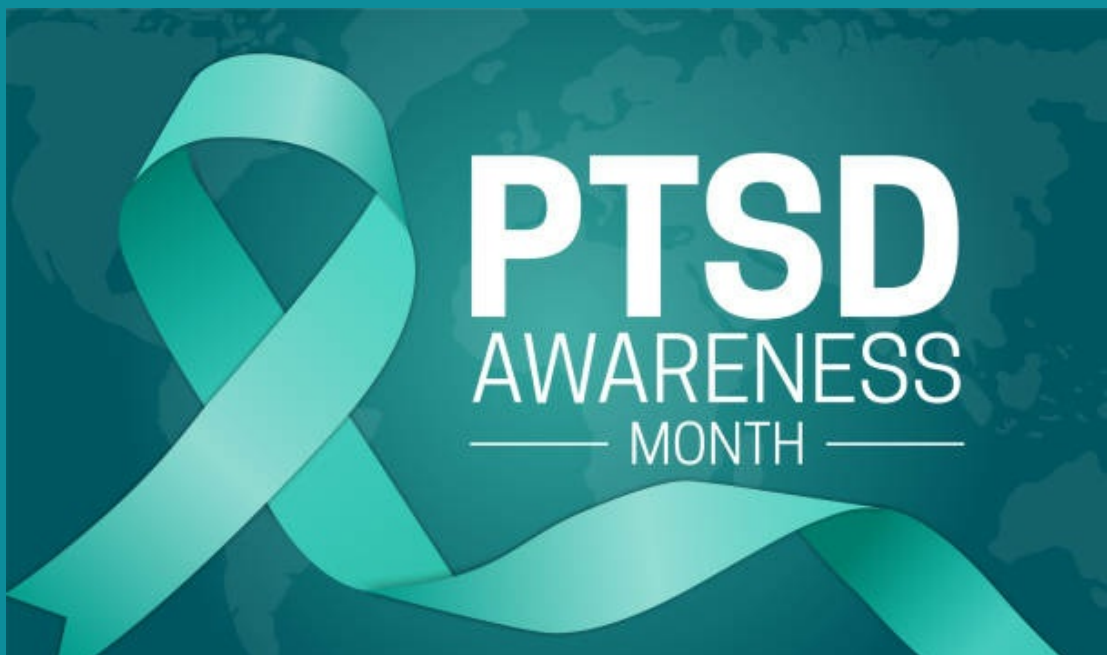


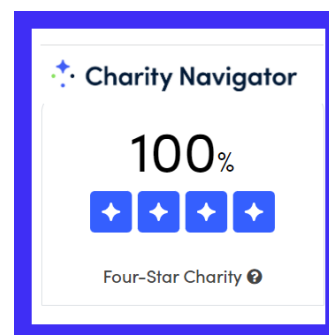
VET NET Newsletter
June 2023



VETERANS' OUTREACH



Serving our veterans in Ohio, Kentucky, Alabama, Florida, West Virginia & New York since 1994



The Mission Continues

A work trip to San Francisco in the early 1990s changed my life forever. How? My experience with the homeless catastrophe that was unfolding back in 1993.

I was sent to by my employer for three days of an auto parts convention. I walked the streets to get to the convention center of that fabled city from the Neko Hotel. As I began my adventure to reach my destination, I couldn't believe my eyes, seeing these poor folks lined up on the sidewalks shoulder by shoulder, holding signs of despair for needing food and help. I saw hundreds of homeless standing by the famed trolley tracks. As I was gawking at this horrific site I stepped on a hypodermic needle that went right through my shoe into my foot! This was when AIDS was a huge problem and really had people scared.

Welcome to San Francisco! The hotel got me a doctor who gave me a tetanus shot. Thankfully, nothing more happened from the needle incident.

So, San Francisco had many things to observe and ponder. There were musicians on the corners playing guitar, a harp, a brass instrument, whatever they could make music with! There were human statues that were painted all over with silver or gold and standing there motionless, like a statue, hoping for a dollar or two.

The homeless issue was overwhelming the beauty and energy of the city. I was awestruck and wanted to find out what was going on with the population of the homeless. I was further shocked that 30 to 35% were homeless veterans.

In the early evening, I would go out and chat with these folks, I wanted to get their story. That's when I learned that so many were veterans. After I left, I even tried to contact the Mayor to find out what programs he had available to the homeless and especially the veterans that were in that situation. That mayor said there was no funding to help with the veterans and they usually kept track of how they found them passed away.

So I thought of trying to do something, especially for the veterans. I come from a family of veterans, especially my father and brother who served in Pearl Harbor and Vietnam. They both suffered the scars of war. Now, my son is also a veteran that served in Afghanistan.

In 1994, I decided to seek help in developing a charity which I called, Veterans' Outreach. But, how to help? What to do? One step at a time, each building block on top of the one before it is how Veterans' Outreach came to be, much like any other thing that lasts over the years. I had to learn how to fundraise in many different ways because we can't help a veteran with their problem unless we go out and raise the money to provide the help. We never received a penny from the government. We raise all of our own funding through donations, grants, and special events.

Many people are passionate about veterans and give of themselves to help. Many seniors, veterans, and non-veterans have given decades of their post-retirement years to join the mission. This business model has allowed Veterans' Outreach to grow, helping veterans in six states. I am eternally grateful and so humbled by all that have joined, giving their final years to a mission that has helped tens of thousands of veterans over the years.

I am a man of faith and I believe that God has been blessing and driving our mission to the next level to be able to offer more to veterans. Over the last six months, we have

been working on our new national headquarters in Liberty Township, Youngstown Ohio. At one time, the property was Arby's national headquarters. The complex increased our office space size by 700%! We are hoping that we can get other veteran-friendly non-profits to join us in the complex to have more resources readily available to honor and serve veterans.

We are renovating the space to be ready to house our programs for veterans. We don't have a move-in date yet, as there are too many unknowns to determine just when everything will be done. We are in a constant state of fundraising for this project and welcome donations of any amount.

We are hosting volunteer days, no special skills are needed, there is something to do for just about anyone. If you are interested, please contact our office at 330-755-5792 x5.

Any feedback, suggestions, interest in getting involved, I want to talk to you. Email me at jely@veteransoutreach.org

May God bless our veterans.
John Ely
President Veterans' Outreach

Veteran PTSD Stories



Veterans share their experiences and how they have suffered with PTSD

Our Programs For Veterans

Over the last 29 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 →](#)

What We Do Everyday

Recently at our office in Florida, we had a request for financial help from a female veteran. This young woman was in a PTSD treatment program. The referral for aid came by way of our Alabama sister Veterans' Outreach headquarters. The veteran had contacted the Alabama office as she was from that state, she was however domiciled in Florida at a PTSD treatment center and because of that, it was a Florida assistance case. The veteran had no funds for personal care items and was badly in need of some everyday clothes. We were able to have two Walmart \$100 gift cards delivered to her at the treatment center. Upon receipt, she called to express her heartfelt thanks. We are so happy to have had such a quick solution for her!



Recently, the homeowners of a home in Ashland, KY donated the contents of their home to help our veterans in need! Furniture, kitchenware, home good, toys and more! Our location in Kentucky is in Grayson. From there these items will be made available for veterans in need! Wonderful volunteers, whom we are so grateful for, are spending many trips collecting items from this home and bringing them back to the office. Thank you so much! We appreciate donations of all types of items! Please donate when you can, we appreciate every item!



[Donate Now](#)

As current news events highlight the ongoing struggle of veterans and those suffering from PTSD, it is more important than ever to come together and support these individuals. At Veterans Outreach, we are committed to making a difference in the lives of these brave men and women. By donating today, you can help provide crucial resources and support to veterans in need. Your contribution can help make a real difference in their lives and show them that their sacrifices have not gone unnoticed. Together, we can make a positive impact on the lives of those who have served our country.

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.**



Donate Now



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

Events

June 24 @ 11am

American Warriors

Salem Youngstown Harley Davidson

RUN FOR



AMERICAN WARRIORS

ALL DONATIONS GO TO BENEFIT
AMERICAN VETERANS IN NEED

DATE: JUNE 24TH, 2023

TIME: 11:00AM – KICKSTANDS UP AT NOON

LOCATION: HOPE CHRISTIAN FELLOWSHIP-SALEM

YOUNGSTOWN HARLEY DAVIDSON

BURG BAR

ADMISSION FOR RIDING IS NON-PERISHABLE ITEMS (EX. CANNED
FOOD, SOCKS, UNDERWEAR, ETC)

IN COOPERATION WITH VETERANS OUTREACH AND

GOD CHASERS MC



July 23 @ 10am - Noon

Armstrong Street Scene Car & Custom Bike Show

Austintown Park

ARMSTRONG'S STREET SCENE

CAR & CUSTOM BIKE SHOW



July 23, 2023

Austintown Park

Registration: 10am-Noon

Show: Noon-3:30pm

ALL Makes and Models Welcome!

Over 20 Hand Built Trophies from YCS ■ Vegas Band Live

DJ Thomas John ■ Food From Molnar's

Street Scene TV With Rick Gurrera and Krysta Sylvester

Door Prizes ■ Raffle Items ■ Shirts from Cazzco

All Proceeds Go To



September 8

8th Annual Golf Scramble

Bedford Trails Golf Course 713 Bedford Road, Lowellville, OH, United States

SAVE THE DATE! Date: September 8th, 2022 Bedford Trails Golf Course 713 Bedford Road, Lowellville, Ohio 44436 Phone: 330-755-5792 | veteransoutreach.org



Veterans' Outreach Presents our

8TH ANNUAL GOLF SCRAMBLE

For the benefit of our nation's veterans

BEDFORD TRAILS GOLF COURSE

713 BEDFORD ROAD

LOWELLVILLE, OH 44436

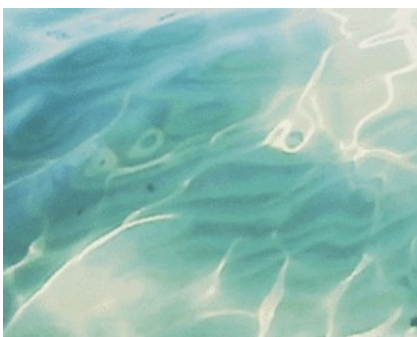
(330) 755-5792 || www.veteransoutreach.org

8 SEPTEMBER 2023 || SAVE THE DATE



News

June



PTSD and the Military



When you are in the military, you

PTSD Awareness Month

Month of June

Homeownership Month

Month of June

D-Day Allied Invasion of Europe (1944)

June 6

Women Veterans Day

June 12

Army Birthday

June 14

U.S. Flag Day,

U.S. Army Founded (1775)

June 14

National Flag Week

June 11 – 17, 2023

Father's Day

Third Sunday in June

Juneteenth National Independence Day

June 19

Summer Begins

June 21

Pledge of Allegiance Recognized by Congress (1942)

June 22

GI Bill Signed Into Law (1944)

June 22

Coast Guard Auxiliary Birthday

June 23

Korean War Began (1950)

June 25

PTSD Awareness Day

June 27

Post 9/11 GI Bill Signed Into Law (2008)

June 30

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.

Another cause of PTSD in the military can be military sexual trauma (MST). This is any sexual harassment or sexual assault that occurs while you are in the military. MST can happen to both men and women and can occur during peacetime, training, or war. Among Veterans who use VA health care, about:

- 23 out of 100 women (or 23%) reported sexual assault

when in the military.

- 55 out of 100 women (or 55%) and 38 out of 100 men (or 38%) have experienced sexual harassment when in the military.

There are many more male Veterans than there are female Veterans. So, even though military sexual trauma is more common in women Veterans, over half of all Veterans with military sexual trauma are men.

From the National Center for Posttraumatic Stress Disorder, US Department of Veterans Affairs.

Read More: www.ptsd.va.gov

Heroes' Passage In Kentucky

Veterans' Outreach was donated 110 acres of Kentucky wilderness. Plans are underway for the development of Heroes' Passage, a veteran retreat with a healing environment for veterans that are having problems with transitioning to civilian life.

Read More →



Veterans' Outreach



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