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| Jan. Feb. Mar. 2024 | National Association of American Veterans (NAAV)  1st Quarter Newsletter - 2024 | | | | | | | | | | | | | Issue #1 |
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| **Editor’s Notes and Message**  **“Sailing Into the new: Room for Change”**  Greetings, *We find ourselves tackling a new year, while not so much has changed. Sentiments shared from 2023, “*Who keeps track of every day’s twist, turns, ups, downs, pauses, speed, successes, and defeats? NAAV plans for the month but addresses the issues of the day as situations such as phone calls, emails, letters, meetings, and encounters arise. This organization of one of many Veteran Service Organizations that is faced with meeting the request and challenges of servicing our American veterans, and their caregivers and their family members. What sets NAAV apart is the tireless efforts and services led by the CEO, Constance A. Burns and her small cadre of dedicated Board and Advisory members, volunteers, corporate sponsors, and prayer warriors. NAAV’s testimonials speak of the goodness and attention this organization has paid to its veterans and their family members time-after-time. With the wind as our source, NAAV provides a 24-hour operation… ***Always on… Ever present… and Ready to serve***. | |  | Sailboat Images - Free Download on Freepik | | | | | | | | | | | | |
|  | |  | Source: https://www.google.com/url?sa=i&url=https%3A%2F%2Fwww.freepik.com%2Ffree-photos-vectors%2Fsailboat&psig=AOvVaw0ttw7xTz1SJXd8uzoqMlmj&ust=1708982955456000&source=images&cd=vfe&opi=89978449&ved=0CBMQjRxqFwoTCMin0-a3x4QDFQAAAAAdAAAAABAE | | | | | | | | | | | | |
|  | |  | Editor’s Phrase  Always On  Ever present and ready to serve | | | | | | | | | | | | |
|  | |  | Greetings to old friends; hello to a new year. NAAV is starting out in 2024 taking charge of the new year with a steady course of action. Our anchor is set on stopping to meet the needs of our veterans and their family members. Like every other month during the past few years, NAAV has sailed both smooth and rough seas yet always looking for the lighthouse light to light the way and the tugboat of volunteers, supporters, and sponsors to pull us ashore. This is 2024, although new, finds our journey amidst the vastness of ocean waves with our nets cast wide. NAAV is no stranger to patience and in order to catch fish, who are the good ones, we must be --- vigilant, passionate, strong, and team oriented; have an eye open for movement, willing and able to adjust our movement and position.   * What is inside:   The scoop of the day – NAAV Veteran Updates (Pg:2}  NAAV Outreach: Become a Sponsor (Pg.:4)  Moments of Meditation and Prayer (Pg.:6)  Food Pantry Listing (Pg.7- 8) | | | | | | | | This 2024, NAAV is ready to serve with you and mind. Jesus told His disciples in Matthew 4:19 that He *would “make them fishers of men.”* NAAV following that call. We are looking for “a few good, consistent, and willing individuals to come along side our mission vessel to help reel in the fish for those waiting on shore. Our veterans and their family members are still looking for us to supply needs and to fill baskets devoid of meat, housing, furniture, medical assistance, heat, vehicles, and long-awaited utilities to be turned back on. This 1st Quarter we want to remind you of our help for the need to bring this boat, filled with financial sustenance, ashore as we voyage *“into the new with room to change.”*  ***“Be a fisher of men – Donate Today!”*** | | | | |
| Source:Shutterstock.com:1102300472 | |  |  | | | | | | | |  | | | | |
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| Jan. Feb. Mar. 2024 | | | | NAAV 1st Qtr. Newsletter | | | | | | | | | Issue #1 | | |
| **The NAAV Scoop for Veterans** | | | | | | | | | | | | | | | |
| **How to Manage Your Feelings**  Posted on [**February 23, 2024**](https://www.naavets.org/how-to-manage-your-feelings-2/)  **Nine Coping Skills**   1. **Pray**   Are you a religious or spiritual person? If you are or even if you are not but have considered trying, praying can be tremendously helpful in times of extreme stress.   1. **Play Music**   Play music that creates an emotion that is opposite of the one you are struggling with. For example, if you are feeling sad, play happy music. If you are feeling anxious, play slow, relaxing music.   1. **Do Something**   Television or computer activities do not count, these are too passive. Instead, take a walk, dance, clean the house, or do some other activity that gets you active and distracts you from your current emotion.   1. **Call Someone**   Reaching out to others can really help when you are struggling with strong emotions. Call a supportive friend or family member. Identify someone you feel is supportive and ask them if they would be willing to be available to you when needed.   1. **Ride It Out**   The peak of the strongest emotional reactions last for a few minutes and then begin to subside. Set an egg timer or your watch for 10 minutes, and practice riding out the emotion.   1. **Be Mindful**   Practice mindfulness of your emotion. Notice the emotion you are feeling. Let yourself experience it as a wave, without trying to block it, suppress it, or hold on to it. Try to accept the emotion for what it is.   1. **Breathe Deeply**   Sit or lie somewhere quiet and bring your attention to your breathing. Breathe evenly, slowly, and deeply. Watch your stomach rise and fall with each breath.   1. **Take a Warm Bath or Shower**   Try to lose yourself in the sensations of the warm water, the smell of the soap, etc. Allow the sensations to distract you from the situation you are upset about.   1. **Help Someone Else**   Do something nice for someone else. It does not have to be something big.  “I can do all things through Christ who strengthens me.” **(Philippians 4:13)**  By Lola Taylor Johnson, Caregiver of Gulf War Veteran, Glenn Dale, Maryland | | | | | | **Coping Strategies for Veterans Facing Chronic Pain** Posted on [February 23, 2024](https://www.naavets.org/coping-strategies-for-veterans-facing-chronic-pain/)  Chronic pain is a significant issue for many veterans. It can stem from injuries sustained during service, the physical demands of military life, or other health conditions. Living with this kind of pain is challenging, but there are ways to manage and cope with it effectively. This post aims to provide practical strategies for veterans facing chronic pain, helping them lead more comfortable and fulfilling lives.  **What Is Chronic Pain?**  Chronic pain is different from acute pain, which is a direct response to an injury and usually disappears once the injury heals. Chronic pain lasts much longer, sometimes indefinitely, and can arise without a clear cause. It affects not just the physical body but also [mental health](https://www.naavets.org/uplifting-homecomings-mental-health-care-for-military-families/), often leading to conditions like depression or anxiety. It is a complex condition that can vary greatly in intensity, location, and quality, making it a uniquely personal experience. It can also interfere with daily activities, sleep, and overall quality of life, emphasizing the need for effective management strategies.  **Medical Management**  The first step in managing chronic pain is often medical treatment. This might include medications, physical therapy, or surgeries. Veterans facing chronic pain must work closely with healthcare providers to find the most effective treatments for their situation. Remember, what works for one person might not work for another, so this process requires patience and persistence.  Medications might range from over-the-counter pain relievers to prescription drugs. Physical therapy can include exercises tailored to reduce pain and improve function. In some cases, surgeries might be necessary to address underlying causes of pain. It is important to regularly review and adjust these treatments in consultation with healthcare providers, as chronic pain can evolve over time.  **Conclusion**  Coping with chronic pain is a journey, and it is often about finding the right combination of strategies that work for you. For veterans facing chronic pain, it is important to remember that you are not alone in this challenge. With the right approaches and support, it is possible to manage pain and improve your quality of life.  Author’s information:  John Charlton  Human Resources Manager – A2B Moving & Storage  New Alexandria, Virginia, United States https://www.linkedin.com/in/john-charlton-1533484b/  For more information on this topic, visit: <https://www.naavets.org/coping-strategies-for-veterans-facing-chronic-pain/> | | | | | | **NAAV Editor**  NAAV Veteran Announcement  **Become a NAAV Sponsor or Partner**  Become a **NAAV Sponsor or Partner** in support of our nation’s service men and service women, veterans, and their caregivers and family members most in need of emergency aid with a yearly donation of $10,000 or more. You will get exclusive NAAV communications so you can keep track of the progress we make together. You will also get a gift of $20,000 or more NAAV Annual Report. Monthly partners can receive free career coaching and not have to navigate life’s challenges on your own, and our **Career Coach** is in your corner to help with resume building, job search and interviewing techniques. Take ownership of your career! For more information, call (202) 465-3296 or email: [**info@naavets.org**](mailto:info@naavets.org). To donate now visit: [**www.naavets.org**](http://www.naavets.org)click on **DONATE TODAY.** Thank you.  Your continued financial support helps to make our objectives possible, but we still need your support to ensure that we continue to serve those most in need during what is sure to be a financially challenging period ahead of us. You can donate to our homeless and COVID-19 pandemic effort at [www.naavets.org](http://www.naavets.org) click on **DONATE TODAY!** For 2024 NAAV’s Combined Federal Campaign (CFC) number is 85065 to enhance our federal employees and federal retirees’ contributions in 2024 and beyond.  **Remember to walk in the light and make someone happy when you give:**  CFC logo | | | |
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| What’s New for Veterans  Connecting Veterans to Services – | | | | | | | | | | | |  | | | |
| .NAAV gave Dixy Guenzer from Germany resources and referrals. He received a reply from the NPRC in St. Louis, MO. “Unfortunately, many of the records were destroyed in a fire and severely damaged unable to recover. But there was one unseen benefit in that two pieces of the most needed document, i.e., a payment stub and certificate of re-enlistment allowance, were provided. NAAV was able to assist Mr. Guenzer, 75 yrs. old, with this much needed bit of information.  If you and a veteran family member need to pull historical records, contact the National Personnel Records Center (NPRC) as an initial start. | | | | | | | | | | | | National Archives' National Personnel Records Center > (NPRC) Address: 1 Archives Drive, St Louis, MO 63138, website:  [**www.archives.gov;veterans/evetrecs/index.html**](http://www.archives.gov;veterans/evetrecs/index.html)   Office: (314) 801-0080 or Fax: (314) 801-9195 | | | |
| **Some of the key findings: Post 9/11 GI Bill -**  ● More than half (54%) of eligible enlisted military veterans used PGIB benefits to  pay for their higher education between 2009 and 2019. That increases to 62% when  counting veterans who transferred their GI Bill to their spouse or dependent and benefit use outside of higher education. Additionally, more veterans may use the GI Bill at a later date, given the 2017 ‘Forever GI Bill’ that removed the 15-year window for veterans to use the benefit.  ● Veterans’ college completion rate was double that of other financially independent  students nationally. Of those who used the benefits after leaving the military, about  47% completed an associate, bachelor’s, or graduate degree within six years. That rate  is more than double the 23% six-year associate or bachelor’s degree completion rate of  beginning postsecondary students who, like veterans, were financially independent from  their parents.  ● Female veterans were significantly more likely than male veterans to use PGIB  benefits to enroll in higher education and to earn a degree but earned significantly  less in the labor market than male veterans with the same degree. However, the  earnings gap by sex was smaller for veterans than for the general population.  \*For more details, please visit: [**https://www.naavets.org/gi-bill-report/**](https://www.naavets.org/gi-bill-report/) | | | | | | | | | | | | Veteran Education Benefits - Office of the Registrar ... | | | |
| **April Veteran Feed and Connect Event April 20, 2024**  On behalf of Mental Health America of Augusta, the Augusta Expo, and Valley Community Services Board, we want to extend an invitation for you and your organization to participate in our upcoming Veteran’s Feed and Connect event. The event will take place on April 20th, 2024, at Augusta Expo Center from 10 a.m. – 2 p.m.  Many of our veterans need community support and we are looking for your help to educate our community about your agency and the important resources and services you provide to veterans, active military, and their families. Our goal is to provide an event where all can come to connect through food and resources to receive the support they need.  Almost 30% of veterans report a diagnosis of at least one mental health disorder following their return to civilian life. With this staggering statistic, our organizations strive to impact our local community and those who need support.  Veterans have given so much to serve our country, and this is a time for us to give back to them. Will you partner with our organizations to make our community aware of your organization’s valuable resources and services?  If you are interested in making an impact, please join us and RSVP to Leah Hale at lhale@vcsb.org by Friday, April 5th, 2024. | | | | | | | | | | | |  | | | |
| JBM-HH Gospel Service Keeper of the Community Award Service, February 24, 2024, for Black History Month   * Quote from Dr. Martin Luther King:   **“Every man must decide whether he will walk in the light of creative altruism or in the darkness of destructive selfishness” -Martin Luther King, Jr.** | | | | | | | | | | | |  | | | |
| **In recognition of 2024** Black History Month:  “What an honor and a privilege it was for me. To have the opportunity during Black History Month to meet a living legend and Medal of Honor soldier from the Vietnam War to God, be the glory.” CA Burns  **Welcome** Chaplain (Colonel) Willie Mashack Pastor, JBM-HH Gospel Service It is my pleasure to welcome you to the Joint Base Myer-Henderson Hall Gospel Congregation’s 2024 Black History Service. I do so with the expectation that this will be a meaningful and memorable experience as we celebrate and recognize the achievements, sacrifice, and allegiance of those who have committed themselves to the various conditions of humanity. Through prayer and determined faith, we convene today for a few hallowed moments, creating a sacred space to recognize God's continuous work in and through the lives of others. Our gathering will be a time of celebration as we commemorate significant achievements and successes that are marked by bold and visionary decisions grounded in a deep commitment to carrying out God’s will/mission. I am mindful that there is nothing quite like the uplifting experience of having believers come together to worship and work in the context of faithful fellowship and spirit-filled celebration. | | | | | Our theme for this year’s Black History service, The Gospel Roots of African Americans, aligns with that of the Association for the Study of African American Life and History (ASALH). It calls us from our present moments of creative genius back to that bold and visionary beginning of expressions conceived in our souls, birthed in song, music, dance, art, and poetic prose that enlivened fields, homes, churches, hopes, dreams, and the belief that there is a bright side somewhere. What a joy and privilege to gather as a diverse population to celebrate, to be inspired, to be reminded, and to reconnect on things that matter. This years’ service promises to be a tremendous blessing to give recognition to individuals who sought not fame, glory, or acclaim. They want to make a difference in the lives of others. May we, too, seek to make a difference in the lives of others and within our respective communities. I want to repeat something I expressed in last year's note. The words are still appropriate. Not because I wrote them but because the message traverses time, cultures, ethnicities, and communities of faith. “Do not become the catalyst that perpetuates behavior that will breach "good trouble" and halt goodwill. The spiritual connection of the collective consciousness of humanity is stronger than any divide or deterrent of humanity. Conscious individuals are the "sine qua non" for the soul of a society. For we all are "keepers of the community." Again, thank you for attending, and I am sure this event will be a wonderous demonstration and celebration of humanity's love for humanity. Sincerely, Willie Mashack Chaplain (Colonel) Willie Mashack, Pastor JBM-HH Gospel Service | | | | | | |  | | | |
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| 2024 - 1st Qtr. Jan. Feb. Mar | | NAAV Spiritual Reviews | | | | | | | Issue #1 | |
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| NAAV Moments of Meditation and Scripture  Fisher of Men -- <https://youtu.be/T7xNnBHM5Wg>  Fishers Of Men Images – Browse 173,420 Stock Photos, Vectors ...  \*https://t4.ftcdn.net/jpg/01/81/74/95/360\_F\_181749582\_  Eul9IwHbq7nGJ4cLfuSGq1K8Caqk9R2E.jpg  …Take thy cross and follow me… | | | ...    **“Be strong and do not give up, for your work will be rewarded” (2 Chronicles 15:7).**  [**Matthew 4:19**](https://www.biblegateway.com/passage/?search=Matthew+4%3A19&version=ESV)ESV  And he said to them, “Follow me, and I will make you fishers of men.”  [**Mark 1:17**](https://www.biblegateway.com/passage/?search=Mark+1%3A17&version=ESV)ESV  And Jesus said to them, “Follow me, and I will make you become fishers of men.”  [**John 21:1-14**](https://www.biblegateway.com/passage/?search=John+21%3A1-14&version=ESV)ESV  After this Jesus revealed himself again to the disciples by the Sea of Tiberias, and he revealed himself in this way. Simon Peter, Thomas (called the Twin), Nathanael of Cana in Galilee, the sons of Zebedee, and two others of his disciples were together. Simon Peter said to them, “I am going fishing.” They said to him, “We will go with you.” They went out and got into the boat, but that night they caught nothing. Just as day was breaking, Jesus stood on the shore; yet the disciples did not know that it was Jesus. Jesus said to them, “Children, do you have any fish?” They answered him, “No.” ...  [**Jeremiah 16:16**](https://www.biblegateway.com/passage/?search=Jeremiah+16%3A16&version=ESV)ESV / 11 helpful votes  “Behold, I am sending for many fishers, declares the Lord, and they shall catch them. And afterward I will send for many hunters, and they shall hunt them from every mountain and every hill, and out of the clefts of the rocks.  [**John 8:12**](https://www.biblegateway.com/passage/?search=John+8%3A12&version=ESV)ESV  Again, Jesus spoke to them, saying, “I am the light of the world. Whoever follows me will not walk in darkness but will have the light of life.”  [**Ezekiel 47:10**](https://www.biblegateway.com/passage/?search=Ezekiel+47%3A10&version=ESV)ESV  Fishermen will stand beside the sea. From Engedi to Eneglaim it will be a place for the spreading of nets. Its fish will be of very many kinds, like the fish of the Great Sea.  [**Matthew 4:20**](https://www.biblegateway.com/passage/?search=Matthew+4%3A20&version=ESV)ESV  Immediately they left their nets and followed him.  **“The Lord is faithful, and He still strengthen and protect you.” (2 Thessalonians 3:13)** | | | | Prayer Corner  “To Be Still and Know”  **Prayer for 2024**  Heavenly Father, help us to trust the past to Your mercy, the present to Your love, and the future to Your providence. Lord God, give us inner strength to get through the challenges in this life. Lord, family, friends, and others may fail us, but Your promises will stand forever. Lord, help us to never, never give up! Help us to take one step and another step day by day. Lord God, please fill us with Your joy, peace, and hope by the power of the Holy Spirit (Romans 15:13). Lord God, thank You that we have won victory because of Christ who shield His sinless blood on Calvary cross for our sanctification, justification, glorification, and remission of our sins. Now as born-again believers of the water and the spirit we can do all things through Christ our Lord and Savior who gives us strength (Philippians 4:13). Lord, help us to pray morning, noon and night giving you thanks and rejoicing in You always knowing that You are always with us. In Jesus’ name, we pray. Amen.  NAAV has posted this prayer in the past; however, it still holds true and is full of promise for us today. Let us rejoice and be glad that each day brings new hope, new rewards, and a new opportunity to “taste and see that the Lord is good.” (Psalm 34:8)  No matter what you, your family, loved ones or friends may be going through, because sometimes it can be overwhelming and seem like a lot or simply too much to bear, we are here. Or better yet, call on God his divine presence for he is always near. (Psalm 145:18) | | | |
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| “For I have come down from heaven, not to do My own will, but the will of Him who sent Me. This is the will of the Father who sent Me, that of all He has given Me I should lose nothing but should raise it up at the last day. And this is the will of Him who sent Me, that everyone who sees the Son and believes in Him may have everlasting life; and I will raise him up at the last day.” **(John 6:38–40)**  Then Jesus answered and said to them, “Most assuredly, I say to you, the Son can do nothing of Himself, but what He sees the Father do; for whatever He does, the Son also does in like manner.” **(John 5:19)**  “Now when they bring you to the synagogues, magistrates, and authorities, do not worry about how or what you should answer, or what you should say. For the Holy Spirit will teach you in that very hour what you ought to say.” **(Luke 12:11–12)**  Then Jesus said to His disciples, “If anyone desires to come after Me, let him deny himself, and take up his cross, and follow Me. For whoever desires to save his life will lose it, but whoever loses his life for My sake will find it.” **(Matthew 16:24–25)**  *\*All Scripture quotations are taken from the New King James Version of the Holy Bible.*  By Constance A. Burns, NAAV Volunteer Spiritual Wellness, Scriptural Readings, and Moments of Meditation Contributor; email: [**cburns@naavets.org**](mailto:cburns@naavets.org). | | |
| God still speaks: <https://4.bp.blogspot.com/-h3vK2DY7jAY/UhytjEYxENI/AAAAAAAAApA/T2L0Fa-fUJo/s1600/Be+still+and+know+that+I+am+God.jpg>  **NAAV wishes you all a very bless beginning to a new and hopefully excitingly fruitful new year of 2024!** | | | |
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| |  |  |  | | --- | --- | --- | | 2024 - 1st Qtr. Jan. Feb. Mar | NAAV Newsletter | Issue #1 |   **A Reminder of Where Your Support Goes:**  As a reminder of why NAAV does what we do… Because of you, a dollar ($1.00) can go along way and one prime example is the support, through your generosity, NAAV is able to provide to other charitable organizations such as the Central Union Mission:    *"Thank you for your recent generous gift in support of the work at Central Union Mission! Your partnership is making a difference in the lives of veterans struggling to survive. We are grateful for your kindness. It is needed now, more than ever before. God bless you!"*  **-- Joseph Mettimano, President and CEO, Central Union Mission, Washington, DC**  **Food Pantry Listings: Food for the soul**  Currently, NAAV is partnering with several food pantries and banks in the DC metropolitan area to provide food and toiletries for our nation’s veterans, and their caregivers and family members most in need. See below the beginning stages of NAAV providing a list of food pantries and food banks in the DC metropolitan area for your review and follow-up. Should you have any questions, please contact the source provided. Thank you.  **Allen Chapel Food Pantry**  2439 Ainger Place, SE, Washington, DC 20020, Open Hours: Fridays, 9:30 a.m. - 12:00 p.m. (EST) Phone: (202) 889-7296.  Eligibility Requirements: Details about eligibility ca be obtained by contacting the pantry directly. These food pantries play a crucial role in providing support to individuals and families most in need. If you or someone you know requires assistance, consider reaching out to these organizations. Remember that everyone has the right to access food resources, and these pantries provided are here to help.  **Links for Seniors:**  <https://www.capitalareafoodbank.org/what-we-do/direct-food-distribution-programs/community-supplemental-food-program/>  <https://www.capitalareafoodbank.org/what-we-do/direct-food-distribution-programs/senior-brown-bag/>  1.**Capital Area Food Bank food resource map Website**: <https://www.capitalareafoodbank.org/find-food-assistance/>  What you will find: You can enter your address and the map will show you which food pantries are closest to you.  **2. The Reid Temple A.M.E. Church (African Methodist Episcopal Church)**  Website: <https://reidtemple.org/> Location: 11400 Glen Dale Blvd., Glenn Dale, Maryland 20769, Phone: (301) 352-0320  Distribution schedule: Every Saturday at 10 a.m. (EST). Call ahead for more information.  **3. Meals on Wheels in PG County**  Website: <https://www.mealsonwheelsamerica.org/signup/aboutmealsonwheels/find-programs?filter=20769>  What you will find: Call the phone number listed for the location closet to you to see if you are in the service area to apply for delivery of nutritious prepared meals, a friendly visit, and a safety check. For more information, contact Sarah Goupell, Vice President, Tommy’s Pantry, email: sgoupell@gmail.com ; Piney Branch Elementary School PTA Volunteer (join the PBES PTA), Caleb/8th Grade &amp; Andrew/5th Grade.  In closing:  **NAAV Celebrated its 20th Year Anniversary in 2023**  In 2023, donor funding helped homeless veterans and those most in need of help with food, utility, rental, medical care transportation, and homelessness due to the impact of the COVID-19 pandemic in 2020 and beyond. NAAV’s calling was to bring hope to thousands of severely injured Service members and disabled veterans and instill in them confidence and the support needed for a better quality of life. During the past twenty years, NAAV, Inc. served over ten million of our nation’s service members and disabled veterans and their caregivers and family members and we continue today reaching millions – thanks to supporters, sponsors, and partners like you.  ***Resurrection Day greetings: “We serve a risen Savior.”***  Thank you and have a blessed spring!  On behalf of NAAV, Inc.  Constance A. Burns  Founder, President, CEO, and Veterans Service Officer  National Association of American Veterans, Inc.  1725 I Street, NW Suite 300  Washington, DC 20006-2423  Office: (202) 355-3879, Email: [**info@naavets.org**](mailto:info@naavets.org)  Website: [**www.naavets.org**](http://www.naavets.org)click on **DONATE TODAY!** Thank you. | | | | | | | | | | |
| Resurrection Day greetings: “We serve a risen Savior”  Thank you and have a blessed spring!  On behalf of NAAV, Inc.  CEO and President  Constance A. Burns  Washington, D.C. | | | | |  | | | | | |
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