

ALBANY STRATTON VA WOMEN VETERANS PROGRAM



She Served Too!

VA

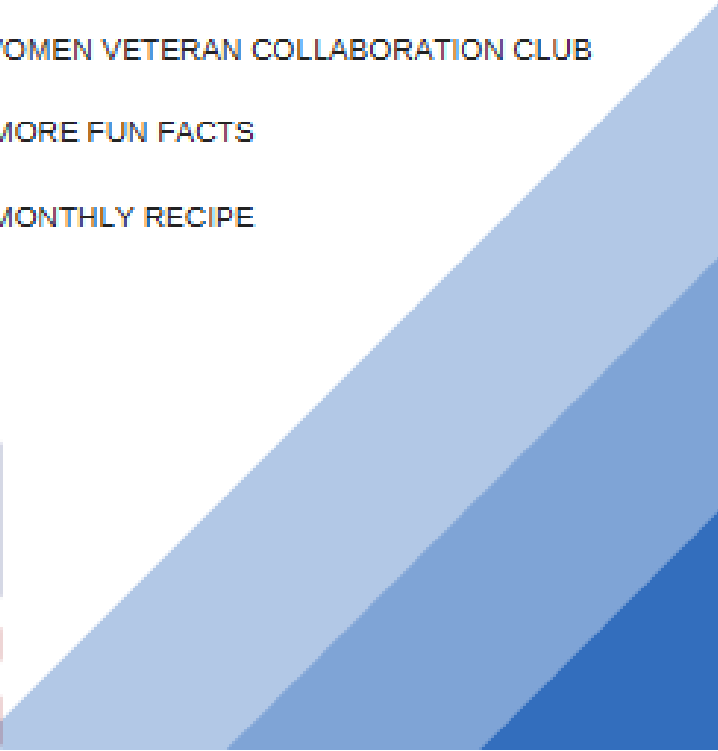



U.S. Department
of Veterans Affairs
Stratton VA Medical Center



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ALBANY STRATTON VA



WOMEN VETERAN RECOGNITION DAY

We invite our Women Veterans to join us
in the main lobby

Recognition Greeting



JUNE 12, 2025 11 AM TO 1 PM

113 Holland Avenue Albany



VA



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WOMEN VETERANS & MIGRAINES

Women Veterans are nearly three times more likely to experience migraines than men, often due to hormonal changes like menstruation, menopause, birth control, or pregnancy—combined with common triggers like stress, noise, light, weather, and the impact of military service. Migraines can cause debilitating pain, sensitivity to light and sound, nausea, and brain fog, often disrupting you for hours or days at a time. VA offers personalized treatment options including medications, acupuncture, massage, physical therapy, cognitive behavioral therapy, and lifestyle support to help you manage triggers and reduce migraine frequency. Speak to your VA health care provider or call the Women Veterans Call Center at 1-855-VA-WOMEN to connect with care you can trust. Learn more by visiting the [VA Women's Health Chronic Pain page](#).

Understanding Migraines

Migraines are intense, throbbing head pains that can hit any time, lasting from hours to days. Women tend to experience migraines more frequently and intensely than men, with symptoms including:

- Sharp, intense head pain
- Nausea and vomiting
- Sensitivity to light, sound, and smells
- Foggiess
- Visual changes

Red Flags: Some symptoms are a warning sign of something more serious. If you experience any of the following, head to the ER right away:

- A headache that starts suddenly and escalates within 1-2 minutes
- Weakness, numbness, or trouble speaking
- A level of pain you've never felt before

Know Your Triggers

Migraines are especially common in women of childbearing age. Hormonal changes—such as periods, menopause, birth control, or pregnancy—can trigger attacks, along with everyday factors like light, noise, smells, weather, disrupted routines, and lifestyle habits. Add your prior military experience, and you've got a perfect storm for more frequent migraines.

Tracking your migraines (including when they happen, how long they last, and symptoms) will help you and your VA health care team create a solid treatment plan. Don't forget to note your family history and any medications you are taking.

Get Support from VA

Don't let another migraine throw off your day. If migraines are impacting your life, reach out to VA for support. Together, you and your provider can create a treatment plan to manage your pain and reduce future attacks.



BATTLING MIGRAINES?

Women are nearly **three times more likely** to suffer migraines than men.

TRIGGERS: Women tend to have migraine attacks triggered by:

- Lack of or too much sleep
- Weather changes
- Skipped meals
- Alcohol
- Bright lights, loud noises, or strong odors
- Too much or withdrawal from caffeine
- Stress and anxiety
- Certain foods

Changes in your hormone levels can also trigger a migraine, including periods, menopause, birth control, pregnancy, & more!

SYMPTOMS: It may be a migraine if you

- Feel sharp head pain
- Have nausea and vomiting
- Feel sensitivity to light, smell, and sound
- Feel foggy
- Have changes in vision

RED FLAG! Head to the ER if:

- A headache begins suddenly and becomes intense within 1-2 minutes
- You're experiencing weakness, numbness, or trouble speaking
- You feel a new level of pain you've never felt before

If migraines are disrupting your day, seek care. VA offers prevention and management through:

- Prescription medications
- Acupuncture
- Injections
- Stress and/or sleep support
- Wearable devices
- Physical therapy
- Cognitive behavioral therapy
- Massage therapy



1-855-VA-WOMEN
www.womenshealth.va.gov

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STRENGTH HOME

IS ANGER IMPACTING YOUR RELATIONSHIP?

VA CAN HELP

Strength at Home is a 12 week group for Veterans struggling with anger, aggression and conflict in intimate relationships.

PROGRAM GOALS:

- Develop conflict resolution skills
- Manage anger and stress more effectively
- Improve communication skills
- Understand how trauma impacts relationships

This cohort is specifically for female Veterans. For more information, please contact IPVAP Coordinator, Emily Siegel, MSSA, LCSW, at 518-626-5151 or email at Emily.siegel@va.gov



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WOMEN'S GUIDED MEDITATION

A Non-Movement Based Practice



**PLEASE JOIN US FOR AN OPEN GROUP FOCUSED ON RELAXATION
AND GROUNDING**

- **Improve functioning/health**
- **Reduce stress**
- **Increase self-awareness**
- **Decrease feelings of anxiety and depression.**

WHEN: Thursday at 10:00-11:00 AM / Starting June 26, 2005

WHERE: Videoconference

If interested, please speak to your provider or contact:

Jessica Wolf, LCSW, DBH

Primary Care Mental Health Integration : 518.346.3334 ex. 1110



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NATIONAL HEIMLICH MANEUVER DAY

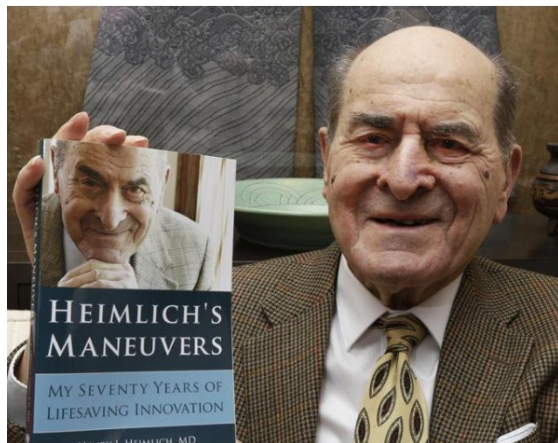
On June 1, 1974, the stop-choking technique invented by Cincinnati surgeon Henry J. Heimlich is published in the medical journal *Emergency Medicine*. The Heimlich maneuver, which involves thrusting inward and upward on the abdomen of choking victims, becomes the go-to method for saving lives.

Heimlich shared his informal findings in an essay he wrote for the June 1974 issue of the journal called “Pop Goes the Café Coronary.” The term “Café Coronary syndrome” refers to the act of a person choking while eating at a restaurant, and observers thinking the choker is suffering from a heart attack. The established professional medical treatment would be a tracheostomy, which involves the insertion of a large-caliber hypodermic needle into the trachea to provide a temporary airway, something only a doctor can do.

“What’s really needed then is a first-aid procedure that doesn’t require specialized instruments or equipment and can be performed by any informed layman—or even considered by a physician before resorting to tracheostomy with its attendant hazards,” Heimlich wrote in his article. “So, experimentally at least, I have developed such a procedure. It’s been tested only on dogs, but I believe the logic of the concept and the favorable findings warrant public dissemination.”

Experiments were performed on four Beagles, with each getting the same treatment more than 20 times. The dogs responded well, Heimlich wrote, giving him confidence that humans whose windpipes are blocked by a foreign object would have the same results.

The technique went on to save tens of thousands of lives in the next half-century. June 1 is now recognized annually as National Heimlich Maneuver Day.



Did you know.....June 13th is National Call Your Doctor Day?

FLAG DAY

Flag Day is a holiday celebrated on June 14 in the United States. It commemorates the adoption of the flag of the United States on June 14, 1777 by resolution of the Second Continental Congress. The Flag Resolution stated "That the flag of the thirteen United States be thirteen stripes, alternate red and white; that the union be thirteen stars, white in a blue field, representing a new constellation."

Flag Day was first proposed in 1861 to rally support for the Union side of the American Civil War. In 1916, President Woodrow Wilson issued a presidential proclamation that designated June 14 as Flag Day. On August 3, 1949, National Flag Day was officially established by an Act of Congress. On June 14, 1937, Pennsylvania became the first state to celebrate Flag Day as a state holiday, beginning in the town of Rennerdale. New York Consolidated Laws designate the second Sunday in June as Flag Day, a state holiday.

Flag Day is not an official federal holiday. Federal law leaves it to the discretion of president to officially proclaim the observance. Title 36 of the United States Code, Subtitle I, Part A, Chapter 1, Section 110 is the official statute on Flag Day. The United States Army also celebrates its birthday on this date.



COLONEL MARY LOUISE RASMUSON

Mary Louise Milligan Rasmuson (April 11, 1911 – July 30, 2012) was an American army officer, and fifth director of the Women's Army Corps (WAC).

Born in East Pittsburgh, Pennsylvania, Milligan graduated with a bachelor's in education from what is now Carnegie Mellon University and received her masters in school administration from University of Pittsburgh. She was one of the first two women who were awarded an honorary doctor of laws degree from Carnegie Mellon. Prior to enlisting in the military, she worked as a secretary, teacher, and assistant principal.

She enlisted in the United States Army during World War II, where she started as a private in an experiment using women as military professionals. Lt. Col. Mary Louise Milligan receives the Legion of Merit from Maj. Gen. Willard S. Paul, Director of Personnel and Administration, 1946.

She worked up the ranks, and in 1957, President Dwight Eisenhower appointed Milligan director of the Women's Army Corps and in 1961, President John F. Kennedy reappointed her.

She was also instrumental in the integration of black women in the Corps, and was awarded the Legion of Merit award for her work. In five and a half years as director, WAC strength increased from 8,300, on 31 January 1957, to 11,100. The Army had opened twenty-six new military occupational specialties (MOSSs) for active duty enlisted women and fifty for WAC reservists. New legislation included a provision to eliminate WAC officer promotion restrictions. Congress had granted active duty credit for WAAC time to women with further military service, and it had corrected inequities for WAC reserve officers. Colonel Rasmuson's public relations efforts enhanced the WAC image and helped convince the public and the Army of the value of WAC service.

In 1961, she married Elmer E. Rasmuson, the president of National Bank of Alaska. She was the only WAC director to marry while in office. The following year, she retired from the army and moved to Anchorage, Alaska.

After returning from the army, Rasmuson helped expand her husband's philanthropic efforts, including supporting civil rights, supporting education and cultural life in Anchorage and beyond. She also became a member of several military organizations and board of the Alaska Crippled Children Association, American Cancer Society, Anchorage Fine Arts Commission, and Anchorage March of Dimes.

At age 101, Rasmuson died at her home. She is buried in Anchorage Memorial Park Cemetery. The Colonel Mary Louise Rasmuson Campus of the Alaska VA Healthcare System was renamed in her honor in 2023.





American Heart Association.
Heart Walk & Run™

Capital Region Heart Walk & Run

Sunday, June 8, 2025
University at Albany
#HeartWalk518
CapitalRegionHeartWalk.org

Scan here to visit our website



Scan here to check us out on Facebook



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I WALK TO SAVE LIVES

2025 Heart Hero

Darin Vail, age 15

Born with Hypoplastic Left Heart Syndrome

Bowls on his high school varsity team



To learn more about Darin and to join the fight against heart disease,
visit CapitalRegionHeartWalk.org.

Digital Materials are available online including our Activity Tracker.

- Download our Mobile App!
- Personalize your Heart Walk experience by adding a photo and/or story.
- Send pre-written Emails, Text Messages or make posts to your social media channels asking for donations. You can even pre-schedule posts ahead of time!
- Recruit Team Members and easily communicate with your team.
- Deposit checks through the app, just like you can at your bank.
- Access Fundraising Tips and earn Achievement Badges along the way.

VA



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VOLUNTEERS NEEDED

Volunteer to Honor our Veterans at the Vietnam Veterans Memorial Fund's Exhibits – The Wall That Heals and its Mobile Education Center. The Wall That Heals is the ONLY Exact 3/4 Scale Replica of the Vietnam Veterans Memorial in D.C.

For More Information and to Register, Visit: www.TheWallThatHealsTroy2025.org

June 5-8, 2025

**La Salle Institute
174 Williams Road, Troy, NY 12180**

All Invited to Attend ~ Free Admission ~ Open 24 Hours
Closes Sunday at 2:00 p.m.





OPERATION STABLE GROUND

Sponsored by:



VETERAN EQUINE RETREATS

FREE FOR ALL
VETERANS

9:30 AM - 4 PM

HIGHER GROUND
FARM

382 Tate Rd
Hoosick Falls, NY
12090

SIGN UP



JUNE 7TH

WOMEN'S RETREAT

Connect with fellow female veterans to explore shared experiences, practice self-care, and learn grounding techniques in the healing presence of horses and nature.

JULY 13TH

MORAL INJURY

Engage with horses in a non-judgmental space to explore and process the complex emotions related to moral injury, guilt, and shame, fostering self-awareness and healing.

AUGUST 10TH

IDENTITY AFTER SERVICE

Explore the shifts and evolution of personal identity after military service, addressing challenges, like imposter syndrome, supported by connection with horses and fellow veterans.

OCTOBER 18TH

GRIEF

Experience the healing power of horses and nature while exploring the multifaceted experience of grief, learning tools to navigate loss and foster hope within a supportive veteran community.

NOVEMBER 8TH

FACING THE UNCOMFORTABLE

Learn to navigate and neutralize challenging emotions like anger, anxiety, or depression by increasing awareness and practicing non-reactive responses, facilitated by interactions with horses.

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Save
the Date

**WOMEN VETERAN
COLLABORATION CLUB**



06 | 18 | 25

10:30AM TO 12:00 PM

**ALBANY STRATTON VA MEDICAL CENTER
113 HOLLAND AVENUE - ALBANY
WOMENS HEALTHCONF. RM. D805**

RSVP:

JAMIE.HARRIGAN@VA.GOV

MEETS THE 3RD WEDNESDAY OF THE MONTH

HAPPY BIRTHDAY UNITED STATES ARMY

The U.S. Army was founded on 14 June 1775, when the Continental Congress authorized enlistment of riflemen to serve the United Colonies for one year.

The 14 June date is when Congress adopted "the American continental army" after reaching a consensus position in The Committee of the Whole. This procedure and the desire for secrecy account for the sparseness of the official journal entries for the day. The record indicates only that Congress undertook to raise ten companies of riflemen, approved an enlistment form for them, and appointed a committee (including Washington and Schuyler) to draft rules and regulations for the government of the army.

These expert riflemen were the first units raised directly as Continentals. Congress intended to have the ten companies serve as a light infantry force for the Boston siege. At the same time it symbolically extended military participation beyond New England by allocating 6 of the companies to Pennsylvania, 2 to Maryland, and 2 to Virginia. Each company would have a captain, 3 lieutenants, 4 sergeants, 4 corporals, a drummer (or horn player), and 68 privates. The enlistment period was set at one year, the norm for the earlier Provincials, a period that would expire on 1 July 1776. Responsibility for recruiting the companies was given to the three colonies' delegates, who in turn relied on the county committees of those areas noted for skilled marksmen. The response in Pennsylvania's western and northern frontier counties was so great that on 22 June the colony's quota was increased from six to eight companies, organized as a regiment. On 25 June the Pennsylvania delegates, with authority from the Pennsylvania Assembly, appointed field officers for the regiment. Since there was no staff organization, company officers and volunteers performed the necessary duties.



Did you know.....June 14th is World Blood Donor Day?

NATIONAL DONALD DUCK DAY

Donald Duck made his cartoon debut in "The Wise Little Hen" back in the summer of 1934. But he wouldn't meet Mickey Mouse until his second appearance in "Orphan's Benefit" later that year. From there, it wasn't long before Daisy Duck and his nephews Huey, Dewey, and Louie were introduced. In spite of their superior diction, they weren't able to steal the spotlight from Donald. You can't replace his grumpy, nearly incomprehensible charm, and it's why the Donald has been in more movies (200+) than any Disney character.

Donald Duck is considered a veteran in a fictional sense. He was a character featured in Disney's World War II-themed propaganda cartoons, serving in the U.S. Army and later the Navy. While he is a fictional character, his service in the military, both Army and Navy, and the recognition he received, make him a well-known and respected "veteran" in the context of Disney's wartime propaganda and the media it inspired.

And his accomplishments don't stop there. He co-hosted the Oscars in 1958 with a little help from Bob Hope, Jack Lemmon, and Jimmy Stewart. He served in the US Army and is considered a World War II Veteran. Oh, and they named an asteroid after him in 1995. If that doesn't convince you he's a force of nature, know that he has a star on the Hollywood Walk of Fame. We're not sure how he left webbed foot prints in front of the Chinese Theater, but we'll gladly roll with it. Well, what do you give to a duck that has it all? His own holiday! So, let's celebrate on June 9 — National Donald Duck Day!



GARLIC-PARMESAN SHRIMP PASTA SALAD

INGREDIENTS:

- 2 grilled chicken breasts cubed/divided
- 8 ounces bacon
- 8 ounces cavatappi or bowtie pasta
- 1 pint cherry tomatoes, halved (heirloom tomatoes for color)
- 1-1/2 cups corn, grilled, raw, or sauteed
- 1/4 cup thinly sliced red onion (substitute diced green onion)
- 1 slightly rip avocado diced

For the Greek yogurt ranch:

- 1/4 cup plain Greek yogurt
- 1/3 cup store bought ranch dressing



DIRECTIONS:

1. Make sure you have your grilled or cooked chicken done ahead of time, or feel free to grill it first. This is a great recipe for using leftover chicken.
2. Next, cook your bacon: add bacon to a large skillet or pan and place over medium heat, cook bacon on both sides until crispy and golden brown. Once bacon is done, blot with a paper towel to absorb excess grease, then chop into bite-sized pieces and set aside.
3. While your bacon cooks, cook pasta until al dente, drain, & then place in a large bowl.
4. Mix together Greek yogurt and ranch dressing until creamy. Pour over the pasta & stir until well combined. Add the chicken, chopped bacon, corn, cherry tomatoes, red sliced onion, & avocado. Gently toss again, then taste & adjust seasoning as necessary, adding more salt & pepper or extra ranch dressing. Serves 6, or 4 as a larger meal. Garnish with extra corn, tomatoes, red onion, avocado, & bacon.

NUTRITIONAL INFORMATION:

SERVING: 1SERVING (BASED ON 6)**CALORIES:** 484**CAL CARBOHYDRATES:** 42.1G **PROTEIN:** 26.6G **FAT:** 24G
SATURATED FAT: 4.8G **FIBER:** 5.1G **SUGAR:** 6.1G