



# PATRIOT GROUNDS

August 2024 Volume IV

ISSUE: 001 - "HEAD TO TOE" CARE

## THIS WEEK'S FOCUS

## BRAINCORE CONTACT INFORMATION

524 Kingwood  
ST  
Brainerd, Mn  
56401  
218-368-0695

## MENTAL HEALTH

Libby Stokke  
PMHNP, FNP,  
MSN, RN  
VA Clinic  
Brainerd

722 NW 7<sup>th</sup> St  
Brainerd Mn  
56401

218- 855-1115

VA St Cloud  
Hospital

4801 Veterans  
Dr, St Cloud,  
MN 56303

**Erik Flowers**  
Veteran Services  
Title: Veterans  
Service Officer  
Phone:  
218-824-1058



"The bonds of brotherhood in the military are built on trust, respect, and shared experiences." "Camaraderie is the fuel that keeps the fire of brotherhood burning."

"Trust is the foundation of every strong military brotherhood." "In the military, trust among brothers and sisters is paramount to a successful mission."

# BRAINCORE of Northern Minnesota

A promotional poster for BrainCore Day. The background is a scenic view of a lake with trees in the distance. The text is centered and reads: "524 KINGWOOD STREET BRAINERD, MN 54601", "THE WHITE BUILDING ON THE CORNER, WITH THE TRIM OF BLUE BECAUSE WE CARE ABOUT YOU", "Join Us for BRAINCORE DAY EXPLORE THE WORLD OF HEALING AUGUST 23RD 12-2PM". Below this, a list of activities includes: "Free Turkey burgers and Turkey dogs", "Multiple local business vendors", "Gabriel's Home Rescue Mini Horses", "VFW Blue Grass Band Live Music", "FREE T-Shirts to the first 50 People", "In-house BrainCore Office Tours", and "Meet the Staff". At the bottom center is the BrainCore logo, which features a stylized brain and the text "BRAINCORE OF NORTHERN MN". On the right side of the poster, there are four small inset photos: a person in a green shirt, a person playing a guitar, a person grilling food, and a brown horse.

*Have you ever wanted to learn about Braincore and our services? Not sure about the process? Come to our Braincore Day! A day to learn about us, learn about the businesses around us and have some fun with the family.*

What Can Neurofeedback Help With? Neurofeedback can assist with a variety of issues, including:

Attention and Focus  
Mental Stress  
Negative Moods  
Sleep Issues  
Memory  
Headaches

Peak Performance  
Substance Abuse  
Chronic Pain  
Autism  
Brain Injury  
PTSD & Trauma

...and so much more! Discover the benefits today!

Discover More with Braincore of Northern MN! We're more than just neurofeedback. From now through the end of June, enjoy 30% off a variety of our additional services! Explore the full range of wellness solutions we offer and take the next step in your journey to better health.





### Mental Health Services for Veterans (An Outside Option)

According to our recent Annual Warrior Survey, post-traumatic stress disorder (PTSD), anxiety, and depression are the most common mental health challenges for warriors. Through our interactive programs, mental health workshops, and a broad offering of professional services, veterans can build resilience to help overcome mental health conditions, including PTSD, military sexual trauma (MST), traumatic brain injury (TBI), and more. Since 2010, Wounded Warrior Project® (WWP) has provided over 78,000 life-changing mental health services to warriors and family members – helping veterans and their families live happier and more fulfilling lives.

Don't be afraid to ask for help. The Mental Health Triage team is here to ensure warriors are matched to the right veteran mental health programs and services no matter where they are on their unique mental health journey. A highly trained team member will conduct a brief, one-on-one screening before making personalized recommendations to various programs and veteran mental health services to meet specific needs. As always, all programs and services provided through WWP™ are at no-cost to veterans and their families.

## PATRIOT GROUNDS

-By Ch Maj (Ret) Eusebia Rios  
"HAPPY CHAPPY"

"Patriot Grounds" primary focus this month is Mental Health. There are numerous resources that Veterans have access to. However, some of these resources must be researched. Know that every program may not offered the desired results. Nonetheless, asking for help is the first step of recovery, healing, peace of mind and your spiritual & mental wellness.

Patriot Grounds meets at Heritage Church Baxter in the Fire Side Room:

**HERITAGE CHURCH**  
**13242 Berrywood Dr**  
**Baxter MN 56425**  
**218-829-3209**

Patriot Grounds is an alcohol-free environment. We fellowship over Donuts and Coffee. We share information and resources and programs/benefits that eligible veterans and disabled veterans. Connect with other veterans and mentor one another through fellowship and discussion.

## HAPPY CHAPPY CORNER

- By Ch, Maj (Ret) Eusebia Rios "Happy Chappy"



Air Force Weatherman: So, my uncle Mark was a weatherman for the air force and one day during a briefing, the Colonel said, "I think we should all thank Mark here for the wonderful weather that we've been having for our bombing runs." So my uncle says, "I'm in prediction, not production. I think we need to thank the chaplain." The chaplain, without missing a beat, says, "I'm in sales, not in management."

My prayer for you is peace and joy. May you only know our Creator as a light of hope and the source of your strength and courage.