

We are excited to have an action packed month in store for New Hampshire Veterans! May is Mental Health awareness month. Manchester VA is proud to announce our monthly activities and invites you to join us!

99 Faces Project: A Brigadier General's War to Remove Mental Health Stigma. May 13th from 5-7pm Manchester VA is excited to be collaborating with WRJ VA and Dartmouth-Hitchcock for an event aimed at removing the stigma associated with mental illness. General Bolduc will be the key note speaker and accompanied by his wife, Sharon and service dog, Victor. Justice Broderick will frame the event. We'll have a panel for Q&A following the General's talk to include experts from Suicide Prevention, Peers, and leadership in Mental Health from Manchester and WRJ VAs, as well as the General and his wife. **RSVP requested:** <https://www.surveymonkey.com/r/99Faces> This will be a terrific event and we hope you will join us in changing the conversation! Limited transportation from Manchester VA is available on a first come, first serve basis. To inquire about Veteran transportation call 603-624-4366 x 6267.

Manchester VA is holding the annual **VA2K** on May 15th Register here:
<https://www.surveymonkey.com/r/VA2K2019>

On May 17th, Manchester VA celebrates Research Week with a special event: **The Science of Hope** ([Flyer attached](#)). Look forward to guest speaker Dean Kamen with DEKA Research. For anyone who isn't familiar with Mr. Kamen, he is the inventor of Luke Arm, iBot, AutoSyringe and an innovative home dialysis system. Mr. Kamen is inspiring us all to have hope in science and a greater quality of life for all! RSVPs are requested: Sandra.Froman@va.gov or 603-624-4366 ext.2709.

For offerings that will improve your well-being make sure to check out our [May Whole Health](#) calendar!

Learn more about services, programming and events in our monthly [newsletter](#).

Attention: **Mission Act** information- Your Care is Our Mission. What is in it for Veterans? ([See attached flyer](#))

Memorial Day:

Manchester VA's traditional Memorial Day Ceremony will be held on May 27th at 10:30am (Rain or Shine) at the medical center Eagle Entrance. ([see attached flyer](#))

Annual Welcome Home Game at the Fisher Cats stadium pre-game starts at 3pm ([see attached flyer](#))

In our effort to get the word out, we have been writing a monthly column in the Union Leader **Ask VA**
March: https://www.unionleader.com/news/veterans/ask-the-va-what-is-military-sexual-trauma/article_463b5180-d2b3-5abe-92f4-3f12f06ad092.html
April: https://www.unionleader.com/news/veterans/ask-the-va-should-i-be-screened-for-lung-cancer/article_9832653c-d5d2-559e-952a-433887687e5c.html

I hope you find this information helpful. If you have questions please feel free to reach me by reply to this email.

Respectfully,

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