

Veteran Voices for Fibromyalgia Reflects on 2024 Successes and Sets Ambitious Goals for 2025

Empowering Veterans Through Advocacy, Education, and Community Support

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EINPresswire.com/ -- The [Social Good News](#) for Thomasino Media reporting:

[Kristal Kent](#) is proud to highlight the remarkable achievements of [Veteran Voices for Fibromyalgia](#) in 2024 and share their ambitious vision for 2025. Founded by veteran advocate Kristal Kent, this impactful organization has been a beacon of hope and empowerment for veterans navigating the challenges of fibromyalgia.



Veteran Voices For Fibromyalgia, Kristal Kent, speaking to VA Secretary McDonnell regarding the systemic technical issues interfering with delivery of the Veterans Affairs telehealth medical appointments

2024 Successes: A Year of Advocacy and Awareness

Veteran Voices for Fibromyalgia made significant strides in 2024, advocating for the needs of veterans with fibromyalgia and expanding awareness about this often-misunderstood condition.

Key milestones include:

National Awareness Campaigns through Governor Issued Proclamations, for Fibromyalgia Awareness Day which is May 12th, and Women Veterans Day which is June 12th. Several Veteran Voices For Fibromyalgia Team Members requested and successfully obtained Governor Proclamations, from multiple states, promoting awareness of the needs of Women Veterans, and those living with Fibromyalgia.

Legislative Advocacy: The organization successfully collaborated with policymakers to introduce

legislation aimed at improving access to fibromyalgia-related treatments for veterans, particularly through the VA healthcare system.

VA Healthcare Advocacy: Veteran Voices For Fibromyalgia founder, Kristal Kent discovered from firsthand experience, issues with delivery of telehealth medical services. To identify how expansive this issue was Kristal initiated an independent veteran poll, which found VA medical providers, due to technology issues, were unable for some patients that were polled to provide medical telehealth appointments. This resulted in 62% of veterans running out of their medication. Not only did Kristal speak with several Senators on the VA Senate committee, she also presented this issue directly to the VA secretary on May 18, 2024.



Photo: Veteran Voices For Fibromyalgia's website Team Member, Sutra Borgeson, meets with Oklahoma Governor Kevin Stitt, to receive a Proclamation for Fibromyalgia Awareness Day

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As an advocate and veteran living fibromyalgia, I am deeply committed to ensuring that veterans with fibromyalgia are seen, heard, and supported.”

Kristal Kent | Army Veteran and Founder of Veteran Voices for Fibromyalgia

Educational Campaigns: Through webinars, social media initiatives, and partnerships with healthcare providers, the organization educated thousands of veterans and their families on fibromyalgia management and available resources.

Community Growth: Veteran Voices for Fibromyalgia expanded its online support groups, creating safe spaces for veterans to share their experiences and connect with others who understand their journey.

National Recognition: Founder Kristal Kent received recognition as a leading advocate for veterans' health, bringing increased visibility to fibromyalgia and its impact on the veteran community.

2025 Goals: Building on Momentum

As the organization looks ahead to 2025, it has outlined several ambitious goals to continue its mission of advocacy, education, and support:

1. Launch of the “Fibromyalgia Veteran Health Toolkit”: A comprehensive digital resource designed to empower veterans with practical tools for managing their condition, including diet, exercise, and mental health strategies.

2. Increased Research Advocacy: Partnering with medical researchers to push for studies specifically focused on fibromyalgia in the veteran population.

3. Expansion of Peer Support Programs: Developing additional local and virtual peer support groups to ensure no veteran feels alone in their fibromyalgia journey.

4. Advocacy Day: Mobilizing a nationwide coalition of advocates to meet with their Congressional Representatives and Senators to amplify the voices of veterans with fibromyalgia to policymakers.

5. Fundraising Initiatives: Launching a year-long campaign to secure funding for innovative programs and support services, ensuring the sustainability of the organization’s efforts.

Quote from Kristal Kent

“As an advocate and veteran living fibromyalgia, I am deeply committed to ensuring that veterans with fibromyalgia are seen, heard, and supported,” said Kristal Kent, Founder of Veteran Voices For Fibromyalgia. 2024 was a year of significant progress, and we are ready to build on that foundation in 2025. Together, we will continue to break down barriers, enhance access to care, and provide hope to those who need it most.”

About Veteran Voices for Fibromyalgia

Founded by Kristal Kent, Veteran Voices for Fibromyalgia is a national nonprofit organization

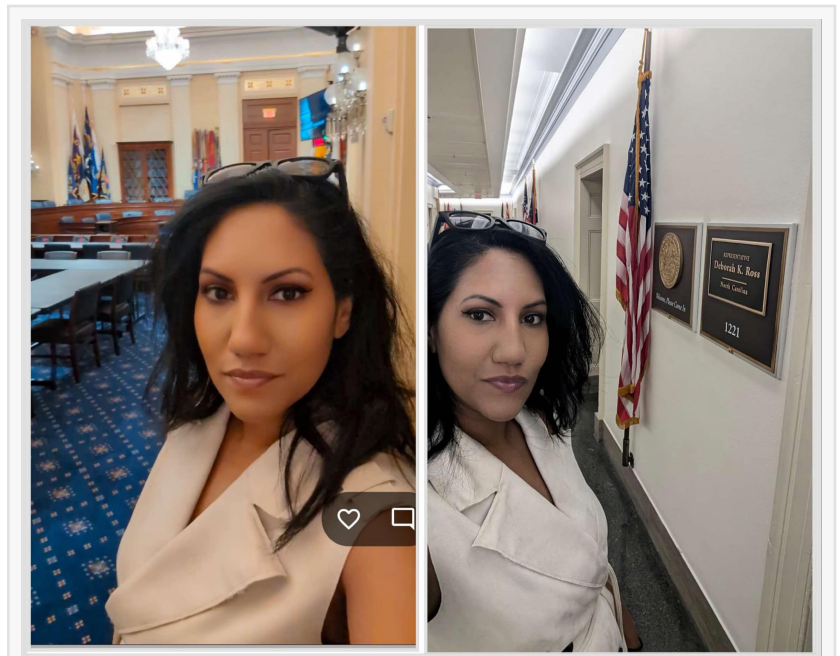


Photo: Veteran Voices For Fibromyalgia Team Leader, Anu Datta, met with legislators in Washington DC, to advocate on behalf of women veterans VA healthcare needs

dedicated to improving the lives of veterans living with fibromyalgia. Through advocacy, education, and support, the organization strives to enhance awareness, improve healthcare access, and create a supportive community for veterans and their families.

For more information about Veteran Voices for Fibromyalgia and their ongoing initiatives, please visit Veteran Voices for Fibromyalgia's website at <https://www.veteranvoicesforfibromyalgia.com>

#socialgood #Fibromyalgia
 #chronicillness #advocacy #veterans
 #healthcare

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As men, we need to be honest with ourselves and take care of ourselves. We have to ignore societal stigmas, get the healthcare we need, and share our medical concerns with our healthcare providers and our family/support systems.

MEN: Don't take your medical or mental health for granted. Going to a doctor and getting a diagnosis is a huge relief. Go in for that check up. Go talk to someone about your mental health. You never know when there could be something worse. No one wants to hear that what you're dealing with, so make sure to get the medical care you need!

Men's overall health is essential for physical and mental health. Working and emotional understand whether a Veteran or Civilian, regular physical activity, proper nutrition, medical and mental health care are key to and post-traumatic stress. Encouraging health supportive strategies with individuals to maintain their independence, improve their quality of life, and engagement in their communities.

As men, we've got to LIVE. Our children need us, our families need us, and the world needs us. Fight for your health daily. YOU are worth it!

The rules for mental health are the same as the rules for success:

1. Show up
2. With a great attitude
3. Willing to do the work

Trust me when I say you're worth it!

Instead of denying hiding or ignoring my diagnosis, I've learned to embrace it and live my best life with it!

Men are expected to be providers and protectors. Frequently, this does not include the man himself. Love yourself, get your regular checkups to ensure you can be there a long time, for those you care about.

Why is men's health important? See yourself in the mirror? You're important. Do you have family and friends? You're important. You mean a lot to a lot of people. Make sure you take care of yourself!

Even if you're struggling with your mental health, you are doing the best you can do with your circumstances. So don't be hard on yourself and reach out to mental health professionals and groups for the care and support you need!

I want men to understand your health is your wealth. When you care for your mind, body, and spirit, you are investing in yourself. The best investments to make, is taking care of your health which promotes overall wellness, both physically and mentally.

(VFFF) Team Members David Moss, Jason Saddoris, Kevin Leszczynski and David Moors, VFFF Patriot Supporters Joe Burdick, Jermaine Gandy, Emmitt Henderson III, Travis Johnson, Daniel Garza, Christian Ramirez, Jason Jepson, Dion Langley, and James Bellanca Amplify Men



Veteran Voices For Fibromyalgia Team Members, Kristen Thomasino, meets with Congresswoman Diaz-Barragan's office, advocating on behalf of those living with Fibromyalgia

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