

# Operation Letters from Home (OLH)

WEEK OF JANUARY 28, 2013

VOLUME 1 ISSUE 1



*Operation Letters from Home*

## THANKS TO THE FOLLOW FOR MAKING OLH HAPPEN

Megan Merrill  
The Shoemaker Family  
Helping Heal Heroes  
American Strong  
One Boy USO  
Team Allen  
American Patriot Coalition  
ALL of our letter writers and supporters  
BUT MOST OF ALL to our troops and their  
families!!

Operation: Letters from Home was started on July 14th, 2012 after learning a close friend of Dylan's lost a close friend in Afghanistan at the end of June 2012. Dylan sent a letter through the mail to his friend and her family. After receiving the letter the family knew that Shawn will not be forgotten and his sacrifice won't be either. So after that Dylan decided to write letters to other families of the fallen, and troops (wounded and Active), along with Vets. A few days after starting the page he went to Eden, NY where they had the Moving Vietnam Wall on display. He was there for a few hours looking at the panels, thanking vets, and just watching how each vet reacted differently. Some broke down and cried, others just had a silent moment, while others were just reading the panels and moving along. It truly was a moving sight to see these vets and how they reacted to it. While Dylan was there he met many vets who he continues to talk to and sadly some of them are embarrassed to tell people they were in Nam because they were ashamed when they came home. Unlike previous wars with parades, parties, and other events for the troops when they came home, these Vietnam veterans came home to protests, no support and no love. They were called baby killers and treated as such all because of how the media portrayed the war. Let's face it the media is biased no matter what they say, and will show what they feel like it and not caring what it will do to those displayed in the news. Vietnam was the first war in which media used cameras and were allowed to be on ground with the troops during the firefights. So it is the mission of Operation Letters from Home to make sure that the troops do not lose support while deployed nor when they come home.



[www.facebook.com/OperationLettersfromHome](http://www.facebook.com/OperationLettersfromHome)



## SEND ALL LETTERS TO DYLAN AT:

Dylan Turner  
9537 Boston State Road  
Boston, New York 14025

Please visit our website at for more info on writing letters to our troops and their families:  
[www.OperationLettersfromHome.weebly.com](http://www.OperationLettersfromHome.weebly.com) . Lets see how many letters to the troops and their families  
we can get in the next TWO WEEKS. I think we can get 100.

## Military Discounts

As a troop spouse or child of a troop who is defending our country we believe that the community should support you. We have done some research and found that these businesses offer discounts. The following companies offer discounts, but you may find that not all locations participate, so be sure to ask:

### Restaurants:

Applebee's, Arby's, A&W, Back Yard Burgers, Barnhill's, Burger King, Captain D's, Carl's Jr., Chevy's Fresh Mex, Chick-Fil-A, Chipotle, Denny's, Dunkin' Donuts, Friendly's Ice Cream Stores, Golden Corral, IHOP, Java Café, KFC, Long John Silver's, McDonald's, The Melting Pot, Panchero's Mexican Grill, Pancho's Mexican Buffet, Panda Express, Pizza Hut, Quizno's, Raising Cane's Chicken, Red Robin, Sizzler, Sonic, Taco Bell, Texas Roadhouse, Wendy's, White Castle

### Travel:

AmTrak, Best Western, Choice Hotels, Continental Airlines, Cruise lines (most), Hyatt Hotels, Marriott Hotels, Wyndham Hotels and Resorts,

### Car Care:

AutoZone, Big 10 Tires, Checker Auto Parts, Geico, General Motors, Jiffy Lube, Kragen Auto Parts, Meineke, NAPA Auto Parts, [www.lyonsperformance.com](http://www.lyonsperformance.com),

### Cell Phone Service Discounts:

Alltel, AT&T, Cingular, Sprint/NexTel, T-Mobile, Verizon,

### Clothing and Shoes:

Aeropostale, The Children's Place, Dress Barn, The Finish Line, Foot Action, Foot Locker, Goody's, Hot Topic, Jos. A. Bank, Jockey, Lerner, New York & Company, Pac Sun, Rack Room Shoes, Reebok, Timberland Outlets (active duty only), Wilson's Leather

### Entertainment:

Anheuser-Busch Amusement Parks, Blockbuster, Disney Resorts, MLB Hall of Fame, Movie Theaters, Ripley's attractions and museums, Professional Sports teams

### Others

Apple Computers, Bass Pro Shops, Budget Truck Rental, Champs Sports, Dell Computers, Discovery Channel Store, GNC, Home Depot, Lowe's, Play It Again Sports, Pure Beauty, Sally Beauty Supply, Spencer's Gifts, Suncoast

Read more: <http://www.military-money-matters.com/military-discounts.html#ixzz2J1wOxOHd>

## WHAT IS IT LIKE TO BE AWAY FROM A LOVED ONE

Hello my name is Sarah Graham. I am a military sister. When my big sister she is deployed away from home I get to talk to her a lot but when she was overseas we sent her care packages along with some songs and letters that I had written. When she comes home it's really fun because she likes to tell me stories about what happen overseas. But when she leaves it's really sad because I don't want her to leave. When she is stationed in the states I get to go see her whenever we get a chance. But she is an amazing soldier but even more of amazing sister. This is my story of my sister being in the Army.

Hello my name is Dakota Hecht, I am an Airman's Fiancé. I currently live in New York in my senior year of high school and my Fiancé is stationed in on an Air Force Base on the opposite side of the country. In my case I really didn't have much knowledge about anything dealing with the military until when I first started dating Eric, during this past year I've learned so many things about the military and the future that lays ahead for both of us. For the last year he has went through basic military training at his Air Force Base, Texas right now he is looking into what he wants his job to be. Since he has joined the military he has been able to come home for leave three times. I'm not sure when he will come home next, but when he does I look forward to seeing him again. During the weeks he gets to come home I get to hear about his times in BMT and his times at his new station. It's hard at times to watch him leave each time but I am grateful for the time I do get with him and that I get to talk to him even if it's a few minutes. It's not easy being stationed apart from him, but having our family and friends help support us through these times makes it all the

Do you want to write a story for the weekly newsletter? If so please email us at [OperationLettersfromHome@gmail.com](mailto:OperationLettersfromHome@gmail.com) with a topic and we will discuss publishing it.

“We few, we happy few, we band of brothers;  
For he to-day that sheds his blood with me  
Shall be my brother”  
-Shakespeare

# Post-traumatic stress disorder???

Post-traumatic stress disorder is a type of anxiety disorder. It can occur after you've seen or experienced a traumatic event that involved the threat of injury or death.

## *Causes, incidence, and risk factors*

PTSD can occur at any age. It can follow a natural disaster such as a flood or fire, or events such as:

- Assault
- Domestic abuse
- Prison stay
- Rape
- Terrorism
- War

For example, the terrorist attacks of September 11, 2001 may have caused PTSD in some people who were involved, in people who saw the disaster, and in people who lost relatives and friends.

Veterans returning home from a war often have PTSD.

The cause of PTSD is unknown. Psychological, genetic, physical, and social factors are involved. PTSD changes the body's response to stress. It affects the stress hormones and chemicals that carry information between the nerves (neurotransmitters).

It is not known why traumatic events cause PTSD in some people but not others. Having a history of trauma may increase your risk for getting PTSD after a recent traumatic event.

## *Symptoms*

Symptoms of PTSD fall into three main categories:

### 1. "Reliving" the event, which disturbs day-to-day activity

- Flashback episodes, where the event seems to be happening again and again
- Repeated upsetting memories of the event
- Repeated nightmares of the event
- Strong, uncomfortable reactions to situations that remind you of the event

### 2. Avoidance

- Emotional "numbing," or feeling as though you don't care about anything
- Feeling detached
- Being unable to remember important aspects of the trauma
- Having a lack of interest in normal activities
- Showing less of your moods
- Avoiding places, people, or thoughts that remind you of the event
- Feeling like you have no future

### 3. Arousal

- Difficulty concentrating
- Startling easily
- Having an exaggerated response to things that startle you
- Feeling more aware (hyper vigilance)
- Feeling irritable or having outbursts of anger
- Having trouble falling or staying asleep

(continued on next page)

You might feel guilt about the event (including "survivor guilt"). You might also have some of the following symptoms, which are typical of anxiety, stress, and tension:

- Agitation or excitability
- Dizziness
- Fainting
- Feeling your heart beat in your chest
- Headache

### ***Treatment***

Treatment can help prevent PTSD from developing after a trauma. A good social support system may also help protect against PTSD.

If PTSD does occur, a form of treatment called "desensitization" may be used.

- This treatment helps reduce symptoms by encouraging you to remember the traumatic event and express your feelings about it.
- Over time, memories of the event should become less frightening.

Support groups, where people who have had similar experiences share their feelings, may also be helpful.

People with PTSD may also have problems with:

- Alcohol or other substance abuse
- Depression
- Related medical conditions

In most cases, these problems should be treated before trying desensitization therapy.

Medicines that act on the nervous system can help reduce anxiety and other symptoms of PTSD. Antidepressants, including selective serotonin reuptake inhibitors (SSRIs), can be effective in treating PTSD. Other anti-anxiety and sleep medicines may also be helpful.

### ***Support Groups and Organizations***

<https://www.facebook.com/AmericaStandsTogether#!/OperationLettersFromHome>

<http://www.woundedwarriorproject.org/>

<https://www.facebook.com/AmericaStandsTogether#!/battlebuddy>

<https://www.facebook.com/AmericaStandsTogether>

<https://www.facebook.com/AmericaStandsTogether#!/pages/N-IL-Warriors-Watch-Riders/260178390686832>

<https://www.facebook.com/AmericaStandsTogether#!/AmericasVeteransRacing>

### ***Coming Together For Our Heroes***

After all is said and done there is one thing we can do that is without debate, that is stand together, and respectfully, give our warriors the assistance they deserve.

Personally as a Granddaughter, daughter, daughter in law, wife, and mother of warriors, I have provided countless hours of research, study, family and individual support to our patriots and their loved ones.

During Saudi I worked 60 hours a week counseling and providing family support for our heroes. During Afghanistan/Iraq I currently am a volunteer and help today's patriots in any way I can. There's not much I haven't seen or heard and I dedicate myself to listening and being a confidant to our men and women who served us so fiercely!

I do have a Masters degree in Psychology and a Doctorate in Science. I've recently been helping several agencies with individual counseling for PTSD and TBI cases. I truly enjoy and care for the men and women who have served this great country!

Thank you for your service, sacrifices, and dedication. If I can offer any of you an ear, a resource guide, or friendship it is my honor to do so. Contact me at [dr.clinton@clintonmail.com](mailto:dr.clinton@clintonmail.com).

Dr. Diane Clinton