



TRIBAL VETERANS SERVICE OFFICE

(503) 879-1484 • CTGR TribalVSO@GrandRonde.Org

Tribal Veterans Service Officer Corner

Greetings Veterans & Family Members!

I want to begin by saying “thank you” to all those who attended and/or RSVP'd to attend the Veterans Luncheon. It was well attended and I hope everyone had a good time. The intention behind these events are to ensure veterans can connect with one another and to know they are valued, honored, seen, and recognized.

This is the last newsletter of the year. I am closing out the year with a couple of hot meals for pick-up on December 7th and 14th here at

the office during the food box pick up. Come on by and grab one.

As I am looking forward to 2024, I am beginning to plan programming for the year. These events are for veterans to have the opportunity to connect with each other and your culture. Keep an eye out for those event announcements. None of this makes a difference unless you participate and all of these events are for your enjoyment, education, or entertainment.

Sending you wishes for a warm, healthy, and safe holiday season!

~ Ramona, TVSO (Accredited)

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Special Points of Interest

- Veteran Food Boxes
- 2024 Events
- Service connected benefits
- GO VETS Transportation

2024 COLA Increase



3.2%

Tribal Veterans Service Officer



TRIBAL VETERANS SERVICE OFFICE

IT2(SW) ~ United States Navy

Claim Appointments

Available on Mondays and Tuesdays

Walk-in Claim Appointments

Thursdays
(same day as the food box pickup)

TRIBAL VETERANS SERVICE OFFICE

| | |
|------------------------------------|--------------------|
| Scheduled Appointments Only | Walk-In Day |
| Monday | Thursday |
| Tuesday | |

To schedule an appointment:
Call (503) 879-1424 or
CTGR TribalVSO@GrandRonde.Org

2024 COLA Increase

Cost of Living Allowance
INCREASE

VA COLA Increase Video

[https://
www.youtube.com/watch?v=74RLj-kjEy0](https://www.youtube.com/watch?v=74RLj-kjEy0)

The new 2024 VA disability rates will be effective December 1, 2023, and disabled veterans will see the new **3.2%** COLA increase on their January 1, 2024, VA payment. Disabled veterans with a current VA disability rating of 10% or higher will receive a 3.2% increase in their VA disability pay rate for calendar year 2024.

VA Claims Insider

<https://vaclaimsinsider.com/2024-va-disability-pay-charts/>

To calculate your increase

- 1) Look at what your last deposit was for your 2023 monthly payment (before deductions) and multiply that amount by 1.032.
Example: We will use a single veteran with a 30% disability rating as an example and the 2023 rate is \$508.05.
 $\$508.05 \times 1.032 = \524.31 . The veterans pay will increase by \$16.26 to \$524.31.
- 2) Then subtract any deductions that are coming out of your pay. That will be your new disability pay for 2024.

Remember: Disability payments are non-taxable income and you WILL NOT receive a 1099 or W2.
Military retirement pay is taxable and you should receive a tax document.

*Veteran Only Food Box Pick Up Every Thursday
from 9 am to 3 pm

Two Days Only



Veterans!
(Spouses, families and widows of Veterans welcome to pick up also)

Non-perishable food boxes available for pick-up on
Thursdays between 9 a.m. and 3 p.m.

At the Community Programs "Q" Building
(across from the entrance to Tribal Housing)
25500 SW Grand Ronde Rd. Grand Ronde, OR 97347



Veterans!
Hot Lunch
(Two days only during food box pick up)

December 7, 2023
Pulled Pork Sandwiches

December 14, 2023
Hamburgers & Chips
(Beginning at 9:30 a.m. ~ as long as food lasts)

*Widows of and family members of Veterans also welcome

WWII Veterans

[All WWII Veterans are now eligible for no-cost VA health care and nursing home services - VA News](#)



All WWII Veterans are now eligible for no-cost VA health care and nursing home services - VA News

The Department of Veterans Affairs announced that all World War II Veterans are now eligible for no-cost VA health care, medical services, and nursing home care.
news.va.gov



2024 Programming

Culture & Connections

The goal of the activities in the coming year are to create opportunities for veterans to connect with one another and their culture.



Some of the activities being considered for 2024:



- Cultural classes
- Music classes
- Social Activities / Game Nights and Mental Health / Wellness activities
- Veterans Summit / Powwow
- Veterans Day



More details and information to come as I finalize plans for the coming year. We would like to encourage you to keep coming to the events.

These events are not successful without you!

Caregiver Program



Veteran Eligibility Requirements:

The Veteran must have a serious injury, which is a single or combined service-connected disability rating of 70% or more, and meet the following eligibility requirements to participate in the Program of Comprehensive Assistance for Family Caregivers:

- 1 The individual is either:
 - A Veteran; or
 - A member of the Armed Forces undergoing a medical discharge from the Armed Forces.
- 2 The individual has a serious injury (serious injury now includes serious illness) incurred or aggravated in the line of duty in the active military, naval, or air service:
 - On or after September 11, 2001; **or**
 - Effective on the date specified in a future Federal Register document, on or before May 7, 1975; **or**
 - Effective two years after the date specified in a future Federal Register document, after May 7, 1975 and before September 11, 2001.
- 3 The individual is in need of in-person personal care services for a minimum of six continuous months based on any one of the following:
 - An inability to perform an activity of daily living; **or**
 - A need for supervision, protection, or instruction.
- 4 It is in the best interest of the individual to participate in the program.
- 5 Personal care services that would be provided by the Family Caregiver will not be simultaneously and regularly provided by or through another individual or entity.
- 6 The individual receives care at home or will do so if VA designates a Family Caregiver.
- 7 The individual receives ongoing care from a Primary Care Team or will do so if VA designates a Family Caregiver.

How to Contact a Caregiver Support Coordinator:

Veterans and caregivers can find their local Caregiver Support Coordinator by...



Calling the Caregiver Support Line Expanded Hours 1-855-260-3274 (Monday-Friday, 7:30 a.m. to 10 p.m. ET; Saturday 8:00 a.m. to 5:00 pm ET) Toll free



Using the Caregiver Support Coordinator locator tool at www.caregiver.va.gov/support/New_CSC_Page.asp



Family Caregiver Eligibility Requirements

For you to be eligible to be a Family Caregiver you must:

- 1 Be at least 18 years of age.
- 2 Be either:
 - The eligible Veteran's spouse, son, daughter, parent, stepfamily member, or extended family member; **or**
 - Someone who lives with the eligible Veteran full-time or will do so if designated as a Family Caregiver.
- 3 Be initially assessed by VA as being able to complete caregiver education and training.
- 4 Complete caregiver training and demonstrate the ability to carry out the specific personal care services, core competencies, and additional care requirements.

In addition, there must be no determination by VA of abuse or neglect of the eligible Veteran by the caregiver.

Caregiver Program (continued)

Inability to Perform Activity of Daily Living (ADL)

The “inability to perform an ADL” means the Veteran or service member requires personal care services **each time** he or she completes one or more of the ADLs listed below.

- Dressing or undressing oneself
- Bathing
- Grooming oneself in order to keep oneself clean and presentable
- Adjusting any special prosthetic or orthopedic appliance, that by reason of the particular disability cannot be done without assistance (this does not include the adjustment of appliances that nondisabled persons would be unable to adjust without aid, such as supports, belts, lacing at the back, etc.)
- Toileting or attending to toileting
- Feeding oneself due to loss of coordination of upper extremities, extreme weakness, inability to swallow, or the need for a non-oral means of nutrition
- Mobility (walking, going up stairs, transferring from bed to chair, etc.)

Requiring assistance with an ADL only some of the time does not meet the definition of an “inability to perform an ADL.”

Stipend Levels:

As an eligible Primary Family Caregiver, you may qualify to receive a monthly stipend, which is paid at one of two levels. Here are the details:

- 1 If a Veteran meets all seven eligibility requirements (listed above), then VA must determine whether the Veteran is “unable to self-sustain in the community.”
- 2 **Level One:** If VA determines that a Veteran is **not** “unable to self-sustain in the community” the designated Primary Family Caregiver will receive the lower-level stipend payment.
- 3 **Level Two:** If VA determines the Veteran is “unable to self-sustain in the community” the designated Primary Family Caregiver will receive the higher-level stipend payment.

Veterans Day Event



Veterans Day Event Photos



Photos

I have a framed photo here from the luncheon that was not picked up.

It is of a Marine Vietnam Veteran wearing a red Marine shirt / hat

Stop by the Tribal Veterans Service Office to pick up between 9 am and 3 pm.

Tips for Filing a Successful VA Claim for Benefits

Filing A Successful Claim for VA Benefits

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

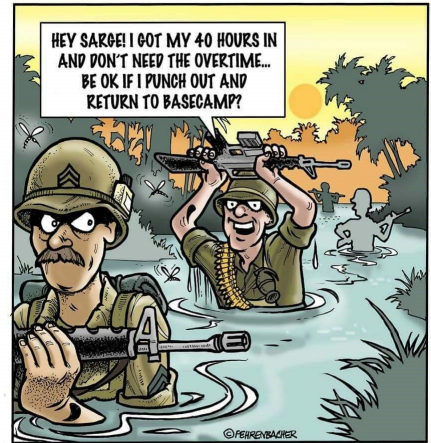
1. A current, diagnosed disability,
2. An in-service event, injury, or illness; and
3. A medical nexus between the current disability and the in-service event, injury, or illness (a link between 1 and 2).

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.

IN-COUNTRY



SPEC 4 SPIVALI DECIDES TO TRY TO GO HOURLY.

Veterans who were on active duty: You were on active duty for the duration of your contract-night and day. Even when you were on liberty, you were still considered active-duty. There was no “off-time” for you on active duty service. You were legally obligated to the government 24 hours a day. This is why you can file a claim for ANY illness or injury that happened while you were on active duty (this is what the cartoon is referencing. There was no such thing as 40 hours a week for active duty).

You need 3 things: an illness / injury that happened in the service; a current medical diagnosis; and a link between the two (unless it is a presumptive condition i.e. Agent Orange or PACT Act). Contact me to file a claim! I’m here to help.

- ⇒ DD-214 (or, discharge documents)
- ⇒ List of current diagnoses/reoccurring diagnoses (a medical chart note helps)
- ⇒ List of current, private medical doctors (their name, address, phone number, and when treatment began and ended (if ended)
- ⇒ Your VA Facility name (s)
- ⇒ Any military medical records or records documenting injuries in the service or, related medical care to support your claim (if you have any)
- ⇒ A voided check or bank deposit slip that includes: your 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!

Remember: If you never ask, it is always no!

Service-Connected Veterans Benefits

Have you accessed yours benefits?

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 eligible

dependents.

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

ODVA Webpage Links



Oregon Department of Veterans' Affairs

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](#)

[How To File A Claim](#)

[Emergency Assistance](#)

[Home Loans Website](#)

[Veteran Recreation](#)

[Taxes](#)

[Burial](#)

[Oregon Veterans Homes](#)

[Special Advocacy](#)

And, many more on the website.

Oregon State Benefits by %

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

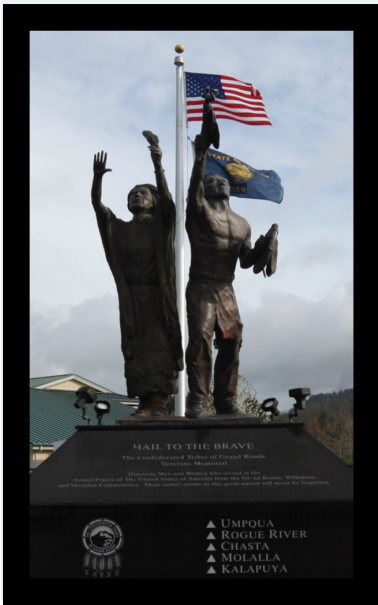
70% Service-Connected

- Oregon Disabled Hunting & Fishing Parking Permit

100% Service-Connected

- Oregon Public University Dependent Tuition Waiver

West Valley Memorial



GO VETS OREGON



Go Vets Oregon Makes it Easier for Veterans to Get Around & Access Services

Go Vets Oregon makes it easier for Veterans to get around and access services. While there are many services for Veterans, getting to and from these services can be a challenge. Go Vets Oregon's primary mission is to increase Veteran access to medical appointments and support services in rural communities across Oregon by promoting and facilitating carpooling.

If you need a ride or want to sign up to give rides:

Questions / Contact: info@GoVetsOregon.org

Website: <https://getthereoregon.org/govets/>

Facebook: [Facebook.com/GoVetsOregon](https://www.facebook.com/GoVetsOregon)

(541) 608-2423



TRIBAL VETERANS SERVICE OFFICE

Community Programs / SSD

Attn: TVSO

9615 Grand Ronde Rd.

Grand Ronde, OR 97347

PLEASE
PLACE
STAMP
HERE