

“If I am a hero, then every man who stands around me, every woman in the military, every person who defends this country is.”

—Staff Sergeant Sal Giunta
Medal of Honor Recipient



At Ease

*Trauma treatment and therapeutic support for active military, veterans and their loved ones,
provided by Lutheran Family Services of Nebraska.*

Save the Date – Media Release

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3rd Annual *At Ease* Fundraising and Awareness Luncheon features Medal of Honor Recipient Sal Giunta

Former Staff Sergeant Sal Giunta, US Army, Retired will be keynote speaker for the 3rd Annual *At Ease* luncheon, which will be held Monday, January 30, 2012 at the CenturyLink Center.

Sgt. Giunta is the first living American to receive the Medal of Honor for service in Iraq or Afghanistan and the first so honored for actions that occurred since the Vietnam War. The Medal of Honor is the nation’s highest decoration for valor.

On October 25, 2007, Sgt Giunta repeatedly charged into a gunfight between his squad and Taliban insurgents to help one fallen soldier -- and then rescued another from being carried off by the enemy. Sgt Giunta was awarded the Medal of Honor for his “extraordinary gallantry, unrivalled courage, and selfless leadership.” Giunta has humbly and repeatedly said, “Honestly, it's not about me. ***This is for everyone I've served with and for all the soldiers still in Iraq and Afghanistan***”

2012 At Ease Luncheon/2

Giunta will tell his story at the At Ease Luncheon. Proceeds from the event support At Ease, a trauma treatment and therapeutic support program that serves active military, veterans and their loved ones affected by untreated trauma reactions and post-traumatic stress disorder (PTSD).

The program complements existing services offered by military and veterans' organizations, with a focus on eliminating barriers to treatment for those suffering from the effects of deployment and the uncertainty of war.

At Ease USA is the fundraising organization founded and led by Omaha's Scott Anderson. At Ease USA is a primary sponsor and fundraising supporter for Lutheran Family Services' (LFS) At Ease program.

The At Ease program provides **confidential**, individualized counseling, treatment and supportive services using a combination of individual and group approaches, including specialized therapies, families/couples and peer-to-peer mutual support groups (*Vets4Vets*).

At Ease is provided through Lutheran Family Services' offices in Bellevue and Grand Island. Services in 22 Central Nebraska counties were added within the past year.

All active military, veterans and their loved ones are accepted into the At Ease program **regardless of ability to pay**. LFS Behavioral Health services are made available through insurance payments, sliding scale fees and contributions.

Thousands of families of all faiths are served through Lutheran Family Services' statewide programs and services in the areas of Behavioral Health, Children Services and Community Services. Behavioral Health Services focus on the needs of those who have experienced trauma, including outpatient mental health treatment, substance abuse/addictions treatment, 24/7 urgent care and emergency and community support services. To learn more about LFS services, visit www.lfsneb.org.