



Howard County Office of
Veterans and Military Families

Department of Community Resources and Services

Resources for Veterans and Military Families

E-Bulletin: October 29, 2019

Important Dates

Now – Applications are live for The Mission Continues BRAND NEW Women Veterans Leadership Program launching in March. For more info and the opportunity to apply, click here: <https://missioncontinues.org/get-involved/women-veterans-leadership-program/>

Ongoing - VA Center for Verification and Evaluation (CVE) Webinars and Town Halls - CVE offers webinars to assist SDVOSBs/VOSBs with various aspects of the Verification process. After each webinar, CVE solicits feedback from webinar participants during town hall sessions. Discussion during town hall sessions is not limited to the webinar topics of “Pre-Application,” “Re-verification,” or “How to Stay Verified.” Verification Assistance Counselors also available.

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

www.eventbrite.com/e/mihu-homeownership-information-workshop-2-tickets-73176690451

www.eventbrite.com/e/mihu-homeownership-information-workshop-3-tickets-73178535971

Now thru Nov 5– [Handmade With Love Initiative](#). Collecting handmade scarves and hats for deployed soldiers. Drop off donations at Howard County 50+ Centers and more. Please drop off this week!

November 7 – Accessible Yoga/Yoga for Amputees, Thursdays, Nov. 21, Dec. 5 & Dec. 19, 1-2:30pm. Columbia, MD. All Classes are Free. Registration is required. Register online at 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 30 - [The Intersection of Human Rights and Mental Health](#), at 6:30 pm 6470 Dobbin Rd., Suite C, Columbia, MD, 21045 (ATFA/MARTI is across from Columbia MVA). Rumi Forum - Maryland is inviting you to a community engagement night with Howard County Office of Human Rights, Police Department and NAMI-Howard Co. to provide space to discuss the intersection between human rights and mental health while exploring its complexities. This panel of experts and representatives are going to speak on the important components that impact said intersectionality from their perspectives. We hope you can join us as well. 6:30 - 7:00 - Meet & Greet and Light Reception, 7:00 - 7:45 - Opening Remarks and Panel Discussion, 7:45 - 8:15 - Closing Remarks and Q&A. Registration required. The event is free and open to the public. Light refreshments will be served.

October 30 – [Regional Hiring Event](#) at Laurel Race Track, 4-7pm.

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 – [The Mission Continues Support Project @ The Well](#)

November 2- [The 15th Annual Pythias A. and Virginia I. Jones African American Community Forum on Memory Loss](#). 8am-3pm. Finding hope through early detection, education and research

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 3rd 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 4 thru 8 - Operation Tohidu Women’s Session (MST focused). [Apply here](#) Other sessions:

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.

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

November 5 – [Military Culture and Moral Injury in Veterans Virtual Workshop](#), 1-4pm.
FREE

November 6 – [The Mission Continues Lead Sponsor Project w/ Under Armour](#)

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

November 7 – Free Flu Shot Clinic, 9:30am-1:30pm at The Howard County Department of Community Resources and Services Bain 50+ Center, 5470 Ruth Keeton Way in Columbia, MD. Individuals must be at least six months old to get a flu shot (available while quantities last). Call 410-313-7213 (voice/relay) for directions.

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 with any questions.

November 9 thru 11 – Team River Running Veterans Day Mid-Atlantic Regional Area Family Weekend. Fort A.P. Hill, 18436 4th Street, Fort A.P. Hill, VA 22427.

Activities include whitewater, flatwater/kayak fishing on site, fly fishing from shore on site, potential rock climbing, potential blacksmithing on site. Free tent camping. RV sites & cabins for a fee and on a first come, first served basis.

Register for camp sites by contacting Lance Sharp, TRR Mid-Atlantic Regional Area Coordinator. Email - fredericksburgva@teamriverrunner.org . Mobile - 540-300-6790. Register for RV sites or cabins by calling 1-804-633-8244 to reserve. Tell them you are a part of the TRR Regional event.

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

November 9 – [The Mission Continues Veterans Day Service Project in HPW](#)

November 9 – [Hartford County Veteran Resource Fair](#), 10am-1pm at the Bel Air Armory. Celebrating those who defend our nation, Harford County will host a resource fair for veterans, active duty military, and their families. The fair will offer resources and activities for veterans and their families including VA claims and healthcare information, employment opportunities, and free lunch from Mission BBQ. The fair will begin with a ceremony to honor Civil War soldier Sgt. Alfred B. Hilton, Harford County's only Medal of Honor recipient. All Harford County veterans who attend the fair can enter to win a 70" Visio TV with wall mount, sponsored by APG Federal Credit Union. For more information, visit <http://www.harfordcountymd.gov/ArchiveCenter/ViewFile/Item/1671>.

November 10 – [Howard County 5th Annual Veterans Day Parade and Ceremony](#), 9:30am in Downtown Columbia. If you group would like to walk in the parade, secure a vendor table for your business or organization or sponsor the event, visit 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 10 – Veterans Day Concert with Columbia Jazz Band. Veteran tickets are free. www.columbiajazzband.org or 410-465-8777 Code: VET2019

November 11 – [The Mission Continues Veterans Day Celebration](#)

November 11 – Salute To Veterans, 11am- 4pm. MD Veteran Museum at Patriot Park in Newburg, MD

November 13 – [Veterans Day Member Luncheon](#), Howard County Chamber of Commerce. Future of Downtown Columbia, 11am- 1:30pm. Ten Oaks Ballroom. Greg Fitchett, President of Columbia, MD Region for the Howard Hughes Corp. will discuss the development of the Merriweather and Lakefront districts to include the future veterans monument.

November 14 – Thanksgiving Celebration: Giving Thanks Lunch and Dance. Tickets \$15 available at all Howard County 50+ Centers. Ten Oaks Ballroom, 5000 Signal Bell Lane, Clarksville 21029. Doors open at 10:30am Lunch at 12pm. PLEASE BRING NON-PERISHABLE FOOD ITEMS FOR THE HOWARD COUNTY FOOD BANK For more information, call 410-313-5440 (voice/relay). Music by Sly 45 featuring jazz/blues/pop

November 15 – [Howard County Executive Apprenticeship Forum for Businesses](#), 9am-11am.

November 19 - The Prince George's Office of Veteran Affairs and Serving Together are honored to launch the Serving Together Network and our Operation Fresh Start initiative in Prince George's County. Official invitations and registration information will follow shortly. 1-3pm. South Bowie Library 15301 Hall Rd, Bowie, MD 20721

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 – [5th 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 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

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

Newsletters, Articles, Nonprofit Support and other Resources

[Howard County Resource Guide for Older Adults, Persons with Disabilities and Caregivers](#)

[Howard County library system programs seek to help veterans cope with PTSD and share their military experiences](#)

[Did you know mild to moderate brain injuries can cause depression, anxiety, headaches and sleep and memory problems](#)

[Quit Smoking Resources - VA](#)

[Howard County Quit Smoking Resources](#)

[Support acupuncture covered for seniors and veterans by Medicare!](#)

VA Loan info

<https://loans.usnews.com/va-loans>

<https://loans.usnews.com/va-loans#how-v-a-loans-work>

<https://loans.usnews.com/va-loans#additional-v-a-home-loan-programs>

[Military Skills Transition Resources for Veterans and Active Duty Service Members](#)

[Blue Star Families](#) - We offer a wide variety of programs that enhance family life, help spouses find jobs, provide caregivers with essential peer support, and connect families with their civilian neighbors to build strong communities. More than 1.5 million military family members around the world have benefited from Blue Star Families' programs, and that number continues to grow as we expand our programs and, working with our community partners, innovate new ways to help.

[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

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 and Calendar, October 25](#)

[USVA Newsletter](#)

[VFW Weekly News](#)

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

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

[Veteran Commissions in Maryland](#)

Here's how 3 million more people will get military shopping benefits – source Military Times

Starting Jan. 1, all service-connected disabled veterans, Purple Heart recipients, former prisoners of war and primary veteran caregivers will be eligible to shop at [commissaries](#) and exchanges, and officials from three federal agencies are preparing the way. The newly eligible customers will also be able to use certain morale, welfare and recreation activities. It's the largest patronage expansion in more than 60 years, said Virginia Penrod, principal deputy assistant secretary of defense for manpower and reserve affairs. DoD, VA, and Homeland Security have been planning for the expansion for more than six months. Among other things, they've decided how the new customers will get access to military installations and to the stores; assessed the impact on the stores, and have been making plans to ensure enough products get to the shelves in the right assortment. The fiscal 2019 National Defense Authorization Act expanded the pool of eligible shoppers. The law also included Medal of Honor recipients, but they already had shopping privileges. Previously, veterans with 100% service-connected disabilities were able to shop; now all with service-connected disabilities can shop. The benefit extends to MWR programs that are "revenue-generating facilities," according to the law. The expansion is about a 50% increase in customers. Currently, about 6 million total households are eligible for the benefit; this adds 3 million, said Justin Hall, director of the DoD office of MWR and Resale Policy. "That's a huge lift across the entire system," he said. Officials have been mapping out the areas, using VA statistics, where there may be more of an impact on the stores. The impact assessments generally show there will be a low to moderate impact on military stores overall, said Penrod. But she called on representatives of industry for their help to make sure the supply chain "remains responsive to the increased sales volume to ensure no out of stock situations occur" at stores in states with high populations of disabled veterans and in states with higher cost of living. States with a higher population density of disabled veterans are Florida, Texas and California, said Barry Patrick, in the DoD office of resale policy. High cost areas were identified as Hawaii; Alaska, California; the Washington metropolitan area; New York; New Jersey and Washington state, he said. These new shoppers generally don't have access to military bases. Officials have decided the best form of identification for these groups:

- **Disabled and other eligible veterans:** For access into the installation, and for access to the stores, they'll use the veteran's health ID card, Patrick said. Officials are working to enable technology at the front gate to scan those cards, and will start scanning the cards in October, he said. Commissary officials are working on adjusting their

technology to enable systems to read the card.

- **Caregivers:** The process will be different, initially, Patrick said, since they're not directly affiliated with DoD or VA other than through their annual appointment to be a caregiver. The benefit applies to the primary caregiver of wounded/injured veterans who are registered in the Department of Veterans Affairs caregiver program. Beginning in October, the VA will post a memo to VA.gov for caregivers, to be used for access at the front gate, along with driver's license or other authorized form of ID. The VA process will later transition to a caregiver-type ID card, which will have scanning swipe capability, he said. There are about 30,000 VA caregivers who will qualify for this benefit, but over the next several years the number could potentially grow to about 250,000, Patrick noted. These new customers will pay a fee for using a credit card at commissaries, except for the military resale system's Military Star card. The amount of the fee has not yet been determined. By law, this expansion can't include extra costs associated with using credit cards in commissaries; the cost must be passed on to the customer. Except for the Military Star card, credit card companies charge transaction fees to retailers when customers use their credit cards. There will be a flag built into the system at commissaries so that when the card is swiped the fee will be charged. The fee applies only to new patrons using credit cards in commissaries, not to Medal of Honor recipients or others who were previously authorized to shop. New customers can avoid the fees by paying by cash, check or using the Military Star card. It only applies at the commissary, which is funded primarily by taxpayer dollars.

Employment and Educational Opportunities

[Plant Operations Supervisor](#) with Johns Hopkins University at the Peabody Institute.

[Howard Bank](#) is a Veteran and Disability, friendly employer.

Washington Metro is Hiring - No CDL License or Bus Operator experience needed. WMATA will train you!

What we offer you

- A 10-week full-time training program
- \$12.03/hr. for CDL permit holders in training, \$16/hr. for CDL license holders and \$19.68/hr. after training
- Health and dental insurance and other competitive benefits
- Free transportation on Metrorail and Metrobus

What we need from you

- Be authorized to work in the United States.
- Have a high school diploma or GED.
- Have a valid driver's license from jurisdiction in which you reside. You must be a licensed driver for a minimum of four years.
- Have a satisfactory driving record with no more than two negative points and/or one moving violation within the last three years.

Testing is offered at 2 Locations

- A minimum of 3 years of work experience including 2 years of customer service experience.
- Be able to pass a background check, drug/alcohol or other screenings as required by federal guidelines and a physical exam.

Wednesday October 30, 2019

9:00 – 1:00 pm

**Eastpoint American Job Center
7930 Eastern Ave Baltimore, MD
410-288-9050**

Friday November 15, 2019

9:00 am – 3:00 pm

**Anne Arundel American Job Center
613 Global Way Linthicum, MD
410-424-3240**

Eastpoint

Register at <https://mdlabormetrobusoperatortestingeastpoint.eventbrite.com>

Anne Arundel

Register at <https://mdlabormetrobusoperatortestingannearundel.eventbrite.com>