

Veteran Newsletter

Togus Regional Office—Veterans Benefits Administration



TOGUS REGIONAL BENEFITS OFFICE

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THE TOGUS RO ADMINISTERS A VARIETY OF SERVICES AND BENEFITS INCLUDING DISABILITY COMPENSATION AND VETERANS READINESS AND EMPLOYMENT (VR&E). THE REGIONAL OFFICE PROVIDES OUTREACH SERVICES FOR ALL VETERANS.

PLEASE ENCOURAGE VETERANS AND SERVICE MEMBERS TO SIGN-UP TO RECEIVE INFORMATION DIRECTLY FROM VBA TOGUS RO ABOUT UPCOMING EVENTS AND SERVICES.

TO SIGN UP TO RECEIVE OUR BULLETINS, CLICK ON THE LINK BELOW, OR SCAN THE QR CODE.

VETERANS BENEFITS ADMINISTRATION
(GOVDELIVERY.COM)



VA Claim Examination (C&P Exams)

After a Veteran or service member files their disability benefits claim, the VA may ask them to have a claim exam (also known as compensation and pension, or C&P exam). Get answers to commonly asked questions about the VA claim examination process.

Why might a Veteran or service member need a VA claim examination?

This exam will help us determine if they have a service-connected disability. It will also help us evaluate their disability if they have one.

We base their rating on how severe their disability is—and their rating will affect how much disability compensation they'll receive. Compensation may include things like monthly payments and enrollment in the VA health care program.

Does everyone who files a claim need to have a VA claim exam?

No. We'll ask them to have an examination only if we need more information to decide their claim.

If the Veteran has enough medical evidence, we will rate the claim on the evidence of record. If additional evidence is required, a medical examination may be scheduled. These exams often do not require the Veteran to physically attend, and they can be completed using *the Acceptable Clinical Evidence (ACE) process*. *This means an examiner will review their medical records and complete the exam form, instead of asking them to attend an exam.*

Medical evidence may include doctor and hospital reports, test results, and other documents.

Will a Veteran or service member need more than one VA claim exam?

They may need more than one exam in these situations:

- If they submit a claim for more than one condition, they may need more than one exam.
- For some conditions, they may need follow-up exams (called "Routine Future Exams"). In a review exam, the provider will determine whether the severity of their condition has changed since their last exam.
- If they request a decision review of their claim decision, we may ask them to have another exam.

For more information on how the VA schedules a Veterans VA claim exam, what they can expect at their VA claim exam, and what happens after the VA claim exam, please visit the following website: [VA Claims Exam](#).



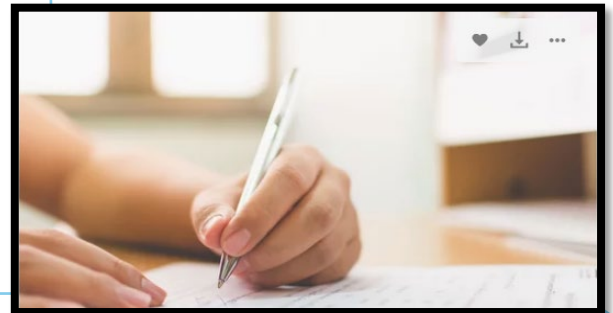
Look for a Togus Representative at one of the following locations:

- **October 14, 2026**- 2026 Homeless Stand Down, University of Southern Maine, 37 College Ave., Gorham, ME., Time: 9:00AM to 2:00PM. Open to Veterans and service members.
- **October 21, 2026**- Homeless Outreach, Sister in Arms, 147 Riverside Dr., Augusta, ME., Time: 11:00AM to 2:00PM. Open to Veterans.
- **October 28, 2026**- 2026 Homeless Stand Down, 62 Pegasus St., Brunswick, ME., Time: 9:00AM to 2:00PM. Open to Veterans and service members.
- **October 29, 2026**- US Border Patrol Employee Claims Clinic, Skowhegan Police Department, 225 Water St., Skowhegan, ME., Time: 8:00AM to 2:00PM. Open to US Border Patrol employees and families.
- **November 1, 2026**- Veterans and Community Connection Expo, Cabela's, 100 Cabela's Blvd., Scarborough, ME., Time: 10:00aM to 2:00PM. Open to Veterans, service members, and their families.
- **November 7, 2026**- Tractor Supply Veterans Day Event, 42 Farley Rd., Brunswick, ME., 04011. Time: 9:00AM to 3:00PM. Open to the Public.

Claims Clinics

To schedule an appointment at one of the Claims Clinics near you:

- Call 800-827-1000; or
- Go to: [VERA - Home \(site.com\)](https://vera.site.com) ; or
- Scan the QR code



- **October 15, 2026**– Bangor Vet Center, 615 Oldin Rd. Ste. 3, Bangor, ME, Time:10:00AM to 2:00PM
- **October 23, 2026**– MCVV Brunswick, 62 Pegasus St. Brunswick, ME, Time: 9:30AM to 2:30PM
- **October 27, 2026**- Portland VA Clinic, Portland, ME, Time: 10:00AM to 2:00PM
- **November 3, 2026**- Lewiston VA Clinic, Lewiston, ME, Time: 9:30AM to 2:30PM
- **November 5, 2026**- Rumford VA Clinic, Rumford, ME, Time: 10:00AM to 2:00PM
- **November 9, 2026**- Portland Vet Center, 707 Sable Oaks Dr., S. Portland, ME., Time: 8:00AM to 4:00PM.
- **November 10, 2026**– Bangor VA Clinic, Bangor, ME, Time: 10:00AM to 2:00PM



Veterans & Community Connection Expo

Bridging Veterans, Families, and the Resources That Serve Them

Join us for a free community event connecting **Service Members, Veterans, Survivors, and their families** with valuable Federal, State, and local resources.

Discover information, support, and community connections designed to help Veterans and their families thrive.

Event Details

Sunday, November 1

10:00 a.m.–2:00 p.m.

Set-up begins at 8:30 a.m.

Cabela's

100 Cabela Blvd.

Scarborough, ME 04074

Free Admission!

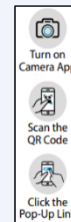
Come learn, connect, and discover the many resources available in our community.

Explore the Updated VA Resource Navigator!

The [VA Resource Navigator](#) is a simple tool that guides Veterans to VA services and benefits. The 2026 version reflects recent input from Veterans and VA staff. The VA Resource Navigator is concise and relevant to what Veterans want to know. Keep copies in your office or clinic and share the [website link](#) widely with colleagues and Veterans.

VA Resource Navigator

A simple way to view and access VA benefits.



Scan this code to view the VA Resource Navigator or search "VA Resource Navigator" in your web browser.



Helpful Websites

- Refer Veterans to www.va.gov or the [VA: Health and Benefits App](#) for self-service options
- Access the Togus Regional Office website: www.benefits.va.gov/togus
- Access the latest information on the PACT Act: www.va.gov/PACT