

FOOTHILLS HOMELESS VETERANS STAND DOWN BIG SUCCESS

The first annual Foothills Homeless Veterans Stand Down was held on April 20, 2012 at the American Legion Fairgrounds in Hickory. Approximately 500 people were in attendance for this event.

The Foothills Homeless Veterans Stand Down was organized to help homeless and needy veterans in Catawba County and nine other surrounding counties.

Vendors were on site from many different nonprofit agencies helping these veterans with resources they may not have been aware of. Some agencies that were on hand were the VA Medical Center in Salisbury, the VA Outpatient Clinic in Hickory, the VA regional office in Winston Salem, Exodus House Ministries, the Social Security Administration, and also local County agencies.

Physicians, mental health providers, and dentists were also available to provide routine checks and dental work. Veterans were transported from the fairgrounds to Catawba Valley Community College's Dental Lab, in which dentists were on hand.

Veterans were also given military surplus to include sleeping bags, clothing, and boots. Donations of food and hygiene items were also given to the attendees of the event. Breakfast and lunch were provided for everyone in attendance.

Plans are currently underway for next year's event. Anyone wishing to help volunteer can contact the Veterans Service Office at 828-465-8255.



REMEMBERING MEMORIAL DAY

For many people Memorial Day is a day off of school and a day off of work. But what is the true meaning of Memorial Day?

Memorial Day is day normally observed on the last Monday of May. It is formally known as Decoration Day. It originated after the American Civil War as a way to honor the fallen soldiers.

Today, Memorial Day has been extended to honor all Americans who have died in all wars and while serving in the United States Armed Forces.

Many gravesites will be decorated with the American Flag to show gratitude and respect for those who gave the ultimate sacrifice for our freedom.

MAY 2012

WHAT VETERANS LIVING WITH PTSD WOULD LIKE THEIR FAMILY AND FRIENDS TO KNOW

Many Veterans suffer everyday with Post Traumatic Stress Disorder. PTSD is a mental health condition that's triggered by a terrifying event. Symptoms may include flashbacks, nightmares, and severe anxiety, as well as uncontrollable thoughts about the event.

Here is a list of items that veterans would like their family and friends to know about their PTSD:

- GIVE ME SPACE when I need to be alone – don't overwhelm with questions. I'll come talk when I'm ready.
- Be patient with me, especially when I'm irritable.
- Don't personalize my behavior when I explode or get quiet.
- Don't pity me.
- Don't say "I understand," when there are some things that you cannot understand.
- Realize that I have unpredictable highs and lows – good and bad days.
- Anticipate my anniversary dates-recognize that these could be tough times.
- I'd like to share my traumatic experiences with you, but I fear overwhelming you and losing you.
- I also fear your judgment.
- Know that I still love and care about you, even if I act like a jerk sometimes.





**North Carolina Division of Veterans
Affairs and the Catawba County Veterans
Office**

Over the years many people have had questions over the difference in the North Carolina Division of Veterans Affairs in Hickory and the Catawba County Veterans Office.

The NCDVA located on 4th Street SE in Hickory is a State agency that handles the training and certifications for the County Service Officers in its seven county district. It also assists each County Service Officers with complicated cases as well as offering continual training.

The seven counties include Alexander, Ashe, Catawba, Iredell, Lincoln, Wilkes and Watauga.

**NATIONAL GUARD (IN FEDERAL
STATUS) AND RESERVE ACTIVATED**

This week the Army, Navy, Air Force and Marine Corps announced a decrease in activated reservists while the Coast Guard announced an increase. The net collective result is 1,035 fewer reservists activated than last week.

At any given time, services may activate some units and individuals while deactivating others, making it possible for these figures to either increase or decrease. The total number currently on active duty from the Army National Guard and Army Reserve is 50,532; Navy Reserve, 4,575, Air National Guard and Air Force Reserve, 9,815; Marine Corp Reserve, 4,557, and the Coast Guard Reserve, 839. This brings the total National Guard and Reserve personnel who have been activated to 70,318.

A cumulative roster of all National Guard and Reserve personnel who are currently activated may be found at <http://www.defense.gov/news/d20120424ngr.pdf>.

Other information regarding deactivation and reduction of troops can be found at the Department of Defense website: www.defense.gov.