

Support



Lutheran Military Veterans and Families Ministries, Inc.

3480 Stellhorn Rd., Fort Wayne, IN 46815

260.755.2239 www.lmvfm.org



Springing Into Action

And He who was seated on the throne said, Behold I am making all things new-Rev 21:5a

As the dust of 2024 is swept away, and are now in the first quarter of 2025, we give thanks to our Lord for His un-failing grace, **promises, presence, protection, and provision.** It's been said that it takes a village to raise a child. As I look back on the 17+ years since LMVFM was planted, I can attest to the truth that it takes an army to raise up and lead forward a ministry. While a handful of us serve as the "public face" of LMVFM, I think it's important to highlight the fact that there is an army of dedicated team members behind the scenes which make it possible to do the work we are called to do.



LMVFM staff members, *Chaplain Leslie Haines*, Executive Director/Counselor, *Chris Voors-NP/ Counselor*, *Debra Schoelles*, Ministry Operations/Development Manager and *Jody Ford*-Administrative/Mission Coordinator bring unique, yet complimentary gifts and talents. Rounding out our team are "Paws & Effects" team members "*Patrick-Dooly*" and "*Sir Philip Arlington-Cooper*", his grandson.



Equally important to the LMVFM team are our Volunteers. These are the faithful men and women who join us on Tuesdays to perform the operational and administrative tasks that are so critical to keeping a ministry running smoothly-to include labeling and stuffing the envelope which contained the newsletter you are reading.



We are thankful for LMVFM team members: Max Myers; Steven Harry; Susan Till; Melanie Crapser; Mary Carney; Chris Voors; Jody Ford; Jake Dosen and Cheryl Stromski who serve on the board that helps guide and assist in the governance



of LMVFM. Both Max and Susan have served as board members since our beginning.

LMVFM ministry partners, are the many people, churches and groups who faithfully provide LMVFM with the prayers and financial support that allows us to provide our veterans, contractors and their family members with free care and counseling services. Were it not for these team members we would not have the ability to fulfill the direct human care mission that God has given us.

Spring has sprung, and now with renewed energy, we look forward to the ministry opportunities which lay ahead in 2025. In October we will celebrate 18 years of service all of which has been made possible by God, and the amazing LMVFM Team who support our work.

Leslie

Thank You!!!

The three months of LMVFM's 2024-2025 annual Christmas Ornament Adoption Appeal, which runs from 1 Nov. - 31 Jan., are always intense and this year was no different. On the last day of the appeal we celebrated and gave thanks to God and supporters like you for adopting 302 ornaments, which helped us raise the funds needed (100k) to cover the costs of providing counselling and the services to the veterans, contractors and families we will serve over the year.



Mark Your CALENDAR

Lutheran Military Veterans & Families Ministries

He doesn't come to bite you,
This little dog of mine,
But simply to invite you
To come and dine with us!



April 23d from 11-9 at:
Granite City Food & Brewery
3809 Coldwater Rd.
Fort Wayne, Indiana 46805

Granite City will donate 20% of your bill to LMVFM

Donations of these items help us to keep our programs and services free to those we serve.

Gift Cards, Unused stamps, Small/Large Business Envelopes



Your Thrivent Choice Dollars help us help our veterans and their families.



Donating your Thrivent Choice Dollars is easy

Call 1-800-847-4836 and when prompted say "Thrivent Choice" which will connect you to a friendly Customer Care Agent and tell them that you would like to donate your Thrivent Choice Dollars to:
Lutheran Military Veterans & Families Ministries.



It's easy and it won't cost you a dime!

You can help support our work with veterans and their families by registering your Kroger Plus Card and selecting "Lutheran Military Veterans & Families Ministries" to receive rewards.

Enrolling your Kroger Card

- Enrolling your Kroger Card is easy by either calling: 1-866-221-4141, and when prompted giving the number YY371 for Lutheran Military Veterans & Families Ministries, or
- on-line at www.krogercommunityrewards.com

Online Donations



Find us on Facebook



The well-being of our veterans is the primary mission of LMVFM. Unfortunately, the 2023 National Veteran Suicide Prevention Report, released in November, confirms what many of us working with veterans and their family members have suspected. More veterans are dying by their own hand today than in past years.

- Since 2001, veteran suicide rate has increased by 38% year over year.

- Veterans are 1.5 times more likely to die by suicide than nonveteran adults.
- Combat veterans are not only more likely to have suicidal ideation, often associated with posttraumatic stress disorder (PTSD) and depression, but they are more likely to act on a suicidal plan.
- The total number of suicides differs by age group; 31% of these suicides were by veterans 49 and younger while 69% were by veterans aged 50 and older.
- In a 10 year study of Ohio National Guardsmen, researchers found that those with PTS were 5.4 times more likely to commit suicide

Whether you have PTS, or know someone with PTS please understand that it is a gift that keeps giving, *treatable*, but not curable. With timely treatment, many of the destructive behaviours can be either resolved or reduced. However, if not treated, PTS can have devastating consequences for not only the bearer but his/her family and friends. Of these consequences, suicide leads the way.

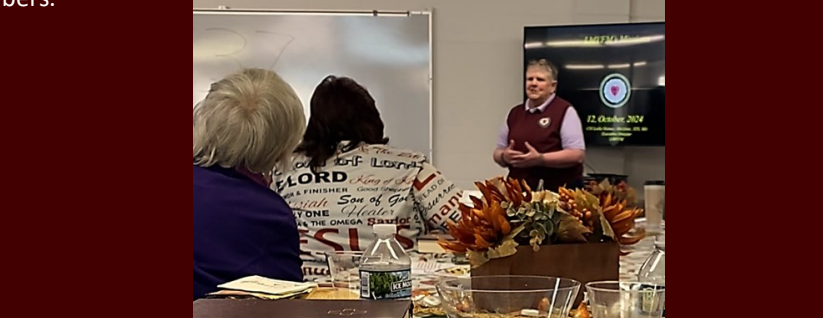
“Oh the places you’ll go, the things you’ll do and the people you’ll meet with team LMVFM”



Our supporters often tell us that they feel as though they are a part of this mission, and that through the work of LMVFM, they know that they are directly impacting the lives of veterans. In this way, we are united as a team in our common mission to bring the love of Christ to these hurting warriors and their families.



LMVFM offers educational programs and training seminars to congregations and groups that address the unique challenges of military service faced by veterans, contractors and their family members. These programs and seminars provide participants with valuable insights from those who have served. We address the common *myths*, and *misconceptions* about the challenges and realities of military service widely held by those who have not served. These myths and misconceptions are the primary barriers that separate caregivers from those they are trying to help, our veterans, contractors and their family members.



Be Prepared

Does your Church Reach our Military?

ORGANIZE EDUCATION WITH US!
45 MIN "TEMPLE TALK", OR HALF-DAY SEMINAR:

- Awareness**
 - Understand the root causes of traumatic stress injuries
 - An alarming number of military service members are not being ministered to
 - They often seek alternative and unhealthy ways of coping
 - Without help, a valuable member of our community is lost
 - Behaviors can be recognized to get help early
 - Their family is left behind while the service member is called to active duty
- LMVFM Can Help**
 - Free one-on-one counseling in person or by phone for the service member or their spouse
 - Educating groups, training clergy and lay leaders
 - Guidance for launching ministry programs in your congregation
- Your Church Can Help**
 - Direct ministry and assistance for service members and their families within the congregation
 - Available resources to support the family left behind
 - Focused mission effort: free meal program, Bible studies, designed fellowship, home visits, support for military youth
 - Organize an "Emergency Response Team" to attend to needs of family: meals, home repairs, car repairs, child care
 - Provide effective Outreach to military in community who are not church members (yet)

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LMVFM.org
LMVFMoffice@gmail.com

BOOK NOW
"As a nation ... our mental health facilities and access to mental health providers is not adequate for the need right now." - Gen. Eric Schoomaker

LUTHERAN MILITARY VETERANS & FAMILIES MINISTRIES, INC.

To schedule a “Binding the Wounds of War” seminar for a congregation, clergy or other group, call: **(260)755-2239.**

Official study confirms the positive impact of service/therapy dogs on veterans with PTSD



At LMVFM we have long recognized the positive impact a service or emotional therapy dog can have on the mental health of veterans diagnosed with PTSD. In response to that we established our “Paws & Effects” program in 2011 where we incorporated “Holly-Marie”, a British Cream retriever into our counselling sessions and training programs.

In June of 2024, the National Institutes of Health (NIH) released the results of their study into whether and how the pairing of service dogs with veterans diagnosed with PTSD would improve their symptoms. Over a three month period, 156 veterans, 81 were paired with a therapy dog and continue their therapy. The remaining 75 continued their therapy only and were not paired with a therapy dog.

As opposed to the veterans who were not paired with a therapy at the end of the three months, veterans who had been paired with a therapy dog were found to have a 66% reduction in PTSD symptoms, lower levels of anxiety and depression as well as improvements in most areas of emotional and social well-being leading to an improvement in their relationships with family and friends.

