

Suicide Prevention Hotline: Saving Lives in Pennsylvania

BEAVER - Most everyone by now has heard of the new VA Suicide Prevention Lifeline at 1-800-273-TALK (8255). The U.S. Department of Veterans Affairs has been publicizing this number for several months, even going so far as to have well-known celebrities such as Gary Sinise and Deborah Norville record television and radio spots promoting this service.

It is also a known fact that many people who have served in combat may suffer from Post Traumatic Stress Disorder (PTSD) and may have difficulty once they have returned from the combat theater. What is not known, however, is that individual organizations within Pennsylvania play a small role in assisting these veterans in times of crisis.

The VA Suicide Prevention Lifeline was activated on July 30, 2007. The system, however is based on an existing suicide prevention network known as the Suicide Prevention Lifeline.

"[The VA] came to us when they first wanted to set this system up," explains Lidia Bernik, the Director of Network Development for National Suicide Prevention Lifeline, "Instead of building an entirely new network, we decided to add it onto our existing network."

Whenever someone calls the Lifeline, one of the first questions the caller is asked is if he or she is a veteran. Veterans are then directed to press '1' on their telephone keypad, which automatically connects the veteran to a VA Crisis Counselor. The problem with this, however, is that not everyone wants to identify themselves as a veteran. People have various reasons for concealing this information, but it makes it difficult to refer the caller to the proper services.

The main Lifeline call center for the northeast region is located in Canandai-

gua, New York. This center fields calls not only from veterans, but from others who are in crisis who call the National Suicide Prevention Lifeline on their toll free number, which has been active since 2005. The callers identified as veterans are referred to the VA crisis specialists outside of the Lifeline network. For those that do not identify themselves as veterans, they are handled through the New York call center. The New York center only has a limited amount of lines, so when their lines are full, the call is re-routed to one of 5 back-up centers. These centers are located within Pennsylvania. These Crisis Counselors will refer those who later identify themselves as veterans to the VA or transfer the call to the VA Crisis Counselors, who may be better able to meet their needs.

The back-up call centers are located in Beaver, Pittsburgh, Philadelphia, Lancaster, and Hanover. These call centers are staffed by Crisis Counselors, whose main job is to get the caller out of "crisis mode" where everything seems hopeless and suicide is the only solution.

"The first thing the Crisis Center Specialists have to do," explains Christie Stuber, the Director for

Southeastern Veterans' Center's "Extreme Makeover"



Southeastern Veterans' Center's Modular Units, or "Mods" as they're referred to locally, receive a much-needed facelift in the form of new carpeting and paint. Volunteers from both SEVC and Hollidaysburg Veterans' Home have been working steadily to refurbish these units, first built in the 1970's.

CONTACT Pittsburgh, one of the back-up centers, “is to de-escalate the emotional state.”

In this way, Crisis Center Specialists can get the caller to express the frustrations and issues that brought him or her to the point of crisis. They are also able to dispatch a mobile health crisis team, a group of psychologists who are also negotiators. These mobile crisis counselors can defuse a hostile situation and prescribe medication for those suffering from PTSD or other mental health disorders. Local police forces are aware of these teams and often call them to assist in a crisis situation that may be escalating.

Don Villella, Executive Director of Contact Beaver Valley, another back-up call center, thinks its good to have locally available call centers.

“What is great is that the caller is talking to someone from his area, not someone 1000 miles away. The caller can talk and does not have to give his or her name and many times tells a Crisis Center Specialist something he or she would not tell a VA counselor. The caller also knows that Crisis Center Specialists

are trained to listen, not give advice, and that is what many callers need to come down from a crisis.”

Many of these local call center organizations are volunteer groups and their support is based on the amount of time they can get out of a volunteer. All five of the call centers in Pennsylvania also have local contact numbers:

- CONTACT Beaver Valley - (724) 728-3650
- CONTACT Greater Pittsburgh - (412) 820-4357
- CONTACT Greater Philadelphia - (215) 355-6000
- CONTACT Lancaster Helpline - (717) 299-4855
- Adams Hanover Counseling Services - (717) 646-2957

In 2008, the top percentage of calls to the National Suicide Lifeline coming from Pennsylvania originate from Allegheny, Philadelphia, Montgomery, Bucks, and Northampton counties. Nationwide, 13.7% of monthly callers are identified as veterans.

Local Student Wins Statewide Voice of Democracy Contest Sponsored by PA Veterans of Foreign Wars

LANCASTER - The Department of Pennsylvania Veterans of Foreign Wars of the United States celebrated the patriotism of Pennsylvania’s young people recently during the organization’s annual Voice of Democracy banquet in Lancaster. Methacton High School (Norristown) Senior Breckyn Moore of Collegeville – representing VFW District 16 and VFW Post 7878 – was chosen as the state winner from a field of 23 regional winners. A total of 3,951 high school students in Pennsylvania competed this year.

After being announced as the state champion and recipient of a \$5,000 Savings Bond, Moore presented her winning essay before 650 VFW members and guests at the Lancaster Host Resort. She also won an all-expense-paid trip to Washington, D.C. in April to represent Pennsylvania in the national VOD contest where the national champion will receive a \$25,000 scholarship.

The VOD program allows high school students across the state to compete in a speechwriting contest based on a patriotic theme. This year’s theme focused on how youth have benefitted from the service and sacrifices made by America’s veterans.

During the past year, Pennsylvania VFW organizations awarded more than \$105,000 in prizes and

support through the VOD program at the post, regional and state levels. Nationally, VFW posts and auxiliaries provide more than \$2.5 million in college scholarships to high school students every year.

In her essay, Moore recalled a trip to Europe which included World War II sites and reflected on the significant contributions to freedom made by America’s



State VOD winner Breckyn Moore (center) accepts the VFW State trophy from (left to right) PA VFW Ladies Auxiliary VOD Chairperson Marsha Fuhrman, PA VFW State Commander Larry Wade, PA VFW Ladies Auxiliary President Ann Raye Begis and PA VFW State VOD Chairman Dwight Fuhrman.

veterans. “I realized that along with security and liberty, America’s veterans have given us something more. They have given us an example by which to live our lives. They have taught us that only through loyalty and diligence, service and sacrifice, can great things come to pass.

“I have never been asked to make such a sacrifice, and I may never know what it is like, as the Bible says, to ‘walk through the valley of the shadow of death,’ but I know that my gratitude for this nation’s veterans is unwavering. Their sacrifices have not only provided my generation with a free and democratic country in which to live, but they have shown us the importance of selflessness—a quality that unfortunately is rare in our society.”

Consisting of 118,000 members in 540 local posts, the Department of Pennsylvania is the largest state department of the VFW organization. Pennsylvania VFW organizations donated more than 200,000 hours of volunteer service—valued at more than \$3 million—during the first six months of 2008-2009 national programs. These units also donated more than

\$1 million dollars to support community projects and charitable causes. The VFW’s broad activities include effective legislative advocacy for veterans and troops at the state and national level as well as its Service Officer network which connects PA veterans with more than \$25 million in government benefits each year.

“The VFW is proud to sponsor a contest that makes youth think and speak about freedom and patriotism. Each year, the VFW is impressed with how the student contestants share their views about living in this great nation and their appreciation for those who made protecting our freedoms a priority in their lives,” stated VFW State Commander and Vietnam Veteran Larry Wade. “We can be proud of the students who participate each year and confident that they will serve as the future leaders of our nation. They understand that there are millions of veterans who put their lives on the line and their lives on hold to fight so that future generations of Americans can live free.”

ODAGVA Begins Developing Performance Measures

FORT INDIANTOWN GAP - the Office of the Deputy Adjutant General for Veterans Affairs (ODAGVA) has begun developing performance measures that will help determine how effective the office is at assisting veterans with claims and benefits.

The performance measures are a response to Governor Ed Rendell’s 2007-2008 Report on State Performance. ODAGVA’s key objective, as stated in the report, is to “Increase the number of eligible Pennsylvania veterans receiving services and entitlement benefits.”

Helping the Homeless



When Beth Sattizahn received notice from Patriot Guard Riders about a clothing drive for homeless veterans she immediately took action. She solicited the members of the Berks County HOG chapter and sponsoring dealership, Classic Harley Davidson of Reading. In less than a week, a truckload of clothing was delivered to the National Guard armory in Northeast Philadelphia and the YWCA in Harrisburg in time for their winter stand down for homeless veterans. Assisting at the drop point are (left to right) Beth Sattizahn, Dot Basile, Drew Cengeri, Caryn and Emma Friedlander.

The report emphasizes the fact that there are going to be more veterans returning from the Global War On Terror who will be eligible for these benefits and entitlements. It also states that applying for benefit claims through a veteran service officer “stands the best chance for success.”

Presently, ODAGVA keeps track of how much is paid out to veterans by county, how many veterans occupy the state veterans’ homes and where their home residence is, but there is more that needs to be done.

According to the Governor’s report, ODAGVA must

“Provide continued customer service to veterans by ensuring that they receive the most up-to-date information about state and federal benefits.” ODAGVA has already begun to enhance its information outreach program by enhancing their web site with information about various benefits and services available to Pennsylvania’s veterans. They also distribute a weekly compilation of all the news stories that affect Pennsylvania’s veterans either at the state or national level. The office maintains an email distribution list to transmit the News Digest and any other important information. This list includes members of the Pennsylvania State Legislature and various commanders of veteran service organizations. In addition, ODAGVA also produces this newsletter. Veteran service officers from the three field offices often attend local job fairs and information events to let veterans know what benefits they may be entitled.

Another state directive from the report is to “increase the number of trained and accredited veteran service officers to advise veterans on programs and eligibility status.” ODAGVA has already taken steps to meet this objective by holding a five-day training session at Fort Indiantown Gap to get veteran service officers accredited in accordance with the requirements of 38 CFR Part 14 (Accreditation of Service Organization Representatives and Agents). Over 115 people attended this training from all over the state.

Other objectives outlined in the report are: Create

a standardized referral system that will make it easier for veterans and their beneficiaries to access their benefits and services, improve communication with stakeholders by enabling them to address critical needs directly with state and county veteran service officers, and develop and support legislation that enhances the veterans’ support system.

Before ODAGVA can see if it is meeting these objectives, it must first be able to monitor its progress. One way to do this is to develop performance measures for each process. These directives were only introduced this past year, so now the emphasis is on determining what should be measured.

“Many of these performance measures will be based in statistical data, so that they can be something measurable,” Brigadier General Scott Wagner, Deputy Adjutant General for Veterans Affairs explains.

The measurements have yet to be developed, but once it is determined what will be measured, these processes will be constantly monitored to see how well the organization is performing. In addition, these measurements will lend themselves to continuously improving those processes by making changes as necessary. The data extrapolated from the performance measures will determine the overall effectiveness of a process.

The new performance measures are expected to be introduced in early spring of this year.

Local Mental Health Care Providers ‘Give an Hour’ to Vets

DOWNINGTOWN - Large numbers of our veterans are returning home from Iraq finding that they must cope with a wide range of psychological difficulties. Many are struggling with severe physical injuries or traumatic brain injuries.

Give an Hour is a nonprofit organization that has established a national network of mental health professionals to provide free mental health services to U.S. military personnel and their loved ones affected by the current military conflicts in Afghanistan and Iraq.

A Rand Corporation study released last spring reports that 300,000 U.S. troops are suffering from major depression or post-traumatic stress (PTSD). In addition, 320,000 suffered traumatic brain injuries. Only about half of these have sought treatment. Recent news stories report a rise in suicides within the military, to the highest rate in 26 years.

Jennifer Crane, who lives in Downingtown, is

one of these soldiers. Jennifer served in Afghanistan during 2003 and was one of the first veterans to return from the Global War On Terror (GWOT). At that time, PTSD was still a relatively new issue that the U.S. Department of Veterans Affairs was still trying to deal with.

The mental health community understands that post-traumatic stress is a natural human reaction to horrific experiences. Fortunately, the symptoms of post-traumatic stress are greatly reduced if appropriate treatment is provided quickly to those in need. Post-traumatic stress doesn’t have to become a chronic mental illness nor does it have to ruin lives or destroy families. Individuals who suffer from traumatic brain injuries also experience mental health consequences such as anxiety, depression, substance abuse, and marital difficulties.

Children whose parents suffer from post-traumatic

stress disorder are more likely to develop symptoms of anxiety and depression themselves. By providing critical support and mental health care to the families of returning troops, Give an Hour is increasing the likelihood for healthy reunions and decreasing the likelihood of ongoing dysfunction in the family.

Jennifer tried to seek help through the VA, however, she was dissatisfied with the way the counseling was handled. She had few other options, due to her not having any health insurance. She ultimately found out about Give an Hour and was able to find a counselor who suited her needs.

“I just didn’t feel comfortable with [the VA’s] treatment. I wanted someone who I would be comfortable with. Give an Hour gave me a whole list of counselors to choose from.”

Thus far, more than 3,600 licensed professionals from the mental health community have registered to participate in this critical effort by giving an hour of their time each week to provide free mental health care. In addition to providing direct counseling services, Give an Hour volunteers are working to educate

the public and the military community and to reduce the stigma so often associated with mental health care.

Jennifer’s counseling sessions are free of charge. Though it is not required, the organization asks veterans who take advantage of their services to ‘give an hour’ of their time back in the form of community service. There are many different areas where Give an Hour seeks volunteers and each veteran whom they serve is offered the opportunity to participate in some sort of volunteer service, either with Give an Hour or with another veterans’ service organization or any other community organization. In Jennifer’s case, it was to help spread the word about Give an Hour’s services.

“I’ve been interviewed in magazines, newspapers, even on TV!”

Getting the word out has been the main focus of her volunteer activities and she enthusiastically lends herself to the media whenever the need arises as a volunteer spokesman for the organization.

Founded by Dr. Barbara Van Dahlen Romberg, a Washington, D.C., area psychologist, Give an Hour

Hospitalized Vets Get Valentines from Elementary Schools



Mike Grove, Associate Director for Patient Care Services at the Lebanon VA Medical Center hands a card to Bill Dangro, a hospitalized veteran and former POW from the Korean War, during the 31st Annual Observance of the National Salute to Hospitalized Veterans. Volunteers delivered valentines, made by local elementary school children, to veterans at the hospital. “Each of these vets hold a special place in our hearts,” Grove said during the event. The annual event is held each year around Valentines Day.

offers immediate access to mental health services to people who do not have access or who might fail to seek help through the military or VA. Give an Hour also offers essential services to family members and loved ones who are not covered by military insurance. Give an Hour recognizes that the strain of deployments and the stress and horror of combat affect many more people than just the service member and his or her immediate family. Parents, siblings, unmarried partners, and others are all often adversely affected and can benefit from the professional help that Give an Hour offers.

Over the past three years, Give an Hour has developed important relationships with the DoD, the VA, and many veterans service organizations including the American Legion Auxiliary, TAPS (Tragedy Assistance Program for Survivors), the National Gulf War Resource Center, and Vets 4 Vets.

Give an Hour has also developed important partnerships within the mental health community, including the American Psychiatric Association, the National Association of Social Workers, the American Psychological Association, the American Association of Pastoral Counselors, the American Association

of Marriage and Family Therapists, and the Anxiety Disorders Association of America. “We are proud of the opportunity to bring the military and mental health community together as we strive to provide critical services to these deserving men, women, and families,” notes Dr. Romberg.

Give an Hour is currently working with Pennsylvania legislators to become partners with the state. This action will alert mental health care providers in Pennsylvania of this organization and encourage them to donate an hour of their time. In addition, the partnership will facilitate mental health referrals to the organization from Veteran Service Officers in the state. If all goes as planned, there will be a proclamation from the Governor declaring this partnership in May, which is also National Mental Health month. Pennsylvania has nearly 200 providers.

Give an Hour has providers in all 50 states, Washington, D.C., and Puerto Rico. To locate a provider, simply log-on to www.giveanhour.org and use the zip code search. If there is no provider in your area, contact Give an Hour at info@giveanhour.org and a provider will be located for you.

VA Suicide Prevention Hotline Credited with 2,600 ‘Saves’

WASHINGTON – As the military deals with a record number of suicides among active-duty forces, Secretary of Veterans Affairs Eric K. Shinseki reminded Veterans and their families that the Department of Veterans Affairs (VA) has an extensive array of services to help Veterans in distress.

“I urge Veterans and their loved ones to take advantage of our suicide-prevention program,” said Shinseki. “Help for these heroes is a phone call away.”

Since July 2007, VA has operated an around-the-clock suicide-prevention hotline that has received about 100,000 calls and has been credited with rescuing over 2,600 people. The number for VA’s suicide prevention hotline is 1-800-273-TALK.

VA operates the largest mental health program in the country, with special efforts in each of the Department’s 153 medical centers and more than 750 outpatient clinics to identify and treat at-risk patients.

In addition to operating the suicide-prevention

hotline, VA has given all medical workers training in suicide prevention, created suicide prevention coordinators at each medical center, and given primary care clinics responsibility for mental health screening.

“We are reaching out to our newest generation of heroes – the Veterans of Iraq and Afghanistan – to ensure they are aware of the services available to them,” Shinseki added.

New requests or referrals for mental health appointments receive a preliminary evaluation within 24 hours and a comprehensive evaluation with 14 days. Emergency cases are dealt with immediately.

VA operates Readjustment Counseling Centers, commonly called Vet Centers, in 232 communities, where Veterans can receive care for a wide variety of issues related to leaving the military. Vet Center personnel are trained to identify at-risk Veterans and to counsel and connect them to appropriate VA medical services.

Helmets to Hardhats: Construction Jobs for Pennsylvania Veterans

HARRISBURG - Helmets to Hardhats is a non-profit organization that helps those transitioning from the military into construction jobs. Launched in January 2003 with funding from the Department of Defense, the program is administered by the Center for Military Recruitment, Assessment, and Veterans Employment and headquartered in Washington, D.C. Direction for management of the center comes from a board of trustees comprised of equal numbers of employer and labor trustees.

The Center for Military Recruitment, Assessment and Veterans Employment administers Helmets to Hardhats. It was established as a nonprofit Section 501(c)(6) organization with a funding structure set out under Section 302(c)(9) of the Taft-Hartley Act for purposes provided for under Section 6(b) of the Labor-Management Cooperation Act.

Helmets to Hardhats currently has five state-sponsored programs, of which Pennsylvania is one. The other states are Alaska, New Jersey, New York, and Washington. The Pennsylvania chapter is funded by a grant from the Department of Labor and Industry for Workforce Development. It is administered by the Pennsylvania State Building and Construction Trades Council.

Most of what Helmets to Hardhats offers in Pennsylvania utilizes the national organization's infrastructure. When one visits the Pennsylvania Helmets to Hardhats website, they are redirected to the national site to register for the program.

At the state level, the program employs Regional Directors who further the organization's goals by soliciting construction companies to become participants in the program, working with veterans as job counselors, working with agencies such as Career Link, deliver speeches, and attend work seminars and job fairs. These independent, state-sponsored agents coordinate specialized, single-state efforts with the same overall objective as the national program; helping veterans find quality careers in the construction industry.

The program is open to military veterans, National Guard, reserve, retired, and transitioning active-duty military service members. In addition, the program seeks responsible construction industry employers who must meet specific criteria before they are included for membership.

All employers who post career opportunities must participate in proven apprenticeship programs that are

registered and approved by applicable federal and state authorities. In addition, these prospective employers must ensure they provide transitioning veterans with wages and benefits that allow them to maintain an appropriate standard of living in the community where the position is located.

When a job seeker applies to the program, they are referred to promising career providers. Companies who are looking for employees are sent qualified candidates. When applying to the program, candidates complete a comprehensive profile that helps the hiring managers determine what transferable skills these individuals acquired during military service. After this profile is completed, candidates will be contacted by a Helmets to Hardhats representative concerning their request.

Veterans do not need to register in the program to take advantage of the job listings provided, however, they cannot generate or submit their profile to prospective employers unless they register. Registration is absolutely free.

"We provide employers access to the best-trained, most highly motivated professionals in the world—the men and women of the U.S. Armed Forces. Since we represent the best in the jobseeker community, we are only interested in offering our program users the best career opportunities in the industry," says Mike Metz, one of the Regional Directors for Pennsylvania.

Wounded Warriors are given special consideration. Helmets to Hardhats recognizes the supreme sacrifice that our Veterans have made for this country. The Wounded Warrior program supports disabled veterans by providing the tools, information, and community that will help Veterans gain careers in the Building and Construction Trades. Disabled Veterans may apply for and demonstrate their ability to perform any job listed on the Helmets to Hardhats web site. However, the Wounded Warrior program lists construction careers that employers have specifically identified as potentially suitable for disabled veterans on their website with a purple heart icon, making them easier to identify.

The organization offers career opportunities in the building and construction trades, but is not limited to those positions alone. There are many other construction related jobs that are more administrative or technical in nature, but the existence of these jobs is based on availability and location. The bulk of the jobs on

their job board are directly related to construction, such as electrician, pipe fitter, and heavy equipment operator.

Helmets to Hardhats has proven itself to be a success. It has confirmed thousands of successful placements in the past five years.

“The main challenge is that the Helmets to Hardhats web site can, and often does, provide jobseekers and industry employers with an easy way to communicate with one another directly,” Metz explains.

Capturing a specific number, however, can be difficult since the employer and the job seeker use the web site as a means of communicating. Most of the time, the number of placements counted is lower than how many placements are actually confirmed. In 2008 the program confirmed more than 1700 successful placements, but the number of placements may actually be twice that amount. To view the job offerings or to register for the program, visit www.helmetstohardhats.org.

SEVC and SWVC Implement Compressed Work Schedules

SPRING CITY and PITTSBURGH - Southeastern Veterans' Center in Spring City and Southwestern Veterans' Center in Pittsburgh will begin Compressed Work Schedules starting in March.

These compressed schedules consist of three-day, twelve-hour work schedules to help caregivers with personal scheduling difficulties while still providing the best possible care for veterans' home residents.

“This new way of scheduling will help eliminate a lot of the scheduling problems we've experienced in the past while still providing top-notch care for all our residents,” explains Paul Cain, Director of the Bureau of Veterans' Homes.

This new way of scheduling will primarily benefit nurses' aides, but is available to all who wish to take advantage of it.

March 2009 Community Events

If you know of an upcoming event that you'd like to see on our calendar, email cnelson@state.pa.us or call (717) 861-6979 and we'll add it to the Community Calendar section. Newsletters are published at the beginning of each month, so be sure to get the dates to us as soon as possible.

- **March 2:** Philadelphia Military Career Fair. 11:00 AM to 2:00 PM at the Crowne Plaza Hotel, 4100 Presidential Boulevard, Philadelphia, PA. For more information, visit www.nationalcareer-fairs.com
- **March 5:** Philadelphia Career Fair. 10:00 AM to 3:00 PM at the Philadelphia Marriott Downtown, 1201 Market Street, Philadelphia, PA. For more information, visit www.careerbuilder.com
- **March 9:** LTC Dave Russel's Artwork Unveiling. 5:00 PM at the Capitol rotunda. Artwork to be on display during National Guard Day at the Capitol, Harrisburg, PA
- **March 10:** National Guard Day at the Capitol. 8:00 AM to 4:00 PM at the Capitol rotunda in Harrisburg, PA
- **March 11:** Philadelphia Job Fair - Putting Americans Back To Work. 1:00 to 4:00 PM at the First District Plaza Ballroom and Conference Center, 3801 Market Street, Philadelphia, PA. For more information go to www.employmentguide.com
- **March 12:** RecruitMilitary Career Fair. 11:00 AM to 3:00 PM at Citizens Bank Park, One Citizens Bank Way, Philadelphia, PA. A free hiring event for veterans who already have civilian work experience, men and women who are transitioning from active duty to civilian life, members of the National Guard and reserves, and military spouses. To register for this career fair or for more information, visit www.recruitmilitary.com

- **March 26:** Philadelphia Nonprofit Career Fair. 10:00 AM to 2:00 PM at Villanova University, 800 Lancaster Avenue, Villanova, PA. For more information, visit www.idealists.org
- **March 26:** Veterans Benefit and Resource Forum. 6:30 to 9:30 PM at Neumann College Life Center, 1 Neumann Drive, Aston, PA. Presentation highlighting the 2008 edition of the Federal Benefits for Veterans and Dependents. Event will also feature: local, state, and federal agencies and clubs and organizations that administer programs for veterans.





US PARALYMPIC MILITARY PROGRAM

Military personnel who have sustained physical injuries are invited to join us for an introduction to Paralympic sports! Clinics will be led by Paralympic athletes and coaches and all skill levels are welcome. This program is not just about sports; it's also about attitude, camaraderie and promoting healthy, active lifestyles.

THERE IS NO COST TO MILITARY SERVICE MEN AND WOMEN.

For more information, contact Mandy Goff, coordinator of Lima Foxtrot Programs at 205.313.7437 or mandyg@lakeshore.org

March 26-29, 2009
Lakeshore Foundation
Birmingham, Alabama USA
An Official U.S. Olympic and Paralympic Training Site



Presented by   

The 2009 Paralympic Military Program is sponsored in part by the Office of the Secretary of Defense, Director, Office of Administration and Management. The content of these pages does not necessarily reflect the position or policy of the Government and no official endorsement should be inferred.

United States
Census 2010
It's In Our Hands



**Get all this and more.
Apply now to be a census taker!**

Work up to 40 hours per week in a temporary, part-time job with the 2010 Census and enjoy good pay, flexible hours, mileage reimbursement, and the chance to serve your community. Call our toll-free number today.

1-866-861-2010
www.2010censusjobs.gov

FedRelay: 1-800-877-8339 TTY
The U.S. Census Bureau is an Equal Opportunity Employer.

USCENSUSBUREAU