

VETERANS FOR CHRIST, INC.
P.O. BOX 362234
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June 30, 2021

Fellow Veterans Grace and Peace to you and your family

#VeteranOfTheDay Army Veteran Clayvonne Antonnette Davis



Today's #VeteranOfTheDay is Army Veteran Clayvonne Antonnette Davis, who served during the Iraq and Afghanistan wars during a 25-year care

Clavonne Antonnette Davis was born in November 1973 and grew up in North Carolina. She said that growing up, she was stuck in the routine of “going to school and playing sports” and “knew that.... [I] wanted to do something different.”

In high school, she wanted to join the armed forces. However, because she was not 18, she could not enlist without parental permission. In the meantime, she enrolled in community college for a few months and took business classes. Davis had military influence growing up: her cousin was in the Marine Corps and her godbrother was in the Army Reserve. She enlisted in the Army Dec. 12, 1991, after turning 18.

Davis completed boot camp at Fort Jackson, South Carolina in 1992. After boot camp, she completed her MOS training at Fort Sam Houston, Texas. Due to unexpected circumstances in her unit, she took on additional tasks, such as helping the human resources department and filling in for others positions during missions. Davis had multiple stateside deployments,

including Joint Base Lewis McChord, Washington, where she trained officers to prepare them to take over their future units. In addition to training the officers, she worked at boot camps in Mississippi and in Fort Hood, Texas.

During her deployment to Iraq, she served as a squad leader, which enabled her to lead other soldiers and be responsible for their lives. Davis said she promised to the soldiers' families that they would come back safely. Davis also reflected that the soldiers became her family. Having a child prior to this experience solidified her notion of family between her and her unit.

She was a convoy commander that led an advance from Kuwait to [Iraq](#) without any altercations. Davis said that the military developed her instincts and intuition, which helped her delineate between right and wrong decisions. Notably, Davis won awards for her achievements, but she believed that she was recognized for something she would normally do. While she spent most of her career as a Reservist, David was often given active-duty orders by the Army to serve outside of her normal capacity. She retired from the Army in 2016 after 24 years of service.

After her service, Davis went on to work for Daimler Trucks where she built trucks, trailers, tractors and other heavy-duty equipment. However, her military involvement did not end after separating from the Army. She continues to reconnect with people who served with her, including her children's aunt as well as speaking with her best friend about VA.

Thank you for your service!

Nominate a Veteran for #VeteranOfTheDay

Do you want to light up the face of a special Veteran? Have you been wondering how to tell your Veteran they are special to you? VA's #VeteranOfTheDay social media feature is an opportunity to highlight your Veteran and his/her service.

It's easy to nominate a Veteran. Visit our [blog post about nominating](#) to learn how to create the best submission.

Contributors

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[Veteran changes his life with support of Whole Health coach](#)

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“I was a walking billboard for pain before I met Ms. Dobson,” says Reverend James Mitchell of Bluefield, WV. After several foot surgeries, sciatic nerve issues and 40 years of smoking, Army Veteran Mitchell was using a walker, was stressed out and his quality of life was at its lowest point. Then he started his Whole Health journey with Nicole Dobson, Whole Health coach at the Beckley VA Medical Center in West Virginia. [From Vantage Poi

Praising God and offering thanks for VA Whole Health



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After several foot surgeries, sciatic nerve issues and 40 years of smoking, Army Veteran Mitchell was using a walker, was stressed out and his quality of life was at its lowest point. Then he started his Whole Health journey with Nicole Dobson, Whole Health coach at the [Beckley VA Medical Center](#) in West Virginia (pictured above with Mitchell).

“I was in so much pain, and I just knew that God did not want me to live like that,” he said.

Mitchell explained that he did not want to be defiant, but when he was prescribed pain medications, he said there had to be a better way. Dobson worked with Mitchell to take a deep dive into the Circle of Health, a tool used by VA Whole Health coaches and others to help Veterans see what areas of their life they are doing okay.

And which areas could use some improvement

“She asked me what I wanted to accomplish,” Mitchell said. “At that point, [I said] it was to quit smoking, manage the pain and have a better quality of life.”

“Mr. Mitchell was very dedicated and he really got to know himself,” said Dobson, a certified international health coach. “When it came to him giving up the smoking, it was an example of him stepping out on blind faith. Smoking was almost like a best friend to him, yet he was motivated and ready to change. He is the one who did the work. I was just there letting him talk out his challenges.

He committed to the hard work of setting goals, weekly coaching sessions, acupuncture and yoga. Mitchell has been 18 months smoke-free and no longer uses a walker or even a cane

Pain is manageable and life has blossomed

Mitchell is a pastor for the IPS Memorial Chapel in Bluefield, WV, a service officer for the Disabled American Veterans and a fierce advocate for Whole Health.

“I would recommend any Veteran work with a Whole Health coach,” he said. “Talking with Ms. Dobson once a week really helped me when I decided to quit smoking. She said, ‘You have the mindset to quit and I have the desire to help you.’ She worked with me even when I slipped and helped me identify triggers and barriers to achieving my goals.”

The ways Whole Health coaches help Veterans

VA has trained close to 2,000 staff to be Whole Health coaches across the VA Health Care System. Coaches work with Veterans one on one and sometimes in groups to help them in the following ways:

- Develop a personalized health plan that is based on what matters most to the Veteran. The plan is based on the Veteran’s own goals, values, preferences and lifestyle.
- Partner with the Veteran to proactively take action toward behavior change that is present and future oriented.
- Recognize that health is much broader than the absence of disease. The emphasis is on health enhancements and strengths rather than disorders and weaknesses.
- Seek to support the Veteran in achieving the Veteran’s standard of optimal health that takes into account the mental, physical and social well-being of the Veteran.

Dobson works with about 15 to 20 Veterans every week, helping them to set and achieve their goals and referring them to health care options that were once considered “alternative” but are now complementary to traditional clinical care.

Cutting edge approach

Whole Health is VA’s cutting-edge approach to care that supports your health and well-being. Whole Health centers around what matters to you, not what is the matter with you.

This means your health team will get to know you as a person before working with you to develop a personalized health plan based on your values, needs and goals.

Find out how you can #LiveWholeHealth from home through [VA's ongoing self-care blog series](#). This series highlights Whole Health resources that you can follow along with at home to live healthier and happier. Those resources include video sessions for yoga or meditation.

“God is my support group,” Mitchell said. “My Whole Health coach is the person who helps me live my best life and give back the way I want to. We need more Veterans to learn about Whole Health, and I will be the billboard for its success.”

[Find more information on Whole Health](#) and access to Whole Health service.

Andrea Young is a FIT consultant for the Office of Patient Centered Care & Cultural Transformation.

Welcome to the
National Center
for PTSD

News Relevant to the Issues of Trauma and PTSD



Take the pledge to help us continue to raise awareness!



PTSD Awareness Month aims to raise awareness about effective PTSD treatments and resources that are available to Veterans. There are many ways you can get involved and help spread the word, but one way to start is by taking the pledge.

Take the pledge today and tell us about your individual or organization's local, regional or national involvement in raising awareness. We've also provided a space for you to suggest ideas and community events you find beneficial to those living with PTSD.

Help make a difference in the lives of Veterans and other who have experienced trauma.

Are you ready?



Verse of the Day

Let us therefore come boldly unto the throne of grace, that we may obtain mercy, and find grace to help in time of need.

Hebrews 4:16 KJV

Making reference to an article in a previous issue of our Newsletter

(5 Questions All Veterans Should Ask About Senior Care) Please contact Kelli Brewer at info@deploycare.org

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 on hold until the pandemic is cleared and a vaccine is developed. No meetings are being 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

Need to contact VA?

[Veterans Crisis Line: 1-800-273-8255](#) and press 1, [Chat](#), or Text 838255

[Homeless Veteran Resources: 1-877-424-3838](#) or [Chat](#)

[White House VA Hotline: 1-855-948-2311](#)

Don't know what number to call?

[1-800-MyVA411 \(800-698-2411\)](#) is never the wrong number