



Howard County Office of  
**Veterans and Military Families**

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Department of Community Resources and Services

**Resources for Veterans and Military Families**

**E-Bulletin, 18 October 2018**

***Important Dates***

**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)

**Now thru November 10 – [Made With Love Operation Gratitude Hat and Scarf Drive](#)**  
*Do you KNIT or CROCHET?*

Operation Gratitude collects homemade scarves for military members. Please drop off your scarves no later than November 10, 2018, at the locations below.

Please pin a note to each scarf with the yarn fiber contents listed and feel free to include a personal note for a military member.

Our soldiers are deeply touched by the care and effort when they receive gifts, especially handmade items from supportive fellow Americans at "home."

**Scarves should be 4-6" wide x 48-50" long. Please, NO fringe!**

*Ideally, colors should be subtle shades or earth tones: blues, browns, olive, grays, maroon, and black; however, red/white/blue combinations are also acceptable.*

*Scarves can be made from wool, acrylics or non-flammable fleece.*

Drop off locations

- 1) **Bain 50+ Center:** 5470 Ruth Keeton Way, Columbia 21044
- 2) **East Columbia 50+ Center:** 6600 Cradlerock Way Columbia 21045
- 3) **Ellicott City 50+ Center:** 9411 Frederick Rd, Ellicott City 21042
- 4) **Glenwood 50+ Center:** 2400 MD-97, Cooksville 21723
- 5) **North Laurel 50+ Center:** 9411 Whiskey Bottom Rd, Laurel 20723
- 6) **Elkridge 50+ Center** (temporary location): 5660 Furnace Avenue, Elkridge 21075
- 7) **Howard County Government Building:** 9830 Patuxent Woods Drive Columbia
- 8) **Postal Xpress N More:** 10045 Baltimore National Pike, A7, Ellicott City, MD 21042

For more info: [veterans@howardcountymd.gov](mailto:veterans@howardcountymd.gov) or 410-313-0821

**Now thru December 31 - [Undesign the Redline exhibit](#)** at Howard County Library System's Central Branch. This interactive exhibit explores the history of structural racism and classism, how these designs compounded each other from redlining maps until today, and how we can come together to undesign these systems with intentionality. Public tours, led by trained staff and volunteers, take place: Tuesdays at 7 pm, Thursdays at 1 pm and Saturdays at 11 am. Space is limited; register by calling 410.313.7800 or emailing [redline@hclibrary.org](mailto:redline@hclibrary.org).

To schedule a guided group tour for your organization or other group, email [redline@hclibrary.org](mailto:redline@hclibrary.org) or call 410.313.7800

**Now thru March 31 - VA-enrolled Veterans Eligible for Free Flu Shot.** All VA-enrolled veterans are eligible for free annual flu shots at their local Walgreens or Duane Reade pharmacy. While this immunization program is limited to VA patients, Walgreens offers flu shots to most VFW members and their families through other coverage programs, such as TRICARE, Medicare, and many health care plans. Locate your closest Walgreens or Duane Reade.

**Now thru March 31 – FREE Personal Financial Coaching for Veterans!**

Are you tired of feeling stressed about money? Want to improve your finances?

Do you have a financial goal but don't think you can accomplish it on your own?

CASH Campaign of Maryland has partnered with the Consumer Financial Protection Bureau to provide financial coaching services to veterans. A financial coach is a trained professional who will guide you in a process that is non-judgmental and based on your goals. Financial coaches provide support, encouragement, and tools to help you make informed decisions.

Coaching can help you:

- Get back on track
- Maximize income/benefits
- Kick-start your financial game plan
- Gain control of your finances
- Navigate a difficult financial situation
- Be the author of your own financial life

Learn how to create your own financial game plan with an experienced coach...one-on-one!

- It's FREE
- It's Confidential
- It's personalized
- There's no sales pitch

It usually works best for the veteran and their family member to meet in person; however, tele-coaching and virtual coaching services are available.

Contact:

Wyneca Pruett

Financial Coach

443.632.4005

wyneca@cashmd.org

**Now thru October 31 - Howard County Department of Housing and Community Development (DHCD) is now accepting applications for its Moderate Income Housing Unit (MIHU) program.** During the month of October, DHCD will host three MIHU workshops to explain the program's eligibility requirements and the application process. The workshops are free and open to the public; however, registration is required.

On Wednesday, October 17, DHCD will host its MIHU RENTERS Information Workshop from 6:00 to 8:00 p.m. in Room 211 of DHCD's offices at 9820 Patuxent Woods Drive in Columbia. To register for this workshop, visit <https://www.eventbrite.com/e/mihu-renters-information-workshop-tickets-50711710090>.

On Wednesday, October 24, DHCD will host its first of two 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 this workshop, visit <https://www.eventbrite.com/e/mihu-homeownership-information-workshop-option-1-tickets-50711251719>.

The second MIHU HOMEOWNERSHIP Information Workshop will take place on Thursday, October 25 from 6:00 to 8:00 p.m. in Room 211 at 9820 Patuxent Woods Drive in Columbia. To register for this workshop, visit : <https://www.eventbrite.com/e/mihu-homeownership-information-workshop-option-2-tickets-50711491436>.

For more information on either workshop, contact DHCD's Housing Opportunities Programs Division at 410-313-6318 and select option two or visit

[www.howardcountymd.gov/MIHU\\_openenrollment](http://www.howardcountymd.gov/MIHU_openenrollment)

**October 18 – [Military Spouse Job Fair](#)**, Arundel Mills Mall in MD, 7-9pm. US Chamber Hiring our Heroes (HOH) and Military Corps Career Connect (MC3)

**October 19 – [Howard County 50+ Expo](#)**, 9am-4pm at Wilde Lake HS in Columbia, MD. Keynote speaker, Amy Goyer, AARP's Family and Caregiving Expert, will present "Mindfully Map Out Your Future," at 11:00 a.m. in the Jim Rouse Theatre. Goyer will discuss how to create a successful plan to support future independence, including having family discussions, forming a team of advisors and potential caregivers, getting your legal and financial affairs in order, identifying community-based supports and more. All keynote attendees can enter a drawing for a \$300 gift card; however, participants must be present to win. Pre-registration for the keynote address is available at [www.mapoutyourfuture.eventbrite.com](http://www.mapoutyourfuture.eventbrite.com). Visit the link above for a full day of programs and flu clinic.

**October 19 & 20 – [National Association of Mental Illness \(NAMI\) Annual Conference](#)** . Baltimore MD

**October 20 - [AAA Physical Therapy's Free Health Fair](#)** – In honor of Physical Therapy Month, join AAA Physical Therapy for a full day of free services, engaging conversation and live music. AAA is also looking for additional vendors that are interested in attending.

**October 20 - [Health Expo](#)**, 11am-3pm. Glenelg County School Ellicott City, MD

**October 21 – [Veterans Free Lab Check up](#)**. 8am-1pm. 9710 Patuxent Woods Drive Columbia. Scroll down on page to see flier

**October 21-27 - [National Celebration of Pro Bono](#)**

**October 24 – [Career Fair](#)**, 10am-2pm at Multiservice Center in Laurel.

**October 24 -[Freshly Hiring Event](#)**, 10am-2pm. Columbia Workforce Center. \$13.50 to \$15.50 starting wages. Contact Elexis Lawson at 410-290-2609 or [elawson@howardcountymd.gov](mailto:elawson@howardcountymd.gov)

**October 25 – [Film screening : The "S" Word](#)**, 6:00 – 6:30 pm: Check-in. 6:30 – 7:30 pm: Screening. 7:30 – 8:30 pm: Presentation/Q&A. AFI Silver Theatre and Cultural Center, Silver Spring, MD

Cost: \$5.00 per ticket. If you have any questions or need assistance to cover the ticket cost, please contact Laura Laskofski at [LLaskofski@Every-Mind.org](mailto:LLaskofski@Every-Mind.org)  
Join EveryMind, Adventist HealthCare, Holy Cross Health, MedStar Montgomery Medical Center, and Suburban Hospital for a screening of the film The "S" Word. In this

award winning documentary\*, a suicide attempt survivor is on a mission to find fellow survivors and document their stories of unguarded courage, insight, pain and humor.

**October 26 – [Human Trafficking Awareness and Prevention](#)**, 8:30am-4pm Howard Community College, Columbia, MD.

**October 26 – [DLLR Career Fair](#)**, Windsor Mill, MD. 10-11am Veterans, 11am-1pm General Public.

**October 26 – [ReStart Hiring Fair](#)**, clearance required. Public Trust through TS/SCI Full Scope Poly). 2-6:30pm Hilton BWI Airport Hotel 1739 West Nursery Road, Linthicum MD 21090

**October 28 – [HERO Dogs Puppy Program Orientation](#)**. 12:30-2:30pm. Laytonsville, MD . Orientation session for those interested in becoming Hero Dogs puppy raisers or puppy sitters. FREE.

**November 1- December 15 - Open Enrollment for 2019 Health Coverage is Coming and Marylanders Can Expect to see premium rate **decreases!****

Health Care Access Maryland: Appts available in several locations in Howard County. Call 410-500-4710 for more information.

**November 1 - [I Did it My Way: Stories about Creating a Life – and Death – On Your Own Terms](#)**. Doors: 6 p.m. / Show: 7 p.m.  
The Sundry, 10221 Wincopin Cir, Columbia, MD 21044

Speak(easy) Howard and the popular Baltimore-based “The Stoop Storytelling Series” present an evening of true, personal tales about living our best lives. The show – I Did it My Way: Stories about Creating a Life – and Death – On Your Own Terms – will feature seven true tales about defining your values, checking off the most epic item on your bucket list and setting your own course – in life and in death. Join us for a night of serious, funny and real stories we can all relate to.

This event is part of Speak(easy) Howard, a campaign of the Horizon Foundation. Learn more and start exploring what your best life means to you at [speakeasyhoward.org](http://speakeasyhoward.org)

If you need financial assistance with buying your ticket, please contact us at [info@thehorizonfoundation.org](mailto:info@thehorizonfoundation.org)

**November 2-12 - Veterans Gratitude Week (#VGW2018)**. Host or teach a community 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. Host a donation

based yoga class (meditation, fitness, or other event) during the week of Nov 2-12.  
[Please sign up to teach a class](#) and we will take care of the rest!

Attend a VGW class! [Find a class nearest you](#), enjoy some yoga, and donate to the cause. Donate. Don't teach yoga or can't make it to a class? We've got you covered! [Please donate here](#)

**November 3 – Veteran Health Fair**, 10am-3pm 9710 Patuxent Woods Drive Columbia, MD. Questions call Mayur Mody at 240-330-9421 or [amdivgroup@gmail.com](mailto:amdivgroup@gmail.com). See attached flier.

**November 3 - [Caregiver Conference](#)**, 8:30am-2:30pm. Ellicott City 50+ Center

**November 4 - [Veterans Kayak Football Tournament](#)** at the University of Maryland 1115 Eppley Recreation Center, College Park, MD, 9am-4pm  
Facebook Event: **[UMD Veterans Kayak Football Tournament](#)**

**November 8 - [HUD VAG Veterans Day Ceremony](#)** - 11:00a.m. HUD Headquarters Building – HUD Regional and Field offices 451 7th Street, SW Washington, DC 20410 Brooke-Mondale Auditorium. All Ceremonies are Webcast to all HUD Regional and Field Offices

**November 8 – Fort Meade Veterans Day Ceremony**, 2pm. McGill Training Center

**November 8 – Veteran Resource Fair**, 9am–2pm. Silver Spring Civic Building 1 1 Veterans Pl, Silver Spring, MD 20910. Employment services, resource booths, free food, free suits, comfort kits and gift cards. Sponsored by Disabled Veterans National Fdtn.

**November 10 – [Mission Continues Veterans Day Project at City of Refuge](#)**

**November 10 - [2nd Annual Storm-Kersey Kayak Football Tournament](#)** Hosted by Team River Runner-Shepherd. 4-8pm Shepherd University Wellness Center, 164 University Dr, Shepherdstown, WV Facebook Event: **[TRR-Shepherd Kayak Football Tournament](#)**

**November 11 - [Veterans Day on the National Mall](#)** - Poetry, Prose and Song. The Memorial Day Writers Project will hold its biannual reading on the National Mall this coming Veterans Day from 11:30 am to 5:30 pm. We'll be behind the sidewalk near 20 St. and Constitution Ave. Authors: bring extra copies of your books to sell. This is our 25th year on the Mall where we honor our veterans by celebrating and recalling their experiences through prose, poetry and song. Tell a few friends and join us as we share our memories of good times and hard times in service to our country. Each participant will have up to 10 minutes at the mic. Singer/songwriters, musicians, story tellers are welcomed. We're looking forward to having you join us as we read and perform in

tribute to those who answered their nation's call. Book authors: bring extra copies of your book for sale. Please stop by our website for additional information:

### **November 11 – 4<sup>th</sup> Annual Howard County Veterans Day Parade**

**9:30 a.m.** The Howard County Veterans Foundation, Inc., and the County's Veteran service organizations in partnership with the Columbia Association will conduct the 4th Annual Howard County Veterans Day Parade to honor all Veterans, First Responders and their families. We are still looking for participants – sports/antique cars, military vehicles, marching bands, horseback riders, motorcycle clubs, floats, etc. Vendors at the close of the event are wanted as well as food trucks. Vendor registration

<https://www.howardcountyveterans.org/parade/> [Facebook](#)

A Gold Star family member will lead the Parade!

#### **Parade Schedule**

8 a.m. – Check In: Parade forms at Merriweather Post Pavilion

9:30 a.m. – Parade will step off travel about 1 mile ending at the future site of the Howard County Veterans Monument at Lake Kittamaquindi. A reviewing officer/announcer will be placed at mid parade route.

10:45 a.m. (on or about) – A Ceremony honoring Veterans will commence with a special remembrance at 11 minutes past the hour of 11 (11/11/11).

#### **For More Information**

If you have questions about the Parade, contact the Howard County Veterans Foundation Parade Committee at 443-668-1037 or by e-mail at [info@howardcountyveterans.org](mailto:info@howardcountyveterans.org).

If you have questions about the Lakefront Celebration contact Mary Weeks at the Columbia Association at 410-715-3120 or by e-mail at [Mary.Weeks@ColumbiaAssociation.org](mailto:Mary.Weeks@ColumbiaAssociation.org)

**November 11 – [Boogie Woogie Bugle Boy: Songs from WWII](#)** by Columbia Jazz Band. 3pm at Slayton House in Columbia, MD.

**November 13 – [Mission Continues Military Muster](#)**, 6:30pm American Legion Post 109 1610 Sulphur Spring Rd Halethorpe, MD 21227

**November 15 – [Howard County Chamber of Commerce Veteran Luncheon](#)**, 11:30am-1:30pm

**November 17 – [Military Spouses Poetry of Memory Workshop](#)**, 10am-2pm at the Capital Post. We're excited to offer our first workshop exclusively open to the spouses of service members (active and reserve) and veterans. Accomplished poet and author of "When the Men Go Off to War", Victoria Kelly, will show how the best poetry is written about what we know, while we learn to craft poems out of specific memories.

**November 17 - [The Institute for Integrative Health will host its second annual Wellness Expo and pop-up market.](#)** This unique wellness expo will give visitors a chance to learn more about their overall health and wellness while shopping for one-of-a-kind, handcrafted and eco-friendly gifts before the holiday season. 9-10am VIP breakfast, 10am-4pm. 1407 Fleet Street Baltimore. If you would like to donate or consign items, contact [events@tiih.org](mailto:events@tiih.org)

**November 30 - [Addressing Racial Trauma](#)** – A training designed to educate how to identify types of racial trauma, describe responses to this trauma and execute counseling strategies to aid those who have experienced racial trauma. Diversity CE credits are available.

**June 20- 27, 2019 - Mass Deployment 2019...** Mark your calendars for Operation Charm City Charge because we'll need YOU to transform the lives of 85 veterans from all over the country and impact Baltimore like never before! [Mission Continues](#)

### ***Resources/Benefits/News***

**Military Family Respite** - The Easterseals Military Family Respite Program provides a critically important service for military families whose children have severe disabilities. Juggling the specialized care of their children with the demands of service to our nation, these families are at the risk of burnout and other domestic challenges. Our intervention provides families with “time off” from parenting and specialized support for their children, creating a healthy and stable home.

In-home respite care is provided for families who have at least one child diagnosed with highly specialized medical or educational needs. The program places highly trained respite providers in the homes of the families to provide up to 40 hours of respite care per month.

The military respite program is only available for Navy and Air Force families.

For more information about Easterseals Respite Care, contact Brooke Kaiser, Director of Respite Services at [bkaiser@eseal.org](mailto:bkaiser@eseal.org) or (301) 920-9718.

**[Financial Aid Guide for Military Servicemembers](#)**

**[VFW Weekly](#)**

**[CCBC Veteran Services Weekly](#)**

**[MDVA Newsletter Oct 29](#)**

**[50+ Connection Newsletter November](#)**

**[Howard County 50+ Center Newsletters/programs](#)**



## [Corporate Gray Newsletter](#)

### **he Steven A. Cohen Military Family Clinic at Easterseals**

#### **WHAT WE PROVIDE**

- No-cost, confidential, high quality behavioral healthcare services
- Case management resource referrals
- Low wait times
- Medication management
- Care regardless of a veteran's discharge status

#### **WHO WE SERVE**

##### **Veterans**

Post 9/11 veterans who served in the United States Armed Services, including the National Guard and Reserves, regardless of role while in uniform or combat experience.

##### **Family**

Active duty, National Guard, Reserves and veterans' spouses or partners, children, parents, caregivers and others.

#### **HOW WE WORK**

We treat a wide variety of mental health issues including depression, anxiety, post-traumatic stress, adjustment issues, anger, grief and loss, family issues, couples issues, transition challenges, relationship problems, and children's therapy services.

#### **NO BARRIERS TO CARE**

- Free childcare, free parking and metro accessible
- Telehealth options
- Personalized treatment
- Strength-based approach
- Resource referrals
- Confidential

#### **CLINIC HOURS**

Monday 8:00 AM to 6:00 PM

Tuesday 8:00 AM to 6:00 PM

**Wednesday 8:00 AM to 8:00 PM**

Thursday 8:00 AM to 6:00 PM

Friday 8:00 AM to 3:00 PM

**Saturday 9:00 AM to 1:00 PM (Second and Fourth Saturday each month)**

#### **CONTACT US**

Call: 240-847-7500

Email: [info.mfc@eseal.org](mailto:info.mfc@eseal.org) Website: [mfc.eseal.org](http://mfc.eseal.org)

### **Schuh Signs Veterans Property Tax Credit**

Anne Arundel County Executive Steve Schuh, along with Councilman Pete Smith, have signed bill 76-18 establishing a 15% property tax credit for retired veterans in the

county. The ordinance allows a retired veteran who owns a home with an assessed value of \$500,000 or less to apply for the credit. The credit would be worth 15% off the property tax owed.

Residents must apply for the property tax credit by April 1 to be eligible for the 2019 credit. More than 50,000 veterans reside in Anne Arundel County.

VSO Meetings:

- American Legion Post 156 meets on the 3rd Thursday at 1900 hrs. at the Ellicott city [VFW Post 7472](#). (Every month except July)
  - American Legion Post 300 meets on the 4th Thursday at 1930 hrs. at Alberta Gary Memorial UMC, 9405 Guilford Road Columbia, MD 21046.
  - Marine Corps League Meets 4th Tuesday at 1900 hrs at [VFW Post 7472](#)
  - VFW Post 7472 Meets at 1900 on 2nd Thursdays
  - DAV Meets 1900 hours the 1st Thursday of the month at the American Legion Post 276, 8068 Quarterfield Road, Severn, MD 21144
  - MOWW - POC: [Kirk Conover](#)
  - Jewish War Veterans -.POC: [Andrew Wolkstein](#)
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***Employment/Educational Opportunities***

**[Hiring Our Heroes Corporate Fellowship Program-National Capital Region](#)**

**[MD Dept of Labor Upcoming Job Fairs](#)**

[37 Job Openings in Columbia!](#)

Looking for work? Patch has you covered with opportunities close to home. Aveda, Medical Innovations, New Hope, Patient First, Whole Foods, Zales and other employers in Columbia are hiring.

[VetWorks – A free initiative to help veterans find work fast!](#) Click [HERE](#) for more information.

[IMMEDIATE OPENINGS](#). Click [HERE](#) for more information.

[Licensed Insurance Account Representative](#). Click [HERE](#) for more information.

[CCBC's 6th Annual Business Plan Competition](#). Click [HERE](#) for more information.

[LEAP Program Phlebotomy Training](#). Click [HERE](#) for more information.

[Earn Your Child Care Certification!](#) Click [HERE](#) for more information.

[ICF cyber security.](#) Click [HERE](#) for more information.

[Fire Department Recruitment.](#) Click [HERE](#) for more information.

[Baltimore Veterans Job Fair.](#) Click [HERE](#) for more information.

[MACHINE TOOL SHORT-TERM TRAINING.](#) Click [HERE](#) for more information.

### **Educational Opportunities**

[ACADEMIC SUPPORT WORKSHOPS.](#) Click [HERE](#) for more information.

[Math Winter Bridge program COMING SOON!](#) Click [HERE](#) for more information.

### **Scholarships and Internships**

[The UMD Student Veteran's Scholarship Fund](#) is designed to provide financial assistance to United States armed forces personnel who served in the active duty military, and who are full-time or part-time, degree-seeking undergraduate and graduate students enrolled at the University of Maryland. Click [HERE](#) for more information.

Lisa B. Terry, Manager, Howard County Office of Veterans and Military Families  
Administrator, Howard County Commission for Veterans and Military Families  
Howard County Government  
Department of Community Resources and Services  
9830 Patuxent Woods Drive  
Columbia, MD 21046  
Office: 410-313-6400  
Direct : 410-313-0821  
veterans@howardcountymd.gov  
<http://www.howardcountymd.gov/veterans>

***The Department of Community Resources and Services provides vital human services through its offices of ADA Coordination, Aging and Independence, Children and Families, Community Partnerships, Consumer Protection, Local Children's Board, and Veterans and Military Families.***

***The Howard County Office of Veterans and Military Families (OVMF) provides guidance, information and access to the more than 20,000 veterans who live in Howard County, as well as their dependents and survivors, and military families. The OVMF also promotes activities for veterans of all ages and collaborates with other service providers to address more complex issues.***

**Howard County Commission for Veterans and Military Families**

<https://www.howardcountymd.gov/vetcomm>

**Department of Community Resources and Services Facebook**

<https://www.facebook.com/HoCoCommunity/>

**Commission for Veterans and Military Families Facebook**

<https://www.facebook.com/HocoMilitary/>

**For questions regarding VA benefits:**

Maryland Department of Veteran Affairs Veteran Benefit Specialist

Howard County Multiservice Center in Laurel

410-313-0229