



Start Your Day on the Sunny Side Up!

Dr. Clyde Horn is a licensed psychotherapist, Vietnam combat veteran, Purple Heart recipient, and proud holder of the Combat Infantry Badge. He also serves on our Board of Directors. For the past eight years, Dr. Horn has started his Friday mornings the same way — gathered around a table at Denny's in San Jose, with fellow Veterans, united by shared service and sacrifice. Some, like Clyde, have seen the harshest realities of war. And many, also like Clyde, returned home carrying both visible and invisible wounds.

Clyde brings his personal touch and leadership and engages participants in discussions on issues of interest to Veterans and topics of emotional healing. The canvas of discussions cover a wide range - from simple humor, to Veterans benefits, to overcoming isolation and victimization. Others, unable to participate in person due to disabilities or an inability to travel, and, in some cases, relocation out of the area, participate and receive support remotely. Veterans pay for their own breakfast. The Foundation manages the venue, leadership and providing exposure for the program.

In 2024/25, the Foundation increased the program's exposure that resulted in nearly doubling the attendance. Today, the Veterans Support Breakfast gains one to two new veterans weekly. On average, the program will host up to 35 Veterans in attendance **resulting in 1912 veteran hours for the 2024/25 year** compared to the approximately 14 regular attendees over the prior time period. More Veterans are stepping forward, choosing connection over silence. The program is growing — because healing grows stronger when it's shared.

Population Served:

- Organizer is Dr. Clyde Horn, a Vietnam War Veteran and Purple Heart recipient who served in the jungles of Vietnam and personally lost six comrades while at war.
- Up to 35 Veterans every week, the majority of whom served during wartime and experienced trauma.
- On average 50% of participants are disabled due to their wartime experiences.
- Veterans pay for their own breakfast; the Veterans Foundation organizes the venue and markets the program.

Direct Impact: Delivered

- 1912 Veteran hours hosting a networking and instructional forum for Veterans.
- 510 hours of private one-on-one counseling to Veterans with a California licensed psychotherapist.

Peer Support and Camaraderie

- Shared experience: Veterans can connect with others who understand military culture, trauma, and transition challenges.
- Sense of belonging: Helps combat isolation, especially for those who miss the close bonds of service.

Mental health boost:

- Regular interaction can reduce feelings of loneliness, depression, and anxiety. Networking fosters learning to overcome victimization.
- Veterans gain confidence and empowerment as they reclaim their identity and redefine themselves outside of the military.