

Go ñeid şondal!

Kwnthmee Kuu'aavk!

Attention Warriors!

THE MONTHLY SRP-MIC VETERANS NEWLETTER

VETERANS REPRESENTATIVE TEAM THOUGHT OF THE MONTH

June is Posttraumatic Stress Disorder (PTSD) Awareness Month. National PTSD Awareness Month is observed annually in June. This month is dedicated to raising awareness about the condition and how to access treatment. June 27th is also National PTSD Awareness Day. Anyone, even children can experience PTSD as a result of trauma in their lives. Events due to combat, accidents, disasters, and abuse are just a few of the causes of PTSD. There is also Historical trauma – the impact of unresolved trauma on American Indian. Dr. Roger Dale Walker of One Sky National Center for American Indian Health, Education, and Research states that 'Historical trauma is like Generational Post Traumatic Stress,' is now theorize that epigenetic changes occur across generations to extend PTSD symptoms. These symptoms extend to future generations with anxiety, depression, reduced coping mechanisms, and impulsive behavior. No matter the disorder diagnosis, not everyone seeks treatment. While a stress reaction is typical for people facing these situations, the stress reaction doesn't go away for some for unknown reasons. There are resources available to help with this diagnosis. There is no shame in seeking assistance. If you or someone you know might be experiencing PTSD or GPTS, visit these resources below, or seek professional care from a therapist who has experience treating this symptoms.

https://www.phoenix.va.gov/services/Mental_Health.asp
Veterans Crisis Line at 1-800-273-8255, press 1

<https://www.srpmic-nsn.gov/srih/providers/>
Salt River Integrated Healthcare at (480) 946-9066

<https://www.nativehealthphoenix.org/services/behavioral/>
Native Health Behavioral Health Dept. at (602)279-5262

JUNE HOLIDAYS

D-Day

June 6th

Women Veterans Day

June 12th

Flag Day

June 14th

Army Birthday

June 14th

Father's Day

June 20th

Coast Guard Auxiliary Birthday

June 23rd

National PTSD Awareness Day

June 27th

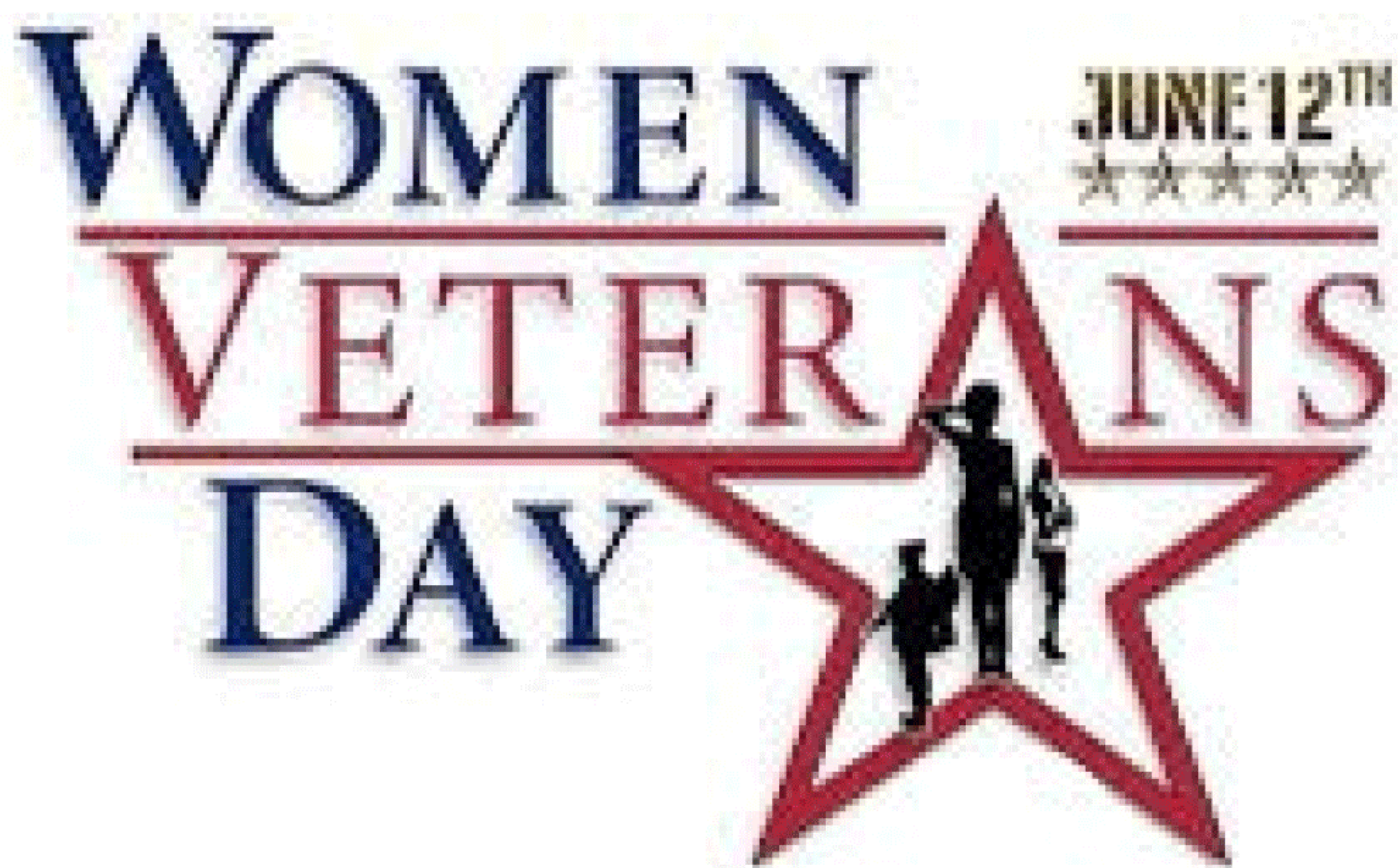
Veterans Services Office

(480)362-7884

veteranservices@srpmic-nsn.gov



JUNE 2021 ISSUE



Women Veterans Day is observed on June 12th, a date chosen to mark the anniversary of the Women's Armed Services Integration Act. The first Women Veterans Day on June 12, 2018, marked the 70th anniversary of the groundbreaking WAC legislation signed into law by President Harry S. Truman on June 12, 1948. In order to celebrate future Women Veterans Days, you can share a Veteran Woman in your family and be sure to tag our Veteran social pages for re-honoring post.



Your Flag and My Flag!

How are unserviceable flags destroyed?

The code suggests that once a flag "has served its useful purpose, it should be destroyed, preferably by burning." For individual citizens, this should be done discreetly so that the act of destruction is not perceived as a protest or desecration. Many Legion post conducts disposal ceremonies on June 14, (Flag Day) each year. Such ceremonies create a particularly dignified and solemn occasion for the disposal of unserviceable flags.



Post 114 Commander Troy Truax Jr with fellow Bushmasters Members, The Sons of the American Legion, Auxiliary member, and Veteran Services Team Members.

USS ARIZONA MEMORIAL GARDENS



Picture with the last USS Arizona survivor Donald Stratton's granddaughter

Nikki Stratton and her father have heard and seen online of the Memorial Gardens. Their assistant reached out to our office and wanted to visit and get a tour of the gardens, instead we extend an invitation of something even better! To have them be a part of the Memorial Day program there and participate in the 'laying of the wreath'! What a great turn out! Thank You for all Veterans and volunteers that helped with every Memorial Day 2021 activities! Your service was very much appreciated!



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