

SEPTEMBER 2023

# THE DIARC

*Magazine*

**WORLD  
SUICIDE  
PREVENTION  
DAY AND HOW  
YOU CAN HELP**

**REMEMBERING  
ONE OF THE  
GREATEST  
AMERICAN  
TRAGEDIES**


**TAKE CONTROL OF YOUR  
HEALTH WITH SPECTRAL  
ANALYTICS TELE-  
MONITORING  
SYSTEM**

And a Special  
Back-to-School  
Announcement for  
All DiArc Readers!



# Table of Contents

---

- 
- 1) Reflecting on 9/11
  - 8) Back to School Announcement
  - 9) World Suicide Prevention Day
  - 14) Spectral Analytics: Telemonitoring
  - 19) Social Media Hacking
  - 24) Patriot Military Family Foundation



SPARKLE  
SISTERS

# Reflecting on 9/11: Honoring the Anniversary and Embracing Resilience



9/11 Memorial in New York City (image credit: public domain image)

BY CHRISTINA DIARCANGELO

As the anniversary of the tragic events of September 11, 2001, approaches, our nation once again stands united in remembrance and reflection. Twenty years have passed since that fateful day, but the impact of 9/11 remains etched in our collective memory. This article aims to honor the anniversary by exploring the significance of 9/11, the resilience of the American spirit, and the lessons we have learned as a nation.

ARTICLE CONTINUES ON NEXT PAGE



## **Remembering the Tragedy**

The morning of September 11, 2001, forever changed the world. The coordinated terrorist attacks on the World Trade Center, the Pentagon, and the thwarted attack on Flight 93 left an indelible mark on our history. We remember the lives lost, the heroes who emerged, and the countless acts of bravery and selflessness that unfolded amidst the chaos.



September 11 terrorist attack on the World Trade Centers in New York City. (Image credit: Public domain image)

## **Uniting in Grief and Solidarity**

In the aftermath of 9/11, the nation came together in an unprecedented display of unity. We witnessed the strength of the American spirit as communities rallied to support one another, and strangers became friends. The resilience displayed during those dark days serves as a testament to the unwavering spirit of our nation.

## **Lessons Learned**

The events of 9/11 taught us invaluable lessons about the importance of preparedness, vigilance, and unity. We learned that our freedom and way of life are not to be taken for granted. The tragedy prompted a reevaluation of our national security measures, leading to significant changes in airport security, intelligence sharing, and counterterrorism efforts.

ARTICLE CONTINUES ON NEXT PAGE



Rev. Mychal Judge being carried from 9/11 wreckage by first responders  
(image credits: File photo/Northjersey.com)

## **Honoring the Heroes**

On this anniversary, we pay tribute to the heroes who emerged from the ashes of 9/11. The brave firefighters, police officers, and first responders who risked their lives to save others embody the true spirit of heroism. We also remember the countless ordinary citizens who stepped up to help their fellow Americans in any way they could.

## **Healing and Moving Forward**

In the face of immense tragedy, our nation demonstrated remarkable resilience. We rebuilt, not only physically but also emotionally. The healing process has been ongoing, and while scars remain, we have shown that we will not be defined by the events of that day. We continue to move forward, stronger and more united than ever before.

ARTICLE CONTINUES ON NEXT PAGE



## Never Forget

As we commemorate the 20th anniversary of 9/11, it is crucial that we never forget the lives lost and the sacrifices made. We must ensure that future generations understand the significance of this day and the importance of preserving the memory of those who perished. By remembering, we honor their legacy and reaffirm our commitment to a better, more compassionate world.

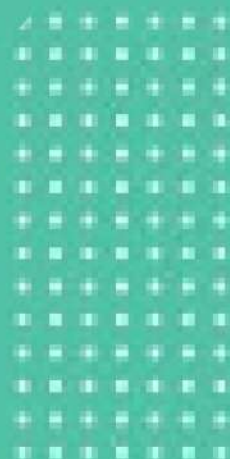


An American flag waving on a pole in Las Vegas, Nevada.(image credits: Noah Wulf)

The anniversary of 9/11 serves as a solemn reminder of the resilience and strength of the American people. It is a time to reflect on the lessons learned, honor the heroes, and renew our commitment to unity and compassion.

As we move forward, let us carry the spirit of 9/11 within us, ensuring that the memory of that tragic day continues to inspire us to build a brighter future.

# HOW WE HELP AS THE GLOBAL LEADERS IN TELE-MONITORING



**SPECTRAL**  
ANALYTICS PRECISION  
TELE-MONITORING



[WWW.SPECTRALANALYTICSPTM.COM](http://WWW.SPECTRALANALYTICSPTM.COM)



# BACK TO SCHOOL ANNOUNCEMENT

Attention, friends and family! It's that time of the year again when we bid farewell to summer adventures and welcome the start of a brand new school year.

We are thrilled to announce that your amazing child is heading back to school!

As your child embarks on this exciting journey, please remember to reflect on the child that they are becoming. As you have watched your child grow, learn, and overcome challenges, and we know that this year will be no exception.

To your incredible child, we want you to know that this year is going to be filled with endless possibilities, new friendships, and amazing experiences. Embrace every opportunity that comes your way, and remember that with hard work and determination, your child can achieve anything your child set their mind to!

We encourage you to approach this school year with an open mind, a thirst for knowledge, and a heart full of kindness. Be curious, ask questions, and never be afraid to take risks. Remember, mistakes are simply stepping stones on the path to success!

To all the teachers and staff at your school or university, thank you for your dedication and commitment to providing our children with a safe and nurturing learning environment. We are grateful for your tireless efforts in shaping young minds and helping them reach their full potential.



To our fellow parents, let's support and encourage one another throughout this school year.

Together, we can create a strong community that fosters growth, learning, and happiness for our children.

As we embark on this new chapter, we wish all the students, teachers, and parents a fantastic school year filled with laughter, friendship, and success. May this year be the best one yet!

Here's to an incredible school journey! We believe in you and can't wait to see all the amazing things each child will accomplish. Shine bright, work hard, and make this year one to remember!

With love and excitement,  
Christina DiArcangelo



# World Suicide Prevention Day: Spreading Hope, Saving Lives

By: Christina DiArcangelo

Every year, on September 10th, the world comes together to observe World Suicide Prevention Day. This day serves as a reminder of the importance of mental health, raising awareness about suicide prevention, and promoting a global commitment to saving lives. In this article, we delve into the significance of World Suicide Prevention Day, the challenges we face, and the actions we can take to make a difference.



## **Understanding the Crisis:**

Suicide is a global public health crisis, affecting individuals of all ages, genders, and backgrounds. According to the World Health Organization (WHO), approximately 800,000 people die by suicide each year, making it the second leading cause of death among 15-29-year-olds. These staggering statistics highlight the urgent need for action and support.



## **Breaking the Stigma**

One of the biggest barriers to suicide prevention is the stigma surrounding mental health. World Suicide Prevention Day aims to challenge this stigma, encouraging open conversations about mental health and suicide. By fostering an environment of understanding and empathy, we can create a safe space for individuals to seek help without fear of judgment.

## **Raising Awareness**

World Suicide Prevention Day provides an opportunity to raise awareness about the signs, risk factors, and available resources for those struggling with suicidal thoughts. Through educational campaigns, social media initiatives, and community events, we can disseminate vital information and empower individuals to recognize the warning signs and take appropriate action.

## **Promoting Mental Health Support**

On World Suicide Prevention Day, it is crucial to emphasize the importance of mental health support systems. This includes advocating for accessible and affordable mental health services, ensuring that individuals in need have access to professional help. Additionally, promoting the importance of self-care, stress management, and emotional well-being can empower individuals to prioritize their mental health.

## **Encouraging Help-Seeking Behavior**

Many individuals who are struggling with suicidal thoughts may feel isolated and believe that they have nowhere to turn. World Suicide Prevention Day aims to change this narrative by encouraging help-seeking behavior. By promoting helplines, crisis centers, and support groups, we can ensure that those in distress have access to the assistance they need. It is essential to remind individuals that seeking help is a sign of strength, not weakness.

## Supporting Loved Ones

Suicide not only affects individuals directly, but it also has a profound impact on their loved ones. World Suicide Prevention Day serves as a reminder to support those who have lost someone to suicide and to provide them with the necessary resources for healing and coping. By fostering a compassionate and understanding environment, we can help survivors navigate their grief and find solace in their journey towards healing.



Image: Shutterstock

## Building Resilience

Preventing suicide requires a multifaceted approach that goes beyond crisis intervention. World Suicide Prevention Day encourages the development of resilience in individuals and communities. This involves promoting positive coping mechanisms, fostering social connections, and providing individuals with the tools to navigate life's challenges.

By building resilience, we can create a supportive environment that reduces the risk of suicide.

## Advocating for Policy Changes

World Suicide Prevention Day also serves as a platform for advocating for policy changes that prioritize mental health and suicide prevention. This includes increased funding for mental health services, improved access to care, and the implementation of comprehensive suicide prevention strategies. By engaging with policymakers and raising our voices, we can drive meaningful change and save lives.



World Suicide Prevention Day is a powerful reminder of our collective responsibility to address the global suicide crisis. By raising awareness, breaking the stigma, promoting mental health support, and advocating for policy changes, we can make a significant impact in preventing suicide and saving lives. Let us come together on this day and every day to spread hope, support one another, and create a world where mental health is prioritized, and no one feels alone in their struggle. Remember, your actions can make a difference, and together, we can save lives.





**SPECTRAL**  
ANALYTICS PRECISION  
TELE-MONITORING



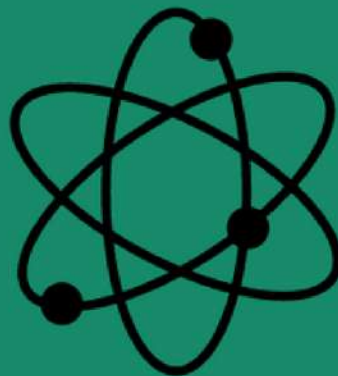
[www.spectralanalyticsptm.com](http://www.spectralanalyticsptm.com)



# MONITOR YOUR HEALTH ANYTIME & ANYWHERE

Take control of your health with our  
Telemonitoring services. Monitor  
your vital signs and stay connected.

Get real-time insights and  
personalized care, anytime,  
anywhere.





# Spectral Analytics Precision Tele-Monitoring: Revolutionizing the Medical Cannabis Industry

By: Christina DiArcangelo

The medical cannabis industry has been rapidly expanding in recent years, with more and more states legalizing its use for various medical conditions. As this industry continues to grow, it is crucial for multi-state operator (MSOs) to adopt innovative technologies that can enhance patient care and improve outcomes. One such technology that holds immense potential is Spectral Analytics Precision Tele-Monitoring.

Spectral Analytics Precision Tele-Monitoring is a groundbreaking system that allows for real-time monitoring, understanding of patients; experiences, dose tracking and reactions to medical cannabis consumption. This technology utilizes data analytics to provide MSOs with valuable insights into the effects of medical cannabis on patients, enabling them to make informed decisions and tailor treatment plans accordingly. The technology also allows the MSO to understand any concurrent issues that are occurring with the patients that are consuming traditional pharmaceuticals or nutraceuticals.

One of the key advantages of Spectral Analytics Precision Tele-Monitoring is its ability to provide perpetual tele-monitoring. Traditionally, patients have had limited means to communicate their experiences with medical cannabis to healthcare providers. This lack of real-time information often leads to delays in adjusting treatment plans or addressing potential side effects. However, with Spectral Analytics Precision Tele-Monitoring, MSOs can remotely monitor patients; vital signs, symptoms, and overall well-being, allowing for immediate intervention if necessary.

By continuously monitoring patients, MSOs can gain a comprehensive understanding of how medical cannabis affects different individuals. This data can be used to identify patterns, correlations, and potential adverse reactions, ultimately leading to more personalized and effective treatment plans. For example, if a patient consistently experiences a lower heart rate after consuming medical cannabis, their healthcare provider can adjust the dosage or recommend alternative treatment options to mitigate this side effect.

Furthermore, Spectral Analytics Precision Tele-Monitoring enables MSOs to collect large amounts of data from a diverse patient population. This data can be analyzed to identify trends and insights that were previously unattainable. By leveraging this information, MSOs can contribute to the growing body of knowledge surrounding medical cannabis and its therapeutic potential. This, in turn, can lead to advancements in medical research, improved patient care, and the development of new treatment products.



Another significant benefit of Spectral Analytics Precision Tele-Monitoring is its potential to enhance patient safety. Medical cannabis, like any medication, can have side effects and interactions with other drugs. With real-time monitoring, MSOs can promptly identify any adverse reactions or potential drug interactions, allowing for immediate intervention. This proactive approach can prevent serious complications and ensure patient safety.

Moreover, Spectral Analytics Precision Tele-Monitoring can help MSOs comply with regulatory requirements and demonstrate their commitment to patient care. By implementing this technology,

MSOs can provide regulators with accurate and comprehensive data on patient outcomes, treatment efficacy, and adverse events. This transparency not only strengthens the credibility of the medical cannabis industry but also fosters trust between patients, healthcare providers, and regulatory bodies.

In conclusion, Spectral Analytics Precision Tele-Monitoring has the potential to revolutionize the medical cannabis industry by providing MSOs with real-time insights into patients' experiences and reactions to medical cannabis consumption. This perpetual tele-monitoring allows for personalized treatment plans, improved patient safety, and the generation of valuable data for medical research. As the medical cannabis industry continues to evolve, embracing innovative technologies like Spectral Analytics Precision Tele-Monitoring will be crucial for MSOs to deliver optimal patient care and drive advancements in this rapidly growing field.

If you would like to learn more information regarding Spectral Analytics Precision Tele-Monitoring, please email [christina@spectralanalytics.net](mailto:christina@spectralanalytics.net).



**SPECTRAL**  
ANALYTICS PRECISION  
TELE-MONITORING



[www.spectralanalyticsptm.com](http://www.spectralanalyticsptm.com)





*The Sparkle Sisters Day into Night*

# Social Media Hacking: Protecting Your Online Presence



Getty images

By: Christina DiArcangelo

In today's digital age, social media has become an integral part of our lives, connecting us with friends, family, and the world. However, with the increasing prevalence of social media hacking, it is crucial to be aware of the risks and take proactive measures to protect our online presence. In this article, we will explore the dangers of social media hacking, common methods employed by hackers, and essential preventive tips to safeguard your accounts.



## Understanding the Risks

Social media hacking poses significant threats to our privacy, security, and reputation. Hackers may gain unauthorized access to our accounts, steal personal information, impersonate us, or even use our accounts for malicious purposes. Being aware of these risks is the first step towards protecting ourselves.

## Common Methods Employed by Hackers

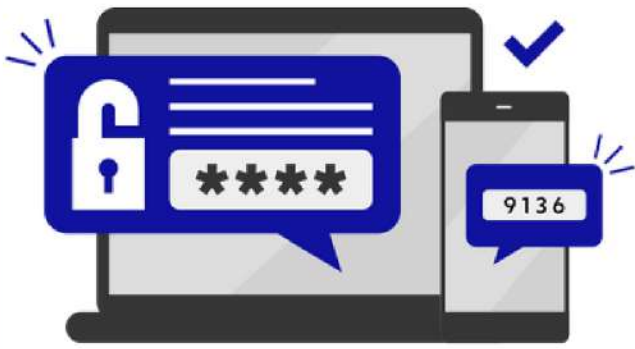
Hackers employ various techniques to gain access to social media accounts. Phishing emails, where hackers pose as legitimate entities to trick users into revealing their login credentials, are a prevalent method. Additionally, weak passwords, unsecured Wi-Fi networks, and malware-infected devices can also provide opportunities for hackers to compromise accounts.

## Strengthening Your Passwords

Creating strong, unique passwords is essential for protecting your social media accounts. Avoid using easily guessable information such as birthdays or names. Instead, opt for a combination of uppercase and lowercase letters, numbers, and special characters. Additionally, consider using a password manager to securely store and generate complex passwords.



Getty images



## Enabling Two-Factor Authentication

Two-factor authentication (2FA) adds an extra layer of security to your social media accounts. By requiring a second verification step, such as a unique code sent to your mobile device, 2FA ensures that even if your password is compromised, hackers cannot gain access without the additional verification.

## Being Mindful of Privacy Settings

Review and adjust your privacy settings on social media platforms regularly. Limit the amount of personal information visible to the public and ensure that only trusted individuals can view your posts, photos, and personal details.

Be cautious about accepting friend requests from unknown individuals and regularly audit your friend list.

## Avoiding Suspicious Links and Downloads

Exercise caution when clicking on links or downloading files from unknown sources, as they may contain malware or phishing attempts. Be wary of messages or posts that seem suspicious, even if they appear to be from trusted contacts. When in doubt, verify with the sender before clicking on any links or downloading attachments.





## Regularly Updating Software and Apps

Keep your devices, operating systems, and social media apps up to date with the latest security patches. Software updates often include bug fixes and security enhancements that protect against known vulnerabilities. Regularly checking for updates and installing them promptly is crucial for maintaining the security of your accounts.

## Educating Yourself and Others

Stay informed about the latest social media hacking techniques and trends. Educate yourself and others about the risks and preventive measures. Share tips and resources with friends, family, and colleagues to create a safer online community.



As social media continues to play a significant role in our lives, it is essential to prioritize the security of our online presence. By understanding the risks, employing preventive measures such as strong passwords, enabling two-factor authentication, and being mindful of privacy settings, we can significantly reduce the chances of falling victim to social media hacking. Stay vigilant, stay informed, and take proactive steps to protect your digital identity. Remember, safeguarding your social media accounts is crucial for maintaining your privacy, security, and peace of mind.

### Meet the Author: Christina Diarcangelo



CEO, Chairwoman, President, Affinity Patient Advocacy



## Mission

The Patriot Military Family Foundation mission is to demonstrably enable our Armed Forces Family members in order to facilitate a quality of life commensurate with all Americans for whom these heroes



and family members sacrificed their blood, sweat, tears and in many cases “gave their all!”. We are particularly committed to service-disabled veterans and their families and the families of those who have given the ultimate sacrifice. We provide our military members and their families the dignity and respect owed them by our Nation for their commitment and selfless

service in preserving our freedoms and help support their financial, physical, and emotional needs.

## Programs

### Veteran Health and Support

Our Post Traumatic Stress (PTS) program started with a program in Chicago, partnered with Dr. Eugene Lipov, a renowned Chicago area pain management specialist. His treatment, termed Stellate Ganglion Block (SGB) has been used since 2008, and has successfully relieved PTS symptoms in 70 percent of combat veterans who received it once or more. Due in part to our efforts, the Veterans Administration has approved SGB as a treatment for PTS. We are now working with the VA and neurofeedback providers to demonstrate the efficacy of this treatment for PTS and TBI.

Fisher House provides housing for families of veterans undergoing prolonged hospitalization for combat injuries. This housing is available at several hospitals around the country. PMFF is honored to be a supporter of Fisher House, which was also the recipient of the Selfless Service award in 2015, given by PMFF and the USO.

### Veteran Support

Working closely with the USO and many other veterans support organizations, PMFF has assisted with a variety of veteran support programs and helped to raise money specifically for their mission of supporting veterans. We have also been instrumental in assisting veterans with a variety of program events to support them in their return from combat. These include the Run the Jake 5K and Veterans Bridge Home programs for veterans.

### Service Dogs

Our Service Dog Program provides trained service dogs for service-disabled veterans who have severe physical disabilities or suffer from PTS or Traumatic Brain Injury. We have successfully trained and placed 59 dogs and are working with another 8 dogs this year. Due to the generosity of our amazing donors we continue to provide service dogs for these veterans.







## Military Family Support

When we lose a veteran, it is a traumatic experience for the family. But the difficulty doesn't end there. Frequently, the family is left in financial difficulty, and sometimes without the ability for the remaining spouse to work, either due to lack of training or the need to take care of the children. Part of our



mission is to support these families. As an example, this past Christmas we provided Christmas gifts for entire families of those who have given the ultimate sacrifice, as well as families of deployed service members. This effort provided gifts for over 50 families in 2018.

Reconnect weekends allow families of returning combat veterans to spend time as a family in an environment of fun and relaxation. This helps to improve the health and well-being of the veteran and family and helping to reduce a divorce rate that has exceeded 70% for our returning veterans.

Our support of the North Carolina National Guard Survivor Weekend for Gold Star families (those who have lost a loved one in the National Guard) has been ongoing for multiple years and continues now. These weekends allow these families to get together with others who have the same type of loss and provide them with access to services that they might not otherwise have. It is quite therapeutic and rewarding to see what this means to these families.

## Scholarships

Another program supported is scholarships for the children of our veterans. Organizations such as the Joint Special Operations Command, Night Stalkers, Navy Seal Foundation and the 82<sup>nd</sup> Airborne Family Readiness Group (FRG), deserving and needy scholars are identified and vetted. This program continues to support scholarships each year.

## Homes for Veterans

PMFF, in partnership with Purple Heart Homes and Veterans Bridge Home< is building homes in North Carolina for service-disabled veterans and gold star spouses and their families. We are also supporting the building of tiny homes for transitioning veterans. Several homes have been completed and we currently have lots available for more and plan for this to be an ongoing program.



