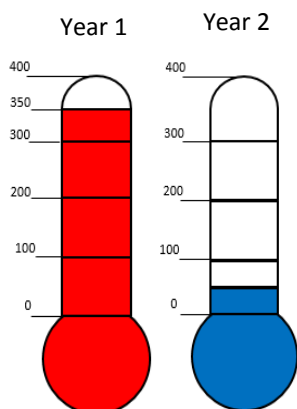



# Winter 2017 Participant Newsletter



## How are we doing?



The beginning of this new year has been busy; we are almost finished with our follow up assessments. Year 1 surveys started in August of 2015 and most of you have finished this survey. Year 2 surveys started in August of this past year. Currently, about 358 men and 375 women have completed the year 1 survey and about 50 couples have already completed the year 2 survey. From all of the staff here at Operation: SAFETY, we would like to extend a huge thank you to all of you for your time and thoughtful responses. Our goal was to examine the health and wellness of military soldiers and their partners in order to improve prevention, intervention, and treatment; and, because of you, we've been successful. As a reminder, you and your partner will each receive a \$70 check after completing each survey. If you have yet to complete your survey give us a call at (716) 829-4731.

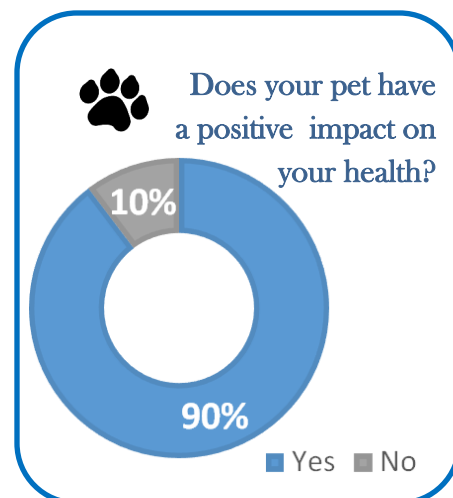
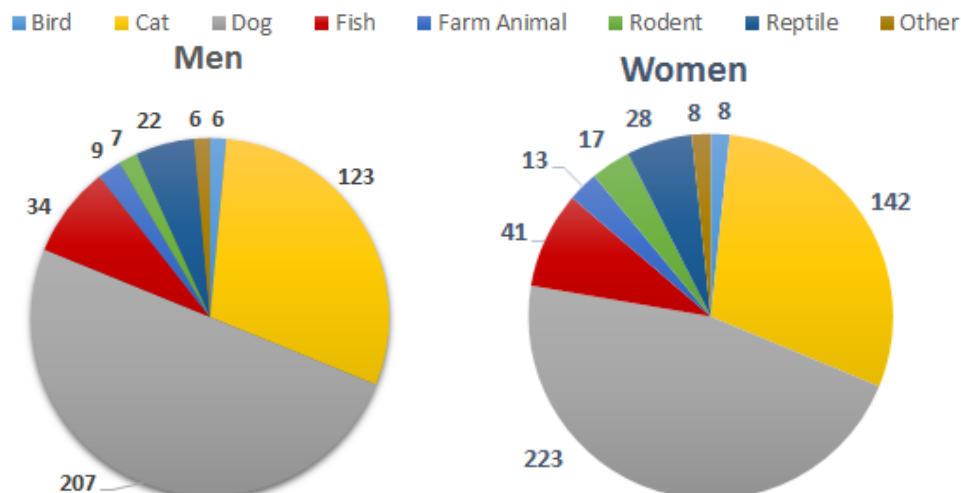
 **Your experiences are incredibly valuable regardless of any changes in military or relationship status. Therefore, we want you to complete your survey regardless of any of these changes.**

## Where has this research been going?

The American Public Health Association (APHA) holds an annual meeting where over 12,000 public health practitioners, policy makers, and health care providers come together to share important research findings. This year's meeting was held October 29 — November 2, 2016 in Denver. The Staff at Operation: SAFETY returned for their second year to share our most recent findings. We had three presentations this year. Our presentations were well attended and experts in the field continue to be interested in our exciting work.

## Fun Facts!

We added questions about pets based on your feedback and the results are in! Pets can be an important part of our families. Of those of you with pets, dogs are the most common addition to the family.



# Newsletter Winter 2017

Soldiers And Families Excelling Through the Years

**Operation:  
SAFETY**



Enjoy this hearty bowl of chili that is packed with fiber and protein!

## *Quinoa Chili*

### Ingredients

2 cups cooked quinoa  
1 tablespoon olive oil  
1 onion, finely chopped  
4 cloves garlic, minced  
1 (14 oz) can diced tomatoes  
2 cups tomato puree  
2 cups water or broth  
2 1/2 tablespoons chili powder  
1 tablespoon sugar  
2 teaspoons dark cocoa powder  
1 1/2 teaspoons ground cumin  
1 1/2 teaspoons smoked paprika  
1/2 teaspoon ground coriander  
1/4 teaspoon cayenne pepper, or to taste  
Salt and freshly ground black pepper, to taste  
1 can kidney beans, drained and rinsed

### Instructions

Heat oil in a large pot on medium-high heat. Add onions and cook for about 4 minutes, or until tender. Add garlic and cook for an additional minute. Add in diced tomatoes, tomato puree, water, chili powder, cumin, cocoa powder, paprika, sugar, coriander, cayenne, salt and pepper. Stir well and bring to a boil. Reduce heat to low and simmer for 35 minutes, covered.

In the last 10 minutes of cooking, add in the beans and quinoa and cook until heated through. When done, remove from heat and serve hot with toppings of choice. Yields: 6 servings



The Staff at Operation: SAFETY would like to thank you once again and remind you of the following:

Help us keep your contact information up to date by contacting us if your address or email has changed.

It is important that you keep your contact information up to date even if you have completed your 3rd survey as we are working towards future funding to continue this important research.

**The Operation: SAFETY Team**

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