

## Helpful Hint for Newly Discharged Veterans

1. Request a copy of all your records - especially your medical records - **ESPECIALLY** if you had the slightest injury. In the past there have been incidents when records have been lost and it is important to have your own copies.

AND ALWAYS HAVE YOUR ORIGINAL DD 2-14

2. Register with the VA Medical Center if you have any indication of health concerns related to your time in service (i.e. hearing loss, flat feet, bad knee, **ANYTHING**). And if you are currently enlisted have all your injuries - **even little ones** - recorded.

3. File a claim for your service-connected injury ASAP. The sooner it's on record the less time the VA will be able to point to something else as a cause of your injury (e.x. your truck was blown up and you hurt your back in Afghanistan but it didn't really bother you. Twenty years later you file a claim. Ten years before you filed the claim you fell off your roof. The VA is **NOT** going to think it was the truck that hurt you).

4. Keep a copy of **EVERYTHING** you **EVER** send to or receive from the VA. If you submit documents have them sent certified mail or go to the VA yourself and have them time/date your documents.

5. Don't ever assume! Just because you think the VA will cover treatment, pay for school, or pay for special adaptation for your home or car **DO NOT** do anything before getting official clearance unless you're willing to pay for it yourself. The VA has a lot of great programs but very strict requirements. Be sure to know and understand them all before you take action.

6. Use Veteran Service Organizations/Officers (i.e. The American Legion, DAV, VFW) they are a great resource and can help you complete paperwork if you need assistance; however keep in mind they are very busy and can make mistakes so be diligent and don't rely solely on them. You can also contact your Senators or Congressmen/women if you are having problems with the VA or any federal agency. Elected officials can assist in getting the status of your claim or resolving communication difficulties you may be experiencing with agency representatives.

\*7. To all of the young Gulf War Veterans: Be grateful you're not a Vietnam veteran because those guys really get screwed. The VA is improving and they're trying hard to be better especially to the youngest veterans so count your blessings and know it could be worse.

## God Bless America and Her Troops

# Resources for Veterans

## Veterans Affairs Service Organizations

All located at:      McNamara Federal Building  
                                 477 Michigan Ave.  
                                 Detroit, MI 48226

- **American Legion**  
(313) 964-6640
- **AMVETS**  
(313) 964-6920
- **Disabled American Veterans**  
(313) 964-6595
- **Paralyzed Veterans of America**  
(313) 471-3996
- **Vietnam Veterans of America**  
(313) 961-9568
- **Veterans of Foreign Wars**  
(313) 964-6510
- **Marine Corps League**  
(313) 964-6830
- **Military Order of the Purple Heart**  
(313) 964-6888

### **United Way: 800. 552. 1183**

Resources for veterans who are in need of - immediate - material resources or assistance

### **Project Salute: 888. 836. 5294**

Resource for veterans who are looking for free legal services