



NEWS AND VIEWS



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October 2016

PLEASE SHARE THIS NEWSLETTER WITH OTHER VETERANS



A Veteran Speaks Out

By: Brian McKeown



As long as I can remember June 6th was a day of remembrance, a day of thanks, a day of honor. Now 70 years later it isn't even a mention in our media. So what exactly is the media and internet doing to us? Do all of us really see the effect the media has on us? I know Iraq and Afghan vets mostly know how far the medias reach really goes. Overseas they write there own stories and make their own assumptions. All these battles and we as veterans are not fighting together. Too many battles on too many fronts. Regardless it comes down to the relationships, and a communal effort.

If we took away electronics would we still have the ability to communicate, internet allows ptsd to take a foot hold and allows the vet to introvert and isolate. Technology has allowed us to to be comfortable. We still have to ask ourselves the question. Veteran organizations struggle now due to the availability of information. The internet and its availability has removed the forceable social interaction that took place when Vietnam veterans and so many others that didn't have social media and google at their fingertips. Then we were forced to make relationships and judgments based on actions rather than purely on what is read. We have lost our ability to create pure relationships and now our older veterans are the only source of experience and knowledge on how to build and hold meaningful relationships that are bigger than material/physical, and superficial paybacks. We should be interested in that intellectual knowledge. If we don't learn from our history we are bound to create the same mistakes repeatedly.

While many of us see the internet and the infor-

mation age a benefit and a life need, veterans above all else know how to communicate and work together without that technology. A skill we naturally took up out of need and necessity. This being said, we are the professionals that should be leading the way for the relationships we need to allow our community to fully flourish.

Vets organizations have morphed into aid and assistance locally. With most Congressional chartered organizations what happens at a national and even state level is at the other end of the spectrum as the local posts. It is these local organizations that are directly helping our community and directly making a difference for not just veterans and their families but our community as well.

Now we struggle to stay relevant donating and helping as many as possible but the fact still remains it not enough. We still lack the relationship needed to truly help our community and its veterans.

Patton once stated "If everybody is thinking alike, then someone isn't thinking"

We can make excuses on why our city/county relationship with it veterans could be improved. Weather it comes down to a bar that tore apart organizations or a double booking on veterans day or memorial day.

We as vets can and will only be heard as one voice.

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If you would like to purchase an Business Card sized ad to put in our NEWSLETTER, Please call the chapter office. Phone number is: 707-526-4218

Contributors to the News and Views: Ken Holybee, Kate O'Hare-Palmer, Bill Burke, Brian McKeown, and Mary Rivers. Thanks to all. Would like to see more articles next month. Support the chapter. I don't write articles, I just put it together. There are a lot of interesting stories out there, send them to Ken and he will forward them to me.

NOTICE

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Donating to VVA 223 with PreTax IRA Income

By: Bill Burke



President Obama signed into law the Protecting Americans from Tax Hikes (PATH) Act of 2015 on December 18, 2015. The new law extended over 50 expired provisions of the tax code. Among these provisions (Section 112) was the restoration of QCD's (Qualified Charitable Donations) that allows IRA owners over the age of 70 ½ to give IRA funds directly to charity without having to include them in income. It had become almost a yearly holiday tradition for many IRA owners to wait for Congress to act on this provision. In 2013, Congress didn't extend the provision until after midnight on December 31st. The game of "wait and see" is finally over as this bill makes the provision permanent. At least as permanent as anything is in the tax code.

IRA owners over age 70 ½ who are charitable will not have to procrastinate taking their required minimum distribution (RMD) in 2016. The ability to give directly to a charity and avoid reporting the income on their tax return is a huge advantage to taxpayers who don't itemize deductions. Charitable contributions don't save income taxes unless you itemize. A QCD saves income tax because the amount of the contribution is not shown as income. Lowering income can also help reduce the taxable amount of Social Security benefits and reduce the amount of the Medicare Surtax for taxpayers with higher incomes.

The distribution must go directly from your IRA custodian to the charity in order to qualify as a QCD. The charity needs to acknowledge the gift for your records. The taxpayer reports the gross amount on line 15a of Tax Form 1040 but carries over only the taxable amount to line 15b. If the entire distribution went to the charity, this number will be zero. Write "QCD" next to line 15b to further identify the transaction. Always consult your tax preparer prior to making a charitable distribution. Please consider a QCD distribution to the VVA Chapter 223, a qualified 501(c)(19) Non-Profit Veterans Corporation. Our tax ID number is 68-0434747.

President's Message October

Ken Holybee



Over the summer we were involved in a number of outreach programs. One of the things I am most proud of with VVA is the outreach we do with veterans. We try to bring attention to issues facing all veterans and work to get them into the service office to see if they are entitled to benefits. We have member that work at the clinic in all weather and before the sun is up to get coffee for the veterans traveling to the San Francisco hospital. All this is with a smile and a friendly word. Sometimes people even say how much they appreciate their being there. I would like to make sure that they all know that what they do is important to the veterans they meet and serve. They are also very much appreciated by the staff at the clinic and this has been passed on to the people in charge in San Francisco. An issue has been brought to my attention that we should be looking into at the national level as well as all other levels of every organization. The soldiers in the invading forces into Iraq were given anti-malaria medication. The Mefloquine Hydrochloride tablets they were given have some serious side effects that persist all these years after use. They have caused neurological problems with the veterans. These include PTSD like syndromes, suicidal and homicidal thoughts as well as dreams that go off the charts of nonrealistic visions. These symptoms keep the veterans from becoming involved in activities with other veterans as well as veteran groups. With the thought process disrupted this way the veterans do not feel comfortable around people they are not familiar with. I am hoping to get more information on this in the future. We need to assist these veterans and not leave them to fend for themselves. It is just not our way.

We have been very involved with the Veterans and Family Advisory Committee at the Santa Rosa CBOC. We are working to improve care at the clinic and bring up issues at the San Francisco VA that we feel we can fix. Our goal there is to change what we can and offer solutions to the problems we see. The eight members of the committee work very well together and the members are not afraid to speak their minds to the leadership. Most people will not see the

Continued on page 5

A Vet and His Dog

Anthony Tate written by
Mary Rivers



Part 2: And so the story continues.....

Once he crossed the California border, Anthony knew he was nearly home. The dogs had endured the long trip across the United States and back. This would soon be a trip that would never be forgotten.

Nearly a couple of hours from home, Anthony made a stop to use the restroom and let the dogs out to run around. He got back in the car, once done, and began to travel home, assuming that both dogs were in the car as their routine was that once the door was opened, they jumped into the back seat. Anthony thought he had seen Max' pillow move so that meant Max must have been in the car and settled in as usual. But, being so tired and just wanting to get home, he didn't make that final check.

He started thinking back to when he first got Max. He always traveled with Anthony wherever he would go. Max never let him out of his sight. Anthony always knew that Max would be right by his side as he always sat at his feet, something that Anthony always failed to realize. I've witnessed Anthony call for Max and look for him, and I've had to say "he is sitting at your feet". It's safe to say that Anthony thought, but didn't check, to see if Max was actually in the car because he knew he would always be there.

He had stopped at one more rest area on Highway 99 close to home and realized at that time that Max was not in the car. He couldn't think of where he might have left him. So he traveled home to determine how to best locate Max. The drive home left him fighting with himself – the guilt over leaving his dog behind, being powerless to do anything at that very moment, and the feeling of loss that started attacking his heart.

It's normal for such events to make you feel scared, confused, or angry for a while. PTSD occurs when these feelings don't go away or if they get worse. Symptoms include having nightmares or flashbacks about the event, not being able to feel or express emotions toward loved ones, and being easily angered or

"on edge." PTSD can make it very hard for you to deal with life, your job, or your family and friends. This was a struggle Anthony knew all too well!

Anthony was distraught at not having Max with him when he got home. Lady howled and whined because the two dogs were always together and she felt the loss. Not realizing where he may have lost Max, made it difficult to determine where to look. He pretty much gave up and started getting angry with himself for what happened. The guilt was unbearable to the point that it took away his clarity to decide as to what he should do to find Max. He started giving up hope of Max coming home. There were times when he heard neighborhood dogs barking just like Max. He thought Max found his way home like so many other dogs did. But, it was not Max. This made it worse for Anthony to come to terms with losing Max. Anthony hoped that, above all, Max was ok and maybe with someone else who would take care of him, rather than have been hurt or killed.

Anthony started resorting back to being always on edge, close to panicking and exploding, the feeling of being emotionally numb and disconnected from family and friends. For the next couple days, the nightmares returned, the anger and guilt continued to grow. He was sure he caused Max' death and that it should have been his life taken, not Max'. He knew only one way to blow off this steam. This led him to contemplate the unthinkable!

Our Annual Christmas Event is the First Friday in December. That makes it December 4, 2016.

We will need helpers, for decorating, wrapping utensils, and wrapping gifts for the Children. If you are bringing children 10 or under please call Ken or Sonja Holybee @ 887-8891, so we can make sure they have a present from dear old Santa. If over 11-12, we will give a gift card for the children to use as their parent allows. They will be Walmart gift cards.

Presidents Message Cont. from Page 3

changes unless it is something that experience daily. We are working on making sure that the Kiosks are working properly to speed up check in. did you know that you can check in with the Kiosks in the clinic and in San Francisco? The ones in SF you can even use to apply for your travel pay. One stop shopping and you don't even need to talk to anyone. We are talking about having another town hall meeting with the VA leadership. It will probably be in the spring. Don't forget that if you have issues that you feel need addressed you can use the comment cards at the clinic or if that doesn't work, let us know and we can bring it up in person.

Our upcoming events include, showing of the documentary film highlighting our member Mark Weston and the two soldiers he shared a fox hole with and they all thought the other two had died, Veterans Day at the Santa Rosa City Hall and our annual Christmas Party on December 2nd. Volunteers are welcome to assist an all these projects.

VA Begins Nationwide Study on the Health of Vietnam Era Veterans

By: Paul Sutton, from VVA Talklist

The Department of Veterans Affairs (VA) launched the *Vietnam Era Health Retrospective Observational Study (VE-HEROeS)*, a national study on the health and well-being of Vietnam Veterans, **including Blue Water Navy Veterans**, as well as Veterans who served elsewhere during the Vietnam Era (1961-1975), and similarly aged U.S. residents who never served in the military.

Beginning this fall, VA will invite approximately 43,000 Vietnam and Vietnam Era Veterans, and approximately 11,000 members of the general U.S. population to participate in VE-HEROeS. Researchers have scientifically selected a random sample of individuals for participation, and are not able to accept volunteers. VA encourages all those who are in-

vited to fully participate in the study.

Because of the small sample size (which was limited because of budget), it is vital that every veteran who receives a survey do their best to fill it out completely and honestly and return it to the Survey Team. Because the Blue Water Navy segment is just a small subset of the overall veteran population, it is even more important that every Survey that goes out to a Blue Water Navy veteran be completed and returned; the higher the return rate, the better the picture of our current health status that can be drawn. This Study can show important 'indications and tendencies' for the health of each cohort, but this Study WILL NOT be a "groundbreaking study of Blue Water Navy health outcomes" as has been previously stated by the Compensation Division of the Veteran Benefits Administration. But even assessing the health trends and tendencies still depends on a high return rate to provide a higher probability for whatever data that can be gathered at this point in time. And every survey received will be one additional data point reporting the overall health for each group of Vietnam Era veterans.

All participants in VE-HEROeS will be asked to fill out a questionnaire on their military service, general health, age-related conditions, health care use, and the health experiences of their children and grandchildren. A smaller group will be invited to agree to a medical records review. Topics of special focus for the study include cognition, hepatitis C infection, and neurologic conditions.

Learn more at www.publichealth.va.gov/epidemiology/studies/heroes/index.asp

The surveys will start mailing out next week or so. Because of the small sample size, it is important to get the highest maximum Return Rate as absolutely possible.

POW/MIA SERVICE

By: Bill Burke

Friday, September 16, 2016 started off overcast and cool at Santa Rosa Memorial Park but by the time the program had started at 10:00 am the clouds had parted and the sun was beginning to warm things up. Lance Ballenger, Commander American Legion Post 111, welcomed veterans, and guests alike including the mayors of Santa Rosa, Healdsburg, and Windsor, along with our distinguished speakers. Lance also acted as our master of ceremonies for the days' program. An honor guard posted our American and POW/MIA flags. Multiple veteran organizations posted their colors including American Legion (2 posts), VFW, Military Order of the Purple Heart, Amvets, and 40&8.

Father Howell gave the invocation followed by the Pledge of Allegiance. Father Howell was an assistance officer during Vietnam and had the honor receiving Vietnam POW's as they returned from their captivity. He went with 20 of them as they returned home and assisted them with their integration back to society. He was able to relate that part of his duty was to help them with their press conferences and Q & A sessions. As it turned out his services were rarely needed. The POW's had written and rehearsed their speeches during their captivity long before meeting Father Howell. Father Howell then did some scripture reading and the national anthem was sung by Miss Abby Volz of the Windsor Performing Arts Choir.

The distinguished speakers began with US Congressman Mike Thompson of the 5th District who is also a veteran of Vietnam. He spoke of personally going back to Vietnam to see the efforts in recovering the remains of our missing soldiers and has listened to the stories of people he knew that were POW's. He concluded with "All POW's are heroes". Next up was California State Senator Mike McGuire of the 2nd District who reminded us that 83,000 are still missing from all wars and read a proclamation from the Governor of California on the value of National POW/MIA Recognition Day. The last speaker was Sonoma County Supervisor Shirlee Zane of the 3rd District who talked about her father's unit in WWII where half of them were killed in action. She then talked about the Palm's Inn in Santa Rosa dealing with homelessness of veterans in Sonoma County. She singled out Kym Valadez of the local Veterans Administration and Catholic Charities for their efforts in making the Palm's Inn a success. She concluded with the hope of housing 60 more veterans at the former Sutter Hospital site on Chanate Road in Santa Rosa.

One of our featured speakers was not able to be at the program due to being hospitalized earlier in the week from a fall. Darrel Shumard flew a P-47 in WWII. On his first mission to bomb a bridge over the Rhine River, he got hit in the left wing by 20-mm flak that blew open the gun bay. Despite the severe damage, Shumard opted to try to

fly back to his base in Dijon, and made it on the proverbial "wing and a prayer". On his 22nd mission, February 14, 1945 he collided in mid-air with "one of our own". Both pilots bailed out. The other pilot landed in Allied territory but Shumard touched down on the German side of the Siegfried Line, where he was immediately captured eventually being taken to Stalag VIIA where he was held until liberation. After the war he continued to fly by volunteering for Angel Flights. Angel Flights is an organization dedicated to ensuring that needy veterans and families are not denied evacuation to distant medically needed assistance. A Sonoma County proclamation honoring his service and sacrifice was presented to his wife.

The next featured speakers were Jean Marie Heskett and her son Mike McCoy. Jean-Marie Faggiano was just a little girl 6 years old living with her family in the Philippines when Pearl Harbor was attacked on December 7, 1941. After the bombing of Pearl Harbor and the beginning of WWII, the Japanese Imperial Army began their occupation of the Philippines, and non-national civilians – mostly American and British business men and their families were forced into internment camps. Jean-Marie and her family, along with 3600 other civilians, were forced to surrender to the Japanese and live as civilian prisoners of war at the Santo Tomas Internment Camp in Manila from January 1942 until February 1945. Her son, Mike McCoy has written a book, "Through my Mothers Eyes" about her experience. He related that he had to return to college to learn how to write a professional book for publication. He then went on to relate that he once again had to return to school to learn how to write a screen play which is now down to a "final 50" to get made into a movie. He has high hopes that the screen play will be selected to be produced and have his mothers account made into a feature film.

Jean-Marie still remembers having her parents subjected to regular torture. On the positive side, by the time of her liberation at the age of 9 she was able to speak fluently 6 languages. She even was able to teach her Japanese captors English. She understands the value of freedom. Mike was able to relate that her liberation came just 24 hours before her entire camp was to be executed. It is no wonder that she is very thankful to the 1st Cavalry for her liberation. She repeatedly thanked them – at least 10 times she thanked them.

The program continued with Dave Richey, American Legion, explaining the symbols of the missing man table present for all to witness. That was followed by the Honor Guard rendering a 21 gun salute and the playing of Taps for our fallen and missing comrades. The Windsor Performing Arts Choice sang "Bring Him Home", the colors were retired, and Father Howell closed the program with a benediction.

Camp Lejeune

Paul Sutton, VVA Talklist

VA to provide presumptive service connection for related diseases

As part of VA's ongoing commitment to provide quality care to Veterans and their families, the [VA today proposed](#) to establish presumption of service connection for eight diseases associated with exposure to contaminants in the water supply at Camp Lejeune, NC.

Based on evidence from several internationally recognized scientific authorities, including the National Academies of Sciences, Secretary of Veterans Affairs Bob McDonald has determined there is sufficient scientific and medical evidence available to establish a presumption of connection between exposure to contaminants in the water supply at Camp Lejeune and the following eight diseases: adult leukemia, aplastic anemia and other myelodysplastic syndromes, bladder cancer, kidney cancer, liver cancer, multiple myeloma, non-Hodgkin's lymphoma and Parkinson's disease.

This change would apply to all active duty, reserve and National Guard personnel who served at Camp Lejeune for no less than 30 days from August 1, 1953, through December 31, 1987. The days can be either consecutive or cumulative.

In addition, VA proposes to establish a presumption that individuals who served at Camp Lejeune during this period and later developed one of the presumptive diseases were disabled during the relevant period of service, thus establishing active military service for benefit purposes.

VA acknowledges that current science establishes a link between exposure to certain chemicals found in the water supply at Camp Lejeune and later development of one of the proposed presumptive conditions. However, VA experts agree that there is no scientific underpinning to support a specific minimum exposure level for any of the conditions. Therefore, VA welcomes comments on the 30-day minimum service requirement and will consider other practical alternatives when drafting the final rule. VA also notes that the

proposed 30-day requirement serves to establish eligibility for service connection on a presumptive basis; nothing in this proposed regulation prohibits consideration of service connection on a non-presumptive basis.

The proposed regulation can be viewed at this link: www.regulations.gov. The 30 day public comment period will be open until Oct. 10, 2016.

If you took or know someone who took the Anti-Malaria Drug required for the Invasion Force into Iraq, please check out these links. The Drug was not approved by the FDA because of serious side affects. PLEASE CHECK OUT THESE LINKS

The drug was called "MEFLOQUINE HYDROCHLORIDE"

<http://www.webmd.com/drugs/2/drug-6081/mefloquine-oral/details>

<http://abcnews.go.com/blogs/health/2013/07/30/fda-slaps-black-box-warning-on-malaria-drug-linked-to-killings/>

<http://www.fda.gov/Safety/MedWatch/SafetyInformation>

[SafetyAlertsforHumanMedicalProducts/ucm362887.htm](http://www.fda.gov/Safety/MedWatch/SafetyAlertsforHumanMedicalProducts/ucm362887.htm)

Contact Brian McKeown for Further Information



Heroin, Nazis, and Agent Orange: Inside the \$66 Billion Merger of the Year

READ THE STORY

Two giants of the farming and chemical industries agreed to merge Wednesday in a \$66 billion deal: the U.S.'s Monsanto and Germany's Bayer, the original maker of aspirin. It's the year's biggest deal and will create the world's largest supplier of seeds and farm chemicals, with \$26 billion in combined annual revenue from agriculture. If the merger goes through, it will combine two companies with a long and storied history that shaped what we eat, the drugs we take and how we grow our food.



Two friends making dyes from coal-tar started Bayer in 1863, and it developed into a chemical and drug company famous for introducing heroin as a cough remedy in 1896, then aspirin in 1899. The company was a Nazi contractor during World War II and used forced labor. Today, the firm based in Leverkusen, Germany, makes drugs and has a crop science unit, which makes weed and bug killers. Its goal is to dominate the chemical and drug markets for people, plants and animals.

Monsanto, founded in 1901, originally made food additives like saccharin before expanding into industrial chemicals, pharmaceuticals and agriculture products. It's famous for making some controversial and highly toxic chemicals like polychlorinated biphenyls, now banned and commonly known as PCBs, and the herbicide Agent Orange, which was used by the U.S. military in Vietnam. It commercialized Roundup herbicide in the 1970s and began developing genetically modified corn and soybean seeds in the 1980s. In 2000, a new Monsanto emerged from a series of corporate mergers.

Monsanto has recently tried to position itself as a one-stop seeds and chemicals shop for farmers. The idea is to use information directly from the fields to figure out exactly when, where and how farmers should apply chemicals to crops to yield a bigger harvest. Monsanto's not the only company with this clever idea. Dow Chemical and DuPont said in December they'd merge, then break into three entities, one of which will offer a range of seeds and chemicals. A few months later, China National Chemical Corp. said it was buying Syngenta in an even bigger deal.

***** [CHECK http://agentorangezone.blogspot.com/](http://agentorangezone.blogspot.com/) FOR DAILY UPDATES



Harley Ray, Kate says "this is what he does best" SLEEP!

Records Expunged

By: Ken

Do You or anyone you know need to have their records expunged? I recently was invited to and attended a workshop on record expungement. This was an interesting workshop. I did not know about how to check your rap sheet or how to get it deleted from the records. If you are interested in attending a workshop to expunge your record or know someone that this would benefit let me know. Catholic Charities is putting on these workshops. I asked about veteran specific and they said they would see if they can if there are veterans that would benefit from the workshops.

Air Show, weekend of September 24 and 25. They took everything out on Friday the 23rd and showed up at 6:30 am on Saturday and Sunday, Ken sent me the pictures by email.



Setting up Sunday AM




James, Earl, Sean, Bruce, and Rita with back to camera in front of booth

October 2016

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					Need Helpers for POKER GAME	1 Poker 4:30 PM WACs estab- lished 1943
2	3	4	5	6 Continuum of Care 12:30 PM,	7 Operation Enduring Free- dom Begins 2001	8
9	10 Columbus Day	11 Board Mtg . 1 PM (Yom Kipper (at	12	13 Veterans Wellness Council 10 AM @ Vets	14 CSC Meeting Fresno	15 CSC Meeting Fresno
16 CSC Meeting Ends	17	18 General Mtg. 6 PM	19	20 WACs dises- tablished 1978	21	22 Newsletter Articles Due
23	24	25 Food Dist.. 8 AM US invades Grenada	26 UVC Meeting 7 PM	27 Fold Newslet- ter 10 AM	28	29
30	31					

November 2016

Mon	Tue	Wed	Thu	Fri	Sat
Film Shown at Unitarian Church on Mendocino Ave	1	2	3 Battle of Dak To Begins Film on Member Mark Weston by Channel 50	4	5 Poker Game 4:30
6 Daylight Sav- ings Time Ends	7	8 Election Day Board Meeting 1 PM	9	10	11 Veterans Day, City Hall, Parade in Petaluma
13	14 Ia Drang Valley Battle Begins	15 General Mtg 6 PM	16	17	18 Ia Drang Bat- tle Valley Ends
20	21 Copy Newsletter	22 Battle of Dak To Ends	23	24	25 Fold Newsletter 10 AM
27	28 1951 Second Winter in Korea Begins	29	30		




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 AMERICAN FOUNDATION FOR
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By email from: Dave Richey

The American Foundation for Suicide Prevention will be holding its annual "Out of the Darkness" suicide awareness walk on October 15 at Howarth Park. Veterans are encouraged to participate in any way they can: walk, man a suicide awareness booth, donate, or in any other way. To register or to apply for a booth at the event go to this website for information: <http://afsp.donordrive.com/index.cfm?fuseaction=donorDrive.event&eventID=3773>.

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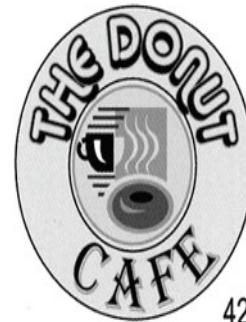
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Why Yoga for Vets?

What is a Veteran?

A Veteran is someone who has dedicated his/her energy and life to protecting to United States against all enemies, foreign and domestic, by serving in either the Marine Corps, Army, Navy, Air Force or Coast Guard.



How many Women are Veterans?

As of 2014,
21.4 million Veterans in the US;
2.2 million are women.

Do all Veterans have Post Traumatic Stress?

70% of Veterans do not suffer from significant mental health issues, but a large minority do.

Benefits of Yoga

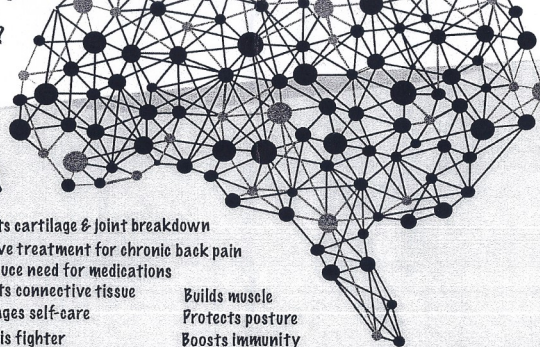
A study from Duke University Medical Center suggested that yoga could benefit those living with depression, schizophrenia, other psychiatric conditions, and sleep problems.

Maintains nervous system
Reduces Tension in Limbs

Prevents cartilage & joint breakdown
Effective treatment for chronic back pain
Can reduce need for medications
Supports connective tissue
Encourages self-care
Arthritis fighter
Insomnia buster

Builds muscle
Protects posture
Boosts immunity
Drops blood pressure

Veteran Brain on Yoga



According to the 2012 Dept. of Veteran Affairs Suicide data report, an estimated 22 Veterans will have died from suicide each day in the calendar year.

Veterans are killing themselves because of depression and other mental health problems coupled with difficult life circumstances.

Quick stats about PTSD and Veterans:

*Operations Iraqi Freedom & Enduring Freedom -
On average, 1 out of every 7 Veterans have PTSD in a given year

*Gulf War (Desert Storm) -
2 out of 100 have PTSD in a given year

*Vietnam War -
1 out of 3 have had PTSD in their lifetime

& Meditation

Increase relaxation Increases optimism
Increases awareness Reduces stress
Decreases heart & brain problems
Increases mental strength & focus
Improves resilience against pain & adversity
Improves mood & emotional intelligence
Increases memory retention
Lessens fear, worry & anxiety
Lessens inflammatory diseases
Enhances self-acceptance

How does gratitude help?

A 2006 study published in Behavior Research and Therapy found that Vietnam War Veterans with higher levels of gratitude experienced lower rates of post traumatic stress disorder.

Yoga, including breathing, meditation, mindful movement, guided rest, and gratitude practices, have proven to alleviate the symptoms of trauma, depression, addiction, as well as other physical and medical disorders.

Learn more at veteransyogaproject.org

