



TRIBAL VETERANS SERVICE OFFICE

(503) 879-1484 • CTGRTribalVSO@GrandRonde.Org

Tribal Veterans Service Officer Corner

Greetings Veterans & Family Members!

It was great to meet many of you at the Veterans Powwow this year!

My primary focus is filing claims on behalf of Veterans. What I am here to do is help you navigate this process and to assist you along the way.

It is especially important now because of the new PACT Act legislation that was recently signed into law. If you are an Iraq / Afghanistan veteran or Vietnam veteran, these changes might pertain to you.

Please come see me as soon as you can to file a claim and see if you qualify for benefits.

It is always a good idea to get all of the conditions from service actually service-connected. It goes beyond the monetary compensation.

If you pass away due to a service-connected illness, your spouse may be able to apply for benefits as well as use burial benefits that could help your family when you are gone.

All VA can say is no, but if we don't try to file a claim, the answer is always going to be no.

Call or email to schedule an appointment today!

~ Ramona, TVSO (Accredited)

TVSO Events & Upcoming Events

2022 VETERANS WELLNESS, MENTAL HEALTH & SUICIDE AWARENESS VIRTUAL WALK

Veterans, family members of Veterans, and supporters are invited to participate in our 2022 virtual awareness walk!

Walk or run 2.2 miles anytime during the year to bring awareness to veteran mental health and veteran suicide. Each participant who signs up will receive a kit with some goodies to get started.

To receive your t-shirt once you complete the 2.2 miles, email your photo to the TVSO at CTGRTribalVSO@GrandRonde.Org and include your t-shirt size, branch you are walking for, and if you are a Veteran, family, or supporter.

You can also post your t-shirt photo on our FB page as well: @CTGRTVSO. Use hashtags: #ctgrveteransmentalhealthwalk, #iamaveteran, and/or #signonveterans

www.grandronde.org/services/social-services/veterans-services | www.facebook.com/CTGRTVSO

Veterans!

Thursday Meetups

July 14, 2022
10 a.m. to 12 p.m. **Come enjoy coffee and a hot meal**

September 8, 2022
11 a.m. to 1 p.m. **Visit with your fellow veterans**

November 10, 2022
11 a.m. to 1 p.m. **Learn about various veteran benefits**

At 25500 SW Grand Ronde Rd. Grand Ronde, OR 97347 ~ The "Q" Building

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Special points of interest

- Upcoming Events
- PACT Act Legislation
- Oregon Veteran Benefits
- VA Hypertension



Tribal Veterans Service Officer



IT2(SW) ~ United States Navy



Filing A Successful Claim for VA Benefits

To file a **successful** claim, you need **three things**:

1. A current, diagnosed disability,
2. An in-service event, injury, or illness; and
3. A medical nexus between the current disability and the in-service event, injury, or illness (a link between 1 and 2).

To prove your claim you need to provide (if you have them):

- 1) Your medical diagnosis, information, and records
- 2) Your military medical records if you have them
- 3) Any and all documentation that could help support your claim

Every claim is unique and will have different factors for Veterans Affairs to consider.

Claim appointments are by appointment only at this time.

Please contact the TVSO to schedule your appointment.

If approved for service-connection over 30%

You will also need:

- ◇ Your marriage certificate to add your spouse as a dependent.
- ◇ Birth certificates for any of your children you will add as dependents

(If applicable per VA guidelines)

Documents Needed to File a New Claim

- ⇒ DD-214 (or, discharge documents)
- ⇒ List of current diagnoses/reoccurring diagnoses
- ⇒ List of current, non-VA medical doctors (their name, address, phone number, and when treatment began and ended (if ended).
- ⇒ Your VA Facility and provider names
- ⇒ Any military medical records or records documenting injuries in the service or, related medical care to support your claim.
- ⇒ Bank name, routing number, and account

number (VA benefits applications ask for this information for direct deposit)

Appointments with the TVSO are usually an hour long.

- 1) You will sign a HIPAA form and a POA form that allows me to assist with filing your claim.
- 2) I will do an Intake interview and based on what you decide, we will file a claim.
- 3) Contact me today for an appointment as soon as possible!

Service-Connected Veterans Corner

Have you accessed yours benefits?

eligible dependents.

0% service-connected

- VA Health Priority Group 5-8
- America the Beautiful Pass
- Burial & Plot Allowance
- Travel Allowance
- Use of Commissaries, exchanges, and MWR facilities
- Waiver of VA funding fee for VA Home Loan

10-20% service-connected

- All of the benefits above, and
- VA Health Priority Group 3
- VR&E (with serious/employment handicap)

30-40% service-connected

- All of the benefits above, and
- VA Health Priority Group 2
- Additional disability compensation for

50% service-connected

- All of the benefits above, and
- VA Health Priority Group 1 (no cost healthcare and prescription drugs)
- Concurrent receipt of military retired pay

60% service-connected

- All of the benefits above, and
- Individual Employability (must be unemployable due to S/C disabilities)
- DEA (if permanent and total)
- CHAMPVA (unemployable condition must be considered permanent)
- VA Dental Care (if rated unemployable)

100% service-connected

- All of the benefits above, and
- No cost dental care

Veterans Burial Benefits

Planning for the Future

VA has benefits designed to aid you and your family in preparing for the future. The documents in this packet will help guide you and your loved ones as you plan, and ensure your survivors know what benefits are available to them.

The following benefits are available to Veterans and their families:

Pre-Need Eligibility for National Cemetery Burial or Memorialization

VA provides for a final resting place for eligible Veterans, spouses, and their eligible dependents, as well as a headstone or marker, a flag to drape the casket and a Presidential Memorial Certificate.

Memorial or Burial Flags

A United States flag is provided, at no cost, to drape the casket or accompany the urn of a deceased Veteran who served honorably in the U. S. Armed Forces. U.S. Post Offices are the primary issuing point for burial flags. Each family of a decedent is entitled to one flag.

Government Headstones or Markers

VA can provide a single headstone, columbarium niche cover, or a flat marker for a Veteran's final resting place (private, state or national cemeteries).

Cemetery Medallions

VA can provide a medallion for use on a headstone or other memorial in a private cemetery to signify a decedent's status as veteran. Multiple sizes are available.

Presidential Memorial Certificates

VA can provide a Presidential Memorial Certificate (PMC) to the family of the deceased Veteran. A PMC is an engraved paper certificate signed by the current President.

Burial Benefits and Burial Automatic Payments

Burial benefits are paid to a spouse, designated family member, or executor to partially offset the cost of burial expenses, plot costs, and transportation costs for a Veteran's remains. These benefits are paid at different rates based on whether the Veteran's death was service connected or non-service connected.

If the Veteran was receiving VA benefits prior to their passing and had a spouse of record, these benefits will usually be paid automatically to that spouse. However, additional funds may be paid, or payment made to another party, if an application is completed. Additional benefits, including a plot or interment allowance and transportation allowance, may also be payable.

Oregon State Benefits by %



Oregon Department of Veterans' Affairs

0% Service-Connected

- ☐ Oregon State Parks Pass
- ☐ Oregon Disabled License Plate
- ☐ PDX Disabled Vet Free Parking (economy lot, up to 14 days)

10-20% Service-Connected

- ☐ Portland TRI-MET Honored Citizens Pass

30-40% Service-Connected

- ☐ Oregon Disabled Hunting & Fishing License
- ☐ Oregon Property Tax Exemption

50% Service-Connected

- ☐ Oregon Wounded Warrior Parking Placard

70% Service-Connected

- ☐ Oregon Disabled Hunting & Fishing Parking Permit

100% Service-Connected

- ☐ Oregon Public University Dependent Tuition Waiver

ODVA Webpage Links

The Oregon Department of Veterans Affairs (ODVA), has many benefits accessible to Oregon Veterans. Please click the links below to find out more.

[ODVA Main Website](#)

[Disability Compensation Website](#)

[Emergency Assistance](#)

[Home Loans Website](#)

[Veteran Recreation](#)

[Taxes](#)

[Burial](#)

[Oregon Veterans Homes](#)

[Special Advocacy](#)

Promise to Address Comprehensive Toxics (PACT Act)



The PACT Act is a new law that expands VA health care and benefits for Veterans exposed to burn pits and other toxic substances.

The PACT Act will bring these changes:

Expands and extends eligibility for VA health care for Veterans with toxic exposures and Veterans of the Vietnam, Gulf War, and post-9/11 eras

Adds more than 20 new presumptive conditions for burn pits and other toxic exposures

Adds more presumptive-exposure locations for Agent Orange and radiation

Requires VA to provide a toxic exposure screening to every Veteran enrolled in VA health care

Helps us improve research, staff education, and treatment related to toxic exposures

If you're a Veteran or survivor, you can file claims now to apply for PACT Act-related benefits.

Presumptive Illnesses from Gulf War and SW Asia:

- Myalgic Encephalomyelitis /
- Chronic Fatigue Syndrome
- Undiagnosed Illnesses
- Infectious Diseases

- Chronic or recurrent symptoms related to any part of the GI tract. abdominal pain syndrome

- Fibromyalgia

For more information on SW Asia exposure:

<https://www.publichealth.va.gov/exposures/gulfwar/index.asp>

Dates of Exposure: Active duty August 2, 1990 to the present: Iraq, Kuwait, Saudi Arabia, Neutral zone between Iraq and Saudi Arabia, Bahrain, Qatar, The United Arab Emirates, Oman, Waters of the Persian Gulf, the Arabian Sea, the Red Sea, Gulf of Aden, Gulf of Oman, and the airspace above these locations.

Dates of Exposure: On or after 9/11/2001:

Afghanistan, Djibouti, Egypt, Jordan, Lebanon, Syria, Uzbekistan, Yemen, and the airspace above any of these locations

Dates of Exposure: On or after 8/2/1990:

Bahrain, Iraq, Kuwait, Oman, Qatar, Saudi Arabia, Somalia, United Arab Emirates, and the airspace above any of these locations

PACT ACT List Presumption of service-connected illnesses

- ◇ Asthma (that was diagnosed after service of the covered Veteran)
- ◇ Cancers of the:
 - Head
 - Neck
 - Brain
- ◇ Respiratory Cancer
- ◇ Reproductive Cancer
- ◇ Lymphoma
- ◇ Lymphatic Cancer
- ◇ Kidney Cancer
- ◇ Melanoma
- ◇ Pancreatic Cancer
- ◇ Chronic Bronchitis
- ◇ Chronic obstructive pulmonary disease
- ◇ Constrictive bronchiolitis or obliterative bronchiolitis
- ◇ Emphysema
- ◇ Granulomatous disease
- ◇ Interstitial lung disease
- ◇ Pleuritis
- ◇ Pulmonary fibrosis
- ◇ Sarcoidosis
- ◇ Chronic sinusitis
- ◇ Chronic rhinitis
- ◇ Glioblastoma

(Contact TVSO for full list of conditions)

If you meet these criteria, or want to find out more, contact the TVSO as soon as possible to file a claim for service-connection.

TVSO Contact Information:
CTGR TribalVSO@GrandRonde.Org
(503) 879-1484

PACT ACT & Vietnam Veterans

Do you have one or more of these Agent Orange presumptive conditions:

- ☐ Type II Diabetes
- ☐ Prostate Cancer
- ☐ Bladder Cancer
- ☐ Ischemic Heart Disease
- ☐ Multiple Myeloma
- ☐ Plus many others
- ☐ **Hypertension**
- ☐ **Monoclonal Gammopathy of Undetermined Significance**

Monoclonal Gammopathy of Undetermined Significance (MGUS) (is an abnormal plasma disorder).

With this disorder, an abnormal protein (i.e., monoclonal protein) is in a person's blood. This protein is formed with bone marrow.

While this condition does not necessarily cause specific symptoms, it can lead to serious diseases, such as certain forms of blood cancer.

Complications from MGUS can include:

- ◆ Multiple myeloma
- ◆ Light chain amyloidosis
- ◆ Waldenstrom macroglobulinemia
- ◆ Lymphoma

Acknowledged Dates of Agent Orange Exposure

Vietnam (including Blue Water Navy within 12 mi): Jan. 9, 1962-May 7, 1975

Korean DMZ: Sept. 1, 1967- Aug. 31, 1971

Thailand (any US or Royal Thai military base): Jan. 9, 1962-June 30, 1976

Laos: Dec. 1, 1965-Sept. 30, 1969

Cambodia (at Mimot or Krek, Kampong Cham Province): April 16, 1969-April 30, 1969

Guam or American Samoa (Inc. in territorial waters): Jan. 9, 1962-July 30, 1980

Johnston Atoll (including aboard ship): Jan. 1, 1972-Sept. 30, 1977

Contaminated C-123 Planes (flight, ground maintenance, and crew): 1969-86

Added - Hypertension

HOW DISABILITY RATINGS WORK

The VA determines a disability rating after reviewing your service treatment records ("STR"), C&P exam report and any other evidence submitted to them in support of your claim based on the criteria below. You may have one or more symptoms in a higher disability rating, but still receive a lower rating that reflects where MOST of your symptoms are present. If you have multiple injuries, disability ratings are not added together (60%+40%=100%). The VA has an internal ranking system of injuries that will determine your final disability rating.

RATING FORMULA FOR HYPERTENSION (HIGH BLOOD PRESSURE)

(Hypertensive vascular disease, hypertension and isolated systolic hypertension):

PERCENTAGE	DESCRIPTION
	Hypertension refers to both the diastolic and systolic pressure, and systolic hypertension refers to only the systolic pressure. When looking at a blood pressure reading, the systolic hypertension is the number on top, and the diastolic is the number on bottom.
60%	If the average diastolic pressure is 130 or more
40%	If the average diastolic pressure is 120 to 129
20%	If the average diastolic pressure is 110 to 119, or the average systolic pressure is 200 or more
10%	If the average diastolic pressure is 100 to 109, or the average systolic pressure is 160 to 199 or the average diastolic pressure was 100 or more before fully controlled by medication and continuous medication is required to keep the blood pressure under control
• Readings are with blood pressure medications.	
• To qualify for a high blood pressure rating, the condition must be clearly documented by the physician. Blood pressure readings must be taken two or more times a day on at least three different days in order for the condition to be officially diagnosed. A blood pressure log of 2 or more readings over 3 or more days qualifies as lay evidence even if not done by a physician.	
• Your Primary Care Physician can give you a home blood pressure machine if requested.	
• A rating under this code cannot be combined with a rating for the underlying condition that caused the high blood pressure. Only the code that allows for the highest rating can be used for the condition such as renal dysfunction (kidney disease).	
• A rating for high blood pressure can, however, be used in addition to ratings for hypertensive heart disease and other heart diseases.	
Even a 0%, service connected non-compensable rating is important if the Veteran were to pass away from a heart condition for survivor benefits (Dependent Indemnity Compensation) if the cause of death listed on the death certificate indicates or in a doctor's letter that service connected hypertension is at least as likely as not (50% chance or greater) a contributing factor in the death.	

WHAT DO I DO IF I DISAGREE WITH MY RATING?

Speak to your VSO first. They will have the most information to determine if a rating may be incorrect. You have a limited amount of time to appeal your decision and preserve the effective date of your claim.

<http://vcag.info> Veterans Claims Assistance Group



Women Veterans

County Resources

Polk County

Gale's Lodge

(503) 623-9188 or
vso@co.polk.or.us

Leven's St. Housing

(503) 837-1233

Easter Seals Oregon

(971) 304-7140

Yamhill County

YCAP

(503) 687-1484
X1484

Sheridan

Apartments

(971) 312-2739

Marion County

Easter Seals Oregon

(971) 304-7140

Veterans Affairs

[Supportive Services
for Veteran Families
\(SSVF\)](#)

[https://www.va.gov/
homeless/ssvf/
index.html](https://www.va.gov/homeless/ssvf/index.html)

[Homeless Veterans](#)

(877) 424-3838

Today's women Veterans are shaping the future. There are more than 2 million women Veterans living in the U.S. today.

Women have been historically underrepresented in utilizing the benefits provided for them, and have often been more reticent in claiming their veteran status.

Contact me to make an appointment to discuss your benefits and/or file a claim for

service-connected benefits or, let me know if you are already service-connected.

Check out the [Center for Women Veterans](#) website or the "[She Wears the Boots](#)" podcast.

Women Veterans Health Care seeks to provide high quality, gender-specific health care in a safe and sensitive environment at VA health facilities nationwide.



Weekdays: 8:00 a.m. to 10:00 pm (ET)
Saturday: 8:00 a.m. – 6:30 pm (ET)

Other Valuable Resources

Women Veterans Health
Care Home (va.gov)

[Kelly.McCartney@veterans
.idaho.gov](mailto:Kelly.McCartney@veterans.idaho.gov)

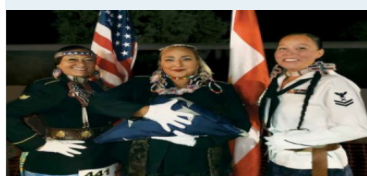
**State Women Veteran
Coordinators in our
Region:**

WA: Lisa Narciso, e-mail
isan@DVA.WA.GOV

California: Virginia
Wimmer, e-mail
[Virginia.Wimmer@calvet.c
a.gov](mailto:Virginia.Wimmer@calvet.ca.gov)

Idaho: Kelly McCartney, e-mail

Alaska: Pam Beale, e-mail
pbeale@gci.net



she
wore
these.
It's our job to give her
the best care anywhere.



WOMEN VETERANS HEALTH CARE

Remembering Our Tribal Veteran



Steve Bobb Sr. joined the Marine Corps and went through basic training at Camp Pendleton. Bobb served a tour of duty in Vietnam from January 1970 through January 1971. One of his assignments was guard duty around Hill 327 and conducting four-man night and day patrols.

The PACT Act and Your VA Benefits

<https://www.va.gov/resources/the-pact-act-and-your-va-benefits/>

Help for Homeless Veterans

VA Helps Veterans ...

Stay healthy

- Eligible Veterans can receive health care, including mental health care and treatment for substance use.

Secure safe, stable housing

- Veterans at imminent risk of becoming homeless can get assistance with expenses such as utilities and child care to help them stay in their homes.
- Qualified Veterans in temporary housing can get help finding a permanent place to live.
- VA can help Veterans having trouble making mortgage payments explore options to avoid foreclosure.

Find a job

- VA provides job training or referrals to help eligible Veterans gain skills to prepare them for employment.
- Work therapy programs can help Veterans who are homeless find temporary housing and a paying job.

Get a degree

- VA can help eligible Veterans go back to school and assist with living expenses while they pursue their studies.

For Veterans who are homeless or at risk of becoming homeless,

VA IS HERE TO HELP.

Jim, formerly homeless Veteran
Served 2004-2011

VA provides individualized care through a wide range of services for Veterans who are homeless or at imminent risk of becoming homeless. Veterans of all eras and branches may be eligible for VA services. Make the Call and take the first step to access help from VA.

Make the Call!
Help for Homeless Veterans
877-4AID-VET
va.gov/homeless (877) 424-3838

Help for Homeless Veterans
877-4AID-VET
va.gov/homeless (877) 424-3838

For Veterans

VA U.S. Department of Veterans Affairs

In Memorium

*Steve L.
Bobb Sr.*

April 7, 1949

August 11, 2022



Confederated Tribes of
Grand Ronde

Social Services Department

Phone: (503) 879-1484

E-mail:

CTGRtribalVSO@GrandRonde.Org

Facebook Page:

@CTGRTVSO

Veterans Services Website:

[https://
www.grandronde.org/
services/social-services/
veterans-services/](https://www.grandronde.org/services/social-services/veterans-services/)

West Valley Memorial



CELEBRATING VETERANS DAY



Luncheon
Thursday, November 10, 2022,
11 A.M. - 2 P.M.
At 25500 SW Grand Ronde Rd. Grand Ronde, OR

We would like to honor you and your service to our country.

All Veterans are welcome!

Come enjoy lunch in your honor.

Each veteran will be entered into the raffle for prizes!

Sponsored by the Tribal Veterans Service Office



TRIBAL VETERANS SERVICE OFFICE

Social Services Department

Attn: TVSO

9615 Grand Ronde Rd.
Grand Ronde, OR 97347

PLEASE
PLACE
STAMP
HERE