



"Serving Those Who Serve America"

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Recycle SD Inc.  
1286 University Ave.  
San Diego, CA 92103-3312

February 8, 2012

Dear Friends,

Your December check donation in the amount of \$473.50 in support of our Patient Recreation program is sincerely appreciated. On behalf of Naval Medical Center patients and their families thank you very much.

Active duty military are committed to defending our nation, and as a result they are put in harm's way. It's important that we remain committed to our military as they undergo medical treatment. Not only does your donation greatly help, perhaps even more importantly, your gift sends a message of care and appreciation to our warriors during these troubled times.

Since October 2001, approximately 1.64 million US troops have deployed to support operations in Afghanistan and Iraq. A recent survey done by the RAND corporation reported that approximately one-third of returning service members report symptoms of mental health or cognitive condition have been exposed (for prolonged periods) to combat-related stress or traumatic events. According to the "New England Journal of Medicine" the entire family is affected by the deployment to Iraq or Afghanistan. The spouses of deployed have greater mental health incidents such as: depression, anxiety and sleep disturbance. The children of deployed parents suffer more emotional issues, particularly if separations are long or the parent at home is troubled, says the study, which was published in December of 2009.

Armed Services YMCA is privileged to provide programs and services to patients in active treatment at Naval Medical Center San Diego. In addition to emergency financial assistance, Armed Services YMCA provides programs that aid healing and contribute to patient wellness. In 2009, over 20,000 wounded, ill and disabled along with family members benefited from participation in Armed Services YMCA programs and services offered throughout San Diego. This is possible because of generous community support.

We appreciate you joining our cause. To learn more about San Diego Armed Services YMCA we invite you to visit our website at [www.militaryymca.org](http://www.militaryymca.org).

There are no costs or fees for our programs; there are no restrictions on ways we can help. Your donation comes at a much needed time; thank-you once again. For your records our non profit tax identification is 95 167 9700.

Respectfully,

A handwritten signature in cursive script, appearing to read 'Cherri Barnswell'.

Cherri Barnswell, Senior Director  
San Diego Armed Services YMCA  
Naval Medical Center



#6080

An operating branch of the ARMED SERVICES YMCA OF THE USA  
Website: [www.asymcasd.org](http://www.asymcasd.org)