Veterans Multi-Service Center: The Perimeter

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FOCUS AREAS

- Smoking Cessation
- Employment
- Cardiovascular Health
- Oral Health
- Mental Health
- Basic Medicine
- Communication Skills

OBJECTIVES AND GOALS

- To motivate the veterans to eat healthier and exercise daily
- To challenge the veterans to quit smoking
- To provide healthy outlets for anxiety and stress
- To provide resources for mental health issues such as Depression, Anxiety, PTSD, and Schizophrenia
- To educate the veterans about cardiovascular health
- To provide resources to aid in future employment
- To educate veterans on the importance of oral health

ACTIVITIES

- Entertainment
  - Match Game
  - Discussion
  - Jeopardy
  - Family Feud
  - Wits and Wagers
  - Multiple Choice
  - Arts and Crafts
  - Bingo
  - Field Trip: The Mutter Museum

- Administrative
  - Surveys
  - Meal preparation and serving
  - Cliental Intake Paperwork

PERSONAL STATEMENTS

- "Getting the chance to work with the veterans this summer at the Perimeter through BTG has been an eye opening experience. The guys have taught me a lot about perseverance in the face of adversity as well as a lot about myself. I learned everything from prejudices and bias that the homeless and veterans face on a daily basis to how to play spades like a champ. This summer has been truly an amazing and humbling experience." — Alex

- "Working at the Perimeter this summer has been a truly life changing experience. The veterans have taught me a great deal about resilience, perseverance, and acceptance. They view each day as a new opportunity for success and handle challenges with the utmost of strength. These are some of the most caring and forgiving individuals I have ever worked with and it has been an honor to be a part of their family. I am so grateful to have been able to serve such inspirational individuals that have dedicated their lives to serving our country." — Courtney

ACKNOWLEDGEMENTS

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The staff of the Veterans Multi-Service Center