

Know A Vet? LIFE

May 28, 2022



[Donate](#)

[Self-Help](#)

[Volunteer](#)

[Events](#)

In This Issue

[Founder's Flounderings](#)

remembering on Memorial Day

[Recent News](#)

for Veterans, their families, and caregivers

[Free Skills Training for Veterans](#)

[I AM A VETERAN](#)

[Help, Hacks, and Hints for Seniors](#)



[The Story of TAPS](#)

[The Origins of Memorial Day](#)

Saving Senior Vets & Surviving Spouses

[Important VA Phone Numbers](#)

[Help Someone You Care About](#)

[You are Not Alone](#)

[PLEASE SEND US YOUR THOUGHTS AT \[info@KnowAVet.org\]\(mailto:info@KnowAVet.org\)](#)

Free Skills Training for Veterans

Researched by Surekha Karudapuram. Written by Ruth MacDougall



Whether unemployed, underemployed, or seeking a career change, it's helpful to know that some organizations offer free skills training to Veterans.

Such organizations respect the service and sacrifices made by Veterans, and the traits that make Veterans great additions to civilian work teams. They know the value that military experiences in leadership, technology, missions, planning, and workload management bring to civilian employers.

In addition ... [MORE](#)

Founder's Flounderings

Please look at the picture, then tell me how we can get the civilian public to understand the cost of their three-day weekend.

We get parades, fly overs and discounts at restaurants and stores around the [MORE](#)

War is a place where young people, who do not know each other and do not hate each other, kill each other, by decisions of some old people who know and hate each other but do not kill each other



I AM A VETERAN

Written by Shalou.

Help, Hacks, and Hints for Seniors

Researched and written by Know A Vet?



I am a Veteran. There, I said it!

I am proud of my military service but for a long time, I hadn't considered myself a Veteran.

About a year after [...MORE](#)

Many "seasoned citizens" have already retired.

Some are enjoying the hobbies and things they dreamed of doing when raising their family and building careers. Others have begun second and third acts, perhaps as volunteers or entrepreneurs.

Some are suffering with declining health or low income. [...MORE](#)



The difference is in knowing help is available and how to get it.

Please Help Us Reach More Senior Vets and Surviving Spouses living in poverty!

We are working on a nationwide program to make them aware of free benefits they don't even know about, including an average of \$900 per month up to half of them qualify for.

Please help with a contribution and/or contact neil@KnowAVet.org to join the team.

Click any text in this red box to donate. Even \$5-10 makes a big difference.

Important VA Phone Numbers

Veterans Crisis Line.....	1-800-273-8255 + 1
Bereavement Counseling	1-202-461-6530
Camp Lejeune Family Member Program	1-866-372-1144
Caregiver Stipend.....	1-877-733-7927
Civilian Health and Medical Program (CHAMPVA) ..	1-800-733-8387
Debt Management Center	1-800-827-0648
Education	1-888-442-4551
Foreign Medical Program.....	1-303-331-7590
Headstones and Markers	1-800-697-6947
Health Care	1-877-222-8387
Homeless Veterans	1-877-424-3838
Home Loans	1-888-827-3702
Life Insurance.....	1-800-669-8477
National Cemetery Scheduling Office	1-800-535-1117
Pension Management Center	1-877-294-6380
Presidential Memorial Certificate Program	1-202-565-4964
Spina Bifida Program.....	1-888-820-1756
Telecommunication Device for the Deaf (TDD)	1-800-829-4833
VA Benefits.....	1-800-827-1000
VA Combat Call Center.....	1-877-927-8387
Women Veterans	1-877-222-8387
White House Hotline.....	1-855-948-2311

And Don't forget "[Exposure Ed](#)" to see what you were exposed to from WWII to the present, what those exposures cause and what to do about them. Even for those who have already passed, and their families. [Click here for the link.](#)

Please Help Someone You Care About



Two Ways to Help A Friend

If you think any of these topics will be of help, please pass on this newsletter and encourage others to get [their own free subscription](#).

We are here for you so don't hesitate to suggest topics or tell us your preferences by emailing Life@KnowAVet.org

Remember the camaraderie in the service?

Isn't it good to know that we still have that with the KAV Facebook page.

[JOIN US on the KAV FACEBOOK Page](#)

Discuss anything you like, any time you like. Someone will certainly want to listen or answer any questions.



Call, [chat online](#), or text to 838255

VOLUNTEER

amazonsmile
You shop. Amazon gives.

Shop AmazonSmile select Friends of the Vet Center, Inc. as the charitable organization you would like to support.

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