



# OPERATION WARRIOR SHIELD NEWSLETTER

**Chairman/Founder**, Ed Schloeman, CMSgt (ret'd) | **Editor**, Anne Akers, Veterans Advocate/Special Advisor



## Working to “heal their hidden wounds”

Operation Warrior Shield/VETWELL is currently offering specialized holistic wellness services to address stress, anxiety and the most common conditions faced by today’s Veterans, including family relationships, sleep deprivation, nutritional counseling and other issues. An initial pilot study of 25 Veterans, conducted in 2019, rendered measurable results in pain management, stress reduction, and “improved quality of life”.

Training in Transcendental Meditation (TM) is also offered as part of this program, and this simple, easy to learn practice has resulted in a 40-55% reduction in symptoms of PTSD and depression, a 42% increase in insomnia, and a 30% improvement in quality of life. This training is provided at no cost by the David Lynch Foundation, a not-for-profit that has provided scholarships for more than one million at-risk adults and children, including Veterans with PTS and their families.

Future plans include expansion of this program thru VetConnectNYC and leading VSOs (Veterans Service organizations).



## IN THE NEWS

### **Huffington Post:**

Road Trip: A short documentary featuring a Navy Veteran who in a time of crises received holistic wellness treatments through the customized programs available through Operation Warrior Shield’s VETWELL program. **500,000 views**

## Dear Friend,

According to the VA’s national suicide data report, 22 Veterans commit suicide daily, which means that every 65 minutes one of our heroes takes their own life in despair. And as suicide rates increase by more than 10% among younger Veterans, it is a clarion call to action.

That is why Operation Warrior Shield, founded in 2016, by CMSgt (ret’d), Ed Schloeman, is reaching out to assist military, and their families, who fight a daily battle for a better quality of life and a path to inner and outer health and well being. Operation Warrior Shield (a 501c-3) provides comprehensive programs for Veterans, Active Military, and First Responders, which includes training in the non-religious modality of Transcendental Meditation (TM), and an evidence based program of Vibroacoustic Therapy for stress reduction. This training helps to “heal their hidden wounds” and prepares the Veteran to return to a more normal life, including efforts at employment and ending homelessness.

Joining in this battle is Commissioner of Veterans Services NYC, Brig Gen (ret’d)/MD Loree Sutton, a spokesperson for VetConnectNYC, which is a referral platform serving over 250,000 NY Metro area military in the areas of housing, employment, education, legal and wellness. “With the official launch of VetConnectNYC (an affiliate of America Serves), we strive to make the transition for our City’s service members and their families a priority. And I am thrilled to work with our tremendous partners on this bold and noble mission”, says Brig Gen Sutton.

Operation Warrior Shield and its Founder Ed Schloeman have received numerous awards, including selection as the “best emerging not for profit of 2017” by the Brooklyn Chamber of Commerce. Its leadership includes Chairman Schloeman, Secty Lt Col (R) Patrick Kernan, Special Advisor/Veterans Advocate, Anne Akers and our working partners, the David Lynch Foundation, NYC Veterans Services, and T-Mobile.

OPERATION WARRIOR SHIELD  
PRESENTS ITS FIRST  
“Spirit of Service” Award



With over 200 attendees, Operation Warrior Shield presented its first “Spirit of Service Award” to Veteran Advocates and Community Leaders Brig Gen (ret’d), Loree Sutton, MD, Commissioners of Veterans Services NYC: Bob Roth, CEO of the David Lynch Foundation; Lt. Col Justin Constantine (ret’d), and Celebrity of the Year, Susan Lucci. A video tribute, “Just A Common Soldier” (with over 20 million views) was shown

along with a preview of “Last Man Standing” in tribute to the late Captain Jerry Yellin. The event was Emceed’d by 9 time Emmy award winner Jane Hanson with performances by Tenor Daniel Rodriquez, Steven Maglio and the Janes. OWS was joined by Sponsors T-Mobile, Northwestern Mutual, NuDay Capital, Fidelis Services Group, Afex, BTD Textiles and others.



**DID YOU KNOW?**

**22**

Veterans commit suicide each day

**5**

Active duty troops attempt suicide each day

**EVERY 13 MINUTES  
AN AMERICAN  
COMMITS SUICIDE**

**50% of those  
with PTSD do not  
seek treatment**

**7 OF 10**

**VETERAN SUICIDES  
ARE OVER 50 YEARS OLD**

**30% of**

**Vietnam veterans  
suffer from PTSD**

**11 TO 20%**

**of Iraq/Afghan  
veterans suffer  
from PTSD**

Demand for PTSD treatment continues to grow

**STRESS IS THE  
BLACK PLAQUE  
OF THE 21ST CENTURY**

**UPCOMING EVENTS**

**JUNE 30, 2019 | BROOKLYN, NY**  
“STOP THE EPIDEMIC OF VETERAN SUICIDE/  
HEALING THE HIDDEN WOUNDS OF WAR”

3-7 PM - Dinner & Entertainment  
Tickets: \$100 PP | \$125 PP at Door

**GUEST SPEAKERS:** Eric Adams (Brooklyn Borough President), Chaim Deutsch (Council Member), Bob Roth (CEO/David Lynch Foundation), Brig Gen (ret’d) Loree Sutton, MD

**HONORING:** WW11 US Army Veteran Albert Goldberg  
**ONLINE TICKETS:** <https://www.eventbrite.com/e/operation-warrior-shield-supports-brooklyn-tickets-60464002459>

**AUGUST 3, 2019 | BROOKLYN, NY**  
**SUMMER SALUTE TO OUR HEROES: AN EVENING OF  
DANCING AND DINING AT HEDGES IN SOUTH HAMPTON.**

Hosted by OWS Board Members Francesca DaVito, Chris Tadross and Veterans Advocate, Anne Akers.

Tickets: \$100 PP | \$125 PP at Door  
No charge for Veterans/First Responders.

**ONLINE TICKETS:** <https://www.eventbrite.com/e/copy-of-operation-warrior-shield-takes-over-the-hamptons-tickets-62610545828>

**CHECK OUT OUR WEBSITE TO LEARN MORE ABOUT  
OUR YEAR AROUND EVENTS SCHEDULE**

[WWW.OPERATIONWARRIORSHIELD.COM](http://WWW.OPERATIONWARRIORSHIELD.COM)



**HELP US “HEAL THEIR HIDDEN WOUNDS”**

Honoring Our Heroes Who Wear the Flag on their Uniforms and in their hearts! The work of Operation Warrior Shield is made possible by generous individuals who honor our military and the sacrifices they have made for each of us.

**DONATE NOW:**  
[WWW.OPERATIONWARRIORSHIELD.COM](http://WWW.OPERATIONWARRIORSHIELD.COM)

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