



The Knox County Joint Veterans Council are looking for **volunteers!!!**

The Knox County Joint Veterans Council is located at the Knox County Veterans Service Office located at 105 E Chestnut St. Mount Vernon, Ohio. The post conducts regular meetings on the third Thursday of each month. The meeting time is 7:00 P.M. **Contact Carol Riley @**

[740-504-3264](tel:740-504-3264) if you are interested in volunteering. Thank you!



They stand guard silently, vigilantly through whatever Mother Nature dares throw at them. They do so with great pride to honor one of their own. And they do this without thought of payment. For them, honoring a fallen brother-in-arms is compensation enough.

For the families of the deceased soldier, they are the ever-watchful sentinels, and their selfless act is a much-appreciated tribute.

Army accidentally reveals possible ACFT changes

An Army contractor accidentally published “pre-decisional” information to the internet about potential changes to the Army Combat Fitness Test as April 1 — the date previously set for record fitness test implementation — draws nearer. Army spokesperson Col. Cathy Wilkinson said in a statement to Army Times that the mistake happened “in the course of working a refresh to an Army.mil microsite,” emphasizing that the inadvertently leaked plan has “not been approved by the Secretary of the Army” yet.

Sometime during the weekend, the Army’s official ACFT website was updated to remove the leg tuck event and replace it with the plank. The information was posted sometime after Friday morning, according to the Internet Archive, and was removed on Sunday morning.

The site also said the ACFT would become the service’s official test of record on April 1, with it counting for active duty and Active Guard Reserve personnel actions effective October 1. Traditional part-time Reserve and Guard troops would have until April 1, 2023, to complete a record ACFT, the site said.

Moving forward, active duty troops would be required to pass two tests per fiscal year, and Guard and Reserve members would have to pass one. An Army contractor accidentally updated an Army website with this timeline for Army Combat Fitness Test implementation. Army officials said the timeline was a pre-decisional draft and took it down Sunday morning. (Screenshot)

Lawmakers had previously directed the service to halt its implementation of the fitness test and conduct an independent review, which was recently completed by RAND. Members of Congress were concerned about the test’s potential impact on women’s career advancement, in addition to the impact on reservists and those in far-flung geographic areas.

As a result, the ACFT, which has been in pilot form since early 2019, has been in limbo for more than a year, while the service has lacked a record fitness test.

“Army senior leaders are reviewing the report’s findings and recommendations and will announce a final decision on the ACFT and release the report at the appropriate time,” Wilkinson said. She apologized for any confusion caused by the accidental website update.

“Once the Secretary of the Army makes the final decision on the Army’s fitness test, the Army’s priority is to clearly communicate the test of record and the timeline for implementation to the Total Force,” Wilkinson added.

<https://www.militarytimes.com/news/your-army/2022/02/20/army-accidentally-reveals-possible-acft-changes/>

Wounded veterans still struggle to access mental health support

Despite already receiving benefits for other injuries, many veterans working with the Wounded Warrior Project aren’t sure where to access mental health services to help with issues like depression, anxiety and suicidal thoughts, according to a new survey by the organization. Nearly 88 percent of the individuals who took part in the advocacy group’s annual survey have used Veterans Affairs health care in the past, and 77 percent of the group have a disability rating of 70 percent or more, making them eligible for a host of Veterans Affairs assistance.

However, nearly one in five WWP members surveyed said they have had problems receiving mental health care. Of that group, 59 percent they were unsure what professional mental health care options were available to them, and 66 percent said they would be “embarrassed or ashamed” to use those services.

The report, which had nearly 18,000 respondents, also underscores the danger of the disconnect between those veterans’ needs and their access to those services.

Roughly one in four veterans surveyed said they had suicidal thoughts within the last year. “Mental health continues to be a critical concern for this population of post-9/11 injured warriors,” said Dr. Melanie Mousseau, vice president of program operations for Wounded Warrior Project. Because the survey is restricted only to WWP members, it is not necessarily reflective of the entire Iraq and Afghanistan War population or all injured veterans. However, officials said the findings do reflect trends within the group’s 152,000 members, hinting at obstacles facing disabled veterans throughout the country.

“Our resources need to be targeted on the most impactful efforts, so we need to know where the biggest challenges are,” said Jennifer Silva, chief program officer for WWP. “We want to be a partner to everybody who wants to support veterans, whether it’s lawmakers, VA, corporations. And having this data in efforts like this is really important for that.”

Mental health and suicide prevention have been a major focus of VA programming in recent years, but have been with mixed results. Veterans groups have praised the work, but about 17 veterans a day die by suicide, a number that has remained largely constant over the last decade.

Among those surveyed, 78 percent reported having persistent sleep problems, 75 percent reported having symptoms of post-traumatic stress, and 74 percent reported struggles with depression.

About 16 percent said they have filed a disability claim related to injuries for toxic exposure, and about 32 percent of those said they have been granted a service connection for those health issues. About 83 percent of those surveyed said they feel like civilian peers respect their military service, but only 10 percent said they believed those civilians understood the sacrifices and stress of life in the military.

Officials said they plan to use the findings to better target upcoming program offerings to veterans needs. The full results of the survey are available on the WWP web site.

Veterans experiencing a mental health emergency can contact the Veteran Crisis Line at 1-800-273-8255 and select option 1 for a VA staffer. Veterans, troops or their family members can also text 838255 or visit VeteransCrisisLine.net for assistance.

<https://www.militarytimes.com/veterans/2022/02/22/wounded-veterans-struggle-to-access-mental-health-support-survey/>

Representatives

Senator (R)	Rob Portman 448 Russell Senate Office Building Washington DC 20510 (202) 224-3353
Senator (D)	Sherrod Brown 503 Hart Senate Office Building Washington DC 20510 (202) 224-2315
Congressman	Bob Gibbs 2217 Rayburn HOB Washington, DC 20510 (202)225-6265

Picture of the Month



A USAF Lockheed Martin F-35 Lightning II causes vapour aka fluffing to bounce off its wings as it flies at 500 knots during a low level training sortie through the Mach Loop in an area of the Snowdonia National Park in Wales, United Kingdom, Feb. 10, 2022 (Thomas Winstone)



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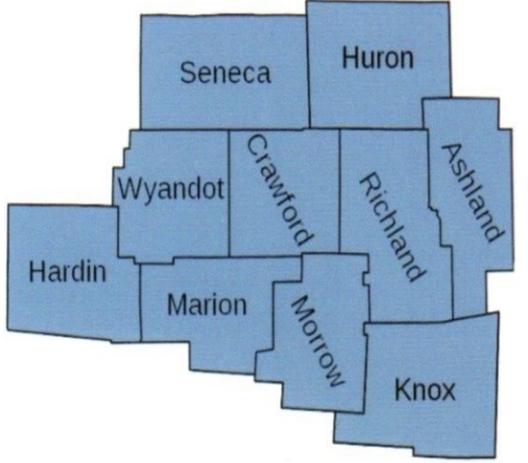
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