



# USI STUDENT

# NOVEMBER 2024 VETERAN

## NEWSLETTER

EDITION #2025-3

### STAY INFORMED - USI SVA ON FACEBOOK



Are you following us on FaceBook? Scan the QRC to learn about updates and events we have with our student veterans!

### VETERANS DAY



HONORING ALL WHO SERVED

### NEXT SVA MEETING: NOV 7 / DEC 5 - STUDENT VETERAN LOUNGE (ED0114)

Meetings for the Student Veteran Association are held the first Thursday of each month at 1:30 p.m.. Veterans, current serving and dependents of veterans are all welcome!



Community supporters wave to veterans as they watch the annual Four-Freedoms Veteran's Parade on Franklin Avenue in Evansville. This year's parade will happen on November 9th and start at 2 p.m.

### LOCAL VETERAN PARADE HONORS SERVICE MEMBERS

The Four Freedoms Veterans Parade will roll down West Franklin Street Saturday, November 9, 2024 to honor our local heroes from 2 - 5pm.

Parade registration starts at 10:30 a.m. Saturday in the corner lot of the Lloyd and St. Joe.

The parade will feature military equipment and vehicles from years past, with veterans from several wars in tow - some throwing out candy for the public.

"It does show us veterans that our sacrifices were worth it to the people of this country, and I think that's important for us to know. I know a lot of times we feel like we're alone with a lot of the things we deal with," added Lynch.

If you would like to watch the parade there is no cost and please show up at the times above. If you want to register to participate as an individual or an organization please complete the form below. Line up starts at noon on the 11th and everyone must be in line no later than 1:30 p.m. When arriving join the next open spot and our registration team will come to you for the paperwork.

For more information, visit <https://ffvparade.org/the-four-freedoms-veterans-parade/>

### ANNUAL HOOPS FOR TROOPS DATE SET

The annual Hoops for Troops Military Appreciation Basketball Game will be held on January 18, 2025 as the Screaming Eagles take on the Leathernecks in the Screaming Eagle Arena.

The women and men's basketball teams will look to add a victory to their season.

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### NOVEMBER 10TH



### HAPPY BIRTHDAY USMC

[www.usi.edu/veterans](http://www.usi.edu/veterans)

## USI STUDENT VETERANS ASSOCIATION



### SUCH A THING AS A FREE LUNCH? SVA TEAMS UP WITH SODEXO TO HONOR VETERANS

For the 11th year, USI Student Veterans Association and Sodexo have teamed up to honor our veterans.

Sodexo will offer one FREE meal to all current and former military at one of their venues.

At the Loft, veterans can receive their entrée, three sides and one drink. At all other venues, the veteran will receive their entrée, one side and one drink. This offer is limited to one ticket per veteran and applied to the veteran only.

"This is a great way to honor our veterans on campus and will allow them to participate in the free meals without having to leave campus and classes to attend" said Joel Matherly, Director of the USI Veteran Military and Family Resource Center.

Students can receive their tickets for the meal at the student desk in front of the Loft in the University Center West, 2nd Floor on Friday, November 10, from 11 a.m. - 1 p.m. This is limited to one per student while supplies last. The offer is only good on November 10th, 2023.



**FIRST THURSDAY OF EVERY MONTH**

**1:30 PM (1330)**

**VETERANS LOUNGE - EDO114**

### USI SETS ANNUAL HOOPS FOR TROOPS BASKETBALL GAME

On January 18, 2025, the USI Student Veteran Association will offer FREE tickets to all veterans and military on our campus and in the community for the 11th annual "Hoops for Troops - Military Appreciation Basketball Game".

The Screaming Eagles will take on Western Illinois University in the "Southern vs. Western Battle" in the Screaming Eagles Arena. The game times are 1:00 p.m. for the women and 3:30 p.m. for the men.

"This is something we look forward to doing every year.

"While we would like to see more of our community come out to support the teams, it's just a fun day to see everyone within the veteran community", said Joel Matherly, Director of the Veteran Military and Family Resource Center.

The event is open to veterans of all eras and includes up to five (5) tickets for all guests. Tickets can be picked up the day of the game at the veteran ticket window in the PAC.

"We hope that the veterans will come out so we can expand on what we can offer to our campus and community", said Matherly.



## USI STUDENT VETERANS ASSOCIATION

**USI SVA DESIGNS NEW UNIT T-SHIRT FOR 2025**

In the military, units had specialized t-shirts designed and printed to build cohesiveness and pride within the unit.

Taking a lesson from the military, the USI Student Veteran Association has designed T-shirts with the goal of building camaraderie and showing our pride in both our campus and organization.

There are multiple designs, colors, and sizes to choose from. If you are interested in purchasing one, please come to the student veteran lounge in EC 0114. They will be sold for \$20 per shirt.

These shirts can be worn for all SVA meetings, events, or around town. This is a great way to show your support for our association chapter.

All proceeds will go to support the SVA Student Fund, which is used for all SVA events.

**SERVICE DOGS MAY REDUCE PTSD SYMPTOMS**

**A STUDY PUBLISHED IN JUNE AIMED TO UNDERSTAND HOW SERVICE DOGS AFFECT VETERANS WITH PTSD, DEPRESSION AND ANXIETY AND FOUND HAVING A SERVICE DOG MAY REDUCE THOSE SYMPTOMS** - Dave Spiva, VFW Magazine, Oct 2024

A June study funded by the National Institutes of Health found that service dogs may reduce symptoms of PTSD, as well as anxiety and depression. Researchers claim the study is the largest-ever national study about service dogs relating to veterans with PTSD.

The results of the research were published by the Journal of the American Medical Association and titled, "Service Dogs for Veterans and Military Members with Posttraumatic Stress Disorder." The study consisted of 156 veterans diagnosed with PTSD and was conducted between August 2017 and December 2019.

Participants, all being post-9/11 veterans, were recruited from a nonprofit service dog organization called K9s For Warriors, and then were divided into two groups: 81 veterans who received a service dog and 75 veterans who remained on a waiting list. After three months, the group of veterans with service dogs showed improvements with:

- PTSD symptoms
- Depression
- Anxiety
- Psychosocial functioning, such as social isolation

According to the study, veterans with service dogs had a two-thirds (66 percent) less chance of a PTSD diagnosis when compared to veterans without a service dog.

"Findings of this trial suggest that trained psychiatric service dogs may be an effective complement to usual care for military service-related PTSD," researchers noted in the study. They added that more research is needed to learn the long-term benefits of how service dogs may improve mental health.



## USI STUDENT VETERANS ASSOCIATION

## VA BENEFITS CHAPTER 36: WHAT ARE CHAPTER 36 VA BENEFITS AND HOW TO APPLY TO GET THEM? - LW, Marca.com, Oct 2024

Chapter 36 VA benefits, also known as Personalized Career Planning and Guidance (PCPG), offer an incredible resource for veterans and their dependents. If you're leaving active service soon or were discharged within the last year, Chapter 36 provides free educational and career counseling to help you navigate life after service. It's an opportunity to get personalized support as you transition back into civilian life or pursue further education.

One of the big questions veterans have is, "Am I eligible?" To qualify, you need to meet one of these criteria: you must be discharged from active duty under conditions other than dishonorable within six months, or have separated from active duty (again, under conditions other than dishonorable) no more than a year ago. Additionally, if you're eligible for any VA educational assistance program, or if you're currently using VA education benefits, you also qualify.

So, what exactly do you get? Chapter 36 benefits provide a range of support. You can get career counseling to help figure out what kind of civilian or military jobs you're interested in, educational counseling to guide you toward the right training programs or fields of study, and even academic and adjustment counseling to tackle any barriers to your success.

There's also resume support, helping you build the right tools for the job market, and goal planning to map out your next steps. These are essential benefits

to help veterans or their dependents successfully re-enter civilian life or transition into new careers.

### How to apply for VA Chapter 36 educational and career counseling

Applying is super easy, and there are a few ways to do it. You can apply online, by mail, or even in person at your nearest VA regional office. If you're going the mail route, you'll need to fill out VA Form 27-8832 (Personalized Career Planning and Guidance/Chapter 36). If you qualify, you'll be invited to a career and guidance appointment where you'll get one-on-one support in figuring out your next move.

What's also cool is that family members can qualify too. If you're a dependent of a veteran, especially if the veteran has a service-connected disability, you could be eligible for Chapter 36 benefits. This

includes spouses and children who qualify for VA educational programs like the Post-9/11 GI Bill or the Montgomery GI Bill. You'll receive similar benefits, like educational and career counseling, helping you explore your interests, and mapping out your career path.

All in all, Chapter 36 benefits are an invaluable tool for veterans and their families. It's a way to ease the transition into civilian life, providing the necessary guidance and resources to succeed in your career and educational pursuits.



UNIVERSITY OF SOUTHERN INDIANA  
STUDENT VETERANS ASSOCIATION  
★★★★

*Trivia and Costumes Night*

Bring your friends and your brain power for an unforgettable night of trivia and costume contest

**PRIZES INCLUDED**

**OCTOBER 28, 2024**  
**3 - 5P.M.**  
**Education Center - Rm 0138**

**MORE INFORMATION**  
Contact the USI Student Veterans Association  
ED 0114



VA U.S. Department of Veterans Affairs

*Don't Fall into FALL*

LEARN ABOUT YOUR DURABLE MEDICAL EQUIPMENT (DME), SUPPLIES, EQUIPMENT, AND GRANTS.

**FRIDAY | NOV. 8, 2024**  
**9:00 AM - 12:30 PM**

**FOR VETERANS, THEIR FAMILY, AND CAREGIVERS.**

**EVANSVILLE VA**  
**6211 E. WATERFORD BLVD.**  
**EVANSVILLE INDIANA**

COME TALK TO OUR STAFF ABOUT OPTIONS AVAILABLE TO YOU. ALL IN ONE LOCATION.

PLEASE BRING YOUR CANE, WALKERS, WHEELCHAIRS, AND CRUTCHES FOR EVALUATION FOR SAFETY AND APPROPRIATENESS. KEEPING YOU SAFE AND INFORMED.

**VOLUNTEERS - ABLE TO ANSWER ANY QUESTIONS ABOUT VOLUNTEERING**

**THERAPY - AVAILABLE TO ANSWER QUESTIONS ABOUT EQUIPMENT AND MOBILITY AND ASSESS YOUR MEDICAL EQUIPMENT**

**PROSThetics DEPARTMENT - AVAILABLE TO ANSWER QUESTIONS REGARDING EQUIPMENT CONSULTS AND AVAILABLE GRANTS**

**OTHER PROGRAMS SUCH AS:**

- FALL PREVENTION, WHOLE HEALTH, CAREGIVER SUPPORT, AND MORE!
- FLU SHOTS - IF AVAILABLE

**SAFE PATIENT HANDLING - IDENTIFY EQUIPMENT AND MOBILITY NEEDS IN YOUR HOME TO ASSIST YOU OR YOUR LOVED ONES.**

ChooseVA

## USI STUDENT VETERANS ASSOCIATION

## WHAT'S HAPPENING ON THE USI CAMPUS AND VETERAN COMMUNITY

## USI AROTC TO HOST ANNUAL ROADMARCH

A University of Southern Indiana tradition is celebrating its 20th anniversary on Saturday, November 16. The 20th annual Norwegian Foot March, an intense mental and physical challenge, will take participants 18.6 miles (30 km) through the rolling hills of Evansville's west side. Carrying a 25-pound rucksack, participants will begin and end on the USI campus, working to make it back to the finish line generally in under four and a half hours depending on age and gender.

ROTC cadets, active duty and reserve service members, veterans and civilians may register individually or as part of a four-member team. Registration can be completed online or by calling USI Outreach and Engagement at 812-464-1989. Early registration is recommended. Registration cost is \$35 for ROTC cadets from any school and \$55 for others. Registration will close on November 8 or when the event is at 500 participants.

The Norwegian Foot March is sponsored by USI's Student Veteran Association. Proceeds from the March enhance the training of the students in the USI ROTC Program. Funds are used to cover costs associated with training, travel, team development and additional equipment. A canned food drive will also be conducted with the March. Participants are encouraged to use non-perishable food items as their required weight and donate them upon completion of the event. Food items will be donated to local food banks.

Those who complete the March within set guidelines will receive a Norwegian Foot March certificate and pin which can be worn on service uniforms. The Norwegian Foot March is a boot camp tradition for Norwegian soldiers and is supported by Dr. Nils Johansen, retired Norwegian Artillery Reserve Officer, retired USI University Division advisor and Adjunct Instructor of Geology and Physics.

The march was first held in 1915 as a test of marching endurance for soldiers in the Norwegian Army. A strategic goal was to be able to move larger units of troops over a great distance swiftly and in a manner that enabled them to efficiently be prepared for combat – even after the march by carrying their rucksack /weaponry of 11 kg. The goal today is to stimulate the general interest of marching over extended distances amongst military and civilian personnel.

For more information, contact USI Outreach and Engagement at 812-464-1989 or [outreach@usi.edu](mailto:outreach@usi.edu). Register at [USI.edu/FootMarch](http://USI.edu/FootMarch).



**HALLOWEEN BASH**

SGA

NOVEMBER 1  
6-10 P.M.  
EIGHER BARN

COME ENJOY MOVIES, HAUS OF TERROR, GAMES, PRIZES, FREE FOOD, GLOW PUTT PUTT & MORE



**GPHI**

LIPSYNC:  
HAUNTED HITS

When? 11/01  
Where? USI Arena  
Time: 7pm

**Delta Zeta**

Organization

**November 19, 2024**

Date of Event

**Azzip West**

Location of Event

Public Relations Student Society of America

**Brooks Cooper****Tues. Nov 19**  
6 p.m. in LA 1016Learn about:  
Career planning, crisis  
communications & internships/  
entry-level jobs at Abbott**Senior Manager of  
Sales Operations at  
Abbott Medical Devices**

Instagram: @usiprssa