



# hope re-imagined!

eNewsletter  
July 2020

## Have a Happy & Safe Independence Day!



In the spirit of the Fourth of July, this issue celebrates two core American values - volunteerism and civic engagement! We highlight the contributions of two members of the Arundel Lodge family who embody these values; and the programs, staff, and communities that benefit so much from their dedicated support.

## "A New Team. A New Mission."

### Volunteer Spotlight: George Benitez

"I needed a new mission. I didn't want to be like Al Bundy, from that show *Married with Children*. You know, the guy sitting around on the couch, living in the glory days of his youth," said George Benitez with his characteristic self-deprecating humor.



(Lower right, George Benitez, ALI Vet Walk)

During a military career that spanned nearly 20 years, George deployed multiple times to major theaters of conflict - to places that most Americans have only heard about on cable news shows.

- Bosnia-Herzegovina at Base Camp Ugljevik, near Kosovo during Operation Joint Forge
- Baghdad, Iraq at Camp Victory, during Operation Iraqi Freedom and Operation Enduring Freedom

"But, I loved the lifestyle. It was like family. While at Camp Ugljevek, we even adopted a stray dog, named him Ugly," he said with a laugh.

George shared that he was always singularly focused on the mission. Amid the chaos, he explained that it was that focus that "kept [him] sane." As if to further

underscore the importance of maintaining that mindset, he went on to say, "I couldn't let the team down. I couldn't let my battalion commander down".

It "was culture shock," George continued, reflecting upon his transition from active military duty to civilian life.

But, it is that experience - overcoming the challenges of that transition - that George brings to his roles as a volunteer peer-support specialist and valued advisory committee member with Arundel Lodge's Veterans Wellness Program.

A new team and a new mission!

## "A Bridge Between Two Worlds"

### Arundel Lodge's Veterans Wellness Program

The military cultivates a "sense of camaraderie, referred to by Sebastian Junger, as a tribe," said Rogers Belch, veteran and Arundel Lodge (ALI) Veterans Wellness therapist.

"We built this tribe based on struggle. We've gotten each other through it, and we've been there for one another," he continued.



Reflecting on the challenges many veterans face as they transition to and navigate civilian life, Rogers said, "We've lost our squad, our platoon, our company... that someone on your right and on your left that you'd trust with your life. We're no longer on active duty status – Arundel Lodge is bridge between two worlds. We have this bridge to community through [Arundel] Lodge – we know where we are, and know where we're going, and we can come here and catch our breath. If I want to reach out to someone when I'm dark spot, I'd rather reach out to someone here the community."

Rogers describes the ALI Veterans Wellness program as a "community-based hub - a one-stop-shop" for veterans seeking supportive employment, therapy, or case management."

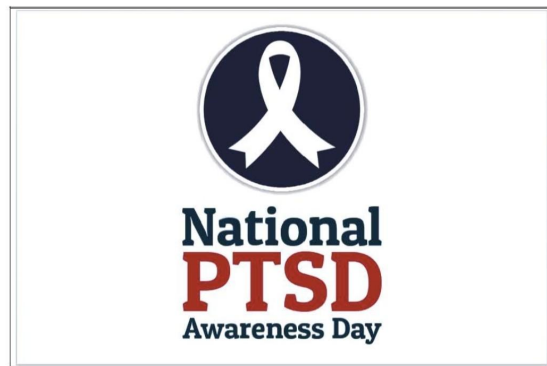
***The Veterans Wellness Program at Arundel Lodge** provides a holistic, person-centered approach in addressing the psychological, social, emotional, physical and environmental needs of military veterans and their families. We understand their ultimate desire to find a quality of life that embraces wellness— an empowering choice toward a healthy and fulfilling life.*

**For more information about accessing Arundel Lodge's Veterans Wellness Program services contact:**

Samantha Russo, OMHC Office Manager (443) 433-5900 x5978 or  
Valerie Coyner, OMHC Assistant Office Manager (443) 433-5900 x5933

# A Memorial Tribute

In 2010, Senator Kent Conrad pushed to get **official recognition of PTSD via a “day of awareness”** in memorial tribute to North Dakota National Guard member who served two tours in Iraq. **SSgt. Biel’s birthday, June 27**, was selected as the official PTSD Awareness Day. <https://militarybenefits.info/ptsd-awareness-day/>



## "But, PTSD Just Happens to Veterans, Right?"

### *Written by*

Michelle Lyon, Child and Adolescent Therapist,  
Marcus Youth & Family Center, Arundel Lodge, Inc.



According to the Child Traumatic Stress Network, **a traumatic event “is a frightening, dangerous, or violent event that poses a threat to a child’s life or bodily integrity.”**

For a child, PTSD might present as problems concentrating in school, nightmares, problems eating and/or sleeping, depression symptoms, problems relating to others or forming

attachments, physical symptoms like aches and pains, anxiety symptoms, regression, emotional dysregulation, or increased risk-taking behavior.

In the long-term, child trauma survivors have increased risk for substance use disorders, eating disorders, and high-risk activities, as well as increased risk for long-term health problems like diabetes and cardiovascular problems.

**Fortunately, with support, children can recover from exposure to trauma.** Treatments like Trauma-focused cognitive behavioral therapy (TF-CBT), Eye-movement desensitization and reprocessing (EMDR), Parent-child relational therapy (PCIT), and Dialectical Behavior Therapy (DBT), can all facilitate healing.

### **For additional resources check out:**

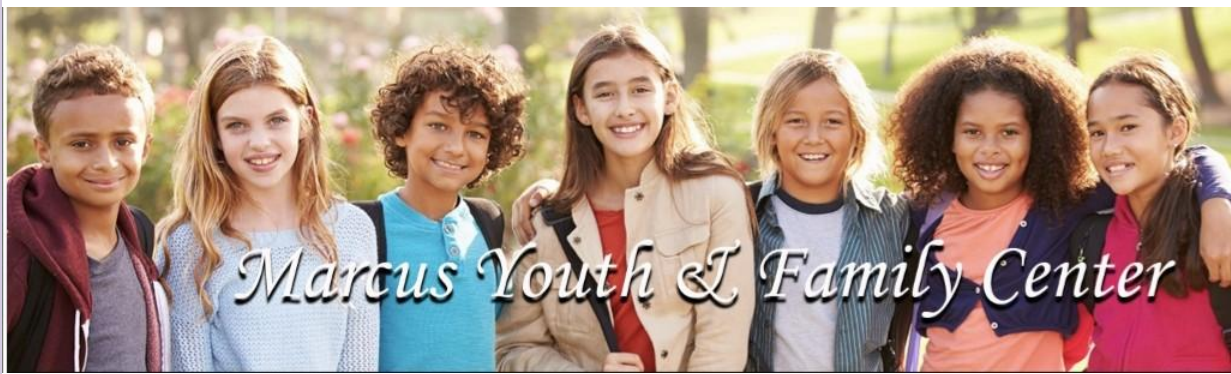
<https://www.netsn.org/>

<https://www.kidsmentalhealthinfo.com/topics/child-trauma/effective-treatments-child-traumatic-stress/>

<https://www.samhsa.gov/child-trauma/understanding-child-trauma>, and

<https://www.childwelfare.gov/pubPDFs/child-trauma.pdf>





## "Working together, much more can be accomplished."

Bev Marcus, Vice President, Arundel Lodge Board of Directors

Beverly and Stephen Marcus personify the core American values of civic engagement and volunteerism.

Through their leadership and philanthropic support, [The Marcus Youth and Family Center at Arundel Lodge](#) (ALI) has provided mental health services to hundreds of children and youth and their families.



In 2017, Stephen and Beverly Stephen and Beverly Marcus established the [Marcus Endowment Fund for Arundel Lodge](#) at the [Community Foundation of Anne Arundel County](#) (CFAAC) to ensure "that Arundel Lodge's mission of improving the lives of children, adults and families impacted by mental health and substance use disorders remained long-lasting and secure for their community." Inspired by Bev's collaborative spirit and engagement as a member of the Children's Advisory Committee, the Marcus Youth and Family Center has forged numerous alliances with local education agencies and other nonprofits to better meet the needs of traditionally underserved communities.

Speaking at the 18th Annual Celebration of Philanthropy Awards Luncheon, (during which she and Stephen received the 2018 Philanthropist of the Year Award), Bev shared the following:

*"Many in the nonprofit community recognize the benefits and efficiencies of collaborations and partnerships, making possible more comprehensive provision of services. Supporting this type of collaborative work has been a factor in our giving."*

Bev currently serves as the Vice President of the Arundel Lodge Board of Directors. Additionally, she chairs the ALI's Development Committee, as well as the Event Committee (which coordinates the annual fundraising gala -

taking place October 10 this year.)

**Sources:**

Arundel Lodge, Inc. Marcus Fund for Arundel Lodge. Retrieved June 27, 2020 from

<https://www.arundelodge.org/marcus-endowment-fund-for-arundel-lodge/>

Marcus, B. (2020). CFAAC Nov. 8, 2018 Speech - Bev. Speech presented at 2018 Celebration of Philanthropy Awards in Baltimore Airport Marriott, Linthicum Heights, MD.

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