

Front Lines

February 2020 Edition

Greetings and welcome to this the **February 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...



Solid Start is a new outreach program that is designed to better connect with recently separated service members. Phone calls will be made three times throughout the first year of civilian life to “help you better understand the benefits available to you and help you get a solid start on your civilian life.” More information can be found at the VA website.

Remember to make sure that your current semester schedule and certification form has been submitted to your campus certifier. Also, you **MUST** see the **GI BILL CERTIFIER** if your schedule is adjusted in any way (add, drops, etc). The Certifier processes the paperwork, ensuring that you receive the appropriate benefits (tuition, BAH, books) so be sure to close the loop each semester.

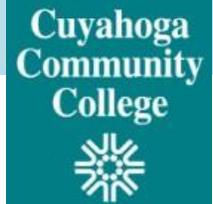
Registration for summer and fall classes begins in March. Veterans automatically get **priority registration**, so be sure to take advantage of this opportunity. See your campus center rep if you have questions. Remember to submit your new schedule and certification papers once your schedule is established.

A new opportunity for social networking for female veterans is launching this month. The **Military Sisterhood Initiative** provides an online platform of support. For more information go to <https://www.blogs.va.gov/VAntage/71534/military-sisterhood-initiative-go-live-february-18/>

The VA is encouraging **women veterans** to recognize the symptoms of a heart attack, since the symptoms of a heart attack can differ in women versus men. Like men, the most common heart attack symptom for women is chest pain or discomfort. However, women are more likely than men to experience other heart attack signs, such as:

1. Shortness of breath
2. Pain or discomfort in one or both arms
3. Nausea or vomiting
4. Back or jaw pain
5. Dizziness or fainting
6. Breaking out in a cold sweat

For more information go to <https://www.blogs.va.gov/VAntage/70987/va-encourages-women-veterans-take-control-heart-health/>



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!

Medworks is partnering with MetroHealth in Cleveland Heights and the Jewish Family Service Association of Cleveland to provide a **day of FREE health care** to the community.

The FREE Health Clinic will be located at MetroHealth Cleveland Heights Medical Center on Saturday, February 29th and Sunday, March 1st.

For more information, contact:

Sarah Roti | Program Coordinator | Medworks

Cell: 847.637.6814 | Office: 216.231.5350

1950 Richmond Rd TR 205 | Lyndhurst, OH 41124

Email: sarah@medworksusa.org

Veterans Education Access Program (VEAP) – A Great Resource: VEAP is now in its 45th year of helping veterans navigate the early challenges of college attendance. Since 1973, we have been helping students through tutoring services, refresher courses, and assistance with financial aid forms, to name just a few of our services! All materials are FREE. Give us a call at 216-987-4938 to see if you (or a friend) can benefit from our program.

Your Veterans' Initiative Campus Service Team:

The Metro Veterans Service Center Representative – Ms. Joan Sweeny

Location: MSS 500 5th floor **Phone:** (216) 987-6137

The Alfred Learner Veterans Center at Eastern Campus - Representative Mrs. Alaina Foster

Location: ESS LER CTR second floor **Phone:** 216-987-2013

Brunswick University Center / Westshore - Representative Mr. Mick Munoz

Locations: BUC 122 SLT 113 **Phone:** 216-987-3536

Crile Veterans Center /West Campus - Representative Matt Miller

Location: WSS G112 **Phone:** (216) 987-5204

Cleveland Louis Stokes VA Medical Center Wade Park: Veteran Education Connection Center - Representative Angela Hobbs

Location: 2nd Floor Atrium-146B **Phone:** 216-791-3800 ext. 6830

Veteran Campus Support Teams at the Ready: An important reminder to all that the Cuyahoga Community College Veteran's Initiative has been organized in an effort to provide a broader range of services to you. Part of that re-organization has been the development of Veteran Campus Support Teams. The Veteran Campus Support Teams are comprised of specialists from key departments which data tracking has shown are those departments in which veterans require services.

Those departments include:

- GI Bill Certification
- Counseling
- Financial Aid
- Recruiting
- Student Accessibility Services
- Key Career Transition Centers
- Veterans Education Access Program

As noted, the documented experience of the Veterans Initiative has shown that these are the major areas of inquiry from our student veterans. A complete list of your respective **Campus Veteran Support Team** members is found on the Veterans' website at: www.tri-c.edu/veterans

We're pretty certain you've accessed the **Tri-C Veterans webpage**, but we encourage you to take a second look. There are many resources that are linked to this page, including a Veterans' Success Tool Kit. Take a few minutes to explore!

<https://www.tri-c.edu/veterans/>

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.

PX Privileges To Be Expanded: Starting Jan. 1, 2020, Purple Heart recipients, former prisoners of war and all service-connected disabled veterans, regardless of rating, as well as caregivers enrolled in the VA's Comprehensive Assistance for Family Caregivers program, will be able to shop at Defense Commissary Agency stores and military exchanges. Read more about this at this link:

<https://www.military.com/daily-news/2019/09/20/millions-more-vets-and-caregivers-are-about-get-commissary-exchange-access.html?ESRC=>

In case you missed it last month, Veterans are being given greater choice in their **healthcare**.

VA MISSION Act: Answers to the top five questions about urgent care: Urgent care is one of the new benefits offered as part of the VA MISSION Act that gives Veterans greater choice in their health care. The benefit is offered in addition to the opportunity to receive care from a VA provider, as VA also offers same-day services. We are working to ensure Veterans understand how to use the new urgent care benefit as part of VA's comprehensive benefits package. In this article, we answer some common questions about the new urgent care benefit.

1. What is urgent care? Urgent care is a type of walk-in health care for situations where you need help but don't have an emergency, such as colds, ear infections, minor injuries, pink eye, skin infections, and strep throat.
2. Why are there different urgent care locations? There are two types of urgent care network locations: Retail and Urgent. Retail locations such as CVS or Walgreens are places where you can get care for minor ailments like a sore throat or earache. Urgent locations provide more comprehensive walk-in care for illnesses or injuries that are not life-threatening, like splinting, casting, lacerations, or wound treatment. Both retail and urgent locations are staffed with healthcare professionals who are licensed and credentialed.
3. Are there urgent care providers near me? VA launched the urgent care benefit on June 6, 2019, and we are working to expand our network of urgent care providers, adding more every week. Urgent care providers are vetted and must meet strict standards of care and other requirements before they are added to VA's network. To find a location, use the VA facility locator at <https://www.va.gov/find-locations/>. Select the link entitled "[Find VA approved urgent care locations and pharmacies near you](#)". If you arrive at an urgent care network location and have difficulty receiving care, call 866-620-2071 for assistance. [More information](#).
4. How do I get prescription medication with the urgent care benefit? You can get up to a 14-day supply of prescription medication through VA, a VA-contracted pharmacy, or a non-contracted pharmacy. If you choose to fill an urgent care prescription at a non-contracted pharmacy, you will be required to pay for the prescription when you pick it up and then file a claim for reimbursement at your local VA medical facility. Prescription medication for longer than a 14-day supply must be filled by a VA pharmacy. [More information](#).
5. Do I have to make copayments for urgent care? Copayments for urgent care depend on your assigned priority group and the number of times you visit any urgent care provider in a calendar year. Urgent care copayments are not charged when you receive care from an urgent care provider, but are billed separately by VA. [More information](#).

Check out <https://missionact.va.gov/> to learn more.

Wreaths Across America: If anyone is interested in sponsoring a wreath for a family member, friend or our US Military in general: https://donate.wreathscrossamerica.org/?pageId=19520&relatedIds=0&utm_source=Email&utm_medium=Newsletter&utm_campaign=February&utm_term=Donate&utm_content=Button

VOLUNTEERISM: Here are some great opportunities to put your military experiences to work benefiting others in need.

National Park Service Volunteer Opportunities: Make a vital contribution to Cuyahoga Valley National Park (CVNP) and our community! You can help the park fulfill its mission to provide visitor enjoyment and preserve resources. The mission of CVNP's Volunteers-in-Parks Program is to engage people in the park, building a community of park stewards. The volunteer program is co-managed by the National Park Service and the Conservancy for Cuyahoga Valley National Park. Depending on the volunteer position, volunteers will work with staff from National Park Service, the Conservancy for CVNP, Countryside Conservancy, and Cuyahoga Valley Scenic Railroad.

<https://www.nps.gov/cuva/getinvolved/volunteer.htm>

<https://www.conservancyforcvnp.org/experience/volunteer/>

The **American Red Cross'** unwavering commitment to members of the U.S. military, its veterans and their families continues to grow and develop more than a century after Clara Barton first recruited nurses to support the U.S. Army. Today, the Red Cross is meeting the needs of a changing military and expanding services to veterans. Red Cross support of military members and their families enhances morale and contributes to increased operational capability in several ways. New volunteers: visit <https:redcross.org/neo> Click on "volunteer" tab.

Cleveland Municipal Court's Veterans Treatment Docket needs volunteers – preferably military veterans to help Veterans transition to a successful life. If you are interested in volunteering to help our veterans successfully re-enter civilian life, please contact Derek Moore at (216) 664-4712 or via email at moored@cmcoh.org for additional information.

Needed: 'A few good mentors': The Cuyahoga Common Pleas Veteran Treatment Court (VTC) is a judge-monitored treatment program for military veterans. A key component of the program is volunteer Veteran Mentors who volunteer their time to help veterans re-adapt to civilian life. For more information visit: https://drive.google.com/file/d/0B1NiwCZ_V-9iTF8wYXhqE4yWm8/view?usp=sharing

Employment Opportunities / Links

[Department of Veterans Affairs Link with the VA on Facebook](#)

[City of Cleveland](#)

Veteran Job Search Assistance: If you know a Veteran or Military Spouse who could benefit from FREE, UNLIMITED job search coaching, please have them visit www.gunnyret.com to schedule a "First Call".

[Ohio National Guard Employment Enhancement Support:](#)

[VA JOBS Home](#)

[Ohio.gov](#)

[USAJobs](#)

[Veterans MilitaryJobs.com](#)

[Ohio Federal Government Jobs](#)

Unsure of a career path? [Check out Career Coach](#)

Create an Account, discover your interests, potential career stats, and career scopes in your local area that are adjacent degree paths with Tri-C programs. Make sure to check out the MOS option to see what your military skills transfer to in our programs.

Applying for Benefits

First-time users of educational benefits must complete the 22-1990 form at www.vets.gov/education/apply/.

The VONAPP system (old 22-1990 site) still contains other important forms such as compensation, pension, vocational rehabilitation, employment, burial benefits, change in place/training and dependent application for VA benefits.

Do not use forms 22-1990N or 22-1990E to apply for Post 9/11 GI Bill, CH30 or CH1606. The 22-1990N is for National Call to Service only. The 22-1990E is for family members to use transferred benefits.

CONTACTS:

VA Regional Office
(St. Louis, MO)
1-888-GIBILL-1
(1-888-442-4551)

Direct Deposit Center
1-877-838-2778

Enrollment Certification
1-877-823-2378

Military Transcripts

Be sure to have your transcripts evaluated to determine if you can receive academic credit for your military training. The process can take up to four weeks, so keep an eye on your Tri-C email for notification that your transcripts have been evaluated. A counselor and program manager will advise you on how credits can be applied to your specific degree. The primary contact for military transcripts is Chris Dorsten at 216-987-3664 or chris.dorsten@tri-c.edu.

Joint Services Transcript (JST):

Order your free official transcripts and review unofficial transcripts and summaries of equivalent credits. Register at <https://jst.doded.mil>.

Air Force veteran?

Check out Air University at www.airuniversity.af.mil/Barnes/CCAF/ to review various options for ordering your transcripts.



Which Veterans Education Benefit Should I Use?

DEPENDENT

- Chapter 33: Post 9/11 GI Bill
- Chapter 35: Dependents Educational Assistance

VETERAN

- Chapter 30: Montgomery GI Bill (exhaust, then switch to Chapter 33)
- Chapter 31: Voc Rehab (Service-Connected Rehability)
- Chapter 33: Post 9/11 GI Bill (cannot switch after applying)

PLEASE NOTE: The U.S. Department of Veterans Affairs determines eligibility for veterans education benefits.

STILL SERVING?

ACTIVE DUTY

- Tuition Assistance

RESERVIST OR NATIONAL GUARD

Deployment

- ONGSP: NG only (exhaust, then switch to Chapter 33)
- Chapter 33: Post 9/11 GI Bill (cannot switch after applying)
- Chapter 1607: REAP*
- Tuition Assistance

No Deployment

- ONGSP: NG only (Montgomery GI Bill for Selected Reserves)
- Chapter 1606
- Tuition Assistance

*REAP has been terminated for all applicants, with complete termination expected in November 2019.

Disclaimer: This is a visual aid and not an exhaustive explanation of benefits; nor does it include every possible scenario of benefits eligibility.



Education Benefits Deadlines & Reminders

Ohio National Guard Scholarship Program Application Deadlines

November 1st for Spring Semester

April 1st for Summer Semester

July 1st for Fall Semester

CAC ONLY Access

Scholarship letter changes to another school?

NOBE issue? [see link](#) for NG contacts

GI Bill Semester Certification Form Submission

Dates: Need to be submitted in advance to the academic start date of intent (typically 30 prior window).

[GI Bill Semester Certification Form](#)

Transferring benefits to another school?

[VA Form 22-1995](#)

But I am a dependent?

[VA Form 22-5495](#)

Make sure you turn these in to your certifier to report changes in class schedule, major, transferring from one school to another so you are certified correctly.