

# NATIONAL ASSOCIATION OF AMERICAN VETERANS, Inc.

## April > May > June 2025

### Spring into Summer ~ 2nd Quarter Newsletter

**The National Association of American Veterans (NAAV) Inc.,** Welcomes you to spring into summer.

Early morning shimmers of light cascade into the warm golden evening shadows. Summer has arrived on the back of spring.

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*So, what's new:*

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- *Veteran's News*
- *Veteran Resources*
- *Featured Story – Serving Veteran Generosity*
- *NAAV by the numbers*



[https://t4.ftcdn.net/jpg/14/70/02/81/240\\_F\\_1470028124\\_rAcBSi0MTOjZRhgy5aDC1UZRwDFjINWn.jpg](https://t4.ftcdn.net/jpg/14/70/02/81/240_F_1470028124_rAcBSi0MTOjZRhgy5aDC1UZRwDFjINWn.jpg)

Who doesn't enjoy a summer sunrise especially after spring. The transition between spring and summer can be the most exciting and prepared for seasonal events, but it can also be a time when we're just getting used to the cool mornings and breezy afternoons. The sun, at its height, blesses us with colorful sunsets, songbirds, and blooming flowers. The time has come to bathe in



## VOLUME II

### “Spring sets for Summer’s sunrise”

Spring's Awakening:

The world awakes, a gentle breeze~ Whispers through budding trees. Sunlight spills on fields of green, A vibrant, hopeful, youthful scene. ~Tiny blossoms, soft and bright, Fill the air with pure delight. (\*AI Generated)

Summer's Embrace:

The sun climbs high, a golden hue, Days grow long, skies are blue. Warmth surrounds, a gentle hand, ~Across the sun-kissed land. Rivers flow, and breezes sigh, As summer days drift gently by. (\*AI Generated)

<https://hellopoetry.com/tag/springtime/>;  
[http://en.chinaculture.org/focus/focus/2011/05/09/content\\_413692.htm](http://en.chinaculture.org/focus/focus/2011/05/09/content_413692.htm);  
[https://www.panmacmillan.com/blog/literary/poems-for-spring#:~:text=Sonnet%2098,%2D%2Dand%20lets%20me%20go](https://www.panmacmillan.com/blog/literary/poems-for-spring#:~:text=Sonnet%2098,%2D%2Dand%20lets%20me%20go;);  
<https://nz.pinterest.com/pin/619667230015475192/#:~:text=Under%20a%20sun%2Dkissed%20sky%2C%20the%20canvas%20of%20a%20vast%20sea%20of%20emerald%20grass>.

summer's spring. Don't think about the heat for you can be its amazing energy.

## **VETERAN NEWS ~ Practical Resources to Aid:**

### **Practical Ways Veterans Can Manage Anxiety and Build Mental Resilience**

Life after military service doesn't always come with the peace people assume. You're told to be proud, to rest, to enjoy civilian life, but your mind doesn't always get that memo. Anxiety can creep in quietly or crash down without warning, and some days feel like a mission without a map. That's where resilience comes in — not the textbook kind, but the lived-in, earned-through-fire kind that keeps you moving even when it's messy.

### **Finding New Rhythms Outside the Uniform**

Leaving behind the structured environment of service often creates a vacuum that's easy to underestimate. You're no longer waking up to formations or clearly defined tasks, and that sudden lack of order can leave your thoughts spinning. Creating a personal routine isn't just about staying busy — it gives your day structure, purpose, and a sense of control. Whether it's setting a wake-up time, dedicating mornings to movement, or planning meals, small patterns help calm the noise.

### **How Movement Moves the Mind**

Physical activity isn't just about keeping your body in shape — it's one of the most direct ways to regulate your mind. Stress, anxiety, and adrenaline get stored in your system, and **moving helps flush them out**. That doesn't mean you need to relive boot camp workouts; even walking regularly, lifting at your pace, or stretching with intention can shift your whole mood. When your body feels grounded, your brain starts to trust that it's okay to ease up too.

For more information please visit: <https://www.naavets.org/practical-ways-veterans-can-manage-anxiety-and-build-mental-resilience/>

[Building Your VA Claim for Success](#) Posted on [April 8, 2025](#)

The process of submitting a VA compensation claim has led many veterans to believe they need to pay thousands of dollars for their claim to be successful. However, filing a claim does not require costly fees. When the VA reviews your claim, the evidence of record must show your claimed disability is related to military [...] Posted in [Military Family](#), [Organization News](#), [Resources](#), [Veteran News](#), [Veterans Benefits](#), [What's N](#)



### **A SOURCE FOR WOMEN ~**

[Million Veteran Program](#) Posted on [April 9, 2025](#)

MVP's goal is to improve the future of health care for all veterans, across age, race, sex, service branch, and era. With more than one million veteran participants, MVP is the largest research program at the Department of Veterans Affairs and the world's largest and most diverse research program within a health



## VETERAN NEWS

A few snips for your information from Veterans Education Briefing reporting :

- \* VA: Mass layoffs likely to remain blocked, for now, thanks to a Supreme Court footnote
- \* Veterans Affairs officials on Tuesday announced staffers had already processed more than 2 million disability benefits claims this fiscal year, the fastest the department has ever reached that mark.
- \* WYM: This is excellent progress, but it raises questions about approval/denial rates. At ED, efforts to speed processing sometimes meant mass approvals or denials without sufficient review. We'll want to watch whether VA preserved quality while accelerating volume.
- \* WYM: Many VA employees and other federal workers are veterans (~1/3). Preserving their retirement and labor protections is key to ensuring long-term public service careers and being able to recruit new talent (e.g., VA doctors).

NAAV,

Exciting news:

NAAV Board of Directors member is running for District of Columbia Council Member for Ward 8 – July 2025





### **The Benefits of Craft-Based Hobbies for Boosting Veteran Wellbeing** Posted on April 8, 2025

Image source: <https://www.pexels.com/photo/man-holding-wooden-stick-while-drilling-hole-1094767/>  
Craft-based hobbies can be fun. They can also help to boost wellbeing. Creative hands-on activities can benefit veterans by improving mental health, reducing stress, and fostering connections with others. Each craft brings unique rewards, offering relaxation, focus, or emotional expression. [...] Posted in [A Source for Women Veterans](#), [Military Family Resources](#), [TRAUMATIC BRAIN INJURY AND MENTAL HEALTH](#), [Veteran News](#), [What's New](#)

❖ John Young Center for Women, Washington, DC, (202) 639-8469.

Virginia Women Family Resource Center, 928 Rhode Island Avenue,  
Washington, DC, (202) 312-5510; (202) 526-0017

Catholic Charities, 942 G Street NW, Washington, DC, (202) 772-4300.



The **National Association of American Veterans, Inc. (NAAV)** was established in 2005 and incorporated in 2006 to provide programs and services for those who served and are serving in the U.S. Armed Forces worldwide most in need of emergency assistance with transportation, shelter, rent, mortgage, and utilities bills to name a few.



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### ***NAAV by the numbers:***

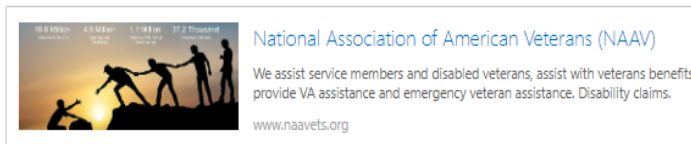
*As with every year and every season, your generous monthly financial support is most needed to continue NAAV Community Outreach to those who served and are serving in the U.S. Armed Forces with emergency assistance and words of encouragement 24/7. To donate, please visit [www.naavets.org](http://www.naavets.org).*

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- **NAAV made over 50 calls for emergency assistance and other resources during this second quarter of 2025.**
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*NAAV's CFC number is 85065, "Caring About Those Who Served." Thank you in advance for your continued support and professional assistance.*

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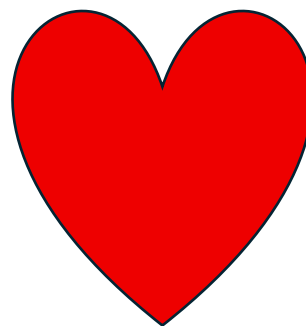
### **Featured Story: SHIMMERING with hope and kindness...**

#### **Lighting up a community: "NAAV SUPPORTS SPREADING A LITTLE SUNSHINE THROUGH GENEROSITY AND GIVING"**

On April 15, 2025, the **(NAAV)** generously donated food and essential household items to five veterans, including widows, at 11600 Glenn Dale Blvd, Glenn Dale, Maryland. The organization's President and CEO, **Constance Burns**, had learned that several veterans in the building were struggling to meet basic needs. With her usual compassion and commitment, she reached out to me—**Lola**, NAAV Senior Advisor for Caregivers—to help organize a food drive.

First, I identified the five veterans and widows who were most in need. After consulting with Constance Burns, we determined the amount of food and supplies to be donated. We decided to make it a complete surprise for the recipients—something to brighten their day and remind them that they are not forgotten.





We headed to **BJ's Wholesale Club** to shop for all the items, confident that I could find everything they needed in one place. Wanting to make it even more special, I called my grandson and asked if he'd like to join me in giving back to our veterans. He immediately said yes. After picking him up, we got to work organizing the food and household items.

We lined up all the bags on the floor and carefully packed them—two large shopping bags per recipient, filled with love and care. The bags, from the Ross Department Store, held a wide variety of food and household necessities. It was time to begin deliveries.

His eyes lit up like a child on Christmas morning.



**Next was Carolyn Bell, a sweet and grateful lady:**

"Praise God for the **National Association of American Veterans!** I really needed these items. Now my pantry is full, and I have everything from laundry detergent, fabric softener,

dish soap, to paper towels and toilet paper! Constance Burns, I just can't believe it. Thank God for your generosity and kindness. May the LORD God continue to bless you and NAAV for many years to come!"



**The first recipient was Don:**

Don was overwhelmed with emotion.

"I just can't believe it. There are organizations out there who truly care about veterans. I really needed the food—I wasn't sure what I was going to eat today."







**Then we visited Cornell Roberson, who was equally surprised:**

"I'm very surprised to receive such a wonderful gift from such a caring organization. I use some of these exact products—how did you know?"



**Next was Ms. Sharon Bell:**

"WOW, look at all this food! I'm not able to cook much, so being able to just heat something in the microwave is such a blessing. This is a great help to me. Please

*Author's bio: Lola Taylor Johnson is a Senior Advisor for NAAV, Inc. and author of articles related to NAAV's Caregiver Support Services offered nationwide.*

thank your President and everyone at NAAV. I truly appreciate their generosity. And now I even have household items too!"

**Finally, we reached Charlie Johnson:**

"Constance Burns came through again! I was shocked when I received two big bags filled with food and household supplies. There were canned meats, stews, microwaveable rice, potatoes, mac, and cheese—the list goes on. I also received paper towels, laundry detergent, fabric softener, and dish soap. Constance Burns, the President and CEO of NAAV, truly cares about our veterans. She goes above and beyond for each of us."

"She is dedicated to doing whatever it takes to help us. We should all support and donate to this organization—because they are truly making a difference in the lives of those in need."



*Testimonial* ~~~ **Highlight and Spiritual Meditation Moments:**



**Woodbridge, VA, High School Student's Testimonial Contribution: A spark to help others**

Senior at Freedom High School in Woodbridge, Virginia, reaches out to NAAV to help a veteran: This special student interviewed NAAV CEO and President in April via her telephone and setup an interview James L. Wheat, Jr. a disabled veteran who served on NAAV's Advisory Council and he also works at the VA in Lexington, KY. This young lady is completing her project during her senior year at the Freedom High School in Woodbridge, Virginia.





2004... "Where Eagles Soar!"

\*Freedom Highschool is a public high school in PWC Virginia, established in



Visit NAAV website at [www.naavets.org](http://www.naavets.org) for more 2025 2nd Quarter testimonies:



Sharing spiritual moments and insight ---

"I am the door. If anyone enters by Me, he will be saved and will go in and out and find pasture. The thief does not come except to steal, and to kill, and to destroy. I have come that they may have life, and that they have it more abundantly." **(John 10: 9-10)**

God made us in His own image to have an abundant life. He did not make us as robots to automatically love and obey Him. God gave us a will and freedom to choice. We have the freedom to disobey God and go our own way or to obey Him and not be separated from Him.

### ***The Holy Bible says:***

"For all have sinned and fall short of the glory of God." **(Romans 3:23)**

"For the wages of sin is death, but the gift of God is eternal life in Christ Jesus our Lord."  
**(Romans 6:23)**

Our choice results in separation from God. For thousands of years people have tried to bridge the gap between themselves and the Lord God.

### **Scripture Verses for Strength and Encouragement**

Prayer is simply talking to God our LORD. He loves us and He has promised to hear us when we pray. One of God's greatest gifts to us is the privilege of prayer and it is because of Jesus our Lord and Savior. **Isaiah 4:29** says, "He gives power to the weak, and to those who have no might He increases strength." **Proverbs 3:5-6** says, "Trust in the LORD with all your heart, and lean not on your own understanding; in all your ways acknowledge Him, and He shall direct your paths."

"The Lord is my strength and my shield; my heart trusted in Him, and I am helped; therefore, my heart greatly rejoices, and with my song I will praise Him." **(Psalm 28:7)**

"The LORD is my light and my salvation; whom shall, I fear? The LORD is the strength of my life; of whom shall I be afraid?" **(Psalm 27:1)**

"He gives power to the weak, and to those who have no might he increases strength. But those who wait on the LORD shall renew their strength, they shall mount up with wings like eagles, they shall run and not be weary, they shall walk and not faint." **(Isaiah 40:29, 31)**





.... A simple reminder: Central Union Missio



Living and giving made simple

When schedules fall out of balance and clutter fills your life, here are five ways you can practice living lighter:

1. **FULLY SURRENDER.** Quieting your life to hear God's voice helps you make wise decisions.
2. **STREAMLINE SCHEDULES.** Every time you say "yes" to something, you're saying "no" to something else. This clarifies what (and who) deserves the gift of your time.
3. **SPEND WISELY.** Change how you view your finances and give out of what God has given you.

Every \$3.21 provides TWO meals!  
DOUBLE your impact and make a local difference this Christmas season

The **National Association of American Veterans (NAAV)** continues to make a meaningful difference in the lives of veterans and their families through acts of kindness, compassion, and generosity. From delivering food and essential supplies to offering emotional support, NAAV shows unwavering dedication to those who have served our country. Your donations can help NAAV reach even more veterans in need. Every contribution, big or small, goes directly toward programs that restore dignity, hope, and stability for our nation's heroes. **Please consider donating today to support this vital mission.** Visit [www.naavets.org](http://www.naavets.org) click on **Donate Today!** It all helps. Thank you.



National Association of American Veterans  
Caring About Those Who Served  
**2025 COMBINED FEDERAL CAMPAIGN FUNDRAISER**

Virtual Charity Fair  
NAAV CFC  
number: **85065**

You Can Be the Face of Change  
Visit [www.GIVECFC.org](http://www.GIVECFC.org) to donate  
Thank you! Your donations truly can and do make a difference!

... Support Our Veterans – Please donate to NAAV

We truly appreciate you breaking into summer with the joy and warmth summertime can bring. Spring gave way to sunshine with shimmering testimonies and great news of helping hands, persevering resources, and generous giving. Thank you for not only shining a light but for being a light to the needs of our American veterans, their family members, and others in so many ways. May your shimmering shadows continue to shine on as we move forward into our next quarter.

Kindest regards,

Constance A. Burns  
Founder, President, and CEO



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Website: [www.naavets.org](http://www.naavets.org) click on Donate Today! Thank you.  
CFC #85065 ***"Caring About Those Who Served"***  
**GIVE HAPPY TODAY** visit [www.GiveCFC.org](http://www.GiveCFC.org) to donate  
September 2025 through January 15, 2026. Thank you.

