



How Are We Doing?

After ten years of this study, nearly 700 participants have completed the 5th and 6th surveys! All of the staff at Operation: SAFETY would like to sincerely thank each one of you for sharing your time and experiences with us.

If you have yet to complete your 6th survey, please give us a call at (716) 829-4731 or email us at operationsafety@buffalo.edu so that we can help you access your survey.

You will receive a \$90 check for completing survey 6. We would also like to remind you that you are **still eligible** for participation even if:

- You are no longer with your original partner.
- Your military status has changed.
- You missed a survey in the past.

Where is This Research Going?

As a result of your ongoing participation, our researchers have had the privilege of attending multiple national conferences this year. Research presented at these conferences received recognition and stimulated many exciting conversations. Some of the major themes discussed this year include sleep outcomes, motivations to join the military, and responses to the COVID-19 pandemic.

Attending these conferences allows us to share our findings with the greater public health community so that soldiers, veterans, and their families can continue excelling through the years! Please use the following link to access military family articles, summaries and specialized reports: <https://militaryreach.auburn.edu/>

Future Survey Opportunities:

As we wrap up the second phase of this study, we are in the process of securing additional funding. With new funding and the extension of this work, we seek to ask questions in regard to current global events which may lead to cumulative stress and adverse outcomes for current soldiers, veterans, and their families.

Learn about future opportunities by making sure your contact information is up to date with us (please see next page →).





Newsletter

Spring 2023

Soldiers And Families Excelling Through the Years



Did you know that strawberries contain more Vitamin C than oranges?



Enjoy this quick and tasty treat as the weather begins to warm up!

3 Ingredient Strawberry Lemonade Fro-Yo

Ingredients:

- 12 ounces Greek yogurt
- 1 cup fresh strawberries
- 3 tablespoons lemon juice

Instructions: Place berries, yogurt, and lemon into blender and process until pureed. Pour into air-tight container; freeze for 1-2 hours. When ready to serve, scoop with an ice cream scooper into two chilled bowls. Yields: 2 Servings

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

For us to continue this meaningful work, it is important that you help us in keeping your contact information up to date. This can be done by reaching out to us if your *address, primary phone number, name, or email* has changed since your last survey.



[The Operation: SAFETY Team](#)

Phone: (716) 829-4731

Email: OperationSafety@buffalo.edu

Website: sphhp.buffalo.edu/operation-safety

You may also use this

QR code! →

