

ARMED SERVICES INFORMATION

Kay Wildt, NCFRW Armed Services Chair
NFRW Armed Services Committee Member

Our troops have been deployed in war zones since 2001. The cost to our families and to our nation has been great, and the responsibility for the care of veterans belongs to us all. Love of country and dedication to those who protect it are hallmarks of the values of Republican women. Active-duty military, veterans, and military families live in every state and member clubs of the National Federation of Republican Women support and aid them. The Federation encourages our clubs to honor the military, veterans, and military families for the sacrifices they make on our behalf.

This packet has information about both North Carolina and nation-wide projects that can be tailored to your particular club's needs or may serve as inspiration for other projects. There are challenges: determining what a club your size has to offer; how best to help; how to build for the long term, and how to engage your members and your community.

While government programs do help veterans, a review of existing projects shows how well some volunteer organizations have succeeded with programs that enable veterans to return to as full and active a life as possible. What sets the best volunteer organizations apart from the government is that their model projects offer a system to determine the veteran's needs and find the right help, operate as neighbors helping neighbors, and demonstrate a sustained concern for the veteran's well being.

There is an Appendix with resource information and a list of many projects currently in operation here in North Carolina and across our nation. While you may have your own ideas about what is right for your club, giving support to an ongoing program may be best for the time and resources you have available.

NATIONAL FEDERATION OF REPUBLICAN WOMEN

Armed Services Program Ideas

The purpose of the Armed Services/Homeland Security Committee is to encourage local clubs and members to show support for the Armed Forces by engaging in projects that aid our U.S. troops and their families

In the past, many clubs have sent care packages to troops. This is a wonderful project. Clubs that are near military bases can look at USO and Fisher House projects or other local programs that support families. Many cities have veteran homes and veteran hospitals that need volunteers. Also, look at the Honor Flight Network that is based throughout the country. Consider collaborating with other clubs and organizations. For example, California Federation clubs are backing the Independence Fund Terrain Chair Project. If you have an idea for supporting the troops, please pass it on to the NFRW Armed Services Committee.

Possible Activities:

1. Recognize military veterans at federation meetings.
2. Recognize active military in uniform with "Thanks for your service."
3. Provide a Christmas party at a veteran center.
4. Near a base, have a club tour of the USO center or Fisher House.
5. Have a spokesman from USO or Fisher House as a speaker.
6. Sponsor a quilt project.
7. Volunteer at local vet hospital, USO, etc.
8. Donate items to USO center or Fisher House.
9. Serve or provide a meal at Fisher House.
10. Collaborate with other clubs or organizations in a fundraiser that supports military, their families or veterans.
11. Look at local organizations that support veterans or wounded warriors.
12. Invite military spouses as guests for a club meeting.
13. Have a program spotlighting the military or veterans.
14. Invite a former POW or Medal of Honor recipient as a speaker.
15. Sponsor a fundraiser for an organization that supports the military.

PROJECT FOR NFRW CONVENTION - PHOENIX - SEPTEMBER 2015

There will be a table at the Phoenix convention to gather cards, and they will be given personally to American Red Cross representative.

HOLIDAY MAIL FOR HEROES

Holiday Mail for Heroes, sponsored by the American Red Cross, is a way for Americans of all ages to send holiday mail to members of the American military from all branches, active duty, guard and reserve, retirees and family members of those listed. Here's how it works:

Once you've decided to participate, begin planning:

- Create your card. There are three options:
 - 1) Design and print your own cards, branding them with your own logo
 - 2) Purchase cards
 - 3) Purchase supplies to make cards. Children are especially fond of making cards, and they are very popular with service members.
- Host card making and/or card-signing events, and invite your employees, customers, members, neighbors or students to make or sign cards you provide. Have plenty writing implements or art supplies and volunteers who can assist and answer questions.

Be sure the messages in the cards are appropriate:

- Messages in cards should be positive: "Thank you for your service." "Have a safe and happy holiday season." "Have a happy new year."
- Use the greeting: "Dear Service Member or Veteran," **not** "Dear Soldier" or "Dear Sailor."
- Sign cards with only first names—do not include full name, address, phone number or e-mail addresses. "Merry Christmas from the Sanderson Family, Phoenix, Arizona" or "Ken and Pat in AZ say Happy Holidays to You."
- Do not put cards in envelopes. No envelopes or letters are accepted, only cards.
- Please do not include inserts **of any kind**, including photos, glitter or attachments; these items will be removed during the reviewing process.
- Religious cards (Christmas and Passover) can be accepted. They will be given to military or VA chaplains to distribute.

MILITARY SITES IN NC

STATE VETERANS HOMES

- Black Mountain
- Kinston
- VA Medical Center in Fayetteville
- W.G. Hefner Medical Center campus in Salisbury

VETERANS HEALTH ADMINISTRATION – VA MEDICAL CENTERS

Asheville	Asheville VA Medical Center
Durham	Durham VA Medical Center
Fayetteville	Fayetteville VA Medical Center
Salisbury	Salisbury - W.G. (Bill) Hefner VA Medical Center

NATIONAL CEMETERY ADMINISTRATION NATIONAL CEMETERY

New Bern	New Bern National Cemetery
Raleigh	Raleigh National Cemetery
Salisbury	Salisbury National Cemetery
Wilmington	Wilmington National Cemetery

ARMY BASES

Fort Bragg	Fayetteville
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AIR FORCE BASES

Pope AFB	Manchester
Seymour Johnson AFB	Goldsboro

MARINE CORPS BASES

Camp Lejeune	Onslow
MCAS Cherry Point	Havelock
MCAS New River	Jacksonville

COAST GUARD BASES

Air Station Elizabeth & National Strike Force	Elizabeth City
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ASHEVILLE VA MEDICAL CENTER

The Charles George VAMC depends on the good will of our benefactors and volunteers who wish to give something back to America's heroes.

Volunteering

Volunteers provide many important functions throughout the Medical Center. Volunteers assist in raising our Veteran's hearts and spirits. Volunteers perform a number of services, closely matching their skills, abilities and availabilities to the needs of the Medical Center. Call 828-299-2514 for information.

Giving

To make a monetary tax deductible contribution, using a credit card, you may click on the E-donate button located on the right side of this page. For donations via personal check, please make payable to the Charles George VA Medical Center noting the account preference in the memo line of the check. Please mail to the following address:

Charles George VAMC
ATTN: Voluntary Service
1100 Tunnel Road
Asheville 28805

This is the current needs list for the Charles George VA Medical Center:

- Bi-monthly Memorial Service - sponsorship is needed to underwrite costs associated with program publication, refreshments, and memorial roses.
- New magazines (3-months or less from date of publication)
- Firm heart pillows
- Catheter bag covers
- "FOREVER" stamps
- Sponsorship for Community outings to restaurants & special events (CLC)
- Variety of musical CD's for Palliative Care
- Coffee, cream, and sugar to support the outpatient waiting areas
- Personal listening devices like Ipods for diversional therapeutic needs
- Itune Gift cards for music downloads
- Gift cards for restaurants for community outings
- Fingernail/toenail clippers
- Razors
- Travel sized toiletries for men and women
- Denture adhesive and denture tablets
- 2 liter sodas for recreational activities
- Non-perishable prepackaged snack foods.

If you or your organization wishes to support one of these items, please mark your check designating in the memo line: VAMC-Asheville and which item(s) you designate to donate.

If you have questions, please feel free to contact Voluntary Service at: (828) 299-2514.

ASHEVILLE VA MEDICAL CENTER - Continued

Volunteer Assignments

Listed below are some of the current volunteer opportunities. For referral to worksite supervisor for potential placement, individual must have qualified skills, interest, competencies, and availability. If you have special skills to offer, please let us know so we can discuss how you can best use your talents toward service to Veterans.

Coffee Cart

Serve coffee in outpatient clinic waiting areas and/or the Community Living Center.

Patient Escort Volunteers

Provide assistance with pushing patients in wheelchairs to their appointments. Open hours.

Patient Friendly Visitor

Assist and support nursing staff on inpatient units providing amenities and special attention to patients as needed. Open hours.

Recreational Activity Volunteers

Assist under the supervision of Recreation Therapy to provide diversional activities, such as movies, games, gardening, and current events discussion.

Service Clerical Support

Multiple office needs in administrative and clinics areas.

Wheelchair Inventory Management

Assists with distributing wheelchairs to Veterans who have outpatient clinic appointments.

Van Drivers

Drivers are needed to transport eligible Veterans to and from the Medical Center or Community Based Outpatient Clinics for scheduled VA outpatient appointments. To fill this role you must have a current driver's license, automobile insurance and pass a physical exam. Call 828.299.2514 for more information.

Home Respite Program

Volunteers visit with home-bound Veterans, within their own county, to provide a period of rest and relaxation for the caregiver. The volunteer will come to the home to provide companionship to the Veteran. The volunteer will not perform any household chores or any hands-on medical care. This service provides the caregiver a much needed break to renew their energy and spirit, helping to support the family's ability to care for the Veteran in a familiar home setting.

DURHAM VA MEDICAL CENTER

The following is a list of items for the comfort and welfare of our Veteran patients. Please contact Voluntary Service for specific questions on your desired donation and we are more than happy to assist you. Our office phone is (919) 286-0411 x7810.

Any monetary donation may be mailed or dropped by our office B-1009. All checks may be made out to the VA Medical Center and the intent for use is provided either on the memo line or with a letter attached to your donation. Checks can be mailed to the following address:

Durham VA Medical Center
Attention Voluntary Service (135)
508 Fulton Street
Durham, NC 27705

E DONATE IS NOW AVAILABLE FOR CREDIT CARD DONATIONS!!

Please go to our website www.Durham.va.gov and click on the E DONATE Icon!

We need financial support for the following areas. At this time there are limited items we are in need of and will not be able to accept any item not listed. Remember we are a medical center and request only items to supplement our patient's special requests that are otherwise not provided. All items must be new; we do not accept used items.

You may make a donation to any specific funds as follows:

1. Recreation Events (includes parties, outings and special events for Veteran patients).
2. Emergency Welfare (This is a great need. The Emergency Welfare Fund assists Veterans with a onetime emergent need including travel, gas, food and or clothing).
3. *Greenville HCC* (K cups, sugar creamer and other items for coffee program).
4. Holiday Fund
5. Hospice Fund
6. General Purpose
7. Women Veteran Needs
8. Azalea Fund to assist with emergent needs for our OEF/OIF/ OND
9. National Rehabilitation Events including Adaptive Winter Sports Clinic, Creative Arts Festival, Wheelchair Games and the Golden Age Games. Donations assist us in sending veterans to these events including transportation and hotel costs.
10. National Creative Arts Festival Fund (The Durham VA will be hosting the National Creative Arts Festival October 2015).

NEW FOOD PANTRY GREAT NEED!!!!

We are totally out of our Complete Meals such as Hormel Meals, long shelf life and other packaged dinner items for our food pantry. In need of cereal, breakfast bars or other morning items and TOILET PAPER! Please check expiration dates.

DURHAM VA MEDICAL CENTER - Continued

- Postage stamps or envelopes with stamps on them
- Sweatpants and sweat shirts prefer blue or gray XL-3XXX
- White Socks
- Men's underwear M-XL
- Toothpaste and toothbrushes
- Body lotion for both men and women
- Dry erase boards 8 x 11 for those patients unable to speak or recent surgery to their throats this is a very important and ongoing need. GREAT NEED
- Stoma Bibs
- Patriotic Twin Size Quilts for our Hospice patients
- K cups_coffee, tea and hot chocolate for hospice family room assorted flavors (WE ARE FULLY STOCKED ON DECAF)

FOR OUR HUD/VASH PROGRAM (PERMANENT HOUSING FOR OUR VETERANS)

We only accept brand new items

- Queen size electric air mattresses (built in pumps)
- Queen size bed in a bag unisex
- Bed pillows
- Stick vacuums
- Pot and pan sets/dishware sets/ silverware
- Towel sets/shower curtain and rod/bathmats

FOR OUR RECREATION DEPARTMENT NEEDS

- Movie gift cards to the Phoenix theater at Northgate Mall and concessions cards
- Kroger or Food Lion gift cards for resident cooking group
- Restaurant gift cards for outings i.e. TGI Fridays, Golden Corral, etc

Fresh floral arrangements to be placed in the CLC dining room especially holiday specific such as Valentine's Day, St. Patrick's Day and other fun holidays throughout the year. Please remember Father's and Mother's Day, July 4th and other fun days.

We accept magazines no older than 6 months. We do not accept books.

We are always happy to assist you with your donations by meeting you by the front circle with a cart. Please contact our office in advance so we are able to make arrangements to assist with the unloading. We request that boxed items weigh no more than 20 lbs each please.

DURHAM VA MEDICAL CENTER - CONTINUED

Volunteer Assignments

(919) 286-0411 X7810 or Ronni.Miller@va.gov

All positions are available from 8 am to 4:30 pm, Monday – Friday, except if noted

There is a minimum of four hours per week and a six-month commitment. All volunteers must undergo a federal background check prior to commencement of volunteering.

Animal Assisted Therapy/Activities: Certified handlers and their dogs will provide therapeutic visits to the residents of the Community Living Center including the Hospice unit. Monday-Friday with some weekends and evenings available. Visitation times to be determined.

Chaplain Service: Escort wheelchair patients to and from Sunday services. **(Sundays 9:30am-11:30am).**

Community Living Center: Provide assistance with the long term care Residents of our Community Living Center by visiting, interacting etc. Assist staff by escorting residents to and from the dining room, assist with meal time, and other duties assigned.

Dialysis Volunteer: Assist with answering phones, running errands passing ice and water, visiting patients receiving dialysis.

GI Clinic: Assist with phone calls to remind patients of appointment. Assist with procedure instructions and mail outs, provide assistance with families and veterans in waiting room.

Greenville Health Care Center: Please contact Voluntary Service (252) 830-2149 x3228.

Hospice Unit Volunteer: Provide visits with our hospice veterans. Must have patience to sit and simply visit also assist at meal time.

Logistics: Assist with delivering and stocking of supplies. Must be able to lift and stand in this position. **Great position for all ages and great need.**

Morehead City Community Based Outpatient Clinic: Assist with patient call reminders, assisting veterans utilizing the new Kiosk check in.

Nutrition and Food Services: Assist with inventory and stocking, assist with CLC (Community Living Center) during meal time with patient trays etc. M-F anytime 7:00-3:30pm.

Nutrition and Food Services: Provide Clerical assistance to the MOVE Program which encourages healthy lifestyle for our veterans. Great position for students studying to be a Registered Dietician.

DURHAM VA MEDICAL CENTER - CONTINUED

Volunteer Assignments

Nutrition and Food Services: Assist with the data collection of the Nutrition and Food Service Customer Satisfaction Survey. Great position for students studying to be a Registered Dietician.

Prime Clinics: Assist with patient call reminders, directions and other clerical needs of our Prime Clinics.

Prosthetics Volunteer: Assist the Prosthetics staff with special equipment for our veteran patients by mailing out items and working with the inventory stock. Openings Monday-Friday anytime 8:00-4:00pm. This is a great position for hands-on folks learning to put together wheelchairs and delivery of items to patients.

Recreation Service: Assist with morning activities, bringing patients to group, assist with set up. This position is on the Community Living Center. Mondays, Tuesdays or Wednesdays mornings available 8:30-11:30am.

Short Stay Unit: Serve as liaison with family and surgical staff. Maintain the Surgical waiting area by making coffee, assisting veterans and guests before and after same day surgery. Availabilities: Wednesdays or Fridays 8:30-11:30am.

Short Stay/4B Greeter/Helper: Greet patients admitted to the Short Stay 4B for same day surgery. Escort patient to their bed, provide instructions on use of bed, bed gown, call bell, pass out snacks to post operative patients, and provide items requested by veteran patient.

Volunteer Drivers are needed for the following areas: Burlington, Morehead City, Eden, Roxboro, Smithfield/, **Wilson** Fayetteville, Greensboro, Jacksonville, New Bern, **Roanoke Rapids, Rocky Mount, Greenville are in great need.** Please contact Voluntary Service for more information on the qualifications.

FAYETTEVILLE VA MEDICAL CENTER

We depend on our benefactors and volunteers who wish to give back to America's heroes.

Volunteering

Volunteers provide many important functions and help make our patients' stay more enjoyable. Volunteers can perform a number of services. To volunteer, call or visit the VAMC Fayetteville Voluntary Service Office. We will be happy to receive your application or discuss how you can help us in our mission to provide comfort and care to America's veterans.

Giving

Cash donations are used for the comfort and welfare of our veteran patients:

- homeless veterans program
- coffee - decaf
- recreational activities
- nursing home enhancement

Non-cash contributions items which are accepted:

- magazines (no more than 3 months old)
- sweat suits and t-shirts
- Wal-Mart gift cards
- comfort items/toiletries
- movies
- music and compact discs

To make a cash or non-cash contribution, contact the VAMC Fayetteville Voluntary Service.

Volunteer Assignments

We've listed some of the ways you can volunteer below. However, if you have special skills to offer, please call us so we can discuss how you can best use your talents to help our patients.

Volunteer Van Drivers

Help pick-up outpatients for their appointments. To fill this role, you must have a current driver's license and automobile insurance and pass a physical exam.

Volunteer Ambassador Program

Help greet patients and give directions within the medical center. Open hours.

Volunteer Office Assistant

Help different offices in the medical center. Duties include filing, answering phones, and greeting and directing patients. Hours: 8:00 a.m. - 12:00 noon, or 12:00 noon - 4:00 p.m.

Volunteer Patient Reminder Caller

Help make phone calls to remind patients about their scheduled appointments. Open hours.

Silver Spoon Volunteer

Assist with patient feeding. Open hours.

HEFNER VAMC SALISBURY

Hefner VAMC depends on the goodwill of our benefactors and volunteers who wish to give something back to America's heroes.

Volunteering

Volunteers provide many important functions throughout the Medical Center and help make our patients' stay more enjoyable. Volunteers can perform a number of services, and a volunteer's talents are closely matched with one of our many assignments.

To volunteer, call (704) 638-9000, ext. 3409, or visit the Voluntary Service Office in Building 6. We will be happy to receive your application or discuss how you can help us in our mission to provide comfort and care to America's veterans.

Giving

Cash donations are used for the comfort and welfare of our veteran patients:

- hygiene products
- refreshment supplies - coffee, etc
- televisions for patient areas and clinics
- recreational activities/prizes
- special events for patients

Non-cash contributions which are accepted:

- magazines
- coffee and sugar-free snacks
- new or gently used clothing /call ahead
- telephone cards
- small children's games/toys in good condition

To make a cash or non-cash contribution, please contact our Voluntary Service Office at (704) 638-9000, ext. 3409.

APPENDIX A

Resources and Veteran Project Information*

There are many ways to help. What follows in these pages are examples of projects being done here in North Carolina and all across the country, as well as information about other resources for your use.

To ensure that funds your club raises and time spent volunteering are used wisely, please review potential charities online at: www.charitynavigator.org or any charity rater. As a general rule, excessive overhead and proportionally small outlays to beneficiaries are cause for concern and need thorough investigation.

Doing a careful online search for any negative press is another good idea. This spring in one NC county, a wounded soldier allegedly will not move into the house that was promised to him after much fanfare, speeches, and press coverage. Subsequent news reports say that the people involved are alleged to have done this to other wounded troops in another part of the country with significant local monies having been raised.

*While we try to ensure that this is up-to-date information, we cannot guarantee that all is correct.

MMIA (Military Missions in Action)

This BBB Accredited Charity meets all 20 Standards for Charity Accountability and is a BBB Seal Holder.

North Carolina-based, **MMIA** is a 501(c)(3) nonprofit charitable organization which has support from hundreds of volunteers. Since inception in Fuquay-Varina NC, MMIA has provided more than \$2,000,000 in services through our various programs—Operation Building Hope, Homes For Healing, Military Child Access Assistance Program (MCAAP), Fill The Footlocker, and Operation Warrior Golf. MMIA projects have reached west to Kannapolis NC and east to Wilmington NC and other points along the North Carolina coast and many places in between.

- **Mike Dorman***, the Founder and Executive Director of MMIA. After retiring from the United States Coast Guard in 1999 after serving for 20 years, Mike was a contractor in Wake County, prior to starting MMIA in November 2007. At the White House in February of 2013, Mike was presented the 2012 Presidential Citizens Medal for his work completed within the community and for our veterans.
- The primary focus of MMIA is to provide home modification services to disabled veterans to allow them to live independently (services are not restricted to those injured in combat nor is it restricted to disabled veterans from the most recent combat conflicts). MMIA has assisted veterans from the current conflict back to WWII.

There are five MMIA Programs:

1. **OPERATION BUILDING HOPE** provides home modifications to ensure veterans with disabilities can live independently in a fully-accessible home.
 2. **HOMES FOR HEALING** to help in their healing process, MMIA assists veterans who suffer from Traumatic Brain Injury (TBI) and Post Traumatic Stress Disorder (PTSD).
 3. **MILITARY CHILD ACCESS ASSISTANCE PROGRAM (MCAAP)** assists active duty service members and veterans who have children with special needs who require handicap accessibility into their home.
 4. **FILL THE FOOTLOCKER** supports active-duty service-men and women serving in combat zones by collecting items which help bring them comfort and our homeless veterans in North Carolina.
 5. **OPERATION WARRIOR GOLF** the Wounded Warrior battalions in North Carolina teach veterans with disabilities how to overcome their limitation(s) through the game of golf. Upon completion of the program, MMIA presents the veteran with a gently-used set of golf clubs.
- The majority of labor on all MMIA projects is provided by volunteers from local churches, civic organizations and individuals. Electricians, plumbers and other skilled contractors are sometimes paid for their services if their services are not donated.

- From January 2008 – September 2013, MMIA completed over 200 projects, shipped over 14,000 care packages to our servicemen and women in combat areas and assisted over 6,500 homeless veterans at a value of over \$2.5 million in services and supplies.

- Since 2008, projects have been completed from the coast of North Carolina to Kannapolis. MMIA services all 100 counties of No. Carolina.
- In 2012, for every \$1.00 donated, \$.93 was spent on providing services to veterans with disabilities, supporting our servicemen and women in combat areas and their families, and just \$.07 was used for administrative costs.
- MMIA has two office locations.
 - Our home office is located on North Judd Parkway in Fuquay-Varina, NC, and is provided lease-free and utility-free by the Young Insurance Group.
 - Our branch office is on S. Page St. in VFW Post 7318, Southern Pines, NC, and is provided lease-free and utility-free by the VFW Post.

***Mike Dorman is a powerful speaker for NCFRW club meetings.**

MMIA FILL THE FOOTLOCKER

Fill the Footlocker consists of two programs.



- The first program supports active-duty service members and military working dogs in combat zones.
- The second program supports our ever rising number of homeless North Carolina veterans.

Working within the community, MMIA collects items for both programs. Once items are collected, a community pack-n-ship event is held to prepare items for shipment overseas. Items collected for homeless veterans are distributed at the numerous homeless veteran stand-downs held within the state. Financial donations are greatly appreciated to help offset the cost of shipping.

Here are items you can donate:

Backpack Basics: These items are requested by troops who spend weeks away from their base and have limited storage space. Individual packaging and unscented products are essential. Gum, Hard Candy, Mints, Jerky, Water Flavoring Mixes, Snacks, Snack & Trail Mix, Canned Tuna and Chicken Salad, Canned Meats, Nuts, Breakfast & Protein Bars, Energy drinks, Packaged Hand Sanitizers, Baby Wipes, Toothpaste, Toothbrushes, Mouthwash, Deodorant, Shampoo, Insect Repellent, Chapstick, Eye Drops, Sun Block, Aloe Gel, Q-tips, Tweezers, Vitamins, Cough Drops, Baby Powder, Foot Spray, Black or White Calf-length Socks, Long-sleeved Black or Brown Thermal Shirts, Playing Cards, Pens, Pencils, & Paper Cards and Letters of appreciation.

Movies for the Military: Popcorn (individual bag size), Powder Drink Mixes (individual size) Movie-style candy (except chocolate), new or used DVDs.

MMIA FILL THE FOOTLOCKER - Continued

K9 Care: Treats & Snacks, Bowls (Buddy Bowls), Latex Dog Toys (Hartz), Dog Brushes (Furminator brand), Dog Shampoo (unscented), Cooling Vests (Large Size), Kong Toys, Dog Boots (German Shepherd Size).

Keep Them Cool: Sun Block, Plastic Water Bottles, All Black Sunglasses, Individual Drink Mixes, Suntan Lotion & Aloe Gels, Chap Stick/Lip Balm, and Insect Repellant Wipes.

Give 'Em A Break: Magazines (current and pop culture), Candy (No Chocolate), Snacks (small), Coffee, Tea & Hot Chocolate, Creamer & Sweeteners, Breakfast Bars, Travel Mugs with Lids, Cookies, Crackers & Snacks.

MMIA HOMELESS VETERAN STAND DOWNS



These items are needed for low- to no-income North Carolina veterans:

- Packaged Hand Sanitizers, Baby Wipes, Toothpaste, Toothbrushes, Mouthwash, Deodorant, Shampoo,
- Conditioner, Lotion, Chapstick, Wash Clothes, Razors, Q-tips, Fingernail Clippers, Shower Shoes, Laundry
- Bags, Combs/Brushes, Clothing, Tennis Shoes/Boots, Carrying Bags.

MMIA is dedicated to assisting veterans with disabilities from all wars, members of the Armed Forces and their families. For more information on their programs, see the web site at: www.militarymissionsinaction.org.



TROOPONS®



-- Bagging Instructions --

The commissaries have requested that Troopons be bagged and delivered to them as follows.

1. Cut out the coupons.
2. Sort coupons into two piles by status:
 - a. Expired. Not expired more than 2 months. (e.g. if today's date is 3/1/2013, you would cut out coupons with an expiration date that is not older than 1/1/2013.
 - b. Unexpired. At least two months of life left.
3. Sort each of those two piles into four piles by type:
 - a. Food items
 - b. Non-food items
 - c. Baby food/items
 - d. Pet items (like dog food)
4. Stuff them into plastic baggies.
5. Write the status (Expired or Unexpired); type (food, non-food, baby, or pet) on them.
6. Total the retail savings of the baggies and write it on them. This helps us track the value of the overall program.
7. Mail them to SOT as follows:

Support Our Troops®
P.O. Box 70
Daytona Beach, FL 32115-0070

Only "Manufacturer's Coupons" can be used. They can be from the newspaper, dispensers in grocery stores, tear-pads, and elsewhere as long as they state "Manufacturer's Coupon" on them. No assistance vouchers. No food stamps. No store coupons. No restaurant coupons. No Internet coupons.

Thank you for making a difference in the lives of our military troops and their families!

Happy clipping!

~~ The Support Our Troops Team

wear blue: run to remember
www.wearblueruntoremember.org/

Founded in 2009 by Lisa Hallett and Erin O'Connor after the death of Lisa's husband, CAPT John Hallett, *wear blue: run to remember* began as a way to cope with great loss in the JBLM community of Washington State. A second chapter is now at Fort Bragg, North Carolina.

Mission: The mission of *wear blue: run to remember* is to build running communities that honor the service and sacrifice of the American military.

Goals: *wear blue* seeks to (1) act as a support network, (2) serve as a living memorial, and (3) bridge the gap between military and civilian communities.

Vision: Within the next 10 years, *wear blue* will create globally recognized running communities that honor and preserve the legacy of generations of fallen service members, achieved through formal relationships with the National Guard, active duty military leadership, and community and state governance.

We run for the fallen, for the fighting, and for the families. Our running community serves as a support network for those preparing for a deployment, living through a deployment, recovering from a deployment and healing from loss sustained during a deployment.

With every step, *wear blue* creates a living memorial to the service and sacrifice of the American military. And on race day, our *wear blue* Mile allows all runners to pay tribute to the service members who have paid the ultimate sacrifice. It is a reminder that Freedom isn't free – it was bought and paid for by men and women in uniform.

What makes us unique is we do not run to raise money, we raise money to run. Being a member of *wear blue* requires no fundraising commitment or membership dues. *wear blue* is an all-inclusive organization that actively strives to bridge the gap between the **Military and the community.** Our running group provides community members a tangible way to show their appreciation and support for the military.

We are currently planning on announcing new meet-ups and chapters near major military installations in 2014. Every chapter will participate in one local touchstone race in the spring and a national race in the fall, creating the ultimate living memorial with thousands of runners wearing blue.

Community: A powerful network of American active duty military, reserve military, their families, veterans, wounded warriors, Gold Star families, and supportive community members.

wear blue: run to remember was granted 501(c)(3) status in the summer of 2012.

THE PROGRAM OF COMPREHENSIVE ASSISTANCE FOR FAMILY CAREGIVERS

Family Caregivers provide crucial support in caring for our Nation's Veterans by allowing them to stay in the homes and communities they defended, surrounded by the loved ones they fought for. Caregivers in a home environment can enhance the health and well-being of Veterans under VA care. The Veteran's spouse, son, daughter, parent, step-family member, extended family member, or someone who lives with the Veteran full time may be eligible to be the Caregiver. The Program of Comprehensive Assistance for Family Caregivers has allowed VA to provide additional supports and services to Family Caregivers of eligible Veterans injured in the line of duty on or after September 11, 2001. There are additional criteria that must be met prior to approval.

Max Dolan, Peer Support Coordinator - Caregiver Support Program
Armed Forces Services Corporation
Region 9, Fort Bragg, NC
Office: (910) 643-6651; Cell: (910) 709-2142
Email: MDolan@AFSC.com

NATIONAL RESOURCE DIRECTORY

<https://www.ebenefits.va.gov/ebenefits/nrd>

Connecting Wounded Warriors, Service Members, Veterans, Their Families and Caregivers with Those Who Support Them.

ARMED FORCES SERVICES CORPORATION – 2015 DIRECTORY

This 124-page directory includes the most commonly referenced resources for caregivers of recovering Service members, most of them at the national level.

THE ALEETHIA FOUNDATION

The Aleethia Foundation supports recently injured troops in their rehabilitation upon returning home. The foundation is a small non profit in the Washington, DC area dedicated to helping the newly injured troops. It is just a few people, all volunteers, trying to aid in the initial phase of recovery by providing dinners, short term recreation outings and small grants.

AMERICAN LEGION

A service organization that provides financial and health services, aid, and support to veterans and their families. Veterans are eligible for membership if they have served during a conflict or war. This organization provides financial assistance to Boys and Girls State programs, baseball leagues, and other worthy organizations for kids. It also has a women's auxiliary, Sons of the Legion, etc., and meets at least monthly.

CONCERNED VETERANS FOR AMERICA

The goal of Concerned Veterans For America is to translate the experience, concerns, and hopes of fellow veterans and their families into a common vision of liberty and freedom. They provide a new and unique perspective on the issues that threaten to cripple not only our economic and national security, but the spirit of opportunity and liberty that they fought to defend and all Americans cherish. Their task is to bring that fresh perspective to the American people and our leaders.

CONGRESSIONAL MEDAL OF HONOR FOUNDATION

The Congressional Medal of Honor Foundation has undertaken a broad range of initiatives aimed at increasing awareness of the Medal of Honor and what it represents. The Foundation is particularly grateful to the Medal of Honor recipients for all they do to help us perpetuate their legacy of courage and sacrifice and for the many generous individual and corporate donors who have made the initiatives possible.

DISABLED AMERICAN VETERANS

Disabled American Veterans helps and supports disabled veterans and their families, and welcomes donations.

FISHER HOUSE

The Fisher House program is an unique private-public partnership that supports America's military in their time of need. The program recognizes the special sacrifices of our men and women in uniform and the hardships of military service by meeting a humanitarian need beyond that is normally provided by the Departments of Defense and Veterans Affairs. There are 61 Fisher Houses located on 23 military installations and 22 VA medical centers to assist families in need and to ensure that they are provided with the comforts of home in a supportive environment. Annually, the Fisher House program serves more than 19,000 families, and have made available over four million days of lodging to family members since the program originated in 1990. By law, there is no charge for any family to stay at a Fisher House operated by the Department of Veterans Affairs; and Fisher House Foundation uses donations to reimburse the individual Fisher Houses operated by the Army, Navy, and Air Force. No family pays to stay at any Fisher House! Republican women's clubs across the country have responded to this need by giving their time and money to support the Fisher House Foundation. All donations given by individuals to the Fisher House Foundation are tax deductible. In addition to monetary support, the Fisher House is in need of volunteers, air miles, hotel points and other items. Details are available on the Fisher House web site

FOLDS OF HONOR FOUNDATION

The Folds of Honor Foundation was created in 2007 to ensure that, through scholarships and other assistance, spouses and children of soldiers killed or disabled in the service of their country will have educational opportunities and opportunities for their dreams to be realized. As of January 1, 2012, more than one million dependents of soldiers who have served in Iraq and Afghanistan have been adversely affected and of them, 87 percent do not qualify for federal scholarship assistance. Individuals can apply for the scholarships online.

FUTURES INC.

A talent-management software company based out of Durham, North Carolina, that offers veterans a free “pipeline” to create online resumes that reflect their skills and match them to potential employers.

GARY SINISE FOUNDATION

The Gary Sinise Foundation honors veterans and their families by creating and supporting unique programs designed to entertain, educate, inspire, strengthen, and build communities.

GROUND OPERATIONS

Paradoxically, our veterans are looking for new challenging careers at the same time that the USDA is calling for one million new farmers and ranchers in the next ten years to replace the 50% of American farmers who are at retirement age. Agriculture’s problem is the veterans’ solution. Citizens are clamoring for access to more affordable, locally grown, fresh food in their communities, from the urban core to the suburban and rural countryside. The Cavalry coming over the hill is just that — it’s the Marines, Navy, Army, Air Force and National Guard. In a world full of problems, GROUND OPERATIONS is a story about solutions.

HIRING OUR HEROES

Hiring Our Heroes, a program of the U.S. Chamber of Commerce Foundation, was launched in March 2011 as a nationwide initiative to help veterans and military spouses find meaningful employment. Working with the U.S. Chamber of Commerce’s network of 1600 state and local chambers and other strategic partners from the public, private, and non-profit sectors, its goal is to create a movement across America in hundreds of communities where veterans and military families return every day. Hiring Our Heroes has hosted more than 430 hiring fairs in all 50 states, Puerto Rico, and the District of Columbia. Through December 31, 2012, more than 18,400 veterans and military spouses had obtained jobs.

OPERATION NORTH STATE

Winston-Salem program to provide “unique” military support services and a show of appreciation sending Christmas boxes to the deployed service men and women from North Carolina and to veterans that call North Carolina home.

HUGS PROJECT

The Hugs Project was started in Oklahoma in 2004 by Ray and Karen Stark, to send cooling neck bands (affectionately nicknamed "hugs") to the Middle East. The "hugs" help keep our troops and allies cool during the summer when temperatures top 140 degrees. These neck "hugs" can reduce body temperature by 5+ degrees and can save our men and women from heat stroke deaths. In the winter months the temperature can drop as low as -20 to -40 in the mountains of Afghanistan, so warm gear is needed then. A list of items needed for care packages can be found on the web site. Its mission is to give a "hug" to every American serving in the Middle East. So far, this dedicated group has sent more than 1 MILLION "hugs," 250,000 "kisses" (helmet coolers), and more than 400 tons of care package items. There are project members in every state and in 53 foreign countries.

K9S FOR WARRIORS

Come support the K9s For Warrior's Inaugural Gala Washington, DC, on Saturday, June 28, 2014 from 6:30 PM to 10:00 PM (EDT).

This non-profit organization provides services dogs for veterans with PTSD. Service canines are a medically proven recovery aid for our warriors suffering from PTSD. Service canines are considered medical equipment and are recognized by the U. S. Department of Justice Civil Rights Division, and the American disability act of 1990. K9s for Warriors involves the veteran in the training of their new service canine partner, allowing them the opportunity to be part of the solution to their recovery. Its academy is staffed by skilled certified canine handlers and trainers. Each academy is three weeks in length where the warrior learns the skills needed to train their own canines. The organization provides a service canine, training, certification, equipment, seminars, vet care, most meals, and housing, free of charge. Each warrior is responsible for their own transportation to and from the facility which is located in Ponte Vedra Beach, Florida. Classes are limited to three to five warriors in each session.

THE MISSION CONTINUES

Awards community service fellowships to post-9/11 veterans, empowering them to transform their own lives by serving others and directly impacting their communities. Mission Continues Fellows serve for six months at a local non-profit organization addressing key educational, environmental or social issues. Each fellow works to achieve one of three outcomes at the conclusion of the fellowship: full-time employment, pursuit of higher education, or a permanent role of service.

NO GREATER SACRIFICE

No Greater Sacrifice was created to raise funds to support the educational needs of children and families. In so doing, they honor the sacrifice and commitment to the men and women in uniform. NGS accomplishes its mission in part by partnering with charities already on the ground to ensure that children of wounded warriors with a disability rating of 60 percent or greater will be able to attend and successfully graduate.

NOT ALONE

Not Alone is a separate non-profit division of Centerstone, the largest community based non-profit behavioral health provider in the nation. Within the first two years, Not Alone provided over 10,000 treatments for PTSD and combat stress to warriors and their families. All of Not Alone's programs are anonymous, confidential, and provided at no cost to warriors and their families.

ONE TOUCH AWAKENING PILLOW PROJECT

One Touch Awakening Pillow Project was organized by NFRW member Susan Hafner to send a pillow to each of our troops deployed in a danger zone, since they are deployed without pillows. The pillows are sent for their physical comfort, and to assure them they're appreciated and not forgotten. Each time they lay their head on their pillow, they can be assured they are being supported with prayers from home. Each pillow is sent with a card sharing the three-fold purpose: 1) Your secret meeting place with your creator; 2) Our prayer network is praying for you and all who sleep on One Touch Pillows; and, 3) A nightly reminder that "One Touch from God is greater than all the world can offer."

OPERATION RENEWED HOPE FOUNDATION

A charitable 501(c)(3) veteran-led organization headquartered in Alexandria, Virginia, with a mission to provide quality housing and supportive services to America's homeless veterans.

SPECIAL OPERATIONS WARRIOR FOUNDATION

A top-rated non-profit organization that supports the military's special operations forces and their families through three programs: (1) college scholarships for the surviving children of fallen Special Operations Forces, (2) family services, including educational counseling, and (3) wounded Special Operations Forces support.

STAFF SGT. DIXON CENTER FOR MILITARY AND VETERANS COMMUNITY SERVICES

A non-profit team of experts working in partnership with Easter Seals, they collaborate and coordinate services to support employment, education, health and other issues of importance to promote reintegration and success in civilian, family and community life. The Center's expert team provides advice, technical assistance and training to individuals, government and public and private organizations.

STUDENT VETERANS OF AMERICA

Student Veterans of America provides Veterans with the resources, support, and advocacy needed to succeed in higher education and following graduation. SVA member chapters are student groups that have formed on college and university campuses to provide peer-to-peer networks for Veterans attending those schools. These groups coordinate campus activities, provide professional networking, and generally provide a touchstone for Student Veterans in higher education.

THANKSUSA

ThanksUSA is a non-partisan, charitable effort to mobilize Americans of all ages to “thank” the men and women of the United States armed forces. We’re doing that by providing need-based college, technical and vocational school scholarships for their children and spouses.

TRANSITION ASSISTANCE PROGRAM FOR SURVIVORS

A non-profit, non-government organization that serves as a 24/7 tragedy assistance resource for anyone who has suffered the loss of a military loved one, regardless of the relationship to the deceased or the circumstance of the death.

UNITED SERVICE ORGANIZATION (USO)

The USO website lists centers and programs in 28 states and in the District of Columbia. The USO World Headquarters is located in Arlington, VA. The Warrior and Family Center, the largest USO center, is at Fort Belvoir, VA. A new center at Walter Reed in Bethesda, MD, is dedicated to Prescott Bush, who chaired the USO during WWII is the father and grandfather of our former U.S. presidents. A \$25 donation sponsors one USO Care Package for our troops. Phone cards are needed. Details on these and other support programs are available on the USO web site.

USA CARES

USA Cares focuses on meeting the critical needs of military families, providing over \$10 million of assistance to date, and is the only military charity with a dedicated program to remove veterans’ financial barriers to receiving treatment for PTSD and TBI.

VETERAN CENTRAL

This is a crucial social web site for veterans and those who want to provide services to veterans. Veteran Central coordinates and centralizes the efforts of advocates, businesses, and community organizations that are committed to supporting our returning veterans and rebuilding America by strengthening veteran communities across the United States. The web site seeks to ensure its technology provides relevant and user-friendly content as it becomes the central platform through which veterans locate programs, resources, and opportunities, while reconnecting with and reintegrating into their communities.

VETERANS OF FOREIGN WARS

Provides services and aid to veterans and has monthly meetings. Veterans are eligible for membership if they have a campaign medal for overseas service, imminent danger pay, or 30 consecutive or 60 non-consecutive days in Korea or under hostile fire.

WALL STREET WARFIGHTERS FOUNDATION

Mentors and trains wounded warriors interested in a career in the finance industry.

WARRIOR GATEWAY

A non-profit whose mission is to connect individuals in the military, veterans, and their families with federal, state, and local government programs as well as non-profit organizations in their local communities. Warrior Gateway's efforts were recognized in 2011 with the Federal Computer Week Fed-100 award for significant contributions to the Federal IT community.

WARRIORS AND QUIET WATERS (SOUTHERN CHAPTER IN FLORIDA)

Provides traumatically injured U.S. servicemen and women from Iraq and Afghanistan with a high-quality restorative program, utilizing the therapeutic experience of fly fishing on Montana waters.

WOMEN'S QUILT PROJECTS

A Women's Quilt Project to honor female veterans – past, present and future – could be a project suitable to your state or club. It could be fashioned after the 2011 NFRW Women's Purple Heart Quilt Trail Project initiated by the NFRW Armed Services / Homeland Security Committee and culminated at the NFRW biennial convention in Kansas City in 2011. The committee challenged each state to participate by displaying at the convention a wall hanging that honored women who have received the Purple Heart medal. Each state quilt was unique and showcased the state's history (famous citizens, the state bird, buildings, etc.) A pattern was chosen which depicted the Purple Heart medal and any other event. Later, the quilts could be displayed prominently in state capitols, V.A. nursing homes, hospitals, etc.

YELLOW RIBBON FUND

The Yellow Ribbon Fund provides practical support to injured service members and their families while they're at Walter Reed National Military Medical Center, Fort Belvoir Community Hospital, and after they return to their hometowns.

AARON GRIDER FOUNDATION

Carthage, NC. **AGF** seeks to remind surviving families that they are not alone in their pain. Through missions and outreach trips organized by **AGF**, deep relationships formed give birth to fellowship opportunities – opportunities to gather together and work towards organically making a difference in local communities. www.aarongriderfoundation.org.

MILITARY FAMILY LIFESTYLE CHARITABLE FOUNDATION, INC. (MFLCF)

Huntersville, NC, (MFLCF) will provide our military members and their families the dignity and respect owed them by our Nation for their commitment and selfless service in preserving the freedoms we all enjoy. MFLCF will accomplish this task by generating revenue through fundraising events and programs that help support the financial, physical, and emotional needs of military members and their families.