



Montgomery County

Veterans Service Commission

Newsletter

September 2021

Director's Message

We mourn the loss of the Marines, Navy Corpsman, and Soldier who were killed in Afghanistan as a result of an enemy attack while supporting non-combatant evacuation operations.

The 13 U. S. Service Members:

Marine Corps

Sgt. Johanny Rosario Pichardo
Sgt. Nicole L. Gee
Staff Sgt. Darin T. Hoover Cpl. Hunter Lopez
Cpl. Daegan W. Page
Cpl. Humberto A. Sanchez Lance
Cpl. David L Espinoza Lance Cpl. Jared M. Schmitz Lance Cpl. Rylee J. McCollum Lance Cpl. Dylan R. Merola Lance Cpl. Kareem M. Nikoui

Navy

Navy Corpsman Maxton W. Soviak

Army

Staff Sgt. Ryan C. Knauss

We pray for the speedy recovery of all those wounded.

We honor the more than 800,00 service members who bravely served in Afghanistan over the last 20 years in support of Operation Enduring Freedom.

Kimberly Frisco
Executive Director

SAVE A WARRIOR PROGRAM

As more than 80,000 warriors were lost to suicide in the last decade.

Save a Warrior is a program to help individuals heal from Post-Traumatic Stress(PTS) through their "War Detox" program. The specialize in connecting Active Duty Military, Returning Veterans, and First Responders experiencing psychological trauma. As they approach the issue of suicide, they look at the whole person, realizing there are many pieces to the puzzle that must be located and pieced together. The goal of the "war detox" experience is to reduce pain and increase resiliency.

It is important to understand that only part of PTS is a medical condition: the part responsible for damage to the brain's limbic system. For Warriors to begin healing, broken hearts must be healed also by providing powerful opportunities to let go of the past. At Save A Warrior™, we engage in ceremony, ritual, storytelling and story listening, experiences that locate, identify and resolve the source of psychic (moral injury) pain, once and for all.

From Pre-Trauma Processing, to Mindfulness-inspired labyrinth walks, to the artful preparation and processing of Jungian-based mandalas; to the High and Low Ropes Course SMART-Goals-Setting and Team Building and resiliency exercises; to the Equine-Supported Communication Modules; to the "unpacking" of selected films (aka "Reel Therapy"), our Karl Marlantes-endorsed curriculum leaves no stone unturned.

Lastly, they initiate long-term behavioral changes which emphasize a Daily Practice of good, self-care, inspiring Warriors to follow a path in life that focuses on serving OTHERS. Research shows that those who focus on connecting with and serving others are far more resilient and content than people who are merely self-focused.

Their formula is based entirely on lifestyle changes that immerse Warriors in new, healthier ways of being. Their approach relies heavily on a synthesis of proven methods, scholarly research and best practices; the results of which serve as further evidence as to their efficacy. Our method combines ancient wisdom with contemporary practices spanning a spectrum of studies focusing on human well being. The results are compelling. We assert that Save A Warrior™ is a path for saving a life AND a vehicle for a living a life of full self-expression.

If you know any Warrior in need of this program, please share the information of saveawarrior.org.

Call to Action

VETERANS, ARE YOU LOOKING FOR YOUR NEXT MISSION?

Volunteer Mentors are needed for the Montgomery County Veterans Treatment Court.

Contact the Mentor Coordinator today.
937-225-4837 | mcvsc.org/mentors

LEAD · MENTOR · COACH · TEACH · IMPACT

We are actively working to strengthen our partnership with the Montgomery County Veterans Treatment Court. Mentors work alongside Veterans who are navigating the Treatment Court process. Weekly contacts with the Veterans as well as bi-weekly meetings and court appearances are required of the Mentors in the program. If you are a veteran and would like to volunteer, contact Charles Strong at 937-225-4837 or visit mcvsc.org/mentors.

2nd Annual Coat Giveaway

NOVEMBER 17, 2021

9 AM to 3 PM

627 Edwin C. Moses Blvd.
4th Floor, East Medical Plaza
(937) 225-4801



Montgomery County
Veterans Service Commission

New Winter Coat
GIVEAWAY!
One Coat Per Veteran!
First come, first served!

Eligibility Requirements:

- * Must be an eligible Veteran
- * Must be a Montgomery County Resident
- * Must be at or below 250% of the Federal Poverty Level based on family size

Income Guidelines

Household Members	Annual Income
1	\$32,000
2	\$43,500
3	\$54,900
4	\$66,250
5	\$77,600
6	\$88,950

Suicide Prevention

Veterans have been trained to carry the heavy stuff, but don't have to go through it alone. Being prepared can help save a life. Save the Veterans Crisis Line contact to your phone and encourage others to do the same. The Veterans Crisis Line is available by phone (1-800-273-8255 and Press 1), text (838255), and chat online 24/7, 365 days per year at VeteransCrisisLine.net/Chat. Find support near you. No matter what you are experiencing there is support to get your life back on track. Dayton VA Medical Center offers a range of acute care to include Primary care, Mental Health care, Peer support, Homelessness programs, and more. (937-268-6511)

Happy Birthday U.S. Air Force

The United States Air Force celebrated its 74th year serving in the wild blue yonder as the US armed forces' source of air, space, and cyberpower. Originally formed in 1907 as an extension of the United States Army, today's Air Force was founded on September 18, 1947 by President Harry Truman as part of the National Security Act of 1947. According to the US Air Force's personnel center there are 326,855 active duty members, 12,568 of which are pilots.

National POW/MIA Day

National POW/MIA Recognition Day was September 17th. It was established in 1979 through a proclamation signed by President Jimmy Carter and commemorated on third Friday of every September. On this day Americans are asked to pause and reflect on the sacrifices made by the military men and women who are imprisoned or unaccounted for as a result of their military service. Around 82,000 Americans remain missing from World War II, the Korean War, the Cold War, the Gulf War and other conflicts.

This Month in History

September 11, 2001 - Patriot Day - 20 year anniversary of the 9/11 terrorist attacks

September 17, 2021 - National POW/MIA (Third Friday in September annually)

September 18, 1947 - US Air Force established. Happy 74th Birthday!!!

September 26, 2021 - Gold Star Mother's and Family's Day

September - National Suicide Prevention Month

About Us

Montgomery County Veterans

Services Commission

627 Edwin C. Moses Blvd.
4th Floor, East Medical Plaza
Dayton, OH 45417

Phone: (937) 225-4801

Office Hours: Monday - Friday,
8:00 a.m. - 4:30 p.m.

Appointment Hours:

Monday - Friday, 8:30 a.m. - 3:30 p.m.

SAVE THE DATE

November 17 - Veteran Coat Giveaway - Call for more information at 937-225-4801

Transportation Available for all VA and Community Medical Appointments

Offering day bus passes, Uber assistance for those not on a bus line or unable to walk to a bus stop, and Paratransit for those utilizing mobility devices such as wheelchairs, Call 937-225-4801 for more information.

Commission Meetings:

October 13, 2021 at 10:00am
November 10, 2021 at 10:00am
December 8, 2021 at 10:00am

Our Commissioners

Jerry Hays, President,
Disabled American Veterans

VACANT - Veterans of Foreign Wars

William Fried, Secretary,
Vietnam Veterans of America

James Dare,
American Legion

John Theobald,
AMVETS