

# VETERANS JOURNAL



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*Summer 2016 Issue*

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This journal is provided to make the veteran community aware of some current events, activities and veteran's issues that are of mutual concern. From time to time, we will include some relevant information important enough to be repeated to insure that veterans and their families are aware of the full range of benefits and entitlements available to them.



**Sun, Sea, Sand, Soul**  
**I lose myself, staring at**  
**the red eye in the sky.**  
**I lose myself, listening to**  
**the song of surf on sand.**  
**The Indian Ocean mere**  
**inches from my feet:**  
**Salty sea spray,**  
**playing an ageless tune.**  
**Sealing men's souls**  
**within**  
**the fine grains of sand.**  
**by Ivan Chew**



## **“VA Launches Veterans Legacy Program”**

The Department of Veterans Affairs (VA) announced the launch of the Veterans Legacy Program to memorialize Veterans' service and sacrifice through public educational programming. The program uses the rich resources found throughout VA national cemeteries, Soldiers' lots and monument sites. They will be using online educational products such as lesson plans, interactive maps and video vignettes. Over the next several years, online education products and programs will be developed for all VA national cemeteries.

VA has also formed a partnership with the American Battle Monuments Commission (ABMC) to co-sponsor a “Teachers

Institute,” a workshop for educators who will conduct research at VA and ABMC cemeteries. Information about the program may be found at [www.cem.va.gov/cem/legacy/](http://www.cem.va.gov/cem/legacy/) and information on VA burial benefits go to [www.cem.va.gov](http://www.cem.va.gov).

[Resource: VA News Release, <http://www.va.gov/opa/pressrel/pressrel ease.cfm?id=2794> | January 29, 2016]

**THINK** Positively  
**EXERCISE** Daily  
**EAT** Healthy  
**WORK** Hard  
**STAY** Strong  
**WORRY** Less  
**DANCE** More  
**LOVE** Often  
**BE** Happy





## “VA Announces Partnership with Non- Profit Organization, LeanIn.Org”

The Department of Veterans Affairs’ (VA) Center for Women Veterans announced partnership with LeanIn.Org, the nonprofit organization founded by Facebook Chief Operating Officer, Sheryl Sandberg, to empower women to achieve their ambitions. Building on the successful launch of LeanIn.Org circles within the Department of Defense, VA is following the same model to increase support to women Veterans.

The VA initiative is called the LeanIn.Org Women’s Veterans’ chapter. The Women Veterans chapter is comprised of two distinct pilot programs: the Veteran-to-Veteran program, a virtual program, which allows any woman Veteran to participate, no matter where she is located; meetings will be moderated and attended by women Veterans throughout the United States. The second is a face-to-face pilot circle. The face-to-face program is created in partnership with the existing LeanIn.Org chapter in Seattle, WA. This circle is an innovative hybrid of women Veterans and non-military members providing an

environment for both to learn and share leadership skills.

For more information about the LeanIn.Org Women Veterans’ chapter, visit [LeanIn.Org/womenvets](http://leaninseattle.org/veterans) or <http://leaninseattle.org/veterans>.

[Resource: VA News Release, <http://www.va.gov/opa/pressrel/pressrel ease.cfm?id=2796> | January 29, 2016]

## “Filipino WWII Vet Parole Program”

Beginning June 8, 2016 U.S. Citizenship and Immigration Services (USCIS) will allow certain Filipino World War II veteran family members who are beneficiaries of approved family-based immigrant visa petitions an opportunity to receive a discretionary grant of parole on a case-by-case basis, so that they may come to the United States as they wait for their immigrant visa to become available.

Additional information about the Filipino World War II Veterans Parole Program—including guidance on eligibility, the application process and where to file—is available in the revised Form I-131 instructions and the Federal Register notice. We will not accept applications under this policy until June 8, 2016. USCIS strongly encourages eligible individuals interested in requesting parole under the FWVP Program do so within 5 years from June 8, 2016.

For more information about USCIS and its programs, please visit [www.uscis.gov](http://www.uscis.gov).

[Resource: USCIS News Release, <https://www.uscis.gov/news/news-releases/uscis-implement-filipino-world-war-ii-veterans-parole-program> | May 9, 2016]



### WASP H.R.4337 Becomes Law

Female WWII military pilots previously denied burial at Arlington National Cemetery can now have their ashes interred there.

### ~ Newsworthy ~

\* **Mental Health Awareness** – Everyone goes through difficult times, and caring for mental health is a lifelong process. VA has the following apps: PTSD Coach, PE Coach, and Mindfulness Coach, no veteran needs to face mental health challenges alone. Visit the VA mobile app store at <https://mobile.va.gov/appstore> to learn how technology can help you care for your mental health.

\* **Ohio State Student-Run Food Pantry** – If you’re a student at OSU and do not have the Unlimited or Scarlet 14 meal plans you can go to the pantry from 5 to 8 p.m. on Sundays and 6 to 9 p.m. on Tuesdays and Wednesdays with your BuckID to the Buckeye Food Alliance’s (BFA) food pantry at Lincoln Tower.

\* **Veterans History Project** – The Library of Congress’ program to preserve Veterans’ wartime memories for more information go to <http://www.loc.gov/vets>.





\* **Burn Pit Toxic Exposure** – VA’s Airborne Hazards and Open Burn Pit Registry allows eligible Veterans and Servicemembers to document their exposures and report health concerns through an online questionnaire. Check your eligibility and sign up at <https://veteran.mobilehealth.va.gov/AHBurnPitRegistry>.

\* **Cleveland VA Medical Center’s First Veterans’ Transgender Clinic** – The Louis Stokes Cleveland VA Medical Center provides transgender veterans with primary care, hormone therapy, mental health care, and social work services.

\* **Interested In Farming?** – Go to U.S. Department of Agriculture for different programs and information at <https://nal.usda.gov/veterans-agriculture> and Alabama Farm Foundations for Veterans seminars, read <https://fsa.blogs.govdelivery.com/2016/03/25/military-veterans-interested-in-ag-learn-here/>.

\* **GI Bill Stipend for Work Vice School** – For those leaving the service who want to go to work instead of school, the GI Bill can help pay the bills for a training position as an apprentice or on-the-job learner, through a union or training for certification. For more information go to [http://www.benefits.va.gov/GIBILL/resources/benefits\\_resources/rates/ch33/ch33rates080115](http://www.benefits.va.gov/GIBILL/resources/benefits_resources/rates/ch33/ch33rates080115).

[asp](#) the details of the program can be found.

\* **Military Sexual Trauma (MST)** – Veterans who have experienced with MST during their service can go to VA’s website <http://www.mentalhealth.va.gov/msthome.asp> for information about the health care services that VA has available.

\* **TRICARE Nurse Advise Line (NAL)** – The NAL is an easy option for beneficiaries to get information on their medical problems quickly and at any time. To access the NAL dial 1-800-TRICARE (874-2273) and select option 1.

\* **Updated Military Retirement Calculator** – To determine which Department of Defense retirement plan will best serve their needs go to [www.cna.org/research/retirement-calculator](http://www.cna.org/research/retirement-calculator).

\* **The Veterans Employment Resources You Need** – A virtual, one-stop online employment services website at <http://veterans.gov/> that can help you find a job, information on starting your own business, and employers looking to hire veterans.

\* **VA GeriPact** – A specialized care for older veterans go to [www.va.gov/Geriatrics](http://www.va.gov/Geriatrics) for more information on shared decision making and long term service and supports.

\* **Monthly eRAS Statements Available** – Military retirees can now receive a monthly electronic statement, known as an eRAS, using myPay.



\* **LGBTQ Veterans Program** – The Stonewall Columbus Veterans Program now offers resources that will assist the LGBTQ veteran in obtaining an official military “discharge review” of other than honorable DD-214 discharges. If interested call Lori at (614) 930-2265.

\* **LGBTQ Veterans Support Group** – 1<sup>st</sup> and 3<sup>rd</sup> Monday 3:30 – 4:30 p.m. @ Chalmers P. Wylie VA Ambulatory Care Center, Room 3A413. For questions about this group, call Dennis at (614)251-5837.

**NEXT TIME YOU’RE STRESSED:**

Take a step back, inhale and laugh. Remember who you are and why you’re here. You’re never given anything in this world that you can’t hand. Be strong, be flexible, love yourself, and love others. Always remember, just keep moving forward.

[www.dailyinspirationalquotes.in](http://www.dailyinspirationalquotes.in)



**“SUMMER SAFETY”**



**STAY COOL**

Stacy in air-conditioned buildings as much as possible and avoid direct sunlight.

**STAY HYDRATED**

Drink plenty of water and don’t wait until you’re thirsty to drink.

**STAY INFORMED**

Stay updated on local weather forecasts so you can plan activities safely when it’s hot outside.

**KNOW WHEN IT’S HOT!**

Check local news for extreme heat alerts and safety tips.





People are 30% more likely to die from stressful experience like death in family or financial struggles each year. The people who have no increase in dying from stress focus on helping others instead of dwelling on their situation.  
– Kelly McGonigal



### Summer Camp Website Information:



#### Columbus Parent

- <http://www.columbusparent.com/content/sections/guides/day-camp-guide.html>
- <http://www.columbusparent.com/content/sections/guides/index.html>

#### Cap4Kids

- <http://cap4kids.org/columbus/after-school-camps/free-and-low-cost-programs/>

#### YMCA

- <http://www.ymcacolumbus.org/camp/>
- <https://www.columbus.gov/templates/detail.aspx?id=56683>

#### Columbus Academy

- <http://www.columbusacademy.org/Page/Quicklinks/Summer-Experience>
- [https://columbusacademy.myschoolapp.com/ftpimages/661/download/download\\_1498736.pdf](https://columbusacademy.myschoolapp.com/ftpimages/661/download/download_1498736.pdf)

#### Columbus Zoo

- <https://reservations.columbuszoo.org/Info.aspx?EventID=506>

#### Classroomantics

- <http://www.classroomantics.com/columbus-ohio/>

#### Ohio State University

- <https://www.idtech.com/locations/ohio-summer-camps/columbus/id-tech-ohio-state-university/>
- <https://recsports.osu.edu/community-programs/youth-family-programs/summer-camp-recky-completed-grades-k-8>
- <https://stemoutreach.osu.edu/stem-programs/stem-summer-camps>

#### Columbus JCC

- <http://columbusjcc.org/summer-camps/>

#### Metro Parks

- <http://www.metroparks.net/programs-and-activities/nature-adventure-camps/>

#### CATCO

- <http://www.catco.org/education/summer-camps>



### Upcoming Events....

#### JUNE 2016

**June 11<sup>th</sup>-12<sup>th</sup>** – National Museum of the United States Air Force Fourth Building Grand Opening. For more information on the opening go to [www.nationalmuseum.af.mil/Expansion.aspx](http://www.nationalmuseum.af.mil/Expansion.aspx).

**June 13<sup>th</sup>-19<sup>th</sup>** – Navy Week Dayton, Ohio. For more information go to <http://www.outreach.navy.mil/Navy-Weeks/Dayton>.

**June 14<sup>th</sup>** – The 3<sup>rd</sup> Annual Hancock County Veterans Resource Fair in Findlay, Ohio.

**June 18<sup>th</sup>-19<sup>th</sup>** – Blue Angels Dayton Air Show in Dayton, Ohio.

**June 22<sup>nd</sup>** – The 2016 Employment Expo. From 11 a.m. to 2 p.m. at the Columbus State Conference Center, 315 Cleveland Ave, Columbus, Ohio 43215.



**June 23<sup>rd</sup>** – Dayton All Veterans Job Fair by RecruitMilitary. From 11 a.m. to 3 p.m.

#### JULY 2016

**July 2<sup>nd</sup>** – Welcome Home at the Zoo 2016. At the Columbus Zoo from 9 a.m. to 3 p.m.

**July 16<sup>th</sup>-17<sup>th</sup>** – USAF Thunderbirds Air Show in Toledo, Ohio.

#### AUGUST 2016

**August 14<sup>th</sup> – 2<sup>nd</sup> Annual Purple Heart Run 5K.** Sponsored by “The Fallen 15” and “Columbus Chapter 500 of the Military Order of the Purple Heart (MOPH).” For more information go to <http://www.fallen15.org/events/>.



A father is neither an anchor to hold us back, nor a sail to take us there, but a guiding light whose love shows us the way.



**HOME  
OF THE  
FREE  
BECAUSE  
OF THE  
BRAVE**



**Military Discounts Offered by Stores,  
Services and Online Sites:**

- <http://themilitarywallet.com/military-discounts/>
- <http://www.militaryconnection.com/deals>
- <http://militaryandveteransdiscounts.com/fourth-of-july-military-discounts.html>
- <http://www.passionforsavings.com/4th-of-july-freebies-sales-military-discounts/>
- <http://militarybenefits.info/military-discounts/>



**“Retirement Planning”**

- Volunteer at a school.
- Work at a hospital.
- Get involved politics.
- Help on a hotline.
- Contact animal shelters and humane societies.
- Check with AARP at <http://www.aarp.org/giving-back>.
- Become a docent (Lecturer or tour guide.)
- Lift a hammer for Habitat for Humanity.
- Help Meals on Wheels.
- Check out your local YMCA
- Join a choir.



**“Fireworks and Veterans”**

Many of us are unaware of the harmful effects fireworks can have on our veterans. Fireworks bring back memories of combat and can trigger flashbacks for

soldiers. It is estimated that 60-80% of our nation’s veterans suffer from post-traumatic stress disorder, otherwise known as PTSD. The sounds of explosions from fireworks can bring back memories of combat which in turn can bring on PTSD symptoms. Although the banning of fireworks will probably never happen, there are other ways we can show our compassion for those that have defended our nation.

What can you do:

1. Consider viewing public firework displays instead of setting ones off in your neighborhood.
2. Talk with Veterans in your neighborhood to see if any particular fireworks are upsetting.
3. Let neighbors know what time you will be setting off fireworks.
4. Refrain from setting off fireworks at unexpected times during the day.
5. Choose a location that will be least likely to disturb vets.
6. Minimize the amount of fireworks that you set off.

[Resource: Ecomerge Portland State University,  
<http://ecomergefireworks.weebly.com/fireworks—veterans.html> | 2016]



For a fireworks sign please go to the following website:  
<http://www.militarywithptsd.org/show/veteran-firework-sign/>



**“5 Reasons Why You Should Exercise after the Military”**

**1. Improve your overall health.**

The more you move, the stronger your body will be, and the more efficiently it will run.

**2. Maintain a healthy weight.**

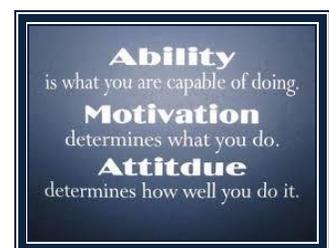
Adopt a routine that combines cardio-vascular exercise and strength training.

**3. Gain more energy.** Exercise increases the blood flow to your brain, heart, and muscles, causing you to feel a boost of energy.

**4. Increase your motivation.**

Working out is a great way to establish a routine and adds structure to the day.

**5. Work out on a budget.** For cardio workouts, try jumping rope, walking, running, or biking around the neighborhood. For strength training, body workouts like pushups, crunches, and burpees are great exercises to do at home. If you prefer a gym, 24 hour fitness and Gold’s Gym offer military discounts for veterans, as do many local community centers.





**Staycation** \sta-ka-shun\ n: a relaxing time off work spent discovering your local area and doing the fun things you like to do avoiding the time, hassle and expense of travel.

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### Staycation Ideas

Have a Field Day

Enjoy a Picnic

Try Something New

Discover Local Attractions

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### Planning Your Staycation

Make a budget

Research Local Attractions

Take Advantage What Your

Community Offers

Make It Feel Like a Vacation



## “10 Educational Apps for Children with Special Needs”

- 1. Ask Me Colors and Shapes Preschool and Kindergarten Core Skills Preparation:** This app provides a musical learning tool to help children grow to know their shapes and colors.
- 2. Professions Puzzles for Kids and Toddlers:** This is as it sounds, a puzzle game for kids.
- 3. Cause and Effect Sensory Lightbox:** This app helps children with special needs by introducing them to sound and animation by use of touch. This app was specifically designed to help those with autism.
- 4. AAC Speech Buddy:** If your child has trouble communicating, this is an excellent app. It is completely customized to fit each individual's needs.
- 5. Autism Xpress:** This app is specifically designed to help those with autism recognize emotions.
- 6. First Then Visual Schedule:** An awesome app for any caregiver of a special needs child.
- 7. iReward Chart:** Children of all kinds learn better when there is positive reinforcement! This app helps with that aspect of raising your child.
- 8. Listening Power:** This is a wonderful app designed to help with listening skills.
- 9. Autism Discovery Tool:** This app addresses all the senses for those with special needs.
- 10. iDo App Collection:** This collection of apps is specific to teaching children with all types of special needs life skills.

[Resource: Ashley Winters – Adventures of a Military Family of 8, <http://www.militaryfamof8.com/10-educational-apps-for-special-needs/> | June 5, 2016]

### Self-Service Application

ID Card Online (IDCO) at  
<http://milconnect.dmdc.mil>



**TODAY IS A NEW DAY  
FRESH START!  
THINK HAPPY THOUGHTS,  
EXERCISE,  
DRINK LOTS OF WATER,  
DON'T JUST EAT,  
FUEL YOUR BODY,  
BE HEALTHY & HAPPY!**



## My Hero

You held my hand  
When I was small  
You caught me when I fell  
You're the hero of  
my childhood  
And my later years as well

And every time I think of you  
My heart still fills with pride  
Though I'll always  
miss you Dad  
I know you're by my side

In laughter and in sorrow  
In sunshine and through rain  
I know you're watching  
over me

Until we meet again

\_ Author Unknown



*Have a great summer!!!  
Have a great summer!!!*



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