

# Support Our Nation's Heroes!

## Your Participation Funds Local Veteran Care

The Stars & Stripes Run~Walk is the primary fundraiser for the Sitrin Military Program. Your support and fundraising efforts help to provide comprehensive, complimentary care to post-9/11 veterans and service members affected by post-traumatic stress, suicidal ideations, traumatic brain injuries, depression, amputations, and other combat-related conditions.

Sitrin's unique program combines both traditional and non-traditional therapies, tailored to each veteran's needs based on military, combat and reintegration experiences. Therapeutic and behavioral methods are utilized based on challenges veterans face as they reintegrate into civilian life. Treatment is comprised of one-on-one therapy sessions, as well as holistic forms of care, including Equine-Assisted Therapy, adaptive sports, dance/movement therapy, sculling, biofeedback, Ecototherapy, Polarity Therapy, physical readiness training, and more.

Sitrin treats local veterans from all five branches of the United States Military: Army, Navy, Marine Corps., Coast Guard, and Air Force. More than 50% of the veterans treated at Sitrin are affected by post-traumatic stress.

## Meet Veteran Marc Lanaux

At age 17, Marc Lanaux enlisted in the United States Army. He was stationed throughout the United States and was deployed to Germany, Korea, Somalia and Afghanistan.

Of all Lanaux's deployments, Mogadishu, Somalia, was the most dangerous. While there, he didn't feel safe. His life was threatened every day. He described Mogadishu as modern warfare. He was also there during the ill-fated Operation Restore Hope, otherwise known as Black Hawk Down.

"Our second day there, it was classified as a combat zone," Lanaux said. "We had to climb ladders 60 feet just to get to our guard posts and very other night, they were attacking us with mortar fire and AK 47 fire; it became so overwhelming, we had to call for air support."

Retiring after serving 22 years in the Army, Lanaux returned home, only to discover changes in his overall wellbeing. He didn't feel like the same person. Readjusting to civilian life was also very difficult. It didn't take long for him to realize he was suffering from post-traumatic stress disorder (PTSD).

"I never knew I had PTSD until I retired," Lanaux disclosed. "I think the reason is that I'm not leading soldiers anymore and I have no authority; readjusting to civilian life was terrible for me in the beginning because all I knew was the military life."

## Military-Civilian Coalition

Another component of the program is the Military-Civilian Coalition (MCC), which promotes camaraderie through social activities and educational opportunities. In the MCC, veterans partner with civilians in recreational activities, such as fly fishing, biking, hiking and golf, as well as planned helpfulness, a goal-oriented project tailored to specific interests of service members. This portion of the program provides a fundamental opportunity to bring health and wellness full circle within the veteran community.

## Warrior Retreat

Sitrin's annual Warrior Retreat is another program funded by proceeds from the Run~Walk. More than 100 veterans and family members spend the weekend at Camp Sitrin participating in fun-filled, teambuilding activities, including hiking, spouses' group, painting, paint ball games, and more. Veterans also spend time with their military brothers and sisters sharing stories, which promotes emotional and spiritual healing.



It wasn't until Lanaux was introduced to Sitrin's Military Program that his life took a turn for the better. In 2016, he attended the annual Warrior Retreat at Camp Sitrin.

"I wasn't supposed to go to the retreat, but now, every year, I look forward to it," Lanaux added.

"When I first started going, I would talk to a few people, but didn't get involved in any activities; however, now, Jackie can get me to do anything, and I can never say no to her."

Nowadays, Lanaux is involved in the Military garden, upkeep at Camp Sitrin, and volunteers for community events, such as the annual Good News Center Flags for Heroes.

"I really like the Sitrin Military Program because the activities and treatments offered are beneficial, and there is no favoritism in the program," Lanaux expressed. "I don't look at Jackie as just an occupational therapist; I look at her as a friend."

Lanaux's strong desire to give back continues to this day. Since becoming a Licensed Massage Therapist in 2021, he has offered his services to veterans being treated through the Sitrin Military Program.

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[www.sitrin.com](http://www.sitrin.com)

Charles T. Sitrin Health Care Center is a not-for-profit corporation.

# Support Our Nation's Heroes at the



**5K Wheelchair\* • 5K Run\* • 2-Mile Walk**

**\*Chip Timed Results!**

**Sunday  
October 2, 2022**

**SUNY POLYTECHNIC  
INSTITUTE**

**Utica, NY**

**Event Proudly Presented by**



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*Event Proudly Presented by*

**SUNY Polytechnic Institute, Utica, NY**  
**chedule of Events**



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**\*Chip Timed Results!**

9:15AM – 2-Mile Walk

## 10:15AM – Winners Announced/Race Results

# Stars & Stripes Run-Walk Pledge Form

**\$30 Entry Fee\*** | **\$35 Entry Fee After 9/10/22** ☐ **5K Wheelchair** ☐ **5K Run** ☐ **2-Mile Walk** ☐

Name (please use first and last name): \_\_\_\_\_

☐ I Have A Team      Team Name: \_\_\_\_\_  
(Each team member must register separately.)

Address: \_\_\_\_\_

Phone: \_\_\_\_\_

City: \_\_\_\_\_

Email: \_\_\_\_\_

State: \_\_\_\_\_ Zip: \_\_\_\_\_

Pledges			
	Sponsor Name	Sponsor Address	Amount Pledged
1	My personal donation		\$
2			
3			
4			
5			
6			
7			
8			
9			
10			
11			
12	Please make checks payable to the <b>Sitrin Foundation, Inc.</b> If your employer has a matching gift program, kindly attach form(s).		<b>Total Pledges:</b> \$

## All Proceeds Benefit The Sitrin Military Program

☐ **I am unable to attend, but wish to make a tax-deductible donation** to the 10th Annual Sitrin Stars & Stripes Run-Walk. Please make checks payable to the Sitrin Foundation, Inc., and mail to Sitrin Foundation, 2050 Tilden Avenue, New Hartford, NY 13413.

If donating by credit card:

<input type="checkbox"/>		Visa	<input type="checkbox"/>		MasterCard	<input type="checkbox"/>		Discover	<input type="checkbox"/>		American Express
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[illegible]

Dollar amount authorizing for payment: \$ \_\_\_\_\_ Today's Date: \_\_\_\_\_

Cardholder's Name (please print) : \_\_\_\_\_

Cardholder's Signature: \_\_\_\_\_

☐ **Optional:** My gift is in honor or memory of: \_\_\_\_\_

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**Please bring completed form(s) and donations to registration on Sunday, October 2, 2022 to the Campus Center, SUNY Poly. For more information, contact Kelsey Carlo at 315-737-2245 or kcarlo@sitrin.com.**

***The Express Employment Professionals/First Source FCU Veteran's Supply Vehicle will collect non-perishable canned or boxed food items for the Feed Our Vets organization in Utica.***



TEAM ADIRONDACK BANK

## Simple Suggested Steps

**to Raise \$160 In Just 10 Weeks:**

<input checked="" type="checkbox"/>	Week 1	Put in your own \$30 contribution	\$30.00
<input checked="" type="checkbox"/>	Week 2	Ask your spouse for \$30	\$60.00
<input checked="" type="checkbox"/>	Week 3	Ask your supervisor for \$20	\$80.00
<input checked="" type="checkbox"/>	Week 4	Ask a co-worker for \$20	\$100.00
<input checked="" type="checkbox"/>	Week 5	Ask a friend for \$10	\$110.00
<input checked="" type="checkbox"/>	Week 6	Ask a neighbor for \$10	\$120.00
<input checked="" type="checkbox"/>	Week 7	Ask a relative for \$10	\$130.00
<input checked="" type="checkbox"/>	Week 8	Ask another co-worker for \$10	\$140.00
<input checked="" type="checkbox"/>	Week 9	Ask your hairdresser for \$10	\$150.00
<input checked="" type="checkbox"/>	Week 10	Ask your dry cleaner for \$10	\$160.00

# Tips For Fundraising Success