

Pythians Support Our Vets Yorktown Lodge Supports PTSD Unit

February 2, 2017

Yorktown Lodge No 859, Knights of Pythias, presented a check to Military Order of the Purple Heart, Chapter 21, in support of the PTSD (Post Traumatic Stress Disorder) Unit at the Montrose Facility of the Hudson Valley Veterans Healthcare Center. Yorktown Lodge Chancellor Commander Jeffrey Paintner and Financial Secretary Stew Glass made the \$4000 presentation February 2, 2017 to four Vietnam Veterans who were awarded Purple Hearts and participated in the Montrose program at a monthly Chapter 21 meeting in Yorktown Heights: **John Fratangelo**, a Silver Star recipient with the 1st Infantry Division who retrieved fellow squad members wounded in an ambush and calling out in pain and was himself wounded carrying the fifth soldier to the Medevac helicopter; **Neil S. Gross**, Lieutenant-Colonel, US Army, Retired; **Gene Lang**, a Sergeant with the 1st Cavalry Division; and **Dale Novak**, a retired attorney who was a Warrant Officer who flew supply and Medevac helicopters in Vietnam.

The program currently being used, "Prolonged Exposure," requires veterans to sign up for 45 days in the facility. During that time they work individually and in a group with trained and experienced psychologists and therapists. There is no "magic pill" for PTSD and it is recognized as never being totally cured. Patients learn how to recognize "triggers" that may cause stress and how to deal with them successfully. Chapter 21 "adopted" the unit and provides for haircuts, indigent travel, recreation, special events and camaraderie. All funds collected by the Chapter directly support those veterans the unit serves.

The successful program boasts a yearly "Alumni" reception where graduates share their experiences with those currently in treatment. The program received world-wide recognition: The Soviets (before the end of the Cold War) even sent psychologists there to study the new methods being used to treat this combat-related phenomena as their veterans returned from Afghanistan. For more information about this program email YorktownLodge@yahoo.com. York town Lodge also donated \$300 to the Servicemen and Veterans Committee of the Grand Lodge of New York, Knights of Pythias.



Pictured above (from left to right) Gene Lang, John Fratangelo, Dale Novak, Jeff Paintner, Stew Glass, and Neil S. Gross.

Knights of Pythias supports PTSD program

One local organization helped out another last week, as Yorktown Knights of Pythias Lodge No. 859 made a \$400 donation to Military Order of the Purple Heart Chapter 21 to support a PTSD unit at the Montrose facility of the Hudson Valley Veterans Healthcare Center.

The program, called "Prolonged Exposure," requires veterans to sign up for 45 days in the facility in which they work individually and in group with trained and experienced psychologists and therapists. There is no "magic pill" for PTSD and it is recognized as never being totally cured. What the patient learns is how to recognize "triggers" that may cause stress and how to deal with them successfully.

The program has been so successful that there is a yearly "alumni" reception in which

graduates share their experiences with those currently in treatment.

The Military Order of the Purple Heart Chapter 21 has "adopted" the unit and provides for haircuts, indigent travel, recreation, special events and camaraderie. All of the funds that the chapter collects go directly to helping those veterans on the unit and off. Many of the Chapter 21 members have gone through or are going through the program themselves.

For more information about this program, email YorktownLodge@yahoo.com.

The Knights of Pythias made another \$300 donation to the Veterans Committee of the Grand Lodge Knights of Pythias. That money is used to send packages out to the armed forces. All money was collected through the organization's Shake-a-Can



PHOTO COURTESY OF JEFF PAINTER

Knights of Pythias members Jeff Painter, chancellor commander, and Stew Glass, financial secretary, third and second from right, present a check to Military Order of Purple Heart Chapter 21 members Gene Lang, John Fratangelo, Dale Novak and Neil S. Gross.