



# THE CENTENNIAL BRIEFING

## *Veteran's Edition*

CHEYENNE · ELBERT · KIT CARSON · LINCOLN · LOGAN · MORGAN · PHILLIPS · SEDGWICK · WASHINGTON · YUMA

*Our mission is to achieve excellence in the provision of behavioral health services that lead to optimal health and well being*

A VERY HEARTFELT **THANK YOU** TO ALL OF OUR CENTENNIAL EMPLOYEES THAT HAVE SERVED IN OUR ARMED FORCES! WE APPRECIATE YOU AND YOUR SERVICE, AND THE SACRIFICES YOU HAVE MADE FOR OUR COUNTRY!

### JAMIE CANTRELL

**What branch did you serve?** Army

**Where did you serve?**

Fort Bragg, NC

**How long did you serve?**

3 years active, 1 year army reserve in Colorado Springs. 1 tour to Iraq from August 2010- March 2011 operation Iraqi freedom/operation enduring freedom.



### JIM KUEMMERLE

**What branch did you serve?** US

Army (twice). During first Gulf War, as a flight operations specialist in an attack helicopter battalion and later as a commissioned officer, serving as a behavioral health officer in a mobile medical unit.

**Where did you serve?** Spent time at Ft. Jackson, Ft. Campbell, Ft. Rucker, Ft. Sam Houston, and Ft. Carson. Two trips to the sandbox as well.

**How long did you serve?** Total of 6 years



### JERRALD SMITH

**What branch did you serve?** US Army

**Where did you serve?**

Home Station Fort Carson, Colorado

**How long did you serve?**

10 Years (1977- 1987) Tours 1979-1983

Stuttgart, West Germany

Occupation Supply & Logistics

Rank SSG (Supply Sergeant)



### SEAN JONES

**What branch did you serve?** Army

**Where did you serve?** Ft Bragg, NC,

FT Gordon, GA,

Ft Hood, TX, Afghanistan, and Iraq

**How long did you serve?** 13 years



### KARL INGRAM

**What branch did you serve?** Army

**Where did you serve?** I was

stationed at Fort Riley, KS, with the 1st

Infantry Division. I was deployed to the

Zhari District in Kandahar Province as Alpha

Troop's Executive Officer in my cavalry squad-

ron.

**How long did you serve?** I was in the Army

close to 4 1/2 years.



### CARLA WEEKS

**What branch did you serve?**

Army. I was a 91A10 which is a Medic.

**Where did you serve?** I served in Fort Jackson SC, Fort Sam TX, and Guam.

**How long did you serve?** 1 year (1985-1986)

**Anything else you'd like to share?** I am a very proud disabled vet. My motto is overcome all to be the best you can be!

### Diane Van Der Wege is also wanting to recognize her Father

My dad, Edward Pieper, served in the Navy from 1954-1958, during a window of peace time for the U.S. He served on an aircraft carrier, primarily in the Pacific,

and also talked about going through the Panama Canal on his ship. My dad received

training in compressed gases which lead to a career in refrig-

eration to supplement his farming. I know he was grateful for the education he received through his service. I so hope the

majority of our veterans can say the same. Picture from Veteran's Day 2015.



# JEANS FOR JOY TOMORROW

If you are participating in Jeans for Joy this year and have paid to wear jeans on Tuesdays, tomorrow is our first day, and you can also participate in the fun of dressing up!

**Don't forget!**  
**November 9<sup>th</sup>**

Wear your favorite Sports Team

Also please send any socially distanced photos to [jacyi@centennialmhc.org](mailto:jacyi@centennialmhc.org) so we can share your participation!

## HUNGER & HOMELESS AWARENESS WEEK

During the month of November, Centennial Mental Health Center recognizes National Youth Homeless Awareness Month and November 13-21, 2021 National Hunger and Homeless Awareness Week. During this month people from across the county come together to draw attention to the problem of hunger and homelessness in our communities.

No one should have to worry about whether they will have food on their plate or a roof over their head. But the reality is that hunger and homelessness is a widespread problem that affects many people. Every year hundreds of American families become homeless, they live on the edge of being forced to choose between basic necessities such as purchasing food, paying rent or going to the doctor.

According to the Metro Denver Homeless Initiative (MDHI), homelessness is not limited to the individuals we see as characterized as visibly homeless. There is an entire subset of this population comprised of children, families, youth and others who comprise of the invisible homeless.

In the upcoming weeks, we will provide information, share resources and success stories regarding local efforts to combat hunger and homelessness in our communities.

## NATIONAL ADOPTION MONTH

National Adoption Month is an initiative of the Children's Bureau that seeks to increase national awareness of adoption issues, bring attention to the need for adoptive families for teens in the U.S. foster care system, and emphasize the value of youth engagement. We have focused our efforts on adoption for teens because we know that teens in foster care wait longer for permanency and are at higher risk of aging out than younger children. Teens need love, support, and a sense of belonging that families can provide. Securing lifelong connections for these teens, both legally and emotionally, is a critical component in determining their future achievement, health, and well-being.

Every teenager in foster care has a story to tell.

**Make Every Conversation Matter.**

QUICK TIPS FOR ENGAGING YOUTH:

- Be honest and real about what is happening
- Focus on strengths, but share honest feedback
- Be trauma-informed and recognize when trauma is a barrier
- Ask meaningful questions and listen with empathy
- Share tasks and set goals together



Child Welfare Information Gateway Children's Bureau

partner with you in permanency planning and make decisions about their life. For more information and resources see the link below.

[www.childwelfare.gov](http://www.childwelfare.gov)

## TRANSGENDER AWARENESS MONTH

Welcome to the November edition of Empowered, a monthly newsletter from Envision:You - a nonprofit committed to improving behavioral health outcomes for members of the LGBTQ+ community.

In this edition of Empowered, they honor past and current transgender advocates for Transgender Awareness Month in November and LGBTQ+ History Month in October. We highlight our Q is for Questioning program, which just received a grant from the Office of Behavioral Health. You can also read some tips on maintaining your mental health during the winter months, and learn more about the Inclusive Care Plan that has been approved in Colorado.

We hope this newsletter empowers you to stay connected to their mission and make a difference in the lives of LGBTQ+ individuals.

To subscribe to their newsletter click here >> [Envision:You](http://Envision:You)



### Remember and Honor Transgender Advocates

November is Transgender Awareness Month. Following LGBTQ+ History Month in October, we are profiling influential past and present transgender and gender-expansive advocates, without whom we would not be where we are today.

#### Sylvia Rivera

Sylvia Rivera (1951-2002) was a trans activist. She is known for her trans advocacy within the LGBTQ+ rights movement, specifically her advocacy for trans and gender nonconforming people of color. Rivera cofounded S.T.A.R. (Street Transgender Action Revolutionaries) in 1970. S.T.A.R. housed members of the LGBTQ+ community and played a significant role in the fight for LGBTQ+ liberation.

*"Ours is the future, you know? Our time as transgender people is coming. We are the next generation."*  
— Sylvia Rivera

#### Marsha P. Johnson

Marsha P. Johnson (1945-1992) was one of the founders of Queer Liberation. Johnson is known for being a beacon of resistance and LGBTQ+ liberation, especially for Black and Brown members of the LGBTQ+ community. She fought for her community until her death in 1992. Among Johnson's contributions to the community was participation in S.T.A.R. (Street Transgender Action Revolutionaries), formerly Street Transvestite Action Revolutionaries, Gay Liberation Front, Gay Activists Alliance, ACT UP, and the Stonewall Riots. ➔



### 5 HEALTHY TIPS

...for maintaining your mental health during colder months.

- 1 **Keep active** with indoor exercises or walks outside when the weather is warmer.
- 2 **Let natural sunlight into your environment.** Open your shades or get a light box.
- 3 **Eat lots of fruits and vegetables** along with your comforting cold weather foods.
- 4 **Try a new hobby** that you can do while you stay warm indoors.
- 5 **Reach out to others if you feel like you need more support.** It might be cold outside, but there are many things you can do indoors with your loved ones.

[LEARN MORE](#)

### ADVOCATES

#### OUR BOARD MEMBERS

We would like to thank our board members for their commitment to our mission of improving behavioral health outcomes for the LGBTQ+ community in Colorado. They are a diverse group of individuals with a large range of professional and personal experiences that make their contributions to our work invaluable.

Anthony Aragon (he/him)  
Kambria Callantine (she/her)  
Ed Canon (he/him)  
Thelma Craig (she/her)  
Quana Madison (she/her)  
Emma McDevitt (they/them)  
Tanaka Shipp (she/her)  
Syah Taylor (he/she/they)

Envision:You

For more information on Envision:You visit our website, [envision-you.org](http://envision-you.org) or contact us at [info@envision-you.org](mailto:info@envision-you.org)

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