

**Marlene Roll**  
Director

Rath Building Suite 800  
95 Franklin Street  
Buffalo, NY 14215

The Erie County Veteran's Service office is here to help our veterans and their families, not only for obtaining service claims and educational benefits, but to also connect to the community. Getting information out to our veterans and their families is crucial for keeping them informed about services, benefits, opportunities and events that can enrich their lives.

The mission of our new letter is to do just that: Connect and Inform.

Please feel free to distribute this newsletter to anyone you feel could benefit from it. If you would like to be on the mailing list you can e-mail me at [marlene.roll@erie.gov](mailto:marlene.roll@erie.gov).

To all our veterans...THANK YOU FOR SERVING!!  
To our community...THANK YOU FOR SERING OUR VETERANS!

### Marine Corps Launches Suicide Prevention Program

The Marine Corps has initiated the Marine Corps Suicide Prevention Program in hopes of reducing the number of suicides. The course is taught, trained and mandated to all Marine non-commissioned officers and the length of the course varies depending on the needs of the unit. The instructors of the course are fellow NCOs that are certified for the training. The program is only one of many to help prevent suicide. Also available is the chaplain services, counselors, suicide hotlines, unit medical, chain of command and many more.

## VA Western New York Healthcare System remembers POWs and MIAs on National POW/MIA Recognition Day

VA Western New York Healthcare System will hold a National Prisoner of War/Missing in Action Recognition Day ceremony on Friday, September 19 at 9:00 a.m. in Freedom Hall, room 301, at the Buffalo VA medical center, 3495 Bailey Avenue. This commemoration is set aside to honor the commitment and sacrifices made by this nation's Prisoners of War and those who are still Missing in Action, as well as their families. Since World War I, over 142,000 Americans including 85 women have been captured and interned as POWs. Not included in this figure are nearly 93,000 Americans who were [lost or never recovered](#). Approximately 30% of America's POWs (29,350) since World War I are [still living](#). More than 90% of our living POWs were captured and interned during World War II.

Dr. Patrick Welch, Director of the Center for Veterans & Family Services at Daemen College is keynote speaker for the ceremony. Dr. Welch served as an Infantry Squad Leader for the US Marine Corps in Vietnam, receiving awards such as the Purple Heart and Combat Action Medal. He has worked as a Veterans Advocate since 1989, serving as an elected member of the Board of Directors, Chairman of Government Affairs Committee Vietnam Veterans of America, and Former President of Chapter 77.

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### **New Navy Message System**

The Bureau of Naval Personnel (BUPERS) and Navy Personnel Command will transition to a new message system beginning this month. All unclassified message traffic from BUPERS and NPC, including permanent change of station orders, will be sent via command e-mail. BUPERS is also fielding a new system called Government Official Information Exchange System (GOES), which will act as a router for all BUPERS official information destined for command e-mail or other Web-based applications. GOES will continue to deliver information to BUPERS online so users will still be able to access messages posted there. For more information about OIX or to set up a command e-mail, visit <https://www.portal.navy.mil/oix/default.aspx>



## **MILITARY WOMEN VETERANS**



## **YESTERDAY - TODAY - TOMORROW**

Did you know that there are almost two million women veterans? From the American Revolution to Panama, Bosnia, Kosovo, Afghanistan and Iraq, women have served in some way in every conflict. Not that they were legal in the early days. History tells us that thirty three thousand women served in World War One and almost 500,000 took part in World War Two. During the Korean era 120,000 women were in uniform and seven thousand were deployed in theater during Viet Nam. During Desert Storm seven per cent of the total U.S. forces deployed were women - over forty thousand of them. On these pages you will find the history and accom-



Secretary Shinseki recognized that with the ever-evolving way that women have fit into the way we fight our current and recent wars, that it is long past time for the VA to ensure that their facilities are ready to care for all of the veterans who have need. Secretary Shinseki recognized that with the ever-evolving way that women have fit into the way we fight our current and recent wars, that it is long past time for the VA to ensure that their facilities are ready to care for all of the veterans who have need. Of course, [this is not news to me](#), and certainly not to many of the women veterans who have found the VA not up to meeting their needs. If you were to ask [Ruth Moss about her story](#) of trying to find a center that was prepared to deal with not only a homeless woman vet (women vets are [at least twice as likely as civilian women](#) to become homeless, even though the number of homeless veterans overall is dropping), but one who was a single mother as well, she could tell you they have a long way to go.



Dear Friends,

As a follow-up to our information sharing session in June; Citi is scheduling a “Bootcamp to Briefcase” on-site training session for Veterans and their dependents. It is our goal to continue to embrace our relationships with veteran’s agencies by offering two half day sessions which will encompass: Resume Review, Interview Skills, Dress for Success and a “Bootcamp to Briefcase” presentation (which entails transition to corporate life), for those interested in attending.

These sessions will be limited to the first 30 registered attendees for each session. We request all interested participants pre-register for the event and forward their most recent resume with their registration. Forwarded resumes will be reviewed by a committee prior to the event to ensure appropriate feedback during the 1-1 resume review sessions. If time allows, participating individuals will receive a tour of our site in addition to the classes. We are forwarding this invitation to all attendees from the June information sharing session.

Enclosed, you will find two agenda’s representing the morning and afternoon working sessions. Please share these agenda’s with identified individuals, and provide the registration details. All visitors to our site must have valid picture ID when arriving at the site; and should be directed to our main entrance at 580 CrossPoint Parkway, Getzville, NY 14068

In the event participation is overwhelming; and we are unable to accommodate everyone at these two sessions, we will schedule additional sessions later this year, or early first quarter 2011.

Date: Thursday, October 14th, 2010  
Location CrossPoint Business Park, 540-580 CrossPoint Pkwy, Getzville, NY 14068  
Registration: 8:00 AM OR 1:00 PM  
Time: 8:00AM - 12:00PM ~ **OR** ~ 1:00 – 5:00 PM

**R S V P** – please respond on or before noon on Monday, October 4th, 2010

Should you have any questions regarding this event, please contact Colleen Jacobs (716) 730-6931.

Regards,

David Bartlett,                      Debra Morris  
Sr. Vice President                      Sr. Vice President



## Citi invites Veterans and their dependents to a free Career Workshop

### “Bootcamp to Briefcase”

Thursday, October 14<sup>th</sup>, 2010  
580 Crosspoint Parkway  
Getzville, NY 14068

Resume Writing Skills

Interviewing Skills

Dress for Success

Bootcamp to Briefcase Presentation

**Pre-Registration is required!** Class size limited to the first 30 registered participants

**Contact: 716-730-6931 for information or to register**

Please respond by Monday, October 4<sup>th</sup>, 2010

Dependents: Immediate family, spouse, child, step child, domestic partner





**540 CrossPoint Parkway**  
Getzville, NY 14068

**N.A. Service Initiative**  
**October 14<sup>th</sup>, 2010**  
**Bootcamp – Briefcase**

**SITE TOUR / AGENDA**

<b>Arrival</b>	8:00 am
<b>Welcome</b> D. Morris, D. Bartlett	8:15 am
<b>Resume Writing– Interviewing Skills</b> Group A/B - CP2 Aud A	8:30 am - 9:30 am
<b>Dress for Success</b> Group A - CP2 Aud B Resume Review Group B - CP2 Training Room	9:45 am - 10:15 am 9:45 an - 10:15 am
<b>Dress for Success</b> Group B - CP2 Aud B <b>Resume Review</b> Group A - CP2 Training Room\	10:15 am - 10:45 am 10:15 am - 10:45 am
<b>Bootcamp to Briefcase</b> Group A - CP2 Aud A <b>Mock Interview</b> Group B - CP2 Aud B	11:00 am - 11:30 am 11:00 am - 11:30 am
<b>Bootcamp to briefcase</b> Group A - CP2 Aud A Mock Interview Group B - CP2 Aud B	11:30 am - 12:00 am 11:30 am - 12:00 am
<b>Closing Remarks/Questions</b>	12:00 am



~~~~ Registration Form ~~~~

**“Bootcamp to Briefcase”**

Looking to return to the workforce? Want to brush up skills, or learn new ones? This session will provide information on: Resume Review, Interview Skills, Dress for Success and a “Bootcamp to Briefcase” presentation for those interested in attending. Each session will be limited to the first 30 registered attendees.

We request all interested participants **pre-register** for the event and **forward their most recent resume** with their **registration**. Forwarded resumes will be reviewed by a committee prior to the event to ensure appropriate feedback during the 1-1 resume review sessions.

Date: Thursday, October 14th, 2010  
Location: CrossPoint Business Park, 540-580 CrossPoint Pkwy, Getzville, NY 14068  
Registration: 8:00 AM OR 1:00 PM  
Time: 8:00AM - 12:00PM ~ **OR** ~ 1:00 – 5:00 PM

**R S V P** – please respond on or before noon on Monday, October 4th, 2010

Email, fax or call in your response to:

[colleen.jacobs@citi.com](mailto:colleen.jacobs@citi.com)

fax (716) 730-8208,  
phone (716) 730-6931

Name: \_\_\_\_\_

Organization: \_\_\_\_\_

Title: \_\_\_\_\_

Address: \_\_\_\_\_

City/State/Zip: \_\_\_\_\_

Phone: \_\_\_\_\_

Email Address: \_\_\_\_\_

Session Attending: \_\_\_\_\_AM \_\_\_\_\_PM

Resume Enclosed \_\_\_\_\_Yes \_\_\_\_\_No

**ALL VISITORS ARE REQUIRED TO HAVE PICTURE ID!**

Should you have any questions regarding this event, please contact Colleen Jacobs (716) 730-6931.

# DAEMEN

COLLEGE

## A World of Opportunity

THE DAEMEN COLLEGE  
SOCIAL WORK DEPARTMENT  
AND  
THE CENTER FOR VETERANS &  
VETERAN FAMILY SERVICES  
IS PLEASED TO ANNOUNCE  
THE ESTABLISHMENT  
OF

**"THE LISTENING CIRCLE"**

**THE SECOND WEDNESDAY OF  
EACH MONTH**

**Next date is September 8, 2010**

**5:30 PM  
Daemen College  
4380 Main Street  
Wick Center  
Oddy Lounge**

### **Why a Listening Circle for Military Veterans and their Families**

When upsetting events happen in the world (such as war and terrorism), they arouse strong feelings in many of us--sadness, anger, fear, confusion, worry. We tend to carry these feelings around with us through the day. Such can be the case with many of our military warriors and their families who have known little more than the hectic, banal, adversarial or repressed communication modes typical of our mainstream culture.



The goal of the *Listening Circle* is to develop a "safe space" for all voices and cultivate understanding. The spirit of a *Listening Circle* is to acknowledge and honor the worth of all present. The *Listening Circle* can help participants to:

- Develop and enhance relationships
- Rebuild trust—person to person and member to the community
- Develop and strengthen skills needed to discuss deeply held Beliefs and values while staying committed to the group.

As stated in the Listening Circle Report prepared for the Casey foundation;

*"Listening Circles give people the courage to drag the ugly into the open so that it may be made into something more beautiful. Listening Circles reflect the belief that we are never alone in our world. The world - no matter how it may treat us - can be enhanced or overcome by the unity of many people in whose love and-commitment we abide."*

The *Listening Circle* gives people a chance to say what they are thinking and feeling and helps engender mutual understanding and support among people. Please mark your calendars and share with your military families. For more information please contact Renée Bowman Daniel, Chair Department of Social Work & Sociology at 839-8515 or [rdaniel@daemen.edu](mailto:rdaniel@daemen.edu) or Patrick W Welch, Director at 566.7855; [Patrick.welch@daemen.edu](mailto:Patrick.welch@daemen.edu)

# *Amherst Veterans Committee*



**Mission:** To Honor Amherst Veterans as a valuable community resource through education and recognition

## **1<sup>st</sup> Annual Veterans Benefits Event and Flag Dedication Ceremony**

**DATE:** Thursday, September 16, 2010

**TIME:** 10:00 AM to 1:00 PM

**LOCATION:** Veterans Canal Park, 146 Brenon Rd., Amherst, 14228  
(.5 Mi. East of Sweet Home Rd and Tonawanda Creek Rd junction)

**NOTE:** Representatives from NYS Department of Veterans Affairs, Erie County Veterans Services, the Buffalo VA Medical Center, and other community groups will be present to answer issues and questions regarding benefits. Family members are welcome. *Bring your DD 214.*

**For More Information:** Contact [amherstvets@yahoo.com](mailto:amherstvets@yahoo.com)

## New VA Claims Systems in Development



Under the \$9.1 million development contract awarded by the Veteran's Administration, IBM is building a system to allow veterans to file disability claims online. Initially, the system will target veterans with B-cell leukemia, Parkinson's disease, or ischemic heart disease as a result of exposure to herbicides during the Vietnam war. Eventually, the Department of Veterans' Affairs (VA) plans to expand the system to handle veterans' claims for other conditions. VA estimates that the first trial of the system will benefit as many as 100,000 veterans

## Senate Hearings on VA Claims

The U.S. Senate recently held a hearing on how the Department of Veterans Affairs processes claims from veterans seeking benefits. At the hearing, top VA officials, veterans organizations and advocates testified about the current status of VA's claims processing system and made suggestions for changes to S. 3517, the Claims Processing Improvement Act of 2010, which would improve VA's disability claims processing.



The Department of Veterans Affairs' (VA) [Veterans Health Administration \(VHA\)](#) has founded a national suicide prevention hotline to ensure veterans in emotional crisis have free, 24/7 access to trained counselors. To operate the Veterans Hotline, the VA partnered with the Substance Abuse and Mental Health Services Administration (SAMHSA) and the National Suicide Prevention Lifeline. Veterans can call the Lifeline number, 1-800-273-TALK (8255), and press "1" to be routed to the Veterans Suicide Prevention Hotline.

## VA Eases PTSD Claims Process

The Veterans Affairs Department has published a final regulation intended to ease the claims process and improve access to health care for veterans with post-traumatic stress disorder. Under the new rule, VA no longer will require substantiation of a stressor tied to fear of hostile military or terrorist activity if a VA psychiatrist or psychologist can confirm that the experience recalled by a veteran supports a PTSD diagnosis and the veteran's symptoms are related to the stressor. The Veterans Affairs Department has posted a fact sheet including questions and answers about the new rule governing PTSD claims on the [VA website](#) or call VA's toll free benefits number at 800-827-1000.



## Vietnam Statue Restoration

The newly refurbished Three Servicemen Statue at the Vietnam Veterans Memorial was recently unveiled after six weeks of restoration. The statue was created by sculptor Frederick Hart. Nearly 26 years after its original unveiling in 1984, weather damage and age had taken a toll on the statue. The restoration was done in place, and it repaired oxidation damage and added a new patina coating and wax. The statue sits on the Vietnam Veterans Memorial site in Washington, D.C. about 200 feet away from and facing the Vietnam War Memorial Wall. The restoration project is part of a maintenance and restoration program by the Vietnam Veterans Memorial Fund to assist the National Park Service in site upkeep.

## Departure of U. S. Combat Troops From Iraq



WASHINGTON -- As the White House eagerly highlights the departure of U.S. combat troops from Iraq, the small army of American diplomats left behind is embarking on a long and perilous path to keeping the volatile country from slipping back to the brink of civil war.

Among the challenges are helping Iraq's deeply divided politicians form a new government; refereeing long-simmering Arab-Kurd territorial disputes; advising on attracting foreign investment; pushing for improved government services; and fleshing out a blueprint for future U.S.-Iraqi relations.

President Barack Obama also is banking on the diplomats - about 300, protected by as many as 7,000 private security contractors - to assume the duties of the U.S. military. That includes protecting U.S. personnel from attack and managing the training of Iraqi police, starting in October 2011.

The Iraq insurgency, which began shortly after U.S. troops toppled Baghdad in April 2003, is why the U.S. only now is entering the post-combat phase of stabilizing Iraq. Originally, the U.S. thought Iraq would be peaceful within months of the invasion, allowing for a short-lived occupation and the relatively quick emergence of a viable government. Much is at stake as the department negotiates with the Pentagon over acquiring enough Black Hawk helicopters, bomb-resistant vehicles and other heavy gear to outfit its own protection force in Iraq.

"Regardless of the reasons for going to war, everything now depends on a successful transition to an effective and unified Iraqi government and Iraqi security forces that can bring both security and stability to the average Iraqi," says Anthony Cordesman of the Center for Strategic and International Studies. In his view that transition will take five years to 10 years.

The question is whether progress will be interrupted or reversed once American combat power is gone.

The U.S. will have 50,000 troops in Iraq when the combat mission officially ends Aug. 31; they are scheduled to draw down to zero by Dec. 31, 2011. Until then, they will advise and train Iraqi security forces, and provide security and transport for the diplomats.

Gen. Ray Odierno, the top U.S. commander in Iraq, said in an interview to be broadcast Sunday on CNN's "State of the Union" that he believes Iraq's security forces have matured to the point where they will be ready to shoulder enough of the burden to permit the remaining 50,000 U.S. soldiers to go home at the end of next year.

"My assessment today is they - they will be," Odierno said, according to an excerpt of the interview released Saturday by CNN.

"We continue to see development in planning, in their ability to conduct operations," he added. "We continue to see political development, economic development and all of these combined together will start to create an atmosphere that creates better security."

Once the U.S. troops are gone, the State Department will be responsible for the security of its personnel.

Obama administration officials say the diplomats are well prepared for what the State Department expects to be a three- to five-year transition to a "normal" U.S.-Iraqi relationship.

"We are fully prepared to assume our responsibilities as we move through this transition from a military-led effort to a civilian-led effort," department spokesman P.J. Crowley said.

Iraq watchers have their doubts.

## New Career Opportunity for Young Vets

The Department of Labor's Veterans' Employment and Training program is seeking to enroll 300 veterans ages 20-24 in a new one-year, all-expense paid project with the Employment and Training Administration's Job Corps; the program that provides training, a credential or certificate, stipend, housing, meals, employment and post-employment support. .



Although Job Corps has set aside only 300 slots for the demonstration project, actual participation during the year may exceed that number due to the continuous enrollment. Interested veterans can get more information and sign-up for the project by calling (800) 733 - JOBS or visiting the [program website](#)

## Free SAT/ACT Prep Software

eKnowledge continues to donate their world-class SAT and ACT College Test Preparation Programs to military service members and their families. Eligible recipients include Active Duty, Guard and Reserve Service Members from all branches of the military, Military Retirees, Veterans, in addition to all DoD employees and civilians performing military support and relatives and dependants of anyone who otherwise qualifies from the prior list. There is a nominal charge of \$13.84 per standard program for the cost of materials, processing, distribution and customer service. eKnowledge does not profit from this venture.



## VA Launches HUD Project

The U.S. Department of Housing and Urban Development and the U.S. Department of Veterans Affairs have announced that both agencies will invest a combined \$15 million in five selected communities near military installations in an effort to prevent homelessness among veterans, primarily those returning from the wars in Afghanistan and Iraq. Under the new [Veterans Homelessness Prevention Demonstration Program](#), existing HUD grantees or 'Continuums of Care' located near several military installations will receive grants. HUD and 18 other federal agencies recently unveiled [Opening Doors](#), a federal strategy to end veteran and chronic homelessness by 2015. The related report, titled *Opening Doors: Federal Strategic Plan to Prevent and End Homelessness*, is available at the [Interagency Council on Homelessness website](#).

GI Bill: Use it or Lose it

### Your GI Bill may be worth over \$49,000.

This money is not a loan and can pay for a college degree or professional certificate. Take these two steps to use it before you lose it

1. [Find Military Friendly Schools](#) that offer college credit for military service and flexible schedules.
2. [Get the GI Bill Guide](#) to learn how to use your benefits.

**Be the person who uses their GI Bill.**  
[Find Military Friendly Schools.](#)





## Know the Signs

Watch for these key suicide warning signs, and provide the Lifeline number to anyone exhibiting them.

- Talking about wanting to hurt or kill oneself
  - Trying to get pills, guns, or other ways to harm oneself
  - Talking or writing about death, dying or suicide
  - Hopelessness
  - Rage, uncontrolled anger, seeking revenge
- 
- Acting in a reckless or risky way
  - Feeling trapped, like there is no way out



## Resources

[Veterans Chat - National Suicide Prevention Lifeline](#)\*Veterans (and family members or friends) can access Veterans Chat through the National Suicide Prevention Lifeline website. Veterans Chat enables Veterans, their families and friends to go online where they can anonymously chat with a trained VA counselor. If the chats are determined to be a crisis, the counselor can take immediate steps to transfer the chatter to the VA Suicide Prevention Hotline, where further counseling and referral services are provided and crisis intervention steps can be taken.

[Locate Your Local Suicide Prevention Coordinator](#)\*Each VA Medical Center has a suicide prevention coordinator to make sure veterans receive needed counseling and services. Calls from the Lifeline are referred to those coordinators.



## Screening

Abuse of substances such as alcohol, drugs, or tobacco, can lead to increased risk of injuries, accidents, or physical and mental health problems. Although quitting is difficult, you do not have to do it alone.

Effective treatments for substance use problems are available at VA. Available treatments address all types of problems related to substance use, from unhealthy use to life-threatening addictions. The [Summary of VA Treatment Programs for Substance Use Problems](#) page provides you with information on the treatment programs the VA uses.

You may be wondering if you have symptoms of alcohol/drug abuse or dependence. One way of determining that is to take a brief confidential and [anonymous screen](#). Only you will see the results of the brief screen. None of the results are stored or sent anywhere. You can choose to print a copy of the results for your own records or to give to your physician or a mental health professional.





The Veterans' Employment and Training Service and the Employment and Training Administration's Job Corps are partnering in a demonstration project that will provide Job Corps' comprehensive array of career development services to eligible veterans, ages 20-24, to prepare them for successful careers. The project is free to all veterans. It includes transportation to and from the Job Corps center, housing, meals, basic medical services, academic and career technical training, bi-weekly living allowance, and job placement and post-graduation support. To sign up for the project or receive more information, visit the [U.S. Department of Labor website](#) or call (800)-733-5627.



## Introducing My Story

August 23, 2010 08:22 AM

As part of our National Outreach and Awareness Campaign, Education Service is now featuring its new series, My Story, on the GI Bill Website at: [www.gibill.va.gov/my-story](http://www.gibill.va.gov/my-story). Through this page we are sharing the real life stories of Veterans and Servicemembers, and their personal experiences with the Post-9/11 GI Bill. Every My Story is different. Yet they all share a common thread — creating a better future using the Post-9/11 GI Bill.

We invite you to read and watch the videos about these inspiring students. If you have a personal success story that you want to share on our My Story page please email us at [post911.gibill.vbaco@va.gov](mailto:post911.gibill.vbaco@va.gov). Make sure to include your full name, email address, and a few sentences about why you think you'd make a good candidate and why you would like to participate.

Also, be on the lookout for the My Story print ads in your favorite military publications and look for more videos on the website in the future.

# OPERATION COM

## Children Of the Military

An Interactive Program

created to support

our children of the military.

Designed to establish positive coping skills

to help children deal with

the stresses of deployment,

encourage them to express their feelings,

strengthen their self-confidence

and have lots of fun!



Adrienne Talbert has honorably created this excellent program.

Coming from three generations of military service,

Adrienne has lived and experienced all extremes of military life since birth.

Two continents, 12 countries, 18 states, 10 military bases, 62 cities and 12 deployments.

A true understanding of what your child lives, feels and sees.

For more information or to sign up,

please contact Mary McParlane

[www.eriamha.org](http://www.eriamha.org) (Veterans Programs)

[mcparlane@eriamha.org](mailto:mcparlane@eriamha.org)

716-886-1242 ext. 319 or 321

Proudly sponsored by the Mental Health Association of Erie County, Inc.



## New VA Research on Substance Abuse, Military Deployments and Trauma

The Department of Veterans Affairs is partnering with the National Institutes of Health to award \$6 million in grants for research examining the link between substance abuse, military deployments and combat-related trauma. Several studies will look at treatment-seeking patterns and treatment strategies. Institutions receiving the grants include Brandeis University; Dartmouth College; The Medical University of South Carolina; The National Development and Research Institutes in New York City; The University of California, San Francisco; The University of Minnesota, Twin Cities; The University of Missouri in Columbia; and the VA medical centers in West Haven, Conn., Philadelphia, Little Rock, Ark., and Seattle.



The Military Health System recognizes March as Brain Injury Awareness Month and wants to provide all service members, retirees, veterans, and their families with information on these types of injuries. A traumatic brain injury (TBI) is defined as a blow or jolt to the head or a penetrating head injury that disrupts the function of the brain. Concussions, also called "closed head injuries", are a type of TBI. Not all blows or jolts to the head result in a TBI. The severity of such an injury may range from "mild", i.e., a brief change in mental status or consciousness to "severe", i.e., an extended period of unconsciousness or amnesia after the injury. TBI can cause a wide range of functional changes affecting thinking, sensation, movement, language, and/or emotions. Some symptoms may appear immediately after the injury and other symptoms may not appear for days or weeks. Because of the nature of the injury and the symptoms, sometimes people may not recognize or admit that they have a problem. In post-concussion/mild TBI patients, recovery time is within weeks/months, but a small percentage have persistent symptoms. Patients with moderate to severe TBI may never fully recover their pre-injury function. The rate of combat-related brain injuries in servicemembers returning from the current conflicts in Iraq and Afghanistan is higher than in previous conflicts. Blast injuries are a significant cause of TBIs. TBI is often associated with severe multiple trauma, post traumatic stress disorder (PTSD) or undiagnosed concussions. Screening patients who are at risk for a TBI is important in order to ensure that TBIs are identified and appropriately treated.



IT TAKES THE COURAGE AND STRENGTH OF A WARRIOR TO ASK FOR HELP...

If you're in an emotional crisis, call 1-800-273-TALK (Press "1" for Veterans) [www.suicidepreventionlifeline.org](http://www.suicidepreventionlifeline.org)

# Sailing Program



For  
Disabled and Disadvantaged Individuals and/or  
Groups

Every Saturday  
June 5 - October 9, 2010  
At  
The Erie Canal Harbor Central Wharf

*Experienced Instructors*

*No Fee for Sailing*



# Honoring Our Veterans & Troops

*"A Family Celebration of Freedom"*



## Family Picnic

Saturday, September 25, 2010

11:00 a.m. to 4:00 p.m

## Ceremony at Noon

**"Honoring All Who Served  
& Remembering Those We Lost"**

**VA Medical Center  
3495 Bailey Avenue  
Buffalo, NY 14215**

Entertainment – Food – Antique & Classic Car Show  
– Children's Activities – & More!

**This community event is free and open to all!**

**A Welcome Home and Thank You  
to Veterans of All Eras!**



## American Legion Post Number 435

### Mike Bowen Golf Tournament

September 18, 2010  
Seneca Lake Country Club

8:00 am Shotgun Start

4 Man Team Scramble

\$75.00 Per Player

Player Fee Includes:

18 Holes of Golf with Cart

Lunch and Dinner

50/50 Raffle and Great Prizes

Closest to the Pin and Longest Drive Contest

A Team Skin Game will also be Available for \$20.00 a Team

## Mike Bowen Golf Tournament Entry Form

Date: September 18, 2010

Time: Registration at 7:30 am Scramble Starts at 8:00 am

Place Seneca Lake Country Club

226 Turk Road

Geneva, N.Y. 14456

Entry Fee: \$75.00 per person (includes: green fees, cart, lunch, full service dinner and a prize for every member of a team).

Payment Due: No Later Than September 11, 2010

You may pay by cash or make checks payable to: The Committee to Elect W. Michael Bowen at Charity McCann 2949 Pre-Emption Street Geneva, N. Y. 14456.

Format: Tournament will be played in Scramble with four person teams. If you do not enter a Team list, you will be placed with others.

#### Entry Form

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Phone: \_\_\_\_\_

Email: \_\_\_\_\_

#### Team Members

Player 1 \_\_\_\_\_

Player 2 \_\_\_\_\_

Player 3 \_\_\_\_\_

**Please have each Team Member fill out an entry form**