

CAUSE SALUTES



Sending Holiday Cheer to Service Members in Germany

In December, Cause received a box of Holiday Cards from Mrs. Renee Nickelson, the 5th grade teacher at St. Bridget of Kildare Catholic School in Pacific, Missouri. Her students wrote the cards and wanted them to go to service members overseas.

Cause sent the cards to the Chaplain at Landstuhl Regional Medical Center to share with recovering service members and their families. This kind gesture epitomizes our motto at Cause

...here for those who are there for us.



Volume IV- January 2019

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QUARTERLY NEWSLETTER

PROGRAMS & SUPPORT

Helping Service Members heal through Massage, Reflexology & Reiki

Cause began using Massage, Reiki and Reflexology in 2007 in an effort to provide a supplemental treatment path for PTSD based on preliminary reports and anecdotal information. Over the past few years, more and more research is starting to point to the success of these alternative treatments, and the Veterans Administration is calling for formal studies into their effectiveness.

Our own experience and outcomes show a positive trend in reducing anxiety, improving sleep cycles, and speeding up the physical and mental recovery process.

Massage therapy is important to wounded warriors because this therapy breaks up muscular bracing found in most post combat service members. Massage therapy helps return muscles to a balanced pro-homeostatic state and speeds up the recovery process.

Reiki is a Japanese technique for relaxation and stress reduction. Reiki promotes healing and has a balancing effect on the entire body system. Reiki is important to wounded service members because Reiki can improve sleep and digestion, reduce anxiety, enhance immune functioning and improve overall well-being.

Reflexology is the application of appropriate pressure to specific points and areas on the feet, hands, or ears. These areas and reflex points correspond to different body organs and systems, and pressing them has a beneficial effect on the organs and person's general health.

There is no single program or treatment that works for every service member or their caregivers. Cause's Massage/Reiki/Reflexology options provide an effective, cost efficient alternative to easing suffering, reduce stress and promoting healing for many wounded warriors and their families.



ANNUAL VETERANS DAY GALA

Cause Gala a Tremendous Success!

On November 10, 2018, Comfort for America's Uniformed Services (Cause) hosted its Annual Veterans Day Benefit Gala at the Army Navy Country Club in Arlington, VA. The event celebrated the critical work of Cause, its volunteers, and the countless people who support the ongoing care and treatment of our nation's wounded, ill, and injured service members and their families.

Sergeant John Peck, USMC (R), shared the incredible story of his injuries and the subsequent challenges of his recovery process. He is one of the first successful double-arm transplant cases in the world. His message was one of hope, the essential element for his ongoing recovery.

Jennifer Griffin, Fox News Correspondent, served as the Master of Ceremonies. Her daughters are Volunteers for the Cause Digital Entertainment

Library at Walter Reed. Jennifer first learned about Cause when her brother was in high school. She has long supported Cause and its programs in the DC area.

Lieutenant General (R) Dan Christman was the Honorary Chairman of this year's event.

Cause presented The London Medal for Distinguished Service to Lee and Penny Anderson of APi Group, Inc.

One of the highlights of the evening came when the Secretary of the VA, the Honorable Robert Wilke, joined us for our reception. He visited with the current service members present and also had detailed discussions with many of our guests.

The event featured a Silent Auction which raised additional funds for Cause Programs and Activities.



Westpoint Class of '67 with the Secretary of the Veteran's Administration, Robert Wilke



**CAUSE PRESIDENT /
GALA COMMITTEE CHAIR**
John & Judy Caldwell



GALA EMCEE
*Fox News Correspondent
Jennifer Griffin and her family.*



SECRETARY OF VETERANS AFFAIRS
*Dr. Jennifer and Dr. Jack London
with Secretary Wilke*



GUEST SPEAKER
Sgt. Jonathan Michael Peck, USMC (Retired)



2018 LONDON MEDAL AWARDEES
Lee & Penny Anderson, APi Group



Gala Committee Chair-
Silent Auction, Mary Sullivan



Silent Auction items, featuring
Ann Hand Pin, Autographed
Books & Special Trips



VETERANS GALA SPONSORS & DONORS

A special thanks to all of our Gala Sponsors and Donors. Without them, we could not conduct this great event for our Cause community. Cause raised more than \$150,000 for programs to benefit wounded, ill and injured service members and their families.

31st Infantry Regiment Association
A Bit More Sweets and Specialties
The Auld Shabeen Irish Pub
Claire Billings and A Healing Touch
Bradford Portraits
Bret Baier
Café Renaissance
LTG (R) John and Judy Caldwell
Camp Twin Creeks
Cheesecake Factory
Barry and Sharon Covington
Hank Cox
Ms. Lucille Doxey
Eclectic Designs
Fiona's Irish Pub
Five Star Hair and Nails
Flags of Valor
Colonel (R) Greg Gadson
Gaylord National Harbor
Gertrude's Restaurant
MG(R) and Mrs. Nancy Jackson
LTG(R) Keith and Paige Kellogg
Lubin Portrait Studio
MaGill's Famous Pizza & Buffet
The Metro Stage and Carolyn Griffin
Milano's Family Restaurant
Mission BBQ
Monumental Sports and Entertainment
Albert J. Nahas
Pawfectly Delicious Dog Treats
The Red Fox Inn
Sagamore Pendry
Baltimore / NOHO Hospitality Grp.
Ms. Ann Schmidt
Shammas Jewelers
Splurge Boutique
Suissa Hair Salon
LTC(R) Ed and Mary Sullivan
Three Fox Vineyards
Top Golf
Washington Redskins
Doug and Deb Williams
Workhouse Arts Center





VOLUNTEER SPOTLIGHT

*Rebecca Vogt
MRR Coordinator- Ft. Belvoir*

Rebecca is our newest member at Cause, joining Cause in October 2018. She is the Massage, Reflexology & Reiki Coordinator for Fort Belvoir. Rebecca is a military spouse of an Army Retiree (Go Army!)

Rebecca joined Cause because she wants to continue serving the military community that she has been apart of. She hopes to help grow her program at Ft. Belvoir, reaching out to new patrons as they transfer to the Warrior Transition Batalillion during their treatment. The highlight of her short time at Cause was helping out at the Annual Cause Gala with her daughter.

HIGHLIGHTS

*Sponsor a DVD player-
Send the gift of entertainment!*

Our first shipment of 10 DVD Players will be shipped out this month! THANK YOU to the generous donors who are helping to replace the dual-voltage DVD players used by service members at the Landstuhl Warrior Transition Unit in Germany. (Cost: \$60 each)

Our CDEL program is often the only local entertainment available to WTU members in the barracks who endure inconsistent internet access and limited television options - they cannot "stream" movies or games.

Our goal is to replace all 100 players by June. Visit us online or return the enclosed envelope—indicate "DVD Sponsor" in the comments section or on your check. Give the gift of relaxation and recreation!

www.cause-usa.org

