



# The Veterans' View

BEATING THE ODDS, PROPELLING OUR NATION'S HEROES FORWARD

## Fall is the Perfect Time to Plan for Spring Semester

by Julie Sanders

Colleges and technical schools are now underway with the first semester of the most atypical education experience in recent history. Literally overnight last spring, professors, instructors and students plunged headlong into the world of online education that had previously been only slowly growing. Now, digital and online resources are now the norm for many aspects of our current world: Communicating, socializing, working, education, and sometimes even medical appointments and counseling.

The good thing is that there is a way to offer in-person education for those that prefer it (with adequate safety measures in place), and there isn't a clear line drawn in the sand that says you must either choose between the two options; hybrid classes that combine both are available. This will be the year of expanded options. And with hope of progress toward a safeguarded society, schools can continue to offer these options and build on them.

### All Uncertainty Aside...

Some of our participants may already be enrolled for their respective fall semesters; others may not be ready yet, and that's okay,

but now is the perfect time to get ready to start in Spring 2021 start.

We've compiled a list to help you navigate through the process of obtaining and utilizing your VA benefits as well as the things you'll need to do with your school of choice. Get started now, and you'll save yourself the worry of trying to rush through the steps when Spring semester rolls around.

### You will need

- A valid email address
- An active checking account, your account number and routing number
- Your DD 214

**Step 1:** Decide which school you want to attend and apply for admission. You can apply at more than one school. Depending on the school, this process can take 1 week to a few months.

**Step 2:** Go to the VA website: <https://www.va.gov/>. Scroll down to Education and select "Apply for education benefits."

**Step 3:** Click, "Find your education benefits form," answer the questions, then select, "Apply now."

**Step 4:** Click, "Sign in to start your application." You'll be prompted to sign in with your ID ME account. If you don't have an account, follow the prompts to create one.

**Step 3:** Select the GI Bill you will be using: Post 9-11 or Montgomery GI Bill. Which one you use will be determined by your service entry and/or exit date.

**Step 5:** Go through the application process, and submit. Note: you will select only one school as your target destination, but this can be changed later in the process. You will receive a letter of eligibility in 6 weeks.

**Step 6:** As soon as you've applied through the VA, call your school of choice to get an appointment with a Student Advisor (SA). This person will get you in touch with the school's VA certifying official (VCO)

**Step 7:** When you've received your letter of eligibility, give this to the school's VCO, who will give you an additional form to fill out for receiving your benefits.

**Step 8:** Enroll in your classes, then submit your schedule to your SA, who will sign off and submit it back to the VCO.

Your benefits will start at some point after you start school and be deposited into the bank account you provided when you applied.

And now, you're on your way! •

## Congratulations to our Scavenger Hunt winners!



### *Sean Ritchie*

Sean is a graduate of the United States Merchant Marine Academy and served in the U.S. Naval Reserve for 12 years, achieving the rank of Lieutenant (O-3). He was awarded the U.S. Merchant Marine Expeditionary Medal for service during Operation Desert Shield. He now works at Cargill Transportation & Logistics leading North American Operations based in Wichita, KS.



### *Adam Block*

Adam Block is a current participant in the Veterans Upward Bound program.

Adam served 4 years in the United States Army as a decontamination specialist and achieved the rank of E4. He received two medals during his time in service: the Global War on Terrorism medal and the Good Conduct Medal.

Both winners were drawn from the pool of entries correctly identifying all six hidden military insignias in our Spring 2020 newsletter. Their prize is a Veterans Upward Bound laptop bag.

## New Face in the Ranks at Veterans Upward Bound



*Lora Lea Pickering,  
Program Specialist*

Welcome Lora Lea Pickering to Veterans Upward Bound! Lora comes to Wichita State University from Western Oklahoma State College in Altus, Oklahoma. During her career at WOSC she worked with veterans in several different areas, including as a VA Specialist. As a VA Specialist, she was trained to work with veterans as they returned to the workforce and to higher education. She graduated from the University of Central Oklahoma with a degree in Public Relations and is the wife of a US Air Force veteran.

Lora's specialized knowledge centers around VA Educational benefits and Student Academic Advising.

Set up an appointment with Lora to discuss your next step in moving you towards your goal of post-secondary education.

[Loralea.Pickering@wichita.edu](mailto:Loralea.Pickering@wichita.edu)

Direct: 316.978.7369

Main: 316.978.6742

# Hydration Station

by Julie Sanders

Proper Hydration is essential to good health and is a basic habit we should focus on, but did you know it needs more focus in the summer months than it does in the cooler months? This is because of the HEAT and the HUMIDITY! Excessive heat makes you sweat, and sweating is your body's mechanism to cool itself using the water you give it through fluids and foods. Even if you're not outside much, the extra heat you experience going outside to your car, to collect the mail, to and from air-conditioned buildings depletes more of your body's water stores than, say, a cool day in November.

## Your body needs to sweat

Your body has a built-in thermostat that depends on water for fuel. To cool your body, sweat needs to exit from your pores and then evaporate from your skin. So, when the air is humid, sweat is unable to evaporate, causing



your body's temperature to rise, thus leading to a need for more fluids.

## Why am I so tired?

Did you know that if you often feel fatigued in the summer, it's a sign of dehydration? Inadequate hydration weakens the body's ability to control its internal temperature, and therefore cannot withstand heat as well as when it's fully hydrated. Other symptoms of dehydration are headache, dry mouth, extreme thirst, dark and infrequent urination, dizziness, and confusion.

## Drink up!

The best way to hydrate is with plain ol' H<sub>2</sub>O, but seltzer waters and fruit-infusion waters can be a nice switch-up from regular water. Sports drinks are good go-to's if you've been playing sports or sweating excessively because they replace electrolytes lost through exertion. Water-dense fruits and vegetables cucumbers, watermelon, and strawberries also help with hydration, but should not be used as a substitute for water. Aim to drink 1 oz for every pound of body weight, and you'll feel better every day!

## Tips for staying hydrated

If you're not already in the habit of drinking enough water, you'll need some mental cues to make it a habit. Here are some ideas:

- Always keep a refillable water bottle with you, and always refill it as soon as you empty it.
- If you don't have a Fitbit or an app to remind you to drink water, associate certain daily actions with drinking water.
- In the car, take a drink every time you stop at a red light.
- When watching TV, take a drink every commercial break.
- Take a drink every time you pick up your cell phone.

**Aim to drink 1 oz for every pound of your body weight**

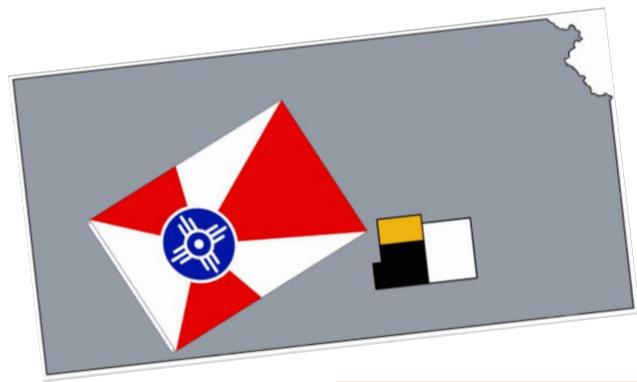
### HEALTH BENEFITS OF HYDRATION

- Optimizes kidney and digestive functions
- Regulates body temperature to withstand heat better
- Cushions the brain and spinal cord to promote clear thinking and reasoning
- Lubricates the joints to increase shock absorbency
- Makes minerals and nutrients accessible to the body
- Assists with weight loss and flushes waste from the body
- Helps maintain blood pressure



*Prolonged dehydration can cause serious health issues such as muscle weakness, chronic fatigue and headache, and depression. Heat stroke can occur in severe cases. Infants, children, and the elderly are most susceptible as well as people who live in hot and humid climate. If you feel you have symptoms of chronic dehydration, seek medical attention.*

# Community Connection



**NOMINATE A VETERAN FOR KPTS VETERANS COMING HOME SERIES**

**N O M I N A T I O N S   A R E   O P E N**

**Veterans  
Coming Home<sup>TM</sup>  
Salute 2020**



This event honors Kansas veterans who have demonstrated outstanding service to their country, community and fellow veterans.

One veteran will be recognized with the **KPTS Robert J. Dole Distinguished Service Award** and three other veterans will receive the **KPTS Distinguished Veterans Coming Home Award**.

The event will be held at the Wichita Marriott, 9100 E. Corporate Hills Dr., Wichita, November 9.

Do you know a veteran that is worthy of recognition?

Go to [kpts.org](http://kpts.org) to download a nomination form, or call 316-838-3090.

**Nominations are due by Sept. 26.**



**The Veterans Ride Free Program launches on Tuesday, July 28.**

**DEPARTMENT OF VETERANS AFFAIRS**  
**VET CENTER**  
**READJUSTMENT COUNSELING SERVICE**

We are very excited to have a new building to provide services to our veterans, active service members, and their families. We will have two group rooms, an outside area, and generally more space available to provide services. Beginning June 1, 2020 we changed our hours of operation. By changing our hours of service, we will have an opportunity to offer not only more but a greater variety of services to our patrons. Our phone number will remain the same, so don't hesitate to reach out to us at any time.

**To our men and women in uniform, past and present, We are still here for you**

In these uncertain times, The Wichita Vet Center remains committed to serving our veterans, active service members, and their families. The Vet Center remains open and is currently offering both in-person as well as virtual services to ensure the safety and well-being of our patrons and staff. Virtual services include offering support and counseling via telephone and VA Video Connect. VA Video Connect is a secure, virtual meeting platform easily accessed from any device with a camera (i.e., smart phone, tablet, or laptop).

While the stay at home order has been lifted by the Governor, there is still uncertainty regarding what that means going forward for the communities. Regardless, The Wichita Vet Center will continue to be here for you in these uncertain times. Following the recommendations of local, state, and federal authorities, The Vet Center will continue to assess the safety and well-being of its consumers and staff in determining the best approach to provide you the services and support that you need.

## We've Moved



**Wichita Vet Center**  
393 N. Mclean Blvd  
Wichita, KS 67203

Telephone: 316.265.0889 Fax: 316.265.0190

## VISITING THE VUB OFFICE DURING COVID19

VUB is here to serve our veterans, but with the utmost safety of our staff and visitors at the front of the line.

**Appointments are mandatory and can be made one of three ways:**

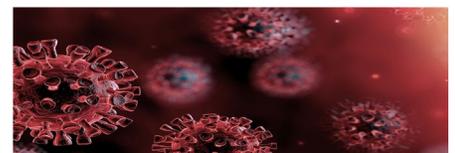
- Call 316.978.6742
- Request an appointment on our webpage: [https://www.wichita.edu/services/diversity/TRIO/upward\\_bound\\_veterans/schedule\\_online\\_meeting\\_VUB.php](https://www.wichita.edu/services/diversity/TRIO/upward_bound_veterans/schedule_online_meeting_VUB.php)
- Schedule an appointment using the "Book Now" button on our Facebook page

**Plan ahead by wearing your mask**

When you arrive:

Wash your hands • Be prepared to answer self-observation questions • We may ask to take your temperature

**If you don't feel well, stay home**



# VUB Online Learning Resources

by Julie Sanders

Veterans Upward Bound now offers additional digital learning resources for our program participants. FREE for our VUB participants!

## Career Exploration through CareerScope

This service guides you through a battery of career interest and aptitude tests and delivers an end report aligning careers you'd be both interested in AND qualified to do.

## Tutor.com

Tutor.com is a fully online tutoring service. You can get a tutor 24/7 in more than 40 subjects including Math, Science, Social Studies, English, AP® Support, Foreign Languages and Business. Tutoring sessions take place in our easy-to-use online classroom, which runs in your web browser.

## Rosetta Stone

Learn a new language or brush up the skills you already have! We offer more than 25 languages for study from basic conversational to advanced reading, writing, and speaking.



*Click to read more about our online learning resources:*

[https://www.wichita.edu/services/diversity/TRIO/upward\\_bound\\_veterans/VUB\\_Online\\_Learning.php](https://www.wichita.edu/services/diversity/TRIO/upward_bound_veterans/VUB_Online_Learning.php)

*Interested in our services? Contact our office today to see if you qualify:*

*Phone: 316.978.6742*

*Email: [veterans.upwardbound@wichita.edu](mailto:veterans.upwardbound@wichita.edu)*

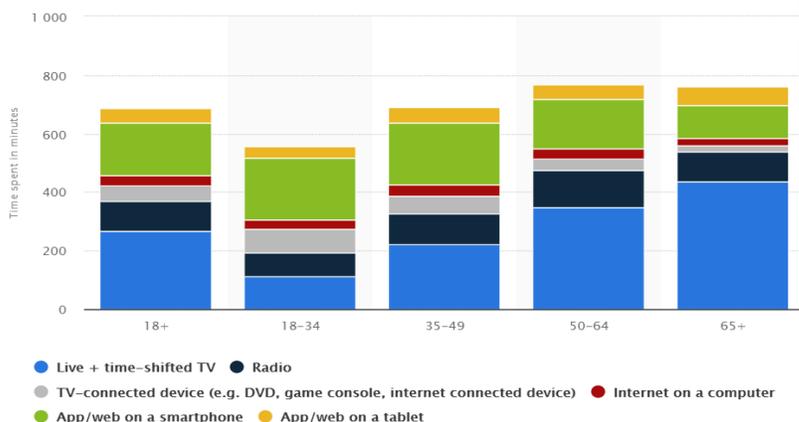
*NEW! Make an appointment online:*

[https://www.wichita.edu/services/diversity/TRIO/upward\\_bound\\_veterans/schedule\\_online\\_meeting\\_VUB.php](https://www.wichita.edu/services/diversity/TRIO/upward_bound_veterans/schedule_online_meeting_VUB.php)

# Digital Well Being

by Julie Sanders

There's no denying that every year, more and more time is being spent by all age groups consuming digital content. Now, with the transition of student learning from classroom to digital content, that number will trend higher than previous years. But how much is too much?



Source: <https://www.kwch.com/video/2020/07/29/new-program-gives-free-rides-wichita-transit-veterans/>



## Time for a Digital Detox

**Ask yourself the following questions:**

- Has it been less than 30 minutes since I last checked my phone?
- Do I respond to messages right away, regardless of what I'm doing or what time it is?
- Do I fully comprehend what I'm reading or do I skim through and miss details?
- Am I frequently experiencing insomnia?

**If you answered, "yes," to most of these questions, you may be at risk of digital over-load, which means it's time to give your brain a break. Unlike your devices, your brain needs to UNPLUG in order to recharge.**

Try these tips for a week, and see how you feel:

- Turn off social media notifications during work or school hours.
- Don't look at any screens for at least 30 minutes before going to sleep.
- Exercise a little, get outside, spend time in actual conversation, and reconnect to the physical world. These don't have to be a permanent solution, but practice being mindful of your digital consumption and circumventing the negative effects.