

How to enroll for VA Services

Active-duty personnel, Reservist or National Guard members, who served in a theater of combat operations, are eligible for free care for any condition that may be associated with a combat experience for a period of up to **five years** beginning on the date of separation from active duty. After five years standard eligibility rules will apply.

Come to the VA with your DD-214 and fill out a Medical Benefits Application.

OR

Apply online at www.va.gov



VA's Mission:

"To care for him who shall have borne the battle..."

- President Abraham Lincoln

OEF/OIF/OND Program Manager

Angel Rosario, MSSA
(914) 737-4400, ext. 3261

Transition Patient Advocate

Debra Lucas
(914) 737-4400, ext. 2658

Below is a listing of each VA Hudson Valley site and clinical point of contact.

Castle Point Campus, Carmel & Pine Plains CBOC

(845) 831-2000, ext. 4617

Castle Point Campus, Monticello & Poughkeepsie CBOC

Betsy Valentine, RN
(845) 831-2000, ext. 4616

Montrose Campus & New City CBOC

Sonya Shabinsky, LCSW
(914) 737-4400, ext. 3798

Montrose Campus, Goshen & Port Jervis CBOC

(914) 737-4400, ext. 3795

*For eligibility and enrollment questions,
please contact:*

Rudy Williams

(845) 831-2000, ext. 5043

Lamont Reese

(914) 737-4400 ext. 2516

Returning Iraq and Afghanistan Combat Veterans



VA Hudson Valley Health Care System

www.hudsonvalley.va.gov

Montrose Campus
2094 Albany Post Rd.
Montrose, NY
10548

(914) 737-4400
Fax: (914) 788-4814

Castle Point Campus
41 Castle Point Rd.
Wappingers Falls, NY
12590

(845) 831-2000
Fax: (845) 838-7619

COMING HOME

Returning home from a combat zone always involves readjustment. Returning veterans often report that they:

- ◆ Have short tempers
- ◆ Forget things and have trouble concentrating
- ◆ Constantly recall memories of the combat zone
- ◆ Miss the excitement of deployment
- ◆ Have trouble sleeping and experience nightmares
- ◆ Have problems “fitting in” with family and friends and at work
- ◆ Want to keep to themselves
- ◆ Feel jumpy and hyper-alert
- ◆ Drink more alcohol



Family of Heroes

Online resiliency training for families of veterans.
<http://www.familyofheroes.com/>



HOW CAN WE HELP

The VA offers services to help our returning Veterans:

- ◆ Enhance resilience
- ◆ Learn to cope with the impact of combat service
- ◆ Transform potentially damaging events into chances for growth
- ◆ Strengthen family relationships
- ◆ Make a full adjustment to life at home

Contact us at:

845 831-2000, ext. 4616/4617
Or
914 737-4400, ext. 3795/3798

Available Health Care Services:

- ◆ Outpatient services – medical, mental health and specialty clinics
- ◆ Inpatient services – medical, mental health, extended care and residential programs
- ◆ Sexual trauma counseling
- ◆ Specialized health care for women veterans.
- ◆ Outreach programs for homeless Veterans.
- ◆ Readjustment counseling.
- ◆ Alcohol and drug dependency Treatment.
- ◆ Evaluation for military service exposure, including: Gulf War, Agent Orange, Ionizing Radiation, and certain other environmental hazards.
- ◆ Veterans Industries.

Anywhere, any time Internet Access to **your** VA Health Care.

