



Nov. | Dec. 2015



Veteran Newsletter



Welcome to the Ohio Department of Veterans Services e-newsletter.

To learn about the benefits you've earned, visit your County Veterans Service Office, www.ohiovet.gov or call 1-877-OHIO-VET

IN THIS ISSUE

- New OhioMeansJobs Veteran Challenge Coins
 - ODVS Welcomes COL Mark J. Cappone
 - Ohio Veterans Home Opens New Addition
 - Attend the Wreaths Across America Event
 - OSU Recognized as #1
 - Ohio Veterans Hall of Fame Welcomes Class of 2015 at Induction Ceremony
 - Preventing Veteran Homelessness in Akron
- and more...

Governor Kasich Recognizes Hire a Veteran Month *Ohio Offers Veterans a Fast Track to Jobs and Education*

Governor John R. Kasich and Lt. Governor Mary Taylor signed a resolution officially recognizing November 2015 as *Hire a Veteran Month* throughout Ohio, asking Ohio's employers to consider the skills and abilities of Ohio's military veterans and servicemembers when seeking new employees.

Ohio is proud to be called home for nearly 900,000 veterans and military servicemembers, and we are committed to prioritizing and increasing the number of veterans, military servicemembers and their families living and working in our state.



Summit County OhioMeansJobs Veteran and Community Career Fair

In his 2014 State of the State Address, Governor John Kasich said, "One of the best kept secrets in our state are our veterans. Not only do they deserve our thanks for the sacrifices they've made for our freedom, they deserve our help to transition back into civilian life." Taking those words to heart, Governor Kasich and the Ohio General Assembly implemented several reforms that now make it easier for veterans and their spouses to obtain a state license or certificate for jobs in Ohio.

Have questions about veterans benefits? Call 1-877-OHIOVET or visit www.ohiovet.gov



Veteran Newsletter



And, Ohio's 37 public colleges and universities are building a system to better apply military experience toward free college credit.

In addition, the state launched the OhioMeansJobs.com Veterans Business Support Center in July 2014 specifically to make it easier for employers to connect with veteran talent. More than 2,300 employers have requested veteran resumes resulting in 490 veterans hired through this initiative.

[Click here to visit the Veteran Business Support Center](#)

For the veteran community, www.OhioMeansVeteranJobs.com gives Ohio veterans, servicemembers and their families one easy entry point to find information on jobs, building civilian resumes, professional licenses, benefits and how to obtain free college credit for military training, education and service.

OhioMeansVeteranJobs.com offers:

- **Military Skills Translator** Military skills are translated into civilian terms to help build your resume.
- **Military Occupation Search** Learn how your MOS code/title translates to Ohio's in-demand jobs.
- **Licensing and Certification** Turn your military training and experience into a professional license and/or certification. State boards and commissions expedite military members and military spouses' applications.
- **Free College Credit for Military Experience** Ohio's colleges and universities are trained to recognize military training and experience and translate into FREE college credits.
- **Military Friendly Employers** Find more than 1,263 Ohio employers that provide hiring preferences or other benefits to veterans and their families.
- **Veteran-Owned Businesses** Learn about resources and programs to help veterans start or grow a business.
- **Veterans Resource Guide** Find out about federal, state and local veterans benefits.

Ohio's workforce system is placing a greater priority on the veteran community. For individuals, the state is able to better connect Ohio's veterans with the job training and tools they need to compete for Ohio's in-demand jobs. For employers, Ohio is better positioned to assist them in identifying and connecting with qualified job-seeking veterans. Together we are helping more Ohio veterans find rewarding careers, providing for themselves and their families.



Monthly Update



Veteran Newsletter

New OhioMeansJobs Veteran Challenge Coins

OhioMeansJobs Veteran Challenge Coins are now given to Ohio employers, service providers and individuals who make a unique contribution to the veteran community.

Employers receive the OhioMeansJobs Veteran Challenge Coin for making efforts to hire veterans, participating in career fairs to recruit and hire veterans, sponsoring a program or initiative for veterans, or as a challenge to hire veterans.



Time Warner

Service providers can receive the Challenge Coin as recognition for extraordinary assistance given to a veteran.

Individual Ohioans can receive the Challenge Coin for going above and beyond the call of duty to support a veteran. Veterans themselves can receive the Challenge Coin for exemplary use of the various veterans workforce services.

The first OhioMeansJobs Veteran Challenge Coins were presented this month, during Hire a Veteran Month. ODVS Director Chip Tansill presented Voss Industries, Lowe's, Cleveland Clinic and McMaster-Carr with their coins at the 5th annual OhioMeansJobs Veterans Career Expo at Quicken Loans Arena. Governor's Office of Workforce Transformation



McMaster Carr



Voss Industries



Lowe's





Veteran Newsletter

Monthly Update



Oriana House

Director Dawn Larzelere thanked the employers for their dedication to hiring Ohio veterans and outlined all the improvements and tools now available through the Ohio Veteran Business Support Center and OhioMeansJobs.com to help employers connect with work-ready veterans.



Akron Beacon Journal



Akron Area Chamber of Commerce

Time Warner Cable received their coin during an employee breakfast on Veterans Day. Ohio Department of Job and Family Services Director Cynthia Dungey and Director Tansill recognized Oriana House and Summa Health Care with veteran challenge coins during the opening ceremony for the Summit County Veterans and Community Career Fair. The Akron Beacon Journal, the Akron Area Chamber of Commerce, University of Akron and Metro RTA also received OMJ Veteran Challenge coins for their work to draw veterans and employers to participate in the job fair, donating the space for the fair and providing veterans with free transportation to the career fair.



Summa Health System



University of Akron



The Cleveland Clinic

To learn more about the workforce services available, call the Veterans Business Support Center at 1-888-296-7541.



Veteran Newsletter

New Practice Interview Tool

OhioMeansJobs.com, the state's online career center, can help you perfect your interviewing skills. You can record yourself answering interview questions and then play it back to see how you did. Upload it to your Backpack and share it with your mentor or career counselor. Read through our library of potential interview questions and learn how to make your next job interview a success. To get started, visit www.ohiomeansjobs.com, click "Get Started" under "Individuals," then look for the "Practice Interview" icon.



ODVS Welcomes COL Mark J. Cappone

Col. Mark J. Cappone (U.S. Army, retired) assumed the role of assistant director with the Ohio Department of Veterans Services on November 16, 2015.

Prior to being appointed assistant director of the Ohio Department of Veterans Services, Col. Cappone served as commander of the 371st Sustainment Brigade and chief of staff for the Ohio Army National Guard.

Cappone began his military career in 1993 when he was commissioned into the regular Army and was deployed to the Persian Gulf in 2008. His awards and decorations include the Meritorious Service Medal with one silver oak leaf cluster, and the Army Commendation Medal with two oak leaf clusters. Cappone will officially retire from military service on February 1, 2016.



Cappone received a bachelor's degree in Political Science from the Ohio University Honors Tutorial College. He holds master's degrees from Central Michigan University and the U.S. Army War College.

Col. Cappone is married to his wife Molly, and has two children, Haley and Cameron.



Ohio Veterans Home in Georgetown Opens New Addition

Residents of the Ohio Veterans Home in Georgetown celebrated Veterans Day with an event honoring the 80 residents who are WWII veterans and opening the home's brand new Great Room.

Following the ribbon-cutting for the new 12,000 square foot addition to the Georgetown home, Director Tansill and Judge Danny Bubp, (retired Colonel USMC) presented WWII veterans with a special challenge coin recognizing the 70th anniversary of the end of WWII.



The best part of the new addition is the great room and the potential for all the additional activities this space will provide. Veterans' events will no longer be limited to the cafeteria space which was only available for a few hours in between meals.



The great room can seat 250 veterans and visitors, and features a theater quality projector with a 24 foot drop down screen for movie nights and presentations. The "Hearing Loop" installed will help veterans with hearing aids clearly hear the events in the room. Chapel services will be held here on Sundays. Home-like settings within the great room include a stone fireplace with a group of recliners and another area with recliners and an 85 inch TV.

The main attraction of the first floor is the new physical therapy room. This room provides a variety of equipment that will allow the veterans to achieve physical goals established with their therapist.



Three new classrooms are located on the first floor: a training room designed like the current veterans rooms with modern audio/video equipment—this room will also double as a guest room. The second classroom will be used as a meeting room with the same audio/video equipment. The third classroom will be a computer lab that will allow staff to do training on-line.

*Members of the veteran community and the public are invited to see the new addition during an open house at **Georgetown on Saturday December 12 from 1:00 - 4:00pm** to coincide with the Wreaths Across America ceremony at 2:00 pm.*



You're Invited to Attend Upcoming Wreaths Across America Event

During the month of December, sponsored wreaths are placed on veterans' grave markers at national, state and local veterans cemeteries. On Monday December 7, Ohio recognizes Pearl Harbor Day and kicks off Wreaths Across America Week with a wreath-laying ceremony in the Ohio Statehouse Atrium at 11:30 am.

On Saturday December 12, the Ohio Veterans Homes will participate in the annual Wreaths Across America tradition. A ceremonial wreath-laying will take place at the Georgetown home at 2:00 pm. In Sandusky, volunteers will begin placing wreaths on the veterans' graves in the Ohio Veterans Home Cemetery at 10:00 am followed by a ceremony in the Veterans Hall Great Room at 12:00 pm.



Veteran Newsletter



Wreaths may be purchased online at www.WreathsAcrossAmerica.org. Follow these steps to donate a wreath to the Ohio Veterans Home cemetery in Sandusky:

1. Go to www.wreathscrossamerica.org
2. Click on Sponsor Locally
3. Enter OH0057 in the "Find a Fundraising Group" box
4. Click the Donate button next to Ohio Veterans Home Volunteer Service Office
5. Complete the donation form—for every two wreaths donated, the Ohio Veterans Home will receive a free wreath.

Volunteers for Wreaths across America may contact Kim Lewallen at 419-625-2454, ext. 1216 or Kimberly.lewallen@dvs.ohio.gov.

New Radio & TV Public Service Announcements

DVS recently released radio and TV public service announcements (PSA) through the Ohio Association of Broadcasters.

The PSAs titled "Ohio Puts Veterans First" encourage Ohio Veterans and Military families to discover all the new resources and tools Ohio has established to: increase employment opportunities for veterans and military spouses; prioritize veterans for state issued professional licenses; and applying military experience toward free college credit. The PSAs also direct veterans and military families to visit their County Veterans Service Offices to discover all the benefits they have earned with their military service.

Visit the [Ohio Department of Veterans Services YouTube Channel](#) to watch the PSAs.

Please contact Eileen Corson at Eileen.Corson@dvs.ohio.gov to discuss how your organization could use these PSAs. Some ideas include: links to the PSAs on your web sites and social media; playing the PSAs in your lobby waiting areas; incorporating audio onto phones on-hold recordings; sharing the PSAs during presentations and conferences.



OSU Recognized as #1

USA Today & College Factual have ranked The Ohio State University the #1 College for Veterans in the Country! See the entire rankings and read more at <http://college.usatoday.com/2015/11/11/best-colleges-for-veterans/>



Ohio Veterans Hall of Fame Welcomes Class of 2015

More than 500 people filled the Lincoln Theatre in Columbus to honor the veterans inducted into the Ohio Veterans Hall of Fame Class of 2015. Ohio Lieutenant Governor Mary Taylor and DVS Director Chip Tansill presented plaques and medallions to each of the 20 Ohio veterans.

Lt. Governor Taylor said, "Our true American Heroes are right here on this stage."

The members of the Ohio Veterans Hall of Fame Class of 2015 are:

William H. Adams, from Columbus, Franklin County	Johnnie D. Hatfield, 74, of Canal Fulton, Stark County
Jennifer L. Baun, 49, of Youngstown, Mahoning County	Albert H. Horn, Jr., 93, of Bryan, Williams County
Ernest H. Bowman, 88, of Castalia, Erie County	David L. Kolbe, 65, of Howard, Knox County
Todd A. Briggs, 55, of Westerville, Franklin County	Philip S. Meeks, 95, of Lima, Allen County
Michael L. DeHart, 73, of Troy, Miami County	Janice Messenheimer-Courtney, 58, of Stark County
Dennis DeMolet, 69, of Kettering, Montgomery County	William J. Richards, 66, of Columbus, Franklin County
Thomas V. Francis, from Russia, Shelby County	Nathan D. Shaffer, 67, of Spencerville, Allen County
George E. Freeman Jr., 85, of Marysville, Union County	Charles D. Van Voorhis, 67, of Marion County
Waverly Glover, 93, of Springfield, Clark County	Peter R. Wilkinson, 75, of Dublin, Delaware County
Philip R. Gregg, 77, of Newark, Licking County	Lynn E. Wolaver, 91, of Fairborn, Greene County



Biographies of this year's class are available at

http://dvs.ohio.gov/Portals/0/library/odvs/news/archive/2015/2015VHOF_NewsRelease10-21-15.pdf

If you would like to watch a video of the Ohio Veterans Hall of Fame Ceremony, please visit

<http://www.ohiochannel.org/MediaLibrary/Media.aspx?fileId=147638>

The plaque displaying the names of this year's inductees will be on display in the lobby of the Ohio Statehouse just inside from the Veterans Plaza on Third Street until May. In early May, the plaque will be permanently displayed in the Ohio Veterans Hall of Fame in the Verne Riffe Center for Government and the Arts at 77 South High Street, Columbus.

The Ohio Veterans Hall of Fame was established in 1992 to recognize the post-military achievements of veterans in community service after their military service ended. Charter members of the Hall's Class of 1993 included the six Ohio military veterans who were elected President of the United States and all Medal of Honor recipients from Ohio. Honorees of the past 22 years include astronauts, government officials, police officers, community leaders, and veterans' advocates.

It's not too early to nominate deserving veterans for the Class of 2016.

Information and a nomination form can be found at: http://dvs.ohio.gov/VETERANS_HALL_OF_FAME





Monthly Update



Preventing Veteran Homelessness in Akron

Ohio Department of Job and Family Services Director Cynthia Dungey and Ohio Department of Veterans Services Director Chip Tansill recently met with staff and toured the US. Department of Veterans Affairs Community Resource and Referral Center (CRRC) in Akron, Ohio. The Akron CRRC is one of only 23 such centers in the country. Ohio has two, the other one is in Cleveland.

The primary goal of the CRRC is to provide rapid and comprehensive housing-related services to veterans who are experiencing homelessness, especially the chronically homeless, and to assist at-risk veterans in maintaining their current housing.

CRRCs are committed to increasing access to homeless services by creating welcoming environments for integrated service delivery. The Akron Center provides clean,

safe shower and laundry facilities with on-site

access to mental health services and vocational rehabilitation. OhioMeansJobs staff dedicated to veteran employment and Summit County Veterans Service Officers have regular office hours at the center.

Contact information for the CRRCs is available at <http://www.va.gov/HOMELESS/crrc-list.asp>





Veteran Newsletter

Longtime DVS Staff Recognized by Veterans Service Commissioners

The Ohio State Association of Veterans Service Commissioners recently recognized Jim Forster, DVS deputy director of Field Services and Mike Hare, DVS County Veteran Service Officer Training Coordinator for their years of service to Ohio veterans.



As the weather turns and roads become snow and ice covered, remember that County Veterans Service Offices provide free transportation to medical appointments. Find your CVSO by calling 1-877-OHIOVET or visit www.ohiovet.gov.

Financial Assistance is available for veterans in need. Find out more at your local County Veterans Service Office. Find yours by calling 1-877-OHIOVET or visit www.ohiovet.gov.





Veteran Newsletter

VA Offers Tools for Managing Stress during the Holidays

By Dr. Peg Dundon, VA NCP and Amanda Koehler, Staff Editor, The StayWell Company

Family, friends, fun, and food: holidays can be the best of times. But they're also stressful times, full of demands and deadlines.

"Stress during any time of year can become a problem and affect your health when it goes on for too long or feels overwhelming," says Dr. Peg Dundon. Dundon is the National Program Manager for Health Behavior at VA's National Center for Health Promotion and Disease Prevention (NCP).

Use these seven tips to de-stress during the holidays and year-round:

- Get physical—Take a brisk walk or be physically active in another way. Regular activity is best. Even a 10-minute chunk of active time can help!
- Be part of the solution—Learn problem-solving skills. They can improve your ability to cope. Your VA medical center may offer a class or information session. A web-based problem-solving program called "Moving Forward" is also available at www.veterantraining.va.gov.
- Learn to relax—Discover relaxation and mindfulness skills. They can help you manage stress and even protect you from it.
- Express yourself—Keeping your thoughts bottled up can increase stress. So speak up in respectful ways. Sharing thoughts and feelings in a polite yet firm manner can help reduce stress.
- Manage Your Time—List what needs to get done, make plans for addressing issues, and stick to the plan as best you can.
- Use positive power—Stress often is associated with negative, self-critical thinking. Focus your attention on positive thoughts about yourself and others.
- Enjoy Yourself—Despite extra pressures from busy schedules, it's important to take time for yourself. Plan something you enjoy. For suggestions, see VA's Pleasant Activities Tip Sheet.

VA offers many tools for handling stress, including the [Manage Stress website](#). The site offers links to the Manage Stress Workbook and relaxation recordings. Plus, you'll find links to many helpful websites and



Veteran Newsletter



mobile apps that teach strong stress-management skills. You can also go to the Veterans Health Library at www.veteranshealthlibrary.org for more information on managing stress.

If you sense that stress is hurting your health or causing physical symptoms, talk with your health care provider. VA primary care teams have staff members who are experts in stress management.

If you feel overwhelming stress, call the Veterans Crisis Line at 1-800-273-TALK (8255) and press option 1. You may also reach confidential help by sending a text to 838255 or through online chat at www.veteranscrisisline.net.

Stress is part of all of our lives to varying degrees. The key is learning and practicing ways to manage stress that work for you, so stress doesn't manage your health and well-being.

For more information on how to manage stress, visit the Manage Stress Web Site at www.prevention.va.gov/Healthy_Living/Manage_Stress.asp.

We'd like to thank the following organizations for providing gifts and organizing activities for the Ohio Veterans Homes



VFW & VFWA
Department of Ohio

VFW & DAVA
Department of Ohio

American Legion Auxiliary
Department of Ohio

AMVETS & AMVETS Auxiliary

American Legion
Department of Ohio