Listen Up Prof

New York colleges have hundreds of dedicated teachers who make lasting bonds with students. Too often their time is taken by numerous daily demands that may distract them from realizing a challenging group has joined their classes. Veterans Integration to Academic leadership (VITAL) Coordinator Dr. Yvette Branson says, “CUNY is acknowledging this and encouraging professors to attend trainings that guide understanding some of the newest university students.”

Talking most specifically about the young military returning from Iraq and Afghanistan earning degrees on the GI Bill, Branson offers informative sessions to help college professors and administrators understand the concerns and needs of these students that may be different from their civilian counterparts in the classroom. Recently, at one of these sessions, CUNY Student Services specialists from Kingsborough and LaGuardia Community Colleges, reflected with Dr. Branson about why professors tend not to participate and the answers seemed to be that, in addition to time constraints, many assume they already know about issues facing Veterans and some are also inclined to be anti-military.

Dr. Branson is very perseverant and committed to providing ongoing trainings where attendance is in fact mandated by the university. As VITAL Coordinator, Dr. Branson’s main role is to provide a campus-based service that represents VA and provides referrals for Medical, Mental Health and supportive services, like tutoring and housing assistance. “If a Veteran is having a hard time paying attention in class because of an inability to sleep through the night, for example. “We can help with a referral to a sleep specialist,” Dr. Branson explains. Increasingly, therapeutic sessions will also be offered on local campuses. (Continued on page 6)
Dear Student,

CUNY has approved the review of military credentials to award transfer credit for military service. If you would like your military experience to be evaluated for academic credit and/or to illustrate your work experience on your resume, follow the steps listed below.

**Step 1:** Create an account for your military transcript via the following websites:
- Army, Navy, Marines and Coast Guard: [https://jst.doded.mil/smart/signIn.do](https://jst.doded.mil/smart/signIn.do)

**Step 2:** Submit your transcript to CUNY UAPC (University Application Processing Center) and/or your current CUNY College.

**Step 3:** Print and save a copy of your military transcript to a USB or secure cloud.


<table>
<thead>
<tr>
<th>Using JST credits for college can count toward:</th>
<th>Using JST credits for employment can:</th>
</tr>
</thead>
<tbody>
<tr>
<td>Elective credit</td>
<td>Showcase military occupation</td>
</tr>
<tr>
<td>Major or Minor electives</td>
<td>Illustrate responsibilities/duties</td>
</tr>
<tr>
<td>General Education elective</td>
<td>Illustrate leadership and training</td>
</tr>
</tbody>
</table>

**Would you like to have a career that relates to your military occupational specialty (MOS)?**
Learn what certifications and degrees match your area of expertise by using the COOL sites...

- Army: [https://www.cool.army.mil/](https://www.cool.army.mil/)
- Navy: [https://www.cool.navy.mil/usn/](https://www.cool.navy.mil/usn/)
Born and raised in Rockford, Illinois, and now a Brooklyn resident, Ryan Hill proudly represents Kingsborough Community College as Valedictorian of the Class of 2015. Growing up in a place where a GED was viewed more favorably than an actual high school diploma, Ryan marvels at the academic success and accolades he has attained—from high school dropout to valedictorian of Kingsborough Community College’s graduating class of 2015.

Uniquely aware of the contrast between the “broken school system that I came from” and the amazing support structure he found at Kingsborough, Ryan, a US Army veteran, credits his professors for his positive change in direction. While at Kingsborough, he discovered an atmosphere where deep thought, introspection, and a variety of viewpoints altered the way he saw and interacted with the world.

Gaining new insights from the philosophies of the origins of life to the social constructs of race, class and gender, Ryan, who is also strong advocate for support services for veterans, is now rethinking his career goals. Knowing that people he admire, and who have confidence in him will support him as he walks through doors he never imagined, he graduates from Kingsborough with the knowledge that the lessons he learned now carry much more value.

When he entered Kingsborough a little more than two years ago, he was in search of a diploma as a means to earn more money. Today, Ryan walks across the stage and stands at the podium to deliver a valedictory address that speaks to perspective, knowledge, and a sense of excitement and hope for the future.

Ryan, who places a high value on integrity and doing the right thing no matter who is watching, will head to John Jay College in the fall to continue learning about America’s broken criminal justice system and ways to combat institutionalized racism against minority communities.

L’Oréal USA Office of Diversity and Inclusion and its Veterans Think Tank initiative in partnership with Stand Beside Them, a nationwide nonprofit organization that provides free career coaching to veterans, invited sixteen recently graduated veterans to L’Oréal USA Job Readiness Day. At this invitation only event graduates were able to have their resumes reviewed, enhance their interview skills, network with L’Oréal recruiters and employees and discuss career opportunities in operations, logistics, manufacturing and distribution. A panel of veterans who work for L’Oréal USA shared their unique experiences. Career coach, Barbara Kurka of Stand Beside Them gave a seminar on Interview Skills & Techniques. After lunch, L’Oréal USA HR representatives and other company staff conducted one-on-one interviews with the invited veterans. L’Oréal USA is definitely hiring veterans in NY and NJ!
Veteran Coaching Services

Meet with a Professional Financial Coach

The NYS Dept. of Labor has partnered with the Consumer Financial Protection Bureau to provide free financial coaching services to veterans.

What is Financial Coaching?
Financial coaching is a way of working together in an equal partnership rather than as an “expert” there to give advice or issue directives.

Financial coaching is distinct from financial education or counseling in that the coach approaches the relationship from the position that you know what is best for your situation. The coach is there to provide support, encouragement, accountability and resources as you define and move toward your goals. There are times that you may need specific and concrete information to help you achieve your goals; in those situations the coach offers the information without attachment or judgment about the outcome or your final decision. In short, the final decision always rests with you.

Financial Coaches provide regular one-on-one sessions in order to link your goals and value to your financial dream, create an action plan and track progress towards the goals mutually set by you and your Financial Coach.

Financial coaching is about learning the skills it takes to align your ongoing behavior with your financial dream.

Your Financial Coach: Jason Lampert
250 Schermerhorn St. Room 207,
Brooklyn, NY 11201
Call 718-613-3736
e-mail: JLampert@afsc.com

A financial coach works with you to help you identify your financial goals, create a plan, and track your progress to ACHIEVE your goal.

Stand Beside Them Coaching Services

Stand Beside Them (SBT) is a nonprofit organization, providing free one-on-one, confidential coaching for veterans, spouses and caregivers.

Experienced, certified, highly-trained Stand Beside Them coaches come with credentials and accomplishments from all walks of life. Several are veterans.

Some reported benefits from SBT coaching include:
- Reduction of stress
- Increased self-confidence
- Improved time management
- Restored relationships at home
- Interviews that resulted in job offers
- Resumes that got the HR doors to swing open

Check out testimonials from other veterans and apply for coaching on the SBT website: [http://www.standbesidethem.org](http://www.standbesidethem.org) or call SBT at 212-706-VETS (8387).
The Invisible Wounds of War Need Not Be

New York City-Based Military Family Clinic Offers Free Care to Veterans and their Families

The neurological and mental health needs of returning veterans are vast, with many experiencing multiple emotional effects resulting from traumatic brain injury and post-traumatic stress, including depression, and anxiety—or any combination of them. Nearly one-third of the 15,000 veterans who live in the New York City area are plagued by these and other mental health challenges, which also affects their families. Many are not aware that there are resources available to them right in the heart of New York City.

The Steven and Alexandra Cohen Military Family Clinic at NYU Langone Medical Center—part of the Steven and Alexandra Cohen Veterans Center—provides comprehensive mental health care to service members, veterans, and their families in the New York City region in partnership with the Veterans Administration New York Harbor Healthcare System. The Military Family Clinic fills a significant gap in healthcare services by providing free mental health care to military family members and veterans regardless of discharge status or era served.

Because a person’s mental health depends on a combination of biological, psychological, and social factors that affect people in different ways, the Military Family Clinic offers a very tailored approach in treating mental health, combining individual and group psychotherapy, medication management (if a veteran or family member requires medication), and adjunctive therapies such as mindfulness training and meditation.

The Cohen Veterans Center realized early on the significance and seriousness of post-traumatic stress and traumatic brain injury and provided funding, along with the Department of Defense, to launch a novel five-year study led by NYU Langone researchers that has the potential to transform the way these conditions are diagnosed and treated. The study is well into its second year.

Researchers are looking at thousands of Iraq and Afghanistan war veterans in order to develop a panel of biological markers (biomarkers) to classify an individual as having post-traumatic stress, traumatic brain injury or both. The expectation is that, in the not so distant future, this will result in lab tests—such as those a person receives to detect the presence of heart disease—that can definitively detect these conditions and advance treatments tailored to the individual. The study will also include athletes of contact sports.

For more information about the services offered by the Military Family Clinic, please call 855-698-4677 or email militaryfamilyclinic@nyumc.org.

If you are interested in learning more about the biomarkers study, please call 877-698-3299 or email CohenVetCenter@nyumc.org.
Listen Up Prof
(continued from Cover Page)

VITAL’s overall goal in providing these sessions to help those employed by the university gain an understanding of Veteran students is known as Military Cultural Competency. Because of their training, Veterans tend to be especially sensitive or angered to certain types of behaviors, Dr. Branson explains. Given the extreme heat experienced by those who have served in the Middle East, casual complaints about hot weather border on being insulting. And, given the military’s attention to teamwork and reliability, lack of discipline among fellow students can incite anger. Some important advice for civilians who come into contact with Veterans are details that demand paying attention and internalizing. “Soldiers” for example are military who served in the Army. “Sailors” served in the Navy. Marines are known as “Marines”. Those who served in the Coast Guard are “Guardians”. Although the experience of combat is very remote for civilian students and teachers who have not served in the military, it’s important, even essential to comprehend the terms and associations that go far beyond acronyms for those men and women who have served. Letters like OEF/OIF (referring to combat military in Iraq and Afghanistan) and IED (Improvised Explosive Device,) have meaning beyond words for many Veterans.

Bronx VA Medical Center

Approximately 10-30% of returning veterans experience symptoms of Post-Traumatic Stress Disorder (PTSD).

One of the more widely accepted theories as to the cause of PTSD is that certain individuals experience a ‘de-regulation’ of their body’s stress system after an extreme trauma. What does this mean? The body normally controls levels of stress hormones through a system called the Hypothalamic Pituitary Adrenal Axis (HPA). In those without Post-Traumatic Stress, this system is able to respond to stressors in the environment and then return back to baseline. In individuals with PTSD, however, it appears that this system doesn’t function properly.

As such, our team at the Bronx VA Medical Center is conducting a clinical trial exploring a new treatment (using an FDA approved medication). This medication is intended to ‘re-set’ the HPA Axis in people with Post-Traumatic Stress Disorder, thereby reducing symptoms of PTSD. Participants take the medication for 7 days, and are subsequently evaluated by our study team. If interested, please see our ad on this page- or check us out on Facebook.
A New Partner for Our Student-Veterans!! We are excited to announce our partnership with NYC Serves, New York City’s first coordinated network of public, private and non-governmental organizations, working together to serve the veteran community. As a network provider, CUNY will engage with over 50 of the highest performing service providers in NYC to offer efficient and accurate cross referrals, share insights and learnings about serving the veteran community, and work together to improve the overall quality and transparency of services offered to the veteran community.

So, what does this mean for our veteran community?

It is not uncommon that a member of our veteran community requires services beyond CUNY’s mandate. Now we will be able to seamlessly refer veterans and their families to other organizations who provide additional services such as employment, housing, legal assistance, and healthcare.

During the initial pilot demonstration, a number of CUNY schools will partner with NYC Serves. They include Baruch College, Brooklyn College, College of Staten Island, John Jay College of Criminal Justice, LaGuardia Community College, Lehman College, and CUNY Central.

The NYC Serves network will ensure that veterans are referred only to providers who:

- Can best-address your specific needs and goals
- Have confirmed capacity to serve you
- Provide services for which you are eligible
- Are as conveniently located as possible
- Communicate with one another to ensure solutions work

To read more about NYC Serves and to request services, please visit www.nycserves.org.

The partnership between CUNY Central Office of Veterans Affairs and Dress For Success is already off to an awesome start. Dress for Success is a non-profit organization whose purpose is to empower women and help them reach their full potential in order to achieve long-lasting success. At their appointments women are given free professional attire, interview coaching and steps to success. When asked about her experience at Dress for Success student veteran Jenna Licorish said, “The staff was courteous, friendly and extremely helpful. They even gave me some interview tips at the end of my fitting, to go along with my beautiful new suit and accessories. They gave me a ton of confidence for my interview.” If you are a woman looking toward receiving services from Dress for Success contact the veteran coordinator on your CUNY campus to sign up.

“I had a great experience. Every single staff member I met seemed extremely invested in my success.”

Elisa Dunn - John Jay College

“The ladies were very pleasant and did an awesome job in finding clothes to bring out my professional side. In essence, I got more than I expected, and I’m quite pleased about that.”

Roxanne Walker – Brooklyn College
Spreading The Word About VA Services

OEF/OIF Army Veteran Honey Fender, a clarinetist, spent much of her military tour overseas playing jazz, dixieland, rock, classical and traditional military music for fellow troops. Having joined the military “for college money,” she also worked as an Army mechanic. Looking back on her tour, Fender said she enjoyed baking cakes for celebratory occasions. Then, after honorable discharge, she completed a course in pastry-making and is now pursuing a degree at CUNY’s Baruch College in Digital Marketing, hoping to combine her interests in baking and marketing.

Fender was one of four women Veterans who described their background and future ambitions during a recent lunch-time forum. The Forum, “Marching Forward: Women in Uniform”, was attended by both male and female students and presented by VA’s Veterans Integration To Academic Leadership (VITAL) Initiative program and Baruch’s Student Veterans Group. The program was moderated by a non-Veteran Baruch student and VA volunteer Heather Low. The goal in offering ongoing events is to build a supportive Veterans Community. And, organizers hope to draw more of the 180 Veteran students into the group of regulars.

Marbelyn Cepeda, OEF/OIF Marine Corps Veteran, was an electrician in Afghanistan. She is now working toward a degree in PR and Marketing at Baruch. Cepeda is also a VA Work Study student with VITAL Coordinator Dr. Yvette Branson, who is thrilled to have an increasing number of work study students helping her spread the word about how easy it is for student Veterans to access VA Services and all they have to gain.

VITAL Coordinator Dr. Yvette Branson, explains that VITAL’s participation, in general, in this forum and on college campuses “is to remind students to pay attention to their health. VA of course, she says, is primarily a healthcare facility that encourages Veterans to make use of the outstanding services to which they are entitled.” This means Veterans, even if they are young and healthy, are urged to come into one of the VITAL college campuses to enroll for care, which at first may amount to a thorough primary care exam. Preventive care that may, for example, include assistance with smoking cessation, can also involve guidance and therapy related to anxiety and sleeplessness problems common among Veterans. More specific health problems relating to women’s health, hereditary and service connected conditions are also part of the mix.

Dr. Branson is a regular presence on CUNY’s John Jay and Baruch Campuses as well as at Fordham where she works alongside of several Veterans to familiarize students with VA services that include referral for assistance with medical and mental health problems but also include other issues that such as housing and financial concerns as they transition into civilian life and live as students and young professionals in the New York City Community.

VITAL is very open and flexible. “A student may come to me to discuss the need for free tutoring and then also mention an interest in getting help for PTSD or a concern about a persistent cough,” said Dr. Branson. “We can help with everything. I come regularly to the Campus, because VA knows students are usually too busy to take time even for a nagging concern.”

For more information about VITAL, Contact Yvette Branson, PhD Coordinator, VITAL Initiative, VA NY Harbor Healthcare System 646-772-6087
Beata Koblyarz, a 28 year CUNY Tech Pre-Med Senior majoring in the new field of Bioinformatics, was eagerly recruited about a year ago by Kevin Lapham, VA Program Support Asst. for Research and Development, to assist him develop a paperless streamlined Electronic Submission Program for all research project proposals. Participating in the 40 hour/week VA work study program, she gained no college credits. In addition to her job at VA, she took a full load of night credits in the CUNY Tech program.

The strenuous schedule was worth it, Koblyarz says, since "I'm getting lots of excellent experience with computers and research which will give me opportunities for Federal employment in the future." The invaluable experience of learning the InfoPath Designer Program and creating new online forms to put in a database has already sped up the approval process for researchers. In the last three months since going “live”, the new "Boston Strong Workflow Management System," which runs on a secure SharePoint platform required by VA, has had 22 new submissions filed electronically. Under the old hard copy submission system, it would take two to three months for approval whereas now, with the efficient online system, it only takes one month.

At age 19, Koblyarz immigrated to the US from Poland, having studied Biology in HS and speaking no English. She started at Bergen Community College in New Jersey and after two years, transferred to CUNY New York City College of Technology in Brooklyn. Three years ago, she took time off from her studies to join the National Guard, with basic training in Fort Sill, OK and then further training in Chemical, Biological, Radiation, Nuclear (CBRN) defense in Fort Wood, MO. Her responsibilities continue with monthly drills on Staten Island with “the 369th Sustainment Brigade” as a "chemical soldier," maintaining her special mask and bio-chemical detector for inspection.

Besides Koblyarz’s extensive BioTech background she also has an interest in medicine, prefers being with people to computers and is considering becoming a doctor or midwife. For now, she has plenty on her plate, with less than a year to earn her BS degree.
The Program for Anxiety and Traumatic Stress Studies (PATSS) at Weill Cornell Medical College provides FREE evidence-based assessment and treatment to veterans, active duty service members, and their loved ones. Since 2005, PATSS has offered treatment to military service members and their families for deployment-related psychological problems. We currently have a number of clinical- and research-based treatment options available without charge, thanks to generous support from foundations such as the Haven from the Storm Foundation and funding for clinical trials from the Department of Defense.

We are now able to see:

- **Eligible individuals from any military service era and regardless of discharge status**
- **Family members of veterans who are dealing with their loved one’s deployment or transition experience**

Led by Dr. JoAnn Difede, PATSS is made up of licensed psychologists and psychiatrists who specialize in treating individuals who have experienced trauma, including (but not limited to): combat trauma, military sexual trauma, and other deployment and military service-related difficulties.

The cutting-edge, evidence-based treatments that we provide includes cognitive behavioral interventions such as imaginal exposure therapy, virtual reality exposure therapy, and interpersonal psychotherapy. Services are provided at the Weill Cornell Medical College campuses on the Upper East Side of Manhattan and in White Plains, NY.

If you or someone you know might benefit from the treatment that we provide, please call us at 212-821-0783 or visit us online at www.patss.com to learn more.

---

**Apply to CUNY and Receive a Veterans Application Fee Waiver!!**

**Undergraduate Applicants**

After you submit an Admissions Application at www.cuny.edu/apply, be sure to select the "PAY LATER" option. Then, email a request for a Veterans Fee Waiver to vetwaiver@cuny.edu with the following information: your full name, date of birth, freshman or transfer, the semester you are applying for and the Application Control Number (the 10-digit number, typically beginning with a “w,” that is listed on the top of the application). Be sure to attach proof of your Veteran/Military status, such as a copy of your DD-214, Deployment or Pre-separation orders, etc. In the subject line, please write “Veterans Fee Waiver Request.”

**Graduate Applicants**

After you submit your application, please contact the school’s Office of Graduate Admissions or Veterans Representative for steps on obtaining a Graduate Veterans Application Fee Waiver (these steps vary by school). For a full list of Veterans Representatives, please visit www.cuny.edu/veterans and click “Campus Representatives.”

---

*Did You Know...Accepted veterans can obtain a waiver for the CUNY Commitment Deposit??*

To learn more about obtaining a either an Undergraduate or a Graduate Veterans Commitment Deposit Waiver, contact your campus’ Veterans Coordinator/Representative. A full list of representatives is available by visiting www.cuny.edu/veterans and clicking on “Campus Representatives.”
Did You Inhale Toxins?

The Department of Veterans Affairs continues to study the health of veterans who have deployed to recent conflicts. Veterans and service members who were close to burn pit smoke or exposed for longer periods may be at greater risk for health problems.

The Airborne Hazards and Open Burn Pit Registry is a database of health information about veterans and service members. The DoD and VA are encouraging all who may have been exposed while serving in recent conflicts to complete the online questionnaire regarding their exposure and past and current health concerns. Completion of the web-based questionnaire is all that is needed to be included in the Office of Public Health Registry. However, the VA can conduct an optional in-person exam as well. Veterans who are already being seen by a VA Primary Care Provider should discuss their history and concerns with their provider and complete the Registry Questionnaire: https://veteran.mobilehealth.va.gov/AHBurnPitRegistry/

Who should fill out the Registry Questionnaire:

The VA NY Harbor OEF/OIF/OND Transition Care Management Program Coordinator is Ric Pinard, LCSW-R (212-686-7500 x6838). He is also the point of contact for OEF/OIF/OND veterans for information relating to burn pits and the VA's direct involvement with the Burn Pit Registry. In addition, the OEF/OIF/OND Transition Care Management Team can assist veterans with accessing healthcare and scheduling the optional in-person exam after the questionnaire is completed.

Those who sign up for the registry are usually veterans concerned about specific health problems they are experiencing, such as coughing, shortness of breath and other respiratory and pulmonary problems. These symptoms are typically evident among veterans who have experienced exposure and possibly inhaled toxic substances. Some of those exposed have experienced asthma and other medical complications, preventing them from continuing their service or impacting their health after separation from the military. Any veteran or current service member who believes they were exposed should complete the registry regardless of their current medical condition.

“I think the registry is beneficial. It helps veterans realize symptoms and it gives us the upper hand to understand and help them,” says Pinard. “It is extremely important to inform veterans about possible symptoms and consequences, because many may not be aware of the seriousness of their long and short term health risks.”

Registry participation is open to any veteran or service member who served in:

- OEF/OIF/OND or in Djibouti, Africa, after September 11, 2001, or Operation Desert Shield or Desert Storm or the Southwest Asia theater of operations, after August 2, 1990
- The Southwest Asia theater of operations includes the following locations: Iraq, Kuwait, Saudi Arabia, Bahrain, Gulf of Aden, Gulf of Oman, Oman, Qatar, United Arab Emirates, waters of the Persian Gulf, Arabian Sea, the Red Sea, and the airspace above these locations.
- In addition, every VA Facility has an Environmental Health Clinician who can assist and advise veterans not currently receiving VA Healthcare, with concerns regarding environmental exposures.

The NY Harbor Lead on Environmental Health is Dorothy Norwood, MD, Chief, Administrative Medicine (718-630-2967). The Administrative Program Specialist is Taihesha Greene (718)-836-6600 x3156.

Please visit the website above for additional information and to access the Registry Questionnaire or call 1-877-222-8387.
Veteran Resources

Know Your Benefits

Below is a list of addresses, phone numbers and websites that may be useful in your military to civilian transition.

**VA MEDICAL CENTERS**

<table>
<thead>
<tr>
<th>Location</th>
<th>Address</th>
<th>City, State, Zip</th>
<th>Phone</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bronx VA Medical Center</td>
<td>130 West Kingsbridge Road</td>
<td>Bronx, NY 10468;</td>
<td>(718) 584-9000</td>
</tr>
<tr>
<td>VA Harlem Care Center</td>
<td>55 West 125th St.</td>
<td>New York, NY 10027;</td>
<td>(646) 273-8125</td>
</tr>
<tr>
<td>NY Div VA Medical Center</td>
<td>423 East 23rd St</td>
<td>New York, NY 10010;</td>
<td>(212) 686-7500</td>
</tr>
<tr>
<td>BK Poly Pl Campus</td>
<td>VA Medical Center</td>
<td>Brooklyn, NY 11209;</td>
<td>(718) 836-6600</td>
</tr>
<tr>
<td>Manhattan Vet Center</td>
<td>47-01 Queens Blvd</td>
<td>Sunnyside, NY 11104</td>
<td></td>
</tr>
<tr>
<td>Staten Island Health Care Center</td>
<td>21 Water Street</td>
<td>Staten Island, NY 10304</td>
<td>(718) 761-2973</td>
</tr>
<tr>
<td>White Plains VHA Clinic</td>
<td>23 South Broadway</td>
<td>White Plains, NY 10601</td>
<td>(914)-421-1951</td>
</tr>
<tr>
<td>Yonkers VHA Clinic</td>
<td>124 New Main St</td>
<td>Yonkers, NY 10701;</td>
<td>(914) 375-8055x4400</td>
</tr>
<tr>
<td>Queens Vet Center</td>
<td>75-10B 91 Ave</td>
<td>Woodhaven, NY 11421</td>
<td>(718)296-2871</td>
</tr>
<tr>
<td>Nassau Vet Center</td>
<td>970 South Broadway</td>
<td>Hicksville, NY 11801</td>
<td>(516) 348-0088</td>
</tr>
</tbody>
</table>

**CLINICS**

<table>
<thead>
<tr>
<th>Location</th>
<th>Address</th>
<th>City, State, Zip</th>
<th>Phone</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bay Shore CBOC</td>
<td>132 Main St.</td>
<td>Bay Shore, NY 11706;</td>
<td>(631) 328-9092</td>
</tr>
<tr>
<td>East Meadow Clinic</td>
<td>2201 Hempstead Turnpike Bldg. Q</td>
<td>East Meadow, NY 11554</td>
<td></td>
</tr>
</tbody>
</table>

**VET CENTERS**

<table>
<thead>
<tr>
<th>Location</th>
<th>Address</th>
<th>City, State, Zip</th>
<th>Phone</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bronx Vet Center</td>
<td>2471 Morris Ave Suite 1A</td>
<td>Bronx, NY 10468;</td>
<td>(718) 367-3500</td>
</tr>
<tr>
<td>White Plains Vet Center</td>
<td>300 Hamilton Ave Suite C</td>
<td>White Plains, NY 10601</td>
<td>(914) 682-6250</td>
</tr>
</tbody>
</table>

**Websites**

- eBenefits……………………………………………………………………………………………………...www.eBenefits.va.gov
- Education Benefits……………………………………………………………………………………www.benefits.va.gov/gibill
- Health Care Eligibility………………………………………………………………………………www.va.gov/healthbenefits
- Homeless Veterans……………………………………………………………………………………www.va.gov/homeless
- Mental Health…………………………………………………………………………………………www.mentalhealth.va.gov
- Records………………………………………………………………………………………………………www.archives.gov/st-louis/military-personnel
- Women Veterans…………………………………………………………………………………………www.va.gov/womenvet
- VA Benefit Payment Rates…………………………………………………………………………...www.vba.va.gov/bln/21/rates
- VA Forms…………………………………………………………………………………………………..www.va.gov/vaforms
- Vocational Rehabilitation and Employment…………………………………………………………www.benefits.va.gov/vocarehab
Lisa Beatha
United States Army Veteran
University Director of Veterans Affairs
lisa.beatha@cuny.edu
(646) 664-8835

Social Media
Facebook: www.facebook.com
(Search: CUNY Veterans)
Twitter: @CUNYVets
Instagram: @CUNYVeterans
LinkedIn: CUNY Veteran Affairs

Want to see stories about veterans at your campus? Submit them!!
Just email questions, comments or articles to:

Jazmin McBride
jazmin.mcbride@cuny.edu

Want to see stories about veterans at your campus? Submit them!!
Just email questions, comments or articles to:

Jazmin McBride
jazmin.mcbride@cuny.edu