



“Drumming Up Support for Our Vets”

Our goal is to bring Health Rhythms drum circles to the Veterans Administration Hospitals recreation program both here in Buffalo and Batavia. Giving our veterans a therapeutic activity to relieve stress and symptoms of PTSD and express emotions without words can be a large part in healing from the trauma so many experience from serving our country. We will oversee the eventual running of the program after staff have taken the training and drums have been purchased and are on site so that spontaneous drum circles may occur

Memorial Day weekend 2010, marked the launch of Drum4Health's continued commitment to our local veterans.

Drumming has been a well received activity for many veterans at our local VA Hospital but there is no funding for an in-house program to serve our vets on their continued path of healing.

With that in mind Drum4Health is reaching out to the community at large to find the resources to send hospital staff members for Health Rhythms training and purchase the Health Rhythms drums to institute an on-site recreational music making program as needed.

Drum4Health will consult with the recreation department during the fundraising process and after the program is instituted.

Carolyn Zimmermann , endorsed Health Rhythm facilitator, has set November 11, **Veteran's Day 2010** as a target date to reach this terrific goal.

It has long been on the heart and mind of Carolyn to help our vets to heal and to use the Health Rhythms protocol as a means to that end.

**Donate by sending your check or money order to:
VA Western New York
Recreation Therapy
3495 Bailey Avenue
Buffalo, New York 14215**

Funds go directly to the VA WNY Recreation Therapy program

Be sure to include in the memo line: "Drumming Up Support For Our Vets" Acct. GPF * 1804

www.Drum4Health.net or 716-876-4323 for more information



This program will be monitored and expanded to other cities across the country . Each and every donor will be acknowledged and all donations will be tracked. A quarterly progress report will be posted via Drum4Health's web-site and “Drumming Up Support for Our Vets” facebook group postings.