

Veteran Resources

Clallam/Jefferson Counties

January 2018

"Facta Non Verba" ~ Deeds, not words

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AA/NA Meetings:

- 1. Alcoholics Anonymous (Port Angeles): 360 452-4212
- 2. Alcoholics Anonymous (Port Townsend): 360 385-0266
- 3. Safe Harbor Recovery Center: (Jefferson County) 686 Lake Street, Port Townsend, (360) 385-3866. Ford Kessler works with veterans who are struggling with alcohol. He has a free veterans group that meets on Wednesdays.

Clothing:

- Voices for Veterans: Voices for Veterans currently collects clothing and toiletry items at the Veterans Center in Port Angeles. Veterans in need and families who wish to donate can come to the Northwest Veterans Resource Center to drop items off. We are located at 216 S. Francis St. in Port Angeles and open from 10:00 AM to 2:00 PM. We can be reached by phone at (360) 797-1791.
- Seventh-Day Adventist Church (Sequim): They can provide clothing and some household items on 1st, 3rd, and 5th Tuesdays of the month, from 10:00AM – 1:00PM. They are located at 30 Sanford Ln, Sequim, WA 98382. They can be reached at (360) 683-7373.

Counseling/Social Work:

- 1. Peninsula Behavioral Health (PBH): (360) 457-0431. The veterans' team at PBH offers counseling for honorably discharged war era veterans and their family members (any of the nation's war or peacekeeping periods count). This includes individual, family, or group counseling for the veteran and/or their dependents. Interested clients will need to show a DD-214 to receive counseling services. To schedule an appointment, just call the above number, let them know you are a veteran/dependent, and ask to be put through to the access department.
- 2. Crisis Clinic of the Peninsula: The Crisis Clinic is a local number which offers phone assistance to those individuals who are struggling with suicidal thoughts or just need to talk about a serious situation that is bothering them. Their number is (360) 452-4500 or 1-800-843-4793.
- 3. Dr. Heiligenthal: Dr. "H" a Clinical Psychologist with the VA North Olympic Peninsula Clinic and an all-around great counselor. The

- number to reach her is: (360) 565-7465. The clinic is located at: 1114 Georgiana Street, Port Angeles, WA 98362 Warren Husman LICSW: Warren is the PAC Team social worker at
- 4. Warren Husman LICSW: Warren is the PAC Team social worker at the VA clinic in Port Angeles. He assists Veterans with accessing community resources, completing advance directives, release of information, advance care planning and other issues as needed. Walk-ins welcome. No appointment needed at this time. 360-565-7431. The clinic is located at: 1114 Georgiana Street, Port Angeles, WA 98362
- Debra Hunt LCSW: Debbie is the Home Based Primary Care social worker for the VA clinic in Port Angeles. She can be reached at (360) 912-5321. She can also be reached in the VA clinic at (360) 565-7454. The clinic is located at: 1114 Georgiana Street, Port Angeles, WA 98362
- Bruce Tapper, Ph.D. License No. PY1976. (Jefferson County) (360) 379-3500. Or <u>Bruce@DrTapper.com</u>. Bruce Accepts VA Fee Services along with multiple insurances. He is held in high regard by many veterans in the community. Bruce is located at 281A Lane De Chantal, Port Townsend, WA 98368.
- 7. Jeffrey Collins, M.D. Clinical Psychiatrist. (Jefferson County) (360) 379-3500. Or Jeffrey@drtapper.com . Same office and Fee Service contract as Bruce Tapper.
- 8. Mejah Soong, MD.: Mejah has the same office and Fee Service contract as Bruce Tapper. To contact her, please call (360) 379-3500 or go to the address provided for Bruce Tapper.
- 9. Paul C. Daley, Ph.D., Licensed Psychologist, #913: "Dr. Paul" has been working with veterans in this community for more than 25 years. He is a warm and compassionate man who has "heard it all." He can see veterans through TriWest/Choice and private insurance. He is located at 809 S. Chase; Port Angeles. 360-452-4345.
- 10. The Robin Hill, Veterans Victory Garden: The Victory Garden (located in Carlsborg) offers an eco-therapy approach for veterans and their dependents and can also assist them in learning about small business opportunities in agriculture. Training is offered through the WSU extension site, their wonderful master gardeners, and through scholarships offered from the Green Alliance for Veterans Education (G.A.V.E.). If you would like more information, please contact the Northwest Veterans Resource Center at (360) 797-1791 or stop in at 216 S Francis St, Port Angeles, WA 98362.

- 11. Michele Bryant LICSW: (360) 417-8018. Port Angeles, private practice. Veteran must have Fee services referral. Located at 113 South Eunice Street, Port Angeles, WA 98362
- 12. West End Outreach Services: (360) 374-5011 (therapists, case managers, chemical dependency treatment), 530 Bogachiel Way, Forks.
- 13. Forks Abuse Program: (360) 374-6411 (sexual assault, domestic violence, and legal advocacy no lawyers but support in court & with paperwork), 81 Second Street, Forks.
- 14. National VA Crisis Line: 1-800-273-8255
- 15. Trillium Treatment Center: (360) 457-9200. Located at 528 W. 8th St., Port Angeles, WA 98362
- 16. Washington Women in Need: This group offers grants to women who are looking to attend counseling from qualified mental health counselors. This grant can be applied for by calling toll free, 888-440-9946 or 425-451-8838. You may also visit their site at, http://www.wwin.org/how-to-apply/programs/

Dental:

- 1. VIMO Dental: The VIMO dental program is currently operating by appointment only. To access this service, please call (360) 477-4120 and leave a message. At this time they are offering cleanings, x-rays, extractions and fillings.
- 2. Sea Mar CHC: The Port Angeles dental clinic specializes in family dentistry for folks who are low income. Their service includes preventative dental exams, emergency/urgent care, cleanings, and referrals for other dental services. They are located in the Armory Square Mall at 228 W First St, Suites K&L, Port Angeles, WA 98362. They can be reached by phone at (360) 406-5260. They are open Mon-Sat, 8:00AM-5:00PM
- 3. Delta Dental Insurance: Delta Dental's Veterans Affairs Dental Insurance Program can provide you and your family with comprehensive dental protection at an affordable cost. Your monthly premium rate will depend on where you live and the number of family members you choose to enroll. For more information, you can call 855-370-3303, Monday through Friday, excluding holidays, from 8:00 a.m. to 8:00 p.m., Eastern Time. You may also apply online at http://www.deltadentalvadip.org/.
- 4. Care Credit: This is a healthcare credit card program that could be very useful for someone who needs emergency dental, medical, or even veterinary services. To learn more, please go to www.carecredit.com. You can also call 1-800-365-8295 to apply.

Educational Resources:

- 1. Peninsula College (PC), Veteran Services: Terry Smith is the Certifying Official at PC. He can assist you in accessing your GI-Bill benefits and other resources to support your educational endeavors. Terry can be contacted at (360) 417-6224. PC is located at 1502 E Lauridsen Blvd, Port Angeles, WA 98362.
- 2. Peninsula College (Forks Extension Site): (360) 374-3223. Located at 71 Forks Av Forks, WA 98331.
- 3. Peninsula College, (Port Townsend Extension Site): (360) 385-4605. Located at 298 Battery Way Port Townsend, WA 98368
- 4. Washington State University Cooperative Extension (Port Hadlock): (360) 379-5610. Located at 201 W Patison St Port Hadlock, WA 98339.
- Washington State University Cooperative Extension (Port Angeles): (360) 417-2279. Located at 223 E. 4th St. Suite 15, Port Angeles, WA 98362
- 6. Vocational Rehabilitation, WA Dept. of: While not a VA program, the Washington State DVR can assist people with disabilities who want to work but face a substantial barrier to finding or keeping a job. They can provide individualized employment services and counseling to people with disabilities and also provide technical assistance and training to employers about the employment of people with disabilities. (360) 457-2116.
- 7. Washington Women in Need (WWIN): The WWIN Education Grant funds up to \$5,000 over one year for low-income women and is the last funding source applied to tuition and book expenses, after all federal and private grants and scholarships. To qualify, you must have completed the federal financial aid (FAFSA) form and maintain a 2.5 GPA. To apply, please call 888-440-9946 or 425-451-8838. You may also visit their site at, http://www.wwin.org/how-to-apply/programs/.

Emergency Shelter:

- 1. Serenity House, Single Adult Shelter: 2321 W. 18th Street, Port Angeles. This is for men and women who are in need of emergency shelter. For questions, call (360) 452-7221.
- Winter Shelter: Port Townsend, WA. Open from the end of November to Mid-March. Hours: 4 pm - 8 am. Intake: 4 pm, Dinner: 5 pm. Located in Jefferson County, the Winter Shelter is a

- seasonal emergency shelter whose main priority is veterans, both men and women, in split housing. They are located in the basement of the American Legion, located at 209 Monroe St, Port Townsend, WA 98368. Contact: (360) 531-0112
- 3. Healthy Families of Clallam County Crisis Line: (360) 452-help (4357).
- 4. Domestic Violence/Sexual Assault Program of Jefferson County: Crisis line (360) 385-5291. Business line, (360) 385-5292
- 5. Forks Abuse Program 81 2nd Street, Forks, (360) 374-6411
- 6. Oxford House (Substance Abuse Recovery Homes): Hotline 1-877-869-7961
- 7. Red Cross: (360) 457-7933. They can assist with emergency / disaster housing.

Employment:

- Disabled Veterans Outreach Program (DVOP): Mike McEvoy, Clallam/Jefferson County. (360) 457-2129, or in Port Townsend on Thursdays: 360 379-5020. Employment specialist for all veterans who are looking for employment. The WorkSource office is located in the upstairs of the Armory Square mall, on the East side. The address is 228 W 1st St, Port Angeles, WA 98362.
- 2. Morningside (Clallam County): Morningside provides employment services to individuals with disabilities and other significant barriers to employment. They may employ individuals in one of the several Morningside operated businesses or assist individuals with disabilities and other
 - significant barriers to employment with community employment. To see if you may qualify for their assistance, please call (360) 452-7919. They are located at 113 South Valley St., Port Angeles, WA 98362.
- 3. Skookum (Jefferson County): Can assist disabled veterans with finding employment in Jefferson County (possibly Clallam Count as well). They will also work with veterans who are in the claims process for disability. For more information, call: (360) 385-4980.
- 4. One of the best tools for finding employment in your area is the WorkSource website. It is located on the web at the following address: https://seeker.worksourcewa.com. If you have questions regarding any of the jobs you see, please contact Mike McEvoy at (360) 457-2129 for assistance. On Thursdays, Mike can be reached at (360) 379-5020.

Financial Assistance (Utilities, Rent, etc.):

- 1. Financial Counseling: (See VA numbers, under Financial counselors)
- 2. Northwest Veterans Resource Center (NWVRC): (360) 797-1791. The NWVRC administers the veteran's relief fund for Clallam County. Staff are available to assist veterans and their families from 10:00 AM-2:00 PM, Mon-Thu, Friday by appointment. They are located at 216 South Francis, Port Angeles, WA 98362. Please bring a copy of your DD-214 to help expedite the process.
- 3. Veteran's Relief Fund: (Jefferson County) Carolyn Avery, (360) 385-9122.
- 4. DAV, Chapt. 9: The Disabled American Veterans (Chapt. 9) in Port Angeles can possibly assist veterans and family members in need. To see if you qualify, please contact Jeff Bele at (360) 808-4680. Please be aware that this is a different organization than DAV Chapt. 5. DAV Chapter 5, DOES NOT have funds to distribute to veterans in Clallam County.
- 5. Strand Veteran's Relief Benefit Fund: Accessed through the Sequim VFW 4760. If interested, please call Bill Barker or Jake Fish at 683-9546 between the hours of 10:00 am and 4:00 pm, M-W.
- 6. Low Income Home Energy Assistance Program (LIHEAP): LIHEAP helps low income households, primarily in meeting their immediate home energy needs. This program is administered by the Olympic Community Action Program (OlyCAP) and they can be contacted at (360) 452-4726 or 800-360-0666.
- 7. OlyCAP (Olympic Community Action Program): (360) 452-4726 or 800 360-0666. They can assist with utilities and even may be able to provide vouchers for furniture and household items. Located at 228 W 1st St Suite 'J' Port Angeles, WA 98362.
- 8. OlyCAP (Port Townsend): (360)-385-2571 or 800 464-2571. Located at 823 Commerce Loop Port Townsend, WA 98368.
- 9. OlyCAP (Forks): (360) 374-6193. Located at 421 5th Ave Forks, WA 98831.
- 10. DSHS Port Angeles/Sequim: (360) 565-2180.
- 11. DSHS FORKS/WEST END: (360) 374-2257.
- 12. GM Lauridsen Foundation (Widows only): Call Doug Holst at (360) 452-8282.
- 13. St. Vincent de Paul (Port Angeles): They may be able to assist with rent or utilities. They can be reached at (360) 457-5804.

- 14. St. Vincent de Paul (Sequim): See above. (360) 681-2112
- 15. Manna: 139 W. 8th Street, (360) 457-3954, Local church Assistance Ministry. In person appointments only. Open Thursday from 10 am to 2 pm only
- 16. First Step Family Support Center: 323 E. 6th st. (360) 457-5484
- 17. Sequim Community Aid: (360) 681-3731. This number will reach their answering service, which will then have someone call you.

Food Assistance:

- See the Northwest Veterans Resource Center (NWVRC) under Financial Assistance on Page 8. The NWVRC may be able to help with a Walmart or Safeway gift card, for food and toiletries, if you qualify for the Veteran Relief Fund.
- 2. The Covering of Clallam County: This wonderful organization is currently offering a free bbq lunch every Sunday from 12:30 1:30. This service is currently being offered out of the Peninsula Behavioral Health kitchen, located at 118 E 8th St, Port Angeles.
- 3. St. Vincent de Paul (Port Angeles): They have a small pantry and can give out a small amount of food. They can be reached at (360) 457-5804.
- 4. St. Vincent de Paul (Sequim): See above. (360) 681-2112
- 5. Seventh-Day Adventist Church (Sequim): They offer some baked goods and fresh produce on Tuesdays from 10:00AM 1:00PM. They are located at 30 Sanford Ln, Sequim, WA 98382. They can be reached at (360) 683-7373.
- 6. DSHS Port Angeles/Sequim: (360) 565-2180.
- 7. DSHS FORKS/WEST END: (360) 374-2257.
- 8. Salvation Army, Breakfast and Lunch: E. 2nd & Peabody. Monday through Friday. Breakfast is served from 7:15am-8:00am. Lunch is served from noon to 1:00pm. They can be reached at (360) 452-7679.
- 9. Food Banks:

Port Angeles Area:

- Port Angeles Food Bank; 402 S. Valley St.; 1 p.m. to 3:30 p.m. Monday, Wednesday and Friday; (360) 452-8568.
- <u>Lower Elwha Klallam Tribal Food Distribution</u>; Community Center's main office; (360) 452-8471.
- <u>Salvation Army Food Bank</u>; 123 S. Peabody St., Port Angeles; Tuesday and Thursday 2:00 p.m. to 4:00 p.m.
- St. Vincent de Paul; call for assistance at (360) 457-5804.

- <u>Lutheran Community Services</u>; 301 Lopez St.; 8 a.m. to 4 p.m. Monday through Thursday and 8 a.m. to 2 p.m. Friday; (360) 452-5437. One- to two-day supply of emergency food available. Call ahead, if possible, so that LCS can be sure that someone will be available to help.
- <u>Christian Center</u>; 304 Viewcrest Drive; (360) 452-8909. Call and leave name, family size and phone number. Pick up food the third Saturday of the month from 9 a.m. to 11 a.m. Deliveries available for people with disabilities.
- <u>Independent Bible Church</u>; 112 N. Lincoln St.; (360) 452-3351; One emergency food bag available, once every thirty days, 10AM-2PM Tuesday-Friday.

Sequim Area:

- <u>Sequim Food Bank</u>; 144 W. Alder St.; 9 a.m. to noon Monday, Friday and Saturday; (360) 683-1205.
- <u>Sequim St. Vincent De Paul;</u> (360) 683-2112; call for assistance.
- Adventist Community Services; 30 Sanford Lane; 10 a.m. to 12:30 p.m. and 5 p.m. to 6:30 p.m. Tuesday; (360) 683-7373.

West End Area:

- <u>Forks Community Food Bank;</u> 181 Bogaschiel Way. (360) 374-2565. Open Tuesday & Thursday 2:00-4:30 pm.
- Quileute Food Distribution Program; Social Services Building, 50 River Road; (360) 374-2147.
- Neah Bay Food Bank and Food Distribution; 40 Resort Drive; 8 a.m. to 4 p.m. Monday through Friday; (360) 645-2154.

Port Townsend Area:

- Port Townsend Food Bank; Mountain View Commons, 1919
 Blaine St.; distribution from 11:30 a.m. to 3 p.m. Wednesday and 12:00 p.m. to 2:00 p.m. on Saturdays (Saturdays are for Seniors only- 65+); (360) 531-0275.
- <u>Tri-Area Food Bank;</u> Tri-Area Community Center, 10 West Valley Road, Chimacum; distribution from 11 a.m. to 2 p.m. Wednesday; (360) 732-0383.

- Quilcene Food Bank; 294952 U.S. Highway 101; 11 a.m. to 2 p.m. Wednesday; (360) 765-0904.
- <u>Brinnon Food Bank;</u> 151 Corey Lane; 11 a.m. to 1 p.m. Tuesday; (360) 796-4444.

Haircuts & Hygiene:

- The Two of Us-First Street Barber and Tanning: Les Lauderback offers discount haircuts to veterans (\$12.00). To schedule an appointment, please call (360) 452-1741. He is open Mon, 1-6:00 PM, Tue-Fri 9-6:00 PM, and Sat 10-2:00 PM. His shop is located at 127 E. 1st Street, Suite 2E, Port Angeles, WA. 98362.
- Buff's Beauty Bar: "A full service salon for the entire family, with services to fit every budget,". This salon offers FREE haircuts for veterans every 3rd Thursday of the month. Veterans get 10% off all other days. (360)477-6798, 524 E. 8th St. Port Angeles, WA, 98362. Open Mon-Fri 10am-6pm
- 3. Hot Showers:

YMCA- 302 S. Francis, PA. Mon-Fri, 5AM-10PM, Saturday, 8AM-6PM. \$2.00 cost, but includes small towel and shampoo. Photo I.D. Required.

William Shore Memorial Pool- 321 E. 5th St., PA. 417-9767. Mon-Fri, 5:30AM-8:30PM; Sat 7:30AM-4PM, Sun 10AM-4PM. Shower cost \$3.50 (includes towel and soap). If you are a veteran with a VA I.D. card, you may be eligible for the veteran discount, which is only \$2.75 a visit.

Salvation Army- 206 S. Peabody St, PA. Free Shower in a locked bathroom for one. Towels and toiletries provided. These showers must be reserved, so call 360-452-7679. Mon-Wed 9AM-4PM, Tue, Thur., and Fri 9AM-1PM.

Housing:

 Serenity House of Clallam County Housing Resource Centers: Great resource for various housing needs including, but not limited to, emergency shelter, transitional housing for homeless veterans and their families, homeless prevention, and emergency rent assistance. Serving veterans in the following locations:

- Port Angeles: Hailey McLaughlin can assist veterans and their families in a number of ways. Please call (360) 565-5041. They are located at 520 East 1st Street, Port Angeles WA 98362. She can also be reached at hmclaughlinserenity@gmail.com.
- Sequim: (360) 477-4918. They are located at 583 West Washington Street, Sequim, WA, 98382.
- Forks: (360) 203-7107. Open only on Mondays, Thursdays, and Fridays, from 9:00 AM- 3:00 PM, and on Wednesdays, from 11:00 AM 5:00 PM. They are closed from noon until 12:30 for lunch. They are located at 287 Founders Way, Forks, WA 98331

Serenity House also serves youth, ages 17-24, which may include some veterans. They offer assistance through multiple programs, including assistance with replacing ID's, paying for GED exams and compass placement exams, as well as help in obtaining a food handler permit. To contact the DreamU team, please call (360) 565-5041.

- 2. VA Community Housing and Outreach Services: Olivia Reiber, LICSW. Olivia is our local connection to a number of community housing resources in Clallam County. She works out of the Port Angeles Community Based Outpatient Clinic at 1114 Georgiana St., in Port Angeles, WA. She can be reached at (206) 664-1015 or emailed at Olivia.Reiber@va.gov.
- 3. OlyCAP (Port Townsend): These wonderful folks may be able to assist with up to 5 months rental assistance, deposit assistance, or energy assistance for veterans and their families. They also act as the VASH referral for Jefferson County and have a case manager that can assist veterans and their families with housing needs. For more information, please call Kathy Morgan at (360)-385-2571 or 800 464-2571. They are located at 823 Commerce Loop Port Townsend, WA 98368.
- 4. Sarge's Place: Sarge's Place offers transitional housing assistance and support services to veterans and their families. It is located in Forks, Washington, but assists both Clallam and Jefferson Counties. For more information, please contact them at (360) 374-5252 or email them at ct.sargesplace@gmail.com. Located at 250 Ash Ave, Forks.
- 5. WDVA Homeless Contact: Cathrene M. Nichols, Program Manager, Financial, Transition, & Reintegration Services. 1-800-562-2308 or (360) 725-2232.

- 6. WDVA Building 9: This building is located in Port Orchard, but can possibly provide for a veteran who is in need of temporary housing (they would have to relocate down there). Contact Ray Switzer. 1-800-562-2308 or email building9@dva.wa.gov (Attn: Ray Switzer) for more information. Applications and other information are also available at www.dva.wa.gov/bldg9.html.
- 7. Peninsula Housing Authority: (360) 452-7631. If you are looking for housing, you can stop by their office and fill out a pre-application packet to be placed on a list for apts, duplexes, homes, etc. They are located at 2603 S. Francis, Port Angeles, WA 98362.

Legal Aid:

- 1. Northwest Justice Project: Free legal services for veterans. Please understand that the NJP only handles <u>civil</u> cases. They can assist veterans who have barriers to housing, employment, and self-sufficiency. The toll free, statewide number is: 1-855-NJP-VETS (855-657-8387). These folks are very busy, so please be patient and understand that there may be some wait time on the phone.
- 2. Clallam-Jefferson Public Defender (360) 452-3307 (from jail 452-3329), 516 East Front Street, Port Angeles, WA 98362
- 3. Disability Rights Washington (DRW): 1-800-562-2702. Disability Rights Washington is a private non-profit organization that protects the rights of people with disabilities statewide. They provide free advocacy services to people with disabilities. Website at www.disabilityrightswa.org

Medical supplies/bills/treatment:

- VA North Olympic Peninsula Clinic: The local number to the clinic is: (360) 565-7420. The clinic is located at: 1114 Georgiana Street, Port Angeles, WA 98362 (On the corner of Chambers and Georgiana).
- 2. VA Puget Sound Health Care System: 1-800-329-8387
- 3. VA Veterans Choice Eligibility and Authorizations: 866-606-8198. The Veterans Choice Program improves veterans' access to healthcare over traditional VHA. One of the following conditions must be met:
 - Your appointment is more than 30 days out from a scheduled VHA appointment

• OR your place of residence is more than 40 miles from the nearest VA facility (to include CBOCs).

It is of the utmost importance that you <u>receive preapproval</u> for all appointments and referrals through Choice, in order for the costs to be covered by the VA. The Choice card is not needed to use this service. Other important Choice numbers are as follows:

For assistance with billing issues that may have been caused through the use of the Choice Program, please call 877-881-7618.

If you are still struggling with the Choice program and needing assistance, please call the Choice Champions: 206-764-2876

- 4. VA Women's Clinic: (206) 768-5314
- 5. Northwest Veterans Resource Center: The NWVRC has access to some medical equipment for veterans and their immediate family members. For more information, as to what is available, please call (360) 797-1791.
- 6. VA Pain Contract Number: For those veterans who need to refill their pain medications, this number will direct you to where you need to go. 1-800-329-8387, then press 1, then the extension; 72344. Then follow the prompts.
- 7. Volunteers in Medicine of the Olympics (VIMO): 819
 Georgiana Street Port Angeles, WA 98362. (360) 457-4431.
 Services include: treatment of acute and chronic illness, health screening and health education, hypertension/blood pressure check, diagnostic tests, prescriptions (no narcotics), diabetic testing and education, primary care (including outpatient management of diabetes and hypertension), prevention and some cancer screening, mental health assessment, minor acute care and minor trauma, outpatient laboratory blood and urine testing, prescription assistance in obtaining chronic care medications from pharmaceutical companies, and prescription assistance with generic medications. They also offer assistance with breast/cervical health and colonoscopy exams. For more information on hours of operation, please go to their website at www.VIMOClinic.org or call.
- 8. The Dungeness Valley Health & Wellness Clinic: These folks are a non-profit 501(c)(3) organization. Locally referred to as The Sequim Free Clinic, their volunteer physicians, nursing and support staff provide basic urgent care services to uninsured and

under-insured men and women in the community. Additionally, patients who have chronic health care issues can be seen at the chronic healthcare clinic offered several times a week, by appointment. For more information, please call (360) 582-0218. They are located at 777 N 5th Ave #109, Sequim, WA 98382. Their hours of operation for basic urgent care are Monday and Thursday at 4:45 PM, with first patients seen at 5:00 PM.

- 9. OMC Foundation: Bruce Skinner. bruce@omhf.org. (360) 417-7144
- 10. Jefferson County MASH: (360) 385-4268. Free medical care and referral service. Clinic held every Tuesday night from 7:00 p.m. to 8:30 p.m. 1136 Water St, Suite 109, Port Townsend.
- 11. Hospice (Port Angeles/Sequim): Hospice also has medical equipment to lend at 540 E. 8th st, Port Angeles. They can be reached Monday-Friday, from 9:00am-4:00pm at, (360) 452-1511.
- 12. Assured Hospice (Clallam and Jefferson Counties): (360) 582-3796
- 13. Sequim Walk-in Clinic, 520 N. 5th St., Sequim; (360) 582-1200. They accept Champus/VA and TriCare. Sandra Ramsey, Practice Manager.
- 14. Sequim Soroptimist Medical Loan Closet. They loan new and used medical equipment to those in need. The medical equipment is free of charge to whoever needs it (primarily in the Sequim School District). However, donations are welcome. (360) 504-0231
- 15. ECHHO (Jefferson County): A non-profit organization that works in partnership with volunteers and community organizations of Jefferson County to provide social support and medical equipment to the elderly, disabled, or those who are of limited means. They can be found at 1110 Jefferson St., in Port Townsend. They lend equipment from 9:00 to 1:00 on Monday, Tuesday, Thursday and Friday and can be reached at (360) 379-3246 or echhopt@qwestoffice.net. Website: http://echhojc.org/index.htm
- 16. Washington Women in Need: This group offers grants to women who are in need of medical/dental/vision and hearing assistance. They may also assist with insurance premiums. These grants can be applied for by calling 425-451-8838 extension 307. HOWEVER, they can only be applied for at certain times. Please go to http://www.wawomeninneed.org/doc/program.htm for details.

Senior Veteran Assistance:

1. Senior Information & Assistance (Sequim): The staff at Senior I&A can be reached at (360) 452-3221 or 800 801-0070. They are

- specialized in helping seniors find the assistance they may need. Located at 411 W Washington St, Sequim, WA 98382.
- 2. Senior Information & Assistance (Port Townsend): 1-800 801-0050. Located at 915 Sheridan St. #202, Port Townsend WA 98368.
- 3. Senior Information & Assistance (Forks): (360) 374-9496 or 888 571-6559. Located at 481 5th Ave Forks, WA 98331.
- 4. The Senior Community Service Employment Program: This program provides paid job training for senior veterans or their qualified spouses over the age of 55. You must be at least 55 and have a family income of no more than 25 percent above the federal poverty level, about \$12,225 per year for an individual, \$16,500 for a couple. For more information, call: Kathy Hurley at (360) 456-0273.
- 5. Catholic Community Services: The Volunteer Chore Services (a program of the Catholic Community Services) can assist veterans in need to get to appointments, run errands, go shopping, help with housework, yard work, or even assist with moving. For more information, please call (360) 417-5640 or 1-888-415-4267. They are located at 630 E. Front Street, Suite D, Port Angeles, WA 98362.
- 6. ECHHO (Jefferson County): A non-profit organization that works in partnership with volunteers and community organizations of Jefferson County to provide transportation and medical equipment to the elderly, disabled, or those who are of limited means. They can be found at 1110 Jefferson St., in Port Townsend. They are open 9:00 to 4:00, Monday thru Friday and can be reached at (360) 379-3246 or at echhopt@qwestoffice.net. Website: http://echhojc.org/index.htm
- 7. Sequim Soroptimist Medical Loan Closet. They loan new and used medical equipment to those in need. The medical equipment is free of charge to whoever needs it (primarily in the Sequim School District). However, donations are welcome. (360) 504-0231
- 8. Laurel Place Assisted living (Port Angeles): The management at Laurel Place go above and beyond to work with veterans and their families. They are very veteran supportive and often have benefit related presentations for veterans and the community at their site. For more information, please call: (360) 452-7201.
- 9. Park View Villas: Park View Villas is a very veteran friendly establishment, which has proven time and time again that is supports veterans and their families. They are partnered with local veterans' organizations and often help with fund raising for veteran related items. They can be contacted at (360) 452-7222 and are located at 1430 Park View Lane, Port Angeles, WA, 98363.

- 10. Sinclair Place (Sequim): The management at Sinclair Place are very veteran supportive and often have benefit related presentations for veterans and the community at their site. For more information, please call: (360) 681-3385
- 11. Washington State Veteran Homes:

The Washington State Department of Veterans Affairs serves veterans in three Veterans Homes, where veterans are treated with the dignity and respect they deserve in settings that provide a sense of belonging unique to veterans. Please call one of the listed homes below to see if you or a loved one is qualified:

The Washington Veterans Home: Located at 1141 Beach Dr., Retsil, WA 98378. The Main Number is (360) 895-4700. For Admissions, please call (877) 838-7787 or email them at RobinW@dva.wa.gov.

The Washington Soldiers Home: Located at 1301 Orting-Kapowsin Hwy., Orting, WA 98360. The main number is (360) 893-4515. For admissions, please call (877) 838-7787 or email them at SophieP@dva.wa.gov.

The Spokane Veterans Home: Located at 222 East 5th Ave. Spokane, WA 99202. Main Number is (509) 344-5770. For admissions, please call (877) 838-7787 or email them at Becky@dva.wa.gov

12. AARP Washington: Is a non-profit membership organization with state offices in every state. (Fraud and Identity theft protection. Free for Veterans) 1800 International Blvd, Suite 1020, Seatac, WA 98188. For help, contact them at: 1-866-227-7457 or aarpwa@aarp.org

Service Animals/Spay and Neuter Assistance:

- 1. Friends of Forks Animals: 360-374-3332. They have a low income Spay and neuter program. Please call for more information.
- 2. Americans with Disabilities Act: 1-800-514-0301 (voice), 1-800-514-0383 (TTY), ADA Specialists are available to provide ADA information and answers to technical questions on Monday, Tuesday, Wednesday, and Friday from 10:30 a.m. until 4:30 p.m. or on Thursday from 12:30 p.m. until 4:30 p.m. (Eastern Time).
- 3. Clallam County Humane Society: (360) 457-8206. They have a low income Spay and neuter program. Please call for more information. They are located at: 2105 West Highway 101, Port Angeles, WA

- 98363. Public Shelter Hours are: Tuesday -Friday 12:00 pm to 4:30 pm, Saturday 12:00 pm to 4:30 pm. They are closed on Sundays and Mondays.
- 4. New Leash on Life: Cheryl Bowers offers Certified Service Dog training. Cheryl is an outstanding Service Dog trainer who is passionate about helping veterans and their families. Please call her at (360) 670-5860 for more information about her training program.
- 5. Legacy Dog Training: (360) 683-1522
- 6. Peninsula Friends of Animals Spay and Neuter Program: (360) 683-4697. This also a low income program. Please call for details.
- 7. Service Animals Registry of America (SARA): (206) 376-8931. SARA assists in providing information to register and certify service animals. They can also be reached via their website www.affluent.net/sara.
- 8. Washington State Human Rights Commission. 1-800-233-3247, 1-800-300-7525 (TTY).
- 9. Delta Society National Service Dog Center. 1-800-869-6898, www.deltasociety.org.

Service Officers (Help with Claims or Benefit Questions):

- Northwest Veterans Resource Center (NWVRC): (360) 797-1791. Located at 216 S Francis St, Port Angeles, WA 98362. The NWVRC currently has two service officers who use our offices on Wednesdays. On other days, the office is staffed by dedicated volunteers and VA work-studies, who are always willing to help answer any of your veteran questions. Normal hours are from 10:00-2:00 pm, Monday-Thursday, Fridays by appointment.
- 2. American Legion (Post 62): Carl Bradshaw and Paul Renick. Their office is located in the American Legion hall at 107 E Prairie St. in Sequim, WA. They work by appointment, Monday-Thursday. They can be reached to schedule an appointment at (360) 461-7460.
- 3. DAV (Port Angeles, Chapter 5): John Joseph, Mark G Anderson and Glenn Cutler and Chapter Service Officers that work out of the Port Angeles Community and Senior Center, 7th and Peabody Street, 328 E 7th ST. They are available on Wednesdays from 8:30 AM to 2 PM. They may be reached by calling 360-457-7004 or 360-460-6707. No appointment is required. Walk-ins are always welcome. Please note, DAV does NOT offer any form of financial assistance!

- 4. DAV (Sequim, Chapter 5): Derrel Sharp and Rob Brooke are Chapter Service Officers that work out of the Serenity House of Clallam County building located at 583 W Washington Street. They are available on Wednesdays from 9 AM to 2 PM. They may be reached by calling 360-477-4918. No appointment is required. Walk-ins are always welcome. Please note, DAV does NOT offer any form of financial assistance!
- 5. VFW Post 4760: Jake Fish and Rudy Casares are service officers based in Sequim, WA. Jake is an accredited service officer with the Fleet Reserve Association and Rudy is a certified service officer with the VFW. They are supported by Barb O'Connor who is an excellent resource for all things VA related. They can be reached, Monday through Wednesday, 10:00AM-4:00PM at (360) 504-2622. Walk-ins are welcome.
- 6. DAV, Jefferson County: Denny Gregg. Denny schedules appointments at the Senior Information & Assistance office in Port Townsend. The office is located at 915 Sheridan St. # 202 Port Townsend WA 98368. For more information, call (360)385-2552. He can also be reached via email at dennygregg@gmail.com.
- 7. Jefferson County Veterans Service Officer Association: Please contact Carolyn Avery at (360) 385-9122. She will contact one of the following Service Officers:

Gary Lane: American Legion Post 26 Port Townsend

Dick Wiltse: VFW Post 7014, Port Townsend

Robert Lakey: American Legion #26

Transportation:

- 1. Northwest Veterans Resource Center (NWVRC): (360) 797-1791. The NWVRC offers one day Clallam County Transit passes to help veterans get to appointments or job interviews.
- 2. DAV Van: Transportation Officer, (360) 457-5251. Call in advance to get reservation. If they do not answer, please leave a message on their machine.
- 3. VA Travel Call Center: They can arrange VA healthcare travel needs for qualified veterans. For more information, please call (206) 764-2120
- 4. Catholic Community Services: The Volunteer Chore Services (a program of the Catholic Community Services) can assist veterans in

- need to get to appointments, run errands, or go shopping. For more information, please call (360) 417-5640 or 1-888-415-4267. They are located at 630 E. Front Street, Suite D, Port Angeles, WA 98362.
- 5. ECHHO (Jefferson County): A non-profit organization that works in partnership with volunteers and community organizations of Jefferson County to provide transportation to the elderly, disabled, or those who are of limited means. They can be found at 1110 Jefferson St., in Port Townsend. They are open 9:00 to 4:00, Monday thru Friday and can be reached at (360) 379-3246 or at echhopt@qwestoffice.net. Website: http://echhojc.org/index.htm
- 6. Clallam / Jefferson County Transit: Clallam and Jefferson County Transit systems offer the option of purchasing a Regional Reduced Fair Permit for disabled veterans with a 40% disability rating or individuals over the age of 65. This permit has a onetime cost of \$3.00 and is good indefinitely. For more information, please call Clallam Transit at 1-800-858-3747 or Jefferson Transit at (360) 385-4777.
- 7. Clallam County Paratransit: (360) 452-4511. Please call at least one day in advance.
- 8. Jefferson Transit's Customer Service Center: (360) 385-4777. Located at the Haines Place Transit Center at 440 12 St., Port Townsend (the Park and Ride across from Safeway). Open M-F, 7 am to 5:15 pm. Toll Free: (800) 371-0497. https://www.jeffersontransit.com.

Tribal Resources:

- 1. LIHEAP: (Help with energy bill) 2851 Lower Elwha Contact Becky Charles, (360) 452-8471, Criteria: Low income, Native American.
- 2. Lower Elwha Health Clinic: (360) 452-6252
- 3. Lower Elwha Tribal Veterans Representative: Jerry Charles (360) 452-8471, Ext. # 302
- 4. Jamestown Family Health Clinic: (360) 582-2880
- 5. Jamestown Tribal Veterans Representative: W. Ron Allen, (360) 681-4621 or rallen@jamestowntribe.org
- 6. Quileute Dental Clinic, Family Health Center in La Push: (Only provides services for Native American community, non-native pregnant women on Medicaid and all children on Medicaid). They can be reached at (360) 374-6984.

7. Lower Elwha Vocational Rehab Program: Jim Allen is the Program Manager and Vocational Rehabilitation Counselor and he can be contacted at: (360) 460-7549

VA Numbers:

- 1. VA Benefits: 1-800-827-1000
- 2. VA Veterans Choice Eligibility and Authorizations: 866-606-8198 (Please see entry under Medical, on pg. 14).
- 3. VA Financial Counselors: 1-877-827-3702. While the VA has no direct funding to give out, they can still help veterans who are behind on their mortgage payments. Depending on a veteran's circumstances, the VA can intercede with the borrower on the veteran's behalf to pursue options, such as repayment plans, forbearance, and loan modifications that would allow a veteran to keep their home.
- 4. Debt Management Department: 1-800-827-0648. If a veteran has been overpaid for some reason, this department can help arrange a payment schedule to fit the veteran's budget. This is an extremely hard number to get through to, so call as early as possible if you want to contact someone.
- 5. Minority Veterans Program: This program can help minority vets navigate the VA health and benefits services. For more information, please contact Cathy Davidson at (206) 768-5363 or (253) 589-4147.
- 6. Education (GI Bill): 1-888-442-4551
- 7. Health Care Benefits: 1-877-222-8387
- 8. Income Verification and Means Testing: 1-800-929-8387
- 9. Life Insurance: 1-800-669-8477
- 10. Mammography Helpline: 1-888-492-7844
- 11. Special Issues Gulf War/Agent Orange/Project Shad/Mustard Agents and Lewisite/Ionizing Radiation: 1-800-749-8387
- 12. Status of Headstones and Markers: 1-800-697-6947
- 13. Fee Services: (206) 277-4545 or 1-800-329-8387 Ext. 64545
- VA North Olympic Peninsula Clinic: The local number to the clinic is: (360) 565-7420. There are located at: 1114 Georgiana Street, Port Angeles, WA 98362
- 15. VA Puget Sound Health Care System: 1-800-329-8387
- 16. VA Pain Contract Number: For those veterans who need to refill their pain medications, this number will direct you to where you need to go. 1-800-329-8387, then press 1, then the extension; 72344. Then follow the prompts.
 - 17. Care Management Program (OEF/OIF/OND Veterans): This program is designed to help OEF/OIF/OND veterans navigate the

- VA system and put them in contact with needed resources. For assistance, please call Amanda Bieber-Mayberry, Program Manager, at (253) 583-1165.
- 18. Seattle Post-Deployment Clinic: 206-764-2636
- 19. American Lake PTSD/ATC Unit: 253-583-1609
- 20. VA Women's Clinic: 206-768-5314
- 21. VA Travel Call Center: They arrange VA healthcare travel needs for qualified veterans. (206) 764-2120

WDVA Numbers:

- 1. WDVA, Service Center: The Washington State Department of Veteran Affairs offers an abundance of services to our veterans, from Service Officers that can help you with your claim to free counseling services from contractors located throughout the State. They also offer assistance with transitional housing, assisted living, and nursing home care for our veterans. For more information about the many programs offered, please call 1-800-562-2308.
- 2. Transitioning Warrior Program: Steve Gill or Malcolm Leach: (253) 966-4285. The Transitioning Warrior Program assists veterans who are looking at the challenge of transitioning out of the military and back into civilian life. They are familiar with resources in in not only the Fort Lewis area, but also other local areas throughout the state of Washington.
- 3. WDVA Homeless Contact: Catherine M. Nichols, Program Manager, Financial, Transition, & Reintegration Services. 1-800-562-2308 or (360) 725-2232.
- 4. Veterans' Incarcerated Project: The Veteran's Incarcerated Reintegration Services is a joint project with King, Thurston and Clark Counties to address the needs of veterans' incarcerated in County Correctional Facilities. They may be able to offer alternatives to jail and referral to housing, employment services, and treatment. Many veterans who are in jail have gotten there due to un-treated drug and alcohol issues, poverty, homelessness, or Post Traumatic Stress Disorder. These folks want to help! For more information, please contact Dennis Brown and Valinda Hayes-Martinez at, (206) 305-4513.
- 5. Veterans Conservation Corps (VCC): Call the Service Center and ask for Jason Alves, or call (360) 742-8789. Jason oversees the VCC program for the State of Washington. The VCC assists

veterans with PTSD to reintegrate into society through a variety of outdoor and educational programs. Jason also oversees the Vet Corps Program for the State of Washington.

Women Veterans:

- 1. Washington Women in Need: This group offers grants to women who are in need of counseling/medical/dental/vision and hearing assistance. They may also assist with insurance premiums or educational scholarships. These grants can be applied for by calling (425) 451-8838 extension 307. HOWEVER, they can only be applied for at certain times. To access this opportunity, please go to http://www.wawomeninneed.org/doc/program.htm.
- VA Women's Clinic: (206) 768-5314
 Mammography Helpline: 1-888-492-7844

Other Resources:

- Vet Connect: An initiative of Olympic Community Action Programs. Vet Connect can assist veterans and their families in locating local resources in their communities. They cover both Jefferson and Clallam County and can be reached by contacting Rita Frangione at (360) 344-4940 or emailing them at <u>vetconnect@olycap.org</u>
- 2. By Design Group: They are a VA accepted contractors who deal with all of the Home Modification Grants available through the VA. (Contact Service Officer Prior to utilizing this resource) They are able to assist Veterans with filling out the necessary paperwork, they act as a liaison between the Veteran and the VA, and they are a General Contractor, so they do all the work in house with no confusing subs. In essence, they leave nothing undone. For more information, please call Trina Sisk at (360) 582-1843. They are located at 11 East Runnion Road, Sequim, WA 98382.
- 3. Boeing Blue Bills: These wonderful folks are all volunteers who will build ramps and handrails for veterans if the veteran provides the materials. Their point of contact is Rodney Harp, who can be reached at 360-861-8750; or email him at harpalong@gmail.com.
- 4. Healthy Families of Clallam County: "For Victims of Domestic Violence/Sexual Assault," Healthy Family is a program that helps with a variety of resources. These Resources include: 24 Hour Crisis Line, Crisis Counseling, Assistance with protection orders (court paperwork, courtroom support, referrals and navigation of the

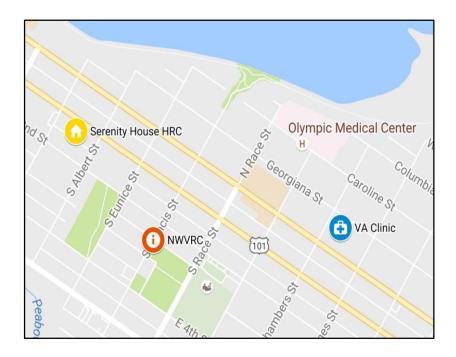
system), Women's and Men's Weekly Domestic Violence/Sexual Assault Support Groups, Psycho Educational Based Support Groups (for at risk adolescents), 24 hour emergency shelter (includes follow up services for victims after they leave the shelter), Therapeutic Support Groups, Non-Offending Parents Group, Individual Therapy(for adults, teens, and children, or adult childhood trauma, Community, Education and Prevention, Educational Clinics for Divorcing Parents, Early Family Support Services, Parenting Classes. Contact information Crisis Line:(360)-452-4357, Office: Hours 9am-4pm (360)-452-3811, Fax:(360)-452-8243, Web Site: www.healthyfam.org

- 5. Concerned Citizens: Offers various forms of assistance including: personal Care/ home Care (for seniors), employment programs, transition programs (eases transition from school to work). They can be reached at: (360) 452-2396.
- 6. Port Angeles Coast Guard Air Station: If you need your DEERs ID card (If you have a 100% service-connected disability or retired). To schedule an appointment, please call (360) 417-6005.

Personal Notes

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Helpful Locations



- **VA North Olympic Peninsula Clinic** 1114 Georgiana St., Port Angeles, WA 98362 (360) 565-7420
- Serenity House Housing Resource Center 520 E 1st St., Port Angeles, WA 98362 (360) 565-5041
- Northwest Veterans Resource Center 216 S. Francis St., Port Angeles, WA 98362 (360) 797-1791

A special thanks to this quarters contributors and helpers:

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Jake Fish
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Andrea McMaster

Thank you all for your input and assistance in creating and maintaining this guide!!

This resource list was compiled and created by Jeff Reyes of the Northwest Veterans Resource Center (NWVRC) and may be freely copied and distributed as needed. If you have a question about a resource on this list, would like to have a resource added, or see something that should be changed, please contact Jeff at (360) 797-1791. We are located at 216 S Francis St, Port Angeles, WA 98362 Thank you again to all who have contributed the time and energy in keeping this list up-to-date.