

NATIONAL ASSOCIATION OF AMERICAN VETERANS

July + Aug + September 2025

Sun Shine on the Leaves ~ 3rd Quarter Newsletter

The National Association of American Veterans (NAAV) Inc., Welcomes you to the fall of summer.

Sun Shine on the Leaves and invite the fall of summer. Who can say no to a bright, beautiful crispy sunshining 62°F fall morning after day of 95°F with 79% humidity. I sure won't!

So, what's new:

- *Veteran's News*
- *Veteran Resources*
- *A Source for Women*
- *Testimonial & Spiritual Meditation*
- *NAAV by the numbers*

Ode to the fall of summer.



https://png.pngtree.com/background/20250103/original/pngtree-sunlight-glistening-through-the-green-leaves-of-trees-creating-a-beautiful-picture-image_16137586.jpg

Thank you for joining NAAV and journeying with us through the past three quarters. Like the inconsistent degrees of weather, we're still moving, breathing, and leaving everything that passes us by behind every sun shiny day of the way. So let the SUN shine on "your" LEAVES whatever or where ever they may be.



VOLUME II



Sun Shine on the Leaves...

When the sun shines on the leaves we see them sparkle red, yellow, green, and brown. The trees make their cover while the leaves try to smother the dirt laying upon the ground. But then as the shin shines, the leaves relax sinking deeper and deeper into their purpose to regenerate and fertilize the surface to which it is to surrender. It's part of the changing season, the process of purpose, and that's a fact...

A fact that we should not waste our time on counting the losses, because they are lost. Instead, chalk it up and grab hold of the wins... In fact, one can be enough.

So let the SUN literally SHINE on the LEAVES.

V/r
Sjk

VETERAN NEWS ~

Featured Resource: Therapeutic Benefits of Gardening for Veterans and Seniors – Posted Sept. 18, 2025



According to data, over 65% of U.S. veterans have PTSD, while 56% have been diagnosed with depression. Likewise, 1 in 8 older adults over the age of 60 experience mental illness. As years go by, they become more susceptible to anxiety, depression, cognitive impairment, accidents, and other challenges that impact their physical and mental wellness.

Grow Resolve team sent NAAV this link:

<https://deerbusters.com/blog/therapeutic-benefits-of-gardening> for your review and convenience. This comprehensive resource about one activity that supports both physical and emotional well-being for trauma patients, individuals with cognitive changes, seniors, and veterans: gardening. This should help seniors, veterans, their families, and friends make full use of the benefits of gardening to manage trauma, cognitive issues, and other health conditions that restrict them from enjoying life.

This resource covers the following topics:

- . Benefits of gardening to veterans, seniors, trauma survivors, and people with cognitive changes
- . Programs that use gardening to heal and how they work
- . How to start a therapeutic garden
- . Natural routines for people who need structure
- . More mental health and gardening resources

*Find out more: **Therapeutic benefits of gardening for veterans and seniors on NAAV's website at www.naavets.org in tabs named "Resources", "Military Families", and "Mental Health"**

Should you have questions, call NAAV's office at (202) 465-3296 or email: info@naavets.org. Thank you.

*** (republished) **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/>





VETERAN NEWS

Military Order of World Wars (MOWW) :

The AUSA Convention will be held at the DC Convention Center, 13 - 15 October. MOWW will maintain an information booth in the convention's exhibit hall from roughly 8:30am to 5:30pm each of the convention's days. Pre-registration is required to enter the AUSA convention.

On Veteran's Day, there are two wreath-laying events in Washington, DC, both scheduled to go down at 11am. In the past few years, MOWW has laid a wreath at the World War I Memorial at 14th and Pennsylvania Avenue, NW and at the World War II Memorial on 17th street on the National Mall. Both events are usually very well attended and are perfectly aligned with the tenets of our MOWW preamble.

*If you would like to provide more support please visit:
<https://secure.givelively.org/donate/moww-educational-foundation-inc.>

Traumatic Brain Injury and Suicide Awareness:

Col James Wright, MD (USAF, ret) testified [1] before the Senate Alabama Field Hearing on Hyperbaric Oxygenation for TBI and PTSD (HBOT). In his testimony he referenced a recent clinical study [2] on Traumatic Brain Injury and Suicidal Thoughts and Behaviors among Post-9/11 Veterans.

That study states: "TBI appears to compound suicide risk in veterans: those who experience TBI are 1.5 times more likely to die by suicide than veterans without TBI This is particularly concerning given the prevalence of TBI in post-9/11 veterans Identifying who is most at risk of developing [Suicidal Thoughts and Behaviors (STBs)] through examining associations between TBI and suicide related outcomes has the potential to inform more effective prevention strategies, improve the delivery of evidence-based care, and save veteran lives."

Traumatic Brain Injury and Veteran Suicidal Thoughts
September 30, 2025,
Birmingham, Alabama

***Visit NAAV website naavets.org for full details**





Join *Letters From Home* for The premiere of their documentary at the Carolina Theatre! This inspiring film follows the group's 50-state tour honoring U.S. veterans through music and storytelling.

Learn more and get tickets:

<https://www.carolinatheatre.com/event/LettersFromHome>

<http://www.SpringTheatre.org>

<http://www.LettersFromHomeSingers.com>

A SOURCE FOR WOMEN ~

Dr. Mary Roach wins **2025 Global Woman Award**, Advocates for Women and Community Health.



Dr. Mary Roach, NAAV Board of Directors Member and Veteran, delivered a moving speech on the National Mall that drew a captivated crowd, calling for an end to female genital mutilation and the protection of women's rights. Her advocacy also extends to her local community, providing free food, health education, and personal support to those in need. Notably, her intervention helped a woman avoid an unnecessary breast removal due to cancer, saving her life and well-being. Recognized by Angela Peabody and the Global Woman P.E.A.C.E. Foundation, this award highlights Dr. Roach's fearless commitment to health, justice, and lasting change.





Trauma leaves patterns in the mind and body that tend to persist for years.

Substance use can step in as a temporary shield against the consequences of trauma; substances dull their intensity, but at the cost of deepening instability. When both PTSD and SUD are present, the effects layer and reinforce one another. Therefore, they often complicate the treatment process, which in

such cases requires more than a single approach.

Medication can help restore balance to disrupted systems, while mindfulness and other therapies will strengthen the individual's awareness and self-regulation. The strongest therapeutic outcomes have emerged when these methods were applied together, once both conditions were addressed simultaneously.

From Medication to Mindfulness: Combining Therapies for PTSD and SUD

Post-traumatic stress disorder describes a set of symptoms – intrusive memories, hyperarousal, avoidance – that disrupt daily functioning. Substance use disorder involves patterns of consumption – compulsion, loss of regulation, persistence despite consequence – that erode a person's stability and sense of self.

...To read more please click on this link or go to the NAAV website under the Resource tab “A Source for Women”: <https://www.naavets.org/from-medication-to-mindfulness-combining-therapies-for-ptsd-and-sud/>





*** August 2025 -- NAAV's President and CEO received recognition of continued service for Women Veterans from the Military Women's Memorial.**

Photo Gallery: Women Veterans United Committee, Inc. Retreat and Mental Health held in Maryland and hosted by Dr. JoAnn Fisher, President of the Women Veterans United Committee, Inc., in Oxen Hills, Maryland – August 29 – Sept 1, 2025 [Shared by: Janice Turner]



Announcement Military Dependents Can Benefit Too:

Presenting "Operation Homefront" 2026 Military Child of Year® Awards
Every year (now in its 18th year) Operation Homefront hosts the Military Child of the Year® Awards. The awards are open to military children between the ages of 13-18. There are 7 recipients 1 child from each



branch of the services and each recipient receives \$10,000 CASH, a laptop, other donated goodies, and a 3-day trip to Washington, DC with us and their families.

Children are entered by nominations. Anyone that knows a military child can nominate any military child. So, you may nominate your students, friend's children, children can nominate their siblings and best friends and so on. The awards are open to Active Duty, reserves, Gold Star, National Guard, AND retired military children.

The program is entirely FREE and exclusive to military children. Nominations are OPEN NOW and will remain open until December 2nd!!!

*For more information, please visit: <https://operationhomefront.org/>

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 utility bills to name a few.

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.

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- NAAV made over **### calls** for emergency assistance and other resources during this third quarter of 2025.

****PLEASE SUPPORT: NAAV's CFC number is 85065, "Caring About Those Who Served." Thank you in advance for your continued support and professional assistance.***

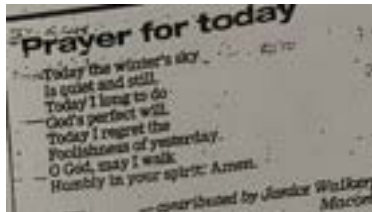


~~~ Highlight and Spiritual Meditation Moments:

Note to NAAV ~Testimonial Time: A little sharing and caring can go a long way~



“Hi thanks so much for sharing. This is *Janice Walker* an American Veteran. God’s light is shining very bright in you. I use write prayers and poetry for Macon telegraph for everyday people. Thanks so much for your gifts and spiritual support.” 🙏



*** Visit NAAV website at www.naavets.org for more 2025 3rd Quarter testimonies



Sharing spiritual moments and insight ---

Posted on September 9, 2024



The **National Association of American Veterans, Inc. (NAAV)** is blessed to be able to provide Spiritual Wellness messages, Scripture Readings, and Moments of Meditation to those who served and are serving our nation far from their home. You and your family members and caregivers are not forgotten. Always know that our LORD God knows the challenges, dangers, and difficulties you face every day. God’s Word offers you encouragement, hope, comfort, protection, peace, healing and much more. Please know that we are praying for you that God’s Word will be your daily guide and throughout your journey on earth.



LOVE

“For God so loved the world that He gave His only begotten Son, that whoever believes in Him should not perish but have everlasting life. For God did not send His Son into the world to condemn the world, but that the world through Him might be saved.” (**John 3:16-17**)



JOY

“... Weeping may endure for a night, but joy *comes* in the morning.” (**Psalms 30:56**)

“As the Father loved Me, I also have loved you; abide in My love. These things I have spoken to you, *that* your joy may be full.” (**John 15:9,11**)

“... for the joy of the LORD *is* your strength.” (**Nehemiah 8:106**)



PEACE



“For unto us a Child is born, unto to us a Son is given; and the government will be upon His shoulder. And His name will be called Wounder, Counselor, Mighty God, Everlasting Father, Prince of Peace.” **(Isaiah 9:6)**

“For the mountains shall depart and the hills be removed, but My kindness shall not depart from you, nor shall My covenant of peace be removed, says the LORD, who has mercy on you.” **(Isaiah 54:10)**

“... to be spiritually minded *is* life and peace.” **(Romans 8:6b)**

✚ “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)**

✚ It's not too late to accept the gift of salvation:

Prayer of Salvation

Lord Jesus, I am sorry for my sins, and I ask You to forgive me. I open the door of my heart and receive You as my Lord and Savior. Take control of my life and begin making me that person You want me to be. Thank You, Lord Jesus for saving me. In Jesus' name, I pray. Amen.

“This Book of the Law shall not depart from your mouth, but you shall meditate in it day and night, that you may observe to do according to all that is written in it. For then you will make your way prosperous, and then you will have good success.” **(Joshua 1:8)**

“I press toward the goal for the prize of the upward call of God in Christ Jesus.” **(Philippians 3:14)**

Your daily walk with the Lord should include reading your Holy Bible every day; talking to God in prayer daily and finding a church where the Holy Bible is taught as the Word of God.

Prayer

Heavenly Father, thank You for Your plan for my life on earth. Holy Father, please provide your daily guidance and wisdom to do Your work here on earth. I am committed to fulfilling the purpose You have given me. “*I press toward the goal to win the prize for which You have called me through Christ Jesus.*” **(Philippians 3:14)** Almighty God, I trust You to lead me on Life's journey. I am open and ready for Your guidance and wisdom. Holy Father, help me take the necessary steps to make Your plans you have given me a reality and guide me to make each day be for Your praise, glory, and honor. Like Jonah, I know You will always bring me out of danger and that You will never forsake me. Grant me the courage to change my expectations and wants if that is Your will for me. Loving Father, thank You for guiding me and my family through these uncertain times. Lord God, please help me to rest quietly in Your presence where no words are necessary. In Jesus' name, I pray. Amen.

Scripture verses are taken from the New King James Version of the Holy Bible.

By Constance A. Burns, NAAV Volunteer Contributor for Moments of Meditation, Scripture Readings, and Spiritual Wellness, email: info@naavets.org.

This entry was posted in [Scriptural Readings](#), [Scripture Readings](#), [Spiritual Wellness](#). Bookmark the [permalink](#). **Post navigation, Title: Our Lord Jesus Christ Speaks: Part V**

← 2025 NAAV CFC number is 85065 at CFC Campaign **GIVE HAPPY TODAY** visit www.GiveCFC.org to donate.





...Support

Our Veterans – Please donate to NAAV

We truly appreciate you riding through the summer and strolling into fall with cheer and splendor. Summer gave way to heat and sunshine with hot testimonies and pleasant news of partnering, persevering resources, and unselfish generosity. Thank you for not only showing up but for showing out and being the light source our American Veterans, their family members, and others in so many ways. Continue to allow your sun to shine on the leaves — *“forgetting those things which are behind and reaching forward to those things which are ahead.”* (Philippians 4:13-NKJV). See you in the 4th Quarter.

Kindest regards,

Constance A. Burns

Founder, President and CEO

Veterans Service Officer/Veterans Advocate

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Website: www.naavets.org click on Donate Today! Thank you.

