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THE INIM PRESENTS

THE GULF WAR DISPATCH



Hello Fall

This year has been one of many challenges, but let's look to the hope of a better future. Here are some things we can look forward to for the fall:

- Pro & College Football - Game on!
- Veterans Day - Thank you for your service and commitment!
- Halloween - Bring on the scary movie marathons!
- Thanksgiving - Zoom family gathering!
- Black Friday - Social distance deals from the comfort of your bed or couch!

CURRENT RESEARCH

Women vs. Men with Gulf War Illness: Differences in Computational Models and Therapeutic Target

Recruitment Critical: In this study, we are using a technique called microarray which measures expression levels of genes to allow researchers to study different genes that affect how the body reacts to rest and exercise and how these differences affect the immune system, endocrine system and brain. We are recruiting male and female Operation Desert Shield/Desert Storm veterans located in the Miami-Dade and Broward County areas. Volunteers will receive a free immune checkup, compensation and other benefits.

For more information, please contact us at **305-575-7648** or email **VHAMIAGWI@va.gov**.

Gulf War Illness: From Cells to Therapy

This is a systematic assessment and characterization of the therapeutic effects of drugs that impact a specific list of therapeutic targets which is based on prior research. This study is located at Miami VA Medical Center. We are recruiting Veterans with Gulf War illness and Gulf War-era healthy controls.

For more information, please contact us at **305-575-7648** or email **VHAMIAGWI@va.gov**.

CMI/GWI Survey Study

In this study, we are working to get a better understanding of veterans' unexplained illnesses around the country as well as creating a registry for future contact. The survey asks participants if they would like to be contacted regarding future research opportunities and findings. The institute will reach out ONLY to those who agree to be contacted regarding information about studies that are available to them both locally and nationally and invitations to online seminars and events in the participant's area.

CMI/GWI Survey Study link: <http://bit.ly/2NXzrhl>

CMI/GWI Survey Study Follow-Up link: <https://bit.ly/2ZDSfWH>

**You must complete the CMI/GWI Survey Study before participating in this follow-up study.*

Ongoing Gulf War Illness Research



Women vs. Men with Gulf War Illness: Differences in Computational Models and Therapeutic Target



Gulf War Illness: From Cells to Therapy



CMI/GWI Survey Study

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For more information on these studies, contact us at 305-575-7648 or VHAMIAGWI@va.gov, or visit our website: <https://www.nova.edu/nim/research-studies/research-studies.html>

HAPPY MIND, HAPPY LIFE WORKING ON OUR THOUGHTS

By Elizabeth Balbin, Special Projects

Rick Hanson said, “The brain is like Velcro for negative experiences but Teflon for positive ones”. Now more than ever, it seems as if we are surrounded by negativity and for some of us, our thoughts may seem to get away and run rampant. We may even find ourselves taking it all in and conclude there is not much positivity out there. But I truly believe that there is, we just need to look for it and store it in our mind.

The power of our thoughts, how they impact our daily lives, our physical health and our ability for enjoyment and loved ones, is the challenge we have each day. Thinking of opportunities we may have missed or what the future may hold, poses the risk of keeping us away from focusing on a better today. Alternatively, we need to focus on what inspires us, what goals we wish to accomplish or even a bit of humor. Whatever it is that makes us happy; setting small goals, getting outside, trying something new and minding our thoughts is a great way to start.

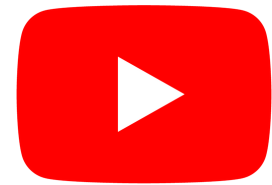
It’s important for all of us to remember that not a single one of us was born perfect. Each one of us came with a mixed bag of good qualities and other things we need to work on. Especially now during these interesting COVID times, I encourage each of us, to try and be a bit lighter about things. Everyone is dealing with various degrees of difficulties and concerns. Getting the courage to get out of our comfort zone, going for a walk, starting a new exercise program, meditating, eating a bit healthier, asking for help – can all add up to greater happiness and quality of life.



We’ve all heard of mindfulness and meditation, but what does that really mean? Mindfulness can simply mean letting go of the past and not worrying about the future. Just focusing on the now. Meditation was something that took me some time to get into, but for me, has made all the difference. Try starting small and attempt an easy five minutes a day.

I encourage you to find that which makes you happy... and to be patient with the journey. Wishing you all well.

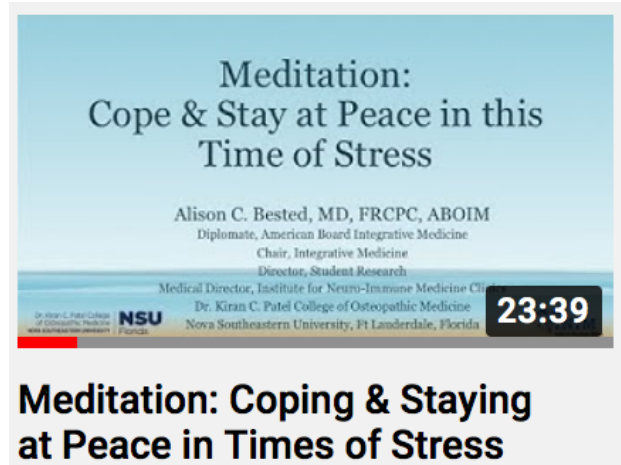
INIM ON YOUTUBE



Did you know we have a YouTube channel? From previously recorded webinars to various resources, you can find a number of informative videos. Below are some new editions to our channel. Click on the YouTube logo at the top to visit our channel or search <https://www.youtube.com/nsuinstituteforneuroimmunemedicine>.

Dr. Alison Bested, Clinic Director for the Institute for Neuro-Immune Medicine, discusses the importance and science of meditation along with a how-to, three-minute meditation.

This lecture is geared towards low energy individuals with myalgic encephalomyelitis/chronic fatigue syndrome (ME/CFS), fibromyalgia, Gulf War illness and any other physically disabling condition.



Dr. Nancy Klimas, Director of the Institute for Neuro-Immune Medicine, addresses what post COVID-19 individuals can be doing if they are still not back to their usual self.



<https://www.comicskingdom.com/beetle-bailey-1/archive>

RESOURCES



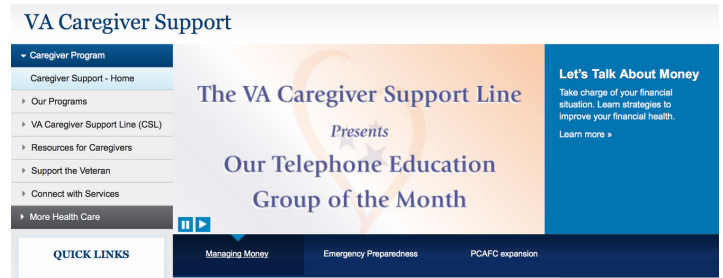
Local, South Florida veteran advocates have created a website to serve as a one-stop shop of information for veterans and their dependents. The website provides information to all veterans who served in the United States Armed Forces from World War II, Korean War, Vietnam War, Gulf War, war on terrorism and all conflicts in between and their families. Learn more: <https://vetinfo.org>

Program of Comprehensive Assistance for Family Caregivers (PCAFC) Expansion

Information about recent improvements and amendments for the Program of Comprehensive Assistance for Family Caregivers (PCAFC) under the VA MISSION Act of 2018.

Visit this link to learn more:

<https://www.caregiver.va.gov/>



Syracuse University

The Institute for Veterans and Military Families (IVMF) and its staff of more than 100 professionals deliver class-leading programs in career, vocational and entrepreneurship education and training, providing service members, veterans and their families with the skills needed to be successful in education, work and life.

The IVMF also coordinates comprehensive collective impact strategies; and works with communities and nonprofits to enhance service delivery for veterans and their families.

<https://ivmf.syracuse.edu/#>

VETERAN SPOTLIGHT

Brent Casey

Operation Desert Shield/Desert Storm Veteran

Brent Casey served as a combat medic with the prestigious 82nd Airborne Division during Operation Desert Shield/Desert Storm. As a non-commissioned officer, combat medic, he was awarded the parachute jump wings, Kuwait Liberation Medal, Good Conduct Medal, Army Commendation Medal, Combat Medical Badge and Meritorious Service Badge.

Mr. Casey currently resides in Louisville, Kentucky. He is a "die-hard" Pittsburgh Steelers fan and Louisville Cardinals football and basketball fan. Mr. Casey graduated Summa Cum Laude with both his Bachelors and Masters Degree in Business Administration – Management



and is presently pursuing a Ph.D. ABD in Strategic Management at Sullivan University.

Mr. Casey is the owner and operator of Valor Coins and Pins - www.valorcoinsandpins.com, as well as staff photographer for the Congressional Medal of Honor Society and has also served on the Board of Directors for two nonprofit organizations, Dogs Helping Heroes Inc. and Veterans Memorial Park of Kentucky Inc. His other attributes include being the Co-Founder and Director of the nonprofit organization, Hershel Woody Williams Medal of Honor Foundation.

His greatest passion is traveling the country alongside his grandfather and hero, WWII Medal of Honor Recipient, Woody Williams. During their travels, they educate the public about the importance of recognizing and honoring Gold Star Families and the sacrifices they have made for our freedom. Mr. Casey says, "We must make sure Gold Star Families and their heroes are never forgotten, and we are achieving this in every state in the country and many communities, through the establishment of Gold Star Families Memorial Monuments."

Gulf War illness research is something that Brent has a very strong regard and devotedness for. As a Gulf War Veteran, he views research as an incredible privilege and a great responsibility to his fellow Gulf War Veterans. Over the past 10 years, he has participated in evaluating peer-reviewed research with the Congressionally Directed Medical Research Program (CDMRP), in order to further treatments that will improve the health and lives of Veterans who have Gulf War Illness (GWI). In 2019, Brent received an appointment to the Secretary of Veterans Affairs, Research Advisory Committee for Gulf War Veterans' Illnesses.