



OPERATION "I SERVED"



Veterans Resource Guide

Brought to you by

*Maine Bureau of Veterans' Services
and
Maine Veterans Coordinating Committee*

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STATE OF MAINE BENEFITS

The Bureau of Maine Veterans' Services provides:

- Information and Program Assistance on:
 - State and Federal Benefits
 - VA Claims and Appeals
 - Military Records (DD Form 214)
 - Advisory Commission on Women Veterans
- Memorial Facilities
- Financial Aid

Our intent is to ensure that Maine veterans and their dependents receive all entitlements due under the law, are relieved to the extent possible of financial hardship, receive every opportunity for self-improvement through higher education and are afforded proper recognition for their service and sacrifice to the Nation.

Veterans' Service Office Locations and Contact Information:

- **Augusta:** Peter Ogden, Director, 626-4464, mainebvs@maine.gov
117 State House Station, Augusta, ME 04333-0117
- **Bangor:** Peter Hickey, 941-3005, peter.w.hickey@maine.gov
44 Hogan Road, Bangor, ME 04401
- **Caribou:** Maurice Lizotte, 492-1173, maurice.lizotte@maine.gov
37 Lombard Road, Caribou, ME 04736
- **Lewiston:** Robin Shepard, 783-5306, robin.p.shepard@maine.gov
Lewiston Vet Center, 29 Westminster Street, Lewiston, ME 04240
- **Machias,** Aubrey (Skip) Carter, 255-3306, aubrey.v.carter@maine.gov
27 East Main Street, Machias, ME 04654
- **Portland:** 878-2683, By Appointment, erwin.d.parsons@maine.gov
National Guard Armory, 772 Stevens Avenue, Portland, ME 04103
- **Springvale:** Ed Parsons, 324-1839, erwin.d.parsons@maine.gov
628 Main Street, Springvale, ME 04083
- **Togus:** Evan Plourde, 623-5732, mailvsome@va.gov
VAM&ROC, Bldg. 248, Room 110, Togus, Maine 04330
- **Waterville:** Conrad Edwards, 872-7846, conrad.n.edwards@maine.gov
National Guard Armory, Drummond Avenue, Waterville, ME 04901

Bureau Website: <http://www.mainebvs@maine.gov>

MAINE VETERANS' MEMORIAL CEMETERY SYSTEM

In order to qualify for eligibility, a veteran must meet one of the following requirements: a) Served in the active United States Armed Forces; b) Served in the Maine National Guard and died as a result of injury, disease or illness sustained while serving on state active service; c) Served in the Reserve Components and became eligible for retired pay under Title 10 USC chapter 1223 or would have been entitled to retired pay under chapter 1223 but for the fact they were under 60 years of age. In addition to the above, a veteran must have received a discharge under honorable conditions, provided that the discharge was not upgraded through a program of general amnesty. Eligible dependents may also be buried. They include spouses, surviving spouses, unmarried adult children who became incapable of self-support before reaching 18 years of age on account of mental or physical disabilities.

The System consists of three cemeteries in the following locations:



163 Mount Vernon Road
Augusta, ME



Civic Center Drive
Augusta, ME



37 Lombard Road
Caribou, ME

Hours of Operation

Open to the Public 24 Hours/Day

Office Hours: 7:30 a.m. - 4:00 p.m. Monday – Friday

Augusta - Burials are conducted year-round.

Caribou - Burials are conducted only during the spring, summer and fall.

Springvale – Under construction with expected opening in FY 2010

For information of to schedule a burial contact:

Maine Veterans' Memorial Cemetery

163 Mount Vernon Road

Augusta, ME 04330

Information/Burial Scheduling (207) 287-3481

Fax number 287-3483

Certificates of Eligibility

Maine Veterans' Services recommends that any veteran and/or family of a veteran interested in burial in a Maine Veterans Memorial Cemetery complete a certificate of eligibility as soon as possible. The application form must be accompanied by an original DD-214 or a certifiable copy of the Record of Discharge from the armed services. The veteran can stop by the cemetery (Mount Vernon Road or Caribou) or the closest Maine Veterans' Services office with the original copy of the DD-214 or Record of Discharge and we will be glad to make a certifiable copy of the DD-214 to accompany the application form.



MAINE VETERANS' HOMES

Maine legislation created Maine Veterans' Homes in July 1977 as a public, not-for-profit organization. Our first Home was opened March 1983 in Augusta. Today, we have six Homes, with a total of 640 beds, located throughout the state. The Homes are recognized for their modern amenities, exceptional programs and full continuum of care.

To qualify for admission, the applicant must be an honorably discharged veteran who served on active duty in the United States Armed Forces and must either be a resident of Maine at the time of application, or have resided in Maine at the time of entry into the United States Armed Forces. Spouses, widows, widowers, and Gold Star parents of eligible veterans may also be eligible for admission. Gold Star parents are parents of a son or a daughter killed in the line of duty.

Maine Veterans' Homes provide the following care:

Medical Services

Skilled Nursing Care
Long-Term Care
Residential Care
Dementia Care
Comfort Care
Respite Care

Rehabilitative Services

Speech-Language Therapy
Occupational Therapy
Physical Therapy

Augusta:	310 Cony Road, Augusta, Maine 04330 (207) 622-2454 or 1-888-684-4664
Bangor:	44 Hogan Road, Bangor, Maine 04401 (207) 942-2333 or 1-888-684-4665
Caribou:	163 Van Buren Road, Caribou, Maine 04736 (207) 498-6074 or 1-888-684-4667
Machias:	1 Veterans Way, Machias, Maine 04654 (207) 255-0162 or 1-888-866-4669
Scarborough:	290 US Route 1, Scarborough, Maine 04074 (207) 883-7184 or 1-888-684-4666
South Paris:	477 High Street, South Paris, Maine 04281 (207) 743-6300 or 1-888-684-4668
Central Office:	5 Community Way Suite 3, Augusta, Maine 04330 (207) 622-0075 or 1-800-278-9494 Fax: (207) 623-3093

www.maineveteranshomes.org

VETERANS DEPENDENTS EDUCATIONAL BENEFITS

Free tuition is available for eligible spouses and children of veterans who attend Maine state-supported post-secondary vocational schools or institutions of collegiate grade.

For dependents to be eligible the veteran must have entered the military from Maine and/or resided in Maine for 5 years prior to applying and remains living in Maine while the dependent is receiving educational benefits and;

- Is living and is determined to have a total permanent disability resulting from a service-connected disability as a result of service or,
- Was killed in action or,
- Died from a service-connected disability as a result of service, or at the time of death was totally and permanently disabled due to service-connected disability, but whose death was not related to the service-connected disability.

RECREATIONAL LICENSES

Complimentary licenses for individuals 70 years of age and over, and/or who are service-connected disabled war veterans evaluated as 70 percent or more, are eligible to receive a license that will allow them to hunt, fish, and trap.

A complimentary license to hunt or fish, or a combination hunting and fishing license and, if requested, a pheasant hunting permit, and a muzzle-loading license under section 7107-A, shall be issued to any resident of the State of Maine who: Is a veteran as defined by Title 37-B, Section 505, subsection 1, paragraph A, subparagraph (5); has a service-connected disability evaluated at 100%. For further information contact Maine Veterans' Services or contact:

Department of Inland Fisheries and Wildlife – Complimentary Licenses 70 yrs+

41 State House Station

284 State Street

Augusta, ME 04333-0041

Tel: 207-287-8000

E-mail: maryann.foy@maine.gov



DISABLED VETERANS ACCESS TO STATE PARKS AND RECREATIONAL FACILITIES

Free access to parks and recreational facilities provided their vehicle has disabled veterans license plate on it.

- If not using the vehicle that the plate is on, a letter must be obtained from the Dept. of Motor Vehicles stating that they have a veteran's plate. (Call 624-9191 for a letter).
- If a veteran wants to make a campsite reservation he/she must obtain a letter from the VA verifying that they have a 100% service connected disability. Please submit the letter to Dept. of Conservation, Attn: Reservations, 22 State House Station. (Call 287-2209 for details.)

TAX EXEMPTIONS FOR VETERANS

Estates of veterans, real and personal, including property held in joint tenancy with the veteran's spouse or held in a revocable living trust for the benefit of that veteran, are exempt up to \$6,000 (\$7,000 for veterans who served during any federally recognized war period prior to World War II) of just valuation and only in the place where the veteran is a legal resident, provided the veteran is a legal resident of the State of Maine; and

- served during a federally recognized war period; and
- has reached the age of **62** years; or
- is receiving a pension or compensation from the United States Government for total disability, either service or non-service connected, as a veteran (VA Tax Code status should be reviewed annually) and;
- has notified in writing the assessors of the municipality in which he resides of his claim for exemption and furnished proof of his entitlement on or before April 1.

Paraplegic Veterans: Estates of paraplegic veterans are exempt up to \$47,500 of just valuation, for a specially adapted housing unit, only in the place where the veteran is a legal resident, provided the veteran is a paraplegic veteran, so-called, within the meaning of 38 United States Code, Chapter 21, Section 2101; and has received a grant from the United States Government for such specially adapted housing and meets the general criteria noted above.

Amount of Exempt Valuation: In determining the local assessed value of the exemption, the assessor shall multiply the amount of the exemption by the ratio of current just value upon which the assessment is based as furnished in the assessor's annual return to the State Tax Assessor. Exemptions apply only to property, or the interest in property, taxable in the place of the applicant's legal residence. Such property must be actually owned by the person eligible for exemption, by the veteran and the veteran's spouse in joint tenancy, or held in a revocable living trust for the benefit of the person eligible for exemption.

Proof of Entitlement: Copy of birth certificate together with presentation of honorable discharge papers, if the claim is based on age 62 or if 100% disabled a certificate or letter from the Veterans Administration or other federal agency that the applicant is receiving compensation or pension from the United States Government as a veteran or widow of a veteran.

See **Maine Revenue Services, Property Tax Bulletin No.7 – Tax Exemptions For Veterans** for the latest information. Bulletin and application forms are located on the Maine Revenue Services website:
<http://www.maine.gov/revenue/forms/property/pubs/bull7text.htm>
<http://www.maine.gov/revenue/forms/property/pubs/bull7.pdf>

Maine Revenue Services

Property Tax Division - Veterans Property Tax Exemption
4 Edison Drive
Augusta, Maine 04332-9106

Telephone # 287-2011; Unorganized Territory: 287-4785; Municipal Services: 287-2013

SPECIAL VETERANS' LICENSE PLATES

United States Medal of Honor Pearl Harbor Survivor		
Former Prisoner of War Purple Heart (vehicle and motorcycle)		
Disabled Veteran (vehicle and motorcycle) Special Veteran Plate		

Special Commemorative Decals for Special Veterans Plate:

Special Medal Decal: Special commemorative decals for medals awarded are available for use with special veteran's registration plates to any person who served in the United States Armed Forces, was honorably discharged and was awarded a medal listed below when that person's application is accompanied by the appropriate military certification (DD 214) verifying that the medal was awarded to the applicant. One set of commemorative decals for each set of special veterans registration plates issued and decals must be displayed on the front and back plates. The fee for a set of commemorative decals is \$5.00.

Distinguished Service Cross	Asiatic-Pacific Campaign Medal
Navy Cross	Korean Service Medal
Air Force Cross	Vietnam Service Medal
Silver Star	Southwest Asia Service Medal
Distinguished Flying Cross	Armed Forces Expeditionary Medal
Bronze Star	Kosovo Service Medal
Soldier's Medal	Korea Defense Service Medal
Navy or Marine Corps Medal	Global War on Terrorism Medal
Airman's Medal	Iraq Campaign Medal
Coast Guard Medal	Afghanistan Campaign Medal
European-African-Middle Eastern Campaign Medal	

Branch of Service Decal: Special commemorative decals for branches of armed forces are available for use with special veterans' registration plates to any person who was honorably discharged. Application must be accompanied by the appropriate military certification verifying the applicant's service. Same rules apply as above. Special commemorative decals may be issued to applicants who served in the:

**United States Army - United States Marine Corps - United States Navy
United States Air Force - United States Coast Guard**

Secretary of State
Bureau of Motor Vehicles – Veterans License Plates and Commemorative Decals
29 State House Station
101 Hospital Street
Augusta, Maine
Telephone: Registration Unit at 207-624-9000, Ext. 52149

BENEFITS AVAILABLE FROM THE DIVISION OF MOTOR VEHICLES

If you have any questions related to the following, you will want to contact your nearest Motor Vehicle Office.

DISABLED VETERAN: Veterans who are 100% Service Connected Permanently Disabled and receive 100% compensation for their disability are exempt from one registration fee, title fee, and driver license renewal fee. They are not exempt from excise tax.

- These veterans **MUST** display Disabled Veteran plates on the vehicle on which they receive one exemption.

- Amputee veterans, who have the loss of or have lost the use of both legs, automatically qualify for the disabled veteran plate.

- A Disabled Veteran is issued a no fee permanent handicap parking placard with their Disabled Veteran plates (unless they are already in possession of one).

AMPUTEE/BLIND VETERAN: Veterans, who are blind, have loss of sight, or an amputee or have loss of a limb, are exempt from all Motor Vehicle related fees.

- Even though the veteran is exempt from excise tax, they have to have the excise forms typed first at their own town of legal residence before the registration can be processed.

- These Veterans can be exempt on only one vehicle.

- These veterans are not entitled to a disabled plate unless they can also produce the letter indicating that they are 100% service connected disabled receiving 100% benefits or unless they are a double amputee of the lower extremities or have loss of use of their lower extremities. To receive a placard or handicap plate, this Veteran must first complete a handicap application.

VETERANS SMALL BUSINESS LOAN PROGRAM

The Finance Authority of Maine (FAME) administers a program whereby eligible resident veterans may obtain business loans from local lending institutions, which will be guaranteed up to a certain percentage based on amount of loan by the State of Maine. Each qualified veteran must first provide the Authority with his/her military discharge record (DD214 or equivalent).

Finance Authority of Maine
5 Community Drive
Augusta, Maine 04332-0949
Tele: (207) 623-0095
1-800-228-3734
Fax: (207) 626-2717
<http://www.famemaine.com/>

STATE APPROVING AUTHORITY FOR VETERANS EDUCATION PROGRAMS

Provides GI Bill Related Information on Programs at Educational Institutions Approved for Use of GI Bills

- College and University Programs
- Hospital Based Programs
- Career, Vocational and Technical non-degree Programs
- On-Job Training Programs Approved for Use of GI Bills
- Licensing and Certification Test Reimbursement Opportunities

Contact Information

Tel: 377-4661

Fax: 377-4663

**E-mail: SAA-VETS@maine.edu
www.msaa.maine.edu**

NORTHERN NEW ENGLAND TROOPS to TEACHERS PROGRAM

The program is administered by the University of Maine System and provides referral and placement assistance.

- Assistance with Participation in Troops to Teachers Program
- General Information on Teacher Certification Requirements and Employment Opportunities
- Referrals to Departments of Education

Contact Information

Tel: 377-9767 OR 1 (888) 463-6488 [1 TTT 4ME NH VT]

Fax: 377-4663

**E-mail: nnettt@maine.edu
www.nnettt.org**



FEDERAL BENEFITS

United States Department of Veterans Affairs (VA)

Broad Range of Services

- Health Benefits and Services
- Board of Veterans Appeals
- Burial and Memorial Benefits
- Home Loan Guarantee Services
- Vocational Rehabilitation and Employment Services
- Life Insurance Program
- Education Benefits
- Compensation and Pension Benefits
- Life Insurance Program

CONTACT INFORMATION FOR VETERANS' BENEFIT ADMINISTRATION:

Togus VA Regional Office

Phone Numbers:

(207) 623-8411, ext. 5900

TDD - 1-800-829-4833

FAX: 207 623-5737

Address: Togus Regional Office,
One VA Center, Augusta, ME 04330

Location: Building 248, Room 205

Office hours: 8:00 to 4:30, Monday to Friday

Email: Togus.query@vba.va.gov

Webpage: <http://www.vba.va.gov/ro/east/togus/>



VA Benefits: 1-800-827-1000 or local (207) 623-8411, ext. 5900

Service Group Life Insurance: 1-800-419-1473

National Service Life Insurance: 1-800-669-8477

Education (GI Bill): 1-888-442-4551

Pension Center: 1-877-294-6380

Fiduciary: (207) 623-8411, ext. 5586

Status of Headstones and Markers: 1-800-697-6947

CHAMPVA – Denver, CO: 1-800-733-8387

Debt Management, ST Paul, MN: 1-800-827-0648

Vocational Rehab/Employment: (207) 626-4736

Loan Guaranty – Manchester, NH: 1-800-827-6311

Homeless Veterans Coordinator: (207) 329-5981

Military Retired Pay: 1-800-321-1080

Returning OEF/OIF Combat Veterans: 1-877-421-8263, ext. 4939/4534

VA SUICIDE HOT LINE 1-800-273-8255

The U.S. Department of Veterans Affairs, "VA" for short, offers a wide range of benefits to our Nation's veterans, service members, and their families.

Who Is Eligible?

You may be eligible for other VA benefits if you are:

- A veteran
- A veteran's dependent
- A surviving spouse or child of a deceased veteran
- A member of the Reserves or National Guard
- An active duty servicemember

Disability Benefits: The VA administers two disability programs. Both pay monthly benefits to disabled veterans.

- **Disability Compensation:** The VA can pay you compensation if you are at least 10% disabled as a result of your military service.
- **Disability Pension:** The VA can pay you a pension if you are a wartime veteran with limited income and you are no longer able to work.
- **Time Limits:** There is no deadline for applying for disability benefits.

Education and Training: The VA pays benefits to eligible veterans, dependents, reservists, and service members while they are in an approved training program. Our major programs are:

- **Montgomery GI Bill:** Persons who first entered active duty after June 30, 1985, are generally eligible. Some Vietnam Era veterans and certain veterans separated under special programs are also eligible. *The bill also includes a program for certain reservists and National Guard members.*
- **Veterans Educational Assistance Program (VEAP):** This program is for veterans who entered active duty for the first time after December 31, 1976, and before July 1, 1985, and contributed funds to this program.
- **Survivors' & Dependents' Educational Assistance:** Some family members of disabled or deceased veterans are eligible for education benefits.
- **Time Limits:** Generally, *veterans* have 10 years from the date they were last released from active duty to use their education benefits. *Reservists* generally have 10 years from the date they became eligible for the program unless they leave the Selected Reserves before completing their obligation. *Spouses* generally have 10 years from the date we first find them eligible. *Children* are generally eligible from age 18 until age 26. These time limits can sometimes be extended.

Vocational Rehabilitation & Employment: The VA can help veterans with service-connected disabilities prepare for, find and keep suitable employment. For veterans with serious service-connected disabilities, VA also offers services to improve their ability to live as independently as possible. Some of the services they provide are:

- **Job Search:** Assistance in finding and maintaining suitable employment
- **Vocational Evaluation:** An evaluation of abilities, skills, interests, and needs
- **Career Exploration:** Vocational counseling and planning
- **Vocational Training:** If needed, training such as on-the-job and non-paid work experience.
- **Education Training:** If needed, education training to accomplish the rehabilitation goal.
- **Rehabilitation Service:** Supportive rehabilitation and counseling services.
- **Time Limits:** You generally have 12 years from the date we tell you in writing that you have at least a 10 percent rating for a service-connected disability

Home Loans: VA offers a number of home loan services to eligible veterans, some military personnel, and certain spouses.

- **Guaranteed Loans:** The VA can guarantee part of a loan from a private lender to help you buy a home, a manufactured home, a lot for a manufactured home, or certain types of condominiums. The VA also guarantees loans for building, repairing, and improving homes.
- **Refinancing Loans:** If you have a VA mortgage, The VA can help you refinance your loan at a lower interest rate. You may also refinance a non-VA loan.
- **Special Grants:** Certain disabled veterans and military personnel can receive grants to adapt or acquire housing suitable for their needs.
- **Time Limits:** There is no time limit for a VA home loan, except for eligible reservists. Their eligibility expires September 30, 2009.

Burial Benefits: The VA offers certain benefits and services to honor our Nation's deceased veterans.

- **Headstones and Markers:** The VA can furnish a monument to mark the unmarked grave of an eligible veteran.
- **Presidential Memorial Certificate (PMC):** The VA can provide a PMC for eligible recipients.
- **Burial Flag:** The VA can provide an American flag to drape an eligible veteran's casket.

- **Reimbursement of Burial Expenses:** Generally, The VA can pay a burial allowance of \$2,000 for veterans who die of service-related causes. For certain other veterans, The VA can pay \$300 for burial and funeral expenses and \$300 for a plot. For those veterans buried in a State Veterans Cemetery the VA pays the \$300 plot allowance to the State Veterans Cemetery where the veteran is buried.
- **Burial in a VA National Cemetery:** Most veterans and some dependents can be buried in a VA national cemetery.
- **Time Limits:** There is no time limit for claiming reimbursement of burial expenses for a service-related death. In other cases, claims must be filed within 2 years of the veteran's burial.

Dependents' and Survivors' Benefits

Dependency and Indemnity Compensation (DIC) is payable to certain survivors of:

- Servicemembers who died on active duty
- Veterans who died from service-related disabilities
- Certain veterans who were being paid 100% VA disability compensation at time of death

Death Pension is payable to some surviving spouses and children of deceased *wartime* veterans. The benefit is based on financial need.

Time Limits: There are no time limits for applying for the benefits described above.

CONTACT INFORMATION FOR VETERANS' HEALTH ADMINISTRATION:

Togus VA Medical Center

Phone Numbers:

Togus Medical Center - 1-877-421-8263

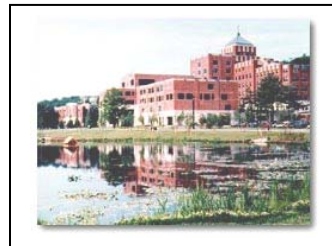
Address: Togus VA Medical Center
One VA Center, Augusta, ME 04330

Location: Building 200, Main Lobby

Hours: 8:00 to 4:00, Monday to Friday

Email: Togus.query@vba.va.gov

Webpage: <http://www.togus.va.gov>



Togus Women Veterans' Clinic 207-623-8411 x-5039

Medical Release of Information: 1-877-421-8263, ext. 5232

Health Benefits Advisor: 1-877-421-8263, ext. 5688

Gulf War/Agent Orange Helpline: 1-800-749-8387

Mammography Helpline: 1-888-492-7844

DAV Transportation: 1-877-421-8263, ext. 5790 or (207) 623-5790

Health Care Benefits: 1-877-222-8387

Fee Services – Medical 1-877-421-8263, ext. 7222

Patient Representative: (207) 623-5760

Pharmacy (refills): 1-877-421-8263, ext. 5751

Returning OEF/OIF Combat Veterans: 1-877-421-8263, ext. 4120/4266/4296

Community Based Outpatient Clinics (CBOCs)

- **Bangor:** 304 Hancock Street, Suite 3B, Bangor, Maine 04401
Phone: (207) 561-3600 or Toll Free 1-877-421-8263 x 3600
- **Calais:** 50 Union Street, Calais, ME 04619
Phone: (207) 904-3700 or Toll Free 1-877-421-8263 x 3700
- **Lincoln** 99 River Road, Lincoln, ME 04457
(207) 403-2000 or toll-free (877) 421-8263 x 2000
- **Caribou:** 163 Van Buren Road, Suite 6, Caribou, ME 04736
Phone: (207) 493-3800 or toll free 1-877-421-8263 x 3800
- **Rumford:** 431 Franklin Street, Rumford, ME 04726
Phone: (207) 369-3200 or toll-free (877) 421-8263 x-3200
- **Saco:** 655 Main Street, Saco, ME 04072
Phone: 207-294-3100 or toll-free (877) 421-8263 x-3100

Part-Time Access Points – Primary Care

- **Houlton:** Houlton Regional Hospital – Call (207) 403-2000 for appointments or information
- **Fort Kent:** Northern Maine Medical Center – Call (207) 493-3800 for appointments or information.

VA Mental Health Clinic

Bangor Mental Health Clinic: 304 Hancock Street, Suite 2D, Bangor, ME 04401
Phone: (207) 561-3650 or (877) 421-8263, ext. 3651

Portland Mental Health Clinic: 73 Washington Ave, Portland, ME 04101
Phone: 207-771-3500 or 1-877-421-8263, ext. 3500

Vet Centers

Vet Centers provide readjustment counseling and outreach services to all veterans who served in any combat zone. Services are also available for their family members for military related issues. Veterans have earned these benefits through their service and all are provided at no cost to the veteran or family. The Department of Veterans Affairs Vet Center program operates a system of 207 community based counseling centers. The Vet Centers are staffed by small multi-disciplinary teams of dedicated providers, many of which are combat veterans themselves.

The family members of service members who die of any cause while on active duty, to include federally activated Reserve and National Guard personnel are eligible for Vet Center services for bereavement counseling, this includes surviving parents, spouses, children and siblings.

- Bangor 352 Harlow Street, In-Town Plaza, Bangor, ME 04401
 (207) 947-3391
- Caribou 456 York Street, York Street Complex, Caribou, ME 04736
 (207) 496-3900
- Lewiston Parkway Complex, 29 Westminster Street, Lewiston, ME 04240
 (207) 783-0068
- Portland 475 Stevens Avenue, Portland, ME 04103
 (207) 780-3584
- Sanford 628 Main Street, Springvale, ME 04083
 (207) 490-1513

Vet Center staff are available toll free during normal business hours at 1-800-905-4675.

VA Homeless Veterans Coordinator: Amy Tague (207) 623-8411, ext.4344 or pager (207) 580-5204

VA SUICIDE HOT LINE 1-800-273-8255

Who Is Eligible? You may be eligible for VA *health care benefits* if you are a veteran.

Health Care

- The VA provides a number of health care services.
- Hospital, outpatient medical, dental, pharmacy and prosthetic services
- Domiciliary, nursing home, and community-based residential care
- Sexual trauma counseling
- Specialized health care for women veterans at the VA Women Veterans Clinic 207-623-8411 x-5039
- Health and rehabilitation programs for homeless veterans
- Readjustment counseling
- Alcohol and drug dependency treatment
- Medical evaluation for military service exposure, including Gulf War, Agent Orange, radiation, or other environmental hazards.

Combat Veterans- VA will provide combat veterans free medical care for any illness possibly associated with service against a hostile force in a war after the Gulf War or during a period of hostility after November 11, 1998. This benefit may be provided for two years from the veteran's release from active duty.

Life Insurance

- **Servicemembers Group Life Insurance (SGLI)** is low-cost term life insurance for service members and reservists. Generally, coverage begins when you enter the service. It is available in amounts up to \$250,000. Generally, it expires 120 days after you get out of the service.
- **Veterans Group Life Insurance (VGLI)** is renewable five-year term life insurance for veterans. It is available in amounts up to \$250,000. You may apply any time within 1 year from the date your *SGLI* expires.
- **Service-Disabled Veterans Insurance**, also called "*RH*" Insurance, is life insurance for service-disabled veterans. The basic coverage is \$10,000. If your premium payments for the basic policy are waived, due to total disability, you may be eligible for a supplemental policy of up to \$20,000. Generally, you have 2 years after being notified of your service-connected disability to apply for basic coverage.
- **VA Civilian Health and Medical Program (CHAMPVA)** shares the cost of medical services for eligible dependents and survivors of certain veterans.

Other Benefits

United States Small Business Administration

Veterans in Small Business

The U.S. SBA provides:

- Loan guarantees
- Business counseling
- Technical assistance to veterans wishing to enter into business
- **In Maine: Mr. John Gardner, Tel: 622-8555**

Email: john.gardner@sba.gov

U.S. Small Business Administration, Maine District Office, Edmund S. Muskie Federal Building, Room 512, 68 Sewall Street, Augusta, Maine 04330



United States Department of Labor

Employment Services for Veterans



The U.S. DOL Veterans' Employment and Training Service, (VETS) provides employment and training services through two principal programs:

- Disabled Veterans' Outreach Program (DVOP)
- Local Veterans' Employment Representatives Program. United States Department of Veterans Affairs (LVER)
- In Maine: Mr. Jon Guay, Telephone: 753-9090, Guay.Jon@dol.gov, U.S. Department of Labor, 5 Mollison Way, Suite 104, Lewiston, ME 04240

The Department of Labor provides dedicated support for veterans through the Career Centers in Maine. Veterans looking for assistance in finding employment should call the Career Center Hotline to locate the nearest Career Center to their home or they can find the information by visiting the Career Center Website if they have access to a computer with internet capability.

<http://www.mainecareercenter.com/>

Career Center Central Hotline at 1-888-457-8883.

Veterans' Representatives Located at VA Regional Office, Togus, Maine

The following organizations have Service Officers that are accredited with the Veterans Administration to represent veterans before the VA.

- **American Legion (AL) 207-623-5726**
Room 318, Building 205
- **Disabled American Veterans (DAV) 207-623-5725**
Room 113, Building 248
- **Paralyzed Veterans of America (PVA) 207-623-5367**
Roomn112, Building 248
- **Veterans of Foreign Wars (VFW) 207-623-5723**
Room 117, Building 248
- **Maine Veterans' Services (MVS) 207-623-5732**
Room 110, Building 248

(Maine Veterans' Services represents the following veterans' organizations):

American Ex-Prisoners of War
Jewish War Veterans of the USA
Military Order of the Purple Heart
Non-Commissioned Officers Association
Veterans of World War I of the USA
Vietnam Veterans of America

Maine Veterans Coordinating Committee

The Maine Veterans' Coordinating Committee was founded in 1972 by the legislature to provide a forum for veterans' organizations to work together on behalf of Maine's veterans. Today the Coordinating Committee's membership is made up of the following veterans' organizations. The Coordinating Committee meets monthly on the first Monday of the month at the Maine Veterans' Home in Augusta. There the committee receives updates from the VA Health and Benefits, Maine Veterans' Services, and Maine Veterans' Homes. Other attendees to the monthly meeting are representatives from Maine's Congressional Delegation.



American Veterans (AMVETS)

Disabled American Veterans (DAV)

Jewish War Veterans

Korean War Veterans

Marine Corps League

Military Order of the Purple Heart (MOPH)

Paralyzed Veterans of America (PVA)

Vietnam Veterans of America (VVA)

WAVES

Women Veterans of America (WVA)

40 and 8

York County Veterans Alliance

American Legion Auxiliary

Disabled American Veterans Auxiliary

Viet Nam Vigil Committee

Honorary Members

Gold Star Mothers

Gold Star Wives

Ex-POWs

World War I Veterans Families

A special thanks goes to the Maine Veterans Coordinating Committee for providing the funding to make these resource guides available to Maine's veterans.

FREQUENTLY CALLED NUMBERS
VETERANS ADMINISTRATION - Health Care

Togus VA Medical Center - 1-877-421-8263

VA Women Veterans' Clinic 207-623-8411 x-5039

Mammography Helpline: 1-888-492-7844

Medical Release of Information: 1-877-421-8263, ext. 5232

Health Benefits Advisor: 1-877-421-8263, ext. 5688

Gulf War/Agent Orange Helpline: 1-800-749-8387

DAV Transportation: 1-877-421-8263, ext. 5790

Health Care Benefits: 1-877-222-8387

Patient Representative: (207) 623-5760

Pharmacy (refills): 1-877-421-8263, ext. 5751

Returning OEF/OIF Combat Veterans: 1-877-421-8263, ext. 4120/4266/4296

Community Based Outpatient Clinics (CBOCs)

Bangor: (207) 561-3600 or toll-free (877) 421-8263 x-3600

Calais: (207) 454-7849 or toll-free (877) 421-8263 x-4480

Caribou: (207) 493-3800 or toll-free (877) 421-8263 x-3900

Fort Kent: Northern Maine Medical Center – Call (207) 493-3800 for appointments of information.

Houlton: Houlton Regional Hospital – Call (207) 403-2000 for appointments or information.

Lincoln: (207) 403-2000 or toll-free (877) 421-8263 x 2000

Rumford: (207) 369-3200 or toll-free (877) 421-8263 x-3200

Saco: (207) 294-3100 or toll-free (877) 421-8263 x-3100

Bangor Mental Health Clinic: 1-(877) 421-8263 x- 3651

Portland Mental Health Clinic: 1-(877) 421-8263 x-3500

Vet Centers

Bangor, 352 Harlow St, (04401) (207) 947-3391

Caribou, York Street Complex (04736) (207) 496-3900

Lewiston, 29 Westminster St, (04240) (207) 783-0068

Portland, 475 Stevens Ave, (04103) (207) 780-3584

Sanford, 629 Main St, Springvale (04073) (207) 490-1513

VA SUICIDE HOT LINE 1-800-273-8255

FREQUENTLY CALLED NUMBERS

VETERANS ADMINISTRATION - Benefits

Togus VA Regional Office Center - (207) 623-8411, ext. 5900

TDD - 1-800-829-4833

FAX: 207 623-5737

VA Benefits: 1-800-827-1000

Service Group Life Insurance: 1-800-419-1473

National Service Life Insurance: 1-800-669-8477

Education (GI Bill): 1-888-442-4551

Pension Center: 1-877-294-6380

Income Verification and Means Testing: 1-800-929-8387

Status of Headstones and Markers: 1-800-697-6947

CHAMPVA – Denver, CO: 1-800-733-8387

Debt Management, ST Paul, MN: 1-800-827-0648

Vocational Rehab/Employment: (207) 626-4736

Loan Guaranty – Manchester, NH: 1-800-827-6311

Homeless Veterans Coordinator: Amy Tague - (207) 623-8411 ext.4344 or pager (207) 580-5204

Returning OEF/OIF Combat Veterans: 1-877-421-8263, ext. 4939/4534

Claims Assistance

Maine Veterans' Services Togus Office (207) 623-5732

American Legion Togus Office (207) 623-5726

Disabled American Veterans Togus Office (207) 623-5725

Veterans of Foreign Wars Togus Office (207) 623-5723

Paralyzed Veterans of America Togus Office (207) 623-5361

VA SUICIDE HOT LINE 1-800-273-8255

FREQUENTLY CALLED NUMBERS

State of Maine

Maine Veterans' Services

Augusta: 626-4464, Central Office, Requests for DD-214
Bangor: 941-3005
Caribou: 492-1173
Lewiston: 783-5306
Machias: 255-3306
Portland: 878-2683, By Appointment
Springvale: 324-1839
Togus: 623-5732
Waterville: 872-7846

Maine Veterans' Memorial Cemetery

Augusta: 287-3481
Caribou: 492-1173

Maine Veterans' Homes

Augusta: (207) 622-2454 or 1-888-684-4664
Bangor: (207) 942-2333 or 1-888-684-4665
Caribou: (207) 498-6074 or 1-888-684-4667
Machias: (207) 255-0162 or 1-888-866-4669
Scarborough: (207) 883-7184 or 1-888-684-4666
South Paris: (207) 743-6300 or 1-888-684-4668
Central Office: (207) 622-0075 or 1-800-278-9494

FREQUENTLY CALLED NUMBERS

State of Maine (Continued)

Governor's Office: #1 State House Station, Augusta, ME 04333-0001

Phone: (207) 287-3531 Fax: (207) 287-1034

Email: governor@maine.gov

Department of Inland Fisheries and Wildlife: (207) 287-8000

Maine Revenue Services: (207) 287-2011, Property Tax exemption information

Bureau of Motor Vehicles: (207) 624-9000 Ext. 52149, Veterans License Plates

FAME: (207) 623-0095 or 1-800-228-3734

Other

Small Business Administration: (207) 622-8555, Mr. John Gardner

U.S. Department of Labor: (207) 753-9090, Mr. Jon Guay

Maine Career Center Hotline: 1-888-457-8883

Marine 4 Life Capt O'Brian (774)-573-2294 augusta@m4lusmc.mil

MAINE'S CONGRESSIONAL DELEGATION

Senator Olympia J. Snowe:

<p>Washington DC Office: 154 Russell Senate Office Building Washington, DC 20510 Phone: (202) 224-5344 Toll Free: (800) 432-1599 Fax: (202) 224-1946</p>	<p>Bangor State Office: One Cumberland Place Suite 306 Bangor, ME 04401 Main: (207) 945-0432 Fax: (207) 941-9525</p>
<p>Auburn State Office: Two Great Falls Plaza, Suite 7B Auburn, ME 04210 Main: (207) 786-2451 Fax: (207) 782-1438</p>	<p>Biddeford State Office: 227 Main Street Biddeford, ME 04005 Main: (207) 282-4144 Fax: (207) 284-2358</p>
<p>Augusta State Office: Edmund S. Muskie Federal Building 40 Western Avenue, Room 408C Augusta, ME 04330 Main: (207) 622-8292 Fax: (207) 622-7295</p>	<p>Portland State Office: 3 Canal Plaza Suite 601 Portland, ME 04101 Main: (207) 874-0883 Fax: (207) 874-7631</p>
	<p>Presque Isle State Office: 169 Academy Street, Suite 3 Presque Isle, ME 04769 Main: (207) 764-5124 Fax: (207) 764-6420</p>

Senator Susan M. Collins:

<p>Washington DC Office: 413 Dirksen Senate Office Building Washington, DC 20510 Phone: (202) 224-2523 Fax: (202) 224-2693</p>	<p>Caribou State Office: 25 Sweden Street, Suite A Caribou, ME 04736 Main: (207) 493-7873</p>
<p>Augusta State Office: 68 Sewall Street, Room 507 Augusta, ME 04330 Main: (207) 622-8414</p>	<p>Lewiston State Office: 11 Lisbon Street Lewiston, ME 04240 Main: (207) 784-6969</p>
<p>Bangor State Office: P.O. Box 655 202 Harlow Street, Room 204 Bangor, ME 04402 Main: (207) 945-0417</p>	<p>Portland State Office: One City Center, Stop 23 Portland, ME 04101 Main: (207) 780-3575</p>
<p>Biddeford State Office: 160 Main Street Biddeford, ME 04005 Main: (207) 283-1101</p>	

Congresswoman Chellie Pingree:

Washington D.C. Office: 1037 Longworth House Office Building Washington, DC 20515 Phone: (202) 225-6116 Fax: (202) 225-5590	
Portland State Office: 57 Exchange Street, Suite 302 Portland, Maine 04101 Phone: (207) 774-5019 Fax: (207) 871-0720	

Congressman Michael Michaud:

Washington D.C. Office: 1724 Longworth House Office Washington, D.C. 20515-1902 Phone: 202-225-6306 Fax: 202-225-2943	Presque Isle State Office: 445 Main Street Presque Isle, ME 04769 Phone: 207-764-1036 Fax: 207-764-1060
Bangor State Office: 23 Water Street, Suite 205 Bangor, ME 04401 Phone: 207-942-6935 Fax: 207-942-5907	Waterville State Office: 16 Common Street Waterville, ME 04901 Phone: 207-873-5713 Fax: 207-873-5717
Lewiston State Office: 179 Lisbon Street, Ground Floor Lewiston, ME 04240 Phone: 207-782-3704 Fax: 207-782-5330	