

## Sacramento County: Serving Our Veterans

**Sacramento County** is proud to be home to more than 84,000 veterans. As this vital segment of our population continues to increase, the **Sacramento County Veterans Services**, part of the **Department of Human Assistance**, encourages veterans to take advantage of the available benefits and resources that are in place to not only assist veterans but family members and dependents.

Benefits range from disability compensation (due to injuries/illness resulting from service-related activities) to VA Pension, which is monthly financial assistance to low-income, wartime Veterans over the age of 65 and/or those who are "totally disabled." Surviving spouses may also receive benefits.

We assist local veterans in applying for benefits offered through the **U.S. Department of Veterans Affairs**, the **State of California** and local government entities.

Veterans Services is also responsible for administering the College Fee Waiver Program for Veterans' Dependents. This program is afforded to spouses, unmarried

surviving spouses, and children of service-connected disabled or service related deceased veterans. Eligible dependents are not required to pay "mandatory system-wide" tuition and fees while attending either a California community college, a campus of the California State University (CSU) system, or a campus of the University of California (UC) system. This program not only provides eligible dependents with the incentive but also the opportunity to pursue their goals.

### Some of the services we assist with are:

- » Service-Connected Disability Compensation Benefits
- » Non-Service-Connected Disability Pension Benefits
- » Dependency Indemnity Compensation (DIC) Benefits
- » Death Pension Benefits
- » Aid & Attendance Entitlement
- » VA Medical Care Eligibility & Access
- » Vocational Rehabilitation Benefits
- » California College Fee Waiver Program



- » VA Life Insurance
- » State Veterans Homes
- » Requests for Military Records
- » Discharge Upgrade Information
- » Burial Benefits
- » Other Ancillary Benefits & Programs

### Visit:

Sacramento County Veterans Services Office  
2007 19th St., Sacramento, CA  
8:00 a.m. – 4:00 p.m. Monday - Thursday  
9:30 a.m. – 2:00 p.m. on Fridays  
Email: [DHA-VET@saccounty.net](mailto:DHA-VET@saccounty.net)  
Call: 916-874-6811

### Sacramento County Board of Supervisors

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## From Social Worker to Resource Parent to Dad

In Sacramento County, there are more than 1,700 youth who are currently in the Sacramento County foster care system with many of those children in need of a permanent and forever home. Leon Burse, a [Sacramento County Department of Child, Family and Adult Services](#) social worker helps families learn how to become a foster parent, also known as a resource parent, and connects them with youth who urgently need a loving home.

“As a Concurrent Planning Social Worker, a major part of my job is helping families understand the process of becoming a resource parent and have them move past any fear they might have of becoming one,” said Leon.

With the passion Leon has to help foster youth, it was no surprise to family and friends when he and his wife Dykiesha answered the call and welcomed children into their own home in 2016. Leon and Dykiesha became a concurrent home, one that fosters children but can adopt

the child if the child is unable to return to their biological family. After 12 months of reunification efforts, the Burse family chose to go through an appeal process to adopt the two children.

“My wife and I always knew we wanted to adopt, specifically to help LGBTQ and African American youth but like any family, my wife and I had fears before opening our home,” said Leon. “We were thinking we wouldn’t be enough for the kids, but quickly after, our kids proved us wrong when they came home from school every day and would say how much they loved and missed us – all our fears went out the window.

The foster and adoption process can be chaotic, but in the end, it is all worth it – today, my two eldest children who came to us through adoption are 8 and 10 years old, and they are the light of my life. My favorite part about being a parent is watching them grow and flourish into the beautiful, healthy kids they are today,” said Leon.



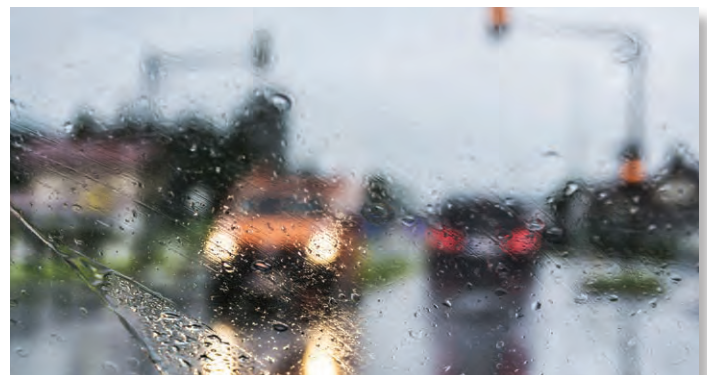
In November 2018, the Burse family was named a “Family of the Year” during the National Adoption Day Calling Out of Names event at the State Capitol for going above and beyond with their dedication to family and community.

Families who are interested in becoming a resource family can attend an [RFA orientation](#) for an overview of what to expect. To learn more about local foster care opportunities and how to become a resource/foster parent, please visit the [Sacramento County Department of Child, Family and Adult Services website](#) or call, 916-875-5543.

## Stay Safe in the Cold – Tips for Pets and People

With winter in full swing, it’s a great time to review cold weather tips:

- » **Check on elderly family members, friends or neighbors.** Seniors and those with serious medical conditions are at risk. Check on community members that might be vulnerable to ensure they are safely keeping warm.
- » **Bring your pets inside when temperatures start to dip near freezing.** A dog or cat left outside in severe cold weather can die quickly from exposure. Except for exercise and walks, all dogs and cats are safer indoors during the winter. Make sure they have a warm, draft-free place indoors with a dry mat or blanket that they can lie on. For additional winter weather tips for animals, check out the [Bradshaw Animal Shelter’s website](#).
- » **Heat your home safely – carbon monoxide is a silent killer.** It is not OK to heat the inside of your home with any kind of BBQ,



propane heater, or any other fuel-fired equipment due to the risk of carbon monoxide poisoning. Only use heaters installed with your home and those designed to be used indoors. Make sure that your natural gas furnaces and other appliances are in good, clean working order.

- » **Insulate outdoor pipes that lead into your home to prevent freezing.** Seal with caulk around the pipes that lead into and out
- Continues on back*





## Have or Need Medi-Cal? The County Has You Covered

**Sacramento County's health center**, located at 4600 Broadway, offers quality, full-service health care and social services if you have or are eligible for Medi-Cal.

All in one location, the Sacramento County health center provides primary care, behavioral health care and specialty services to low-income Medi-Cal patients of Sacramento County - as a Federally Qualified Health Center (FQHC). The County's Department of Health Services is honored to bring its staff to partner with UC Davis Health physicians and medical staff, along with valued community-based organizations and programs. Together, they ensure those in need have access to quality health care and social services.



behavioral therapy for opioid use disorder, nephrology, rheumatology, gastroenterology

- » **Coming soon:** neurology, cardiology, children's dental services and more
- » **TB and STD:** Public Health Clinic onsite provides TB and STD screening and treatment
- » **Health Care Access Program For Those Without Legal Status:** Healthy Partners Program serves low-income adults who are not eligible for health insurance coverage due to legal status. For more information call: 916-874-1805
- » **Refugee Clinic:** Provides physical and mental health services, including trauma-informed care screening for patients arriving on a Refugee, Special Immigrant Visa, Asylee or T-Visa for Victims of Human Trafficking
- » **Pharmacy:** Clinical pharmacists provide medication and education
- » **Radiology:** X-rays are performed and read by an on-site radiologist
- » **Blood Draw:** Quest Lab for blood draw
- » **Interpreters:** Spanish, Farsi, Pashto, Arabic and Russian
- » **Department of Human Assistance:** Staff provides access to County social services

### » **Community Based Organizations**

**(CBO):** Sacramento Covered provides assistance with applications such as Medi-Cal and Cal Fresh/WIC, and Legal Services of Northern CA (LSNC) provides help with eviction notices and other legal assistance

### Eligibility

"Some in our community don't know that Medi-Cal insurance is a free or low-cost option for them that covers preventive care as well as diagnosis and treatment of diseases. We want to spread the word that regular clinician visits are important in supporting wellbeing and preventing medical emergencies that can be costly and stressful," said Dr. Mishra, Medical Director.

Medi-Cal eligibility is available for non-disabled adults aged 19-64 with income levels at or below 138% of the Federal Poverty Level ([Refer to U.S. DHHS Federal Poverty Guidelines and Percentages Chart](#)). To sign up for Medi-Cal, patients can go to 4600 Broadway and visit the Member Services department or work with staff members at the health center from Sacramento County Department of Human Assistance (DHA) or Sacramento Covered. The types of information needed to apply for Medi-Cal include documents such as Social Security card, I.D., immigration status, household bills, family financial information and other sources of income. Learn about other ways to sign up for Medi-Cal on the [DHA website](#), or call 916-874-3100.

For more information about health services at 4600 Broadway or to make an appointment, call 916-874-9670, or visit the Sacramento County Department of Health Services [website](#).

*"I'm grateful to call the Sacramento County health center my 'medical home' for 11 years. They are like a second family here, looking out for my health and happiness"*

— PATIENT ELISA BLUEMEL

### Services Available On-Site at 4600 Broadway

- » **Primary Care:** prevention, screening, education and treatment of medical and mental health conditions
- » **Integrative Behavioral Health:** dual board-certified physicians and mental health trained nurse practitioners who combine mental health care and primary care
- » **Counseling:** Mental Health Counselors and Licensed Clinical Social Workers (LCSW) provide urgent and ongoing counseling
- » **Specialty Services:** Pre/post-natal and gynecology services, childhood development screening, Medication-Assisted Treatment (MAT) with

## You Count! 2020 Census Letter Invitations Arrive in March



Your voice matters, and you can make sure you are heard when you receive a letter or postcard in mid-March inviting you to respond to the 2020 US Census survey. Every household should receive an invitation by Census Day, April 1, 2020.

Every 10 years the US Census Bureau counts every living person living in the US. The information will help Sacramento County and our diverse communities ensure we have a voice in government and receive our fair share of funding for programs and jobs that help schools, roads, hospitals, and more.

Participating in the census is easy. For the first time, you will be able to complete the survey online. Websites will be available in 12 languages.

You can also complete the census by phone, by mail, or in person. Local census assistance centers where you can get help will be announced in March.

The information you submit is 100 percent safe, secure, and confidential. By law, your answers cannot be shared with other agencies or used against you. Violators can get up to five years in jail and/or a fine of \$250,000.

To learn more about how the census impacts Sacramento County - including a list of some of local projects which receive federal funding based on census figures – visit [census2020.saccounty.net](https://census2020.saccounty.net)

Sacramento County is partnering with community-based organizations and public agencies to make sure everyone is counted, from newborn babies to the county's eldest. If you want to get involved sign up at [norcalcensus.org](https://norcalcensus.org). It's easy! You can send out social media posts or encourage family and friends to fill out the census as soon as they receive it.

Our community benefits the most when the census counts everyone. Be seen. Be heard. Be counted. Do your part by completing the census.

### Stay Safe in the Cold, *Continued*

of your home. Inside your home, leave the bathroom and under-sink cabinets open to help warm the water. If your pipes freeze, leave your tap on and call a plumber. You can defrost your pipes using a hairdryer on a low setting, working your way slowly from the faucet to where your pipe enters the wall. County residents who need to have their water turned off in order to make repairs to their lines can go [online](#) or call 311 (or 916-875-4311 if calling from out of the area).

» **Ensure proper drainage by scooping up leaves and debris.** Keeping storm drains clear can prevent street flooding and black ice from forming.

- » **When raining, reduce your vehicle speed.** Wet roads increase the distance and time needed to stop your vehicle. Be extra cautious on roads, bridges and overpasses when temperatures are 32 degrees or below due to black ice – slow down and give yourself extra spacing between vehicles in front of you.
- » **Watch for tree limbs.** As temperatures dip, trees become vulnerable to limbs snapping. For downed trees or branches in the roadway, County residents can go [online](#) or call 311 (or 916-875-4311 if calling from out of the area).
- » **Prepare for wind.** Secure yard items that may blow around and be prepared for

the possibility of loss of power. For downed power lines, stay away and call 9-1-1 immediately.

- » **Sign-up for Emergency Alerts.** This system alerts residents about emergency events and other important public safety information quickly in a variety of situations, such as severe weather, unexpected road closures, missing persons and evacuations of buildings or neighborhoods.
- » **Where to get help.** Call 211 in Sacramento or go [online](#) for information on emergency shelter services.

Learn more about how to stay safe during fog and cold weather on the [Sacramento Ready website](#).