

— Serving Those Who Served —



February 2021 Newsletter
*Discover your next mission,
remotely*



C U Y A M A C A
· C O L L E G E ·



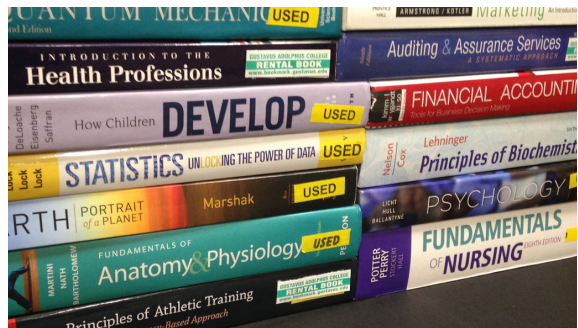
STUDENT PANTRY

The Veterans Center will be hosting drive-thru pantry services once a month during the Spring 2021 semester. For dates, see the calendar on page 6. For a list of free food in your area, please click [here](#). To find free diapers, please click [here](#).



SCHOOL SUPPLIES

Get \$150 worth of school supplies at the Cuyamaca Bookstore Online and pay nothing at check-out. Program is open to Veteran students using VA education benefits who are taking Spring 2021 classes. Instructions on how to use this service has emailed to you.



TEXTBOOK PROGRAM

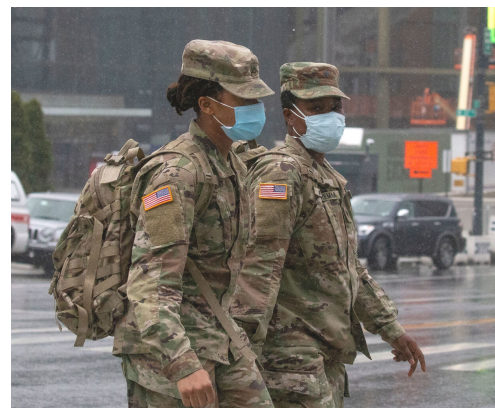
Get \$400 worth of required textbooks or access codes at the Cuyamaca Bookstore Online and pay nothing at check-out. Program is open to Veteran students using VA education benefits who are taking Spring 2021 classes. Instructions on how to use this service has been emailed to you.

COVID-19 VACCINE UPDATES

VA Health Care facilities are currently administering COVID-19 vaccinations for the following groups:

- VA health care personnel
- Veterans living in VA long-term facilities
- Veterans who receive care at VA and are at high risk for COVID-19 based on VA and CDC [risk criteria](#)
- Veterans who are at least 75 years of age
- Caregivers of veterans, if the veteran is eligible for the vaccine

If you receive care at a VA health care facility, VA will contact you once you become eligible for the vaccine. If you are not currently receiving care from a VA healthcare facility, click [here](#) to sign up, or contact your current health care provider for vaccine information.



COVID-19 INFORMATION

FREQUENTLY ASKED QUESTIONS

The following questions and answers were gathered from the County of San Diego Health and Human Services COVID-19 factsheet. More information can be found [here](#).

Is the COVID-19 vaccine safe?

Yes. The vaccines underwent clinical trials with thousands of participants representing a range of diverse groups and has been deemed safe by the Centers for Disease Control and Prevention (CDC) and the U.S. Federal Drug Administration (FDA). Those with a history of reactions to immunizations are encouraged to talk to their healthcare provider prior to receiving the vaccine.

How was the COVID-19 vaccine made so quickly?

COVID-19 is not the first coronavirus. Scientists were able to apply 50 years of research to make a safe and effective vaccine, which received support for accelerated production.

How do COVID-19 vaccines work?

The Moderna and Pfizer-BioNTech COVID-19 vaccines are messenger RNA vaccines (mRNA). mRNA provides the instructions your body needs to build a small protein that triggers an immune response to COVID-19 if you become infected.

If I have already had COVID-19 and recovered, do I still need a vaccine?

Yes, you do. There is not evidence that recovering from a COVID-19 infection builds lasting immunity in the body. Some people have been infected with COVID-19 more than once/multiple times. It is recommended you wait 90 days from recovery to receive the vaccine.

Do I still have to wear a mask after I receive the vaccine?

Yes. It will take time to vaccinate enough people for immunity in the community. In the meantime, continue to be COVIDSAFE by wearing a mask, maintaining social distance, washing your hands, and avoid large gatherings. The vaccine prevents you from getting ill from COVID-19, it does not prevent you from contracting it or spreading it.

Are there side effects?

Common side effects include soreness in your arm, fatigue, body aches and fever. These are signs the vaccine is working.

How much do COVID-19 vaccinations cost?

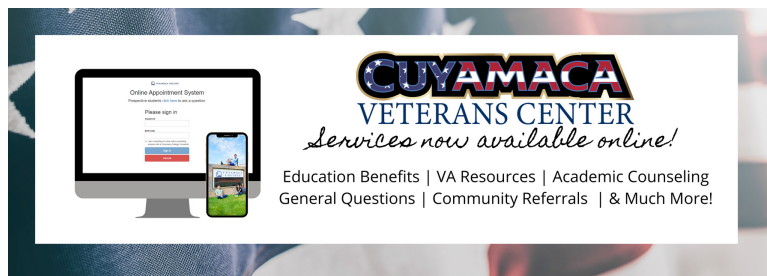
Free vaccinations are available from the County of San Diego (County) for all individuals currently eligible and interested in being vaccinated for COVID-19. Individuals in currently opened Phases and Tiers should first contact their medical providers to receive the vaccine directly at no-cost. For individuals unable to receive the vaccine from their provider, or if they do not have a healthcare provider, they may be vaccinated at a County-coordinated COVID-19 vaccination site at no-cost.

How do I find out if I am eligible?

Updates on who is eligible to receive the COVID-19 vaccine will be posted on the COVID-19 Vaccine page on <https://coronavirus-sd.com/vaccine>. Additionally, depending on what group you fall into, you may be notified by your healthcare provider.

ACADEMIC COUNSELING

e-ADVISING



Cuyamaca's e-Advising provides students with the ability to ask quick questions that do not require in person appointments. You will need your student ID# to submit a question, click on the banner above or visit <https://www.cuyamaca.edu/student-support/additional-support-and-assistance-programs/veterans-center/vets-staff.php> to submit your question. These questions can include, but are not limited to, the following:

- Transfer
- Course Planning
- Probation or Dismissal
- Graduation
- Petitions & Academic Renewal
- Questions about other veteran-related services? Ask us here too!

VIRTUAL DROP-INS

If you would like to sign-in to see an academic counselor for 10-15 minutes, please click [here](#), see the availability of the counselor, click the appropriate hour and enter the Zoom waiting room; the counselor will be with you shortly after that. These are not scheduled appointments, these are drop-ins so you need to enter the room during the hour you are selecting, the same way you would see a counselor as a drop-in when on campus. You cannot pre-schedule these appointments.

APPOINTMENTS

If you have any questions about your student educational plan and would like to schedule a 60 minute appointment with a veteran's academic counselor, please click [here](#) to schedule. Once you schedule your appointment, you will be emailed a ZOOM URL/Link to join the meeting online. New appointments are added every week day up to 15 days in advance, if you don't see an available appointment check back the next week day or connect with us via e-Advising.

If you would like to schedule a 60 minute appointment with our Veterans Student Specialist, Allan Estrada, for a non-academic appointment, please click [here](#).

VA EDUCATION BENEFIT PAPERWORK

Submit **ALL** of the following paperwork to Debra Ayers via email at debra.ayers@gcccd.edu to be certify your enrollment for the spring 2021 semester:

- [Semester Worksheet](#)
- [Grossmont College Guest Intent Form](#) (if you are also taking classes at Grossmont this semester).
- If you have changed your major, you will need to provide a One Semester Educational Plan or a new Comprehensive Educational Plan. The educational plan must be submitted with the semester worksheet. If you are a continuing student and have not submitted a Comprehensive Educational Plan you will need to provide a copy before enrollment will be certified to VA. Click [here](#) to schedule a comprehensive service appointment with Veterans Academic Counselor, Osvaldo Torres.
- The One Semester Educational Plan can be created and obtained during drop-in appointments. Drop-in appointments are available Mondays only. The Comprehensive Educational Plan can be created and obtained during a 60 minute appointment. Click [here](#) to sign up for a Virtual Drop-In.

EMERGENCY FINANCIAL ASSISTANCE

EMERGENCY ASSISTANCE FUND

For students who are experiencing a financial emergency due to COVID-19, please click [here](#) to apply for an emergency grant.

Receive a \$500 grant each semester that you are an active student. Grant is not a part of you Financial Aid or your VA Benefit. Eligibility: Current Cuyamaca student who has not previously received the grant from either Cuyamaca College OR Grossmont College in the same semester.

Cuyamaca College has exhausted it's CARES Act funding. However, you are still encouraged to apply as all applicants are being placed on a waitlist until more funding becomes available.

No applications will be discarded, you will not lose your place in line if you have already applied.



CUYAMACA CARES

JOB BOARD



United States Golf Association is hiring students for the 2021 U.S. Open. This is a paid internship. For more information click [here](#)



American Safety Group Virtual Employment Information & Hiring Event. February 24th 5:00pm - 6:00pm. To register, click [here](#)



San Diego Area Virtual Diversity Job Fair. February 26th 10:00am - 12:00pm. To register, click [here](#)



MCB Camp Pendleton 2021 Virtual IT Industry Day. March 25th 9:00am - 4:30pm. To register, click [here](#)



Camp Pendleton Career Fair. April 8th 11:00am - 1:00pm. To register, click [here](#)

CUYAMACA CAREER CENTER

The Cuyamaca College Career Center is open for virtual appointments for services including career and job counseling, career workshops, job searches, career assessments, career research information and much more!

If you are looking for a job, please click [here](#) to schedule an appointment with Cuyamaca's Job Placement Case Manager, Angela Tilley Ruiz.

If you need help deciding on a major, or would like to take a career assessment, please click [here](#) to schedule an appointment with a Career Counselor.

If you would like to connect with a professional in your field of interest, please email Cuyamaca's Work-Based Learning Coordinator, Maci Gerber, at maci.gerber@gcccd.edu.

For more information about the Career Services and the services that they offer, please visit <https://www.cuyamaca.edu/student-support/career-center/index.php>

SPRING 2021

BLACK HISTORY MONTH



- Black military history newsletter
- Celebrate the birthday's of Rev. John Lewis and Fredrick Douglas
- VA disability workshop: February 18th 12:00PM - 1:30PM, to register, click [here](#)
- Veterans Center Food distribution: Monday, February 22nd from 12:30PM - 1:30PM on campus at the Annex 1, click [here](#) for a map.

WOMEN'S HISTORY MONTH



- Women in military history newsletter
- Who is Rosie the Riveter? Find out on Rosie the Riveter day, March 21st
- Overview of the Women Warrior Foundation, found on our website
- Discussion on vintage military recruitment posters
- Veterans Center Food distribution: Monday, March 22nd from 12:00PM - 1:30PM on campus at the Annex 1

SEXUAL ASSAULT AWARENESS MONTH



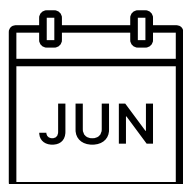
- Military Sexual Trauma (MST) Awareness newsletter
- MST, DD214 discharge designations, and VA disability discussion
- MST and mental health and resources available our website
- Veterans Center Food distribution: Monday, April 19th from 12:00PM - 1:30PM on campus at the Annex 1

MILITARY APPRECIATION MONTH



- "What does it mean to appreciate military service?" newsletter
- Discussion with faculty/staff on what it means to appreciate veterans
- Appreciating military service with mental health services
- Veterans Center Food distribution: Monday, May 24th from 12:00PM - 1:30PM on campus at the Annex 1

NATIONAL SAFETY MONTH



- Financial, housing and food security and veterans newsletter
- National PTSD Awareness Day, June 27
- Safety in Numbers, discussion on the importance of post-service camaraderie
- Wall of Honor for our Spring 2021 graduates on our website

IMPORTANT ANNOUNCEMENTS!



Last day to apply for Pass/No Pass is **March 5**



Last day to apply for Spring 2021 Degree/Certificate is **March 12**



Spring break is **March 29** through **April 3**



Memorial Day is **May 31** and classes will not be held



Cuyamaca College Commencement is **June 10**



Summer registration begins on **June 14**

VETERAN SERVICES STAFF



Osvaldo Torres
Veteran Counselor



Kaylin Rosal
CVC Coordinator



Debra Ayers
VA Certifying Official



Allan Estrada
CVC Student Specialist

For all inquiries regarding Veterans Services, please email
cuyamaca.veterans@gcccd.edu