

The '87 Club

Tom Bacigalupo
David Beemer
Margie Binder
Sybil Bradley
Phil Brandt
Trish Burgess
Amy & Bill Byrne
Michael Cantwell
John Chandler
Gregory Contaoi
Rudy Crespino
Michael D'Ambra
Michael Danzer
James Derrane
Mary Dunne
Olin Filyaw
Tina Flood
Diana Foster
Gabriel Gomez
Paul Gosnell
Laura Granahan
Bonnie Graziano
Bill Hamblett
Doug Hanson
Ronnie Harris
Michael Hatheway
Erik Holtkamp
Kelly Jeffries
Jonathan Jewell
David Julian
Patricia Killinger
Tony Klimas
Michael Kurka
John Loesch
Sean Mangan
Vincent McBeth
Mary McElroy
Scott McFarlane
Heidi Moser

Happy Veteran's Day!

Thank you to everyone who has served our country in our armed services.

Our country's hard-earned freedom is not free -- it comes at the expense of those in uniform.



Great news! PSVa is part of the **Combined Federal Campaign!** If you are a federal employee, you can now give to PSVa via CFC.

PSVa's CFC number is 55119

It's probably no surprise that **military mothers are at increased risk** for experiencing perinatal mood and anxiety disorders such as postpartum depression or anxiety. Military families are often far away from home. They face the stress of deployments and having loved ones in dangerous places. And, sadly, stigma about mental health issues continues.

We take our responsibility to help military moms seriously. Melissa Nauss is a Navy spouse, a postpartum doula, and our **Military Moms Coordinator**. [Check out her company's awesome logo!] Melissa runs a virtual support group just for military moms.



STARS & STRIPES
D O U L A S

We are working with folks from **Langley AFB and Portsmouth Naval Hospital --**

*Matt Mullins
Tom Murphy
Brian & Robin Noyes
Shelley O'Malley
John O'Boyle
Susanne Openshaw
Craig Perri
Anonymous
Jeff Rayburn
Timothy Rayner
John Rinkacs
Rob Roberson
Veronica Rogers
Matt Sampson
Suzanne Skelley
Dave & Erica Smith
David Sousa
Nancy Springer
Michael Stewart
Joan Strayer
Susan Sutter
Dale Szpisjak
Tom Taliaferro
Jeanne Taylor
Susan Tenney
John Tigani
Maggie Utterback
Andrew Vuillemot
Clare Walker
Dave & Mercedes
Welch
Donald Ward
John Wilson*

which hosts one of our support groups -- along with other stake-holders in Hampton Roads to address PMADs in a comprehensive, community-wide manner.

Thank you to Naval Academy graduates from the Class of 1987 who have generously supported PSVa this year. See the list at left for members of the '87 Club, who collectively donated close to \$10,000. Special thanks to:

- **Drew Vuillemot** -- along with wife Jen and daughter Julie -- who participated in Shelane's Run
 - **Erica Sahler**, who assisted with CFC accreditation.
 - **Paul Rayhill, Jim Matheson, and Rob Calhoun**, who donated water for Shelane's Run.
 - **Race Roberson**, who participated in the Wine & Design fundraiser in Fredericksburg.
 - **Gabriel Gomez, Paul Gosnell, Laura Granahan, Matt Sampson, Suzanne Skelley, and Patti Stevick** who have given so generously to support PSVa operations.
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As you begin holiday preparations, I hope you will add PSVa to your gift-giving list. Just click below to donate.

DONATE

www.postpartumva.org

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