

NOT ON OUR WATCH



Here is how:  
Pledge \$22 today  
Pledge \$22 a month  
Pledge #22 sharing:  
"I TOOK THE PLEDGE, WILL YOU 2?"

We invite you to continue to support our work by visiting our website to find out how you can **JOIN THE WATCH**.

For more information, please visit:  
[www.wellnessworks4veterans.org](http://www.wellnessworks4veterans.org)

Wellness Works is a nonprofit which strives to promote the optimal reintegration of Veterans back into the community and honor their service, while working to strengthen the community bond and help restore a sense of wholeness of mind, body, and soul to Veterans and their families. Wellness Works has been a community service provider in Glendale serving the surrounding areas, such as Pasadena and Burbank, for more than 30 years with a focus exclusively on serving Veterans and their families for the last thirteen years.

(Non-Profit ID# 95-4554824)

# NOT ON OUR WATCH



## SEPTEMBER 13-15, 2019 VERDUGO PARK, GLENDALE

**Wellness Works Glendale**

is honored to host our  
5th Annual

**Not on our Watch**

September 13-15, 2019  
Verdugo Park, Glendale

This event is to bring awareness to the 22 Veterans who lose their battle with PTS every day. Currently, there are more Veteran deaths attributed to suicide than killed in action in both wars fought in Iraq and Afghanistan. Suicide is a battle Veterans and their families cannot fight alone.

Wellness Works Glendale is a non-profit provider that serves our military men and women, active duty, Veterans and their families. We are committed to relieving the lingering stress and suffering that military duty often brings to families through our "Welcome Home Veterans" program.

While some Veterans have physical wounds that can be seen, other Veterans have invisible wounds of the heart, soul and mind. We, as Americans, have a tremendous opportunity as well as responsibility to help prevent Veteran suicide, which cannot be left to Veterans, their families, or the VA to address alone.

**OUR SINCEREST GRATITUDE TO OUR SPONSORS FOR THEIR SUPPORT!**

Camille Levee    The Sumner Family    John Vander Giessen



Jewel City Kiwanis



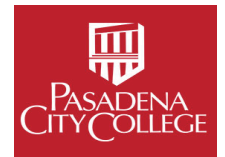
VFW Post 8310



American Legion  
Post 288



VFW Post 1614



Joyce Bigelow

Wanda Tucker

U.S. Congresswoman Judy Chu (CA-27)

Dr. David Viar

Wes Cloys

David Watts

Pamela & Stephen Ropfogel

## HOPE FOR SURVIVORS

### HEALING & HOPE

**H** **HEALTHY** coping techniques through  
**E** **EMPATHY** and understanding by providing  
**A** **ACCEPTANCE** without judgment by way of  
**L** **LISTENING** nonjudgmentally while continuing to  
**I** **INSTILL** hope as we  
**N** **NAVIGATE** through the  
**G** **GRIEVING** process  
**&**  
**H** **HONORING** our loved ones through the  
**O** **ONGOING** belief that  
**P** **PREVENTION** is possible with community  
**E** **EDUCATION** on suicide

(American Foundation for Suicide Prevention, 2016)

As a family member, or friend, left behind after an active duty Service member or Veteran has lost their fight to live, whether to mental and physical service-related health issues resulting in suicide, or death by other means (such as vehicular accidents, adrenaline-seeking behavior, drugs and alcohol), the emotional and physical trauma related to military service, feeling alone in experiences of grief and loss, can be devastating.

An integral component of the Purple Star Veterans and Families (PSVF) mission is to memorialize the fallen through the celebration of their lives and service while creating community support, caring and acceptance for their families and friends of the fallen, especially where suicide prevention efforts pertaining to active duty Service Members and Veterans are concerned.



## THE BATTLEFIELD CROSS

The Battlefield Cross (or Battle Cross) has come to be

known as a symbol associated

with military loss. “The helmet

and identification tags signify

the fallen soldier, their name

never to be forgotten. The

inverted rifle with bayonet

signals a time for prayer, a

break in the action to pay

tribute to our friend.

The combat boots, worn and dirty, represents the final march of the soldier’s last battle. After a set period of time, the memorial is respectfully dismantled with the components being returned to the unit for appropriate disposition.”

(Battle Cross for the New Greatest Generation, 2010)



## **OPENING CEREMONY**

September 13, 2019  
2:00PM - 3:00PM

### **MASTER OF CEREMONIES**

Bill A. Jones

### **WELCOME**

Lisa Raggio, MPA  
Executive Director

### **INVOCATION**

Rev. Cassie McCarty, MDiv, BCC  
Director of Mission Integration and  
Spiritual Care Services  
Dignity Health, Glendale Memorial Hospital and  
Health Center

### **HONOR GUARD**

Glendale Police Department

### **PLEDGE OF ALLEGIANCE**

Vartan Gharapetian  
Council Member  
City of Glendale

### **NATIONAL ANTHEM**

Crystal Ayala

### **OPENING REMARKS**

Ara Najarian  
Mayor  
City of Glendale

### **KEYNOTE SPEAKER**

Guy McDermott  
USN SEAL (LT) retired  
Firefighter/Paramedic Glendale

### **REFLECTIONS**

"Spirit Wounds"  
Patrick Ignacio, USMC

### **PROCESSION AND FIRST WATCH**

Kathy Lynch, MA, LMFT  
Clinical Director  
Wellness Works

## **CLOSING CEREMONY**

September 15, 2019  
2:00PM - 3:00PM

### **MASTER OF CEREMONIES**

Lisa Raggio, MPA  
Executive Director

### **BAG PIPER**

Harry Farrar

### **WELCOME**

Kathy Lynch, MA, LMFT  
Clinical Director  
Wellness Works

### **HONOR GUARD**

VFW 1614/AL 288  
Glendale Unified School District ROTC

### **PLEDGE OF ALLEGIANCE**

### **INVOCATION**

Cliff Ishigaki  
USMC, Cpt. (Ret.), Chaplain  
Board President, Wellness Works

### **OPENING REMARKS**

Paula Devine  
Mayor Pro Tem  
City of Glendale

### **KEYNOTE SPEAKER**

Dr. Sharon Birman  
Chief of Suicide Prevention  
GLA VAMC

### **REFLECTIONS**

"Battle Buddy"  
Patrick Ignacio, USMC

### **ROLL CALL**

### **PRESENTATION OF FLAG AND BANNER**

Cliff Ishigaki, USMC  
Stephanie Stone, Chief Deputy Director, Military  
and Veterans Affairs, USN

### **GONG SALUTE**

### **TAPS**

Eddie Preciado, L/CPL, USMC  
Riverside National Cemetery  
All Forces Honor Guard Team 21

### **CLOSING REMARKS**

Lisa Raggio, MPA  
Executive Director  
Wellness Works