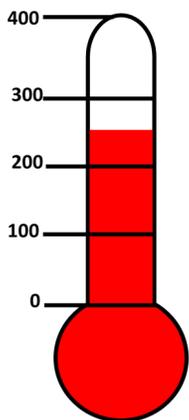


Summer 2015 Participant Newsletter



What We've Been Up To



Recruitment is going great! In less than one year we have achieved more than 50% of our enrollment goal of 400 couples! None of this could have been possible without the support of the Military units, Soldiers and their partners, as well as the National Institutes of Health. Our goal is to examine the health and wellness of Military Soldiers and their partners in order to improve prevention, intervention, and treatment.

As a reminder, both partners complete the survey, and each partner will receive \$60 after the first assessment, \$70 each after the second and third assessment (one and two years later), for a total of \$200 per person or \$400 per couple at the end of the study.

If you know anyone else who might be interested in taking part in our study, have them contact us. Website: sphhp.buffalo.edu/operation-safety Phone: (716)829-4731

Email: OperationSafety@buffalo.edu

Where will this research be presented? The American Public Health Association (APHA) holds an annual meeting where over 12,000 public health practitioners, policy makers, and health care providers share important research findings. The next annual meeting will be held October 31- November 4, 2015 in Chicago. Staff from the Operation: SAFETY project will be attending this conference and presenting preliminary study findings with attendees to inform practitioners about the needs of US Army Reserve/National Guard Soldiers and their partners.



AMERICAN PUBLIC HEALTH ASSOCIATION
For science. For action. For health.

We've also attended and presented at two other conferences that focus on prevention, intervention, and treatment research. Both were well-attended by experts in the field and exciting venues to discuss this important work!



We Listened! Based on your feedback from the first survey, we have added a few questions about pets and coping to the follow-up surveys. We will be in touch when it is getting close to the time for your second survey. As a thank you for your time you and your partner will each receive \$70 after completing the second survey.

The KIA Memorial Road March is to honor those fallen in battle and collect non perishable food for Veterans in the Buffalo area. For more info go to <http://www.kiamemorialmarch.com/> We hope to see you there!



MEMORIAL ROAD MARCH™

AUGUST 22, 2015

Newsletter

Summer 2015



Soldiers And Families Excelling Through the Years

Eat more vegetables with this fresh summer recipe!

Grilled Portobello with Mozzarella Salad



Ingredients

2 cups grape tomatoes, halved
3 ounces fresh mozzarella cheese, cubed
3 fresh basil leaves, thinly sliced
2 teaspoons olive oil
2 garlic cloves, minced
1/4 teaspoon salt
1/4 teaspoon pepper
4 large Portobello mushrooms (4 to 4-1/2 inches), stems removed
Cooking spray

Directions

In a small bowl, combine the first seven ingredients; cover and chill until serving. Spritz mushrooms with cooking spray. Using long-handled tongs, moisten a paper towel with cooking oil and lightly coat the grill rack. Grill mushrooms, covered, over medium heat or broil 4" from the heat for 6-8 minutes on each side or until tender. Spoon 1/2 cup tomato mixture into each mushroom cap. Yield: 4 servings.

Recipe from: Healthy Cooking August/September 2009, p51

It has been an honor to be guests at your drills and meet with you. We are very excited to be conducting this important work. We look forward to learning more through your opinions and experiences in order to bring to light the health and wellness of our Reserve Soldiers and their partners!

Thank You!

The Operation: SAFETY Team

Phone: (716)829-4731

Email: OperationSafety@buffalo.edu