



May Newsletter

2023

USA Cares' mission is to provide post-9/11 military veterans, service members, and their families with financial assistance and post service skills training to create a foundation for long-term stability. Our services improve the quality of life for veterans and their families and reduce potential factors that can contribute to veteran suicide.

[MAKE A DONATION](#)



MISSION MOMENT: Julia Hutt

Assistance from USA Cares prevented Army veteran Julia Hutt and her two young children from homelessness, inspiring her to finally address her mental health issues and give back to other veterans.

[READ HER STORY](#)

Dear Friends,

With it designated as both Mental Health Awareness and Military Appreciation Month, May offers us 31 days to reflect on the unique relationship these two subjects share.



According to the [National Institute of Mental Health](#), 1 in 5 U.S. adults live with mental illness. Comparatively, a report published by the [National Library of Medicine](#) cited multiple studies that show at least 40-percent of post-9/11 veterans have “a potential need for mental health care.”

The dangers and trauma of war have a profound effect on the human mind. As research continues and new treatments develop, it’s important to recognize the bravery of our service members display in risking both their physical *and* mental wellbeing.

In this month’s newsletter, we’ve included three client stories where the veteran’s mental health played a pivotal role in their need for assistance. Julia Hutt was among the first boots on the ground in Operation Iraqi Freedom. The danger she was exposed to, coupled with her sexual assault, left a lingering pain she did not address for years.

Darrian Kelly, another Iraq veteran, silently suffered from PTSD until his inability to maintain employment forced him to seek mental health care. Similarly, Marine Corps veteran Chris Wilburn struggled to stay afloat financially while he received in-patient psychiatric care at his local VA hospital.

In each of these instances, USA Cares provided the veteran with an opportunity to properly address their health issues without the additional stress of financial strain. We will never know what would have happened without the assistance, but I have no doubt USA Cares not only changed lives, but saved them, too.

In our news section, you will see Matt Castor and I have been busy building relationships with fellow veteran and military supporters. Additionally, our Chapter Outreach team is adding new chapters at an incredible rate. It is exciting to see USA Cares’ reach growing every day.

You will notice the green ribbons in the picture above my letter. Green is the official color of Mental Health Awareness Month. I hope it invites you to show support for all our veterans suffering from mental health issues.

You don’t have to be a psychiatrist or mental health expert to make a meaningful difference in the lives of our military members, veterans, and their families. Your generous donations allow veterans to take their first steps toward sustainable health and happiness.

This May, ask yourself, how will I make an impact?

Trace Chesser

President & CEO, USA Cares



YOUR DONATION'S IMPACT



Darrian's Story

Darrian Kelly, an Army veteran, had trouble holding a job, maintaining relationships, and handling stress. It wasn't until help from USA Cares allowed him to seek mental health treatment that he realized he had been dealing with severe PTSD.

[READ MORE](#)



Chris' Story

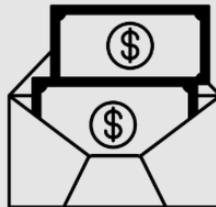
A stay at the VA's psychiatric unit gave Marine Corps veteran Chris Wilburn the mental health help he desperately needed, but his absence from work put him in jeopardy of losing the very car he had once lived in.

[READ MORE](#)

Year-to-Date Numbers



254 Families
with
322 Children
Assisted



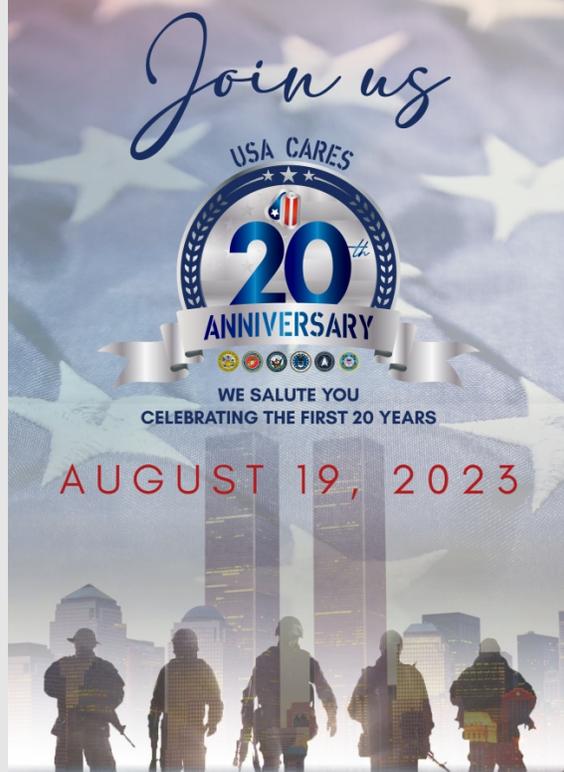
\$531,002.69
of Financial Assistance
Distributed



100
Evictions/Foreclosures
Stopped

News

Purchase your 2023 USA Cares Gala table and tickets now!



REQUESTS THE HONOR OF
YOUR PRESENCE FOR OUR ANNUAL

Gala

BENEFITING POST-9/11 MILITARY VETERANS,
SERVICE MEMBERS, AND THEIR FAMILIES.

FEATURING KEYNOTE
JULIE BENTZ
MAJOR GENERAL, US ARMY, RETIRED

THE GALT HOUSE HOTEL
SATURDAY
AUGUST 19, 2023



TO PURCHASE TICKETS OR
SPONSORSHIP PACKAGES
SCAN THE QR CODE

5:30 PM COCKTAILS
7 PM PROGRAM BEGINS

[Buy Tickets](#)

NASCAR Day Giveathon: May 16th @ 5 pm - May 19th @ 8 pm

"Created in honor of the 75th Anniversary of NASCAR, the NASCAR Day Giveathon is a joint effort between NASCAR and The NASCAR Foundation to provide much needed funds to the communities where we live, work and race. The NASCAR community's day of online giving will be a 75-hour period which provides an easy and fun way for our racing community to support local nonprofits." - [website](#)

Search for "USA Cares" at the link above and find out all the ways you can help raise awareness and support USA Cares for the Giveathon!



USA Cares invited to Justin Thomas Foundation's Junior Golf Tournament.



Thank you to the Justin Thomas Foundation for inviting USA Cares to its Justin Thomas Junior Championship at the Harmony Landing Country Club in Louisville, Kentucky. We are so grateful for the continued support of our military and veteran families!

USA Cares travels to Alabama for Association of United States Army (AUSA) Expo



President & CEO Trace Chesser did more than try on a javelin or two. He and Vice President Matt Castor met up with old friends and met new ones at the AUSA Expo in Alabama.

Tim Metheny makes friends with DeSales High School students.



While visiting headquarters in Louisville, Tim stopped by DeSales High School to speak to students about his military experience and work with USA Cares. A group of students interviewed Tim for a social justice class and enjoyed their conversation so much, they asked him to be a guest speaker for other classes. They have also started a small fundraiser to make a donation to USA Cares. We are inspired by the students' eagerness to join the fight against veteran suicide.



USA Cares Team Growing

Chapter Outreach Director Tim Metheny and Manager JB Bradham have been busy expanding the Chapters Program and would like to extend a huge welcome to some new faces. We are so excited to see our new Chapters get to work!



Mr. Brian Bishop – Louisville, KY
Chapter Member



Dr. Samjhana Shakya – Little Rock, AR
Executive Director



COL (R) Elmore "Jay" Jones Jr. – Fort
Knox/Central, KY
Co-Executive Director



CSM (R) Rosella Scott "Scottie" – Fort
Knox/Central, KY
Co-Executive Director

Check Out This Week's Episode

Join Annice, Matt, and Josh every week for the podcast series that shares the voices of veterans, military members, and the people around them in an authentic, conversational setting.

April episodes include interviews with **Best-Selling Author Scott Huesing**, and **USMC Reservist Gilbert Stubbs**. Make sure to subscribe so you don't miss an episode.



USA CARES PODCAST AVAILABLE ON ALL
MAJOR STREAMING SERVICES



Listen Here!



Every donation USA Cares receives helps to change a veteran and their family's life. With the financial need for each veteran continuing to increase, many feel like their single donation is not doing enough. This is where the Cadence Monthly Giving Program comes in.

An automated donation of \$35 every month (\$420/year) pays for a veteran's monthly grocery bill; \$50 per month (\$600/year) pays a monthly car payment; \$100 per month (\$1,200/year) pays a monthly mortgage payment. Your commitment provides USA Cares with a steady, reliable income stream and is the best way to allow us to focus on helping our veteran heroes and their families.



USA Cares Merchandise Store

Proudly show your support of USA Cares by shopping our merchandise store. You can find men's and women's styles for all types of weather, while knowing 25% of every purchase will be donated to our Military Assistance Response Program that helps veteran and military families in crisis.

Comments or Questions?

Send Us A Message

Keep in Touch!



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[Unsubscribe amy@usacares.org](mailto:amy@usacares.org)

[Constant Contact Data Notice](#)

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