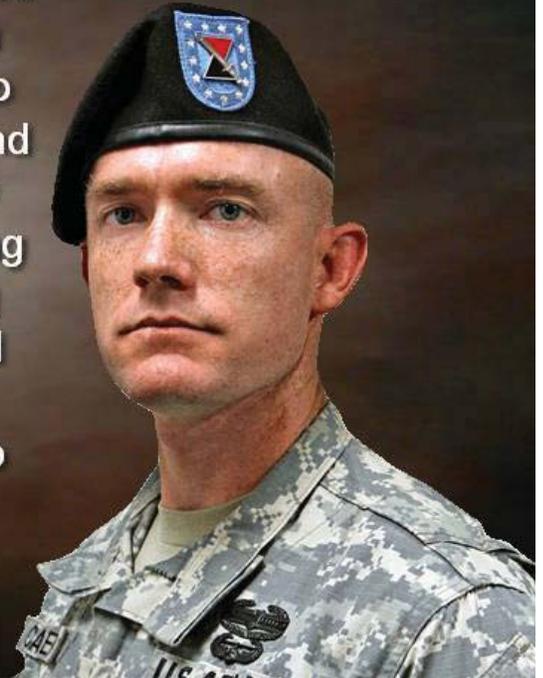


Call 1-800-562-2308 for Statewide Assistance

November/December 2013

"So counseling, you go there, and it's like a wound. In counseling, you open the wound and let it bleed out or whatever and then you go home and you feel not very good. You feel drained. You feel emotional. You go to counseling again ... you keep doing that and it absolutely is difficult, but it's completely necessary. Because after a while, by talking about it, over and over again, by opening the wound, then your body and your mind get used to it. You begin to accept what happened, and when these flashbacks do come, you're okay with it.

– Staff Sgt. Ty Carter
Medal of Honor recipient



Veterans Crisis Line



1-800-273-8255
PRESS 1

The holidays can be stressful. If you know a Veteran having a difficult time, let him or her know that support is only a call/chat/text away. The Veterans Crisis Line is a free, confidential resource that Veterans and Service members in need and their loved ones can access anytime.

Call 1-800-273-8255 and Press 1, chat online at VeteransCrisisLine.net/Chat, or text to 838255 for free, confidential support, 24 hours a day, 7 days a week, 365 days a year.

WASHINGTON STATE DEPARTMENT OF VETERANS AFFAIRS PTSD/War Trauma Outpatient Counseling Services are provided statewide to include individual, couples, family, and veteran group counseling. Some contractors offer group services to women veterans and spouses of veterans. Veterans may be referred to specialized inpatient or outpatient treatment offered by the U.S. Department of Veterans Affairs Medical Centers or Vet Centers within Washington State. Please find a list of WDVA PTSD Providers on pages 9 and 10 or on our webpage at http://www.dva.wa.gov/ptsd_counseling.html





A Note from the Director

Lourdes E. Alvarado-Ramos (Alfie)

alfie@dva.wa.gov



Last month, WDVA held the first-ever “Service for Service – Washington Goes to the Dogs” conference at St. Martin’s Marcus Pavilion in Lacey.

With more veterans discovering how service dogs can add to their quality of life, we wanted to bring together veterans, service dog trainers and community members to have a conversation about dogs, training and laws affecting both the dog owners and local businesses.

Dorothy Hanson, our Behavioral Health Program Manager, and her staff brought together an amazing group of speakers, including Luis Carlos Montalvan, New York Times best-selling author of “Until Tuesday: A Wounded Warrior and the Golden Retriever who Saved Him”.

Presentations from John George, a U.S. Air Force Veteran of Operation Enduring Freedom and Operation Iraqi Freedom and service dog owner, and Sharon Ortiz, Executive Director of the Washington State Human Rights Commission provided a unique perspective on what service animals do, how businesses must accommodate them and how service dog owners can help community members and business owners better understand our laws and rules.

We are already planning for our next statewide service dog event for early summer 2014 and I look forward to these finding positive ways to incorporate our “furry friends” into the lives of veterans and their families.

A handwritten signature in black ink, which appears to be 'Lourdes E. Alvarado-Ramos'.



Pictured left is U.S. Air Force Veteran John George and his Service Dog Alphie, a Goldendoodle.



Pictured right is U.S. Army Veteran and best-selling author Luis Carlos Montalvan, First Lady Trudi Inslee, WDVA Director Alfie Alvarado-Ramos with Luis’s Service Dog Tuesday.



Yakima Stand Down Provided More Than 570 Veterans With Direct Services

by John Rimel, Washington National Guard Family Assistance Coordinator - Yakima (509) 469-4638

Under the direction of the Greater Yakima Valley Veterans Coalition and the Yakima County Veterans Services Office the Yakima Stand Down was conducted on October 26th, 2013 from 9 AM until 3:30 PM. The event was held at the Modern Living Building, Yakima County Fairgrounds. The event began with the posting of the colors by the Yakama Warriors with the WDVA director opening the Stand Down with a few words of inspiration.

This year's event was a complete success. There were over 570 veterans that received direct services. This was an increase of approximately 100 veterans from last year. This number didn't include vendors that were also veterans who took advantage of the services. Services provided included dental screening and dental care, benefit counseling, medical counseling, mental health services, legal services, financial services, employment and job assistance, women veterans counseling, VA claims assistance, homeless assistance and flu shots administered by the local CBOC.

In addition to services provided, organizations such as VFW, American Legion, DAV and VA we had non-traditional services that included haircuts, clothing give-away, military clothing giveaway, door prizes, and a hot lunch meal provided by a local community service organization. During the day special tributes were made to WWII veterans that attended the Stand Down.

Through generous monetary donations from businesses such as Magic Metals and Mirror Metals, Yakima Elks, Legends Casino, Combat Veterans United, Yakima Secure Storage, ActNow Employment Services as well as many others, our event was a success.

As with all events of this magnitude we rely on volunteers. Organizations providing volunteers to support the Stand Down included the Civil Air Patrol, West Valley HS Jr ROTC, US Army Recruiting Command, Washington Army National Guard Joint Services Support (JSS/J9) as well as over 70 individual volunteers.

Planning for next year's Stand Down will begin in January 2014.



VA to Expand Benefits for Traumatic Brain Injury

December 16, 2013 - Some Veterans with traumatic brain injury (TBI) who are diagnosed with any of five other ailments will have an easier path to receive additional disability pay under new regulations developed by the Department of Veterans Affairs.

The new regulation, which takes effect 30 days from today, impacts some Veterans living with TBI who also have Parkinson's disease, certain types of dementia, depression, unprovoked seizures or certain diseases of the hypothalamus and pituitary glands.

This regulation stems from a report of the National Academy of Sciences, Institute of Medicine (IOM) regarding the association between TBI and the five diagnosable illnesses. The IOM report, *Gulf War and Health, Volume 7: Long-Term Consequences of Traumatic Brain Injury*, found "sufficient evidence" to link moderate or severe levels of TBI with the five ailments.

The new regulations, printed in the *Federal Register*, say that if certain Veterans with service-connected TBI also have one of the five illnesses, then the second illness will also be considered as service connected for the calculation of VA disability compensation.

Eligibility for expanded benefits will depend upon the severity of the TBI and the time between the injury causing the TBI and the onset of the second illness. However, Veterans can still file a claim to establish direct service-connection for these ailments even if they do not meet the time and severity standards in the new regulation.

Check with your Veteran Service Officer if you have questions.

VA Offers Dental Insurance Program

November 15, 2013 – VA is partnering with Delta Dental and MetLife to allow eligible Veterans, plus family members receiving care under the Civilian Health and Medical Program (CHAMPVA), to purchase affordable dental insurance beginning Nov. 15.

More than 8 million Veterans who are enrolled in VA health care can choose to purchase one of the offered dental plans. This three-year pilot has been designed for Veterans with no dental coverage, or those eligible for VA dental care who would like to purchase additional coverage. Participation will not affect entitlement to VA dental services and treatment.

There are no eligibility limitations based on service-connected disability rating or enrollment priority assignment. People interested in participating may complete an application online through either Delta Dental, www.deltadentalvadip.org, or MetLife, www.metlife.com/vadip beginning Nov. 15. Coverage for this new dental insurance will begin Jan. 1, 2014, and will be available throughout the United States and its territories.

Also eligible for the new benefits are nearly 400,000 spouses and dependent children who are reimbursed for most medical expenses under VA's CHAMPVA program. Generally, CHAMPVA participants are spouses, survivors or dependent children of Veterans officially rated as "permanently and totally" disabled by a service-connected condition.

Dental services under the new program vary by plan and include diagnostic, preventive, surgical, emergency and endodontic/restorative treatment. Enrollment in the VA Dental Insurance Plan (VADIP) is voluntary. Participants are responsible for all premiums, which range from \$8.65 to \$52.90 per month for individual plans. Copayments and other charges may apply.

Historically VA's free dental services have gone to Veterans with dental problems connected to a medical condition that's officially certified as "service connected." Free dental services will continue for those Veterans.

For more information on VADIP, visit www.va.gov/healthbenefits/vadip, or contact Delta Dental at 1-855-370-3303 or MetLife at 1-888-310-1681.

Veterans who are not enrolled in the VA health care system can apply at any time by visiting www.va.gov/healthbenefits/enroll, calling 1-877-222-VETS (8387) or visiting their local VA health care facility.

Veterans to Receive 1.5 Percent Cost-of-Living Increase

December 4, 2013 - Veterans, their families and survivors receiving disability compensation and pension benefits from the Department of Veterans Affairs will receive a 1.5 percent cost-of-living increase in their monthly payments beginning Jan. 1, 2014. For the first time, payments will not be rounded down to the nearest dollar. Until this year, that was required by law. Veterans and survivors will see additional cents included in their monthly compensation benefit payment. For Veterans without dependents, the new compensation rates will range from \$130.94 monthly for a disability rated at 10 percent to \$2,858.24 monthly for 100 percent.

The full rates are available at <http://www.benefits.va.gov/compensation/rates-index.asp>

During 2013, StandDowns were held all over Washington state to give our Veterans a hand up.

Watch for 2014 Standdowns and be a part of our Community of Volunteers!

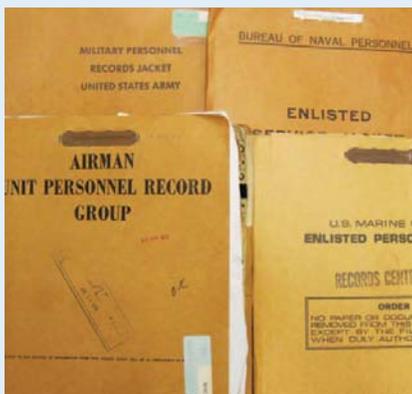


- Dental Screening
- VA Healthcare
- DAV
- Housing Authority
- County Assistance
- American Legion
- ESGR
- WorkSource
- RSVP Vet Connect
- Social Security
- Vet Connect
- Homeless Outreach
- Red Cross
- DSHS
- Haircuts
- MCL
- New Leash on Life
- Hot meals
- Clothing
- Mental Health
- VFW
- Community Action
- Pro-Bono Lawyers
- Education
- Veterinary Services
- Hospice
- WANG
- Transit



Obtaining Military Personnel Records

Get your military service records and awards from the National Personnel Records Center.



Military Records

The documents in your military service record can help you successfully compete for a job, get a loan, or prove your eligibility for other benefits. The separation document (DD-214 or equivalent) is the most commonly requested item. It provides proof of military service and grants you access to important benefits and entitlements. Whether you need just one key document from your file or a copy of your entire service record, you can start your request with us right online.

Medals and Other Awards

The medals and other awards you earned while serving your country are an important part of your military service record. If your medals are missing or damaged, you can apply for replacement of these medals online. In addition, our staff can help you determine whether you qualify for medals and other awards that were conferred after you were discharged from military service.



Start the process by visiting www.archives.gov/veterans

Learn more, read helpful FAQs, and enter your request online.

If you don't have computer access, you can also order your records by mail using Standard Form 180. This form is available at most Veterans Services Offices, or you can order it from us by mail.

We have moved!

Please note our new address.

National Archives and Records Administration
National Personnel Records Center (Military)
1 Archives Drive, St. Louis, Missouri 63138-1002

To safeguard the privacy of veterans' records, we require those who submit requests for records to certify their identity with an original signature. Because of this, we regret that we cannot accept requests for military service records by telephone.



Lacey Team Depot to the Rescue!

The Lacey Home Depot has been working with Veterans and family members in the area needing assistance with small home repairs and outside projects.

Recently, they sent Team Depot member Alan (pictured below left) to replace the lower hot water tank element and repair leaking faucets in both bathrooms and the kitchen at the home of Mary Page.

Mary is the widow of a US Army veteran who served during WWII and Korea.

Corporal Joseph Roscoe Page died in 2003 and is buried at Tahoma

National Cemetery.

Mary and

her dog Sassy

(pictured right) are very happy to have the repairs done.

Thank you Team Depot!



WDVA and the entire Washington State Veterans Cemetery team of staff members and volunteers would like to thank Duane "Tweet" Wolfe for his dedicated service. Tweet has served as the Cemetery Advisory Board Chairperson for the last 3 years, helping to guide the development of the cemetery through advice on policy and community support. His leadership has been instrumental in making the Veterans Cemetery the respected shrine and final resting place for veterans and their families that it is today.

Tweet, your service to WDVA and the veteran community has been nothing but commendable. Thank you for your leadership.



WDVA Director of Nursing services at the Washington Soldiers Home, Charlotte Proulx gives WDVA director Lourdes Alfie Alvarado Ramos her flu shot while James Bryan, Pharmacist for the WDVA Homes does the honors for WDVA deputy director Gary Condra.



2013 Outstanding Service to Veterans



The Governor's Veterans Affairs Advisory Committee (VAAC) and the Washington State Department of Veterans Affairs recognized several Washington residents for their contributions to Washington State's veterans and their families during the past year. The awards were presented at a special luncheon in Auburn, following the awardees participation in the City's 47th Annual Veterans Day Parade.

2013 Outstanding Service to Veterans Awardees are: Lower Valley Honor Guard – Sunnyside, Mabton and Grandview; Robert Valdez – Tri-Cities; Sue Patterson – Lewis County; Earl Jones - Poulsbo; Alex Frix – Thurston County; Michael Zorn - Spokane; Senator Randi Becker – 2nd Legislative District; Representative Tina Orwall – 33rd Legislative District



Our Future Generation Learn to Preserve and Honor a Legacy



Celebrating Veterans is always more than just one day at the Washington Veterans Home. The first in our community to honor veterans was a joyful group of 2nd graders from Lighthouse Christian School (*photo above left*)The students had prepared a presentation that included patriotic songs and reciting a poem.

After the performance the students spread throughout the room to help our Veterans make a craft project and to make a project for each student to take home(*photo right*). The students had the opportunity to meet our Veterans and help them. The noise and action was full with all the energy 42 second graders can contain bringing a joyful noise to honor our residents.

The East Port Orchard Elementary School Honor Choir (*photo above right*) came to perform their Veterans Day program a few day after Veterans Day. This group of students did not let the fact that scheduling can be complicated stop them from making time to honor our Veterans with an outstanding program.

These students meet after school to rehearse and at the Veterans Home they recited stories and facts as well as singing beautifully.

This school is closely located to the Veterans Home and it was great seeing some familiar faces.



WASHINGTON STATE DEPARTMENT OF VETERANS AFFAIRS
PTSD/War Trauma Outpatient Counseling Program Providers List
 UPDATED: OCTOBER 2013

Behavioral Health Programs and PTSD Program Director: **Dorothy Hanson**
 PHONE: (360) 725-2220 (non-emergency voice mail) FAX: (360) 586-1077 Email: dorothyh@dva.wa.gov
 Note: Updates occur regularly, and the most current version can be located at: <http://www.dva.wa.gov/ptsd> or by going directly to: http://www.dva.wa.gov/ptsd_counseling.html and then check the "Find a Counselor" link on the right side of the page.

KING COUNTY

Terry O'Neil, Ph.D. Bellevue, WA 98004 Phone: (425) 990-9840	African-American Veteran Services Dwight Randolph, M.A., LMHC 4719 University Way NE, Ste #206 Seattle, WA 98105 Phone: (253) 820-7386 (Cell)	Ronald Lowell, MSW, LICSW 4719 University Way NE, Ste #206 Seattle, WA 98105 Phone: (206) 902-7210
Dan Comsia, M.A., M. Div., LMHC 502 2 nd Ave NE Puyallup, WA 98372 Phone: (253) 208-9536 (In-home family counseling in King County only)	Diana Hunter, M.A., LMHC 33720 9 th Ave. S, Ste. 7 Federal Way, WA 98003 Phone: (253) 732-8489	River Valley Counseling Lauren Kaye, M.A. LMHC P.O. Box 433 Duvall, WA 98019 Phone: (425) 788-9920
Taylor Creek Psychological Services, LLC Diana M. Frey, Ph. D. Services to children and families of war veterans 22142 SE 237th Street, Ste A-1 Maple Valley, WA 98038 Phone: (425) 443-6472	Cherry Valley Counseling & Neurofeedback (Mon & Wed) Karin Reep, M.A. LMFT P.O. Box 433 Duvall, WA 98019 Phone: (425) 788-9921 919 124th Ave Bellevue, WA 98005 (Tues & Th)	Valley Cities Counseling & Consultation 33301 1 st Way S., Ste C-115 Federal Way, WA 98003 And 2704 "I" St. NE Auburn, WA 98002 Phone: (253) 250-4596
Michael J. Phillips, Psy.D. 55 First Place NW Issaquah, WA 98027 Phone: (425) 392-0277	The Veteran Advisor Stephen Riggins, M.Ed., LMHC 4500 9 th Avenue NE, Ste. 300 Seattle, WA 98105-4762 Phone: (206) 898-1990	Akers Counseling Laurie Akers, M.A., LMHC 3931 Colby Ave. Everett, WA 98201 Phone: (425) 388-0281
Diane Adams, Ph.D. Renton, WA 98055 Phone: (253) 852-4699 www.doctordiane.com	Christian Alexander, M.S., LMHC 1715 Meridian E. Edgewood, WA 98372 Phone: (253) 952-0550	Sam Schwartz Landrum, MSW, LICSW 4719 University Way NE Ste. #206 Seattle, WA 98105 Phone: (206) 605-8998
Matthew Jakupcak, Ph.D. 10740 Meridian Ave. N., Ste. 110 Seattle, WA 98133 Phone: (425) 610-7493		Scott Swaim, M.A., LMHC (Milspec) King County Justice Project & Veteran Court Liaison – Seattle and King County Courts Phone: (206) 909-4745

King County/WDVA PTSD Training Project – Veteran Training Services Center, Edmonds Community College

This King County Levy fund offers veteran & military trauma informed care training, evidence based practices training, and specific workshops and conferencing that address the needs of professionals who work with veterans. Topics include Military and Veteran Cultural and Trauma Informed Care, PTSD, Traumatic Brain Injury, Military Sexual Trauma (MST), PTSD Assessment, Treatment, Resource Information, and Referral Linkage. For more information regarding workshop titles, times, and locations, please visit the Veteran Training Services Center at <http://www.veterantrainingsupportcenter.org/index.php> or contact:

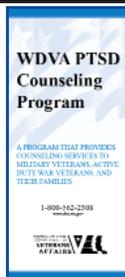
Peter G. Schmidt, Psy. D. Director, Veterans Training Support Center Phone: (425) 640-1463 Email: peter.schmidt@edcc.edu	Julie Jacob, Ed.D., Project Coordinator Veterans Training Support Center Phone: (425) 640-1327 Email: Julie.jacob@edcc.edu
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These trainings are no-cost educational opportunities, featuring many talented faculty members who are educators, authors, treatment professionals, veterans, and trainers with specialty skills in assessment and treatment of PTSD, TBI, and a range of military and veteran related trauma and homecoming concerns. Special emphasis is given to social service agencies, private practice providers, first responders, police, colleges and universities, employers of veterans, K-12 professionals, and others.

(WDVA PTSD counselors continued on page 10)

(WDVA PTSD counselors continued from page 9)

STATEWIDE LOCATIONS		
<p>Chelan, Douglas, & Kittitas Counties Wayne Ball, MSW, LCSW 610 North Mission, St. Ste. 202 Wenatchee, WA 98801 Phone: (509) 667-8828</p>	<p>Clallam and Jefferson Counties Peninsula Behavioral Health 490 North Fifth Ave Sequim, WA 98382 Phone: (360) 681-0585</p>	<p>Clark and Cowlitz Counties Sarah J. Getman, M.A., LMHC, NCC Counseling Services 1700 Hudson St., Suite 105 Longview, WA 98632 Phone: (360) 578-2450</p>
<p>Ferry, Stevens, Pend Oreille Counties, Spokane and Colville Tribes Clark Ashworth, Ph.D. 358 E. Birch Ave., Ste 101 Colville, WA 99114 Phone: (509) 684-3200</p>	<p>Franklin, Benton & Grant Counties Roberto Valdez, Ph.D. 100 N. Morain Street, Ste. 201 Kennewick, WA 99336 Phone: (509) 543-7253 Fax: (509)735-8535</p>	<p>Lewis & Cowlitz Counties Darlene Tewault, M.A., LMHC 107 N. Tower #9 Centralia, WA 98531 Phone: (360) 330-2832 or (800) 723-2832 Fax: (360) 330-0284</p>
<p>Kitsap County – Bremerton Jody Stewart, MA, LMHC 820 Pacific Avenue, Suite 201 Bremerton, WA 98337 Phone: (360) 620-3722 Fax: (360) 443-4200</p>	<p>Kitsap County – Silverdale Katie Stewart, MA, LMHC 3594 Byron Street, Suite 102 Silverdale, WA 98383 Phone: (360) 698-5242 Fax: (360) 698-2009</p>	<p>Mason and Kitsap Counties Adrian Magnuson-Whyte, Ph.D., LMHC Casper LeBlanc, M.A., LMHC Mental Health Professionals, LLC 1620 Olympia Hwy N, Ste B Shelton, WA 98548 Phone: (360) 462-3320 Fax: (360) 462-3320</p>
<p>Okanagan County Jodie Field, MS, LMHC PO Box 3163 Omak, WA 98841 Phone: (509) 826-5731</p>	<p>Pacific & Grays Harbor Counties Jack Dutro, Ph.D., LMFC 1210 Madison St. Aberdeen, WA 98520 Phone: (360) 537-9103</p>	<p>Pierce County African-American Veteran Services Dwight Randolph, M.A., LMHC 2412 N 30th, Ste 100 Tacoma, WA 98407 Phone: (253) 820-7386 Pager: (253) 903-2269</p>
<p>Pierce County Christian Alexander, M.S., LMHC 1715 Meridian E. Edgewood, WA 98372 Phone: (253) 952-0550</p>	<p>Pierce County Dan Comsia, M.A., M. Div., LMHC – Groups for couples 307 6th Ave NW Puyallup, WA 98371 Phone: (253) 840-0116 Phone: (253) 284-9061</p>	<p>Pierce County Diana Hunter, M.A., LMHC 33720 9th Ave. S, Ste. 7 Federal Way, WA 98003 Phone: (253) 732-8489</p>
<p>Skagit and Whatcom Counties Bridget C. Cantrell, Ph.D. 1000 McKenzie Ave, Ste 26 Bellingham, WA 98225 Phone: (360) 714-1525</p>	<p>Snohomish County Laurie Akers, MA, LMHC 3931 Colby Ave Everett, WA 98201 Phone: (425) 388-0281</p>	<p>Spokane County Dennis Pollack, Ph.D. 9 Washington, Ste. 709 Spokane, WA 99201 Phone: (509) 747-1456</p>
<p>Thurston County Keith Meyer, M.S., LMHC 208 Lee St. SW, Ste 104 Tumwater, WA 98512 Phone: (360) 250-0781 (Cell)</p>	<p>Whitman County Psychology Clinic – Veteran Outreach Dianne Phillips-Miller, Ph.D. Washington State University Johnson Tower, Rm 362 Pullman, WA 99164-4820 Phone: (509) 335-3587</p>	<p>Yakima County Stephen A. Younker, Ed. D. Duane Dolliver, MS, LMHC, LMFC 40th Ave Medical Center 1015 s. 40th Ave., Ste 23 Yakima, WA 98908 Phone: (509) 966-7246</p>



WDVA's licensed mental health professional contractors offer a wide range of specialized treatment services, as well as linkage to a variety of other services. Current contractors have an average of 24 years of direct service experience in the field of mental health.

PTSD Director Dorothy Hanson
 360-725-2220 or 1-800-562-2308

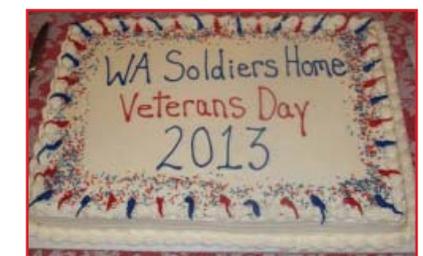
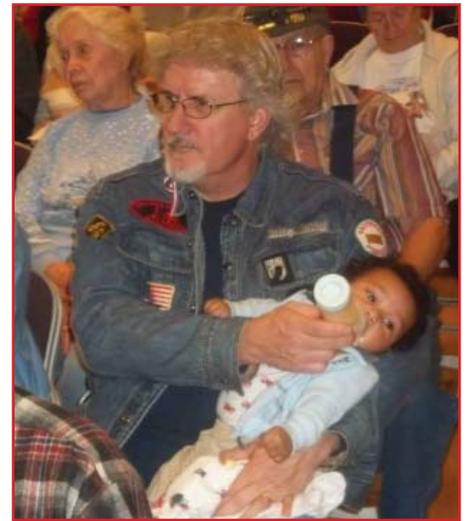
Washington Soldiers Home Veterans Day Program Hosts Record Number of Attendees!

The 2013 Veterans Day Program at the Soldiers Home had Chilson Hall bursting with residents, community members and groups, veterans service organizations, volunteers and staff, making it a record year for attendees.

WSH Superintendent Lael Hepworth was this year's MC and keynote speaker was Major John Wells, 81st Armored Brigade Combat Team.

The Graham-Kapowsin High School JROTC Color Guard posted and retired The Colors with precision and expertise and the Puyallup Valley Community Band did an amazing job providing music for the event.

It took many community and service organizations providing support to make the day such a success. We are very grateful to The Green Knights Motorcycle Club, The Boy Scouts of America, Graham-Kapowsin High School JROTC Color Guard and members, Air Force Sergeants Association, Combat Veterans Motorcycle Club, Brothers In Arms Motorcycle Club, VFW, American Legion, AMVETS, Knights of Columbus, The Puyallup Valley Community Band, The Rainbow Girls, Gentiva Home Health, Tacoma Veterans Center, and Pierce College Puyallup Office of Student Life. Thank you all!





Secretary of State

Kim Wyman

Plan for Giving Wisely

While there are many deserving organizations in need of support, giving wisely makes the most of your generosity. Creating a **Giving Plan** can help. Here are some tips .

- Make an **annual** personalized giving plan—make a list and check it!
- Include who and how much you want to give.
- Donate by check - **never** send cash.

MAKE YOUR DONATION COUNT

- If someone calls, **you** should ask detailed questions
- **Always** request written information from telemarketers
- Hang up the phone on aggressive or harassing telemarketers.



Give a little, or give a lot, but please Give Wisely



- Research charities **before** you give. **Call** the Better Business Bureau, check the **Consumer Alerts** at the Attorney General's or the Secretary of State's web sites, **ask** people you know. Check it out!

Charity & Nonprofit Education Program

- Consider other ways to support an organization or cause. Many of them need volunteers to support their mission. Contact your favorite charity today to find out about opportunities to serve.
- To find a list of charities in your area, check out the Secretary of State's web site or give us a call.

www.sos.wa.gov/charities
1-800-332-GIVE

Starting January 3, 2014, the Washington State Department of Veterans Affairs (WDVA) Central Office will be open Fridays to serve veterans and their families!

WDVA Olympia Service Center hours, Monday – Friday 8am – 5pm.

Call 1-800-562-2308 or visit www.dva.wa.gov



Best Wishes for Joy and Peace to all our Troops on active duty, our Reservist and Guard Members and especially to our Veterans

*From the staff at Building 9,
Washington State
Department of Veterans Affairs*

WDVA Veteran Voices
PO Box 41150
1102 Quince Street SE
Olympia, WA 98504-1150

1-800-562-0132 opt. 1
communications@dva.wa.gov

Veterans Voices is published every other month for Washington veterans and all interested in news affecting veterans and their families. View previous editions here:

<http://www.dva.wa.gov/publications.html>

Governor of Washington
Jay Inslee

WDVA Director
Lourdes E. Alvarado-Ramos (Alfie)
alfie@dva.wa.gov

WDVA Deputy Director
Gary Condra
garyc@dva.wa.gov

WDVA Assistant Director
Mary Forbes
maryf@dva.wa.gov

Communications Director
Heidi Audette
heidia@dva.wa.gov

Community & Media Relations
Colleen Gilbert
colleen@dva.wa.gov

Web & Graphic Designer
Jennifer Montgomery
jenniferm@dva.wa.gov



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