NEWS

Work Study Opportunity

The Jefferson County Veterans Service Office is currently looking to fill a veterans work-study position. This exciting opportunity will provide experience for veterans looking toward a career in veteran advocacy. Students must be receiving federal VA education benefits, enrolled in at least 9 credits and be able to work in Jefferson, Wisconsin. For more information, contact Yvonne Bueterhoft at (920) 674-7240.

What do you really want?

Too often, people like to assume what others need. Now is your opportunity, as a veteran student, to tell a service provider what you would like to see in terms of assistance offered at Madison College:

“…"The William S. Middleton Memorial Veterans Hospital is expanding its outreach and treatment services to Madison College veteran students in the near future. Please take a few moments to complete this brief, anonymous survey. We will use your responses as a guide for setting up confidential services for you on the Madison College Truax campus.”

- Geraldo Vila Cruz, Associate Dean

Expanded Post-9/11 Benefits

Reimbursement for certain certification and licensing tests is now approved under the Post-9/11 GI Bill. Effective August 1, 2011, Post-9/11 recipients can now be reimbursed for an unlimited number of tests; however, entitlement will be charged. For more information please see the VA’s Licensing and Certification web page.

TIPS & ADVICE

Wellness

Wellness is more than simply not being sick. It’s the body’s ability to fight off an illness even before it strikes. Wellness is a combination of physical and mental health. The Complimentary Medicine and Wellness (CMW) unit located out of the Wm. S. Middleton Memorial Veterans Hospital states, “Just as we can condition the body with exercise to improve physical performance […] we can condition the nervous system to improve performance in the face of stress challenges.”

The CMW unit offers a variety of classes including tai chi, warrior yoga and mindful eating for women. To register for classes please contact Brooke Morgan at (608) 280-2036. For more information on the CMW, please contact Kristi Rietz at (608) 256-1901.

UPCOMING EVENTS

Journaling & Healing

As any student who has taken college success can tell you, journaling can be one of the most challenging and rewarding experiences. The Madison Vet Center has created a writing group for combat theater veterans of all eras. The group meets every other Thursday from 6:30 p.m. to 8:00 p.m. at the center. For more information please contact Thor Ringler at (608) 246-5342.

County Veterans Service Office Walk-Ins

Can’t wait for an appointment? The Dane County Veterans Service Office will be holding walk-ins on Tuesday, January 24, 2012, from 9:00 a.m. to 1:00 pm, and Wednesday, January 25, 2012, from noon - 4:00 p.m. Come see Dan or Tom and, if you haven’t done so already, meet the new Dane County Veterans Service Officer, William “BJ” Ganem.