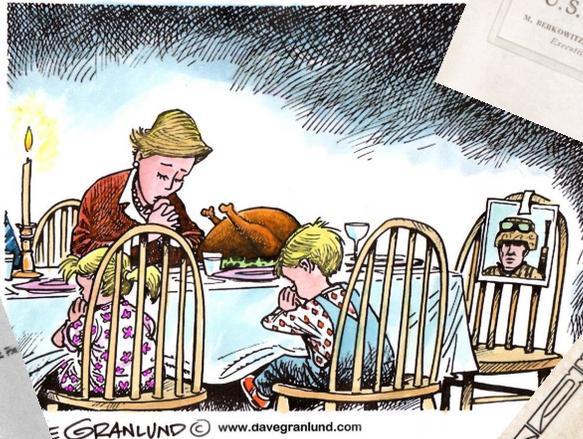
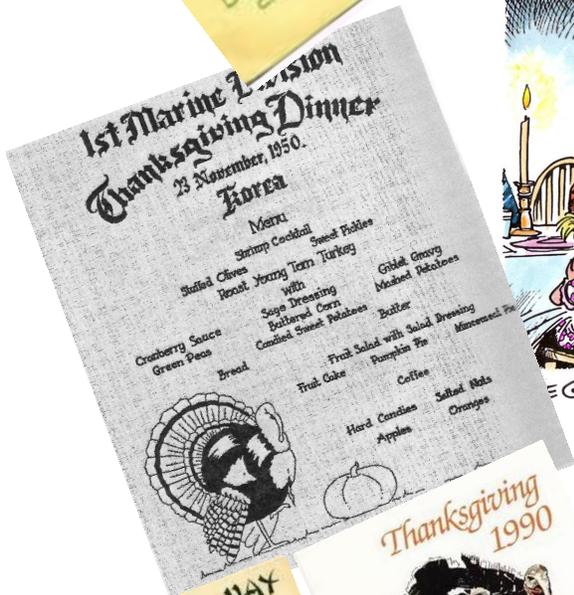
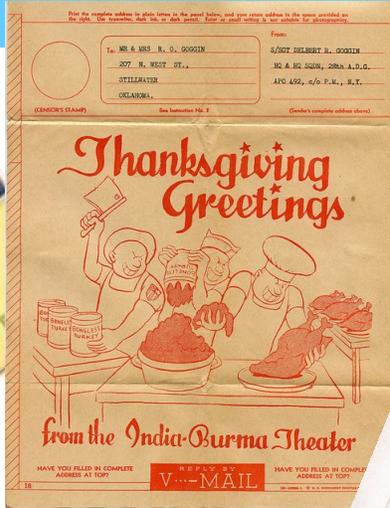


Volume 4 Issue 14

Thanksgiving Issue

PUTNAM VETERANS NEWSLETTER



Through out our

PUTNAM COUNTY EXECUTIVE

40 Gleneida Avenue
Carmel, New York 10512
(845) 808-1001 Fax (845) 808-1901
www.putnamcountyny.gov

MaryEllen Odell
County Executive
Bruce J. Walker
Deputy County Executive



Patricia Simone
Chief of Staff
Nicholas DePerno Jr.
Director of Constituent Services

November 18, 2014

To All Putnam County Veterans and Their Families,

In December of 1621, the Pilgrims held what we think of today as the first Thanksgiving. They had survived their first harsh winter in Plymouth, sown crops in the spring and successfully harvested them in the fall. They were grateful to God not only for their survival but for the lifesaving assistance given them by their neighboring Native Americans who taught them how to plant and grow life-sustaining crops. To show their gratitude, the Pilgrims hosted King Massasoit and 90 of his men for a three-day celebration.

Many years later, President George Washington declared the 26th of November, 1789 as a national Day of Thanksgiving. It wasn't until 1863 that Thanksgiving Day was established as an annual event by President Abraham Lincoln. In his Oct. 3, 1863 proclamation, Lincoln wrote:

"I do, therefore, invite my fellow-citizens in every part of the United States, and also those who are at sea and those who are sojourning in foreign lands, to set apart and observe the last Thursday of November next as a Day of Thanksgiving and Praise to our beneficent Father who dwelleth in the heavens."

Lincoln's Thanksgiving proclamation came during the Civil War when many were fighting for their country. Today, all these years later, many of our citizens are still fighting, albeit in other countries and thousands here at home are veterans who have served in the military in times of peace and in times of war.

This Thanksgiving, the Odell family and, I am sure, many other families throughout Putnam and across America will gather to give thanks for their blessings and for the selfless service of our veterans who have protected our way of life and our many freedoms. God bless all of you.

Thank you for your service. May you and your families enjoy a very Happy Thanksgiving.

Sincerely,

A handwritten signature in cursive script that reads "MaryEllen Odell".

MaryEllen Odell
Putnam County Executive

VA dietician says sweet potatoes have good nutritional value

By *Laure Moluskie* is a registered dietitian nutritionist

Sweet Potato: Sweet Nutrition

Have you ever wondered how sweet potatoes compare to white potatoes, from a nutritional standpoint? Do you have diabetes and believe you shouldn't eat sweet potatoes? If so, here is some "sweet" news for you.

Not only can those with diabetes eat sweet potatoes, but research has shown that this fall favorite may actually be helpful to regulate blood sugar. Sweet potatoes offer a wealth of nutritional and health benefits that exceeds that of their white potato counterparts.

These are just a few of the nutrition attributes of sweet potatoes:

- ⇒ Good source of fiber
- ⇒ Keeps bowels regular, which helps prevent colorectal cancer
- ⇒ Helps lower cholesterol
- ⇒ Decreases rate of absorption; helpful in controlling blood sugar
- ⇒ Keeps you full between meals; which can be helpful in managing weight
- ⇒ Blood sugar lowering effect
- ⇒ May help to regulate blood sugar levels in people with type 2 diabetes and decrease insulin . complex carbohydrate. A source of steady energy that minimizes sugar and insulin highs and lows
- ⇒ Provides beta-carotene (a phytonutrient that gives it its' orange color)
- ⇒ Has anti-inflammatory properties potentially decreasing the risk of chronic disease; essential for eye health
- ⇒ Good source of vitamins C and B6 (pyridoxine)

- ⇒ Important for your immune system, nervous system, and metabolism
- ⇒ Vitamin C increases iron absorption, promotes wound healing, and helps fight infection
- ⇒ Provides the minerals potassium, calcium, magnesium, and manganese
- ⇒ Manganese helps maintain normal blood sugar control and optimal thyroid function
- ⇒ Low calorie (lower than white potatoes)
- ⇒ 103 calories for one medium size potato (about the size of baseball or computer mouse). A medium white potato provides 145 calories.

- ⇒ Naturally fat and cholesterol free/Heart Healthy
- How to eat them:

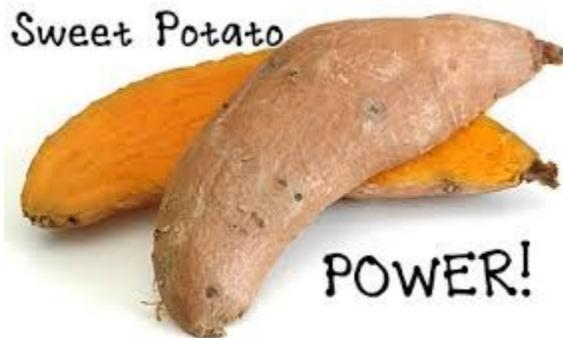
Steamed or baked to maximize bio-availability [rate of absorption] of nutrients

If buying canned choose the no sugar or syrup added versions

Add a very small amount of fat (butter, margarine, oil) to maximize the absorption of beta-carotene/vitamin A

There are so many ways to incorporate sweet potatoes into your diet that don't require sugar-dense marshmallows.

Please visit NutritionVA.gov for educational handouts and advice about nutrition.



Hope you enjoy sweet potatoes this Thanksgiving. I do not like them but if I had to eat them the marshmallows would make them palatable.





SUPPORT THE BLUE STAR & GOLD STAR MILITARY FAMILIES



I was watching a show about our soldiers on January 27, 2011. Our First Lady was on the show. She wants us to recognize the “Blue Star” and “Gold Star” Military Families in our community. A “Blue Star” signifies that there is a family member who is serving in the Armed Forces. A “Gold Star” signifies that a loved one died while serving Our Nation. Our First Lady reminded us that 1% of Our Nation is protecting the other 99% of Our Nation. I want to see what my community can do to recognize and help the “Blue Star” and “Gold Star” Military Families.

When a “Blue Star” Family has a member who is away, there is a lot of pressure. You can offer help with gardening, running errands, shoveling a driveway, or by being there if they just need a friend. When there is a loss in a “Gold Star” Family they need a lot of love, someone to talk with about their feelings, and also need people just to care about them. They really need us to not forget about their fathers, mothers, husbands, wives, sons, and daughters.

While I was driving in the car with my mom I saw a decal on the car in front of us and I thought we could make a decal for the “Blue Star” and “Gold Star” Military Families. As soon as I got home I started designing the star and choosing the words. Next I wrote to a company and asked for the start-up money for the project so all of the proceeds could go to the “Blue Star” and “Gold Star” Families. The “Blue Star” and “Gold Star” Families need to be recognized all over the place, everywhere we go. Wherever the decals go, then that town or city they travel to will know about “Stars for Cars” and the people might want to know more about the “Blue Star” and “Gold Star” Families. The cost of the 5 and ½ inch star shaped decals is \$10.00. 100% of the proceeds go to the USO of Metropolitan NY to help fund programs that support these brave “One Percenters.” “Stars for Cars” is an official partner of the USO. To order decals please go to www.starsforcars.org.

Your Neighbor, Jake Gallin (Age 12)



SEEKING CHILDREN OF MILITARY FAMILIES FOR STORIES OF THEIR EXPERIENCE

My name is Hannah Pastore and I am a junior at North Salem High School as well as a Girl Scout Ambassador. I am currently in my 12th year of Girls Scouts having completed my Bronze and Silver awards as well as many other service projects with my Girl Scout troop. I am pursuing my Girl Scout Gold Award, the highest-level achievement one can earn as a Girl Scout.

For my previous awards I completed projects that helped to provide clothing for the homeless and taught dance to mentally disabled children but I realized that I had never done anything to help and show my appreciation for those who serve our country. My project titled “Stories of the Children of Military Families” is about sending a message. I want to be able to share how they feel and what they experience when a parent is away serving our country. I also want to help them realize that they are not alone in their feelings and experiences. Men and women who serve in

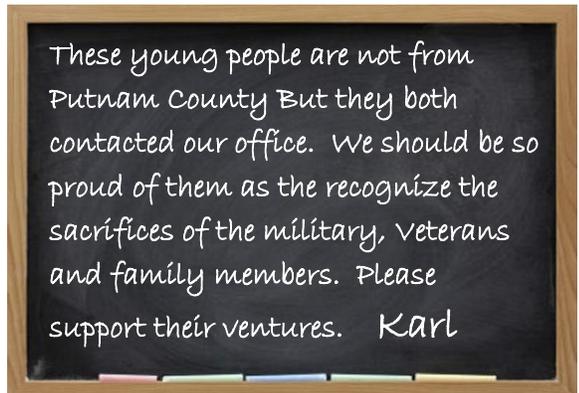
the military are important to the safety and security of our country and I feel it is important that everyone knows the sacrifices that their families make while a parent is away.



In order to be able to send this message I am writing a children's book based on the real life stories and experiences of children who currently have a parent deployed in another country or have had a parent away for a period of time. My goal is to capture how they felt, the hardships they faced and special moments with their parent. After I collect and write the stories I plan on having younger Girl Scout troops illustrate pictures about the story, exemplifying how they felt through their drawings. After I collect stories and illustrations I also plan on publishing my children's book in order to spread

these stories.

As veterans and current active members of our military as well as being part of the military community I was wondering if anyone knew any families with children who would be interested or willing to participate in my project or if any of you have children who you have had to spend time away from. I am interested in interviewing younger children around the ages of 7-11 who can relate to the audience of the book I am writing. It would be an honor to be able to talk to some of you and hear your experiences as well as the experiences of your children or children that you know. For more information on my project and becoming a key part of accomplishing my goal please contact me at hannah.pastore@northsalemsschools.org.





Don't stand in line . . .



Go online!

10/2010



Sponsored by: PFC Joseph P. Dwyer

Vet2Vet Program of Putnam County

VA Hudson Valley Health Care System presents
Navigating the VA: Eligibility, Enrollment and My HealthVet

Saturday, December 13, 2014

10am-2pm

(Lite lunch to be served)

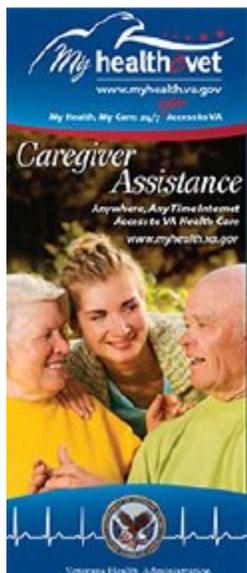
Mahopac Library Computer Lab

668 Route 6

Mahopac NY 10541

Please contact Jessica Mazzucco to reserve
your spot for this event as space is limited:

Jmazzucco@mhaputnam.org or (845)278-7600 ext. 214



Just a few words. We at the Putnam County Veterans Service Agency wish you and you're a most happy Thanksgiving. It is a time to share the joy of the season with those you love. Most of all it is a time to give thanks that may seem trite or self evident but it is true. I am thankful for many things and one of these is this very job that gives me the opportunity to help my fellow Veterans. Recently a World War 2 Veteran who I do not have regular contact with thanked me for what I do for Veterans. What a wonderful gift. To receive just prior to Thanksgiving Day. I have never had to assist him in anything but he wanted to tell me he appreciates what I do. I want to thank every Veteran out there for their service and for providing me with the chance to help them. In the last issue there was information about the opportunity for veterans to get free clothing at Goodwill on Veterans Day. An e-mail was sent to me that a Veteran had acquired some clothing that way because he got word about from this newsletter. I told the person how nice that was to get that feedback, I also said that if I had the chance to help one Veteran per day that would mean I would have helped 365 Veterans in a year. We should all try to accomplish that and in doing so the burdens would not seem as impossible to carry. Happy Thanksgiving!!!!

It saddens me to mention this. A few issues ago there was a page dedicated to the "Veteran Arts Showcase" to be held at the FDR Library in Hyde Park. I apologize to anyone who made the trip to see this showcase. It was my displeasure to be part of the opening ceremony that was anti-military and hurtful to Veterans. I humbly offer my apology.

Karl



PUTNAM COUNTY
VETERANS SERVICE AGENCY

DONALD. B. SMITH GOVERNMENT CAMPUS
110 OLD ROUTE 6, BLDG. 3
CARMEL, NY 10512

PHONE (845)808-1620 FAX (845)808-1940

KARL ROHDE, DIRECTOR

ART HANLEY, DEPUTY DIRECTOR

Thanksgiving
Dinner
Word Search

©akidsheart.com

apple pie
bread
corn
cranberries
dressing
giblets
gravy
green beans
ham
peas
potatoes
pumpkin pie
rolls
salad
stuffing
sweet potatoes
turkey
yams

JOSEPH DWYER PEER-TO-PEER PROGRAM OF PUTNAM

VETERAN HELPING VETERAN



The Veterans Service Agency

NEEDS YOUR HELP!

Would you like to help others by giving back to your community?

Would you like to make a lasting impact on someone's life?

Then, the Office for Senior Resources & Veterans Service Agency

Medical Transportation Program

is for you!

- ◆ **Veterans need rides to doctor appointments**
- ◆ **Volunteers will pick up a County car at the Carmel Office for Senior Resources.**
- ◆ **Go to a local Veteran's home.**
- ◆ **Take them to local doctor or to a VA Appointment**
- ◆ **Take Veteran home.**
- ◆ **Return car to Office for Senior Resources.**
- ◆ **Cars are equipped with radio for communication. In case of an emergency, help will come to you.**
- ◆ **Directions can be given over the radio.**

FOR MORE INFORMATION, PLEASE CONTACT MARY WHITE, RSVP DIRECTOR (845) 808-1734.



NAME:	
ADDRESS:	
CITY:	
PHONE:	