

BECK CENTER FOR VETERANS NEWS



JUNE & JULY 2021

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Upcoming Events:

Monday—Women of Wounded Warriors @ 5:30pm
Tuesday & Thursday— Chair Yoga @1:30pm
Wednesdays— PTSD Treatment Group @ 12:30pm
Thursdays— PTSD Support Group @ 12:00pm

Chair Yoga Workshop for Veterans

Starting: June 22, 2021

Where: HPESS 301

Time: 1:30-2:30pm on Tuesdays & Thursdays

The Beck Center for Veterans is partnering with Amanda Spurlock of Vedic Lotus Yoga to host a Chair Yoga Workshop. The workshop will consist of 10 sessions and meet twice a week on Tuesdays and Thursdays during June and July. There are limited spots available so please RSVP to reserve your spot!

For more information and to RSVP contact:

870-972-2624 or stop by our office.

Veterans Village Update

The houses are being wrapped up! The administration building is going up fast!



Service Dog Classes

The Service Dog classes will resume July 8th. The Beck Center for Veterans is accepting new participants. For more information or to schedule an individual appointment please call the Beck Center for Veterans at 870-972-2624 or email at battlebuddiesservicedogs@gmail.com.

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MONTHLY RECURRING EVENTS

Military Order of the Purple Heart

Meets the 2nd Monday of the month at 6:30pm

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) Meets the 3rd Saturday of the month at
10:00am

PTSD Therapy and Support Group

Wednesdays @ 12:30pm

Group currently meets in person and by Zoom

Please contact Debbie if you would like to participate.

Anger Management Group

Meetings are Pending

Guitar Class

Classes will resume on Thursday, June 3rd at 5:30pm.

Student Veteran Organization

(SVO) Meetings will resume on September 14th.

Service Dog Class

Classes will resume July 8th.

A Support Group for Women With Significant Others with PTSD

Mondays @ 5:30pm

Group currently meets in person or by Zoom. Please
contact Debbie if you would like to participate.

Chair Yoga Workshop

Class starts June 22nd,
Tuesdays & Thursdays @1:30 in HPESS 301

Suicide Prevention Workshop

Speaking: Dr. Robert Heath Meeks

When: June 18th, 2021 @9am-12pm

Where: Delta Center for Economic Development at Arkansas State
University, DCED 201, Executive Board Room

No Charge · For all mental health professions · 3 CEU's

Trauma Workshop

Speaking: Dr. Robert Heath Meeks

When: June 25th, 2021 @9am-12pm

Where: Delta Center for Economic Development at Arkansas State
University, DCED 201, Executive Board Room

No Charge · For all mental health professions · 3 CEU's

Only 30 seats available for each workshop, RSVP by contacting
Lnash@astate.edu or 870-972-2624

**Volunteers are needed to drive the DAV van to
Little Rock and Memphis. If you can help out,
please contact Rush Nash at
(870) 761-1921.**

Food Pantry for Veterans and Families at 2 locations:

Elks Lodge—2113 W. Washington, Jonesboro
Every 1st and 3rd Wednesday - 11am to 3pm
June 2nd & 16th, July 7th & 21st (870) 932-0350

VFW—300 Airport Road, Jonesboro
Every 2nd and 4th Wednesday—10am to 2pm, June 9th &
June 23rd, July 14th & July 28th (870) 932-0347

Veterans must bring proof of being a Veteran: VA Card,
Military ID, DD214..

Affordable Preventive Vet Clinic

Saturdays 9:30am-11am on June 19th, August 17th and
September 11th. Services provided: vaccinations, testing & de-
worming, heartworm prevention, microchipping, flea & tick medi-
cation, and nail trims & grinds

For more information, please contact: petvet.vippetcare.com or
1-800-427-7973

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Meet Our Summer 2021 Staff

Sydney Sims is working towards a Doctorate in Occupational Therapy. She holds a Bachelor's degree in Rehabilitation Science. Sydney has a passion for helping individuals with disabilities regain independence and life skills.

Debbie Eberwein, PLMSW, recently graduated with her masters degree in social work. She is a licensed social worker and graduate assistant at the Beck Center for Veterans. She helps with eBenefits and claims 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, PLMSW, recently graduated with her masters degree in social work. She 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 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.

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.

Beck Center for Veterans

2501 Danner
P.O.Box 2347

State University, AR 72467
BeckCenter4Vets@astate.edu

If you have trouble finding us type the following into the GPS:
319 University Loop 100 west

Director

Lynda Nash, LCSW, CCDP-D

870.972.2624

lnash@astate.edu

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Supportive Services For Veteran Families

The Supportive Services for Veteran Families (SSVF) is a homeless prevention program designed to assist Veteran families at risk of homelessness to maintain their housing and to rapidly re-house Veteran families who have recently become homeless in Arkansas.

Program Philosophy

Prevention services focus on “Would this individual or family be homeless but for this assistance?” SSVF is “person-centered.” The Veteran defines his/her household; services are focused on the household’s needs as they define them.

Who is eligible?

Low-income Veterans or Veteran Families who are considered literally homeless (by VA guidelines) or are considered to be at risk of becoming homeless.

For more information , or to request assistance, please call one of the following offices or visit ssvfarkansas.org online.

Little Rock Office (501) 916-2514

Fayetteville Office (479) 249-9872

Jonesboro Office (870) 558-5100

El Dorado Office (870) 686-7993

COVID-19 Local Vaccine Distribution

The Arkansas Department of Health now offers the Moderna COVID-19 vaccine at local health units across the state. The vaccine is available to anyone age 18 or older. To schedule an appointment, call the statewide vaccine call line at 1-800-985-6030.

Other locations in Jonesboro:

Walk-in vaccine clinic at NEA Baptist Main Clinic Building, 4802 East Johnson and at select primary clinics from 8:30am to 3:30pm Monday through Friday.

St. Bernard's Healthcare will accept walk-ins at the St. Bernard's Auditorium, 505 E. Washington, from 9:00am to 3:00pm Thursday, June 10th and 9:00am to 3:00pm.

Did you Know?

Arkansas State University is ranked #22 in the 2021 Military Times Best for Vets college ranking and the only Arkansas school to be ranked in the top 100. More than 300 schools participated in the latest Best for Vets: College survey , that included over a 70 question about tuition cost, programs, policies and services that impact military-connected students.

Beck Center for Veterans

June 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4	5
6	7 Women of Wounded Warriors @ 5:30pm at Beck	8	9 PTSD Therapy & Support Group @ 1:30pm	10 Combat Vet Support @ 12	11	12
13	14 Women of Wounded Warriors @ 5:30pm @ Beck	15	16 PTSD Therapy & Support Group @ 1:30pm	17 Combat Vet Support @ 12	18 Suicide prevention Workshop @ 9-12	19 DAV Meeting @ 10:00am
20	21 Women of Wounded Warriors @ 5:30pm @ VFW	22 Chair Yoga Workshop @ 1:30	23 PTSD Therapy & Support Group @ 1:30pm	24 Combat Vet Support @ 12 Chair Yoga Workshop @ 1:30	25 Trauma Workshop @ 9-12	26
27	28 Women of Wounded Warriors @ 5:30pm @ Beck	29 Chair Yoga Workshop @ 1:30	30 PTSD Therapy & Support Group @ 1:30pm	Combat Vet Support @ 12 Chair Yoga Workshop @ 1:30		
	Women of Wounded Warriors @ 5:30pm @ Beck					

Beck Center for Veterans

July 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
4	<p>Women of Wounded Warriors @ 5:30pm at Beck</p> <p>Purple heart meeting @ 6:00</p>	<p>Chair Yoga Workshop @ 1:30</p>	<p>PTSD Therapy & Support Group @ 1:30pm</p>	<p>Combat Vet Support @ 12</p> <p>Chair Yoga Workshop @ 1:30</p> <p>Service Dogs classes begin</p>	9	10
11	<p>Women of Wounded Warriors @ 5:30pm @ Beck</p> <p>Purple Heart meeting @6:30</p>	13	<p>PTSD Therapy & Support Group @ 1:30pm</p>	<p>15</p> <p>Combat Vet Support @ 12</p>	16	<p>17</p> <p>DAV meeting @ 10:00am</p>
18	<p>Women of Wounded Warriors @ 5:30pm @ VFW</p>	<p>20</p> <p>Chair Yoga Workshop @ 1:30</p>	<p>21</p> <p>PTSD Therapy & Support Group @ 1:30pm</p>	<p>22</p> <p>Combat Vet Support @ 12</p> <p>Chair Yoga Workshop @ 1:30</p>	23	24
25	<p>Women of Wounded Warriors @ 5:30pm @ Beck</p>	<p>27</p> <p>Chair Yoga Workshop @ 1:30</p>	<p>28</p> <p>PTSD Therapy & Support Group @ 1:30pm</p>	<p>29</p> <p>Combat Vet Support @ 12</p> <p>Chair Yoga Workshop @ 1:30</p>	30	31