



December 2015 Newsletter

Connect with us



We have much to celebrate this month, including our expanding free clinic outreach, our grant award, and service members who've made significant shifts to regain their wellness and quality of life.

We send a heartfelt thank you to all of you for your dedication and support. Without you, our supporting Angels, the several thousand sessions we've delivered would not have been possible. The service members, young and old, that come in to the clinic in severe pain and feeling hopeless, would not have received the care and support on their journey back towards wellness and quality of life. And the growth we are experiencing in expanding our program to many more, would not be possible.

Without your support, the young Air Force veteran who, a little over a year ago, told us he didn't think he belonged in the world any longer, would not have received the care to rebuild his sense of hope and purpose. The Army Ranger, who has spent the past five years in severe pain, would not have found relief from pain and restoration. The Marine officer, recently returned from deployment, and suffering from post traumatic stress and pain from injuries, would not have realized that support and restoration is right there within reach. Our clinic files are filled with such stories, and most importantly, hope.

All of the exciting developments with Healing Warriors Program would not be possible without the dedication of **all of you** supporting our work, and the many long hours donated by our dedicated team of volunteers. The heart and passion of our community is inspiring. We wish you many blessings in this coming 2016, and hope that you can, once again, [support our work](#). Your [tax-deductible donation](#) keeps our doors open. Thank you for your heart and dedication to our service members.

In This Issue

[NEWS](#)

[Veteran's Stories](#)

[Grant Awarded](#)

[We need your help](#)

[Meet Mary Ann Baak](#)

[Wish List](#)



Quote for 2016

"I'm not going to hide during the during, because I'm not a before and after story.

Here's what I've come to accept: Progress is not linear. We don't go from here to there and put things behind us.

Progress is a spiral staircase and we just keep coming around to the same issues again and again.



But every time we face the same demons: we do so with a higher consciousness and stronger muscles and heart from the climb. So we do a little better each go

NEWS

Free Clinic Service Day Outreach

If you have been receiving our newsletter, you know that we had a very busy year providing literally hundreds of sessions at Yellow Ribbon events for families during deployment and troops post-deployment, at VFW Post 1 in Denver, in Colorado Springs, at the Cheyenne VA and at the Loveland Veterans Stand Down, the Fort Collins Veterans Stand down and Project Homeless Connect.

On a recent Saturday in December, we delivered 39 free thirty-minute sessions in a single day over a four-hour period, with two teams of practitioners, one working in Denver, the other in Colorado Springs.



The clinic service days have been very well received, enabling our team to reach out to veteran communities in surrounding areas and provide clinic services to alleviate pain, anxiety and a renewed sense of hope and wellness.

We've already scheduled several clinic service day events for January thru March 2016. Stay tuned to our newsletters and facebook page for more information.

Announcing Nutrition Counseling Services

We are excited to announce that we will begin offering Nutrition Counseling sessions by [Mary Ann Baak, Nutritionist/Dietician](#) and AF Veteran, once a month on the 2nd Tuesday. Nominal fee of \$10 to assist with materials and supplies. Call 970-776-VETS970-776-VETS (8387) for more information.

- 30-Minute Nutrition Counseling Sessions
- Discuss specific health concerns or general nutrition strategies to good health open to all service members and military spouse/partner. Be prepared to talk openly about your questions and concerns so that together we can direct you toward optimum health.

Our Veteran Stories

Jerry Smith* has been at war for more than 40 years. In contrast to his battlefield experience in Vietnam, he waged his second war against an invisible enemy. Détente came to Jerry's personal war just this year, 2015, when he signed up for Healing Warriors Program's [6-session Healing Touch/Guided Imagery protocol](#) series which was part of a study by Scripps Hospital in San Diego with Camp Pendleton active duty combat marines suffering from PTSD. Jackie Cooper, Director of Healing Touch, has implemented the protocol at the Healing Warriors Program clinic with great success.

'round."

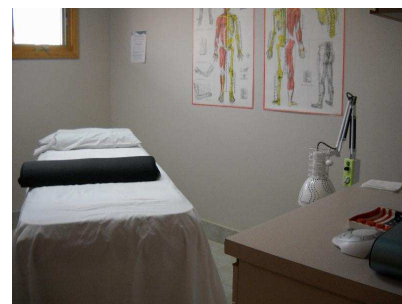
-- Glennon Doyle Melton



WISH LIST We Need Your Help

With our teams providing services at more events, we need portable massage tables and related items:

- 2 lightweight but sturdy portable massage tables for events
- 2 wheeled table covers with pockets for leg supports
- Leg supports
- Twin size sheets
- Heavy duty Paper Shredder



How to Donate a Used Car

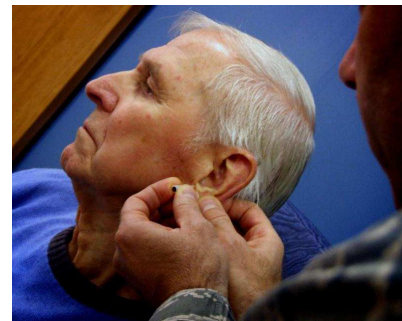
Thinking about donating a used car? Find out more about this program.

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Six sessions opened Jerry to a potential for well-being. A second round of Healing Touch sessions left Jerry feeling better and more hopeful than he has been since his initial Air Force service tour. Following a short break, Jerry is currently completing his third set of 6 sessions.



Although he would undoubtedly dispute this statement, Jerry Smith is an inspiring example of one man's resilience, his ability to adapt and survive in spite of horrifying experiences. A Vietnam veteran, Jerry joined the Air Force when he was just 17 and served for 6 years in Air Force Intelligence. During the war, he was stationed in Thailand where he would simply disappear as he completed his tactical reconnaissance missions.



Jerry's girlfriend, whom he had dated for a few months prior to his deployment, came to Thailand for a month, and the two were married in a traditional Thai ceremony. Though they were together, Jerry's disappearances were hard on the newly married couple, and, as an intelligence officer, Jerry was unable to talk about where he'd been or what he'd done.



When Jerry returned to the States, he wanted to talk, but nobody was prepared to listen, so he just stopped trying. He knew he was not right, but had no idea what was wrong. What he did know was that he had become a serious risk taker and an excessive drinker. He knew, as well, that he didn't fit into civilian

life. What saved Jerry at that point was his intelligence. At the end of his first enlistment, he had 2.5 years of college credits; utilizing the BOOTSTRAP program (an Air Force program that allowed service members to take a leave of absence for a semester to continue their educations in return for an extended active duty commitment), Jerry finished his degree and re-entered the air force as a lieutenant.

Jerry spent the next 23 years of his Air Force career "coping." His love for, and commitment to, his wife and later to their daughter when she was born in 1984, provided his motivation. Jerry focused on short-term goals, walking a fine line to avoid losing the pension he knew would enable him to look after his family. Whenever he knew he was about to self-destruct, Jerry would apply for a transfer and move on to keep his disguise intact. In fact, the family moved 22 times in 29 years so Jerry could maintain his façade of being in control.

For 18 years his postings involved several Minuteman missile maintenance assignments. His final 5 years, however, focused on missile and space operations in addition to conducting force protection and anti-terrorism functions in the United States, once again bringing his frustration and anger to a critical level. In 1998,

DID YOU KNOW?...

Healing Touch is being offered at several VAMCs including the upcoming pilot at Oklahoma City VAMC. They were awarded a national VA grant to conduct a pilot project using Healing Touch and guided imagery as a three-week treatment series for PTSD. It is good to see therapies that we are championing being offered around the country.



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without the knowledge of the military, Jerry began seeing a psychiatrist. Although he was being treated with Prozac, his depression mounted and the treatment did nothing to dissipate his anger. In February of 1999, Jerry imploded. A month later, he was allowed to retire as a Lt. Colonel. Twenty-nine years of military service left him financially secure but unsure of how to function as a civilian.

Even though he was deeply depressed, once again, Jerry took refuge in academia, earning a second MBA in finance to go along with his previous MBA in Business Administration and an MS in Logistics Management. He then taught Project Management for a year, but was unable to contain his anger and frustration in that position. A three-year retreat from people as he worked at home wasn't the solution either. From 2005-2009, Jerry volunteered with the Red Cross on a national team as a Logistics Coordinator.

Anytime Jerry saw footage of the wars in Iraq and Afghanistan, his flashbacks would increase and his depression would deepen. Jerry sought counseling again and resumed taking medication in 2012 continuing through early 2014.

By chance, Jerry and his wife had moved to Fort Collins to be near their now-adult daughter. Here he went to the Veteran's Center to deal at last with his combat issues, taking advantage of both individual and group sessions. For the first time since he left the military, he welcomed friendship. At the Veteran's Center, he found Healing Warriors Program cards and contacted the HWP clinic. In 2014, he used all three modalities (acupuncture, craniosacral therapy, and Healing Touch) and found short-term relief.

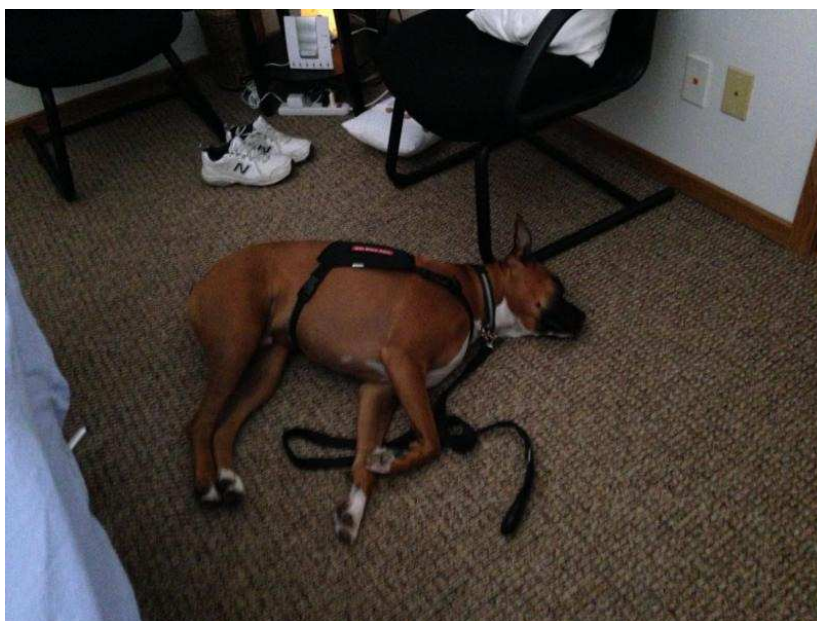
Completing the Scripps Healing Touch Protocols at the Healing Warriors Program clinic, along with the acquisition of his service dog, Solo, has created a world of possibilities that Jerry could never have imagined. And likewise, Jerry and Solo have made a profound impact on all of us at the clinic. Thank you for sharing your journey with us.



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Try using



Solo finds the clinic sessions very relaxing

*the service member's name has been changed to protect privacy

Healing Warriors Program awarded Pharos Fund Grant



We are very pleased to announce that Healing Warriors Program has received a [\\$5,000 grant from the Bohemian Foundation, Pharos Fund for general support.](#)

Formed in 2012, Healing Warriors Program has provided thousands of sessions to active duty, reserve and veteran service members and their spouses, partners, parents and adult children. This grant will be used to provide program services at the Healing Warriors Program clinic for veterans and their families. Thank you so very much, Bohemian Foundation, for your support.

Healing Touch/ Guided Imagery Therapy Series for PTS

We launched the Healing Touch/ Guided Imagery Therapy Series for Post Traumatic Stress this past June. The series is modeled after the Scripps/Camp Pendleton study and consists of 6 one-hour sessions using Healing Touch in combination with Guided Imagery. Clients who are participating in the program are seeing a shift, reporting improved sleep, relief from anxiety and improved focus. To setup an appointment, just call the clinic at 970-776-VETS (8387).

The Clinic Needs Your Support

Lastly, as a 501(c)(3) nonprofit, we ask for your continued financial support. Financial [donations](#) are used to sponsor therapies, pay for clinic supplies, pay for building needs, and enable us to offer clinic services. Your donation directly provides clinic sessions for our service members and sponsors the thousands of free sessions delivered as outreach sessions. A suggested donation amount is \$35.00 but no gift is too small and always welcomed. We are grateful for your continued support.

[Click here to donate online](#)

Checks can be mailed or hand delivered to: Stuart Professional Park Healing Warriors Program 1136 E. Stuart Street, Ste 4202 Fort Collins, CO 80525

Meet Mary Ann Baak, Nutritionist/Dietician

An advertisement for Amazon Smile. At the top, it says "Shop at AmazonSmile" in large, bold letters. Below that, it says "and Amazon will make a donation to:". In the center, there is a silver dog tag with a chain, featuring the "Healing Warriors PROGRAM" logo. Below the dog tag is a yellow button with the text "Get started". At the bottom, the "amazon smile" logo is displayed in its characteristic colors.

We are excited to welcome Mary Ann to our volunteer team. Her spirit of service and her military background provide a depth of understanding of the issues our service members face. Mary Ann has a busy private practice and we are thrilled to have her join the Healing Warriors Program team.

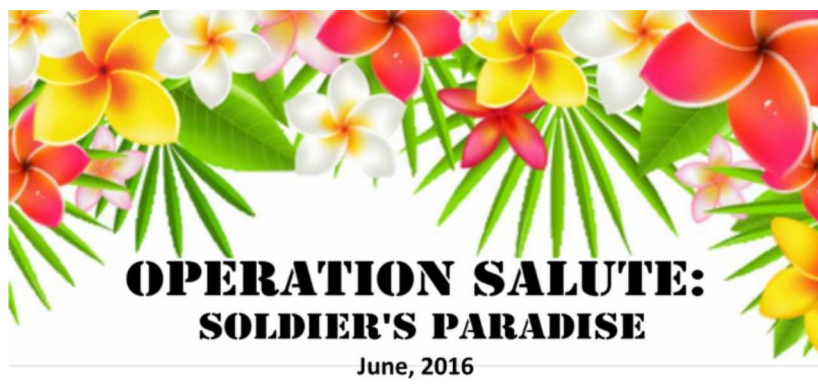
Bio

Mary Ann was born and raised in Northern California. She went to college after high school and studied electronics. For 13-years she used that knowledge traveling the world with the Air Force as an avionics tech on fighter aircraft and heavies, then worked two years for AF Space Command.



After her military career, she went to CSU and received her Bachelors of Science in Nutrition & Food Science, with concentrations in Nutrition & Fitness and Dietetics, and has worked as a dietician for over 10-years. She loves food, from the garden through the body, and everywhere in-between; and, finds food's physical and emotional influences on the human condition fascinating.

Mary Ann spends her free time gardening, cooking, eating, hiking, backpacking, and most things "non-couch-potato." She is an honorably discharged veteran, Air Force wife, mother, mother-in-law to a soldier and a Navy dependent, and grandmother. Mary Ann lives in Windsor and runs her own business helping people reach their health goals throughout Northern Colorado.



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