

BLUE RIDGE VETERANS COMMUNITY PARTNERSHIP

Mission Statement

The Blue Ridge Veterans Community Partnership is dedicated to building lasting relationships that create an environment of trust, encouragement and open communication for the Veterans and their family members of Western North Carolina.

The BRVCP is part of the MyVA Community model. These communities are set up throughout the states and are a collaborative network of Veterans, advocates, resources, and other stakeholders who organize through community Veteran engagement boards to improve outcomes for Veterans, Service Members (SM), and their communities.

The MyVA Communities model provides a framework to begin having conversations with local community leaders about collaborative networks where they don't exist.

The MyVA Community drives a shared understanding among stateholders of the complex challenges that Veterans and transitioning Service Members face and leverages its collective strengths to improve the Veteran experience.

Public forums will be an important tool to bring together the community, connect Veterans and their supporters with resources, and allow stakeholders to ask questions or raise concerns. Public forums will supplement VA's integrated Town Hall meetings.



MyVA Communities promote opportunities to enhance service and address issues at the local level. Should a community encounter issues that require resolution at higher levels, Co-Chairs are empowered to consult with District VEO's or MyVA Advisory Board members upon request.

Co-Chairs for the Blue Ridge Veterans Community Partnership are Leigh Tabor; Macon County, John Raikes; Buncombe County, and Cindy S Travis; Catawba County.

The first meeting of the BRVCP will be held August 5th in Asheville. Please contact Cindy S. Travis for more information.

AUGUST 2016

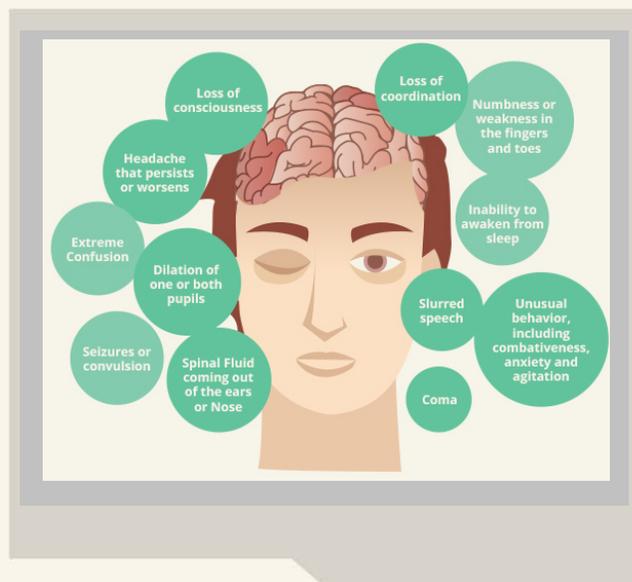
Understanding Brain Injury

Traumatic Brain Injury (TBI) is defined as a blow or jolt to the head or a penetrating head injury that disrupts the function of the brain. Not all blows or jolts to the head result in TBI. The severity of a TBI may range from mild to severe. A TBI can result in short or long term problems with the person functioning independently.

The leading causes of TBI are falls (28%), motor vehicle crashes (20%), being struck (19%) and assaults (11%). Males are about 1.5 times as likely as females to suffer from a TBI. Certain military duties increase the risk of sustaining a TBI.

Common symptoms of brain injury include:

- Not feeling like regular self; something is off
- Headaches or ringing in the ears
- Trouble with memory, attention or concentration
- Difficulty organizing daily tasks
- Easily irritated or angered
- Feeling lightheaded or dizzy
- Blurred vision or eyes tire easily
- Feeling sad, anxious or listless
- Feeling tired all the time
- More sensitive to sounds, lights or distractions
- Change in sleep, much more or much less
- Impaired decision making or problem solving
- Slowed thinking





2016 Soldiers Reunion

Please stop by the Veterans Service Office tent for great information for Veterans and their families. This year our tent will be shared with the NC Division Military and Veterans Affairs.

There will be plenty of free giveaways. Stop by and get yours!

Reminder

- If you have ideas for a topic or something you would like to know more about to put in the newsletter please let me know. Email me at ctravis@catawbacountyn.c.gov or call me 828-465-8255 and I will try and get it in the next newsletter.

Calendar of Events

Sunday: August 14: Cruisin

Monday: August 15: Gospel Night

Tuesday: August 16: Beach Music

Wednesday: August 17: Country Music

Thursday: August 18: Reunion Day

Saturday: August 20: 5K Run/Walk

Sunday: August 21: Bike Ride