



Howard County Office of  
**Veterans and Military Families**  
 Department of Community Resources and Services

**Resources for Veterans and Military Families**

**E-Bulletin: October 10, 2019**

***Important Dates***

**Now thru October 18 - [ART SHOW: Shades of History The 1920s & '30s in Paintings by Heather P. Shreve](#). THE WARD ART CENTER : The St. Paul's Schools 11232 Falls Road, Brooklandville MD 21022. Open to the public Mon- Friday 9 am- 5pm. Opening Night Reception Sept 17: 7pm, FREE**

September is Suicide Prevention Month - [Calendar of Events](#)

Baltimore Station - [Multiple Upcoming Events](#)

**Now thru October 31 – Applications accepted for The Howard County Department of Housing and Community Development (DHCD) Moderate Income Housing Unit (MIHU) program. On Wednesday, October 16, 21 and 24, DHCD will host MIHU HOMEOWNERSHIP Information Workshops from 6:00 to 8:00 p.m. in Room 211 at 9820 Patuxent Woods Drive in Columbia. To register for one of these workshops, visit [www.eventbrite.com/e/mihu-homeownership-information-workshop-1-tickets-73174100705](http://www.eventbrite.com/e/mihu-homeownership-information-workshop-1-tickets-73174100705)**

[www.eventbrite.com/e/mihu-homeownership-information-workshop-2-tickets-73176690451](http://www.eventbrite.com/e/mihu-homeownership-information-workshop-2-tickets-73176690451)

[www.eventbrite.com/e/mihu-homeownership-information-workshop-3-tickets-73178535971](http://www.eventbrite.com/e/mihu-homeownership-information-workshop-3-tickets-73178535971)

**Now thru Nov 8 – [Handmade With Love Initiative](#). Collecting handmade scarves and hats for deployed soldiers. Drop off donations at Howard County 50+ Centers and more.**

**Starting October 2 - NAMI Basics Education Course, 6:30- 9pm.** A 6-week course specifically designed for parents and other primary caregivers of children and adolescents who are living with mental illness. The course follows a structured format and includes practical insights on issues frequently faced by families dealing with mental illness. The 2.5 hour class is taught by trained parents who have lived similar experiences with their own children. It is not necessary that the child has received a specific diagnosis. Please contact Yulanda Ming Blackston, Family & Consumer Program Manager @ 410-772-9300 or Email: <mailto:yblackston.namihc@gmail.com> to register!

**October 10 – Accessible Yoga/Yoga for Amputees, Thursdays, Oct. 24, Nov. 7, Nov. 21, Dec. 5 & Dec. 19, 1-2:30pm.** Columbia, MD. All Classes are Free. Registration is required. Register online at [Columbiayoga.com](http://Columbiayoga.com) or use the registration form below. The practice is designed specifically for people living with limb loss or limb difference, recovering from limb injury or surgery, or anyone with limited movement who would like to ease into the movements of yoga. The class will include basic yoga forms and associated actions, breath work, and meditation, and will focus on helping the student develop mobility skills to improve their ability to function well in the activities of daily life. Yoga forms and actions will be modified to include those with and without prosthetics. Appropriate for all levels – new to yoga, beginner level, or experienced yoga practitioner. with Lucy Lomax, C-IAYT, Certified Yoga Therapist, E-RYT 500 & Heather Thamer, E-RYT500, M.Ed and CES

**October 10-11 - [Global Conversation on Mental Health Culture Change](#).** This Global Conversation will bring together thought leaders, change agents, advocates, policy makers and those with lived experience to share ideas, successes and challenges as we work to change how we think about and respond to mental health challenges, mental illness and substance use disorder. We are approaching a tipping point – one that will ensure that we value our mental health just as we do our physical health. This shift will ensure that more resources will be devoted to understanding and addressing the mental health conditions that affect 1 in 4 of us. It will ensure that new techniques, treatments and opportunities are explored and developed so that those in need receive care that works for them

**October 12 - Mental Health First Aid Training -- FREE! 9-5 pm at Wilde Lake Interfaith Center.** Registration is required. (Must bring a bag lunch). [Click here to register online](#) or call the office 410-772-9300.

**October 12 – [Community Companion Volunteer Training Session](#)** - Howard County General Hospital is seeking Community Companion volunteers to provide nonmedical support, such as transportation and companionship, to patients. Community Companion information sessions will take place on Oct. 12 and Nov. 16 from 9am-12pm at the Trellis Center in suite 206, 10760 Hickory Ridge Road, in Columbia. Community

Companions receive training and provide care support to patients in the Member Care Support Network. Patients are often older adults who live alone, experience functional impairment and have multiple chronic conditions, such as lung disease or cancer.

The hospital pairs Community Companions with patients based on schedule and need. Volunteers choose their responsibilities, which can include driving patients to doctors' appointments, calling to check on them and visiting patients in their homes.

Community Companions are conscientious, respectful, trustworthy and compassionate and must be 18 or older. For more information, visit [HCGH.org/j2bhvolunteer](http://HCGH.org/j2bhvolunteer), call 410-720-8788 or email [hcgh-j2bh@jhmi.edu](mailto:hcgh-j2bh@jhmi.edu)

**October 13 - Navy Birthday -- October 13, 1775**

**October 14 – [Global Good Fund Fellowship Program](#) for Veteran Entrepreneurs  
Deadline to apply**

**October 14 thru 18 - Operation Tohidu Women's Session. [Apply here](#)**

Other sessions:

November 4 – 8, 2019 Women's Session (MST focused)

November 18 – 22, 2019 Couple's Session

December 9 – 13, 2019 Men's Session

January 13 - 20, 2020 Women's Session (MST Focused)

February 10 - 14, 2020 Couple's Session

Operation Tohidu is a free, 5-day experiential retreat program for veterans or service members that have been diagnosed with or are self-identifying post-traumatic stress, traumatic brain injury, anxiety, depression, moral injury or military sexual trauma. The program is open to veterans from across the country, from all eras and most discharge statuses.

**October 15 – [Howard County Executive's Small Business Summit](#), 7:30am-12:30pm. Holiday Inn in Jessup. \$25**

**October 16 – [Tech Expo](#), 3-7pm at Hilton Washington Dulles Hotel 13869 Park Center Road. Herndon, VA CI or Full Scope Polygraph is required to attend**

**October 17 – [Tech Expo](#)**, 3-7pm at BWI Marriott 1743 West Nursery Road Linthicum Heights, MD 21090. CI or Full Scope Polygraph is required to attend

**October 17 - [Opening the Door to Hiring Our Veterans](#)**, 8am-10:30am in Laurel, hosted by Howard County Human Resources Society. Learn from a veteran how to conduct a roadmap of how organizations can attract, transition & retain Veterans. The four areas he will focus on are:

- How to Establish an Initiative
- Getting Top Management Buy-in
- Organizations to Contact
- Best Practices in Recruiting and

**October 19 - [Howard County's Master Aging: Engage, Educate, Inspire](#)**, Saturday, from 10am-3pm at Howard Community College (HCC), 10901 Little Patuxent Parkway, in Columbia, MD 21044. Learn to reframe your concept of aging and consider new and innovative ways to age well. The event will be held in three buildings within easy walking distance of each other on HCC's campus - Duncan Hall, the Health Sciences Building and the Horowitz Visual and Performing Arts Center. Admission is \$1.00.

**October 18 & 19 - [NAMI Conference](#)**

**October 19 – [Prince Georges County Veteran Resource Fair](#)**, 10am -2pm. Oxon Hill Branch Library. 6200 Oxon Hill Rd. Oxon Hill, MD

**October 19 – [Aberdeen Proving Grounds Job Fair](#)**, 10am-2pm

**October 20 - [Fall 2019 Employing U.S. Vets Conference](#)** at New York City Athletic Club

**October 20 - [Weed Warrior Support](#)** with Tree Baltimore (OC3 Day 2), The Mission Continues, Brooklyn MD

**October 21 – [IGNITE Howard County](#)**, 5:30-8pm. Jailbrew Brewing Co in Laurel. \$10. Presenting on a subject of their choice, 10+ speakers have exactly 5 minutes (and 20 slides auto-advancing every 15 seconds) to teach us something, enlighten us or simply inspire. The goal is to create collisions of conversations & collaborations between people in our artistic, entrepreneurial, creative, technical and innovative communities.

**October 24 - [The 6th Branch Annual ShinDig](#)** (Social), Baltimore, The Mission Continues

**October 22 & 23 – [Military Corps Career Connect \(C3\) 2-Day Leadership Academy at Walter Reed](#)**. Are you a leader in the Military with at least 5 years of

leadership experience? As you prepare to transition to civilian employment, have you considered careers in Management? C3 is hosting a 2-Day leadership Academy for those who want to use their Military skills and training to be a transitioning generalist. Generalist are those who manage and supervise others. This is a great opportunity to learn from and speak with professionals who have made a successful transition to Managers, Directors, and CEOs. For more information or to register, contact your VN or send an email to [veterans@aawdc.org](mailto:veterans@aawdc.org). \*Lunch will be provided both days. Military Corps Career Connect (C3) [veterans@aawdc.org](mailto:veterans@aawdc.org) <http://militaryc3.org/>

**October 23 – [Mental Health Film Festival at Regal UA Snowden Theatre](#), 6-9pm at Regal UA Snowden Square Theater at 9161 Commerce Center Dr., Columbia, MD 21046 to include “We Are Not Done Yet, ” a film that tells the story of 10 U.S. veterans who come together in hopes of battling their traumatic military pasts through the art of written word. Grappling with PTSD, the “warrior poets” share fears, vulnerabilities and victories that eventually culminate into a live performance of a collaborative poem under the direction of actor Jeffrey Wright. In the process of creating their poetry and rehearsing for the performance, these individuals build a new-found tribe in one another, allowing them to share hidden truths about their intimacy with war, death and trauma. Each film will be followed by a time for reflection, questions and discussion with local experts such as psychiatrists, crisis counselors, social workers, youth, school system staff and people sharing their own experiences and journeys with mental health.**

**October 23 – [Making the Most of a Job Fair](#) – 10am-12pm Workshop and Résumé Reviewm, 12-1pm Employer Hiring Perspective. Columbia Workforce Center 7161 Columbia Gateway Drive, Suite D Columbia, MD 21046**

**October 23 – Veterans Club Apprentice Job Fair, 10am-12pm at 613 Global Way Linthicum. Join us for an opportunity to train and get paid. Contact 410-424-3240 or [joseph.salacki@maryland.gov](mailto:joseph.salacki@maryland.gov) for more info**

**October and November [Free Health and Wellness Classes](#) – Howard County**

**November 1 - [Mental Health First Aid for Veterans Course](#), 8:30am-5pm. MCVET located at 301 N.High Street, Baltimore, Maryland. <https://www.mentalhealthfirstaid.org/>**

**November 1 – [Veterans Day Celebration and Hiring Fair](#), 10am-2pm in Randallstown**

**November 2 – [Serve Our Willing Warriors Gala](#), 6:30pm McClean, VA. Guest speaker, General (Ret) John Nicholson**

**November 2 thru December 1 – [Veteran Art Show at the Delaplane Arts Center](#) in downtown Frederick. The Veterans Show is an exhibition featuring artwork by former servicemembers of the United States military. The call for submissions is open to artists**

of all skill levels. To submit your artwork, please download and fill out the entry form, and bring with you on the designated drop-off dates.

Please direct questions to Sydney Dexter, Exhibitions Manager, here or by calling 301-698-0656 ext. 108.

Opening Reception - Saturday, November 2 • 1500-1700

Artwork Drop-off Sun, October 27 • 1100 – 1700 & Monday, October 28 • 1000 – 1700

Artwork Pick-up Sun, December 1 • 1700 – 1730 & Monday, December 2 • 1000 – 1700

**November 3 - Colonel Lou Schott 200 yard Off-Hand Championship:** 20 rounds, 20 minutes, \$20 3<sup>rd</sup> 200 yd Range, 1200 hrs to 1600hrs Limited to 40 Shooters. Firearms rules: 1.Any Unmodified Military Service Rifle (ARs OK)2.Open sights. No optics3.Slings may be used.

General rules;

- 1.Targets service available for sighting-in and match
- 2.Virgin targets used for match scoring
- 3.Off-hand (standing) firing position only
- 4.Shooters may fire for score when ready
- 5.Score of 120+ receives Challenge Coin.
- 6.Shooter with the highest score of the day wins trophy.
- 7.X value is used to break ties8.Match Director “Col Ed” Old Post9.Target service, complements of MRC - Bill Perry

Preregistration is encouraged. Send email subject line “200 yd Offhand” to: ehall@telecomxchange.com, pay at range. Shooters may provide a companion spotter

**November 5 – Day on the Bay for Vietnam-era Veterans**, 6pm at Carson’s Creekside Restaurant in Baltimore. Enjoy a complimentary dinner for your service and a presentation by Tom Glenn on the 1967 battle of Dak To in the Vietnam western highlands for Wounded Warriors Day on the Bay. RSVP at [wwdayonthebay@gmail.com](mailto:wwdayonthebay@gmail.com)

**November 7 - [Howard County Commission for Veterans and Military Families meeting](#)**. 7pm at 9830 Patuxent Woods Dr. in Columbia

**November 8 – Veterans Gratitude Week:** Mobilize Your Community to Transform Someone Else’s. HOW? Host or teach a benefit yoga or meditation class to express gratitude for our freedom and honor those who served in the United States Armed Forces to defend our country.

Throughout this week, we raise awareness around the challenges many veterans face by offering donation based yoga classes and events across the USA.

In 2018, Veterans Yoga Project-trained teachers offered 3,905 classes across 28 different states. The skills and the connections fostered in our programs support the evolution from post-traumatic stress to post-traumatic growth for the veterans with whom we work – To sustain and grow our programs, we need YOU!

We invite you to host or teach a class in your local yoga studio, community center, fitness club, or other venue during VGW2019.

Please sign up at <https://www.veteransyogaproject.org/veterans-gratitude-week>

We have resources to promote your class:

- Map of class listings
- Social media blasts
- Hashtags: #VeteransYogaProject, #VeteransGratitudeWeek, #VGW2019

Collateral materials

- Press releases

Please email [vgw@veteransyogaproject.org](mailto:vgw@veteransyogaproject.org) with any questions.

**November 9 – [3<sup>rd</sup> Annual Veterans Day Concert](#)**, 6pm in Belcamp, MD

**November 10 – [Howard County 5<sup>th</sup> Annual Veterans Day Parade and Ceremony](#)**, 9:30am in Downtown Columbia. If your group would like to walk in the parade, secure a vendor table for your business or organization or sponsor the event, visit [howardcountyveterans.org](http://howardcountyveterans.org)

**November 10 – [Howard County Veterans Gala](#)**, 5:30-8:30pm. VFW Post 7472, 4225 VFW Lane, Ellicott City, MD. Dress: Business Casual or Better, Uniforms Appropriate  
Cost: \$35 per each \$30 ea. with a table of 8 \$28 ea. with a table of 10

**November 10 - Marine Corps Birthday** – Nov 10. 1775 (same day as the HoCo Veterans Day parade).

**November 20 - [Author & Illustrator You Can Fly: The Tuskegee Airmen: Meet The Weatherfords](#)**. Author Carole Weatherford, a Baltimore native and illustrator, and Jeffery Weatherford, a performance poet and Maryland resident, present their book of poems and scratchboard illustrations saluting the U.S. military's first African American pilots. Books available for purchase and signing. All ages. Registration required. MORE

Pre-Event Art Exhibit - November 20 | 10 am to 7 pm | HCLS Elkridge Branch

Meet the Author & Illustrator - November 20 | 7 - 8 pm | HCLS Elkridge Branch

**December 10 – [State of Maryland Procurement Connections, MD Live Baltimore City. Ready, Set, GROW!](#)**

This procurement connections workshop series travels across the state providing insightful information on how to navigate the procurement process and connecting small, minority, women, and veteran-owned businesses with buyers from state agencies. Participants also get to meet resource partners who can help start, grow, or expand their small business.

Maryland is OPEN for Businesses and this free workshop series is a great networking and business development platform for small businesses that want to do businesses in the government sector.

Seating is limited and advanced registration is required. When registration is open (3-4 weeks in advance of each session), use the REGISTER NOW button in the left-hand column to complete the online registration process.

**January 18, 2020 – [5<sup>th</sup> Annual Veterans Awards - Vettys](#)**

**March 10, 2020 - 16th Child, Adolescent and Young Adult Services**

**Annual Conference** Integrating Clinical Intervention Within A Behavioral Health Approach, Martin's West, Baltimore MD Contact Person: TBD Conference Fee: \$55

**May 6, 2020 - [Behavioral Health Administration Annual Conference](#).** Martin's West, Baltimore, MD. Contact Person: Eunice Harvey, [eunicej.harvey@maryland.gov](mailto:eunicej.harvey@maryland.gov) Conference Fee: \$95; Student rate: \$55 (limited seating)

**Every Thursday – Resiliency Yoga, Ft. Meade Kimbrough behavioral health (Rascon Center), 4:30-6pm.** Why would I want to do yoga?

Improves sleep

- Helps decrease PTSD symptoms
- Helps those with physical Limitations
- Helps decrease chronic pain
- Helps you feel peaceful

Who is Eligible to Attend?

- Active-Duty Military
- Spouses of Active-Duty Military
- Staff
- Veterans

Questions: Lucy at [sbyyoga@mac.com](mailto:sbyyoga@mac.com)

**Every Thursday - Healing Waters Fly Fishing Project, 6-8pm** - Is in search of Disabled Active Military and Veterans who would like to learn the Art of Fly Fishing. We are dedicated to the physical and emotional rehabilitation of our wounded warriors and veterans thru fly fishing, fly tying and outings. Meetings are held every Thursday Evening at the Ft. Meade Kimbrough Rascon

Center. Feel Free to Contact Larry Vawter Program Leader at 443-535-5074 or [thecarptman@msn.com](mailto:thecarptman@msn.com)

## ***Newsletters, Articles, Nonprofit Support and other Resources***

**Female Veteran Survey** – If you are a female veteran, please consider completing this survey (which will take about 15 minutes) to help others better understanding women's experiences as they leave military service. The findings will be shared with influencers in the areas of policy, programming, non-profit, entrepreneurship, veteran mentorship, and employment & transition, who can help shape the post-service narrative for women veterans. A partnership with Syracuse University and the George W. Bush Presidential Center, Stand-To Veteran Leadership Program.

### **Are you a Military Veteran with PTSD?**

Are you interested in training a service dog to help another veteran?

You will be compensated for your time.

Contact: [dtaber@umaryland.edu](mailto:dtaber@umaryland.edu)

Telephone number: 410 706-0659

### **Howard County Library Veteran and Military Focused Books**

**Games to Grunts – free video games for veterans and military families** - Operation Supply Drop's Games to Grunts program supports community engagement to Veterans, military, and their families through video games. Most of the games they offer are on Steam, such as TEKKEN 7, Cooking Simulator, and Vietnam 65', but other platforms are also available, like free XBOX Game Passes. All of the games are available through digital download codes. To sign up, visit the Games to Grunts website and [create an account](#), or view the [full list of games](#) available.

### **Grace Community Church Mental Health Support Group for Family and**

**Friends.** This group provides support for you as you walk alongside a loved one who might be struggling with Depression, Anxiety, Addiction, ADHD or other mental health challenge. You'll learn tools and find comfort as you meet others who have similar experiences. [Register: Mental Health Support for Families](#)

In addition we have a new support group for Teen Girls (ages 13-18) who struggle with Anxiety. This is a 4 week 1 hour workshop type group for girls to learn tools to address their mind, body and spirit. [Register: Teen Girls Anxiety Group](#)

[Participating Veteran Friendly Businesses](#) in Howard County

[Parenting Pages Oct](#) -

[Howard County Caregiver Support Groups](#)

[MDVA Newsletter](#)

[USVA Newsletter](#)

[VFW Weekly News](#)

[DC Mayor's Office of Veteran Affairs](#)

[Sign up for US Veteran Affairs Newsletter](#)

[Veteran Commissions in Maryland](#)

### ***Employment and Educational Opportunities***

[MD Cyber Security Apprenticeship Grant Program](#) [Apply here](#)

[Johns Hopkins Home Care Group](#)

[Access Control Specialist at Fort Meade](#) (Annapolis Junction) and other sites.

TS/SCI with Poly?

Full and part time positions, various shifts

Interested in getting a clearance?

Willing to working full time?

Visit our website for more information or to join our talent pipeline