The Meaning of Memorial Day

Memorial Day is a federal holiday in the United States for remembering the people who died while serving in the country's armed forces. The holiday originated as Decoration Day after the American Civil War in 1868, when the Grand Army of the Republic, an organization of Union veterans founded in Decatur, Illinois, established it as a time for the nation to decorate the graves of the war dead with flowers.

By the 20th century, competing Union and Confederate holiday traditions, celebrated on different days, were merged, and Memorial Day eventually extended to honor all Americans who died while in the military service.

MAY WE NEVER FORGET FREEDOM ISN’T FREE.
ELIGIBILITY FOR SERVICES

Past service members and their families
All war zone Veterans including:
WWII
American Merchant Marines (WWII)
Korean War
Vietnam War
Lebanon
Grenada
Panama
Persian Gulf
Somalia
Bosnia
Kosovo
Operations in former Yugoslavia (Operations Joint Endeavor, Joint Guard, Joint Force)

Global War on Terrorism (OEF, OIF, OND)
Sexual Trauma & Harassment (both sexes, all eras)
Bereavement (parents, siblings, spouses, and children of those who died in service of their country—Reservists, National Guard
Combat Service Support (Active Duty, Reservists, National Guard, and Veterans who provided direct emergency medical, mental health, mortuary or unmanned aerial support
services [drone pilots] to personnel involved in combat operations or hostilities.

HISTORY OF THE VET CENTER

The Vet Center Program was established by Congress in 1979 out of the recognition that a significant number of Vietnam era vets were still experiencing readjustment problems. Enacted in response to a growing awareness that Vietnam Veterans were experiencing numerous psychosocial difficulties unique to their situation. Many Vietnam Veterans were extremely reticent to seek assistance through traditional Veteran’s organizations. Laws have been modified to provide readjustment counseling to all eras of combat Veterans and their families, victims of military sexual trauma, and cases of bereavement.

CONFIDENTIALITY AND PRIVACY

Vet Center Staff respect the privacy of all veterans. We hold in the strictest confidence all information disclosed in the counseling process. No information will be released to any person or agency without written consent from the client, except in circumstances averting a crisis.
VET CENTER GROUPS –

Healing Waters – This group assist Veterans in overcoming obstacles of disabilities and learning fine motor skills; this group meets monthly.

PTSD Support - This group is for Vietnam Veterans to focus on active experiential readjustment., This group meets weekly. All members must first be screened and approved by a Salem Vet Center Readjustment Counselor.

Vietnam Support Group - This group is a regularly scheduled meeting for Vietnam combat veterans for social interaction, support, accountability and receiving of educational trainings on PTSD symptoms and latest resources. All members must first be screened and approved by a Salem Vet Center Readjustment Counselor.

West Linn CBOC OIF/OEF/OND - Drop In Group - This group discusses challenges faced by Veterans returning from deployment, this group meets every Tuesday 4:00-5:30 at the West Linn VA Community Bases Outpatient Clinic. The group will be led by Scott E. Delbridge.

For information about how to register of any of our groups or questions in general, please contact the Salem Vet Center @ 503-362-9911 and ask to speak to the Office Manager.
SPAGHETTI FEED-
Spaghetti feed Saturday 7 May from 1700 to 1900
VFW Post 661 will be serving spaghetti, garlic bread, salad, drink and dessert for only $5.00.
All proceeds go to Western Oregon Veterans Club Memorial Day Dinner Fund.

For more information reach out to Western Oregon University’s’ Veteran Services Coordinator
Andrew Holbert at (503)838-9246 or email at Holberta@wou.edu

HONOR FLIGHT-
The 4th honor flight of the year takes place on 5/15. This is a chance to welcome home Portland
and Eastern Oregon veterans that are coming home from visiting their monuments. Meet with
the Patriot Guard Riders at 7:30 PM at the PDX by the escalators closest to the ticket counter to
make the march through with them to the gate.

ARMED FORCES CHALLENGE
Come take part in the Armed Forces Challenge 5K & Wellness Expo! Registration is free for all
service members/ military/ veterans and their families and only $15 for non-military community
members! All proceeds will benefit the OR National Guard Association Scholarship Fund.

This event is hosted by the Health Promotion Office of the Oregon Army National Guard
(ORARNG) and funded by the Service Member and Family Support Division of ORARNG.
Register at: www.runsignup.com/Race/OR/Salem/ArmedForcesChallenge5k

VETERANS TOWN HALL-
Veterans Town Hall and Veterans Benefits Administration (VBA) Claims Clinic at the Portland VA
Medical Center Auditorium, building 100.
The Claims Clinic starts at 4 p.m. with both VBA and VAPORHCS staff who can address specific
Veteran questions and address issues/concerns about benefits or health care. The Veterans Town
Hall runs from 5-6:30 p.m. and is co-hosted by VAPORHCS and VBA Portland Regional Office
Directors.
Veterans can also attend the 5 p.m. Veterans Town Hall by video teleconference at the Bend, Sa-
lem, N. Coast, West Linn, Hillsboro, and The Dalles CBOCs.
Questions? Call the Public Affairs Office at 503-402-2975 or email us at VHAPO-
PublicAffairs@med.va.gov.

WESTERN OREGON MEMORIAL DAY BANQUET
Memorial Day Banquet May 31st, 2016 5-7pm Pacific Room at Western Oregon University $3 ticket
includes: 3 course meal & 2 drink tickets Guest Speaker: House Representative Paul Evans .

For more information reach out to Western Oregon University’s’ Veteran Services Coordinator
Andrew Holbert at (503)838-9246 or email at Holberta@wou.edu

MEMORIAL DAY SALUTE-
Veterans of Foreign Wars Post 2666 Presents, Memorial Day Salute– May 30th, 0730-1700 at the
Hillsboro Stadium. War Memorial Road Rally Memorial Day Ceremony Youth Musical Salute Car
Show and more. To find out more about this event please check out their website.
http://www.vfw2666.org/memorial-day-2016-2/
**Salem Homeless Veterans Resource Walk-In Clinic** - Services include social work assessments and referral for: VA and Non-VA Housing programs and Emergency Food/Shelter. **Every Thursday from 11AM-2PM** at the Salem VA Community Bases Outpatient Clinic on 1750 McGilchrist St. SE, STE. 130, Salem, OR 97302.

**Relaxation & Stress Relief Techniques for Veterans** – THE L.O.V.E PROJECT - is an outreach project for Veterans, offering on-site practice and taken away stress relief tools for at home use. These simple relaxation techniques are aimed at reducing symptoms of trauma, both physical and emotional. It will include techniques like Meditation, Hypnosis, Reiki, EFT, and Massage. **FREE EVENT 3rd Monday of Every Month 6:30pm- 7:30pm** Location: 211 Front St NE, Bidg3, first floor, Salem, OR. For more information contact Sacred Space at 503-990-3617

**Running group/Team RWB Salem Chapter** - Team RWB’s mission is to enrich the lives of America’s veterans by connecting them to their community through physical and social activity. Team RWB meets every Friday morning at 7am by the carousel at Riverfront Park. For more information about Team RWB please check out their website @ [http://www.teamrwb.org/](http://www.teamrwb.org/) or to learn more about this running group please contact Tom Golden at tom.golden@teamrwb.org

**CrossFit/Team RWB Salem Chapter** - Team RWB’s mission is to enrich the lives of America’s veterans by connecting them to their community through physical and social activity. Team RWB meets **every Thursday at 7:30pm at the CrossFit Salem**. For more information about Team RWB please check out their website @ [http://www.teamrwb.org/](http://www.teamrwb.org/) or to learn more about this running group please contact Tom Golden at tom.golden@teamrwb.org

**Battle Buddies** - Veterans and families are welcome to attend this event to meet with their local Veterans, Employment Representatives, and discover community resource and services. **Every Thursday from 11am-1pm** at the Salem VFW Post. FREE lunch provided for everyone. For more information For questions about Battle Buddies or about this event please contact Rosy Macias @ [rosa.macias@va.gov](mailto:rosa.macias@va.gov)

**Wounded Warrior Peer Groups** - These groups are available for anyone who has served post 9-11 and sustained an injury due to their service. The purpose of these groups is to bring service members together to share struggles, successes and life with each other. We challenge you to come down and see for yourself what we are about and how we can help each other. So far there are two WWP Groups - To find out more about these two groups please email Kevin Nygren @ [cptmed@gmail.com](mailto:cptmed@gmail.com)
LOCAL MEETINGS -

-Salem VFW Post 661 will be having their next meeting May 9th at 7pm. Please Join them for a Bite to eat and a Beverage before the meeting in their new Hospitality Room. For questions call 503-364-7997

-The Women Marine Association - OR-1 is looking for a Few Good Women to join their group. They will be having their May Meeting in Salem at the VFW Marion Post 661 on May 7, 2016 at 11 am—If you are a female

And in other local news........

Our very own Zachery Greene will be getting married this Saturday May 7th, to his beautiful bride to be Kim Juaire.

Congratulations to a beautiful couple. Wishing you a wonderful journey as you build your new life together.
The Mobile Vet Centers (MVCs) of the Department of Veterans Affairs provides readjustment counseling and information resources to Veterans across the country. As part of the “Boots on the Ground” initiative, the Mobile Vet Center (MVC) will in the Newport, Florence area every 2nd week of the month, and The Dalles, Pendleton area every 4th week of the month. The MVC will be there to provide information and assistance to veterans and family members and also available for clinical counseling appointment.

The MVC will be in Florence/Newport
   Florence- Wednesday-Thursday- You can find them parked at Florence DAV. Newport- Friday and Saturday they park at the local Safeway Parking lot.

The Dalles/Pendleton
   The Dalles- Wednesday –Thursday- they will be parked at the Safeway parking lot. Pendleton – Friday-Saturday they will be parked at the local Walmart parking

If there are events or services you would like added to this newsletter or request the attendance of the MVC please ask the front desk to speak or leave a message for Rosy Macias I am open to all ideas. Thank you for your service and Welcome Home.