

VET NET Newsletter

June, 2021



FLAG DAY



Sponsored by
Veterans' Outreach
Serving Veterans in AL, FL, KY, NY, OH & WV
veteransoutreach.org 888-2-VET-NET



Introduction

Memorial Day Can Be More Than 24 hours

Memorial Day! It's over for another year. Something makes me want to make it last longer than a day or a weekend. It is so vitally important to continue all year long. Simply say "Hi" to a Veteran, and thank them for their service. That small recognition means so much.

In years past, Veterans had been honored with parades, but other times, have been ridiculed and shamed. Thankfully, in recent years there has been a shift in the public's attitude. Those that have not served can not understand what Veterans have been through, but they can honor that service with a respectful smile and nod.

The summer timeline spins by so quickly from Memorial Day, then Flag Day, and of course the 4th of July. I recently attended a Flag Retirement Ceremony held by VFW Post 3767. I recommend that every American attend one. The event was solemn,

respectful, and inspirational. There is a lot to learn about our flag. The thirteen stripes represent the original thirteen colonies, and the stars represent the 50 states of the Union. The red stripes symbolize hardiness and valor, the white symbolizes purity and innocence, the blue symbolizes vigilance, perseverance, and justice.

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[John Ely, President of Veterans' Outreach](#)



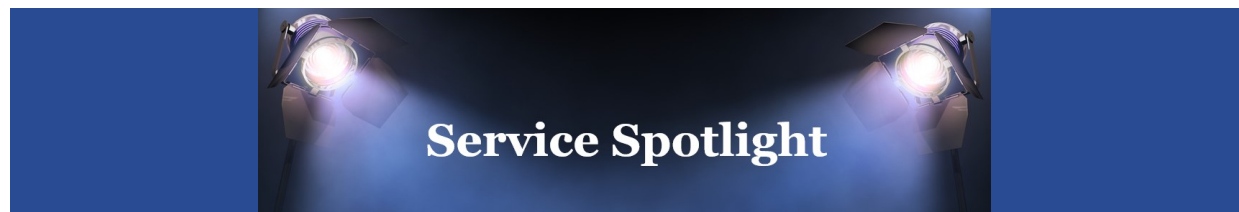
"God Bless America" Flash Mob with Denver Brass

Our Services For Veterans

Over the last 27 years, we have helped veterans more than 100,000 times. Our motto is to "respectfully serve and honor all veterans".

We have developed programs that perform our mission to help veterans that include the **Direct Aid Program**, the **Outreach Program**, the **Heroes' Closet Program**, and the **Freedom Food Pantry Program**.

[Read More About Our Services →](#)



What We Do Everyday

A veteran called our office on a day that we were closed. An employee happened to be there, and answered the call. He had one more night at a local hotel, and then he planned to go "under the bridge". He learned about us from a VA doctor and took the chance to call and ask for help. We were able to hand deliver a check to the hotel to cover another week's stay while the HUD VASH Program secures permanent housing.



A female veteran came to Veterans' Outreach because she was being evicted. She was distraught and really didn't know which way to turn. Her financial problems resulted from a job loss. We were able to talk to the landlord and pay a portion of the rent to stop the eviction. We also offered her employment leads from our employer partners looking to hire veterans.

For A Veteran In Need

We thank all of you that have supported our Mission through your donations, thoughts, and prayers. You made it possible to **help tens of thousands of Veterans** with financial assistance, food, and clothing. Your pledge of support is needed to continue our mission to serve and honor all veterans.

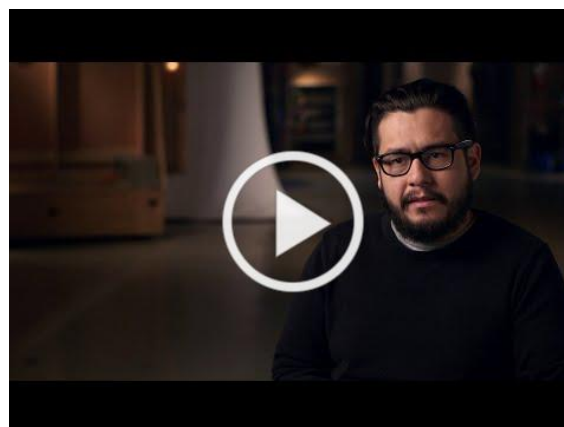
Will you make a small monthly pledge of \$10 or more? This gift can immediately make a difference for a Veteran in need.



[Help A Veteran Now](#)

You can also call 888-2-VET-NET and speak with Teri Ely to donate.

PTSD Awareness Month



How Common is PTSD in Veterans?

When you are in the military, you may see combat. You may have been on missions that exposed you to horrible and life-threatening experiences. These types of events

can lead to PTSD.

The number of Veterans with PTSD varies by service era:

- Operations Iraqi Freedom (OIF) and Enduring Freedom (OEF): About 11-20 out of every 100 Veterans (or between 11-20%) who served in OIF or OEF have PTSD in a given year.
- Gulf War (Desert Storm): About 12 out of every 100 Gulf War Veterans (or 12%) have PTSD in a given year.
- Vietnam War: About 15 out of every 100 Vietnam Veterans (or 15%) were currently diagnosed with PTSD at the time of the most recent study in the late 1980s, the National Vietnam Veterans Readjustment Study (NVVRS). It is estimated that about 30 out of every 100 (or 30%) of Vietnam Veterans have had PTSD in their lifetime.

Other factors in a combat situation can add more stress to an already stressful situation. This may contribute to PTSD and other mental health problems. These factors include what you do in the war, the politics around the war, where the war is fought, and the type of enemy you face.

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News

Veteran Affairs Bulletin



Veterans Rapid Retraining Assistance Program (VRRAP)

For Veterans who have lost their jobs due to COVID-19, VA has launched the **Veteran Rapid Retraining Assistance Program (VRRAP)**. Veterans participating in VRRAP will receive up to 12 months of tuition and fees and a monthly housing allowance based on Post-9/11 GI Bill rates.

VRRAP covers education and training programs approved under the GI Bill and Veteran Employment Through Technology Education Courses (VET TEC) that lead to high-demand jobs. These include

PTSD Resources



PTSD Resources for Veterans and Families

An Associated Press report states that when the Army did its first mental health study of troops who served in Iraq, it discovered that one in eight returning soldiers had symptoms of Post-Traumatic Stress Disorder, or PTSD. Less than half of that number would seek help, the Associated Press states. And a later report from the Department of Veterans Affairs states that in the last decade, PTSD cases among service members has tripled.

The National Institutes Of Health has identified the growing number of PTSD cases in America as "an

associate degrees, non-college degrees, and certificate programs. The Department of Labor determines what's considered a high-demand job for VRRAP. The program was enacted on March 11 and is part of the **American Rescue Plan**, a \$1.9 trillion economic stimulus package, with aid targeted to assist individuals and businesses recover from the effects of the COVID-19 pandemic.

[Read More →](#)

epidemic." Also a major concern – dealing with caregiver burnout, fatigue, and stress associated with helping a loved one manage their condition. Not seeking care is one of the worst things a PTSD sufferer can do, but many service members and their families aren't sure where to begin looking for help.

For Those Who Need Immediate Help Anyone suffering from **post-traumatic stress disorder** and is struggling with feelings of self-harm or suicide should seek help immediately. The National Suicide Prevention Lifeline, 1-800-273-TALK (8255) (live online chat is available via the official site) is staffed 24/7 to help those who need help in a crisis.

[Read More →](#)

A Moment In History



Flag Day is Sunday, June 14! This annual holiday celebrates the history and symbolism of the American flag.

WHAT IS FLAG DAY?

Flag Day is a celebration of the American flag that occurs each year on the anniversary of the flag's official adoption, June 14.

What we know fondly as the "Stars and Stripes" was adopted by the Continental Congress as the official American flag on June 14, 1777, in the midst of the Revolutionary War. Colonial troops fought under many different flags with various symbols

June Important Dates



PTSD Awareness Month
Month of June

D-Day
June 6

Women Veterans Day
June 12

Army Birthday
June 14

U.S. Flag Day
June 14

National Flag Week
The week that includes June 14th

—rattlesnakes, pine trees, and eagles—and slogans—“Don’t Tread on Me,” “Liberty or Death,” and “Conquer or Die,” to name a few. The Declaration of Independence made the adoption of an American flag necessary. Previously, each colony or special interest had its own flag.

On the 14th of June, Congress made the following resolution: “The flag of the United States shall be thirteen stripes, alternate red and white, with a union of thirteen stars of white on a blue field ...” Official announcement of the new flag was not made until Sept. 3, 1777.

[Read More →](#)

Father’s Day

Third Sunday in June

Veterans Golden Age Games

June 22 (begins), June 27 (ends), 2020

Coast Guard Auxiliary Birthday

June 23

PTSD Awareness Day

June 27

Summer Plans



158th Gettysburg Civil War Battle Reenactment - July 3 & 4, 2021 at the Historic Daniel Lady Farm

With thousands of reenactors, over 20 full size cannons and 40 plus cavalry registered for the July 2021 event, it promises to be an event unlike any other at the Historic Daniel Lady Farm!

Cavalry skirmishes, artillery demonstrations, full scale infantry skirmishes, Civil War medicine and an all-day activities tent are just a few of the exciting sights and sounds that can be experienced at the 158th Gettysburg Civil War Reenactment, at The Historic Daniel Lady Farm in Gettysburg, Pennsylvania, on July 3 & 4 2021. This all-day family event has something that everyone of all ages will enjoy. The event will be held at The Historic Daniel Lady Farm spread out over 146 majestic acres of Pennsylvania countryside. This historic piece of property served as Major General Edward Johnson’s staging area for the Confederate attack on Culp’s Hill, and was used as a Confederate Field Hospital during the battle. During the July event, tours will be given of the house and barn, where blood-stained floors and hand carved initials can still be seen today. This opportunity to tour the house and barn is only available to patrons that attend the event so don’t miss out! In addition to the historic property and structures, three daily field demonstrations, that include cavalry, artillery, and infantry, will highlight this memorable experience!

Don’t miss this opportunity to feel the ground shake beneath your feet, while hearing the rebel yell as the Confederates advance through the smell of fresh gun powder in the air. Food and beverages will be on-site to quench your thirst and curb your hunger while enjoying your day of live history!

Read More → [The Historic Daniel Lady Farm](#)

Heroes' Passage

Veterans' Outreach was donated 110 acres of Kentucky wilderness. Plans are underway to develop Heroes' Passage, a healing environment for post 9/11 veterans that are having problems with transitioning to civilian life.



Ohio	Alabama	Florida	Kentucky	New York
Corporate	807 Midway St.	1933 A Whitfield	512 E. Main St.	P: (888) 2VETNET
7 Belgrade Ave.	Hartselle, AL 35640	Park Loop	Grayson, KY 41143	
Liberty, OH 44505	P: (866) 2VETNET	Sarasota, FL 34243	P: (866) 2VETNET	West VA
P: (888) 2VETNET	F: (256) 77803267	P: (866) 2VETNET	F: (606) 475-0217	P: (888) 2VETNET
F: (330) 755-5930		F: (941) 755-1207		