



Restoring Honor..... Ester Unit Veteran's Outreach Program

Edited By: Cpl. Culclager

The **Veteran's Voice**

Flag Detail – Flying the Colors

Bruce Kirwan

Every morning, weather permitting, appointed veteran Bruce Kirwan leads his flag detail out to the Veteran's Yard where the U.S. Flag, Arkansas Flag, all flags representing the military branches and the POW/MIA Flag are raised. In the evening the flag detail goes back out to the Veteran's Yard to lower and fold the flags to properly store them. The American Flag is not a symbol of our government or of our military. The American Flag represents the "People," a nation of people made up of all walks of life, religions and culture. When veterans look at our flag, no matter where they are, they are reminded of the people and country they swore to defend and protect.



HELPING VETERAN'S HELP THEMSELVES

*Steve Sikanas – Inmate Facilitator
Air Force Veteran*



The self-help classes are designed to help the veterans address behavior which will help the veterans change their thinking process. Doing this will in turn help to change their decision making abilities and process. One of the biggest problems facing a veteran who re-enters society is that they are trained to react instantaneously in any given situation. Once back in society they must be re-trained to think before acting in many situations. By bringing this fact to light, giving the veteran information, and tools to do such retraining we may be giving the veteran a much better chance to stay out of prison. Any help we can provide to the veterans is a victory and veterans are trained to attain victory.



In the Veteran Community Veteran's Flower Garden



By
Alvin Fukunaga
Garden
Facilitator



spend time tending to the garden and enjoy watching the progress of the variety of flowers as they continue to blossom. The ability to get out of the barracks and enjoy an outdoor project such as this is very therapeutic, giving pause to troublesome thoughts

and traumatic memories.

In a community of concrete, steel and barbed wire, there is an oasis of solace, an Eden of nature and color soothing the mind, relaxing the body and pleasing the eye. Thanks to a dedicated team of enthusiastic veterans, a flower garden was created. Any and all veterans can



Physical Wellness – The Healthy Choice

Twice a week there is a physical wellness class in the veterans barracks hosted by Coach Miller. There are several men confined to wheelchairs that like to participate and benefit from the variety of stretches, aerobics and isometric exercises. When Coach Miller is handling other duties, appointed veteran Anthony Farisa step up and conduct class thus maintaining consistency in keeping the veterans in shape. Although most of the veterans are limited due to disabilities, these physical wellness classes help maintain good health.

OPENING CEREMONY

April 6, 2018: The **Veteran's Outreach Program** became official. After months of hard work, a very dedicated and talented Management Team created this program. The program assists incarcerated veterans in restoring their honor and provide them with the necessary education and social skills to once again become law abiding and productive citizens. The Opening Ceremony began

with an opening speech from ADC Director, Wendy Kelly, and concluded with a message of support from Deputy Warden Michelle Gray. The ceremony was executed perfectly. It showed evidence of the organizational and professional skills of the Program Management Team.



GUEST SPEAKERS FOR THE QUARTER

April 10, 2018: Kim Crutchfield (Veterans Administration Mental Health Division) conducted a group activity titled "Timeline." The object of the activity was to chart positive and negative activity during different times in the veteran's life. When the timeline was complete the veterans could see the change in their lives and the incidents associated with it.

April 30, 2018: Sharon Ware (Ester Unit Mental Health) spoke to the veterans and gave information on all the self-help courses she offers at Ester Unit.

May 23, 2018: Coach Corrice McCoy (Delta Regional Unit Coach/ U.S. Army Veteran) shared his military history and asserted his commitment and respect to the veterans everywhere. Coach McCoy is currently working to start a Veterans Outreach Program at Delta Unit.

June 14, 2018: Happy 243rd Birthday U.S. Army. Mr. Charles Speer, U.S. Army Veteran, shared his experience in the Army, and his successful career as a law enforcement agent.



Words from the Veteran's Outreach Program Facilitator Cpl. I. McBride

Getting this program off the ground has really been a memorable experience. Although the process was challenging at times, the outcome was well worth it. The basis of this program is to build our veterans back up. I want to let our Veterans know that we appreciate them for once serving and protecting our country. Their jobs did/do not go unnoticed.



Voice of the Veterans - Testimony

U.S. Air Force Veteran and
POW Survivor, Almer
Wright, has improved
physically as a result of
participating in the Veteran's
Physical Wellness Program.

"I am a stroke victim, amongst other medical issues, and having a stroke made it difficult for me both physically and mentally. It had gotten to the point where I was near being immobile and my mind wasn't working as it should. The physical wellness class helped me gain my mobility back as well as helped my mind regain strength. After two weeks of the class and stretches, I began to see change. I regained the use of my right hand and I am able to sign my own name again."

