

VETERANS FOR CHRIST, INC.
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January 31, 2020

Fellow Veterans Grace and Peace to you and your family.

The Veterans for Christ, Inc. is looking for a few honorably discharged veterans to help other veterans less fortunate veterans than ourselves to support the mission of the Veterans for Christ, Inc. www.veteransforchristinc.org

PTSD Coach Mobile App: Are there benefits of using with Peer Support?

Center researchers are evaluating data from a randomized controlled trial using the PTSD Coach mobile app with and without peer support. The 3-year study tested the effects of the app with engagement and use as well as on changes in PTSD symptoms and attitudes toward mental health services.

Results of this study would directly inform evidence-based care for PTSD and have substantial potential to reach and impact Veterans with PTSD who are currently not seeking treatment within VA

Study finds health as top concern for Veterans after separating from military service

In the months after separating from military service, most Veterans are less satisfied with their health than with their work or social relationships, found a study by Dr. Dawne Vogt from the Clinical Neuroscience Division of the National Center for PTSD

According to Dr. Dawne Vogt of the VA Boston Healthcare System and Boston University, lead author on the study, the results highlight the importance of addressing veterans' health concerns early

The results appear Jan. 2, 2019, in the *American Journal of Preventive Medicine*.

More than 200,000 U.S. service members transition out of military service each year. Researchers have pointed to the early transition period as a critical time to address challenges veterans may face in readjusting to civilian life.

To investigate which of these challenges are most pressing to newly separated veterans, researchers from the VA National Center for PTSD and colleagues surveyed almost 10,000 veterans from a population-based roster of all separating service members.

All participants left the military in the fall of 2016. Veterans were surveyed about three months after their separation, and then six months after that.

The researchers found that the biggest concern was health. At both three and nine months after leaving the military, 53% of participants said they had chronic physical health conditions. About 33% reported chronic mental health conditions at both time points.

The most commonly reported health conditions were chronic pain, sleep problems, anxiety, and depression. Slightly more than half of participants said they had reduced satisfaction with their health between when they first left the military and a few months later. Health satisfaction did not change much between three and nine months after separation.

While physical and mental health was a concern for many veterans, most reported high vocational and social well-being. The majority of participants said they were satisfied with their work and social relationships and that they were functioning well in these areas. According to Vogt, the fact that most participants had high work and social satisfaction "highlights the resilience of the veteran population, and should provide some reassurance to those concerned about the well-being of newly separated veterans."

More than three-quarters of participants said they were in an intimate relationship in the months after they left the military. Almost two-thirds reported that they had regular contact with their friends and extended family and that they were involved in their broader communities.

Over half of participants had found work three months after military separation. While most participants reported high work satisfaction, the study group showed an overall decline in work functioning over the first year after military separation. Functioning declined even though overall employment rates increased. The researchers hypothesized that this decline in work functioning could be due to health concerns, which are known to erode broader well-being over time.

The study also found differences in well-being based on other factors. Enlisted veterans showed consistently poorer health, vocational, and social well-being than officers. Veterans who had deployed to a war zone had more health concerns than veterans who did not deploy.

There were also several differences between men and women. Male veterans were more likely to be employed than female veterans both three and nine months after leaving the military. Men were also more likely to report hearing conditions, high blood pressure, and high cholesterol. Women were more likely to endorse mental health conditions at nine months post-separation. They also reported more depression and anxiety at both timepoints. The researchers say their findings have implications not only for VA but for the wide spectrum of organizations

nationwide--more than 40,000 in all--that provide programs, services, and support for veterans making their transition back to civilian life. Historically, much of the support for veterans leaving the military has primarily focused on providing employment and educational assistance and informing veterans of their benefits. But the findings suggest that veterans' health concerns should be prioritized, says Vogt. Interventions should also target at-risk subgroups of veterans. The researchers concluded that addressing newly separated veterans' health concerns could promote their broader well-being and longer-term readjustment.

Vogt points out the importance of addressing veterans' readjustment challenges before they worsen and have a chance to erode broader well-being. She says this may require re-evaluating support methods. "Given that most transition support is targeted to veterans with the most acute or chronic concerns," she says, "this recommendation may require rethinking how veteran programs prioritize their efforts. While it makes sense to target resources to those with greatest need, it is better to support individuals before their concerns become chronic when we can."

Work is underway to expand on this study using the same study group. The research team is analyzing how veterans' health and well-being changes in the second and third year after leaving service, as well as how veterans' initial health status impacts their subsequent well-being in other areas

Source:

[Veterans Affairs \(VA\) Research Communications](#)

Journal reference:

Vogt, D.S., *et al.* (2019) U.S. Military Veterans' Health and Well-Being in the First Year After Service. *American Journal of Preventive Medicine*. doi.org/10.1016/j.amepre.2019.10.016.

Work to recover fallen troops in North Korea halted amid diplomatic impasse

U.S. military efforts to recover the [remains of fallen troops from North Korea](#) have been halted after a breakdown of diplomatic talks between the two countries' leaders.

In a statement [provided to Reuters](#) Wednesday, Defense POW/MIA Accounting Agency spokesman Lt. Col. Kenneth Hoffman said no talks on the work have taken place with North Korean military officials since February, and "we have reached the point where we can no longer effectively plan, coordinate, and conduct field operations in (North Korea) during this fiscal year."

The return of fallen American troops' remains by North Korean officials was the most visible result of the [June 2018 summit between President Donald Trump and North Korean leader Kim Jong Un](#). Veterans groups hailed it as a long-overdue move in fulfilling the Defense Department's promise to bring all missing service members home.



In this Aug. 1, 2018, file photo Vice President Mike Pence and Navy Rear Adm. Jon Kreitz, deputy director of the POW/MIA Accounting Agency, right, watch as military members carry transfer cases from a C-17 at a ceremony marking the arrival of the remains believed to be of American service members who fell in the Korean War at Joint Base Pearl Harbor-Hickam, Hawaii. (Susan Walsh/AP)

More than 35,000 Americans died on the Korean Peninsula during the war between North and South Korea. Of those, 7,700 are still listed as missing in action, with 5,300 believed to be on North Korean soil.

Last July, on the 65th anniversary of the armistice that ended hostilities in that conflict, military officials under Kim's orders turned over to United Nations officials 55 cases of human remains believed to be U.S. troops.

Days later, those cases were officially repatriated into the United States in a military ceremony overseen by Vice President Mike Pence. DPAA officials have spent the last year studying the remains, and have made identifications of at least six missing U.S. service members.

Advocates had hoped that work was just the start of a broader recovery effort in North Korea. From 1990 to 2005, 229 fallen troops were identified and returned home in joint operations between the two countries. But diplomatic fights between the countries' leadership ended that work 14 years ago.



The Top 27 Veteran Discounts of 2020

Military Veterans, Service Men, and Service Women have dedicated their lives to serving our country and we can't thank them enough. That's why many companies decide to show their appreciation by providing products and services at a discount.

Oftentimes, you need to know about these discounts to take advantage of them, so we've compiled a list of 27 of the top money saving discounts for you to take advantage of if you're not already. These discounts can save you as much as \$6,000 this year alone.

You could be saving multiple times per week at your favorite restaurants.

Many airlines do still offer some sort of veteran discount. The best way to find out if a particular flight has a veteran discount available is to find the flight online, then call the airlines reservations number and ask what Veteran discount is available.

Allegiant Air: Military personnel and their spouses or dependents are eligible for free 3 checked bags, free oversized checked baggage, free carry on bag, free seat assignments, free priority boarding, and even a free pet in cabin, and free priority boarding.

American Airlines: ship your pets for 50% less than the regular published rates

JetBlue: Veterans who are enrolled in Veterans Advantage receive a 5% discount on travel, and there's also a special military fare class (MIL) for active duty military personnel who are not traveling on orders.

Southwest Airlines: military fares are offered, but you will need to provide them with valid I.D. and give them a call at 1-800-I-FLY-SWA.

United Airlines: active duty and retired service members and their families can get 5% off of airline tickets through the Veteran's Advantage Program.

Military Veterans, Service Men, and Service Women have dedicated their lives to serving our country and we can't thank them enough. That's why many companies decide to show their appreciation by providing products and services at a discount.

Often times, you need to know about these discounts to take advantage of them, so we've compiled a list of 27 of the top money saving discounts for you to take advantage of if you're not already. These discounts can save you as much as \$6,000 this year alone.

<https://www.military.com/discounts/military-discounts-to-help-trim-your-grocery-bill.html>

<https://militarydiscounts.shop/yeti-military-discount/>

<https://www.military.com/discounts/publix-veterans-day-military-discount>

<https://militarybenefits.info/wedding-military-discounts-dresses-rings-venues-more/>

<https://www.military.com/discounts/veterans>

Average Estimated savings is based on \$417,000 loan amount at 5% with a 20% savings according to Freddie Mac. Terms and Conditions apply.

<https://www.cnbc.com/2019/06/03/as-mortgage-rates-plunge-millions-more-homeowners-can-benefit-from-refinancing.html>

<https://www.census.gov/data/tables/2014/demo/wealth/wealth-asset-ownership.html>

"THIS IS AN ADVERTISEMENT AND NOT AN ACTUAL NEWS ARTICLE, BLOG, OR CONSUMER PROTECTION UPDATE."



Verse of the Day

Let the words of my mouth, and the meditation of my heart, be acceptable in thy sight, O LORD, my strength, and my redeemer.
Psalms 19:14 KJV

YOU TOO CAN BE A MEMBER OF THE VETERANS FOR CHRIST, INC.

Sign up online to become an associate member. The annual associate membership of \$120.00 which can be used as a tax deduction for supporters. Registration fees can be paid online through our PayPal account. You will get a free VFC T-shirt with your associate membership. Your tax deductible membership fee will support the VFC mission.

All Honorably Discharged Veterans are welcome to come and observe the VFC; feel free to ask questions and learn more. If we don't know the answer we know someone who does. Please browse our web site www.veteransforchristinc.org. There you'll find information on many subjects of interest to veterans. You'll also find a Newsletter for your branch of service and links to Social Security and many other links with an abundance of information.

Our monthly meetings are held at the Wesley Chapel Library at 2861 Wesley Chapel Rd., Decatur, Ga. Our meetings are the fourth Thursday of every month and start at 6:30 (PM) for approximately one hour and a half, unless otherwise advertised. We will be respectful of your time.

Thank you for your interest in the VFC. We look forward to communicating and fellowshiping with you soon. We are looking for a corporate sponsor for our VFC Gerald Prince College Scholarship which is donated each September at our Anniversary Luncheon

"Be on your guard, stand firm in the faith, being men of courage, be strong." 1Cor 16:13

Sincerely,

William A. Harris, Jr.

William A. Harris, Jr., USAF Retired
President, Veterans for Christ, Inc.

www.veteransforchristinc.org