Serving Those Who Served

The Official Newsletter of the Kentucky Department of Veterans Affairs



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Greetings teammates,

November was an outstanding month for the Commonwealth in recognizing our veterans, especially with numerous events, monuments, flag-placing ceremonies and parades throughout the week leading to and after Veterans Day. It was a busy, however, rewarding time for Team KDVA in which we participated in over 30 Veterans Day events during the days leading up to and after Veterans Day. For examples our Radcliff Veterans Centers residents served as grand marshal for the Vine Grove Veterans Day Parade, our KDVA benefit representatives and headquarters staff served as guest



speakers to local high school or community Veterans Day events, KDVA hosted "Why Did You Serve" Women Veterans Virtual Event, and we teamed up with American Legion Post 157 for Homelessness Standdown event in Shelbyville, KY. In addition, I'm proud to say Veterans Day events and project were made possible by grants from our Kentucky Veterans Program Trust Fund to include a Union Civil War Monument unveiling in Madisonville, the World War II/Korean War monument dedication in Winchester, a grant supporting the Louisville Veterans Parade, a grant supporting Lexington Week of Valor events and a grant supporting KDVA/Shelbyville Homeless Veterans Standdown. Congratulations to all the grantees for making their veteran projects come to reality. Furthermore, I want to thank all the communities and many volunteers who supported our veterans centers and cemeteries in honoring our veterans and their legacies. I hope all of our veterans who took part in these events felt honored and respected because they deserve it!

As we approach December, and the close on 2025, we've got just a few more things for the community. For example, on December 11, we will be hosting the Wreaths Across America event, this time at the old Capitol in downtown Frankfort. Dress warm! Stay tuned for details on placing of wreaths for our five state veteran cemeteries.

The holiday season is a time to recoup, give thanks, and share joy with family and friends. It can also be a difficult time for those on their own during this season, whether it's because of required duties, service or any other reason. I just ask our veterans and military families to not isolate themselves this season. Reach out to your battle buddies and do something fun for yourselves.

Thank you all for what you do in supporting our great veterans and their families. I hope everyone has a great Happy Thanksgiving! HOOAH!

Very respectfully,

Whitney P. Allen, Jr.
Commissioner Whitney P. Allen, Jr.
Kentucky Department of Veteran Affairs

Latest VA News

VA extends caregiver support program eligibility for "legacy" Veterans, caregivers

The Department of Veterans Affairs announced a final rule, published Sept. 29, which extends Program of Comprehensive Assistance for Family Caregivers eligibility for certain Veterans and their family caregivers through Sept. 30, 2028.

The extension means legacy participants, legacy applicants, and their family caregivers will remain eligible for PCAFC and will not experience a reduction in their monthly stipend based on a reassessment for an additional three years, with limited exceptions.

Legacy participants are Veterans or service members whose family caregivers were approved and designated by VA as of Sept. 30, 2020. Legacy applicants are Veterans or service members who applied for PCAFC before Oct. 1, 2020, and were accepted into the program on or after Oct. 1, 2020. The primary family caregiver must remain the same individual named in the application submitted before Oct. 1, 2020.

Key details of the extension include:

- An extended transition period for the legacy cohort.
- Continued eligibility and no reduction in stipends with limited exceptions.
- Members of the legacy cohort may still be discharged or revoked from PCAFC in certain circumstances, such as at the request of the Veteran or family caregiver, or for noncompliance with program requirements.

Suspension of certain reassessments remains in effect. Individuals may still request a reassessment, including if they believe they are eligible for increased support. VA will continue to consider additional changes to PCAFC, as outlined in a proposed rule published <u>Dec. 6, 2024</u>.

For more information about VA's Caregiver Program, visit www.caregiver.va.gov. Veterans and their family members and caregivers can also call the Caregiver Support Line at 855-260-3274, Monday–Friday, 8 a.m.–8 p.m. ET or connect with their local Caregiver Support Program Team using the locator tool

at https://www.caregiver.va.gov/support/New_CSC_Page.asp.

Upcoming Events

KYNECT-A-VET 100 Veterans What is KYNECT-A-VET? Eligible to Receive If you are a Kentucky veteran aged 60 or older OR a veteran of any age with a traumatic brain injury as defined by KRS a Samsung 211.470, you may qualify to receive a Samsung mobile device Mobile Device that is preloaded with the "Here Now Help" app to increase veteran access to resources and supports. This pilot program is a partnership with the KY Department of Veteran Affairs and the Cabinet for Health and Family Services, Department for Aging and Independent Living. How do I apply? Kentucky agencies serving veterans may complete an application to nominate a veteran who meets the eligibility criteria. How can I obtain an application? The application is located on the KDVA website at: An announcement will be sent to agencies serving veterans. All completed applications will be sent to a secured KDVA email box. What is the deadline to submit an application? 0 Applications can be submitted starting nov through midnight EST Applications must be fully completed and submitted by the due date to be considered. Selected nominees will be notified no later than July 31, 2025. Here Now Help App Increase Veteran Access to Who do I contact for more information? Email millie.stevens@ky.gov Local, State & Federal Resources & Supports Connectivity to Mental & Physical Health Services, Crisis KENTUCKY DEPARTMENT CABINET FOR HEALTH Intervention AND FAMILY SERVICES OF VETERANS AFFAIRS Resources, &

Click here to access the the application form.

Complete the form, save it, and attach it to an email to be sent to kynectavet@ky.gov

Much More!



★ December 11, 2025 **★**

National Wreaths Across America Day



Help us honor local heroes!

Join us for the Kentucky Statehouse Ceremony on Thursday, December 11, 2025 at 10:00 a.m. Old Kentucky State Capital Building at 300 West Broadway, Frankfort, KY

Scan QR Code to RSVP





#KeepMovingForward

To register click here.

Register now!

JOB SEEKERS

Kentucky Department of Veterans Affairs presents

Virtual Job Fair

Employer Cost: Zero | Job Candidate Cost: Zero

SAVE THE DATE Wednesday, January 21 10:00 AM - 1:00 PM EST



10-11 AM Only Veterans + Military Families

11 AM - 1 PM All Job Candidates

*Including Veterans and Military Families

The future 2025 schedule is below (3rd Wednesday of each month):

February 18, 2026

March 18, 2026

May 20, 2026

Brought to you by





We're excited to announce the next Commonwealth of Kentucky's Virtual Job Fair, presented by the Kentucky Department of Veterans Affairs, and we'd love for you to be a part of it!

As we're kicking off the beginning of 2026, this Virtual Job Fair is open to any state across the nation!

Register Now!

Employers register here: https://pvapi.premiervirtual.com/s/dA1aYd
Job Seekers register here: https://pvapi.premiervirtual.com/s/8w4zZd

Event Details: Virtual Job Fair Date: Wednesday, January 21, 2026 Time: 10:00 AM – 1:00 PM EST Employer & Job Seeker Cost: Zero

Schedule:

10:00 AM – 11:00 AM: Veterans & Military Families

- 11:00 AM - 1:00 PM: Open to All Job Candidates

This event is completely free for both employers and job candidates / seekers, providing an excellent opportunity to connect and explore career opportunities. Looking ahead, our job fair will take place on the third Wednesday of each month in 2026.

Here's a preview of the upcoming dates:

- January 21, 2026
- February 18, 2026
- March 18, 2026
- April 15, 2026
- May 20, 2026

Make sure to mark your calendars, and feel free to share this with anyone who might benefit from attending. We look forward to seeing you there!

What's New at KDVA?

HELP



Use the QR Code to get the app. Use this access code: 219378 HereNow Help has been developed to assist veterans in self care, peer care and clinical care. The application will provide veterans with ease of access to services and resources. The free app is available now on the Google Playstore and Apple Store.





250th U.S. Marine Corps Birthday







Governor Andy Beshear joined KDVA in celebrating the 250th Birthday for the United States Marine Corps at the Kentucky Historical Society in Frankfort, KY, Nov. 10, 2025.

KDVA recognized by Governor Beshear for receiving 5th Pillar Award for the 5th Year in a Row







Governor Andy Beshear recognized KDVA during the Team Kentucky Update Nov. 13, 2025, for receiving the VA Abraham Lincoln Pillar of Excellence Award for the fifth year in a

row. KDVA's Benefits team is the recipient for this year's Pillar Award.

Veterans Day Celebration



KDVA hosted a Veterans Day Celebration at the Catholic Enrichment Center in Louisville, KY, Nov. 5, 2025. The event featured several vendors and booths information and education on resources available to veterans as well as some healthcare services.

Shepherdsville Homeless Veterans Standdown











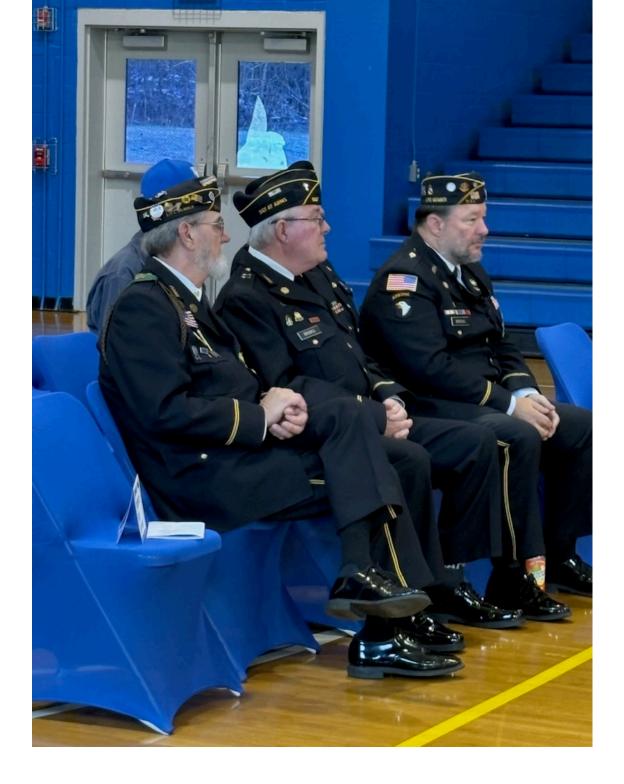
KDVA held a Homeless Veterans Standdown event in Shepherdsville, KY, at the American Legion KY Post 157, Nov. 15, 2025. The event brought together several resources, services, and partners to assist those at risk of homelessness.

Corning provides donations to the Homeless Veterans Program

Jim Yeager, Corning senior project manager, brought clothing donations from Corning for the KDVA Homeless Veterans Program in Frankfort, KY, Nov. 13, 2025. The donations included blankets, coats, and other winter weather clothing.



Fed Creek School Veterans Day Celebration





Millie Dee Stevens represented KDVA at the Fed Creek elementary school fed Creek Kentucky Pike County on November 12 at their Veterans Day celebration.

Kirk Shepherd graduates from SAGE 2025 Program

Kirk Shepherd graduated the SAGE program Nov. 20, 2025.



Council of State Government – South's (CSG-South) Staff Academy for Governmental Excellence (SAGE) 2025. SAGE is a five-day professional leadership development program for Southern state legislative, judicial, executive and agency staff. In addition to developing their personal and professional leadership skills, participants build a network of peers from across the Southern region. By shaping staff leaders, SAGE ultimately aims to provide the public with more effective state governments.

The SAGE is very competitive. Only two individuals are selected from each state. Well, this is the third year KDVA has a great teammate selected. Past KDVA selectees were our Benefits Division's teammates Michelle Rustin and Sherrie Davis.

Kentucky Gazette's 2025 Notable Women in Kentucky Politics and Government



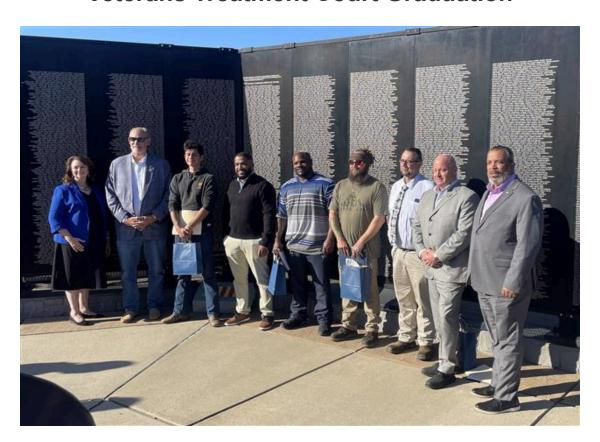
Dina Parrott



Dr. Robbin Higgins

Dina Parrott, KDVA Women Veterans Program coordinator, and Dr. Robbin Higgins, Chair of the Governor's Advisory Board, have been selected as one of The Kentucky Gazette's "2025 Notable Women in Kentucky Politics and Government." The publication highlights women who make significant contributions to public affairs in the state. To be included, she must submit a high-resolution color portrait and a 250-word biography detailing her current role, responsibilities, education, and professional/community achievements. Past editions are available on the Gazette's website. The letter closes with congratulations and appreciation for her service to Kentucky.

Veterans Treatment Court Graduation





Deputy Commissioner Juan Renaud presented certificates to graduates of the Veterans Treatment Court at the Elizabethtown Nature Park and Veterans Memorial Wall in Elizabethtown, KY.

Boyle County High School Veterans Day Celebration



Commissioner Whitney Allen served as guest speaker for the Boyle County High School Veterans Recognition Day on November 11, 2025, in Danville, KY. Students of Mr. Tyler Murphy's AP Government class planned and coordinated the event recognizing the community's veterans and currently serving service members. And YES, Commissioner Allen can still fit in his uniform!!



Fayette County Military Suicide Prevention Coalition hosted the 2nd Annual Veterans Resource Fair at the Greyline Station in Lexington, KY, on Veterans Day, Nov. 11, 2025. Dina Parrott, KDVA Women Veterans Program coordinator hosted a table at the event.



Veterans can visit their Kentucky Career Center and take advantage of the following no-cost services:

- · Career assessments
- · Labor market information
- Access to training opportunities, job fairs, and workshops
- · Job interview preparation
- Resume and cover letter assistance
- · Assistance with KEE Suite
- · Access to computers and free Internet service
- Help applying for federal employment and training programs in which veterans receive priority of service

Specialized Staff

Some veterans face significant barriers that make it difficult for them to find suitable employment, especially vets who are transitioning into civilian life. Most offices have specialized staff—all of whom are veterans—who work closely with employers to create more opportunities for veterans and provide the following services to veterans themselves:

- Help developing an employability plan and goals
- · Coaching in individual and group settings
- Referrals to supportive services, including vocational rehabilitation, transportation, elder care, food and nutrition services, and non-profit organizations that address homelessness

Priority of Service for Veterans

U.S. military veterans and other covered persons receive Priority of Service (POS) in all employment, training, and placement services in any workforce preparation program funded by the U.S. Department of Labor.

Veterans receive access to services or resources provided sooner than others

Covered persons include the spouse of a veteran who died of a service-connected disability, has a total service-connected disability, is missing in action, or is a prisoner of war.

For more information about POS and other programs for veterans, visit https://www.dol.gov/vets/



VISIT KCC.KY.GOV/VETERANS TO LEARN MORE.

National Veterans Memorial and Museum Initiative





SHARE YOUR STORY

The National Veterans Memorial and Museum (NVMM) partnered with StoryCorps' Military Voices Initiative to collect, preserve, and amplify the stories and experiences of our nation's Veterans.







All those touched by military service, including active-duty service members, Veterans, spouses, children, friends, and community members are invited to record a conversation about a Veteran's experience. At the end of the conversation, you will receive a digital copy of the interview, while a second copy will be preserved in the NVMM Story Collection and the American Folklife Center at the Library of Congress.

By adding to the NVMM Story Collection, you ensure the legacy of service lives on - not just in history books, but in the hearts and minds of future generations!







Follow the QR Code or go to nationalvmm.org/education/nvmm-story-collection/ for more tips and to record your conversation

Turn this page over for a list of great questions to start your conversation.





Questions? Contact Mason Farr at mfarr@nationalvmm.org



Great Questions from the NVMM

Great Questions List

Choose a few questions from the list below or come up with your own. No need to feel like you have to ask every question!

Military Service

- When were you in the military? Which branch did you serve in?
- · What motivated you to join the military?
- How did your friends and family react when you told them your plans to serve?
- What was it like when you left home to begin your journey in the military?
- Tell me about basic training. Were you prepared for military life? What were you unprepared for?
- Where were you stationed during your time in service? What was your favorite or least favorite place to be?
- · What jobs did you have in the military?
- · Describe your daily life while in the service.
- If you served in combat and are comfortable sharing, what was that experience like? When and where were you in combat?
- How did you stay in touch with friends and family while in the service?
- Describe your transition from military to civilian life. Was it easy or difficult? Why?
- · What did you do after leaving the military?
- What lessons did your service teach you that you still carry with you?
- What does your service mean to you?

Military & Veteran Family Members

These questions are great when speaking to a family member about someone who served in the military.

- What do you see as our family's legacy? How does military service influence that legacy?
- In which branches of the military have our family members served?
- What was it like growing up with a family member in the military?
- What lessons did you learn from the service of a family member?
- Can you tell me about when you became a military family member?
- How did your life change when your family member entered the service?
- Do you have advice for other military family members?
- Is there anything you wish service members and civilians understood about being the family member of a service member?
- Do you remember your favorite place you lived?
 What was special about it?
- · How did being a military child shape your life?
- Can you tell me about a person that you felt understood by as the child of a service member?

Questions? Contact Mason Farr at mfarr@nationalvmm.org

Farming Training Program focused on Veterans

CONNECT WITH US

Farming for Cash is being implemented in these locations

- I. Lexington, KY
- 2. Frankfort, KY
- 3. London KY and nearby
- 4. Guthrie and Russellville KY and nearby

If you live nearby and are ready to start farming or expand your current farm with new growing and selling techniques, please connect with us.



CONTACT US

Sid Dasgupta at Siddhartha.Dasgupta i @kysu,edu James Howard at James. Howard@kysu.edu

You can also reach out to Michael Lewis at NCAT (mikei@NCAT.org) and Wayne Riley of the Laurel County African American Heritage Center at KYhistoryman@yahoo.com





A training program for beginning and prospective farmers!

Focus on military veterans and small scale farms



WHAT WILL YOU LEARN?

· DO YOU KNOW THE EARNING CAPACITY OF SMALL SCALE

FARMING?

Using 1,000 square foot as our reference, the plot will produce: Head lettuce 420 heads/crop, retail value \$840, wholesale \$315 Tomatoes 1,000 lb/season, retail value \$2,000, wholesale \$1,000 Cucumbers 2,000lb/season, retail value \$2,000, wholesale \$1,000

• HOW WILL "FARMING FOR CASH" TRAIN YOU?

Two types of trainings: workshops and apprenticeships

WORKSHOPS TOPICS
Finding land and money to start your first farm

Deciding what to grow, how much land to farm, how to sell, etc. Income and costs predictions for farming

Understanding direct and wholesale sales and regs (GAP and FSMA)

Selling to grocery stores, selling via social media, Paypal Licensing and insuring a farm

Farm business planning, book keeping, and farm tax preparation APPRENTICESHIP TOPICS

"ARMED TO FARM" training for military veterans through our partner National Center for Appropriate Technology TRACTOR SCHOOL: learn safe use and maintenance of tractors and implements in soil prep, hay making, planting, cultivation, etc. TOMATO SCHOOL: learn advanced organic tomato production, tomato management from Michael O'Gorman HYDROPONICS SCHOOL: learn hydroponic strawberry, tomato, and greens production in low-cost high tunnels

SMALL-PLOT INTENSIVE FARMING SCHOOL: learn to grow an intensive garden using fertigation, plastic mulching, and labor-saving methods

CHECK OUT ARMED TO FARM: https://www.armedtofarm.org/

HOW WILL YOU LEARN?

BE TRAINED TO FARM IN 12 MONTHS



This is a 3 year project funded by the USDA You can enroll for free. You will learn to farm in 12 months You will enroll to farm after the 12 month training GOAL: start a farm after 12 month, start earning money, after 2 years expand your farm

APPRENTICESHIP



Once enrolled, you will become a hands-on apprentice farmer where you will learn high tunnel and in-ground production.

You will also attend other farms to learn new farming methods, attend workshops, and travel to conferences all paid by the project.

STARTING YOUR FARM



After your 12-month training, we will help you

* start a small farm with the goal to earn money.

We will help you with land access

We will connect you with other new farmers for

We will connect you with other new farmers for mutual support

We will connect you with farming mentors who can answer your questions

We will connect you with USDA resources for you to buy your own farm

TBI/PTSD: THE SIGNATURE INVISIBLE BRAIN WOUNDS FROM VIETNAM, IRAQ AND AFGHANISTAN:

Have you been Exposed to 70,000+ IEDs, Breaching, Large Weapons or Explosions?









TBI/PTSD Veterans can finally be treated with something different than off-label prescription medications!

Could this be you?

2-YEAR STATE FUNDED FREE HBOT TREATMENT PROGRAM FOR KENTUCKY TBI/PTSD VETERANS

Have you been knocked unconscious in combat, exposed to IEDs, explosions, or sexually assualted? Are you suffering from routine migraine headaches, sensitivity to light, having memory issues, trouble finishing sentences, difficulty expressing thoughts, self medicating? If so, you are only one of over an estimated 877,450 TBI/PTSD Veterans across America suffering from TBI/PTSD in the same manner.

- The HBOT introduction video is here: https://www.youtube.com/watch?
 v=oa3SVLqvdzQ&t=324s
- TBI is a physical wounding of the brain when the brain hits the inside of the skull.
 Over 21 Hyperbaric Oxygen Therapy (HBOT) evidence based clinical trials and with over 12,500 successful Veteran outcomes. The medical meta-analysis may be viewed here https://treatnow.org/dr-harch-systematic-review-improving-mtbi-persistent-post-concussion-syndrome.
- View TBI/PTSD Veteran video testimonials here https://www.youtube.com/@treatnowdotorg/videos.
- You may read all about the treatment process at https://treatnow.org/treatments/overview-hyperbaric-oxygen-therapy-hbot/.
- HBOT enacted laws in 10 states which may be viewed here: https://treatnow.org/knowledgebase/the-national-treatnow-summary-of-state-by-state-hyperbaric-oxygen-therapy-hbot-legislative-and-resolution-effort-10-23-2023/
- Five major VSOs support HBOT here https://treatnow.org/knowledgebase/veteran-service-organization-members-support-hbot-for-mtbi-ptsd/.
- The state of Kentucky and KDVA is in partnership with HBOT4KYVETS, Inc., and the KY medical community testing and treating TBI/PTSD Veterans.
 Veterans helping Veterans with financial support from the state to receive alternative medical treatment earned and deserved!
- Veterans may receive 40, 60, or 80 HBOT treatments, one (1) hour per day, 5 days per week, over

2–4 month period. If you're a Kentucky Veteran with diagnosis of TBI, you may qualify.

 The HBO₂ 1.5 ATA protocol for mTBI with post-concussive symptoms with or without PTSD was safe and could be used in multiple centers. The neurocognitive test scores for subjects improved in 21 of 25 measures. (National Brain Injury, Rescue, and Rehabilitation (NBIRR) Study: Jan-Mar 2019).

HBOT4KYVETS, Inc is a 501C3 non-profit which opened HBOT chambers to TBI/PTSD Kentucky Veterans for treatments in 2018 under KRS 217.930-942. If you are a Kentucky TBI/PTSD Veteran resident seeking a safe and effective treatment, **WE WANT TO SPEAK WITH YOU**. You may visit our website for more information at HBOT4KYVETS.com to review requirements and to sign up for the FREE state funded treatment program.

I Support Veterans License Plates



Who is eligible

Any owner of a noncommercial motor vehicle required to be registered for use on Kentucky Highways.

Steps Requirement

Application must be made at your local County Clerk's office. Upon receipt of this plate, your regular (special) issue license plate must be turned in or issued to another vehicle.

Decal Expires Customer's Birth Month

\$10.00 of the initial and \$5.00 of the renewal registration fee goes to the Kentucky Department of Veterans' Affairs. For more information, please visit http://veterans.ky.gov. This plate is available for personalization with an additional \$25.00 fee annually. Personalization is limited to a maximum of 5 characters.

Relevant KRS <u>186.162</u>

Military Women's Memorial "Tell Her Story"



The Military Women's Memorial (MWM) is the only major national memorial honoring all servicewomen – past, present and future. The MWM honors more than 3 million women who served and continue to serve in the U.S. Armed Forces since the American Revolution.

Women's military service should be no less recognized than men's but historically the focus of history and preservation has been on men.

Why it's Important to Register?

EVERY STORY is important, EVERY STORY deserves to be told. Yet we have lost most of our WWI women veterans and our WWII women are fast coming to their final chapter. What history we have not recorded with be lost with them. We absolutely CANNOT let another generation go by without ensuring that our collective contributions are captured and remembered.

Please REGISTER HERE: <u>www.womensmemorial.org</u>

There is no cost to register! You can register any woman you know who is in or has served in the military. Let's keep "HER-Story alive!

Useful VA Links

- VA Housing Assistance Page Information about home loans, eligibility, interest rates reductions and other related topics: https://www.va.gov/housing-assistance/
- National Center for PTSD Provides information and resources to veterans, care providers and organizations relating PTSD: https://www.ptsd.va.gov/
- Covid-19 Vaccine Updates Latest updates on Covid-19 guidance and vaccinations: https://www.va.gov/health-care/covid-19-vaccine/
- VA Life Insurance (VALife) https://www.benefits.va.gov/insurance/valife.asp
- **Veterans Readiness and Employment (VR&E)** job training, education, employment coaching, etc.: https://www.benefits.va.gov/vocrehab/index.asp

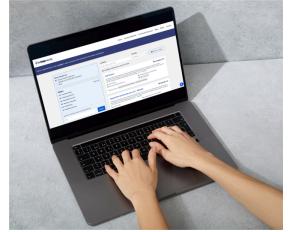
Upcoming Dates and Events

- Civil Air Patrol (USAF Auxiliary) Birthday (December 1)
- National Pearl Harbor Remembrance Day (December 7)
- Wreaths Across America event (December 11)
- U.S. National Guard Birthday (December 13)
- National Wreaths Across America (December 13)
- Christmas Day (December 25)

Resources for Veterans

At the Kentucky Department of Veterans Affairs, we are committed to supporting our veterans with the resources they need.

Discover a wealth of services and support options through <u>FindHelpNow.org</u> - your go-to resource for immediate assistance. Whether you're looking for mental health support, housing assistance, or employment resources, <u>FindHelpNow.org</u> has got you covered! Be



sure to look for the "Veterans/Military" population filters available. The website displays near real-time available openings at substance use disorder and mental health facilities, recovery houses, naloxone distribution sites, and social services resources. Visit FindHelpNow.org today to explore these enhanced resources and find the support you need! See YouTube video: https://www.youtube.com/watch?

v=SWfaLHnz_kk



Be seen at home or on-the-go

Telehealth Urgent Care Service at the Robley Rex VA Medical Center

Care you can get with Telehealth:

- Influenza, Covid-19
- Prescription Management
- Urgent care issues like colds, coughs, and stomach aches
- Back pain
- Urinary symptoms
- Dental Pain
- · Sore throat
- Ear pain
- Arthritis
- Gout

Telehealth Advantages

- Can be seen anywhere if you have internet or access to a phone.
- Time flexibility
- Avoid the ED waiting room
- · Friendly and professional staff



Be seen at home or on-the-go with Robley Rex VA Medical Center Telehealth Urgent Care Service. Available Monday thru Friday from 8AM - 6PM. Call (502) 287-4000 or (800) 376-8387. Select Option "#3", then Option "1" for primary care nurse.







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