications are currently being accepted by Branch of Service TSGLI Offices, benefits will not be paid until October 1, 2011, the effective date of the law. For more information or to apply for a TSGLI payment, Servicemembers and Veterans should go to <http://www.insurance.va.gov/sgliSite/TSGLI/TSGLI.htm>. They can also contact their branch of service TSGLI Office (contact information available at above link). (*VA News Release, June 6, 2011*)

DELAWARE GOLD STAR FAMILIES DAY

Following VVA Chapter 83's closing Delaware Hometown Heroes Banner Program, Governor Jack Markell and Lieutenant Governor Matt Denn proclaimed, November 14, 2009, as Delaware Gold Star Families Day. This day calls upon all individuals throughout the State to join in commemorating those who gave all, and support the loved ones that continue to give in our midst. In 1936, the United States Congress designated the **last Sunday in September** as Gold Star Mother's Day. To coincide with this and the President of the United States National Proclamation to honor our Gold Star Families, Governor Markell and Lieutenant Governor Denn respectfully changed the date of the November 14 proclamation to September 25, 2011. It goes without saying our Gold Star Mothers are held close to our hearts and

have our utmost respect and admiration. The Department of Defense in DD Form 3 outlines who is a Gold Star Family member <http://www.dtic.mil/whs/directives/infomgt/forms/efoms/dd0003.pdf>. The work done in The First State is to honor all Gold Star Family members that reside in the First State, which includes, but not limited to, Gold Star Mother, Gold Star Father, Gold Star Widow, Gold Star Stepmother, Gold Star Son, Gold Star Daughter, Gold Star Brother and Gold Star Sister. Many have asked why we do not have more Gold Star Family members attend events. This is an extremely personal issue for the families to address. Rest assured it is not because they do not value and appreciate everything that is done to pay honor and remembrance. It is best summed up by Gold Star Mother Bobbie McGowan who lost her son, Cpl. Stephen McGowan, a combat medic who volunteered to go to Iraq and was killed on 3/04/05 in Iraq: "I have worried that my not going will cause others to think I do not value Stephen's memory. Nothing could be farther from the truth! No one should try to measure someone else's grief. We who have grieved the loss of our children know this deep in our hearts. Is the loss for a sibling less? Is the loss for a fiancé less? Is the loss for another family member less? Is the loss of a treasured friend less? No. I live with Stephen everyday. Going to a Memorial...I go down...down to my knees...right back down. The darkness comes again. When I asked the first Gold Star Mother I met whose son died in Vietnam, "Does it get easier?" She said, "No". Our Gold Star Families need to know with or without their presence at services, Delaware honors and remembers. Therefore, we have purchased Gold Star Father George Lutz' Honor and Remember Flag, which Delaware adopted on June 15, 2010. In closing, to all those in the First State that have supported my continued efforts to see Delaware be the model, leading the way, for a National Gold Star Program, until EVERY American is well versed on the meaning of Gold Star, from the bottom of my heart THANK YOU! Respectfully submitted, Judy C. Campbell, Vietnam Veterans of America, Chapter 83 Gold Star Representative.

VA BEGINS NEW PROGRAM TO SERVE VETERANS LIVING ABROAD

The Department of Veterans Affairs (VA) has instituted a new program to provide comprehensive compensation and pension (C&P) examinations to U.S. Veterans living overseas. "We are proud to deliver these services to our Veterans living abroad," said Secretary of Veterans Affairs Eric K. Shinseki. "This is an example of how VA is supporting Veterans in unprecedented ways to help them get the benefits they have earned." In June, VA staff traveled to Camp Lester in Okinawa, Japan, to join with members of the Department of Defense in providing C&P exams to Veterans. Over the course of their three week trip, the team completed 247 examinations on 39 Veterans. Due to the success of the pilot program, a return visit is planned for Sept. 19-30. Typically, VA uses local physicians and the assistance of U.S. Navy personnel for disability examinations overseas, but these trips allow VA practitioners more familiar with VA protocols and requirements to provide the Veterans' examinations. VA's C&P examination program includes providing a medical assessment to evaluate Veterans' current disabilities that may be related to their military service. If VA has previously determined a Veteran has a service-connected medical condition, the examination helps determine the current severity of the condition, which could affect the amount of VA disability compensation payable or entitlement to additional benefits. One Veteran can require separate examinations for various conditions. On average, Veterans receive four examinations during the VA C&P process. In addition, VA conducted its first international C&P examination in Okinawa using telehealth technology on April 13. To date, six Veterans have participated in remote C&P examinations between VA's National Telemental Health Center location and the U.S. Naval Hospital in Okinawa. VA is using telehealth technology to reduce the number of Veterans awaiting examinations overseas and to ease their burden of travel. VA plans to explore other opportunities to provide similar services to additional destinations in Europe and Asia where U.S. Veterans live. (VA News Release, September 7, 2011)

VA SOCIAL MEDIA

The Department of Veterans Affairs (VA) announced the release of a policy directive regarding the secure use of Web-based collaboration and social media tools. The policy directive is available at http://www.va.gov/vapubs/viewPublication.asp?Pub_ID=551&FTYPE=2. The policy allows the Department and its employees to leverage emerging platforms that enhance communication, stakeholder outreach, and information exchange as the Department transforms itself into a 21st Century organization attuned to the needs of Veterans of all generations. "Veterans should have consistent and convenient access to reliable VA information real time using social media - whether on a smartphone or a computer," said Secretary of Veterans Affairs Eric K. Shinseki. "They also should be able to communicate directly with appropriate VA employees electronically." The policy, "VA Directive 6515: Use of Web-Based Collaboration Technologies," encourages the adoption and use of social media by VA employees. It provides workplace boundaries and establishes the Department's philosophy for communication: VA is open and transparent, and VA is willing and able to engage and collaborate with its many stakeholders online. "This isn't about using social media because it's cool or because it's a fad," said VA Director of Online Communications Brandon Friedman. "It's about getting the right information to the right Veteran at the right time. This policy sets us on a path toward changing how we talk-and listen-to Vets." VA began launching social media sites in 2009 and the Department has over 100 Facebook pages, more than 50 Twitter feeds, two blogs, a YouTube channel, and a Flickr page. VA's Facebook pages have a combined subscribership of over 293,000 fans-with the Department's main page reaching over 138,000. On Twitter, VA has a combined followership of over 53,000-with the Department's main feed reaching over 22,000. VA has posted over 300 videos on YouTube and over 9,000 photos on Flickr, which have been viewed over a combined 1.1 million times. In November 2010, VA launched its first blog, Vantage Point, which distinguishes itself from other government

blogs by actively soliciting guest pieces from both employees and the public. By the end of the year, the Department expects to have an active Facebook page and Twitter feed for all 152 VA Medical Centers. (*VA News Release, August 16, 2011*)

U.S. NAVY SEABEE MUSEUM

The U.S. Navy Seabee Museum recently opened its new 38,000 square foot, state-of-the art facility at Naval Base, Ventura County, Building 100, Port Hueneme, CA 93043, Tel: (805) 982-5165. Among the many featured exhibits at the new museum is the Naval Experimental Manned Observatory (NEMO), a deep submergence vehicle created in the 1970s by the Naval Civil Engineering Laboratory and the Southwest Research Institute. Also, a Humvee on a Bailey bridge, a two-hole "burnout," and a piece of the geodesic dome that Seabees constructed in Antarctica are among the brand-new exhibits. The new facility features modern exhibits spaces, memorial garden, theater, education room, and gift shop. Museum hours are Monday - Saturday: 9-4 and Sunday: 12-4. Admission and parking are free. For more information, visit the United States Navy Seabee Museum webpage http://www.history.navy.mil/museums/seabee_museum.htm. Other U.S. Navy Museums Include:

- National Museum of the U.S. Navy Washington, D.C.
- Great Lakes Naval Museum, Naval Station Great Lakes, Illinois
- Hampton Roads Naval Museum Norfolk, Virginia
- National Naval Aviation Museum Pensacola, Florida
- Naval Heritage Center of Armament & Technology
- Naval War College Museum Newport, Rhode Island
- Navy Art Collection, Washington, D.C.
- Puget Sound Navy Museum Bremerton, Washington
- Patuxent River Naval Air Museum Patuxent River, Maryland
- Naval Undersea Museum, Keyport, Washington
- Submarine Force Museum & Historic Ship Nautilus Groton, Connecticut
- U.S. Naval Academy Museum Annapolis, Maryland
- USS Constitution "Old Ironsides", Boston, Massachusetts (*Military.com, Benefits article, August 1, 2011*)

PRESCRIPTION DRUG EPIDEMIC

According to the National Institute on Drug Abuse, prescription drugs are the second-most commonly abused category of drugs, behind marijuana and ahead of cocaine, heroin, methamphetamine and other substances. In 2009, nearly 7 million people in the United States were nonmedical psychotherapeutic drug users. And opiate overdoses, once almost exclusive to heroin use, are now, increasingly caused by misuse of prescription painkillers. While prescription drug abuse is not a new problem, it deserves renewed attention because of its prevalence and how often it affects children. After tobacco and alcohol, prescription and over-the-counter medications are the most frequently abused substances by high-school seniors. Nearly one in 12 high-school seniors reported nonmedical use of Vicodin and one in 20 reported abuse of OxyContin. Fifty-nine percent of 12th graders said the drugs were given to them by a friend or relative. Prescription drug abuse is correlated with other risky behaviors including abuse of other drugs and alcohol. There are many health concerns associated with prescription drug abuse. These risks include overdose, drug interactions and the possibility of the drugs falling into the hands of children with allergies, to name just a few. While opioids, such as codeine, oxycodone and morphine, have improved pain management, they have also become popular drugs for misuse. Central-nervous system depressants, such as barbiturates and benzodiazepines, can lead to overdose and dangerous withdrawal, including seizures. Abuse of stimulants like dextroamphetamine and methylphenidate (commonly used to treat attention deficit hyperactivity disorder and narcolepsy) can cause psychosis, seizures and cardiovascular complications. Because prescription drugs are legal when properly used, they can often be found in our own medicine cabinets. If you have leftover medications that are not needed, do not flush them down the toilet or drain unless the label or patient information instructs you to do so. For information on drugs that can be flushed, visit the U.S. Food and Drug Administration's website at <http://www.fda.gov/Drugs/default.htm> and click on —Resources for You. To dispose of non-flushable

prescription drugs, you may be able to participate in community drug take-back programs or household hazardous waste-collection events, which collect drugs at central locations for proper disposal. Contact your city or county household trash and recycling service and ask if a drug take-back program is available in your community. If a take-back program is not available, the Office of National Drug Control Policy recommends these simple steps to ensure your no-longer-needed prescription drugs are not improperly used: Take the medication out of its original container. Mix the drug with an undesirable substance such as cat litter or used coffee grounds. Put the mixture into a disposable container with a lid such as an empty margarine tub or sealable bag. Conceal or remove all personal information, including the Rx number, with permanent marker, duct tape or by scratching it off. Place the sealed container with the mixture and the empty drug container in the trash. Advances in medicine allow for management of acute and chronic pain and have improved the lives of many. But some of these medications are potentially addicting. If someone you know is struggling with prescription drug use, discuss it with your health care provider or use one of the many resources the Department of Defense makes available to service members, retirees and their families. Today, more than ever, health care providers are sensitive to the needs of those struggling with substance use and dependence. TRICARE is there to help! For information about TRICARE's substance use treatment coverage, refer to www.tricare.mil/mentalhealth. (*TRICARE Health Matters, Fall 2011*)

VETERAN SERVICE OFFICERS

Delaware Commission of Veterans Affairs

(New Castle County) - Mr. John K. Williams - located in Bear, DE, may be reached Monday - Friday, 8:00 AM - 4:00 PM, (302) 834-8046. Please call for an appointment.

(Kent County) - Mrs. 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 Mon.-Wed.-Fri., 8:30 AM - 4:30 PM, at (302) 732-9560 and the Delaware Veterans Memorial Cemetery (Millsboro) on Tues. & Thurs., 8:30 AM - 4:30 PM, at (302) 934-5653. Please call for an appointment.

MOBILE VETERANS SERVICE CENTER

You may contact Ms. White at the Pyle State Service Center on Mondays, Wednesdays, and Fridays at (302) 732-9560 and the Delaware Veterans Memorial Cemetery (Millsboro) on Tuesdays and Thursdays, (302) 934-5653. Ms. White also provides services for veterans from the mobile Service Center at the following locations:

OCT 26	Delaware Veterans Home
NOV 02	Georgetown Cheer Center
NOV 09	Home of the Brave
NOV 16	Nanticoke Cheer Center
NOV 23	Delaware Veterans Home
DEC 07	Georgetown Cheer Center
DEC 14	Home of the Brave
DEC 21	Nanticoke Cheer Center
DEC 28	Delaware Veterans Home

American Legion

Robert McBride, Dept. Service Officer, (302) 993-7256, will visit the following posts between 9:00 AM and 12:00 NOON on the following dates:

OCT 14	Walter L Fox, Post #2	674-3922
OCT 21	Laurel Post #19	875-9948
OCT 28	David Harrison, Post #14	633-1711
NOV 04	Oak Orchard/Riverdale, Post #28 (8:00-12:00)	945-1673
NOV 11	Walter L Fox, Post #2	674-3922
NOV 18	Laurel Post #19	875-9948
DEC 02	Oak Orchard/Riverdale, Post #28 (8:00-12:00)	945-1673
DEC 09	Walter L Fox, Post #2	674-3922
DEC 16	Laurel Post #19	875-9948
DEC 23	David Harrison, Post #14	633-1711
DEC 30	Nanticoke Post #6	629-9915

Disabled American Veterans (DAV)

DAV Dept. Service Officers: 302-697-9061

Paul Lardizzone: 302-382-3448

H. Mark Wischman: 302-382-3449

Kent County Schedule:

DAV Headquarters Building, 183 South Street,
Camden, DE 19934

Monday thru Thursday 8:00-12:00 PM (Walk-ins)
1:00-3:00 PM (Appt only)

Sussex County Schedule:

Department of Labor (Div of Employment & Trng)
20093 Office Circle, Georgetown, DE 19947

Thursday 8:00-12:00 PM (Walk-ins) 302-856-5230
Kent & Sussex evening appointments prescheduled
by request only.

New Castle County Schedule:

VAMC Rm 1234 - Tue & Thur 1:00 to 3:30 PM
Louis Wright Jr., Chapter 3 Service Officer

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) 993-7252 or (302)
993-7253. 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, and Frederica the
3rd Tuesday of each month.

Purple Heart NSO (MOPH)

Cheryl Yard, National Service Officer, VA
Regional Office, 1601 Kirkwood Hwy, Wilmington,
DE 19805, (302) 993-7263 M-F 8:30 to 4:00.
Walk-ins welcome.

Vietnam Veterans of America (VVA)

Terry Baker, National Service Officer, VA
Regional Office, 1601 Kirkwood Hwy, Wilmington,
DE 19805, (302) 993-7250 or (302) 993-7251.

Veterans of Foreign Wars (VFW)

James Withrow, Dept. Service Officer, VA
Regional Office, 1601 Kirkwood Hwy, Room 21,
Wilmington, DE 19805, (302) 993-7260 .

1ST Thursday

Delaware DOL (993-7260) 8:00-11:00 AM

Milford VFW (422-4412) 1:30-4:00 PM

2nd Thursday

Delaware DOL (993-7260) 8:00-11:00 AM

Milton VFW (684-4975) 1:30-4:00 PM

3rd Thursday

Delaware DOL (993-7260) 8:00-11:00 AM

Rehoboth VFW (227-3469) 1:30-4:00 PM

4th Thursday

Delaware DOL (993-7260) 8:00-11:00 AM

Seaford VFW (629-3092) 1:30-4:00 PM

5th Thursday

Delaware DOL (993-7260) 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 1-302-993-7260. 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.

**DELAWARE VETERANS MEMORIAL
CEMETERY**

New Castle Co. Section (Bear, DE)...302-834-8046

Sussex Co. Section (Millsboro, DE)...302-934-5653

DELAWARE VETERANS HOME

100 Delaware Veterans Blvd.....302-424-6000

Milford, DE 19963

EMPLOYMENT SERVICES

Al Barclift (Wilmington).....302-761-8093

Allen Jones (Wilmington).....302-761-8141

Toney Fragier (Newark).....302-368-6622

Cliff Rumph (Dover).....302-857-5870

Kevin Gunning (Dover).....302-857-
5870

Dawn Smith (Georgetown).....302-856-5230

DEPARTMENT OF VETERANS AFFAIRS

VA Regional Office (Claims & Benefits)
1601 Kirkwood Hwy

Wilmington, DE 19805.....1-800-827-1000
VA Medical Center (Healthcare)
 1601 Kirkwood Hwy
 Wilmington, DE 19805.....1-800-461-8262
302-994-2511
Dover VA Outpatient Clinic
 1198 S. Governors Ave
 Dover, DE 19904.....1-800-461-8262 x2400
Georgetown VA Outpatient Clinic
 15 Georgetown Plaza
 Georgetown, DE 19947.....1-800-461-8262
 x2300
Readjustment Counseling
 Vet Center (New Castle Co.)1-800-461-8262 x5434
 Vet Center (Kent Co.).....1-800-461-8262 x2430
 Vet Center (Sussex Co.).....302-824-0856
302-824-8291
Veterans Outreach Program
 Listening Post–Lower Delaware.302-422-8033x173

RETIREE ACTIVITIES

Retired Activities Office

MSgt (R) Bill Oldham (William.Oldham.2@us.af.mil), Bldg 520, Room 105, Dover AFB, DE 19902, (302) 677-4610.

Retired Navy Activities Affairs Office

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

VETERANS ORGANIZATIONS POC

Air Force Sergeants Association

Bill McMullen.....(302) 697-9750

American Legion

Richard “Ric” Santos.....(302) 628-5221

AMVETS

Albert Weir.....(302) 629-4141

Colonial Paralyzed Veterans of America

Ron Hoskins.....(302) 365-5670

Phyllis Palabrica.....(302) 365-5670

American Gold Star Mothers

Pauline Anderson.....(302) 633-0239

DELVETS

Robert Wasson.....(302) 798-2951

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 40 & 8
 Eugene “Chip” Rosan.....(302) 678-8077
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 Len Markovitz.....(302) 234-4785
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 George Goss.....(302) 424-0461
Marine Corps League
 James Thompson.....(302) 284-2708
Military Officers Association of America
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 Ron Sarg (Kent Co.).....(302) 678-1603
 Fred Seth, Jr. (Sussex Co.).....(302) 519-0611
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 Cornelius “Bill” Carroll.....(302) 655-3820
Military Order of the World Wars
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