

To Whom It May Concern,

19 March 2018

Over the course of my 28 year career as a Medical Corps Officer I have been witness to the emotional, as well as physical trauma sustained by our military personnel. This includes both male and female members of all branches of our military. These traumas were sustained as they served our country, often in hostile and very stressful situations.

Often our service members would avoid seeking help for diagnoses such as: PTSD, MST, TBI; to name a few. This avoidance would occur both while in the military and once they returned to the civilian community. The reasons are multiple, but include: the stigma, cost -- both financial and time, transportation, and often fear of reliving their past traumas in more conventional therapeutic programs.

Not all veterans respond well to conventional therapeutic regimens. These can be very threatening as outlined above. This is why I endorse and strongly support nontraditional programs; such as "Healing Americas Heroes".

These programs rely, in part, on the natural calming and healing effects of an outdoor environment. When coupled with a non-threatening, therapeutic recreational activity it allows many veterans an opportunity to heal wounds caused by their military traumas without having to directly relive them.

These programs have well documented successful outcomes. More than just a "summer camp" experience, these programs offer true therapeutic, long-term, life-changing benefits to the veteran, their families, and their communities at large. They cannot be ignored, nor trivialized.

That is why I give my strongest support and recommendation to "Healing Americas Heroes" and other non-traditional programs.

Sincerely,

A handwritten signature in dark ink, appearing to read "Paul C Daly", with a long horizontal line extending to the right.

Paul C Daly, M.D.

Col (ret), MC, USAR

Hello my name is Alyssa kerschke I am 11 years old, and live in Jemez springs NM. I'm a member of my local 4-H, and I really love Horses. I think it is really nice that you help veterans and i wanted to help too. So I organized a lemonade stand for the fourth of july celebration in my town and was able to rise \$383.00 and tell lots of people in my community about your great program. I hope this small contribution will help out your cause and continues to help our veterans who have given us so much. With your support we hope to continue raising awareness and money. Thank you for letting me be a part of this wonderful organization.

Alyssa kerschke

07/08/18

September 5, 2018

A friend and I had the pleasure or should I say the Honor to cook for the Healing America's Heroes Men's Session this August.

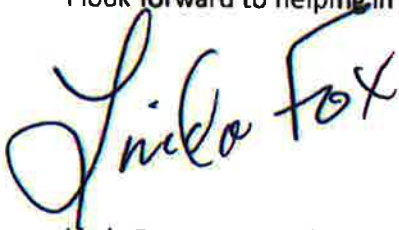
I was not sure what to expect. I am a veteran of the U. S. Army; I have had many friends and served with many who had returned from Vietnam. This group I figured would be from a more current era. I was wrong! The men ranged from Vietnam to the present conflicts. Also I wondered how they would feel having two women invade their space.

What a wonderful experience! We were accepted readily. By the third day, we were totally one with the group.

I listened to stories from several of the men who were in my age range. They wanted to share with someone of the same era and understood what their feelings were at that time. As I listened, I knew both of us were sharing the resentment of that time. I also knew that at the same time, even though the younger soldiers had experiences far different than the older men, the older generation could be a comforting factor in healing the younger group.

At the end of the three days, I felt like both a sister and mama and wanted to hold on to them forever. The changes in those men in just those three days was astounding. And the change in myself too.

I look forward to helping in the Healing America's Heroes Women's Session this September.

A handwritten signature in blue ink that reads "Linda Fox". The signature is written in a cursive, flowing style with a large initial "L".

Linda Fox, Commander
American Legion Post 90
Los Alamos, NM 87544

From: Randi Moore <randilee79@msn.com>
To: momofbj12@yahoo.com <momofbj12@yahoo.com>
Cc: Linda Fox <foxylady62@gmail.com>; Randi Moore <randilee79@msn.com>; Eddie Crain <crain.eddie@yahoo.com>
Sent: Monday, September 3, 2018, 12:36:18 PM MDT
Subject: Testimonial

Miss Kitty,

Mama Bear (Linda) and I had the HONOR to prepare meals for the HAH Men's Session last month. I'm not sure who got more out of it, they or we!

In the 3 days I was there, I saw a tremendous change in the men. They were less introverted, and much more willing to talk, so I just listened. They also began to ask to help in the preparation and cleanup. I had the privilege of talking one-on-one to a few of them, and I came to grips with a few things I didn't realize I was dealing with while listening to them. I learned that PTSD is much more common than most people realize, it often begins in the early (childhood) years, and can be severely compounded with military service.

I also helped with the food preparation last Saturday for the horse auction to sell horses that are not suitable as therapy horses, to raise funds for HAH. Even though there were a few issues (the fire alarm that took an hour to silence--due to the fan in the kitchen not working, and the oven that we had trouble lighting), everyone seemed satisfied with the food provided by those of us in the kitchen. The kids volunteering that day were an awesome help as well!

I am very much looking forward to helping with the HAH Women's Session later this month.

Tigger
(Randi Moore, President, Los Alamos American Legion Riders)

Healing America's Heroes



<https://www.healingamericasheroes.com>

**A Personal Testimony from:
SGT Adam Chatman
Currently still serving**

**Intended for:
Healing America's Heroes**

**Date:
02 September 2016**

My experience with Healing Americas Heroes(HAH) was absolutely eye-opening for myself and my deployment buddy who attended with me. Prior to attending the program, I was having a horrible time transitioning from my previous deployment back to civilian life, as well as my buddy who attended with me. We were both on the same deployment in 2013 completing countless route clearance missions. When I returned, I went back to my prior employment place, only to quit 3 days later due to anxiety and over-alertness which I can only imagine stemmed from the deployment.

With that being said, HAH staff consisted of many prior veterans who not only understood, but was able to relate due to similar scenarios that happened to them. The acknowledgement of knowing that you're not alone in a situation is very therapeutic to say the least. Many non-formal counselling sessions were held in a relaxed environment, which is what sparked my interest in where I'd like my future to path towards. After my departure from the HAH program, I enrolled in to college courses; utilizing my G.I. Bill, majoring in clinical and abnormal psychology. Something about the program sparked something in me. I was so interested in studying WHY veterans have such a hard time coping with normal life after returning from a war zone. I am currently nearly done with my undergrad degree, with full intentions of progressing my studies in to a graduate degree, and possibly further. My goal is to assist and provide guidance to ALL veterans.

SIGNED: SGT CHATMAN, ADAM, U.S. ARMY

A rectangular box containing a handwritten signature in dark ink. The signature appears to be 'Adam Chatman' written in a cursive, stylized script.

To Whom It May Concern:

My name is Barbara. I was active duty during Desert Storm. In July 2016, I participated in a retreat facilitated by HAH. My experience at the retreat had a profoundly positive impact on my life. I was honorably discharged from the United States Air Force in September 1992. For over two decades, I have struggled with anger and rage issues resulting from my service experience. I have been diagnosed with post traumatic stress disorder, military sexual trauma, depression and anxiety. My time at the HAH retreat this summer helped me to gain some perspective on my life and the way I was living it. The programs at HAH allowed me to focus on both my mental health and my physical health. Fly fishing and horseback riding pushed me beyond my physical limits. The long-term affect was I decided if I want to continue to enjoy the outdoors, I have to address my issues. One of the goals I set for myself at HAH was to increase my level of physical activity. I am proud to report that I have maintained my goal of working out at least three times a week. As for my mental health, the goal was to be more mindful in my daily living. I found if I can stay in the moment, it prevents me from worry about what may go wrong in the future. Fly fishing helped me with this. While fly fishing it is important to stay present or you can easily miss an opportunity. I have been able to apply this philosophy to my life. Staying present has helped me to follow through with long term goals that I had allowed to languish. I credit HAH with giving me both the mental and physical boost I needed to get on with the business of living.

Sincerely,

Barbara