

Resources Contacts for Calvert County Veterans

Updated November 19, 2018 by the Calvert County Department of Community Resources 410-535-1600, Ext. 8802

American Legion

Post 85, Huntingtown 410-535-3341 www.americanlegioncalvertpost85.org

Contact: Charles "Chick" Michael, Commander

Post 206, Chesapeake Beach 410-257-9878 www.alpost206.org

Contact: Les Griffith, Commander

Post 220, Prince Frederick 410-535-1477 <https://www.facebook.com/American-Legion-Gray-Ray-Post-220-1415589198739995/> Contact: Everard Johnson, Commander

Post 274, Lusby 410-326-3274 www.facebook.com/American.Legion.Post.274.Lusby

Contact: Eric Walls, Commander, americanlegionpt274@comcast.net

American Legion Department Service Officers www.legion.org/departmentserviceofficers (DSOs) offer free advice and guidance for veterans as they work through issues with the U.S. Dept. of Veterans Affairs.

Benefits (General Information) www.eBenefits.va.gov Gateway for benefits for veterans, service members and their families.

Charlotte Hall Veterans Home 240-577-7083 Contact: Shawn Kersh, Veterans Benefits Specialist

Federal Benefits for Veterans 2016 VA online guide:

http://www.va.gov/opa/publications/benefits_book/2016_Federal_Benefits_for_Veterans.pdf

Maryland Benefits Guide for Veterans The Md. Dept. of Veterans Affairs provides a *Resource Guide for Veterans and their Families*. The website link to it follows:

http://veterans.maryland.gov/wp-content/uploads/sites/2/2016/05/MDVAResourceGuide.pdf?utm_source=September+2%2C+2016+New+s+and+Announcements&utm_campaign=Mar+6+News&utm_medium=email

Md. Dept. of Veterans Affairs 800-446-4926, Ext. 6450 Call for a benefits check-up. Or consult www.mdva.state.md.us/state/index.html for a dashboard of services available and job opportunities for veterans in Maryland. You can also sign up for email alerts on jobs and services.

Md. Dept. of Veterans Affairs 301-884-8171, Ext. 7155 for a benefits specialist at Charlotte Hall Veterans Home.

Other VA Benefits 800-827-1000

So. Md. VA Representative Email Todd Kemmerer at todd.kemmerer@maryland.gov.

VA Eligibility Specialist 202-745-8000, Ext. 5216 Contact: Lutherina Walk, MSW.

Caregivers <http://warriorcare.dodlive.mil/files/2013/09/Caregiver-Resource-Directory-2013.09.05.pdf>

A comprehensive list of agency resources for persons who care and advocate for recovering military members. It was issued in 2013 by the U.S. Dept. of Defense Office of Warrior Care Policy.

Claims Assistance 301-884-8171 x7155 Md. Dept. of Veterans Affairs, Charlotte Hall Office

Consumer/Finance Issues www.consumerfinance.gov/servicemembers The Office of Service Member Affairs is a voice for military personnel within the newly formed Consumer Financial Protection Bureau. It investigates unethical business practices targeted toward military members, their families and veterans.

Counseling

Annapolis Vet Center 443-257-7286 410-212-8949 Contact: Dr. Mark Chapin 443-388-6196.
Dr. Chapin is Team Leader at the Annapolis Vets Center. Calvert veterans (with appointments) can receive free counseling on Thursdays at Trinity United Methodist Church, Prince Frederick.

Coaching into Care 888-823-7458 www.mirecc.va.gov/coaching VA program to assist family members and friends as they encourage veterans to seek help.

Maryland's Commitment to Veterans 877-770-4801 Contact: Rick Reed at 410-725-9993 or rreed.mcv@gmail.com. He works with veterans and their families to ensure access to behavioral healthcare services through either the VA or local providers. This program has some funding to cover services for veterans without insurance and not enrolled in the VA healthcare system. The agency also has a new Facebook page, <https://www.facebook.com/MarylandVeterans>, with daily updates on events and programs in Maryland such as job fairs, educational opportunities and points of contact.

Make the Connection www.MakeTheConnection.net is a VA website that lets veterans share problems and solutions through life stories and then get connected to appropriate resources as they transition to the civilian world. Visitors can customize their stories and be connected to veteran stories most relevant to their own.

Mobile Veterans Center www.vetcenter.va.gov The mobile veterans center is a nationwide program that enhances outreach by offering counseling, referral and direct service delivery. The mobile center is available every 3rd Friday of the month from 10 a.m. to 3 p.m. in the parking lot of the Walmart store, Route 4, Prince Frederick.

Moving Forward <http://www.veterantraining.va.gov/> is an online self-help training program which provides tools, videos and interactive quizzes to teach skills that will enable veterans to better address problems and daily dilemmas that may arise. Developed by the Departments of Defense (DOD) and

Veterans Affairs (VA), the site is tailored specifically for veterans, military members and their families because it recognizes the uniqueness of military culture.

Operation Warrior Refuge www.OperationWarriorRefuge.org provides accessible treatment for combat veterans with Post-Traumatic Stress Disorder through equine (horse) assisted psychotherapy. Warriors reboot, retrain and renew in order to regain control of their lives. Contact: Julie Devine, LGPC, at 301-475-1909 or Julie@operationwarriorrefuge.org.

Pro Bono Counseling Project 410-323-5800 or 877-323-5800

Southern Maryland Battle Buddies 443-975-5262 Battle Buddies, at no charge, provides 1:1 peer support, encouragement, advocacy and a network of helpful resources to BOTH military veterans and their families. Contact: Email Pete Lewis at somdbattlebuddies.us@gmail.com with any questions, or for a good description of Battle Buddies including a 3-minute video go to: <http://battle-buddies.us>

If you wish to register to be trained to serve as a Battle Buddy and be matched 1:1 with a trained Battle Buddy, or to volunteer as a subject matter expert, go to http://battle-buddies.us/our_services

VA Outpatient Clinic 301-884-7102 The clinic at Charlotte Hall Veterans Home offers behavioral health outpatient services, including mental health and addictions therapy.

Vet Centers: www.vetcenter.va.gov 1-877-WAR-VETS (927-8387)
Website locator identifies vets centers providing services across the U.S.

Vets4Warriors 1-855-838-8255 Private, confidential, toll-free, 24-hour peer support for veterans of National Guard & Reserve components. www.Vets4Warriors.com has extensive online resources.

Crisis

Calvert County Crisis Intervention Center 410-535-1121 or 301-855-1075 24-hour helpline
www.calverthealth.org/personalhealth/crisisintervention/index.htm

Safe Harbor 410-257-7225 Calvert County's domestic violence shelter.
www.calverthealth.org/personalhealth/crisisintervention/shelter.htm

Suicide Prevention Hotline 800-273-8255 (press 1) Chat line:
www.suicidepreventionlifeline.org or www.VeteransCrisisLine.net or text message free of charge at
83-8255. www.mentalhealth.va.gov/suicide_prevention

VA Psychiatrist On-Call 24/7 202-745-8156

Disabilities

Benefits for Disabilities This site, https://benefits.va.gov/BENEFITS/derivative_sc.asp, has a matrix that explains to disabled veterans what additional (derivative) benefits they may be entitled to based on their particular circumstances.

Disabled Veterans Outreach Program 301-374-1179 or 443-699-3029 Contact: Herman Stringer,
hermanstringer@maryland.gov for specialized guidance and assistance for disabled veterans seeking employment.

Disabled Veterans Insurance Careers <http://www.dvic.us/> DVIC is a non-profit organization offering disabled veterans job training, opportunities and the prospect of a meaningful career in the insurance industry. Its mission is to educate, train and create meaningful employment opportunities.

Education

College of Southern Maryland 443-550-6131 <http://www.csmd.edu/student-services/veteran-military-support-services/> Contact is Ron St. Clair, veterans advisor, or Bob Henry, veterans coordinator, at 301-934-7656, about education benefits. Email: veteransbenefits@csmd.edu

Southern Md. Higher Education Center 301-737-2500 www.smhec.org Email: admin@smhec.org

GI Bill Information 1-888-GIBILL-1 www.gibill.va.gov

Employment

American Veterans (AMVETS) 877-726-8387 at national headquarters, Lanham, Md. www.amvets.org Staff and volunteers are committed to addressing unemployment among returning veterans, especially in the 18-24 age group. Contact Karla Stewart Lathroum, national programs director, at 301-683-4027 (office) or 301-395-7649 or klathroum@amvets.org.

America Works of Washington, D.C. 202-503-9928 Contact: Jackie Iverson. She assists homeless veterans and those at risk of homelessness. jiverson@americaondemend.net

Columbia Lighthouse for the Blind 202-454-6400 <http://www.clb.org> Bridge to Work program assists vision-impaired veterans with employment counseling and placement.

Compensated Work Therapy www.cwt.va.gov Vocational rehabilitation program to match and support work ready veterans in competitive jobs.

Easter Seals Program 301-588-8700 Applicants must be recently discharged veterans within the last 48 months with a service-connected disability. Email: info@eseal.org

Eligibility Info on Veterans' Credit for Maryland State Jobs:

http://www.dbm.maryland.gov/jobseekers/Pages/DetermineEligibilityVeteransCredit.aspx?utm_source=Special+Job+Announcement+10%2F28%2F16&utm_campaign=28+Feb+Jobs+&utm_medium=email

Jobs With Military-Friendly Companies: A listing of over 40 employers looking to hire veterans and their families is available at this site: <https://militarybenefits.info/veteran-jobs-with-military-friendly-employers/>

Jobs With the U.S. Dept. of Veterans Affairs: Tips on how to find and apply for VA jobs is available at this site: <https://militarybenefits.info/va-jobs/>

Md. Dept. of Labor, Licensing & Regulation (DLLR), 175 Post Office Road, Waldorf, MD. Contact: George Hawley, Local Veterans Employment Representative, Southern Maryland Region, George.hawley@maryland.gov, 301-374-1153 or 240-367-6489 or 410-241-7586 for info on job clubs, employment fairs and job coaching.

And check this DLLR website <http://www.dllr.state.md.us/employment/jobfairs.shtml> regularly for updates on Job Fairs and Hiring Events.

Maryland Disabled Veterans Employment Program Specialists makes veterans with disabilities more competitive by helping to bridge the gap between veterans' skills and company needs. Contact is Herman Stringer, program specialist, 301-374-1179 (office) or 443-699-3029 (cell) or herman.stringer@maryland.gov.

My Next Move www.mynextmove.org/vets Online tool created by the Department of Labor that allows veterans to enter information about their experience and skills in the field, and match it with civilian careers that put that experience to use. The site also includes information about salaries, apprenticeships, and other related education and training programs.

Paralyzed Veterans of America Connects disabled veterans with meaningful employment at veteran friendly companies through its no-cost Paving Access for Veterans Employment (PAVE) program. Contact is Lauren Lobrano, director, 202-416-7621 (office) or 202-710-5287 (cell) or LaurenL@pva.org.

Retraining for Unemployed Vets www.benefits.va.gov/VOW 800-827-1000 The Veterans Retraining Assistance Program provides upgrade skills training to eligible veterans for high-demand occupations.

So. Md. Job Source Charles County: Contact Cheryl Thorne at 301-645-8712
St. Mary's County: Contact Pam Wilkerson at 301-844-6404

So. Md. Work Source (DLLR) 301-645-8712 www.mwejobs.com Online listing of employment opportunities.

U.S. Dept. of Labor site on finding jobs, starting businesses and hiring veterans, including state-by-state resources: <http://veterans.gov/>.

VA for Vets <http://vaforvets.va.gov> On 11-11-11, the U.S. Dept. of Veterans Affairs launched a website to help veterans find careers in the federal government and in non-profit agencies. It is a high-tech approach to recruiting, hiring, retaining and reintegrating veterans into the workforce. This online Career Center includes a military skills translator, a resume builder and an avatar-based technology that connects deployed troops back to the VA during operational missions. One program goal is to increase the veteran workforce within the VA from 30 to 40 percent. Contact: Loreen Orage at 202-286-7198.

Veterans Employment Center for Job Seekers <https://www.ebenefits.va.gov/ebenefits/jobs> Online site with veterans job bank search tool, military skills translator, resume builder, training and vocational resources

Veterans Employment & Training Service (VETS) <http://www.dol.gov/vets/> Information for employers from the U.S. Dept. of Labor on how to hire and retain veterans.

Veterans Employment Center <https://www.vets.gov/employment/> Resources to connect veterans and family members to employment and career development opportunities.

Veterans Priority Collection <https://veteranspriority.workforcegps.org/> A centralized collection of resources on the job market, education & training programs, grants, legislation, and publications and articles related to employment.

Warriors to Workforce Email inquiries to VAAAW2W@va.gov A 10-month program that offers veterans an opportunity to transition into a new, full-time career in the federal government by applying their military skills and experiences to the Contract Specialist field. The program focuses on transitional support, mentoring, professional development, and foundational career training activities.
Info: <http://files.constantcontact.com/e0a6cfb0201/b6c84036-eb7a-4ef2-bfe9-be2e984b3d2c.pdf>

Family Assistance Contact Maria Feliciano Aponte, family assistance specialist, Cognitive Processional Services, 410-266-7391 or 443-540-1486, maria.c.felicianoaponte.ctr@mail.mil.

Finance

U.S. Consumer Financial Protection Bureau

<https://www.consumerfinance.gov/consumer-tools/military-financial-lifecycle/> offers tools, education, advice, reports on products and complaint monitoring for service members throughout their financial life cycle.

Food

Food Pantries in Calvert County <http://www.co.cal.md.us/DocumentCenter/View/16489>

Fraud/Scams

AARP Operation Protect Veterans, www.AARP.org/fraudwatchnetwork,
877-908-3360.

Health

Calvert County Health Department 410-535-5400 www.calverthealth.org

Disease Prevention www.prevention.va.gov

Geriatrics and Extended Care www.va.gov/geriatrics

My HealtheVet <https://www.myhealth.va.gov>. My HealtheVet is VA's online personal health record. It was designed in 2003 (and redesigned recently) for veterans, active duty service members, their dependents and caregivers. It helps veterans partner with their health care team and provides opportunities and tools to make informed decisions and gain more control over one's health care. The site also has a Veterans Health Library with a searchable database of health fact sheets and videos.

Substance Abuse Treatment Center 410-535-3079 SubstanceAbuseCCHD@dhmh.state.md.us
www.calverthealth.org/personalhealth/substanceabuse/services.htm.

VA Health Benefits 877-222-8387 www.va.gov/healthbenefits.

VA Healthcare for Homeless Vets 202-230-2692 Contact: LaRita Mullins, senior social worker, MSW, LICSW, LICSW-C.

VA Medical Advice Line 202-745-8247

VA Medical Services 202-745-8000 Facility at 50 Irving Street, NW, Washington, D.C., helps veterans access specialty care services.

VA Outpatient Clinic 301-884-7102 Clinic at Charlotte Hall Veterans Home, 29431
Charlotte Hall Road, Charlotte Hall, Md. 20622, helps veterans access primary care services and enroll
for health care if living in the tri-county area.

Veterans Health Council 301-585-4000 www.veteranshealth.org vhc@veteranshealth.org
Informs veterans and their families about health issues and benefits available to them.

VA Mental Health Services www.mentalhealth.va.gov War Related Illness & Injury Study Center
www.warrelatedillness.va.gov/ Referrals and clinical services for health conditions and exposures.

Homelessness

MCVET www.mcvet.org 410-576-9626 Maryland Center for Veterans Education and Training,
Baltimore, info@mcvet.org, offers emergency & transitional & single room occupancy housing,
counseling, supportive services, health care referral, education, substance abuse treatment.

MD Interagency Council on Homelessness Resource Guide
http://veterans.maryland.gov/wp-content/uploads/sites/2/2015/06/Resource-Guide-Homeless-Services-6.pdf?utm_source=October+28%2C+2016+News+and+Announcements&utm_campaign=Mar+6+News&utm_medium=email

National VA Homeless Hotline 877-424-3838 Counseling, referral, food, clothing, 24/7.
www.va.gov/homeless.

Project ECHO 410-535-0044 Contact: Lory Hony, shelter manager, for info on
Calvert County's primary homeless shelter, www.projectecho.net.

VA Rural Outreach & Homeless Prevention in Southern Maryland 301-502-9065 Contact: Kaya Daley,
LGSW, Kaya.HazardDaley@va.gov, for assessment, education and referral.

Washington DC VA Medical Ctr. 202-745-8000, Ext. 6128 or 202-215-8020. Contact: Kevin Morton, director, Healthcare for Homeless Veterans Program at the Center.

Hospice Care

410-535-0892 Contact Amanda Peterson, volunteer coordinator, apeterson@calverthospice.org. Calvert Hospice partners with Department of Veteran Affairs (VA) in its *We Honor Veterans Program*. Staff understands the unique needs of veterans and is prepared to meet the specific challenges that veterans and their families may face at the end of life. Partner initiatives include educating the community about caring for veterans facing serious illness; coordinating care with the VA and other healthcare organizations, and providing Veteran-to-Veteran volunteer programs for quality end-of-life care.

Housing

Charlotte Hall Veterans Home 800-522-VETS Nursing home care only. www.charhall.org
admissions@charhall.org

Charlotte Hall CBOC 301-884-8171, Ext. 7155 to contact a Service Officer.
Housing Authority of Calvert County 410-535-5010 Contact: Shawn Kingston, Executive Director, Ext. 309 <http://www.calverthousing.org/>

Maryland Homefront 410-514-7530 The Md. Dept. of Housing & Community Development now provides a Veterans and Military Family Mortgage Program. It offers veterans and active duty military a special interest rate discount of 0.25% on a 30-year, fixed rate mortgage, and a home credit that provides annual federal tax savings. The following site has flyers and fact sheets:
http://mmp.maryland.gov/Pages/Homefront.aspx?utm_campaign=MMPredirects2014&utm_medium=referral&utm_source=homefront

So. Md. Tri-County Community Action Committee 410-535-1010 Staff provides housing counseling.

Three Oaks Center (TOC) 301-863-9535, Ext. 103 www.threeoakscenter.org TOC operates the Supportive Services to Veteran Families (SSVF) program which provides rapid rehousing, homeless prevention and a veterans resource center for veterans in Calvert, Charles and St. Mary's Counties. Contact: Sasha Seenath at (301) 863-9535 x116 or sseenath@threeoakscenter.org

Legal

Free Legal Clinics <https://www.va.gov/OGC/LegalServices.asp> This site has information on the VA's coordination of free legal services for veterans at VA facilities.

Md. Volunteer Lawyer Service 800-510-0050 410-547-6537

Maryland Legal Aid Bureau 410-951-7777 www.mdlab.org

National Veterans Legal Services Program www.nvlsp.org Lawyers and non-lawyer advocates assist veterans and their families with claims for VA benefits.

Public Defender 443-550-6800 or 877-430-5187

So. Maryland Legal Aid Bureau 410-535-3278 or 877-310-1810 Hughesville Office

Veterans Assistance Project 800-777-3430 or 410-685-6589 Staff provides representation for discharge character upgrades and with VA disability claims.

Library/Research

Calvert Library 410-535-0291 <http://calvert.lib.md.us>

Public computers free of charge, wi-fi, assistance answering questions, collections of materials on many topics, events and classes, one-on-one computer training in small classes, online business and technology classes through Lynda.com, resume and job finding help, research assistance.

Use your library card to access the LearningExpress database to:

Explore careers

<http://www.learningexpresshub.com/productengine/LELIndex.html#/career-center/resources/learn-more-about-a-career/career-information-for-veterans/explore-careers-for-veterans>

Or put your military experience to work.

<http://www.learningexpresshub.com/productengine/LELIndex.html#/career-center/resources/learn-more-about-a-career/career-information-for-veterans/put-your-military-experience-to-work>

Mediation

Community Mediation Center of Calvert County 443-295-7456 CALVERTMEDIATION@gmail.com

Contact: Sheri Tardio, executive director. www.calvertmediation.org. Mediation is a free service providing support for veterans who may be engaged in a conflict with family members, employers, neighbors or involving the courts.

Mortgage Assistance

Emergency Mortgage Assistance 866-731-8486 www.mdhope.org. Maryland state government program designed to assist homeowners who are facing foreclosure.

Operations

Gulf War Veteran Resource Pages www.gulfweb.org 2011 Task Force Report on Gulf War Illnesses:

http://www.va.gov/opa/publications/Draft_2011_GWVI-TF_Report.pdf.

Gulf War Illnesses <http://www.publichealth.va.gov/exposures/gulfwar/>

Iraq & Afghanistan Veterans of America 202-544-7692 www.iava.org

VA OEF/OIF Programs 877-643-6331 Assistance for veterans of Operations Enduring Freedom and Iraqi Freedom.

Vietnam Veterans of America 800-VVA-1316 www.vva.org

Post-Traumatic Stress Disorder (PTSD)

National Center for PTSD www.ptsd.va.gov/ The center is dedicated to research and education on trauma and PTSD. It works to assure that the latest research findings help those exposed to trauma. Also, 802-296-6300 for the Center's PTSD Information line. www.ptsd.va.gov or ncptsd@va.gov

Operation Tohidu www.melwood.org/veterans-services/operation-tohidu/program. Melwood, of Upper Marlboro, Md., 301-599-8000, offers this series of retreats at its 108-acre Retreat and Recreation Center in Nanjemoy. The program is designed to assist veterans and active duty military who are dealing with post-traumatic stress, mild to moderate traumatic brain injury and other deployment related traumas, so they can overcome obstacles to recovery and successful reintegration.

Recreation

Solomons Navy Recreation Center 410 286-5529 or 410 286-7301.

Readjustment

Readjustment Counseling www.vetcenter.va.gov Services to veterans and families to assist their successful transition from military to family life.

Re-entry

VA Incarcerated Veterans Re-entry 202-745-8000, Ext. 5267. Contact: Rodney Carter. He works with incarcerated veterans prior to their release and afterward. rodney.carter2@va.gov

VA Veterans Justice Outreach 202-745-8338 Contact: Karen Carrington. She works with incarcerated veterans in pre-trial stage. Karen.Carrington2@va.gov

Referral to Services

American Veterans (AMVETS) 877-726-8387 www.amvets.org Email: amvets@amvets.org

Calvert County Government 410-535-1600, Ext. 8802 Contact: Curt Hules, Community Resources Dept., curtis.hules@calvertcountymd.gov.

More links & news for Calvert County veterans: www.co.cal.md.us/index.aspx?nid=274

Calvert Dept. of Social Services 443-550-6969 Contact: Adult Services Unit
www.dhr.maryland.gov/county/calvert/index.php.

Disabled American Veterans (DAV) Email: md26mail@davfrat.org.
Chapter #26, California, Md. 301-373-4927

Maryland Dept. of Veterans Affairs 410-260-3838, 800-446-4926, Ext. 6450 www.mdva.state.md.us.
Contact: Dana Hendrickson, Director, Outreach and Advocacy Program, Toll Free: 866-793-1577
dana.hendrickson@maryland.gov

Military Order of the Purple Heart 703-354-2140 www.purpleheart.org Assistance for veterans and their families. For car donations, call 877-222-8387. For clothing/household items pick-up and info on public services, call 410-789-7692 or 301-277-0063, www.PurpleHeartPickup.org.

National Alliance on Mental Illness 301-737-1988 or 301-475-3434 Contact: Amy Henderson,
So. Md. Chapter, namisomd@verizon.net www.namisomd.org walkerca@md.metrocast.net.

Tri-County Council for Southern Md. 301-874-1922 The Council's Veterans Regional Advisory Committee continues to work toward improving access to services for veterans in our region. Its report, *Veterans Integrated Healthcare Recommendations for Southern Maryland*, can be viewed at <http://www.tccsmd.org/downloads/VACFinal-2FDrive.pdf>.

U.S. Dept. of Veterans Affairs 800-827-1000 www.va.gov
myVA www1.va.gov/opa/myva/index.asp Assistance for vets returning from OEF and OIF seeking health care, job assistance, education benefits, home loans and readjustment counseling.

Rehabilitation

Operation Second Chance on the Chesapeake 301-938-2834 Contact: Cindy McGrew, president & founder, cindy@operationsecondchance.org www.operationsecondchance.org. Maryland-based agency of patriotic citizens committed to serving combat-wounded veterans via recreational pursuits. Contact: Mary Mathis, 410-610-2710, marymathis502@comcast.net.

Paralyzed Veterans of America 800-424-8200 www.pva.org info@pva.org

Reintegration

Warfighter Advance, of Patuxent River, MD, is a non-profit agency that helps combat veterans make the transition from the war zone to the civilian world through a 7-day program that addresses health issues while building pride, productivity, healthy relationships, continued service, and advocacy for the same outcomes for their fellow service members. Contact info: 202-239-7395
<http://www.warfighteradvance.org/> admin@warfighteradvance.org

Service Animals

Hero Dogs, Inc. 888-570-8653 www.hero-dogs.org Trains and places service dogs with military veterans who have been injured and/or disabled while serving in the U.S. Armed Forces.

Pets for Patriots <https://petsforpatriots.org/> Promotes companion pet adoptions by U.S. military veterans through nationwide veterinary networks, military and veteran organizations, and a public that supports our troops and appreciates the lives of homeless animals.

Sharing Experiences

Make The Connection www.MakeTheConnection.net A new campaign launched by the VA to create ways for veterans and their families to connect with the experiences of other veterans and obtain additional resources to help them as they transitioning from service, face health issues or navigate the complexities of daily life as a civilian.

Stand Downs

202-273-5764 One-day events sponsored by the DC VA Medical Center to provide food, shelter, clothing, health screenings, benefits counseling and referrals to homeless veterans.

Suicide Prevention Hotline **800-273-8255 (press 1) Chat line:** www.suicidepreventionlifeline.org.
or www.VeteransCrisisLine.net or text message free of charge at 83-8255.
www.mentalhealth.va.gov/suicide_prevention.

Taxes

https://www.irs.gov/individuals/information-for-veterans?utm_source=19+August+5%2C+2016+News+and+Announcements&utm_campaign=Mar+6+N ews&utm_medium=email

The Internal Revenue Service (IRS) has a site titled "Information for Veterans". The page is designed to provide timely federal tax-related information to Veterans about tax credits and benefits, free tax preparation, financial education and asset-building opportunities available to Veterans.

Transitioning (to civilian life) <http://www.militaryonesource.mil/transition>. This website has resources that will help veterans (active duty and reserve components) make the leap from the military to the civilian world. It's a partnership between the VA and the U.S. Department of Labor.

Transportation

Calvert Family Advocates <http://www.calfam.org> Limited funding for Calvert veterans who need transportation to medical appointments. Veterans seeking this assistance may apply by contacting Renee Crampton at 443-550-6917.

New Bus Route to Charlotte Hall

On Feb. 5, 2018, a new bus route from Prince Frederick to the Charlotte Hall Veterans Home was established, and it connects Calvert's public transportation system with those in Charles and St. Mary's Counties. Info is available at this link: www.co.cal.md.us/DocumentCenter/View/18183.

Md.'s Commitment to Veterans 877-770-4801 Contact: Rick Reed at 410-725-9993 or reed.mcv@gmail.com. Referral and information service, and provides limited transportation services only for veterans unable to access transportation to behavioral health appointments.

Traumatic Brain Injury (TBI)

Assistance for a range of adjustment concerns, including TBI, PTSD, sleep, anger and relationships. Contact: Dr. Robert Ciulla at 253-968-2849 or Robert.Ciulla@us.army.mil

TBI Technical Assistance Center 301-656-3500 Center is affiliated with the National Association of State Head Injury Administrators, 4330 East West Highway, Suite 301, Bethesda, Md., 20814.

TBI Center of Excellence 866-838-2778 or 713-794-8157 Contact: Michael E. DeBakey, VA Medical Center. TBICOErecruitment@va.gov has additional Information on TBI.

Vaccinations

www.publichealth.va.gov/vaccines.asp

Veterans of Foreign Wars (VFW) 202-608-8348. Contact is Willie Borden at wborden@vfw.org, who is well-connected to a range of agencies and services that assist veterans.

Volunteering

Give An Hour www.giveanhour.org The agency develops national networks of volunteers capable of responding to both acute and chronic conditions that arise within our society, and its first target population is U.S. troops and families being affected by the current military conflicts in Afghanistan and Iraq.

VA Maryland Health Care System 800-463-6295, Ext. 5505.

VA Voluntary Service www.volunteer.va.gov VA Volunteer drivers are needed to help veterans make their medical appointments: Call 202-745-2488. www.washingtondc.va.gov.

Welcome!

Navigating the many resources available via the VA can be challenging, so the agency in February 2018 released a *Welcome Kit* to save you some phone calls and mouse clicks. The Kit covers eligibility, separation, disabilities, health care, education, housing, careers, life insurance, pensions, burials and memorials. It is available at this link: https://www.vets.gov/va_welcomekit_color.pdf.

Women

Comprehensive Care 301-884-7102 Contact: Sharon Johnson, Comprehensive Care Nurse Practitioner, at the VA Clinic, Charlotte Hall Veterans Home.

Employment <http://www.dol.gov/vets/womenveterans/> U.S. Dept. of Labor website dedicated to assisting women veterans to secure employment.

Entrepreneurial Training <http://whitman.syr.edu/vwise/about.aspx> Veteran Women Igniting the Spirit of Entrepreneurship (V-WISE) is a 3-phase program with minimal costs for budding business professionals. It is funded by the U.S. Small Business Administration and facilitated by the Whitman School of Management, Syracuse University. It does not require business experience, a college education or the use of GI benefits.

Service Women's Action Network 888-729-2089 M-F 10 a.m. to 6 p.m. SWAN supports, defends and empowers women veterans and servicewomen of all eras through advocacy initiatives and community healing programs www.servicewomen.org. Email: peersupport@servicewomen.org.

Women Veterans Program Managers are health care professionals who serve as advisors and advocates for women veterans. Call toll free: 877-222-8387.

VA Hotline 855-VA-WOMEN or 855-829-6636 Receives and responds to questions from veterans, their families and caregivers about the many VA services and resources available to women veterans.

VA Women Veterans Health Care www.womenshealth.va.gov.

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