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# Qualified Listeners

## Veteran & Family Resource Update..

*September 2019*

### Impact Report

Update on the impact of our work at Qualified Listeners:

**Through August 2019**

- 218 Listening Sessions
  - 315 hours
  - 12,274 miles
  - 78% are Veterans
  - 11% are female
  - 17% are spouses
  - 59% served in combat
  - 456 total Listening Sessions since we started the program in May 2017
- We're currently working on 8 active projects for Veterans & families
- 5,500 Veteran & Family Resource Directories distributed since we started the program in April 2018
- We're proud to directly serve over 100 Veterans or family members each month

We know we save lives...

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**Not Everyone Needs a Therapist!**

period, means many times, I believe most times, are doing them in their own way, just want someone to talk to, but don't need to raise their hand in public and say I need mental help.

I happen to be one of the few who does need therapy and am getting it every week. This is my third year of it and this year we shifted to using EMDR and it is having a profound, positive effect on me. Much more progress than the previous two years of talk therapy.

In conjunction with my therapy work I am reading a great book called "Struggle Well" by Ken Falke and Josh Goldberg. It is available on [Smile.Amazon.com](https://www.smile.amazon.com) and make sure to select Qualified Listeners as your charity of choice. Here is an appropriate quote from the book, which is a quote from Viktor Frankl. *"He writes about the idea that the mental health system treats people like machines in need of repair"*. Ken Falke & Josh Goldberg refer to this in the book and state: *"This suggestion is counterproductive: the moment people get the idea that they need repair, they are robbed of the power to change themselves"*.

We encourage all Veterans or family members to find someone to talk to, someone who will LISTEN to them with an open heart, completely void of judgement. Someone who recognizes the idea that LISTEN and SILENT have the same letters and we don't think it is a coincidence. Find someone who might be a neighbor, someone in church, someone in the Army or Air Guard, someone in your child's school or at work. If you cannot find the proper person for you, give us a call at 720-600-0860 and we will Listen, I guarantee.

We do not prescribe to the hot topic of "Trauma Drama" which is blasted at us every day from virtually every media source. We believe most people are not broken; they just need to communicate with someone!

Greg Goettsch, Founder and Executive Director  
Qualified Listeners

## Honor Flight This Month!

**Sunday, September 15th**

Send Off at Embassy Suites in Loveland 7:00 am

Join the "Mile of Smiles" Lineup along the I-25 West Frontage Road

Lineup begins at 8:00 am, motorcade approximately 9:00 am

South of Exit 240 and North of Exit 235

3991 Rowe Street

Frederick, CO



## What you will see in this newsletter

- **Resource Spotlight** - see some of our incredible, vetted Resources
    - VA Chaplain Services
    - Colorado Department of Labor & Employment
    - Federal Government Issues
  - **Veteran Comments**
  - **Events**
  - **Other Stuff**
  - **Sign Up for Newsletters**
  - **Corporate Sponsors**
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### **Cheyenne VA Chaplain Services**

Veteran, spouse, and family counseling; individual or group sessions. Available in Cheyenne, Fort Collins, and Loveland

[www.cheyenne.va.gov/services/Chaplain\\_and\\_Religious\\_Services.asp](http://www.cheyenne.va.gov/services/Chaplain_and_Religious_Services.asp)

### **Colorado Department of Labor & Employment**

Adams County (Brighton) 720-523-6900

Adams County (Westminster) 720-523-2400

Boulder County (Boulder) 303-413-7555

Boulder County (Longmont) 720-864-6600

Broomfield County 303-464-5855

Larimer County (Fort Collins) 970-498-6600

Larimer County (Loveland) 970-619-4650

Weld County 970-353-3800

Weld County Vocational Rehab 970-353-5409

### **Federal Government Issues**

U.S. Senator Cory Gardner's office staff provides assistance to Veterans and Military for services and benefits. Records search, medals, burials, and case inquiries to Federal agencies. Advocacy to Veterans for medical services. Military liaison with active military installations.

Maria Secrest, Regional Director Greeley 970-352-5546

Dan Betts, Regional Director Fort Collins 970-221-7110

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### Veteran Comments:

"As a marine veteran I needed immediate help I was given the number to Qualified Listeners. When I called I was very humbled. A very polite and caring person answered my call and her name was Barb. With a lending ear and gracious heart she was wonderful and caring she guided me to Veterans Compass. The gentleman I met was awesome his name is Eric Peterson. Mr. Peterson is a Vietnam vet, and a proud member of Veterans Compass. He assisted me in transportation to access food, clothing and other outside resources that I didn't even know existed. I can't even begin to tell you how much Qualified Listeners and Veterans Compass has helped me. Help is out there for veterans who need immediate assistance. To Qualified Listeners and Veterans Compass You listened and encompassed a veteran who needed help and went above and beyond the Call of Duty. I Thank you so much, you have given me Hope where there was despair."

**Mark Seward**

**Marine Veteran, Fort Collins**

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### Events

- Veteran Breakfast Club - **PAMVET** Breakfast
  - Loveland, CO every Saturday morning at 7:30 AM
    - Golden Corral
  - Englewood, CO, first Saturday of every month at 7:30 AM
    - Golden Corral
  - [Click to learn more](#)
- September 3
  - Vet Chat - Come Learn What You've Earned!
  - 6:00 pm - 7:30 pm
  - Prairie Greens Clubhouse
  - 7781 Mountain View Drive, Frederick
- September 13
  - Veteran & Family Wellness Summit
  - 8:00 am - 3:30 pm
  - CSU - Lory Student Center, Fort Collins
- September 14
  - The Stillwater Derby Fundraiser for Veterans and First Responders



- For more information [www.stillwaterranch.org](http://www.stillwaterranch.org)
- September 15
  - Inaugural High Plains Honor Flight
  - Send-off 7:00 am Embassy Suites, Loveland
- September 15
  - Operation Equine Fundraiser for Veterans and First Responders
  - 2:00 pm - 6:00 pm
  - 8400 N. County Line Road, Longmont
  - For more information [click here](#)
- October 1
  - Vet Chat - Come Learn What You've Earned!
  - 6:00 pm - 7:30 pm
  - Prairie Greens Clubhouse
  - 7781 Mountain View Drive, Frederick
- November 5
  - Vet Chat - Come Learn What You've Earned!
  - 6:00 pm - 7:30 pm
  - Prairie Greens Clubhouse
  - 7781 Mountain View Drive, Frederick
- November 9
  - Veteran Support Day
  - 9:00 am - 9:00 pm
  - Scheels All Sports, Johnstown
- November 10
  - Tribute to Veterans
  - 11:00 am - 2:00 pm
  - Embassy Suites, Loveland
- December 3
  - Vet Chat - Come Learn What You've Earned!
  - 6:00 pm - 7:30 pm
  - Prairie Greens Clubhouse
  - 7781 Mountain View Drive, Frederick
- March 14, 2020 - Save the Date!
  - 2nd Annual Vet Connect Event
  - Embassy Suites, Loveland

- **NEW!!** Qualified Listeners has partnered with King Soopers on a Community Rewards Program to support Veterans and their families. [Click for details](#)
  - Veteran Discounts [www.legion.org/veteransbenefits/military-veteran-discounts](http://www.legion.org/veteransbenefits/military-veteran-discounts)
  - If you know a Veteran who needs clothes, [click here](#) to learn about our Suits for Veterans program. Any Veteran, any era.
  - Helping Veterans and family members takes money and this is where you can help [click here](#) to donate to Qualified Listeners. Every dollar goes toward food, gas, utility bills, advocacy visits, Listening Sessions, home improvements, and other necessities.
  - Guest Speaker
    - We are happy to come speak to your group, company or organization and share information about Veterans. Just [send us an email](#) to arrange a time and place for this 20 minute program. Groups enjoy learning about Veterans.
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### Sign Up For Newsletters

Do you know someone who would like to sign up for our Veteran & Family newsletters? You can use the FORWARD button at the bottom of this newsletter or send them [this link](#). All it takes is first name, last name, email address, city, state, county and the preferences for the information they have the most interest in.

### A Round of Applause to our Corporate Sponsors:

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[Disabled American Veterans Joseph S. Gordy, Jr. Greeley Chapter 8](#)

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