



American Legion Buddy Check



The following scripts can help our POST 116 Legion Family team make Buddy Checks on members and former members. *(per their instructions “Use these, modify them, or draft your own before reaching out.”* So we are leveraging best of breed and it too good to pass up!

Remember, the most important part of the call is to see

- 1. If the veteran and family are OK,**
- 2. If the Legion can assist,**
- 3. Invite them to events or activities that may be of interest.**

CONTENTS:

FOR MEMBERS AND FORMER MEMBERS:.....2

FOR NON-MEMBER VETERANS:3

SAMPLE SCRIPTS FOR MENTAL HEALTH AND WELL-BEING4

IF YOU ARE CONCERNED ABOUT A VETERAN’S WELL-BEING:6

QUICK ANSWERS TO WHAT THE LEGION DOES7

POST 116 10

BUDDY CHECK POCS FOR CENTRAL VIRGINIA..... 10

VETERANS HEALTH OPTIONS 15

LOUISA COUNTY GOVERNMENT..... 17

LOUISA COUNTY HEALTH DEPARTMENT 18

VIRGINIA DEPARTMENT OF HEALTH..... 19

VIRGINIA DEPARTMENT OF HEALTH (POC LIST) 20

NOTES: 24

WHEREAS, Legionnaires are naturally inclined, through demonstrated commitment to serve something greater than self, to extend hearts and hands to others ...



FOR MEMBERS and FORMER MEMBERS:

Hi, **[MEMBER'S NAME]**. This is **[YOUR NAME]** from your American Legion Post 116 in Louisa County.

I want to thank you for your service in helping us secure our freedoms to this great nation and your **[PAST/CURRENT]** membership in the organization. Also to see how things are going for you and your family.

The American Legion is doing its part to help the Department of Defense and the Department of Veterans Affairs provide information and resources, as well as a welcoming environment to all veterans.

I'm calling to see if there is anything that your American Legion Family can assist you or your family with, or if there are any resources that I may be able to help you with?

Remember, your fellow Legionnaires are always here for you.

And I also wanted to let you know that we're getting ready for our first **BREAKFAST GATHERING** event on the 27th of January 2024. This is our first Breakfast in many years and we have been invited to host this at a Church in Louisa!

This is a great opportunity for us, since we have had only limited access to a meeting hall and kitchen. The Church is welcoming and we have seen the facility and it is a wonderful venue to include and engage our members, spouses and friends. The Breakfast is at 0800 at Mt. Pleasant United Methodist Church. We want to invite you and your family to celebrate with us. Thanks again for your service.

If you need anything, call me anytime at **[PHONE NUMBER]** or email me at Legion_Post116@outlook.com or visit LouisaAmericanLegion.org

If you know of any other veteran in need, please let me know!



American Legion Post 116
Buddy Check Reference Guide
January 2024 v.2



Let's stay in touch!

FOR NON-MEMBER VETERANS:

Hi, **[MEMBER'S NAME]**. This is **[YOUR NAME]** from your American Legion Post 116 in Louisa County.

I'm calling to see if there is anything that your American Legion Family can assist you or your family with. The American Legion is joining forces with the Department of Defense and the Department of Veterans Affairs to provide information and resources, as well as a welcoming environment to all veterans.

Remember, your fellow veterans are always here for you.

Less than 1% of all Americans will ever serve in the United States Armed Forces, so we veterans understand each other's needs perhaps better than anyone else.

I may be able to direct you to resources that aid in critical matters such as health care, counseling, financial assistance and VA benefits if you need them, or if you know someone who does.

It is my honor to continue serving this nation by serving those who served, so if you ever need anything from The American Legion, do not hesitate to ask. We may not personally be able to solve your problem, but we can get you to the right resources.

Thanks again for your service and helping America secure its Freedoms

If you need anything, call me anytime at **[PHONE NUMBER]** or email me at Legion_Post116@outlook.com or visit LouisaAmericanLegion.org

Let's stay in touch!

WHEREAS, Legionnaires are naturally inclined, through demonstrated commitment to serve something greater than self, to extend hearts and hands to others ...



SAMPLE SCRIPTS for Mental Health and Well-Being

NOTE: When sharing information about the Veterans Crisis Line, it should be relayed sensitively. You are spreading the word that free, confidential help is available and not suggesting the person you are talking with is the one who needs the help. Remember, the most important part of the call is to see if the veteran and family are OK and if The American Legion Family can assist them in any way.

FOR MEMBERS and FORMER MEMBERS:

Hi, [MEMBER'S NAME]. This is [YOUR NAME] from your American Legion Post 116 Louisa County. I want to thank you for your membership and to check in on you and your family.

I'm calling to see if there is anything that your American Legion Post can do to assist you or your family. Remember, your fellow Legionnaires are always here for you. If you, or a member of your family, need anything, please let me know and I will do my best to help.

The other reason I am calling is to enlist your support in helping The American Legion spread the word about the **Veterans Crisis Line**.

The number is simply **988** followed by the 1 key. Veterans can also **text to 838255** or **chat online at VeteransCrisisLine.net/Chat**.

These services are available 24 hours a day, seven days a week. The Veterans Crisis Line is a free, anonymous, confidential resource that's available to any veteran, even if they are not registered with VA or enrolled in VA health care. Please help us get the word out. Thanks again for your service and know that you can call me any time at [PHONE NUMBER] or email me at Legion_Post116@Outlook.com.

Let's stay in touch.

WHEREAS, Legionnaires are naturally inclined, through demonstrated commitment to serve something greater than self, to extend hearts and hands to others ...



**American Legion Post 116
Buddy Check Reference Guide
January 2024 v.2**



VETERAN / NON-MEMBER:

Hi, [NAME]. This is [YOUR NAME] from your American Legion Post 116 Louisa County. I'm calling to see if there is anything that the American Legion can assist you or your family with, as we all have been going through some trying times in recent years.

I am also calling is to enlist your support in helping The American Legion spread the word about the **Veterans Crisis Line**.

The number is simply **988** followed by the 1 key. Veterans can also **text to 838255 or chat online at VeteransCrisisLine.net/Chat**.

These services are available 24 hours a day, seven days a week. The Veterans Crisis Line is a free, anonymous, confidential resource that's available to any veteran, even if they are not registered with VA or enrolled in VA health care.

Please help us get the word out.

Thanks again for your service and know that you can call me any time at [PHONE NUMBER] or email me at Legion_Post116@Outlook.com.

Let's stay in touch.

WHEREAS, Legionnaires are naturally inclined, through demonstrated commitment to serve something greater than self, to extend hearts and hands to others ...



IF YOU ARE CONCERNED ABOUT A VETERAN'S WELL-BEING:

Here are some sample talking points you can work into a conversation with a fellow veteran you are concerned about.

Sample 1:

It's good to talk with you. These past few years have been challenging for me, and I doubt that I'm alone in feeling this way. I was talking with a friend at my post who shared information about the Veterans Crisis Line. It's a really great resource that anyone can call. It's free, confidential, and operated 24/7. I'm calling all my friends to make sure they know about this resource. Can I give you the number? Thinking it's best for us veterans to stick together and want to be sure you have it in case someone you know might want to talk with them. It's simply 988. When it picks up you just press one.

Sample 2:

Have you heard about the Veterans Crisis Line? It's a toll-free, confidential resource that connects veterans in crisis and their families and friends with qualified, caring VA responders. I'm telling all my veteran friends about it because we need to look out for each other. It can't hurt to spread the word that help is available and just one phone call away. Can I give you the number? Thinking it's best for us vets to stick together and want to be sure you have it in case someone you know might want to talk with them. It's 988. When it picks up you just press one.

Sample 3:

It's good to talk with you. I have just one more thing to share. It's sad news but the loss of veteran and active duty lives to suicide has been on the rise in recent years. As a Legionnaire, I take pride in knowing that we are veterans serving veterans so I'm trying to spread the word that help is just a phone call away. There's a Veterans Crisis Line that you can call even if you're not registered with VA or enrolled in VA health care. Can I give you the number? Thinking it's best for us veterans to stick together and want to be sure you have it in case someone you know might want to talk with them. It's simply 988. When it picks up you just press the number one.



Quick Answers to What the Legion Does

NATIONAL:

1. Legion stands as the nation's largest and most prominent voice for effective VA health care and disability benefits, GI Bill education and career opportunities. More than 3,000 American Legion service officers are handling over 750,000 veterans' cases at any one time, across the country and around the world. No other organization provides as much free service for veterans and their families.
2. Mentors thousands of children and youth through healthy, educational, competitive and patriotic programs, including Boys Nation, Oratorical Competition, American Legion Baseball, Junior Shooting Sports, flag education, Scouting, Junior ROTC and more.
3. Supports our nation's troops and a strong Department of Defense through innumerable programs and services for active-duty, National Guard and Reserve components, as well as resources for military families and advocacy for military retirees.

DEPARTMENT:

1. What the Department does in support of veterans
2. What the Department does in support of children and youth
3. What the Department does in support of troops/national security

WHEREAS, Legionnaires are naturally inclined, through demonstrated commitment to serve something greater than self, to extend hearts and hands to others ...



**American Legion Post 116
Buddy Check Reference Guide
January 2024 v.2**



POST 116

What the Post does in support of veterans?

Honor and Color Guard Details Central Virginia Honor Guard provided military honors for funerals, memorial services, and other occasions as requested regardless of the service branch. The Central Virginia Honor Guard's dignified participation reflects the professionalism of our own service to our nation and leaves a lasting impression of pride and support for the veteran's family, friends, our local community, and a grateful nation. Legion also is exploring District Honor and Color Guard Requirements.

Financial Support of Veterans in need (Roof and Temp Housing)

Blue Star Families Ceremony: Semi-Annual Presentation to honor and present certificate to the Families whose son/daughter entered the Armed Services.

Blue Star Mothers for this deployed
Quilts of Valor

What the Post does in support of children and youth

Boys and Girls State: Selected Students learn about Government for a week at a college campus each summer. Post 116 pays all the tuition of 2 or more Students to attend. Legion conducts interviews, makes selections, and fully sponsors Louisa High School students each year.

Youth Law Cadet Law Enforcement Program: Post support students to attend YLCEP each summer. Post 116 conducts interviews, performs selections and notification, and sponsors one or more students every year in Louisa.

American Legion School Award Medal Program which places emphasis on the development of the six core qualities of active citizenship.(COURAGE, HONOR, SCHOLARSHIP, LEADERSHIP, SERVICE, & PATRIOTISM) Encourages the development of those ideals in young Americans to promote engaged citizenship. Our Post is planning recognition for those youth deemed most dedicated to the



**American Legion Post 116
Buddy Check Reference Guide
January 2024 v.2**



high qualities of citizenship and true Americanism. Awarding a Medal and Certificate during Graduation. (2024/2025)

Orator Contest (2025)

Toys for Tots – over 1025 Toys were gathered in the District in 2023.

Flag Advocacy in Schools June 14th Quilts of Valor and Flag Day 2024

Supporting Scouting

What the Post does in support of troops/national security

Memorial Day

Veterans Day

Four Chaplains Ceremony

Starting Flag Education in Middle School.

WHEREAS, Legionnaires are naturally inclined, through demonstrated commitment to serve something greater than self, to extend hearts and hands to others ...



Post 116

BUDDY CHECK POCs

for Central Virginia

WHEREAS, Legionnaires are naturally inclined, through demonstrated commitment to serve something greater than self, to extend hearts and hands to others ...



**Veterans/Military Crisis Line
988 Suicide & Crisis Lifeline**

PHONE Dial 988 then press 1 or

TEXT 838255

LIVE CHAT is available (Chat with a VA responder)

WEBSITE: www.veteranscrisisline.net

Veterans Administration Suicide Website:

<https://www.va.gov/health-care/health-needs-conditions/mental-health/suicide-prevention/>

National Domestic Violence Hotline

PHONE Call 800-799-SAFE (7233)

TEXT "START" to 88788

DOD Safe Helpline - Sexual Assault Support

PHONE Call 877-995-5247

WEBSITE: www.safehelpline.org

National Maternal Mental Health Hotline

1-833-852-6262 (1-833-TLC-MAMA)

Military Spouse Employment Partnership

PHONE: 800-342-9647

Exception Family Member Program:

<https://www.militaryonesource.mil>

Financial Planning Resources & Support: From immediate relief to daily strategies and counseling options, explore resources that can improve your financial fitness and reduce stress.



Fortify Finances: <https://www.militaryonesource.mil>

Tax Help for Military

<https://www.militaryonesource.mil>

Free & Confidential Stress Support 800-342-9647

Resourced from

<https://www.va.gov/health-care/health-needs-conditions/mental-health/suicide-prevention/>

Will VA cover my emergency mental health care?

We may be able to provide or cover the cost of your emergency mental health care and up to 90 days of related services—even if you're not enrolled in VA health care.

If a health care provider determines you're at risk of immediate self-harm, we can provide or cover the cost of your care if you meet at least 1 of these requirements:

- You were the victim of sexual assault, battery, or harassment while serving in the Armed Forces, **or**
- You served on active duty for more than 24 months and didn't get a dishonorable discharge, **or**
- You served more than 100 days under a combat exclusion or in support of a contingency operation (including as a member of the Reserve) and didn't get a dishonorable discharge. You meet this requirement if you served directly or if you operated an unmanned aerial vehicle from another location.

If you go to a non-VA emergency department for help, tell the staff you're a Veteran. Ask them to contact us right away.

[Learn more about getting emergency care at non-VA facilities](#)



How can I get ongoing support?

You can get ongoing support through your local VA health care facility or regional office:

- **Our specially trained suicide prevention coordinators**—available in each VA medical center across the country—can help you get the counseling and services you need.
[Find your nearest VA medical center](#)
- **Our Vet Centers** can help you—and your family—readjust to life at home after you’ve returned from serving in a combat zone.
[Find your nearest Vet Center](#)
- **Our Veterans Benefits Administration offices** can help you access benefits for disability compensation (monthly payments), job training, home loans, and more.
[Find your nearest regional office](#)

You can also find information and support on our websites:

- Find local resources from the Veterans Crisis Line.
[Go to the Veterans Crisis Line website resource locator](#)
- Get information about suicide prevention and the support we offer.
[Go to our suicide prevention website](#)
- Go to our Make the Connection website to get resources and watch stories of Veterans who’ve overcome depression and other mental health challenges.
[Go to the Make the Connection website](#)

Information for family and friends

What are the signs that someone may be considering suicide?

Many Veterans don’t show any signs of an urge to harm themselves before doing so. But some may show signs like these of depression, anxiety, low self-esteem, or hopelessness:

- Seeming sad, depressed, anxious, or agitated most of the time
- Sleeping either all the time or not much at all
- Not caring about what they look like or what happens to them
- Pulling away from friends, family, and society



American Legion Post 116 Buddy Check Reference Guide January 2024 v.2



- Losing interest in hobbies, work, school, or other things they used to care about
- Expressing feelings of excessive guilt or shame, failure, lack of purpose in life, or being trapped

They may also change the way they act, and start to show signs like these:

- Perform poorly at work or school
- Act violently or take risks (like driving fast or running red lights)
- Do things to prepare for a suicide (like giving away special personal items, making a will, or seeking access to guns or pills)

[Get the full list of signs that someone may be considering suicide](#)

Get information about suicide prevention and the support we offer.

[Go to our suicide prevention website](#)

[Take our Veterans self-check quiz](#)

I want to help a Veteran adjust to life at home, but I don't know how. Can I get support?

Yes. If you're a family member or friend of a Veteran who's having trouble adjusting to life at home, we can help. Through our national Coaching Into Care program, our licensed psychologists and social workers will talk with you by phone, free of charge. We can help you find your way around the VA system and figure out the best way to help the Veteran you care about. All calls are confidential (private).

To connect with a VA coach, call [888-823-7458](tel:888-823-7458) ([TTY: 711](tel:711)). We're here Monday through Friday, 8:00 a.m. to 8:00 p.m. ET.

To get tips and resources for spouses, parents, and Veterans, go to the Coaching Into Care website.

[Go to the Coaching Into Care website](#)



VETERANS HEALTH OPTIONS

Richmond VA Medical Center

**1201 Broad Rock Boulevard
Richmond, VA 23249-4915**

<https://www.va.gov/richmond-health-care/locations/richmond-va-medical-center/>

Main number: 804-675-5000

Mental health: 804-675-5411

Richmond Vet Center

**4902 Fitzhugh Avenue
Richmond, VA 23230**

<https://www.va.gov/richmond-health-care/locations/richmond-va-medical-center/>

Main number: 804-353-8958

Charlottesville VA Clinic

**590 Peter Jefferson Parkway
Suite 250**

Charlottesville, VA 22911-4655

<https://www.va.gov/richmond-health-care/locations/charlottesville-va-clinic/>

Main number: 434-293-3890

Mental health: 434-293-3890



VETERANS HEALTH OPTIONS (continued)

Fredericksburg VA Clinic

130 Executive Center Parkway
Fredericksburg, VA 22401-3100
<https://www.va.gov/richmond-health-care/locations/fredericksburg-va-clinic/>

Main number: 540-684-9040

Mental health: 540-370-4468

Fredericksburg 2 VA Clinic

10401 Spotsylvania Avenue
Suite 300
Fredericksburg, VA 22408-8606
<https://www.va.gov/richmond-health-care/locations/fredericksburg-2-va-clinic/>

Main number: 540-693-3140

Mental health: 540-693-3140

Massaponax VA Clinic

4830 Southpoint Drive
Fredericksburg, VA 22407-2606
<https://www.va.gov/richmond-health-care/locations/massaponax-va-clinic/>

Main number: 540-370-4468

Henrico County VA Clinic

7702 East Parham Road
Parham Doctors Hospital, MOB III Suite 201
Richmond, VA 23294-4372
<https://www.va.gov/richmond-health-care/locations/henrico-county-va-clinic/> **Main number: 804-675-5000**



LOUISA COUNTY GOVERNMENT

How Do I: <https://louisacounty.gov/9/How-Do-I>

How Do I Apply For

- Agricultural/Forestral Rural Preservation Committee Meetings
- Building Permits
- Concealed Handgun Permit Filing Process
- Employment Opportunities
- Fishing License
- Living Assistance & Benefits
- Vehicle License
- Volunteer Firefighter Position

HOW DO I CONTACT:

- Board of Supervisors
- Commonwealth Attorney
- Human Services
- Non-Emergency Fire & Police
- Sheriff's Office

HOW DO I SIGN UP FOR:

- Before & After School Program
- Child Seat Inspections & Education
- Civic Ready Citizen Alert System
- Parks & Recreation Newsletter
- Parks & Recreation Programs
- Alerts & Notifications
- My Portal

HOW DO I SUBMIT:

- Fire Department Customer Satisfaction Survey
- Freedom of Information Act Policy (PDF)
- Online Tax Payments
- Report a Missing/Damaged Street Sign
- Tax Payments
- Trash & Waste Disposal Permit Application
- Voter Registration

WHEREAS, Legionnaires are naturally inclined, through demonstrated commitment to serve something greater than self, to extend hearts and hands to others ...



LOUISA COUNTY HEALTH DEPARTMENT

Louisa County Health Department is moving in December! Clinical, WIC, Environmental Health, and Vital Records services will all be relocating to 101 Woolfolk Ave, Louisa VA 23093. Call 540 967-3707 or 540 967-3707

Blue Ridge Health District Headquarters, Charlottesville, VA, United States, Virginia

The Blue Ridge Health District (BRHD) is one of 35 health districts under the Virginia Department of Health. We have five health departments and one community-based clinic providing public health services to over 250,000 people in Albemarle, Charlottesville, Fluvanna, Greene, Louisa, and Nelson, VA

PHONE: (434) 972-6200

EMAIL: BlueRidgeHD@vdh.virginia.gov

WEB: <https://www.vdh.virginia.gov/blue-ridge/>

CONTACTS: <https://www.vdh.virginia.gov/blue-ridge/contact-us/>

WHEREAS, Legionnaires are naturally inclined, through demonstrated commitment to serve something greater than self, to extend hearts and hands to others ...



VIRGINIA DEPARTMENT OF HEALTH

Virginia Department of Health
P.O. Box 2448
Richmond, Virginia 23218-2448

Physical address:

Virginia Department of Health
109 Governor Street
Richmond, Virginia 23219

Office of Vital Records (Births, Deaths & Marriages)
2001 Maywill St, Suite 101
Richmond, Virginia 23230
(804) 662-6200

How Do I

<https://www.vdh.virginia.gov/how-do-i/>

Birth Certificate, Marriage Certificate, Death Certificate
Vaccination Record
Virginia EMS Portal
HIV, STD and Viral Hepatitis Testing Sites
Virginia WIC (Women, Infants and Children)
Home Care and Hospice
Report a Foodborne Illness
File a Complaint About a Health Care Facility
Home Radon Tests

WHEREAS, Legionnaires are naturally inclined, through demonstrated commitment to serve something greater than self, to extend hearts and hands to others ...



VIRGINIA DEPARTMENT OF HEALTH (POC List)

Office/Division/Program	POC	Phone
Adolescent Health	Rachel Brown	(804) 864-7808
AIDS/HIV, STD, and Viral Hepatitis Hotline and General Information	Hotline Staff	(800) 533-4148
Bedding & Upholstered Furniture	Olivia McCormick	(804) 864-8146
Birth Certificates	Call Center Staff	(804) 662-6200
Breast and Cervical Cancer Screening	Information Line	(866) 395-4968
Cancer Prevention and Control	Christina Benton	(804) 864-7720
Cancer Registry	Laurel Gray, CTR	(804) 864-7860
Certificates – Birth, Death, Marriage, Divorce	Call Center Staff	(804) 662-6200
Certificate of Public Need (COPN)	VDH Staff	(804) 367-2126
Child and Adult Care Food Program		
Child Health	Jennifer MacDonald	(804) 864-7729
Child Passenger Safety	VDH Staff	(800) 732-8333
Children with Special Health Care Needs Program	Marcus Allen	(804) 864-7716
Chronic Disease Prevention & Control	VDH Staff	(804) 864-7761
Commissioner of Health	VDH Staff	(804) 864-7000
Communicable Disease		(804) 864-8141
Complaints Against Health Care Facilities	VDH Staff	(804) 367-2106 or
		toll free (800) 955-1819
Dental Health	Tonya Adiches	(804) 864-7775
Dental Health Education	Delphine Anderson	(804) 864-7775
Drinking Water	Drinking Water Staff	(804) 864-7500
Early Childhood Health	Bethany Geldmaker	(804) 864-7687
Emergency Medical Services	Gary Brown	(804) 888-9100 or toll free(800) 523-6019
Emergency Preparedness	VDH OEP Staff	(804) 864-7035



VIRGINIA DEPARTMENT OF HEALTH (POC continued)

Office/Division/Program	POC	Phone
Epidemiology		(804) 864-8141
Family Planning	Emily Yeatts	(804) 864-7753
Food & Environmental Services	VDH Staff	(804) 864-7454
Foreign Travel Immunizations		(804) 864-8055
Health Equity	VDH Staff	(804) 864-7435
HIV Data and Statistics		(804) 864-8141
Human Resources	HR Staff	
Immunization Hotline	Call Center Staff	(800) 568-1929
Immunization Program		(804) 864-8055
Immunization Records	VIIS Help Desk	(866) 375-9795
Infant Health Program	Receptionist	(804) 864-7772
Injury & Violence Prevention	Heather Board or Lisa Wooten	(804) 864-7738
Injury Data and Statistics	Lauren Yerkes or Elizabeth Lowery	(804) 864-7988
Lead Poisoning Prevention	VDH Staff	(877) 668-7987
Licensure and Certification of Health Care Facilities	VDH Staff	(804) 367-2102
Acute Care Division (hospitals, home health)	VDH Staff	(804) 367-2104
Long Term Care (nursing homes)	VDH Staff	(804) 367-2100



**American Legion Post 116
Buddy Check Reference Guide
January 2024 v.2**



VIRGINIA DEPARTMENT OF HEALTH (POC continued)

Office/Division/Program	POC	Phone
Maternal Infant Early Child Home Visiting	Linda Foster	(804) 864-7764
Managed Care Health Insurance Plans (MCHIP)	VDH Staff	(804) 367-2128
Medical Examiner	Staff	(804) 786-3174
– Anatomical Program	Staff	(804) 786-2479
Medical Scholarship – Loan Repayment Program	VDH Staff	(804) 864-7435
Minority Health & Community Engagement		(804) 864-7404
Mold Information	Staff	(804) 864-8182
Newborn Screening Program	Jennifer MacDonald	(804) 864-7729
Nursing Scholarship Program	VDH Staff	(804) 864-7435
Onsite Sewage Disposal	VDH Staff	(804) 864-7454
Pfiesteria Hotline	Call Center Staff	(804) 238-6154
Primary Care	Heather Anderson	(804) 864-7426
Rabies	Julia Murphy	(804) 864-8141
Radiological Health	Lea Perlas	(804) 864-8150
Radon Hotline	VDH Staff	(800) 468-0138
Resource Mothers	Consuelo Staton	(804) 864-7673
Rural Health	Heather Anderson	(804) 864-7426
Safety Seat Program	VDH Staff	(800) 732-8333
School Health	Joanna Pitts	(804) 864-7590

WHEREAS, Legionnaires are naturally inclined, through demonstrated commitment to serve something greater than self, to extend hearts and hands to others ...



VIRGINIA DEPARTMENT OF HEALTH (POC continued)

Shellfish Sanitation	Danielle Schools	(804) 864-7480
Statutory Rape Prevention	Maria Altonen	(804) 864-7739
Suicide Prevention	Justin Wallace	(804) 864-7736
Tobacco Use Cessation	Rita Miller	(804) 864-7897
Tobacco Use Control	Jayne Flowers	(804) 864-7884
Toxic Substance Information	Dwight Flammia	(804) 864-8127
Tuberculosis	VDH Staff	(804) 864-7906
Vital Event Statistics	Peter C Hunt	(804) 864-7115
Vital Records	Call Center Staff	(804) 662-6200
Waterborne Disease, Beach Monitoring, Harmful Algal Blooms	Margaret Smigo	(804) 489-4110
Wells and Septic Systems	VDH Staff	(804) 864-7470
WIC & Community Nutrition	WIC Staff	(888) 942-3663



**American Legion Post 116
Buddy Check Reference Guide
January 2024 v.2**



NOTES:

WHEREAS, Legionnaires are naturally inclined, through demonstrated commitment to serve something greater than self, to extend hearts and hands to others ...