

UMA SCUTTLEBUTT



June 2016

Website: <http://ptomilitaryassociation.org>
Facebook: www.facebook.com/USPTOMilitaryAssociation
Email: UMA@uspto.gov

UMA Mission: To provide *fellowship, mentorship, and advocacy* for military Veterans working at the USPTO, and to *help educate others* on the important contributions that Veterans have made and continue to make to the workforce and our nation at large. UMA membership is open to Veterans and non-Veterans alike. **Prior military service not required.**

Welcome our new UMA Members! William Jerez Lora, Nouane Panyasithavong, George Atkins, Louis Falasco, William Vaughn, William Bolton, Camelia Gibson, Pat Ducey, Kaushal Sumesh, Robin Hylton, Aleisha Jenkins-Bey, Nasir Ahmed, Judy Johnson-Joyner, and Louis Falasco.

June is PTSD Awareness Month. Most people have some stress-related symptoms after a traumatic event. If those symptoms don't fade after a month, it might be post-traumatic stress disorder (PTSD). Starting in 2010, Congress named June 27th PTSD Awareness Day (S. Res. 455). In 2014, the Senate designated the full month of June for National PTSD Awareness (S. Res. 481). Approximately 7-8% of the U.S. population has PTSD and between 11-30% of Veterans (varies by service era/conflict) will experience PTSD. Please visit the [VA's National Center for PTSD site](http://www.va.gov/ncpts/) for more information.



Jill Wolf

Wounded Warrior Letter Writing Campaign: Thank you to all the UMA members and employees who supported our Military Appreciation Month letter-writing campaign. We would especially like to thank Jill Wolf and Gair MacKenzie for leading the campaign. Together, we wrote more than 150 letters to service members, veterans, and their families. We hand-delivered more than 100 letters to wounded, ill and injured service members at Walter Reed National Military Medical Center and about 25 to veterans at America Legion Post 24 in Alexandria. Because you took the time to write notes this month, we had an opportunity to express our thanks in person to service member and veterans. They greatly appreciated your support. While we have wrapped up our main efforts, we can still accept additional letters. We will distribute these in the local area to service member and veterans. Photo credit to Mike Cleveland.

Heroes. Sherry Anderson's original play in Remembrance of America's Fallen Heroes was very well received! The play tells the story of five friends who meet to remember loved ones lost in war. We would like to thank all of the folks who made it happen, all those who attended either in person or online, and especially the vision, hard work and dedication of Sherry Anderson. Photo credit to Mike Cleveland.



Left to Right: Dean Dominique, Arlene Jones, Demarn Cooper, Sherry Anderson, Olivia Wise, Pat Patterson, Sieg Chencinski, and Mike Cleveland.

Memorial Day Walk of Thankful Recognition. Thanks to the hard work and dedication of Sherry Anderson and Arlene Jones, among many others, the Memorial Day Walk of Thankful Recognition was a successful, yet somber and reflective event. The walk began from Madison Atrium with the U.S. Air Force Color Guard and the Fife and Drum Corps leading the way and ended at the Alexandria National Cemetery. USPTO Commissioner for Patents Drew Hirshfeld, along with decorated combat Veterans Congressman Steve Russell and retired Marine Brigadier General William "Wild Bill" Weise provided moving speeches and were later presented with the UMA's Man In The Arena Award. Photo credit to Mike Cleveland.



Left to Right: Sherry Anderson, Steve Russell, Drew Hirshfeld, William "Wild Bill" Weise, and Dean Dominique

Army Birthday Celebration. Two hundred forty-one years ago, our nation's leaders established the Continental Army. Please join us as the UMA celebrates the [U.S. Army's 241st birthday](#) on Wednesday, June 14th from 12:00 – 1:00 in Randolph 8D44. We will watch a short video, followed by a cake cutting beginning at 12:15.

Warrior Games Shuttle: Amber Ostrup has volunteered to drive to West Point to show support to our wounded and injured Service Members participating in the DoD Warrior Games on Thursday, June 16th. The van will depart the USPTO for West Point no later than 5:30 a.m. and will leave West Point around 6:00 p.m. Please contact Amber (Amber.Ostrup@uspto.gov) if you would like to ride along and show your support! For more information about Warrior Games please visit <http://warriorgames.dodlive.mil/>.

UMA Quarterly Meeting. The UMA invites all members, veterans and supporters to attend its quarterly meeting June 30th, from noon-1pm in the Knox Conference Center. The meeting, also available via livestream, is open to all USPTO employees, regardless of Veteran status, who would like to learn more about the UMA. UMA members are asked to bring a friend! Light snacks and refreshments will be served while supplies last.

UMA Night at the Battle of the Beltway: We will be getting discounted tickets to the Thursday, August 25th game of the Baltimore Orioles at the Washington Nationals, 7:05 p.m. at Nationals Park. If you are interested in attending, please let us know how many tickets you would likely need [by clicking here](#). This is non-binding and just to gauge interest and give us an idea of how many tickets we may need. Tickets are expected to be in right field corner and cost \$39, of which \$10 is redeemable for food, drinks, and gifts. *This event is for dues paying members only.*

UMA Pictures: We have created a SharePoint site to share pictures taken at UMA events. UMA members can [click here](#) to either upload the pictures, or send them to UMA@uspto.gov.

UMA Military Appreciation Month Video: Please take a minute to view the [UMA Military Appreciation Month Video](#) prepared by Hank MacDonald and his team.

UMA Picnic Lunch. UMA will have a picnic lunch in the grassy area by the water fountain (Dulany Gardens) on the same day that the UMA sponsors the food trucks, June 7th from 11:30-1:00. We will have picnic blankets available! POC is Dr. Olivia Wise.

Reward Program. The UMA board has approved a reward program. Sign up a friend and receive the UMA coffee mug!



Coffee Break: We would like to thank you to all of the new faces that have been coming out and enjoying the coffee and share war stories. The weekly UMA coffee breaks are across from Innovation Grounds on Tuesdays from 9:00-10:00. Please drop by, even if only for a couple of minutes to say “Hi”.

How are we doing? [Click here](#) to take the 10 question survey and let us know how we’re doing.

Did You Know? On June 14, 1775, the Continental Congress approved the creation of the Continental Army. The new force was made of some 22,000 militiamen already gathered outside Boston, plus about 5,000 in New York. The following day, June 15th, the Congress named Virginian George Washington as commander-in-chief of the Continental Army.

UMA Calendar of Events:

- Weekly Coffee Break every Tuesday across from Innovation Grounds from 9:00-10:00.
- Monthly Board of Directors Meeting (second Tuesday of the month from 12:00-1:00). POC Dean Dominique.
- June is [PTSD Awareness Month](#). POC John Menkaure.
- June 5 - Keith McCray Retirement Ceremony at Andrews AFB 11:00.
- June 7 - UMA Picnic Lunch. UMA will have a picnic lunch in the grassy area by the water fountain from 11:30-1:00 as UMA sponsors the food trucks. We will have picnic blankets available! POC Dr. Olivia Wise.
- June 14 - Army Birthday Celebration from noon-1:00 in Randolph 8D44.
- June 30 – USPTO Military Association (UMA) Quarterly Membership Meeting from 12:00-1:00 in the Knox Conference Center.
- August 4 - Coast Guard Birthday.
- August 25 - UMA Night at the Battle of the Beltway. Baltimore Orioles at Washington Nationals, 7:05 p.m. at Nationals Park. POC Dean Dominique.
- September (Date TBD) - Quarterly Membership Meeting. POC Dean Dominique.
- September 16 - National POW/MIA Recognition Day.
- September 18 - Air Force Birthday.
- October 13 - Navy Birthday.
- November (Date TBD) - Quarterly Membership Meeting. POC Dean Dominique.
- November (Date TBD) - UMA Sponsored Blood Drive. POC Dean Dominique.
- November 10 - Veteran’s Day Celebration. POC Dr. Olivia Wise.
- November 10 - Marine Corps Birthday.
- November 11 - UMA Dining Out at the [Willing Warriors Gala](#).

Veteran-Related Events:

- The U.S. Army Warrior Transition Command will be hosting the [2016 DoD Warrior Games](#) at the United States Military Academy in West Point, New York, June 15-21, 2016 and are looking for volunteers. You can check out the [Facebook page](#) for more information as it becomes available.
- D-Day Remembrance Event, Old Town Alexandria, VA from 2:00-5:00 on Saturday, June 4th. There will be music, reenactors and displays, and dancers.
- The Army Ball is scheduled for June 18th at the Washington Hilton. [Click here for more details](#).
- From the Front Lines to the Home Front commemorates our country’s war experience with a focus on Loudoun County. Free to active duty personnel and retired Veterans. July 9-10. [Click here for more information](#).
- 9/11 Heroes Run event in Alexandria on Saturday, September 10th. IHOP is expected to provide FREE pancake and bacon breakfast to all participants. And Starbucks will be back again with unlimited coffee. A very patriotic event complete with pancakes, bacon and coffee...life doesn’t get much better than that!
- October 9th is the [Army Ten-Miler](#) in Washington, DC.
- October 30th is the [Marine Corps Marathon](#) in Arlington, VA.
- The American Veterans Center’s Conference & Honors. November 3-5, 2016 in Washington, DC. The three-day

event will feature panels and discussions with America's most decorated and distinguished Veterans and active duty personnel from World War II to the present day. The event is a once-in-a-lifetime chance to spend a weekend in the company of heroes. To attend and/or learn more about the Conference, call 703-302-1012 ext. 227 or e-mail info@americanveteranscenter.org. [Click here for more information.](#)

- Loudoun Therapeutic Riding provides quality equine-assisted activities and therapies for wounded military and Veterans. [Click here to find out more about their "Equine Services for Heroes" program.](#)
- If you know of any other Veteran-related events, please send an email uma@uspto.gov and we will include it in the next update.

Volunteers needed: The UMA is looking for members to help us with the following activities:

- UMA Dining Out POC
- Sports Coordinator

The 2016 UMA Board members are President Dean Dominique, Vice Presidents Asghar Bilgrami and Anhtuan Nguyen, Treasurer Albert Gagliardi and Secretary Melissa Wiley. Members at large are Eric Atkisson, Aretha Grayson, Hank Macdonald, Clifton Randolph, Neal Sereboff, Keith McCray, Paul Kloberg, Mark Booker and Catherine Ferreira. Sieg Chencinski serves as a special nonvoting member. Mr. Fred Steckler is our Executive Sponsor.

A special thanks to our UMA Volunteers:

- Quarterly Newsletter - Arlene Jones
- Wounded Warrior Letter Writing Campaign - Jill Wolf and Gair MacKenzie
- Wreaths Across America Committee - Troy Tyler and Brian Simpkins
- Memorial Day Event Committee - Sherry Anderson and Arlene Jones
- Social Coordinator and Veteran's Day Committee Lead - Dr. Olivia Wise
- PTSD Awareness Month - John Menkaure
- Facebook Administrator - Reid Bailey
- Webmaster - April Blair

UMA membership is open to all USPTO employees, Veterans and non-Veterans alike. If you are not currently a dues paying member, we invite you to join us. Prior military service not required. Simply fill out the four highlighted blocks of the [Membership Form](#) and return it to us via email.

If you haven't already done so, please like our [Facebook page](#) and check out the [UMA website](#).

The Scuttlebutt may include stories, links and references not directly connected to the USPTO Military Association, but which may be of interest to our Veteran community. If you have questions or comments about anything appearing (or not) in the UMA Scuttlebutt, please contact us at uma@uspto.gov.

STORIES

George is a Vietnam Veteran. While serving as a medic, he was unable to save an injured boy. The child died in his arms. Back home, he never held his own kids because he couldn't stand being reminded of his trauma. But with the birth of his first grandchild, he decided to get treatment. His therapy was a success. "I love holding my grandson. And you know what? I couldn't hold my kids when they were children, but I'm holding them now."



Maria used to enjoy spending time with friends, but after she was mugged, she couldn't even go out. When she did go, she was so anxious that she couldn't enjoy herself. After treatment, things changed. Now, she can dine

out or even spend a day at a crowded amusement park. "I still have things that bug me," she says, "but my life has improved so much that the things that bother me hardly matter."



National Center for
PTSD

POSTTRAUMATIC STRESS DISORDER

ADD LOCAL CLINIC INFORMATION

Are you in crisis? Call 911

Call 911 or 1-800-273-TALK (8255)
www.suicidepreventionlifeline.org

Find PTSD treatment

www.ptsd.va.gov/public/where-to-get-help.asp

The Sidran Institute (410) 825-8888
Mental Health Service Locator (SAMHSA) (800) 662-4357
Veteran Help: Each VA Medical Center and (877) 222-8387
many VA clinics treat PTSD. or www.va.gov

Updated February 2014

WWW.PTSD.VA.GOV

WHAT IS

PTSD?

Most people have some stress-related symptoms after a trauma. If those symptoms don't fade after a month, it might be posttraumatic stress disorder (PTSD).

TREATMENT CAN HELP

WWW.PTSD.VA.GOV



COMMON SYMPTOMS

✓ Reliving the event

Memories of the trauma can come back at any time and can be triggered by reminders of what happened. You may have bad dreams, or feel like you are going through the trauma again.

✓ Avoiding situations that remind you of the event

You may try to avoid places, people or things that bring back memories of the event.

✓ Negative changes in beliefs and feelings

The way you think about yourself and others changes because of the trauma. You may have trouble experiencing your emotions, think no one can be trusted, or feel guilt or shame.

✓ Feeling keyed up

You may be on the lookout for danger. You might become angry very easily.

Other problems following trauma

If you have PTSD you may also feel guilt, shame, or depression. Problems with coworkers, friends, and loved ones are common. Many people with PTSD abuse alcohol or drugs. Often, PTSD treatment can help these problems, too. The coping skills you learn to deal with PTSD work in other areas of your life.



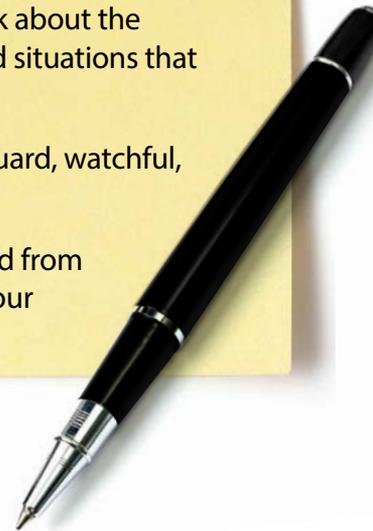
SCREENING

Only a mental health or medical professional can tell you if you have PTSD. If you went through a trauma and answer “yes” to at least three of the questions below, you should have a PTSD evaluation.



In your life, have you ever had any experience that was so frightening, horrible, or upsetting that, in the past month, you:

- Have had nightmares about the experience or thought about it when you did not want to?
- Tried hard not to think about the experience or avoided situations that reminded you of it?
- Were constantly on guard, watchful, or easily startled?
- Felt numb or detached from others, activities, or your surroundings?



TREATMENT

Treatments for PTSD include psychotherapy (counseling) and medication. Sometimes, the two are used together. Cognitive behavioral therapy (CBT) is the best treatment for PTSD. There are different types of CBT, including Cognitive Processing Therapy and Prolonged Exposure.

Psychotherapy/Counseling

Cognitive Processing Therapy (CPT)

CPT teaches you how to identify trauma-related thoughts and change them so they are more accurate and cause less distress.

Prolonged Exposure Therapy (PE)

In PE, you talk about your trauma over and over until the memories no longer upset you. You also go to places that are safe, but that you have been staying away from because they are related to the trauma.

Stress Inoculation Training (SIT)

SIT teaches patients a set of skills they can use to manage their anxiety. These skills might include relaxation, thought stopping, and positive self-talk.

Eye Movement Desensitization and Reprocessing (EMDR)

EMDR involves thinking about images and feelings that distress you while doing rapid eye movements.

Medications*

Selective Serotonin Reuptake Inhibitors raise the level of serotonin in your brain. This can make you feel better. The two SSRIs that are approved by the FDA for PTSD are sertraline (Zoloft™) and paroxetine (Paxil™).

**Some doctors prescribe benzodiazepines (or “benzos”) for people with PTSD. They are often given to people who have anxiety. While they may be of some help at first, these drugs do not treat the core PTSD symptoms. They may lead to addiction and are not recommended for long-term PTSD treatment.*

