



THE NVF NEWS

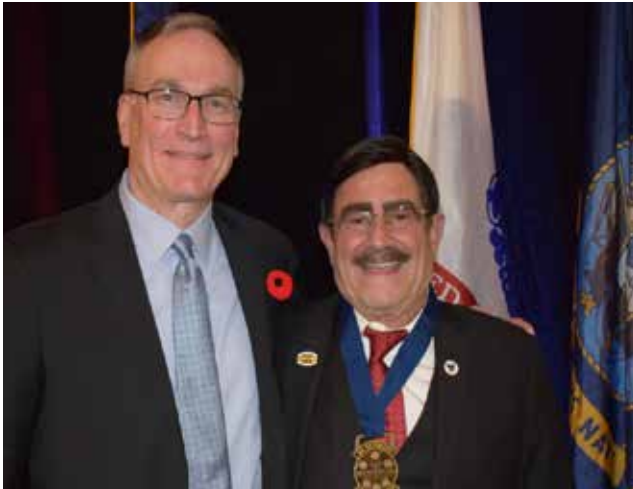
THE LIFELINE FOR AMERICA'S VETERANS

Memorial Day 2024

The US Veterans Hall of Fame, Class of 2023

Duty, Honor, Country...Appreciation

The mission of the US Veterans Hall of Fame is to pay public tribute to the men and women of prior military service who exemplify great character and service. Furthermore, to educate the public on the historical service and sacrifice of this nation's veterans.



NVF Board Member Jeff Morris and Shad

Included in the U.S. Veterans Hall of Fame, Class of 2023 was NVF Founder and President Shad Meshad. On November 4, 2023, in a ceremony in Atlanta, Chaplain Curtis Drafton recognized Meshad for his service to Veterans for the past fifty-plus years.

Among the seven inductees were two Medal of Honor winners. One of them, SGT



Chaplain (Ret.) Curtis Drafton and Shad

Henry Johnson, who served in WWI and was finally decorated for his valor in 2015. The other, SPC5 Craig Birdwell, was the only Native American Medal of Honor winner from the Vietnam War. Both waited until 2022 to receive the recognition they earned. Ranger CPT Moses West, who served in the Gulf War, was honored for his achievement.



Shad and Jim Zenner, LA County Dept of Veterans Affairs

His mission now is to bring safe water to communities around the world. Coast Guard Admiral Linda Fagan was honored for her service. Last, Gen. Colin Powell was inducted posthumously for his achievement.

Over 200 people were at the ceremony and dinner. NVF staff were there along with a current board member Jeff Morris and past board member Eric Lardiere. Many attendees were in uniforms. There was a powerful sense of dedication and shared mission in that banquet room.

The Lifeline for Veterans • 888 777-4443 • www.nvf.org • vetsupport@nvf.org

Monday - Friday 6am - 5pm Pacific Standard Time • If you know a veteran or family who needs help, contact us today.

5777 West Century Boulevard Suite 350 Los Angeles, California 90045-5656

NVF Hosts Mental Health Webinar

The National Veterans Foundation (NVF) is hosting a webinar focused on the mental health of Veterans and their families. This webinar aims to provide valuable insights, resources, and support for Veterans, their families, and supporters of Veterans who may be dealing with mental health challenges.

“Navigating Veterans’ and Families’ Mental Health: Insights and Support” is a one-hour webinar with an optional Q&A to follow. Scheduled for May 14th, a panel of mental health experts will address common mental health challenges Veterans face and offer coping strategies for Veterans dealing with PTSD or depression. Included are available resources for Veterans and their families and community support.

Our distinguished panelists include Jim Zenner*, Director, Department Military and Veteran Affairs, LA County; Ava Weiss, LCSW, Senior Training Manager at Cohen Veterans Network; Esperansa Perez*, LMSW, ACSW Readjustment Counselor Therapist and Representative from Vet Center, East LA and Dr. Lin Morel, Beyond Words Group, CEO & Founder. Additionally, NVF President Shad Meshad* will be a panelist and NVF Board Member Kristine Stanley*, MSgt, USAF(Ret) will moderate. (Panelists with asterisks are Vets.)

We are excited to be able to offer this educational opportunity as a new part of our Outreach.

The News from Northern CA



Kathleen and Lindsay Sin March 19, 2024 - Sacramento

NVF Counselor Kathleen Reilly represented the NVF at the California Commanders Veterans Council meeting in Sacramento on March 19th. CalVet Secretary Lindsay Sin addressed council members’ questions on veteran legislation in California. The next Step? Kathleen will attend the next meeting in June when CalVets will be lobbying for bills pertaining to Veterans at the Capitol.



Kathleen with other commanders March 19, 2024 - Sacramento



Kathleen Reilly CalVets Sacramento

50th Anniversary of the Vietnam War

The NVF participated in ceremonies commemorating the 50th anniversary of the Vietnam War in two separate occasions almost four hundred miles apart. NVF Counselor Kathleen Reilly represented us on March 29 at the California Vietnam Veterans Memorial in Sacramento. In Southern California, Shad was one of the speakers at Hart House, Memorial Park in Sierra Madre on March 23, with two staff members present. Congressional Representative Judy Chu also spoke. Joining them on the dais was Manny Martinez, who had been the lead counselor at the East LA Vet Center when the program first began. Manny has worked in the Veteran space for many years. It was a good reunion for them.

Although the ceremonies were a week apart and four hundred miles from each other, both were held under somber, rainy skies.



Vietnam Veterans Memorial, Sacramento



Sacramento Vietnam Veteran Memorial Speakers



Vietnam Vet, Manny Martinez and Shad at the 50th Anniversary, Sierra Madre, CA

Welcome Home, Steve!

What a pleasure to reintroduce Air Force Vet Steven Duby, who's returning as a counselor on our Lifeline for Vets crisis and information line. Steve's a Certified Addiction Counselor who's also certified through the Library of Congress as a Braille transcriber. "I saw the opportunity to be of service to adults and children in an unusual way, and I decided to pursue it," he says. Being of service is what Steve's all about. He co-authored, with Rory Folsom, Breaking Free, a Motivational Enhancement Therapy Model, now in use at California's Ironwood Prison. Steve's eager to rejoin the NVF Team. He'll be answering calls from 6AM – 9AM PST, calls which previously went to voice mail. He'll be an immense help to East Coast Vets. "I want to continue to help vets and their families in any way I can."



Steve Duby



Humanity's Heroes donates backpacks to NVF Outreach



NVF partnering with Good 360 West LA VA



NVF partners with Humanity's Heroes backpack outreach



NVF at Standdown for Vet with wheelchair

A Valuable Connection

Lawrence Buchthall from Crossroads, an organization helping veterans, was struggling to find housing for vets in Atlanta. He got lucky. Ernest, our newest counselor, took the call. Ernest doesn't give up. He made a list of the usual possibilities but wasn't satisfied. He took the problem to the call center staff meeting. Someone suggested he call the local Vet Center since he had exhausted the traditional resources. The next thing he knew he was speaking with Andre Soster at Fort MacPherson, who provided the information for housing homeless vets in the Atlanta area. This successful connection highlights the NVF staff's dedication and persistence in serving veterans nationwide. Best, Mr. Buchthall received a warm hand-off to a valuable resource. Connecting people is what it's all about—Vet to Vet.



Ernest Harmon, ready to engage at the Feb 24 JVC Job Fair

From the Lifeline for Vets

A female Veteran called the NVF hotline. She had been having problems with her husband, also a Marine. They met in the service, married and had a child. His PTSD was getting worse, and she didn't know what to do. She had experienced physical, emotional and psychological abuse but had stayed in the relationship because she loved him and wanted to stay together for their son. She wasn't ready to leave the relationship. Our counselor, also a woman, stayed on the phone with her for about an hour and a half. "I could tell it was very cathartic for her to talk with me and I know she didn't expect to share all that she did. I offered counseling services through the Vet Center and the Wounded Warrior Project. I invited her to call me anytime she just needed to talk."

As a snowstorm was wreaking havoc in Northern California, Melissa Washington, the Navy Vet who founded the Women Veterans Alliance, called. She had a homeless female Vet in Reno who was sleeping in her car in freezing temperatures. The storm was coming in that weekend. The Vet wanted to travel to Sacramento where there would be no snow and she could find shelter until she was re-housed. Kathleen Reilly, NVF counselor, was able to get her hooked up with the Volunteers of America of Northern California and Northern Nevada. From there, they were able to get her into a Women's Shelter until they found housing for her.

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--Charity Navigator.org

*The NVF is proud to have earned
four 4-star ratings
from Charity Navigator*

Since 1985, The National Veterans Foundation (NVF) has been a leading resource for more than 450,000 veterans and their family members. Our experienced team of trained professionals includes veterans of Vietnam, the Cold War, Iraq and Afghanistan who understand first-hand the issues facing today’s veterans and their families. Our sole purpose is to help you get the help you need as quickly as possible.

MISSION OF THE NATIONAL VETERANS FOUNDATION

To serve the crisis management, information and referral needs of all U.S. veterans and their families through:

- Operation of the nation’s first vet-to-vet toll-free helpline for all veterans and their families.
- Public awareness programs that shine a consistent public spotlight on the human needs facing American veterans and their families.
- Ongoing outreach to connect homeless and low income veterans with food, clothing, transportation and other essential resources.

*The National Veterans Foundation is a 501(c)(3) non-profit organization.
All contributions are fully tax deductible.*

OUR TEAM

Shad Meshad, MSW, LCSW, CTS, TFTdx:
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Cathie Sandstrom: Director of
Communications/Editorial

Gerald Hillard II: Resources Specialist

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