

Vietnam Veterans of America

Chapter 324 - 240552 - Milwaukee WI. 53224.

In Service to America



Meeting Notice

17 January, 2024

5555 W. Good Hope Rd.
Board Meeting 6:30 p.m.
Chapter Meeting 7 - 8 p.m.

17 January 2024

Future Meetings
2024

Feb 21, Mar 20, Apr 17, May 15

Chapter web page: www.vietnamvetschapter324.com

National web page: www.vva.org

Chapter Officers

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Newsletter: John Zutz [john\(at\)zutz.org](mailto:john(at)zutz.org)

John is listed in the phone book - good luck finding one

**VETERANS
IN FOCUS**

January 9th - 19th

Explore Milwaukee's
Community through
Photography



Open to the Public, Daily
8am-6pm



**Milwaukee War Memorial
Center, Veterans Gallery**
750 N Lincoln Memorial Dr
Milwaukee, WI 53202



**Special meet and
greet Veteran artists:**
Tuesday, January 16th
from 11am-11:45am

*Special thank you to the Rotary Club of
Elmbrook for their support of this program
and the Milwaukee County War Memorial
Center for hosting this exhibit.*

PTSD patients' brains work differently when recalling traumatic experiences

Researchers say that 'the brain does not treat traumatic memories as regular memories' BY LAURA BAIAS Popular Science, NOV 30, 2023

New research indicates that the traumatic memories of patients with post-traumatic stress disorder are represented very differently in the brain than "regular" sad autobiographical memories. Continued next page November 30 in the journal Nature Neuroscience supports the idea that traumatic memories are a different cognitive entity than more routine bad memories. This may provide a biological explanation for why recalling

PTSD continued

traumatic memories can manifest as intrusive thoughts that are different from other negative recollections.

The study was conducted by a team from the Icahn School of Medicine at Mount Sinai in New York and Yale University. It examined patients' real-life personal memories in an effort to link their lived experiences with the brain's functioning.

"For people with PTSD, recalling traumatic memories often displays as intrusions that differ profoundly from processing of 'regular' negative memories, yet until now, the neurobiological reasons for this qualitative difference have been poorly understood," study co-author and Icahn Mount Sinai neuroscientist Daniela Schiller, said in a statement. "Our data show that the brain does not treat traumatic memories as regular memories, or perhaps even as memories at all. We observed that brain regions known to be involved in memory are not activated when recalling a traumatic experience."

Schiller told The New York Times that the brain can be in a different state in two different memories, depending on which type of memory is playing out. When recalling trauma, the brain looks like it is processing experiences of something in the present instead of the past.

What is PTSD?

Posttraumatic stress disorder may occur in people who have experienced or seen a traumatic event, series of events, or set of circumstances. The American Psychiatric Association says PTSD may affect mental, physical, social, and/or spiritual well-being. Some events that can cause PTSD are natural disasters, war or combat, sexual assault, intimate partner violence, and bullying.

PTSD symptoms are generally grouped into four types, according to The Mayo Clinic. These include intrusive memories, avoidance, negative changes in thinking and mood, and changes in physical and emotional reactions. Symptoms can be very individual and include things like flashbacks, avoiding specific places or people, and hopelessness. They can also vary over time.

According to data from the United States Department of Veterans Affairs, about six percent of people in the US will have PTSD at some point in their lives. Many with PTSD will recover and no longer meet diagnostic criteria for the disorder following treatment. Some treatments for PTSD include cognitive behavioral therapy and cognitive processing therapy. There are also four medications

(sertraline, paroxetine, fluoxetine, and venlafaxine) that have a conditional recommendation to treat PTSD.

Differentiating between traumatic memories and sad memories

In the study, the team examined whether and how the hippocampus and posterior cingulate cortex differentiate a traumatic autobiographical memory from merely a sad one. They used functional magnetic resonance imaging to look at the brains of 28 participants diagnosed with PTSD.

They asked each of the participants a range of questions. These questions pertain to their traumatic experiences, sad events, and the moments when they felt relaxed. A team member wrote each person's story down and then read it back to them while they underwent fMRI scans. The fMRI mapped the brain's activity based on blood flow during the process.

Researchers found that the activity in the hippocampus followed similar patterns of activity among all of the subjects when they were reminded of sad or relaxing experiences. This suggests the memory formation here is more typical.

However, when the stories of their traumatic experiences were read, that similar activity in the hippocampus disappeared. The hippocampus of each subject showed individualized and disjointed activity. The activity was more disorganized and fragmented across the brain and did not look like the more in-sync patterns the brain exhibits during normal memory formation.

The results may explain why PTSD patients have difficulty recalling traumatic experiences in a coherent way. It could also indicate why these past experiences can trigger disabling symptoms in patients with the disorder.

PTSD patients' brains work differently when recalling traumatic experiences study co-author and Yale University clinical psychologist Ilan Harpaz-Rotem said in a statement. "However, when presented with stories of their own traumatic experiences, brain activity was highly individualized, fragmented, and disorganized. They are not like memories at all."

Future treatments aimed at "returning" the traumatic memory to a more typical representation in the hippocampus may be beneficial. According to Harpaz-Rotem, this research could help psychotherapists guide PTSD patients to construct more helpful thought patterns that could help the brain eliminate the sense of immediate threat that trauma can cause.

See Your 2024 VA Disability Pay Rates

10%-20% Disability

Percentage	Rate
10%	\$171.23
20%	\$338.49

30%-60% Disability

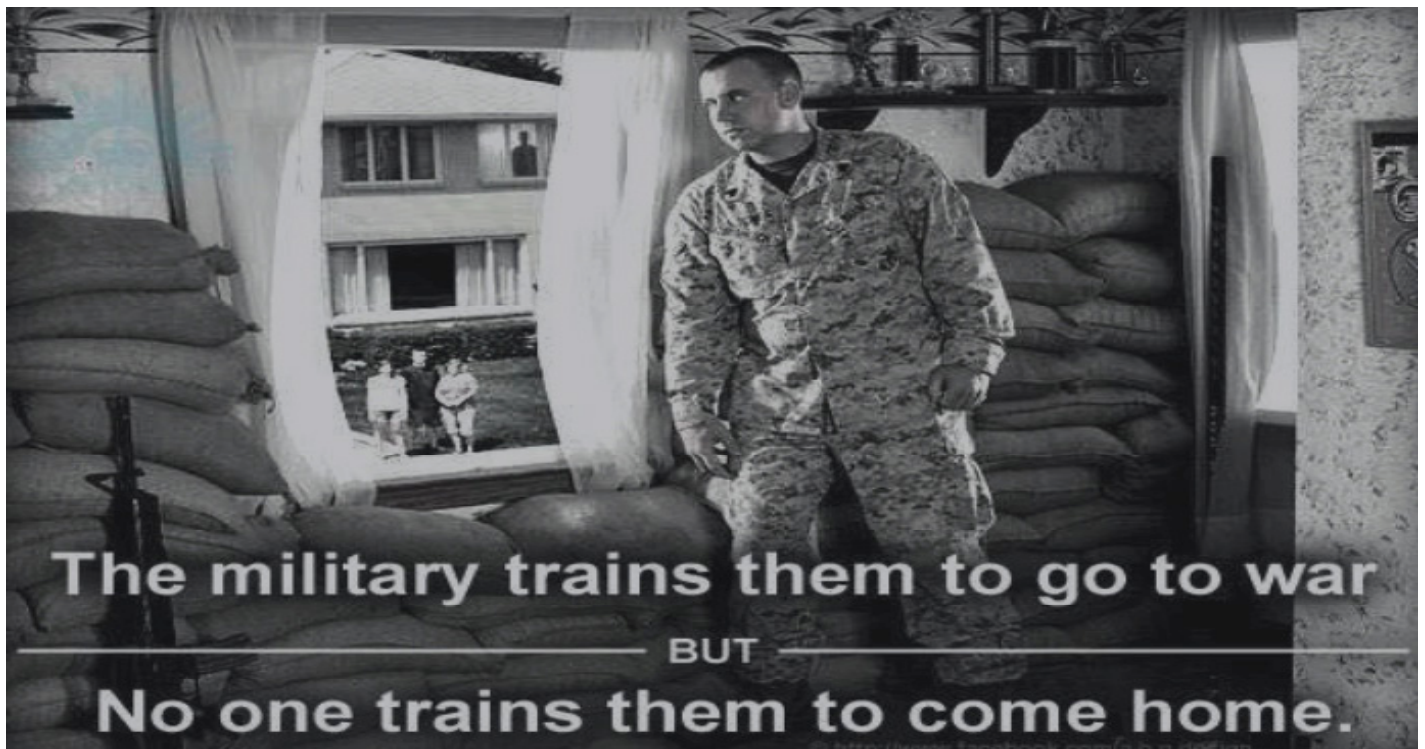
Dependent Status	30%	40%	50%	60%
Veteran Alone	\$524.31	\$755.28	\$1,075.16	\$1,361.88
Veteran with Spouse	\$586.31	\$838.28	\$1,179.16	\$1,486.88
Veteran with Spouse and Child	\$632.31	\$899.28	\$1,255.16	\$1,577.88
Veteran with Child	\$565.31	\$810.28	\$1,144.16	\$1,444.88
Each Additional Child Under 18	\$31.00	\$41.00	\$51.00	\$62.00
Each Additional Schoolchild Over Age 18	\$100.00	\$133.00	\$167.00	\$200.00
Additional for Disabled spouse	\$57.00	\$76.00	\$95.00	\$114.00

70%-100% Disability

Dependent Status	70%	80%	90%	100%
Veteran Alone	\$1,716.28	\$1,995.01	\$2,241.91	\$3,737.85
Veteran with Spouse	\$1,861.28	\$2,161.01	\$2,428.91	\$3,946.25
Veteran with Spouse and Child	\$1,968.28	\$2,283.01	\$2,565.91	\$4,098.87
Veteran with Child	\$1,813.28	\$2,106.01	\$2,366.91	\$3,877.22
Each Additional Child Under 18	\$72.00	\$82.00	\$93.00	\$103.55
Each Additional Schoolchild Over 18	\$234.00	\$267.00	\$301.00	\$334.49
Additional for A/A spouse	\$134.00	\$153.00	\$172.00	\$191.14

Veterans entitled to compensation who have a disability rated at 30% or more are entitled to additional compensation for dependents. Dependent children between the ages of 18 and 23 must be attending school and a dependent for tax purposes.

Parents may be considered dependents if the veteran provides more than 50% of their support. Veterans with a disabled spouse may also be eligible for increased benefits. Check with the VA for details.



Volunteers Wanted!!



MILWAUKEE
VETERANS STAND DOWN

Est. 1990

MILWAUKEE VETERANS STAND DOWN

Saturday, March 9th, 2024

WI National Guard Armory

Do you know a **Homeless** or "**At Risk**" Veteran?

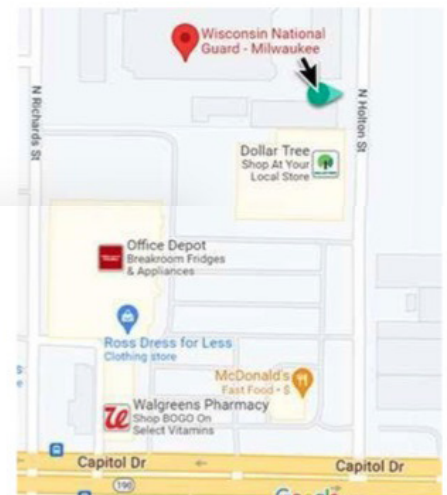
'A HAND UP -NOT A HAND-OUT'

Veterans Pick-up Points

Milwaukee Public Library- 10 & Wisconsin Avenue
(pick up off Wells St.)

S. 11th/Mitchell-South16th/National
Guest House (1216 N. 13th St.)-Teutonia & Capitol
Burleigh & 27th - Atkinson &Capitol -
North Ave & Fond du Lac
North Ave & Martin Luther King Dr.
Burleigh & 24 St (Moody Park)
Dry Hootch (National Ave)
Vets 76 (4222 W. Capitol)

Enter Using the
East Gate Entrance on N Holton St
- Milwaukee WI



Pick-up Only from 7:00 A.M. - 11:00 A.M.

Committee President:
Stan Kogutkiewicz: (414)313-6181

MKE County Veterans Service
Office: (414)-266-1235

Vet's Place Central: (414)342-5000

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@MKEstanddown



Veterans helping Veterans
www.milwaukeeveteransstanddown.org

I Have a Rendezvous with Death

By Alan Seeger

I have a rendezvous with Death
At some disputed barricade,
When Spring comes back with rustling shade
And apple-blossoms fill the air—
I have a rendezvous with Death
When Spring brings back blue days and fair.

It may be he shall take my hand
And lead me into his dark land
And close my eyes and quench my breath—
It may be I shall pass him still.
I have a rendezvous with Death
On some scarred slope of battered hill,
When Spring comes round again this year

And the first meadow-flowers appear.

God knows 'twere better to be deep
Pillowed in silk and scented down,
Where Love throbs out in blissful sleep,
Pulse nigh to pulse, and breath to breath,
Where hushed awakenings are dear ...
But I've a rendezvous with Death
At midnight in some flaming town,
When Spring trips north again this year,
And I to my pledged word am true,
I shall not fail that rendezvous.

Source: A Treasury of War Poetry (1917)





Vietnam Veterans of America #324
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 Milwaukee, WI 53218



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Sign Up Now With Vietnam Veterans of America Chapter 324

Anyone can join! Membership Options:

Veterans:

Life Membership for all veterans \$50 (with a DD214 submitted).

Anyone Else:

- Associate Member - 1 year \$20 • Associate Member 3 year \$50 • Associate Life Member \$250
- Associate Life Member Installment Plan (\$50 Deposit; \$25 per month for 8 Months)

Please Print

Name _____ Membership # _____

Address _____ City _____ State _____ Zip _____

Phone (_____) _____ E-mail _____

I would like to help Chapter 324 by donating \$ _____

Make checks payable to VVA324 and mail with this completed application to:
 VVA Chapter 324 - Membership, **P O Box 240552, Milwaukee WI. 53224**