

## IMPORTANT PHONE NUMBERS FOR VETERANS ASSISTANCE

NYS Division of Veterans' Affairs ..... 888-838-7697  
 Chemung County Veterans Affairs..607-737-5445  
 Schuyler County Veterans Service...607-535-2091  
 Seneca County Veterans Service... 315-539-1798  
 Steuben County Veterans Service .. 607-664-2528  
 Yates County Veterans Services ..... 315-536-5196  
 NYS VA Counselor..... 888-838-7697  
 VA Health Care Benefits and Services.....  
 ..... 877-222-8387  
 VA Information on Health Care Eligibility.....  
 ..... 800-929-8387  
 VA Education Benefits ..... 888-442-4551  
 VA Insurance..... 800-669-8477  
 VA Home Loan Guarantee ..... 877-827-3702  
 National Center for Post Traumatic Stress  
 Disorder ..... 802-296-6300  
 National Coalition for Homeless Veterans .....  
 ..... 800-838-4357  
 Bath VA..... 607-664-4000  
 Canandaigua VA..... 585-394-2000  
 Sampson Veterans Memorial Cemetery .....  
 ..... 607-379-0197

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## VA Telehealth

### Real-Time Access To Your VA Care Team Through VA Video Connect

VA Video Connect makes VA health care more convenient for you and other veterans and caregivers. VA Video Connect enables you to quickly and easily meet with your VA care team through secure and private videoconferencing sessions. **You can visit with your provider in a virtual medical room, from anywhere, using the camera on your phone, computer, or tablet.**

#### Talk With Your Provider About Using VA Video Connect If:

- You live far from or have limited access to your VA facility.
- You have health conditions that make traveling to the VA specialist you need difficult.
- You lack time to attend regularly scheduled appointments.
- You don't require a hands-on physical examination.

#### Step-By-Step Guide

- 1 Visit the website** and learn more about VA Video Connect by logging on to [mobile.va.gov/appstore](http://mobile.va.gov/appstore).
- 2 Get set up.** Open VA Video Connect by selecting your appointment link. VA Video Connect opens in a web limited access browser on Android, mac, and Windows. (Apple iPhone and iPad users will need to download the mobile app from the Apple App Store.)
- 3 Test your device.** On the VA Video Connect app page, select "Visit the VA Video Connect test site" to set up your microphone and speakers. You can also ask your VA care team for a practice session.
- 4 Troubleshoot technical problems.** Need help? Call the VA National Telehealth Technology Help Desk at 866-651-3180, Monday through Saturday, 7 a.m.-11 p.m.

Questions about VA Telehealth can be directed to Dawn Smith.

Phone: (607) 664-4542

Email: [dawn.smith7@va.gov](mailto:dawn.smith7@va.gov)

In November, we celebrated Veterans Day. We paused to honor the service and sacrifice of our nation's heroes. I want to thank all of our veterans and active duty servicemembers for their courage, commitment, and dedication to protecting their fellow Americans. I also want to thank their family members for sharing in their sacrifice. We'll never be able to adequately thank these heroes, but it's incumbent on each of us to do everything we can to express our gratitude and appreciation through our words and, more importantly, our actions. Please share this bulletin with any of your family members, friends and neighbors who are serving or have served!



Assemblyman Phil Palmesano

## The United States Of America Vietnam War Commemoration

The primary focus is to thank and honor Vietnam veterans and their families for their service and sacrifices on behalf of our nation.

- All who served on active duty in the U.S. Armed Forces at any point during the time frame of November 1, 1955 and May 15, 1975, regardless of duty location. There is no distinction made between veterans who served in country, in-theater, or who were stationed elsewhere during this time frame.
- Across the nation, Americans are coming together to thank and honor our Vietnam veterans, as well as their families, for their service and sacrifice.
- Through this effort, 2.4 million Vietnam veterans and their families have been publicly and individually thanked during nearly 15 thousand ceremonies!
- Included in the recognition is the personal presentation of the Vietnam Veteran Lapel Pin to each living Vietnam veteran as a "lasting memento of the nation's gratitude."

For more information, go to [vietnamwar50th.com](http://vietnamwar50th.com).

To request a presentation or inquire about the Lapel Pin, contact Linda Conway, Services to the Armed Forces, Finger Lakes Chapter, American Red Cross at 607-962-0765 or 607-769-6552.

National Vietnam Veterans Day is recognized annually on March 29<sup>th</sup>.

## Getting the Recognition You Deserve

The following is a list of state military awards that veterans may apply for. Many are unaware that they are entitled to receive these awards, and Assemblyman Palmesano wants to make sure that the brave heroes of the United States Armed Forces are recognized for their achievements. **For more information, or to receive an application for these awards, contact Assemblyman Palmesano's office at 607-776-9691.**

**Conspicuous Service Cross** - The Conspicuous Service Cross may be awarded to any current New York State citizen or person who was a New York State citizen while serving on federal active duty; whose entire service was honorable subsequent to the time of receipt of the citation while serving in the U.S. Army, Air Force, Navy, Marine Corps, Coast Guard or in the Army female nurse corps, and who has received a personal decoration issued by a brigade or equivalent higher headquarters. The Conspicuous Service Cross may also be awarded to any citizen of New York State, who while serving with the allied forces, received a personal decoration published in order issued by a brigade or equivalent higher headquarters.

**For more information or for an application, visit [www.dmna.ny.gov](http://www.dmna.ny.gov) or call (518) 786-4520.**

**Medal for Merit** - The Medal for Merit may be awarded to any current New York State citizen or person who was a New York State citizen while serving on federal active duty; or, a non-New York State citizen who is an active member in the New York State organized militia, and as an active member in the New York State organized militia, served with units of the New York State organized militia while on federal active duty for purposes other than training and/or annual training; whose entire service was honorable and who were recipients of a valor, achievement, commendation, or meritorious service decoration, of a lesser degree than required for the award of the Conspicuous Service Cross, or whose service was in direct support of combat operations while serving in the United States Army, Air Force, Navy, Marine Corps, or Coast Guard.

**For more information or for an application, visit [www.dmna.ny.gov](http://www.dmna.ny.gov) or call (518) 786-4520.**

**Conspicuous Service Star** - The Conspicuous Service Star may be awarded to any current New York State citizen or person who was a New York State citizen while serving on federal active duty; whose entire service was honorable and who were recipients of a unit commendations arising from combat while serving in the United States Army, Air Force, Navy, Marine Corps, or Coast Guard.

**For more information or for an application, visit [www.dmna.ny.gov](http://www.dmna.ny.gov) or call (518) 786-4520.**

# Veterans' Path to Employment

## VETERAN JOB ASSISTANCE

### MY NEXT MOVE - FOR VETERANS!

Search, Browse, find Careers!  
<http://www.mynextmove.org/vets/>

### VETERAN JOB SEARCH RESOURCES

Helmet to Hardhats  
[www.helmetstohardhats.org](http://www.helmetstohardhats.org)  
**866-741-6210**

Troops and Teachers  
**800-231-6242**

Small Business Administration  
**800-827-5722**

Hire Vets First  
**877-872-5627**

VetBiz: Center for Veterans Enterprise  
**866-584-2344**

United States Department of Veterans Affairs Career Center  
<http://www.oefoif.va.gov/employment.asp>

New York State Jobs Express  
[www.jobs.ny.gov](http://www.jobs.ny.gov)

Military Hire  
[www.militaryhire.com](http://www.militaryhire.com)

### GI Bill Benefits

Federal On-the-Job Training and Apprenticeship Training benefits may be available to eligible veterans through the GI Bill. Additional information may be found by visiting [www.veterans.ny.gov](http://www.veterans.ny.gov)

### MILITARY BUSINESS OWNERS

Veteran-Owned Businesses  
[www.veteranownedbusinesses.com](http://www.veteranownedbusinesses.com).

