



AN E-MAIL SITUATION REPORT (SITREP) OF THE PUTNAM COUNTY VETERANS SERVICE AGENCY

## SPECIAL GUARDIAN REVIVAL EDITION

I hope the new year has gotten off to a GREAT start for all of you! Please enjoy this special Guardian Revival edition of the SitRep. Our monthly calendar now includes ALL our Guardian Revival Programs:

- **Another Summit**-outdoor adventure program for ALL levels of ability. Getting outside makes us feel better! Come get outside with us... our Program Director is a retired Army Colonel and would love to meet you!

- **Boots & Paws**-would you, or a Veteran you know benefit from a companion dog? We have awarded 91 companion dogs since 2019, apply today on our website: [www.guardianrevival.org](http://www.guardianrevival.org)

- **Encore**-our music program for ALL levels of ability, from beginner lessons to studio time and recording sessions for aspiring Veteran artists

**G-Connect** has expanded to include a Peer Services Division where Veterans are available to speak to and support other Veterans, peer to peer.... this has allowed and support other Veterans, peer to peer.... this has allowed us to take the Joseph P. Dwyer Vet2Vet Program in Putnam from a team of one to a team of ten. Please call our TALK LINE at 845-745-0088 to get connected....

### G-Connect continues to offer:

- **iRest Meditation**-twice a month on Monday evenings, guided by facilitator Annie Okerlin from the

Exalted Warrior Foundation (check out her website at: <https://www.exaltedwarrior.com> . Annie has free iRest recordings there)-you will have the best sleep of your life (my FitBit doesn't lie!). There is NO WRONG way to do this, come check it out...it's free and virtual...no excuses!

- **Mobility for Health**-offered twice a month on Tuesday evenings, guided by the team from Semper Stronger (check out their website at: <https://semperstronger.com> ). If you are like me and spend the majority of your day in front of a screen, or seated...or have cabin fever because of the winter weather, please join us for this no/low impact 'workout' to exercise your joints... mobility training is different from strength training...both are important. Please join us to see the difference for yourself. Also virtual and free!

- **Virtual Yoga**- we recently began offering this once a month on Thursday evenings. Janel Norton streams from her studio at Trinity Yoga & Massage (check out her website at: <https://www.trinity-yoga.com> ). Janel is a Veteran herself and has a passion for introducing other Veterans to yoga as a health and wellness tool. Virtual and free...join us!

- **Writer's Workshop**- meets twice each month on Tuesday evenings BOTH in person at Mahopac Public Library AND via ZOOM, take your pick! Our facilitator is an Army Veteran with a bachelor's degree in English literature and Master's degree in Education. Veterans with any level of interest or experience with writing are welcome to attend - this is a judgement-free zone!

- **American Military History Series**- meets the 2nd Thursday of each month at 7pm at Guardian Revival Headquarters, 413 Main Street in Beacon. The Hudson Valley is loaded with American Military History. We have discussed General Israel Putnam, the Revolutionary War in NY, the Battle of Long Island, and the Battle of Thermopylae. There is so much more to discuss, including spotlighting some of our local unsung heroes. Join Veterans John MacEnroe, Richie Othmer, and Mitch Corrado, our local historians. All are welcome, refreshments served.

**Community events:** We have 3 dates reserved for the Hudson Valley Renegades this spring/summer but in the meantime, we have a snow sports experience at Thunder Ridge in Patterson coming up on February 23rd from 2-8pm. We are proud to partner with Hudson Valley Shred Vets (check out their website at: <https://www.veteranssportsmensassociation.org/shredvets> ) who offer FREE skiing and snowboarding for Veterans all season long! Come join us, meet Chris and Jeff-who are both Veterans- and enjoy a day on, or near the slopes...I'll be in the lodge with coffee and hot cocoa. This event is FREE but pre-registration is required. See the attached flier or register for any of our events at: <https://www.guardianrevival.org/calendar>

We are VERY excited to be expanding our programs to include families...we will be standing up a

Family Support Division at Guardian Revival this spring. In preparation for that, we are VERY pleased to offer NAMI-Home Front, a six-week education program for loved ones of service members with mental health conditions (post-traumatic stress, depression, anxiety, and/or substance use issues). The class will be virtual, on Saturday mornings from 9-11:30am, facilitated by myself and Pat Siano from NAMI-Orange County. The class is FREE and having taken it myself, it is an opportunity to learn about mental health conditions, meet other family members who are having similar challenges and struggles when their service members are in crisis, and there are too many resources to mention. . . .that alone was such an incredible return on the investment of the time dedicated to taking the course.

Please see the attached flier and share as appropriate if you know a family member who might benefit from Home Front. For more information about NAMI Home Front, please visit: <https://www.nami.org/Support-Education/Mental-Health-Education/NAMI-Homefront>

Stay tuned for our Family Movie Days, our Family Days on the farm at Lucky Orphans Horse Rescue, and a new Equus Effect cohort for family members that will be a first of its kind this fall!

I welcome your feedback, please feel free to contact me directly via email: [megancastellano@guardianrevival.org](mailto:megancastellano@guardianrevival.org) or use this link to anonymously give us feedback about our programs and events: <https://forms.monday.com/forms/06f8b97331a55ab81a7ecf166b99cec6?r=use18> to get connected....

If you are a family member and would like to give us suggestions for what we can offer through our new Family Support Division, please provide your comments at: <https://forms.monday.com/forms/>



### What is the NAMI Homefront Education Program?

**NAMI Homefront** is a free, six-session education program for family, friends and significant others of Military Service Members and Veterans with mental health conditions. It focuses on the unique needs of military and Veteran communities, such as post-deployment and post-discharge transitions.

The course is designed to help family members understand and support their loved one while maintaining their own well-being. The trained teachers of this course are also family members who have experience with military culture and know what it's like to have a loved one living with symptoms of a mental health condition.

NAMI Putnam, the local organization of the National Alliance on Mental Illness, will offer its NAMI Homefront Education Program for the spring, beginning Saturday, March 16, 23, 30 and April 6, 13, & 20, 2024. It will be held on the Saturdays listed at 8:00-10:30 CST/9:00-11:30 EST virtually on Zoom. Registration Link: [https://docs.google.com/forms/d/1RB4yj17\\_-X3BQEFY8ueTEBSHxhyFyeY5IV9Rqgr8udOs/](https://docs.google.com/forms/d/1RB4yj17_-X3BQEFY8ueTEBSHxhyFyeY5IV9Rqgr8udOs/)



### Participant Perspectives

NAMI Homefront is an adaptation of the evidence-based NAMI Family-to-Family Education Program, which has been taught in VA health facilities since the late 1990s.

*"It's the first step I have taken to get more involved personally with the VA. The first step I have taken to take care of me."*

— Mother of a Veteran after graduating from a NAMI Homefront class held at the VA in NY



**Megan Castellano**  
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### About NAMI

NAMI, the National Alliance on Mental Illness, is the nation's largest grassroots mental health organization dedicated to building better lives for the millions of Americans affected by mental illness. NAMI {Affiliate Name} is an affiliate of NAMI {State}. NAMI {Affiliate Name} and dedicated volunteers, members and leaders work tirelessly to raise awareness and provide essential education, advocacy and support group programs for people in our community living with mental illness and their loved ones.

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We would love to hear what would help you, your servicemember, and if you have experienced anything that was not helpful...we want to get this right! Thank you!

Stay safe, warm, and well and remember....you are not alone!

Megan Castellano,  
Program Director at Guardian Revival



# FEBRUARY CALENDAR

## WEEK 1

**SAT 2/3 Women Guardians Outing** ^  
10:30 AM in Cold Spring

## WEEK 2

**SUN 2/4 Overlook Mountain Snowshoe** ^-  
10 AM in Woodstock

**MON 2/5 First Line In-Person Gathering** ^  
7 PM in Carmel

**TUES 2/6 Jam Session** ^  
6 PM in Beacon

**TUES 2/6 Writers Workshop** ^  
6:15 PM via Zoom & in Mahopac

**WED 2/7 Wellness Gathering** ^  
5 PM via Zoom

**THU 2/8 American Military History Series** ^-  
7 PM in Beacon

**FRI 2/9 Vet2Vet Gathering** ^  
6 PM via Zoom

## WEEK 3

**MON 2/12 First Line Gathering**  
7 PM via Zoom

**MON 2/12 iRest Meditation** ^  
7:30 PM via Zoom

**TUES 2/13 Jam Session** ^  
6 PM in Beacon

**TUES 2/13 Mobility Level 1** ^  
7 PM via Zoom

**WED 2/14 Wellness Gathering** ^  
5 PM via Zoom

**FRI 2/16 Vet2Vet Gathering** ^  
6 PM via Zoom

## WEEK 4

**TUES 2/20 Jam Session** ^  
6 PM in Beacon

**TUES 2/20 Writers Workshop** ^  
6:15 PM via Zoom & in Mahopac

**WED 2/21 Wellness Gathering** ^  
5 PM via Zoom

**THU 2/22 Yoga with Janel** ^  
7 PM via Zoom

**FRI 2/23 Vet2Vet Gathering** ^  
6 PM via Zoom

**FRI 2/23 - SUN 2/25 Zealand Falls Snowshoe Adventure** ^  
8 AM in Beacon

**SAT 2/24 Farm Lane Nature Walk** ^\*  
10:30 AM in Hyde Park

## WEEK 5

**MON 2/26 iRest Meditation** ^  
7:30 PM via Zoom

**TUES 2/27 Jam Session** ^  
6 PM in Beacon

**TUES 2/27 Mobility Level 2** ^  
7 PM via Zoom

**TUES 12/27 Woman Guardian Gathering** ^  
8 PM via Zoom

**WED 2/28 Wellness Gathering** ^  
5 PM via Zoom

## LEGEND:

- ^ Guardians Only (Veterans & First Responders)
- Bring a Buddy (Adults)
- \* Family Friendly (Kids welcome)
- + Open to the Public



**Our Guardian Revival Talk Line is operational 24/7, including on weekends & holidays.**

This phone line provides peer support & mental health resources, operated by guardians, for guardians. This is not a crisis line – just a confidential, open opportunity to reach out for connection & support, anytime.

**We are always ready to take your call: 845.745.0088**



RSVP

[guardianrevival.org/calendar](http://guardianrevival.org/calendar)  
[hello@guardianrevival.org](mailto:hello@guardianrevival.org)



# COMMUNITY BASKETBALL CHALLENGE Pledge Form

Saturday, March 2, 2024  
9 AM to 12 PM  
CHS Gym, 30 Fair St., Carmel, NY

Putnam County Dwyer Vet2Vet
ORGANIZATION TO BENEFIT FROM COLLECTED PLEDGES
ORGANIZATION'S ADDRESS

Sponsored by  
Carmel Rotary Club  
and  
Carmel High School's  
Interact and Mentor Clubs  
www.carmelrotary.org

PARTICIPANT'S NAME Karl Rohde  
ADDRESS 110 Old Route 6 Buiding #3 Carmel, NY PHONE 845-519-5370  
AGE 75 MALE m FEMALE \_\_\_\_\_  
EMAIL karl.rohde@putnamcountyny.gov

Please support my basketball skills in helping earn money to help Veterans through Dwyer Vet2Vet!!!! (Guardian Revival)



#	NAME OF SPONSOR	ADDRESS	Flat Donation	Pledge Per Basket	No. of Baskets	TOTAL	AMOUNT COLLECTED
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						<b>AMOUNT TURNED IN</b>	
						<b>BALANCE DUE</b>	

Certified # of Baskets

FOR OFFICIAL USE

Checker's Signature

Participant's Signature



	<p><b>DONALD. B. SMITH</b> GOVERNMENT CAMPUS 110 OLD ROUTE 6, BLDG. 3 CARMEL, NY 10512 PHONE (845)808-1620 FAX (845)808-1940</p> <p><b>KARL ROHDE, DIRECTOR</b> <b>ART HANLEY, DEPUTY DIRECTOR</b></p>
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The  
**Bulletin Board**



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**GUARDIAN REVIVAL AND  
HUDSON VALLEY  
SHREDVETS**

**COME HIT THE MOUNTAIN  
FOR THE 1ST OR 100TH  
TIME WITH SHREDVETS  
AND GUARDIAN REVIVAL**

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**FEB 23RD 2-8PM  
THUNDER RIDGE MOUNTAIN**

50 Thunder Ridge Rd, Patterson NY 12563

**Open to Veterans, First Responders, and their immediate family**

No experience necessary | Equipment & Instruction available

Email [hello@guardianrevival.org](mailto:hello@guardianrevival.org) to learn more