

# BECK CENTER FOR VETERANS NEWS



## JANUARY 2021

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## Upcoming Events:

- 2/04/21 Anger Management Group Begins
- 2/08/21 Women of Wounded Warriors Group begins
- 2/09/21 Put Off Procrastinating!! Group begins
- 2/11/21 Time Management/Stress Management Group begins
- 2/15/21 Service Dog Information & Support Group begins
- 2/17/21 PTSD Therapy and Support Group begins

## Veteran's Village Update

**Progress continues as work continues inside of the homes. Next will be construction of the Administration Building. Notice the red front doors!**



## **Attorney General Leslie Rutledge and the Attorney General's Office donated \$250,000 to the Veteran's Village**

"I'm proud to have allocated \$250,000 from my office to ensure Arkansas veterans have a place to lay their heads," said Attorney General Leslie Rutledge. "Our veterans and service members have given much for our nation so that we may be the land of the free, and we must ensure our brave have a place to call home."



# BECK CENTER FOR VETERANS NEWS



## MONTHLY RECURRING EVENTS

**Military Order of the Purple Heart**  
Meetings are Pending

**Combat Veteran Support Group**  
Thursdays @ Noon  
Group is currently meeting by phone.  
Please contact Lynda if you would like to participate

**Disabled American Veterans (DAV)**  
Meetings are Pending

**PTSD Therapy and Support Group**  
Wednesdays @ 1:30pm  
Group will begin meeting on February 17th and will meet in person and by Zoom. Please contact Debbie if you would like to participate.

**Anger Management Group**  
Thursdays @ 1:30pm  
Group will begin meeting on February 4th in person or by Zoom.  
Please contact Debbie if you would like to participate.

**Guitar Class**  
Thursdays @ 5:30pm  
Classes are currently meeting by Zoom. Please contact Debbie or Dr. Tim Crist if you would like to participate.

**Stress/Time Management Group**  
Thursdays @ 3:30pm  
Group will begin meeting on February 11th in person or by Zoom.  
Please contact Heather if you would like to participate.

**Student Veteran Organization (SVO)**  
Second Monday of every month @ 2:00pm

**Service Dog Class**  
Tuesdays @ 5:30pm at the VFW and 7:00pm by Zoom

**A Support Group for Women With Significant Others with PTSD**  
Mondays @ 5:30pm  
Group will begin meeting on February 8th in person or by Zoom.  
Please contact Debbie if you would like to participate.

**Put off Procrastinating!!**  
Tuesdays @ 3:30pm  
Group will begin meeting on February 9th in person or by Zoom.  
Please contact Heather if you would like to participate.

**Service Dog Support Group**  
Every 3rd Monday at 5:30pm by Zoom.  
Contact Heather if you would like to participate.

## Habitat for Humanity

Habitat for Humanity is building new homes and are encouraging veterans to apply. There are three qualifications to be eligible:

1. The need of better housing
2. Willing to partner with Habitat
3. Able to pay an affordable mortgage.

More information can be found on their website at [habitat.org](http://habitat.org).

## Did You Know???

Everyone knows about the federal benefits available to veterans, but did you know many states also offer great benefits to their veterans?

Find out more about the benefits your state offers at [https://www.military.com/benefits/veteran-state-benefits/state-veterans-benefits-directory.html?ESRC=mr\\_210104.nl](https://www.military.com/benefits/veteran-state-benefits/state-veterans-benefits-directory.html?ESRC=mr_210104.nl)

## SVO UPDATE

**Student Veterans of America NATCON 2021**

**February 19-21**

The registration fee is waived for the first 250 students who register thanks to the support of Boeing.

For more information, you can check out their website at <https://studentveterans.org/programs-events/national-conference/>

## Service Dog Classes

**Classes have resumed! If you are interested in participating in the program, please email Heather at [heather.eberwein@smail.astate.edu](mailto:heather.eberwein@smail.astate.edu) or call the Beck Center at (870) 972-2624.**

**If you have missed any classes and need to make them up, please email Heather and she will get in touch with Michelle to set up a time to make up classes.**

# BECK CENTER FOR VETERANS NEWS



## Meet Our Spring 2021 Staff

Debbie Eberwein, LSW is a licensed social worker and graduate assistant at Beck Center for Veterans. She is a 2nd year Social Work graduate student. She helps with eBenefits and claims, loves to play guitar, and does individual counseling, group therapy, and support groups. She has a passion for helping individuals with trauma, PTSD, anger management, depression & anxiety.

Heather Eberwein, BSW is a 2nd year Social Work graduate student and studies dog training through Penn Foster online. She works with the Battle Buddies Service Dog Training program and does individual counseling, group therapy, and support groups. She has a passion for helping individuals with trauma, PTSD, anxiety, and depression.

Andy Andros is a "Life Long Learner." He holds an Associates degree in behavioral studies, bachelor's degree in Biblical Studies, and master's degrees in Religious Education and Education. Andy is currently a Ph.D. candidate in Higher Education and Biblical Studies. Andy has pastored 5 churches over 33 years and has since retired. He has often said that helping veterans is one of his greatest accomplishments. If you want to just talk or get claims and benefits started, or percentage increased, come by and see Andy.

Johnathon Mullins is seeking an Environmental Studies degree with an emphasis in environmental policy and waste management. Johnathon served in the Army. He can help with claims. Johnathon is the president of the Student Veterans Organization and a student representative for the Staff Senate representing non-traditional students.

Our interns are eager to be of assistance to you. Services include assistance with eBenefits and claims, individual, group, and family counseling, educational groups, crisis intervention, and community education. Call (870) 972-2624 today to set up an appointment.

## Free Guitar Classes for Veterans!

Free Guitar lessons for Veterans have resumed on Thursday nights at 5:30pm. All Veterans and their families are welcome and encouraged to enroll. Guitars for adults and children will be supplied in limited numbers due to a generous gift by Mrs. Charlotte Beck. Classes will involve learning your favorite songs, the art of playing guitar, good times, and, as you might imagine, lots of laughs and outrageous moments. Music demands teamwork, discipline, commitment, determination, collaboration, and the pursuit of the beautiful side of the human spirit. We will seek joy, peace, and all the wonderful things that come from making music together.

Classes are provided by The Arkansas State University Guitar Outreach program with recent certification by The Guitar Foundation of America (GFA) as the first program of its kind in the region and only the ninth program nationally to be selected by the GFA.

For more information and to register, please contact Lynda Nash at the Beck Center for Veterans at (870) 972-2624.

### Our Mailing Address Has Changed:

Beck Center for Veterans  
P.O. Box 2347  
State University, AR 72467

### We Have a New Email Address:

BeckCenter4Vets@astate.edu  
We will receive emails at this address.  
Responses will come from our personal email.

### Director

**Lynda Nash, LCSW, CCDP-D**

**870.972.2624**

**lnash@astate.edu**

# **BECK CENTER FOR VETERANS NEWS**



## **VA Announced Initial Plans for COVID-19 Vaccine Distribution**

The U.S. Food and Drug Administration has authorized the first COVID-19 vaccine. The VA has a limited amount of this vaccine to start. They have worked with the Centers for Disease Control and Prevention (CDC) and other federal partners to develop a phased plan that will help them do the most good for the most people during this time. Under the phased plan, vaccines to Veterans in our long-term care facilities and frontline VA health care workers will be offered the vaccine first.

After these two groups, the VA will begin to offer vaccines to more Veterans who are at high risk of severe illness and death from COVID-19. Your VA health care team will contact you if you're eligible to get a vaccine during this time. For more information, please contact your VA health provider.

## **Veterans Food Pantry**

**Monthly every 2nd & 4th Wednesday**

**Jan 13, Jan 27, Feb 10, Feb 24**

**Mar 10, Mar 24, April 14, April 28**

**May 10, May 26, June 9, & June 23**

**Proof of honorable service is required along with a valid  
government issued ID card**

**(DD214, Discharge Orders, VA I.D. Card, etc.)**

**Roy Wiles, Post 1991, Veterans of Foreign Wars**

**300 North Airport Road**

**Jonesboro, AR 72401**

**(870) 932-0347**

# BECK CENTER FOR VETERANS NEWS



## Classes/Groups Offered Spring 2021

### Monday

#### Women of Wounded Warriors

A Support Group for Women with Significant Others with PTSD

Group begins on 2/08/21 and will meet weekly through 4/19/21

Group Leader: Debbie Eberwein, LSW

Time & Place: 5:30pm—Beck Center for Veterans Day Room and by Zoom

#### Service Dog Information and Support Group

A support group for veterans and civilians with or interested in service dogs

Group will begin on 2/15/21 and meet every third Monday through 4/19/21

Group Leader: Heather Eberwein, BSW

Time & Place: 5:30pm by Zoom

### Tuesday

#### Put Off Procrastinating!!

An Educational Group Addressing Procrastination

Group begins on 2/09/21 and will meet weekly through 4/20/21

Group Leader: Heather Eberwein, BSW

Co-Group Leader: Debbie Eberwein, LSW

Time & Place: 3:30pm—Beck Center for Veterans Day Room and by Zoom

#### Battle Buddies—Paws for Vets Service Dog Training Class

Contact Heather Eberwein at the Beck Center for Veterans for more information at [heather.eberwein@smail.astate.edu](mailto:heather.eberwein@smail.astate.edu) or at (870) 972-2624

### Wednesday

#### Marching Forward

A PTSD Therapy and Support Group

Group begins on 2/17/21 and will meet weekly through 4/21/21

Group Leader: Debbie Eberwein, LSW

Time & Place: 1:30pm—Beck Center for Veterans and by Zoom

### Thursday

#### When is Anger Appropriate?

An Anger Management Group for Veterans

Group begins on 2/04/21 and will meet weekly through 4/22/21

Group Leader: Debbie Eberwein, LSW

Time & Place: 1:30pm—Beck Center for Veterans and by Zoom

#### Feeling Overwhelmed and Not Enough Time in the Day?

A Time Management/Stress Management Group

Group begins on 2/11/21 and will meet weekly by through 4/22/21

Group Leader: Heather Eberwein, BSW

Time & Place: 3:30pm—Beck Center for Veterans Day Room and by Zoom

#### Guitar Class

A Guitar Class for Veterans and Dependents

Meets weekly at 5:30pm by Zoom

Group Leader: Dr. Tim Crist

Contact the Debbie Eberwein at [Deborah.eberwein@smail.astate.edu](mailto:Deborah.eberwein@smail.astate.edu) or the Beck Center at (870) 972-2624 for more information.

# BECK CENTER FOR VETERANS NEWS



## Mask Up, Wolves Up

The A-State Community is encouraged to remember the importance of wearing your masks. The wearing of masks is required when entering campus buildings and in public spaces where physical distancing is not possible.

In many locations throughout the campus, seating in common place areas have been rearranged, maximum occupancy signage has been placed on bathrooms, elevators, meeting rooms, classrooms, offices and lounge spaces. In addition, six foot distance markers have been placed on the floors.

Students and employees are asked to help maintain furniture configurations and abide by the signage in each building and room. Following these measures is a vital step toward allowing campus activities and face-to-face classes to continue as the fall semester approaches.

Chancellor Kelly Damphousse addressed these issues as well as others in an email that can be found at the following link:

<https://t.e2ma.net/message/q1n8jf/q5usfs>

The A-State campus return to learn plan guidelines handbook can be found at the following link:

[https://www.astate.edu/safety/novel-coronavirus/files/Return-to-Work-Guidelines\\_2020.pdf](https://www.astate.edu/safety/novel-coronavirus/files/Return-to-Work-Guidelines_2020.pdf)



# Beck Center for Veterans

## January 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
3	4	5 PTSD Therapy Group @ 1:30pm via Zoom	6	7 Combat Vet Support @ Noon via phone  Anger Mgmt. Group @ 1:30pm	8	9
10	11	12 PTSD Therapy Group @ 1:30pm via Zoom	13	14 Combat Vet Support @ 12  Anger Mgmt. Group @ 1:30pm	15	16
17	18	19 PTSD Therapy Group @ 1:30pm via Zoom	20	21 Combat Vet Support @ Noon via phone  Anger Mgmt. Group @ 1:30pm	22	23
24	25	26 PTSD Therapy Group @ 1:30pm via Zoom	27	28	29	30
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# Beck Center for Veterans

## February 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5	6
7	8 Women of Wounded Warriors Group @ 5:30pm	9 PTSD Therapy Group @ 1:30pm via Zoom Procrastination Group @ 3:30pm Service Dog Training Class @ 5:30pm and 7:00pm	10 PTSD Therapy Group @ 1:30pm at Beck Center	11 Combat Vet Support @ Noon via phone Anger Mgmt. Group @ 1:30pm at Beck Center Time/Stress Mgmt. @ 3:30pm at Beck Center Guitar Class @ 5:30 by Zoom	12	13
14	15 Women of Wounded Warriors Group @ 5:30pm  Service Dog Support Group @ 5:30pm by Zoom	16 PTSD Therapy Group @ 1:30pm via Zoom Procrastination Group @ 3:30pm Service Dog Training Class @ 5:30pm and 7:00pm	17 PTSD Therapy Group @ 1:30pm at Beck Center	18 Combat Vet Support @ Noon via phone Anger Mgmt. Group @ 1:30pm at Beck Center Time/Stress Mgmt. @ 3:30pm at Beck Center Guitar Class @ 5:30 by Zoom	19	20
21	22 Women of Wounded Warriors Group @ 5:30pm	23 PTSD Therapy Group @ 1:30pm via Zoom Procrastination Group @ 3:30pm Service Dog Training Class @ 5:30pm and 7:00pm	24 PTSD Therapy Group @ 1:30pm at Beck Center	25 Combat Vet Support @ Noon via phone Anger Mgmt. Group @ 1:30pm at Beck Center Time/Stress Mgmt. @ 3:30pm at Beck Center Guitar Class @ 5:30 by Zoom	26	27
28						