



Hotter Than a Pistol: Summer Sizzle!

The Great Summer Sizzle of 2023 it's been dubbed. The kind of heat sends the young and hardy scampering to the nearest beach while the rest of us wonder if we could cook eggs on our foreheads.

But you, our noble veterans, are surely cackling at such petty inconveniences. After all, you've seen worse. The desert sun was probably more blistering; the jungle humidity made it feel like a sweat lodge, without even considering the adrenaline from active duty. However, for the sake of argument and for those not blessed with the superhero stamina you possess, let's assume that this blistering heat is causing a wee bit of discomfort.

So, how to survive the summer sizzle without melting into a puddle? Here are some slightly warped yet well-meaning tips.

1. Tactical Hydration – This is the equivalent of a water gun fight but with hydration. Strategically position water bottles all around your premises. That way, no matter where you are, salvation is just an arm's reach away. This tactic is also helpful for scaring off those unsuspecting guests who might think you're preparing for the end of the world.

2. Operation Ice Box – Normally, we'd tell you to stay cool, but in this case, we suggest you turn yourself into a human popsicle. If you're not on first-name terms with your freezer, you should be. Heck, go ahead and set up a command post in there.

3. Sunscreen Camouflage – Slather it on like you're preparing for jungle warfare. It may not conceal you, but you'll be protected from the sun's savage love taps. And who knows, the ensuing glossy sheen might blind your enemies.

4. Portable Shade – That old military poncho stuffed in the back of your closet? It's time for a comeback. Use it as a cape for that superhero vibe or hold it up as an impromptu shade. If anyone asks, tell them you're redefining fashion norms.

Stay cool, veterans, and remember, laughter is the best sunblock. Here's to you, your well-being, and your endless spirit of survival.

Full article is available on the BLOG at <http://www.theveterandoctor.com/>

This Issue

Fly Fishing in Montana **P.1**

Hotter Than a Pistol: Summer Sizzle **P.1**

Veteran Suicide & Alternative Therapies **P.2**

Monthly Resource Picks **P.2**

Upcoming Local Events **P.2**

Fly Fishing in Montana: Nurturing Mental Health through the Great Outdoors

Fly fishing has long been regarded as an activity that offers a chance to catch fish and a therapeutic escape into nature. In recent years, organizations like the Nevada Outdoor Adventure Foundation (NOAF) have recognized the immense benefits of combining the serenity of fly fishing with the healing power of the outdoors. Particularly, they have focused on providing opportunities for veterans to engage in this activity to nurture their mental health. Montana stands out as a haven for fly fishing enthusiasts among the many picturesque locations across the United States. Let's delve into the incredible experience the partnership between the NOAF and Montana's breathtaking landscapes offers.

The Nevada Outdoor Adventure Foundation:

The Nevada Outdoor Adventure Foundation is a non-profit organization dedicated to enriching the lives of disabled veterans through outdoor experiences. By connecting veterans with nature, they aim to promote physical and mental well-being, boost self-confidence, and offer a sense of camaraderie. Through their collaboration with Montana's stunning landscapes, the NOAF creates a perfect environment for fostering healing, personal growth, and lasting memories.

The Therapeutic Benefits of Fly Fishing:

Fly fishing is renowned for its calming effect on the mind and body. Combining rhythmic casting, tranquil waters, and breathtaking scenery creates a serene ambiance that can have profound therapeutic effects. Engaging in this outdoor activity allows veterans to experience a respite from the stresses and challenges of daily life, encouraging relaxation and mental rejuvenation.

Montana: A Fly Fisher's Paradise:

Montana's vast wilderness, pristine rivers, and majestic mountains make it an idyllic destination for fly fishing enthusiasts. With its numerous blue-ribbon trout streams, including the famous Madison, Yellowstone, and Missouri Rivers, Montana offers abundant opportunities for anglers of all skill levels. The state's rich biodiversity ensures that fly fishers are treated to encounters with native trout species like cutthroat, rainbow, and brown trout.

The Fly-Fishing Experience:

When veterans participate in a fly-fishing excursion organized by the NOAF in Montana, they are welcomed into an environment that nurtures their mental health. The organization arranges guided trips, ensuring veterans can access expert instruction and support. These experienced guides assist with casting techniques and choosing the right fly and provide valuable insights into the local ecology and the conservation efforts that help preserve these pristine fishing habitats.

Veterans learn the art of casting, honing their skills to delicately present the fly on the water's surface and entice the elusive trout to bite. The gentle rhythm of casting, the anticipation of a bite, and the thrill of landing a fish create an experience that fosters a sense of achievement, confidence, and inner peace. Fly fishing becomes more than just a recreational activity; it becomes a medium through which veterans can reconnect with themselves and the natural world.

Nurturing Mental Health through Connection:

Fly fishing trips facilitated by the NOAF not only offer an opportunity for veterans to connect with nature but also provide a space for them to connect with fellow veterans. The shared experiences and camaraderie forged during these outings can be instrumental in combating feelings of isolation and promoting a sense of belonging. Veterans often find solace and understanding in the company of those who have walked similar paths, and these connections become pillars of support and strength as they navigate their personal journeys of healing and recovery...

The partnership between the Nevada Outdoor Adventure Foundation and the breathtaking landscape of Montana presents a powerful combination for nurturing veterans' mental health through fly fishing. By embracing the therapeutic benefits of nature and the serenity of the sport, veterans are given a chance to find solace, build connections, and embark on a healing journey...

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



Veteran Suicide and Alternative Therapies: A New Approach to Healing Our Heroes

I stand before you today to discuss an issue deeply embedded in our nation's heart – the heart-wrenching challenge of veteran suicides. These brave individuals who have donned the uniform, defended our freedoms, and faced dangers most of us can't even fathom are, tragically, taking their own lives at alarming rates. The weight of their experiences, often fraught with trauma and loss, is a burden they silently bear.

As of September 2021, here are some key statistics related to veteran suicide in the United States, primarily sourced from the Department of Veterans Affairs (VA):

- 1) Overall Rate: On average, approximately 17-40 veterans die by suicide daily. This doesn't include active-duty service members, members of the National Guard or Reserve not on active duty.
- 2) Comparison to Non-Veterans: The suicide rate for veterans

was 1.5 times greater than the rate for non-veteran adults after adjusting for age and gender.

- 3) Gender Disparities: While the male veteran population had a higher absolute count of suicides, female veterans had a suicide rate 2.2 times greater than their non-veteran counterparts.
- 4) Firearms: The use of firearms as a method of suicide was significantly higher among veterans than non-veterans. About 70% of veteran suicides resulted from firearm injuries.
- 5) Age: The age group with the highest number of veteran suicides was the 55-74. However, the rate of suicide was highest among younger veterans aged 18-34.
- 6) State Differences: The VA report also highlighted differences in veteran suicide rates by state, indicating that regional or local factors might influence these rates.

Traditional therapy and medication

have been the common routes to tackle PTSD, depression, and other mental health challenges for veterans. And while these methods are essential, they may not be enough. This is where alternative therapies come into play. These are methods rooted in ancient practices, contemporary science, and sometimes a blend of both.

Then there's nature therapy – Be it through hiking, fishing, or just sitting in a park, nature has a unique way of grounding us. For a mind tormented by traumatic memories, the tranquility of the outdoors offers a sanctuary.

Finally, emerging research into psychedelic-assisted therapy suggests that certain substances might help reframe traumatic experiences and offer profound breakthroughs under controlled and supervised conditions.

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Monthly Resource Picks



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.



NV Outdoor Adventure Foundation

www.nvoaf.org

The Nevada Chapter of the Outdoor Adventure Foundation is a 501 (c) (3) We provide Hunting, Fishing, and outdoor adventures for veterans in need, some are wheelchair-bound caused by injury during active military service or who have lost a limb during active military service.

Our Outdoor adventures include numerous Big game and Bird Hunts Including Dove, Pheasant, and Quail, Fresh and Saltwater Fishing trips, Camping and many other outdoor adventures.



WayPoint Vets

www.waypointvets.org

Waypoint Vets is a 501(c)(3) Charitable Organization with the Mission of Uniting and Empowering Veterans through Activities and Adventure. We facilitate unique opportunities of Camaraderie and Healing for Military Veterans across America at no cost to them.

Upcoming Local Events

- Branded One CrossFit-BJJ Fundamentals – Branded One CrossFit – 2055 E. Windmill Ln #125, Las Vegas, NV 89123 USA – Every Tuesday and Thursday @ 8:00am
- SNVCC Veteran Coffee Connections - Pedal and Pour - 9742 W Maule Ave, Las Vegas, NV 89148, USA – September 19, 2023 @ 9:30am
- SNVCC Military and Business Professional Networking Mixer - The Barbershop Cuts & Cocktails at the Cosmopolitan - Boulevard Tower - 3708 Las Vegas Blvd S Level 1, Las Vegas, NV 89109, USA – October 5, 2023 @ 6:00 pm
- SNVCC 2nd Annual Vet Fest - The Lawn at Downtown Summerlin - 1980 Festival Plaza Dr, Las Vegas, NV 89135, USA – Saturday, October 21, 2023 @ 11:00am
- SNVCC Inaugural Veteran Awards Gala – Aria Resort and Casino – 3730 S. Las Vegas Blvd, Las Vegas, NV 89158, USA– Saturday, December 9, 2023 @ 5:00 pm



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