

Front Lines

April 2020 Edition

Greetings and welcome to the April 2020 edition of *Front Lines*, the unofficial newsletter of Cuyahoga Community College's Veterans Initiative Program. Here is a very full look at what is happening...



April Letter to Students

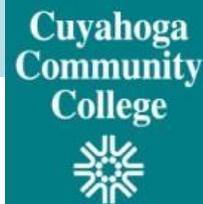
We have been in contact with many of you as we have all worked to adjust to working remotely. While there have been many struggles, there have also been many victories as well. As you continue to have questions or if you are struggling in anyway, please reach out to us. We have tutoring services available, and we are working hard to maintain up-to-date resource information to assist with basic needs. Please reach out to your campus representative, or the tutors, all listed below, if you need additional assistance, or if you just want to talk!

Cuyahoga Community College has also decided to hold summer online in order to comply with CDC guidelines, as well as Ohio specific information. We are still working with and for our students remotely. We are working to assist you through electronic means, including phone, email, and other forms of virtual assistance. If you need help, call us at (216) 307-6385, and leave a voicemail. We will return your call within one business day.

For more information please see the link below to Tri-C's COVID-19 Student Information page.
<https://www.tri-c.edu/administrative-departments/business-continuity/covid-19/student-resources.html>

If you have further questions, you can also contact your Veterans Center representative using the information below:

| Veterans Initiative Team | Name | Email |
|----------------------------|-------------------|---|
| Program Coordinator | Soledad Tosta | Soledad.Tosta@tri-c.edu |
| East | Alaina Foster | Alaina.Foster@tri-c.edu |
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| VECC (VA Hospital) | Angela Hobbs | Angela.Hobbs@tri-c.edu |
| VECC Tutoring | Jeremy Wong | Jeremy.Wong@tri-c.edu |
| VEAP Math tutoring | Gary Bass | Gary.Bass@tri-c.edu OR VEAPmath@gmail.com |
| VEAP English tutoring | Laura Cole | Laura.Cole@tri-c.edu OR VEAPEnglish@gmail.com |
| Interim Executive Director | Marjorie Morrison | Marjorie.Morrison@tri-c.edu |



Veteran Services & Programs Updates

- [2019/20 Veterans Enrollment Guidelines](#)
- View new information on our [website](#) for career fairs, job postings through Ohio Means Jobs, web and community resources.
- RTA U-Pass Program: provides FREE unlimited RTA ridership to Tri-C credit students.
- Graduation Calculator to ensure your personal and academic goals
- Don't want to take classes in summer, but still want to earn rewards? Check out our 15+ Perks Program!

Important Financial Information

The CARES Act has provisions for additional aid for students. It is limited in scope, but we encourage students to be aware of this resource. The first step in determining eligibility is to fill out the FAFSA. Students who would qualify for Pell assistance may be able to access additional funding through the CARES Act.

NOTE: The financial aid department at Tri-C will be hosting a series of online seminars, including one with a focus on the CARES Act. Worthwhile viewing! For more information go to [Student Financial Aid and Scholarships](#).

Summer and Fall Registration.

As we all adjust to new ways of doing things, we want to encourage you to continue with the mission! It is important to keep the momentum going. If you are currently enrolled in classes, please remember that we have tutors designated to assist veterans. So, if you are challenged by the transition, please let us know so that we can work together to find workable solutions. Note that while summer classes are online, we are working to have on-ground options this fall, with safety precautions in place.

Registration is now open for both summer and fall. You can register online, and access certification forms via <https://www.tri-c.edu/veterans/>. Remember that the VA will only pay for classes that are part of your program sequence. If you have questions, you can reach out to your Veteran Center Campus rep or you can call 216-307-6385 and leave a voice message.

Housing Allowances

When residential courses are moved to online offerings by the college, your housing allowances are unaffected. However, some courses may have been originally offered online. As you register for summer classes, you will only see online offerings. Please check with your campus rep if you are concerned about inadvertently choosing no "residential" classes.

Student Editor Contributions

We are excited to add a student editor to our Frontline newsletter, providing a spotlight on pieces important to you as veterans and as students. Victor Lewis is our current student editor. Here are some articles that he found for you.

[Disabled American Veterans offering \\$250 grants to veterans left unemployed by coronavirus pandemic](#)
Sign up at [DAV.org/COVIDrelief](https://www.dav.org/COVIDrelief).

Food for thought – articles covering a variety of topics were worthy of mention...

Did you know?? It's been reported that Marines, coalition forces pull out of Iraq's Taqaddam Air Base.

Sad but true: Amid coronavirus pandemic, black mistrust of medicine looms.

Too close to home: Since many service members are married to or have other family in the medical field, concerns grow for those in Front-line medical staff.

Mental Health and Substance Abuse Stress Calls up almost 900%

The COVID 19 pandemic is obviously stressful on everyone. Maintaining our mental health is important. This article provides some great perspective to contemplate. <https://www.stripes.com/coronavirus-forebodes-a-mental-health-crisis-across-america-1.625762>

Deployment

If you receive orders to deploy, please contact your campus center representative for further direction.

Tri-C Operations under COVID 19 Restrictions

Tri-C continues to operate under COVID 19 Restrictions. However, the college is making plans to begin reopening certain areas of the college to better support students. Watch the Tri-C webpage for updates. Until the reopening begins, all on-site student services and classes are suspended, and access to Tri-C buildings will be limited to staff involved in critical areas of operation, such as Public Safety and Plant Operations.

Work-Study Students

Watch for summer internship opportunities. At this point, with on-campus operations suspended, it may be that the internship is NOT operational this summer. However, it is being worked on and could open up, so be aware in the event that internships are possible.

Federal Student Loan Payment Info, Interest on Student Loans Waived During National Emergency

Secretary DeVos announced that the office of Federal Student Aid is working to provide student loan relief to tens of millions of borrowers during the COVID-19 national emergency.

All borrowers with federally held student loans will automatically have their interest rates set to 0% for a period of at least 60 days. In addition, each of these borrowers will have the option to suspend their payments for at least two months to allow them greater flexibility during the national emergency. This will allow borrowers to temporarily stop their payments without worrying about accruing interest. Please note that you must request suspension of payments. It is not an automatic suspension.

Assistance from the Cuyahoga County Veterans Service Commission

The Veterans Service Commission (VSC) is going to be reopening to the public on Tuesday, May 5, 2020 at their main office at 1849 Prospect Ave. The VSC will be accepting applications for Financial Assistance and VA claims. Once the VSC reopens they will no longer be providing food assistance over the phone. Up until May 5th, veterans may contact their office at (216) 698-2600 if they are suffering a financial hardship and in need of assistance.

Time running out for transfer of benefits

“Long-serving troops and reservists have a little less than two months remaining to transfer their Post 9-/11 GI Bill benefits to their spouse or children before a new restriction kicks in on July 12.

While soldiers still must serve for six years before being allowed to request a GI Bill transfer, they will no longer have the opportunity to do so after they have served longer than 16 years.

This new rule will affect senior active-duty personnel and those who for whatever reason are unable to transfer any portion of their benefits to one or more dependents before that July 12 deadline.”

From https://rebootcamp.militarytimes.com/news/transition/2019/05/23/new-gi-bill-transfer-rule-will-impact-older-service-members/?utm_source=Sailthru&utm_medium=email&utm_campaign=Rebootcamp%2003.20.20&utm_term=Editorial%20-%20Military%20-%20Rebootcamp.

Stimulus Information

The Treasury Department and VA officials announced that veterans only receiving VBA benefits and have not filed in 2018 or 2019 will not have to file any additional paperwork in order to receive the stimulus rebate. They'll receive the payment in the same method they receive their VBA benefit.

However, if any of these non-filer veterans have dependents, they will have to go [online here](#) to update that information to receive the \$500 per dependent

Debt Management help from the VA

During the COVID-19 emergency, the VA Debt Management Center (DMC) is offering temporary financial relief if you are unable to pay your GI Bill benefit debt during this crisis.

WHAT ARE YOUR OPTIONS?

If you are financially unable to pay your existing VA debt due to the COVID-19 crisis, you can request a temporary collection suspension, hardship refund of offsets or an extended repayment plan. Call 1-800-827-0648 to receive information on these relief options and to let us know which option you prefer.

If you have already made payment arrangements for your debt, and you would like those arrangements to remain in place, you do not need to contact our office- your payment arrangement will continue.

If you have a new VA debt, we will temporarily stop debt collections. You don't have to act.

DMC will not refer delinquent debts to credit reporting agencies during the crisis.

DMC suspended all collection action on Veteran debts under the jurisdiction of the U.S. Department of Treasury during the crisis.

If you have a question about your VA Benefits or the status of a claim, please call 1-888-442-4551.

We will continue to update our website: www.va.gov/debtman with information regarding DMC's debt collection activities during the COVID-19 crisis.

More from the VA

Attention Veterans and Family members who have a VBA overpayment.

If you are affected by the COVID-19 (CORONA VIRUS), have a VBA benefit debt and need temporary financial relief, please contact DMC at 1-800-827-0648 to request assistance.

Tai Chi

Check this out for some physical and mental health benefits!

<https://www.blogs.va.gov/VAntage/73571/live-whole-health-self-care-episode-3-tai-chi/>

More physical fitness info

<https://www.vetsandplayers.org/>

Complete Your Census

We All Benefit When We Respond to the Census. Your response to the 2020 Census can help shape your future and the future of your community. Counting everyone helps communities receive funding needed for health care, education, emergency services, and more. Over the next decade, lawmakers, business owners, and many others will use 2020 Census data to make critical decisions in our communities.

Commissary Hours

Be aware that commissary hours may be impacted by the current health crisis. Consider calling ahead to determine hours of operation and possible restrictions.

Lunches for CMSD Students

http://r20.rs6.net/tn.jsp?f=001nZYmNHWajyt0baZqhIPwuHFWQ0kQQMUonYQ7VFdYUxUP05U3pOxexT6q-KEsjZ22rWnAmM3BP9wjDO7o_qXbKhhcEnbaFvJ72jEXqQMDPUE_8sCbeax-zL61vUSIB3Y7rkP-Ue2soqngMTMc_E-CdKqo2wjapOU6n02o1tzcAgOG1P8izbHugD4XpfiirKHCKESZFd7wATzwDTY4YA0zTHGOPxjZg-5vCtZuicpW5vmlm77R6dZaucQXf7GkYSVuWS25hisi2KgHbGPFZvJnQ==&c=kRcwe3iujgrTVipd8CsZzVFdaYJ2E_oKq-930ooGsCyM0XzaYVfC7w==&ch=s6g2H9EXDBxxu2SRbG8Mh_fm5JLWRiSZse9gYtG8V4JDxUTPquo7QQ==

Call Before Going to the VA

Veterans: Call before visiting your VA facility. Got a fever, cold, cough or flu-like symptoms? Are you worried that you have a viral illness? The last thing you want to do is get out of the house to see the doctor, exposing yourself (and others) to more potential bugs and viruses. VA can make it easier and safer to get back to health with virtual care through My HealtheVet and the VA Video Connect app on your smartphone, tablet or computer.

Online Resources

ONLINE ENROLLMENT SERVICES

Academic Counseling:

- [Counseling Center Hours and Information](#)
- [e-Advising](#)
- [Schedule an Appointment](#)

Application for Admission: [Apply](#)

Assessment/Testing: [Testing Center Hours and Information](#)

College Credit Plus (CCP):

- [College Credit Plus Information](#)
- [CCP Student and Parent Checklist](#)

Financial Aid: [Student Financial Aid and Scholarships](#)

International Student Services: [International Student Information](#)

New Student Orientation:

- [Information and FAQ](#)
- [Online Orientation](#)

Registration: [Register for Classes](#)

Student Accessibility Services: [Information and Resources](#)

Tuition Payments: [Pay Tuition](#)

ONLINE STUDENT SERVICES

Bookstore:

- [Barnes & Noble Bookstore](#)
- [Find Textbooks](#)
- [Textbook Rentals](#)

Career Services:

- [Career Services Information](#)
- [Student Career Services](#)
- [Schedule an Online Appointment](#)

Library:

- [Library Information](#)
- [Staff Directory](#)
- [Access Your 'My Library' Account](#)

Psychological Counseling:

- [Personal Counseling](#)
- [Help Is Here](#)

Technology Learning Centers: [Hours and Locations](#)

Transfer Centers:

- [Transfer Center Information](#)
- [Schedule an Appointment](#)

Tutoring Services:

- [Tutoring Information](#)
- [Smarthinking Online Tutoring](#)

Veteran Services: [Veteran Resources](#)

Support Resource – Veterans’ Success Tool Kit: The Tri-C Veterans Initiative has partnered with HealthJourneys, to bring to you free of charge a series of self-guided streaming meditations known as the *Veterans’ Success Tool Kit*. Listening to guided imagery and meditation yields a wide variety of benefits. **Research shows it helps with stress, sleep, pain, confidence, focus, emotional resilience and inner peace.** That’s why we’ve brought together some of the best streaming meditations we could find, by some of the foremost masters in the mind-body. **These are available free, 24/7, for you and your family**, courtesy of Health Journeys and Sounds True. All can be accessed via the College’s Veterans website: www.tri-c.edu/veterans. The link is the upper right, teal-colored tab labeled: NEW RESOURCES FOR STUDENT VETERANS.