

Physical and Emotional Health Action Group minutes August 19, 2022, 10am-1115 am via Zoom

27 attended today's gathering, and it was recorded. Multiple chats comments as well.

- Hannah Jaime mentioned tips again on summer/fall heat and impact on companion animals and safeguards to prevent overheating, burned paws and the like. Please be thoughtful and no pets in autos. Hannah also mentioned the San Diego Give Webinar on Aug 29, 2022, fundraising Friday training via Zoom and the Sept 8 SD Gives Day and Sep 10 Helping Paws fundraiser.
- Vic Martin raised a huge issue on the fact that the DD-214 is not being timely provided to those leaving the US military and that it can take several months to receive this key document. He contacted the VA Sec and there is dialogue developing to let solve the issue soon and let veterans know to avoid an interruption on benefits received for Vets and families. Vets are still eligible to received "Prima Facia" care at VA, but this issue needs to be fixed ASAP
- Bill Protzmann presented a thoughtful set of comments on consciousness and its relevance to self-healing and how Music Care supports that end. It is significant in the treatment of PTS, Suicide Prevention, Homelessness as it helps provide meaning, purpose, and camaraderie to all.
- Amy Richards, President of Veteran Community Connection updated our group, and their workload is up having already surpassed their 2021 efforts especially in clients served and areas such as Careers, Recreation, Business discounts and volunteerism. VCC is at 3318 clients in 2022 and 6000+ resource referrals and counting in 9 months.
- Steve Dilley cited that SDUT news story last week and VETART.ORG was featured. More "Show" to come in a variety of arts and performance efforts. Thanks to Steve, Tony the Vet LoBue, Vic Martin and Peter Lanham the "Arts Quad" leadership is thriving.
- Steve Kappes mentioned that Wounded Warrior Tennis is restarting this fall, welcome back.
- Gary Rossio covered the Supportive Conference 4 step process to define, create, facilitate, and support project development skills that are useful in any setting.
- Please contact Matt Titmus or Doug DeCicco for some sharing/networking via SD Padres Tickets
- Congratulations to Tony the Vet Lobue for his successful sky dive to celebrate his Octogenarian Birthday and as Tony says, practice 15 minutes of creativity each day.

The next SDVC will be September 9, 2022, at 830 am at 211 San Diego

The next PEH meeting will be on September 16, 10am-11am via Zoom

Please contact any of the people listed above via email if you have questions, PEH people are always glad to help.

Gary/Hannah/Vic