

Supporting Our Female Veterans

5K 4 FIGHTERS



ECONOMIC OPPORTUNITY COUNCIL
OF
SUFFOLK, INC.

Saturday October 6th at 9am

5K RUN / WALK

All proceeds benefiting homeless female veterans unmet needs



DO YOU KNOW A HOMELESS VETERAN?

For more information call

631-289-2601



Event Schedule

7:30 am- registration opens

8:00 am Colors ceremony

9 am race start

10 :15 awards ceremony

Welcome

To All Participants, Sponsors and Volunteer's,

We would personally like to thank everyone who has donated to and is participating in, this patriotic event that so generously supports and celebrates Long Island's Veterans. The support and enthusiasm has come from every end of the Island. Thank you for caring so deeply for our veterans and their families.

The co- hosts and beneficiaries of Patchogue's 5K 4 Fighters' race, the Economic Opportunity Council of Suffolk, Inc. and the Women Marines Association. These two organizations continue to serve our community by caring for our veterans at home and abroad, as well as provide support for their families here in the communities of Long Island. They are committed to ending Veteran Homelessness, and have vowed together to work together specifically looking to help our growing population of homeless female veterans. Your support will lend a hand in continuing the mission to help homeless female veterans become self-sufficient providers for their families.

Please accept our sincere gratitude for your support as a sponsor, a runner, or a volunteer. We also extend a very special thank you to the Village of Patchogue, Brookhaven Township and the Parks and Recreation Department, for their strong support and assistance in making this event successful. Your kind generosity is deeply appreciated by those who will benefit from this event.



The Economic Opportunity Council of Suffolk, Inc.
SUPPORTIVE SERVICES FOR VETERANS

ARE YOU A HOMELESS VETERAN?

ARE YOU IN JEOPARDY OF BECOMING HOMELESS?

DO YOU KNOW A VETERAN WHO IS STRUGGLING?

HELP IS AVAILABLE

TEMPORARY FINANCIAL ASSISTANCE

- Rental assistance
- Utility-fee payment assistance
- Security or Utility Deposit Assistance
- Moving cost assistance
- General housing stability assistance
- Child care financial assistance – Limited
- Peer Support
- Transportation
- Emergency housing assistance



SUPPORTIVE SERVICES

Personal Financial Planning Services

Income Support Services

Legal Services

Housing Counseling Housing Search

Employment Assistance

Military to Civilian Resume Translation

Career Coaching

Outreach Services

Case Management Services

Peer Support

Assistance obtaining VA benefits

Assistance obtaining other public benefits

For more information and to see if you qualify call:

(631) 289-2601

www.eoc-suffolk.com

31 West Main Street, Suite 300

Patchogue, New York 11772



Women Marine Association

www.womenmarines.org

To all Participants and sponsors,

Thank you for your support in the second annual 5k 4 Fighters race. We appreciate your enthusiasm and your patriotism in supporting female veterans.

It's been an honor and a privilege to partner with Economic Opportunity Council of Suffolk, Inc. of Patchogue, New York. This great organization has been our champion in helping us communicate the needs of today's female warriors.

The Women Marines Association (WMA) is a volunteer 501(c)3 organization that was established in 1960. Our current mission to support the female veterans transitioning back to civilian life are greater today than ever before. With the increase of females entering the military over the past 15 years and fully integrating in combat missions, there is an increase of female veterans needing more support here at home when they are discharged.

- The WMA supports and honors all females who have earned the title, Marine.
- The WMA continues to counsel, assist and mutually promote the welfare and well-being of the elderly female veterans.
- The WMA is leading the charge on helping all homeless female veterans, the shelters they reside in, and those transitioning out of shelters.

Please accept our sincere appreciation.

Semper Fi,

Jamie B. DePaola
SgtMaj, USMC (Ret)

StaceyAnn Castro
WMA NY-7 Chapter President

The Invisible Veteran

Close your eyes. Picture in your mind- a veteran. Most will see an older man, in a uniform. Branch of service does not matter, what always remains constant – is the fact that your immediate vision, is not of a woman. While yes, the largest group of veterans are male, they are not the only veterans. Women have been serving in the military, since 1775. They have been in combat, they have filled jobs overseas, and accomplished multiple tours of duty, only to become second guessed, when they return home.

So why are they invisible?

Women veterans are challenged every day, to prove themselves worthy. They are constantly being questioned as to if they really served, what branch they could have possibly been in, and what job they filled. More times than not, the woman veteran will be asked if it was her husband that served, or even her child, before they even think that it is possible that she is actually, the veteran.

After feeling like you constantly have to prove yourself, many women veterans will not even self-identify, as it is easier, and less embarrassing to admit they are veterans. There is a stigmatism amongst us that says while a male veteran is a hero, a female must have something wrong with her, if she made the choice to serve. The last thing these women then want to do, is ask for help. Thus creating a growing demographic of homeless veterans, with an even greater suicide rate.

Suffolk County alone has 75,000 veterans registered. If even 10% of that are women, that means there are 7,500 women, in our community. Recent research has showed that while the entire veteran population is set to decrease over the next 25 years the female veterans will increase significantly, and steadily, with the projected level to be at 2.4 million female veterans, by 2040. That's in less than 25 years.

Veteran women, are more than twice likely as non –veterans women and over 3 times as likely as non-veteran women living in poverty to experience homelessness. That number also jumps, depending on other risk factors, such as younger ages, being unmarried, unemployment, having a service connected disability or having been a victim of MST, or diagnosed with PTSD. Today, we are focused on raising awareness, and changing the vision of how our female veterans are viewed.

Long Island has limited resources and programs to help these unsung heroes coming back home. It is our vision and dream that the 5K 4 Fighter race, will continue to raise funds for them year after year until a suitable transition home for female veterans is opened on Long Island. Right now, the funds we raise will be able to go towards the needs of the female veterans that are unmet. Some of these woman need licensing fees, additional legal costs, utility and car payments, assistance with relocation, support for single mothers and children's care needs. The transition back into civilian life is hard enough. Without our support it could take years before these women can even provide a secure home for themselves, and their families. Raising awareness is the key to solidifying the support these women need to become self-sufficient. The female veteran can no longer be invisible

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AXIS Church - Pastor Kara Bochinno

Pilgrim Press - Bohemia

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Thank you to our Groups and Volunteers :

Marine Corps Junior ROTC cadets from Lindenhurst High School

Theodore Roosevelt Division of the U.S. Naval Sea Cadet Corps

Patriotic Singers; lead by Jessica Cianciotto

Christina Calaitges, Hannah Cianciotto, Johnny Gregoire,

Nicole Pottgen, Jules Tapler

Marie Nuzzi, WMA NY-7 Secretary

Warrior Ranch Foundation

Long Island Young Marines

EOC Staff Volunteers and their Families

Selden Girl Scouts

Boy Scout Troop 427 from Setauket NY

Deanna Lamberti

The Cosma Family

The Tapler Family

BASIC - from Stony Brook University

The Lara Family

The Maddux Family

Katelyn Vaiana

Nigel Green

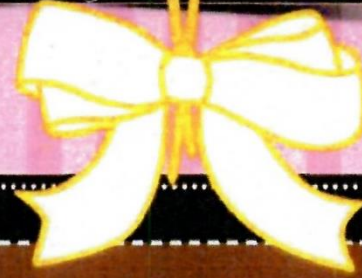
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