

## Veterans and Technology

Oh yes, the harmonious union of veterans and technology. It's like peas and carrots, Simon and Garfunkel, peanut butter and jelly. It's more like sending Grandpa into space and expecting him to fix the Hubble telescope.

The very words "veterans and technology" summon images of our brave elders, armed with smartphones and tablets, attempting to navigate a virtual labyrinth of apps, updates, and 'user-friendly' interfaces that seem designed by someone who hates users. This is not for lack of trying, mind you. It's the classic mismatch of two worlds – one that thrives on manual dexterity, tactical proficiency, and bravery, and the other that celebrates the thumbs' dexterity, tactical use of emojis, and the bravery to update software.

## Apps More Complicated than a Battlefield

If you thought diffusing a bomb was stressful, explain to a veteran how to set up their Apple ID. An endeavor that can make even the strongest among us falter. So, here's the deal - our veterans have successfully handled some of the most advanced military equipment to date, yet when faced with the 'advanced' civilian technology, they stand on the frontlines of confusion.

This dichotomy isn't a testament to their ability or inability. On the contrary, it's a testament to the misalignment of technology design with user comprehension. It's like giving someone a map in a language they don't understand and then wondering why they can't find their way home. And it's not just about finding a home on Google Maps; it's about integrating into a society that....

Complete Blog Article is available on <http://www.theveterandoctor.com/>



## “Re-Creating” Life After Service: The Power of Recreation in Veterans’ Lives

Coming home after military service isn't as straightforward as simply stepping off a plane and picking up life where it left off. After months, years, or even decades of regimented schedules, intense physical exertion, and unique stressors, many veterans face a daunting transition back to civilian life. However, as resilient as they are, many veterans are finding innovative ways to rebuild their lives through the power of recreation.

### The Transformative Power of Recreation

Recreation, be it physical, intellectual, or artistic, has been increasingly recognized for its transformative effects on individuals transitioning from military to civilian life. These activities offer veterans a way to use their finely honed skills, challenge their bodies and minds, and connect with others meaningfully.

### Sweat it Out: Physical Recreation

Physical activities such as hiking, biking, swimming, or organized sports have always been integral to military training. As such, many veterans find a sense of familiarity and comfort in continuing these activities post-service. These pursuits not only help in maintaining physical fitness but also contribute significantly to mental well-being.

Physical activities release endorphins, the body's natural mood elevators, while also providing opportunities for social interaction and community building. Participating in team sports or group fitness classes allows veterans to recreate the camaraderie and unity they experienced during service.

### Mind Games: Intellectual Stimulation

Intellectual recreation is another crucial element in the process of reintegration for many veterans. Intellectual pursuits can help challenge the mind, build new skills, and

facilitate social interaction, whether it's strategic board games, problem-solving video games, or stimulating book clubs. For example, strategy games, whether digital or analog, allow veterans to employ tactical thinking in a non-stressful, recreational context. Engaging in these activities can also provide a sense of accomplishment and mastery, empowering those adjusting to life after service.

### Artistic Expression: The Healing Touch

Artistic and creative activities offer a platform for veterans to express their experiences, emotions, and individuality. Art provides a therapeutic outlet for self-expression and healing from painting and sculpture to writing and music. Many veterans turn to writing as a form of catharsis, finding that putting their experiences into words can help process complex emotions and promote healing. Others may find solace in the visual arts, channeling their energy into creating something beautiful and unique.

### Nature Therapy: Back to the Roots

Engaging with the natural world can also be a potent form of recreation for veterans. Activities like fishing, hiking, camping, or even simple gardening can provide therapeutic benefits. Being in nature can reduce anxiety, improve mood, and enhance a sense of peace and relaxation.

### The Bottom Line

Re-creating life after service through recreation is no small feat. Yet, veterans continue to embrace this challenge with their characteristic determination and resilience. As they navigate their paths toward successful reintegration, they redefine the narrative of life after service, showcasing that it's not just about surviving but thriving.

Complete article is on [The Veteran Doctor Blog](http://www.theveterandoctor.com/). Please go to <http://www.theveterandoctor.com/> for this article and more.

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## Trust Barriers: Combat Veterans and Clinical Psychologists

Understanding the complexities of mental health among combat veterans is an ongoing challenge. Combat veterans often suffer from an array of psychological difficulties, including post-traumatic stress disorder (PTSD), depression, and anxiety. The Veterans Affairs (VA) has deployed various strategies to address these issues, one of which involves clinical psychologists offering services to aid the healing process. However, research shows that many veterans remain hesitant to seek mental health services, including those offered by clinical psychologists. In this article, we will explore the reasons why combat veterans may not trust clinical psychologists and the implications for future interventions.

**Stigma associated with mental health:** One of the primary reasons combat veterans may not trust clinical psychologists is the stigma

surrounding mental health. Many veterans come from military cultures that highly value strength, bravery, and resilience, where mental health struggles can be seen as signs of weakness. Thus, seeking help from a clinical psychologist may be perceived as admitting to personal failure, leading to avoidance of such services.

**Fear of being misunderstood:** Combat veterans often believe that individuals who have not served in the military, including clinical psychologists, cannot fully understand their experiences or empathize with their struggles. They may worry that the psychologist will not comprehend the gravity of their traumatic experiences or the complexities of military culture, leading to feelings of mistrust and apprehension.

**Concerns over confidentiality:** Veterans may also mistrust psychologists due to concerns about

confidentiality. They may fear that their personal information or disclosed experiences might be shared with other military personnel or negatively impact their service records or future opportunities.

**Negative past experiences:** Some veterans may have had negative experiences with healthcare providers, including psychologists, in the past. Such experiences may include feeling judged, not being taken seriously, or not receiving adequate care, contributing to mistrust.

**Lack of cultural competency:** If psychologists lack an understanding of military culture and the unique stressors that veterans face, veterans may feel alienated or misunderstood.

For the complete article, please look out for the upcoming book "Dodging the Shrink." For more information go to [www.theveteransdoctor.com](http://www.theveteransdoctor.com)

## Monthly Resource Picks



### Branded One Crossfit

<http://www.brandedonecrossfit.org/>

"Change Your Life With Us."

After spending time in our facility and with our team we want our members to walk out of our doors after a workout and feel like they are a better version of themselves. It isn't the scientific sum of calories, workouts, and weight that keeps our members returning. It is not the cutting-edge equipment and technology. It is the people that count.

Not only can we help you meet your health and fitness goals, but we also do something, unlike any other gym in Nevada. Our Las Vegas CrossFit gym operates off community donations & paid memberships. This has allowed us to provide FREE Gym Memberships to disabled servicemen and women in Las Vegas & Henderson.



### Merging Vets & Players

<http://www.vetsandplayers.org/>

Our nation's warriors - from every field of battle - possess a sense of strength, of excellence, and of commitment that we seldom see here at home. However, far too many of them are struggling to transition their abilities towards a new mission - leading themselves, their families, and their communities off the field.

## Upcoming Local Events

- SNVCC Leatherneck Club Happy Hour – The Leatherneck Club - 4360 W Spring Mountain Rd, Las Vegas, NV 89102, USA – Monday, May 1, 2023 @ 6:00pm
- SNVCC Veteran Coffee Connections – Mothership Coffee – 2625 St Rose Pkwy, Henderson, NV 89052, USA - Tuesday, May 2, 2023 @ 9:30am
- Branded One Crossfit – BJJ Fundamentals – Branded One Crossfit - 2055 E Windmill Ln #125, Las Vegas, NV 89123, USA - Thursday, May 4, 2023, @ 9:00am
- SNVCC Veteran Coffee Connections – Public Works – 314 S Water St #110, Henderson, NV 89015, USA - Tuesday, May 16, 2023 @ 9:00am
- MAC Night Out – Westgate - 3000 Paradise Rd, Las Vegas, NV 89109, USA – Thursday, May 18, 2023 @ 5:30pm – 8:30pm
- Ride for the Troops – Red Rock Harley Davidson – 2260 S. Rainbow Blvd, Las Vegas, NV 89146, USA, Saturday, May 20, 2023 @ 9:00am – 3:30pm
- Veterans Festival – Pahrump Nugget Casino – 681 S. Highway 160, Pahrump, NV 89048, Saturday, May 27, 2023, USA @ 11:00am – 3:00pm



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