

Resources to Find Help

Veterans Crisis Line

1.800.273.TALK (8255)

www.veteranscrisisline.net

Give an Hour providers

www.giveanhour.org

Click on "Search for a Provider"

Substance Abuse & Mental Health Services Administration (SAMHSA)

1.800.622.HELP (4357)

www.samhsa.gov

Patients Like Me online network

www.patientslikeme.com

VA Health Care

1.877.222.VETS (8387)

www.va.gov/health

PTSD Coach Online Apps

www.ptsd.va.gov/PTSD/apps/ptsdcoachonline

Defense Centers of Excellence for Psychological Health & Traumatic Brain Injury

www.dcoe.mil

VA Vet Center Program

www.vetcenter.va.gov/

Mail Donation checks to Dept of CT VFW P.O. Box 429 Rocky Hill CT 06067 In memo section on check write Joint VFW Mental Wellness Campaign
VFW State Commander Dominick Cortese

Know the Five Signs of Emotional Suffering

Personality Change: Sudden or gradual changes in the way someone typically behaves.

Agitation: When someone seems uncharacteristically angry, anxious, agitated, or moody.

Withdrawal: Withdrawn or isolated from other people; pulling away from family and friends.

Poor Self-Care: Has stopped taking care of themselves and may engage in risky behavior.

Hopelessness: Seems overcome with hopelessness and overwhelmed by their circumstances.

*If you recognize that someone
in your life is suffering,
**CONNECT, REACH OUT,
INSPIRE HOPE, and OFFER HELP!***

UNWAVERING SUPPORT



FOR UNCOMMON HEROES

VFW

Veterans of Foreign Wars
of the United States

P.O. BOX 429

Rocky Hill, CT 06067

Phone: 860 616 2363

stct@vfw.necoxmail.com

VFW

VETERANS OF FOREIGN WARS

Department of Connecticut

Joint Special Project

Commander's Special Project

Auxiliary President Special Project

In support of the

VFW MENTAL

WELLNESS CAMPAIGN

Awareness, support
and intervention
for veterans

Joint VFW Mental Wellness Campaign
AUX PRESIDENT Kim McCarroll

Our Objective:

The purpose of the project is to educate VFW and VFW Auxiliary members, veterans and communities about the important topic of mental health and wellness, and offer proven tools to intervene on behalf of veterans in crisis.

In order to help bring this complex set of issues to light for our members, veterans, the military and our communities, it is essential that the VFW and VFW Auxiliary work hand-in-hand on every level to bring the needed awareness and education to everyone.

Mental health issues for veterans and the military community are complex, often unseen, and affect more than just the service member or veteran. With 1.6 million members, the VFW and VFW Auxiliary are uniquely positioned to offer the support and educational base camp in more than 6,000 communities nationwide.

Join VFW in opening our hearts, homes and Posts to those who defended our freedoms.

QUICK FACTS:

Veterans report that their mental health issues are very similar to those in the civilian population, which commonly relate to interpersonal relationships and economic concerns. These issues have shown to increase with deployment.

One of the most common claimed conditions for clients who seek assistance from VFW service officers is a mental health condition.

Veterans who seek care for mental health through VA facilities are more likely to have positive health outcomes.

VA reports that as many as 20 veterans choose to end their lives every day. But contrary to popular belief, most veterans who attempt suicide are older or have not deployed to a combat area.

The VFW's community posture has historically provided a safe space for veterans to offer one another peer-to-peer support. This means that the VFW is uniquely poised to serve this therapeutic need for today's veterans.

Program Goals:

- ✓ Build partnerships to serve the needs of service members, veterans, and families suffering from invisible injuries
- ✓ Provide training and resources to VFW personnel who provide direct services to veterans
- ✓ Create templates for VFW Posts and Departments to raise awareness and host community-based events
- ✓ Offer opportunities for VFW members to share experiences and leverage partner resources
- ✓ Contribute to research efforts that advance the dialogue on brain health and foster the development of new evidence-based treatments
- ✓ Advocate for federal legislation to improve access to mental health care and transitional benefits

Strategic Partners



Give help | Give hope

www.giveanhour.org

MISSION: To develop national networks of volunteers capable of responding to both acute and chronic conditions that arise within our society, beginning with the mental health needs of those who serve and their families.

- ✓ Confidential and free mental health care for service members, veterans, and their loved ones through a network of nearly 7,000 licensed providers.
- ✓ Initiative to change the culture of mental health in America, called the Campaign to Change Direction www.ChangeDirection.org

The logo for One Mind features a stylized brain icon above the text "ONE MIND".

ONE MIND

www.onemind.org

MISSION: To accelerate the development and implementation of improved diagnostics and treatments for post-traumatic stress (PTS) and traumatic brain injury (TBI) -- through creating global public-private partnerships among governmental, corporate, scientific and philanthropic communities -- based on our belief in open science principles.

- ✓ Research collaborations with academic, medical, and veterans' service communities
- ✓ Online community tool for service members, veterans, and families coping with invisible wounds via "Patients Like Me"



VETERANS OF FOREIGN WARS OF THE UNITED STATES
DEPARTMENT OF CONNECTICUT



TESTIMONIAL DINNER
HONORING

State Commander, Dominick S. Cortese

and

State Auxiliary President, Kim McCarroll

SUNDAY OCTOBER 17, 2021

in

The Grand Ballroom of the Rocky Hill Sheraton Hotel
100 Capital Blvd - Rocky Hill, Ct.

Our Special Guest for the Testimonial will be The VFW Inspector General Paul Lloyd of New Hampshire.

\$40.00 PER-PERSON

Menu

Your Choice of ** Choice New York Strip W/Steak Butter
**Seared Sea Bass in Lobster Dill Sauce
**Chicken Marsala

Accompanied with:

** Mystic Pear Salad w/Spiced Pecans, Grapes, Pear Slices, Crumpled Bleu Cheese and Dressing ** Roasted Zucchini w/ Tomato Sauce ** Sweet Potato Mash **Fresh Baked Dinner Rolls and Sweet Butter **Coffee - Decaf and Assorted Specialty Teas **Dessert: Blueberry Cheesecake

Cash Bar Cocktail Hour at 12:00 Noon

Dinner Served at 1:00 pm

LET'S HAVE A REPRESENTATIVE FROM EVERY POST AND AUXILIARY TO SHOW OUR SUPPORT FOR OUR STATE COMMANDER AND PRESIDENT

PLEASE SEND ME _____ TICKETS AT \$40.00 EACH.
A CHECK FOR \$ _____ IS ENCLOSED.

POST / AUXILIARY # _____ NAME _____
STREET: _____ ZIP: _____

MY / OUR MEAL SELECTION(S) ARE BEEF _____ FISH _____ CHICKEN _____

A GLUTEN FREE MEAL _____ A VEGETERIAN LASAGIANA MEAL _____

Cutoff date to order your tickets is Wednesday October 13th

PLEASE MAIL
TO:
Ron Rusko,
VFW
Quartermaster



DEPARTMENT OF MARYLAND

Veterans of Foreign Wars and its Auxiliary



EASTERN CONFERENCE BANQUET

Saturday - October 30, 2021

~ MENU ~

**** Fresh Garden Salad with choice of Ranch or Balsamic Dressing**

With Your Entrée Selection of:

****Chicken Cordon Bleu**

****Jumbo Lump Maryland Crab Cakes**

****Prime Sirloin Tips**

Accompanied with:

****Baked Potato and Seasonal Vegetable** Warm Dinner Rolls and Butter**

****Coffee, Regular & Decaf, Hot & Cold Tea, Water**

Dessert:

Smith Island Cake

Please advise of any Special Dietary Needs as early as possible.

Dinners are priced at \$ 50.00 each. VFW and Auxiliary Dinner reservations must be made through your respective Department Adjutants.

The Department Adjutant is to provide a list of all attendees with dinner choices and payment in full. Dinner reservations are to be received by *October 11, 2021*.

Department Adjutants, please make all checks payable to the: "Department of Maryland, VFW."

Your meal/s must be ordered by the Connecticut VFW Adjutant. DO NOT send this form to Maryland. Thanks. Ron

MEAL CHOICES: Chicken Cordon Bleu _____ Jumbo Lump Maryland Crab Cakes _____
Prime Sirloin Tips _____ Other _____

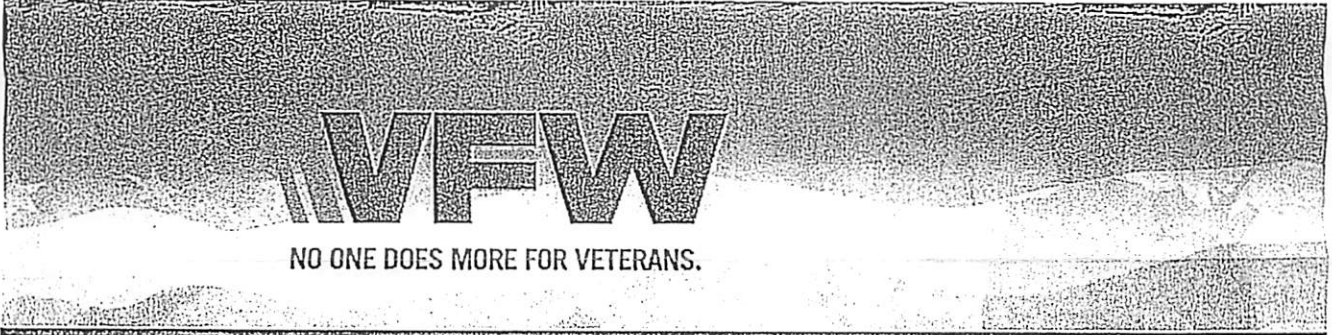
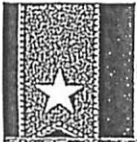
Number of Meals _____ x \$ 50.00 = Total \$ _____ Check # _____

Please Mail with payment to: Department Adjutant/Quartermaster Ron Rusko AT: VFW P.O. Box 429 Rocky Hill, CT. 06067.

**DO NOT MAIL THIS FORM TO THE DEPARTMENT OF MARYLAND
THANK YOU. Ron**

Last call

Last call



Are you receiving e-mails on this background from me?? If not, as a Post Officer you should be.

I send timely important information out almost daily to keep you up on what is happening in the VFW, so you can pass it on to your post member's.

I DO NOT send out jokes or cartoons, and don't want any sent to me.

Just send me an e-mail at stct@vfw.necoxmail.com and I will add your e-mail to the address book.

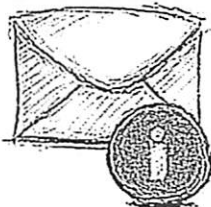
ANYONE IN YOUR POST that would like to receive these e-mails may by sending me their e-mail address

Members of the VFW Auxiliary are also welcome to be on our e-mail list. Just send me yours.

Thanks, Ron Rusko, VFW State Adjutant/Quartermaster



Email Subscription



Unsubscribe

The Veterans of Foreign Wars is dedicated to responsible email. If you feel that you are receiving this email in error, or you would no longer like to receive emails from the VFW, click the link below to unsubscribe.

Opening for State Service Officer Position



Paid Position Available for the right person.

Interested in Helping Veterans?

We have an opening in our State Service Office, and need someone to join the Service Office Team.

This is a full time position for a male or female, who would run the office as the VFW State Service Officer, and help Veterans file or re-file claims for injuries or illnesses incurred while serving in the United States Military.

We will provide, and pay, for all of your training. The job is perfect for a retired person that is looking to get a bit more income and help Veterans in the process.

The office is located in the Newington VA hospital, and the position DOES require membership in the VFW. There is a some out of state travel that we provide housing, meals, travel and compensation for. You must also be capable of using a computer for e-mails, letters and filing claims.

If you are interested please send a brief resume to me at:
stct@vfw.necoxmail.com or call me at 860-616-2363

Thanks Ron Rusko

WWW.VFWPOST149.COM // PH: 203-748-9579

OPEN TO ALL VFW AND VFW AUXILIARY MEMBERS
PROCEEDS SHARED BETWEEN POST 149 AND POST 10201.

\$25 PER TEAM INCLUDES PITCHER OF BEER

CORNHOLE Tournament

RAYMOND A WALLING VFW POST 149 PRESENTS:

VETERANS OF FOREIGN WARS

VFW

5 BYRON STREET, DANBURY CT

6PM-10PM

OCTOBER 1ST, 2021