

# final thoughts..

## Why Cause supports CAREGIVERS

The Elizabeth Dole Foundation commissioned the RAND Corporation to assess the needs of military caregivers, scan the services available to them, and identify how their needs are—and are not—being met. In 2013 they published their findings which continue to shape our programs.

- \* **Unique Caregiver Population:** Military caregivers tend to be younger women with dependent-age children, dealing with a different set of patient variables than the general caregiver population.
- \* **Unique Challenges:** Along with typical caregiver responsibilities, military caregivers also act as case managers navigating multiple health systems, advocates for new treatment, and financial and legal representatives. Many are also raising children and holding jobs outside the home.
- \* **Self-Sacrifice:** Studies indicate that caregivers in general suffer from physical strain and overall worse health and tend to put their own concerns behind those of the individuals for whom they are caring. Military caregivers suffer disproportionately from mental health problems and emotional distress.
- \* **Available Resources:** Limited Help—Many government programs are still in their infancy, and community resources are scattered and uncoordinated. Difficulties are presented by differing eligibility criteria, lack of access, and the way caregivers' needs change over time.

Cause supports Caregiver Fairs and special events designated for spouses, parents, siblings, and children of wounded, ill and injured service members. Care Packs provide comfort items along with information on stress management and self-care. We also actively refer families to other organizations in our network who provide direct services and programs to meet a variety of needs.

**When it comes to military service, Families serve too!**

## coming soon >>>

- ⇒ Cause launches new Website—Details in November!
- ⇒ Annual Volunteer Picnic
- ⇒ Tributes: Honoring Service, Memory, and Milestones

Get the latest news and information:

 /HelpWoundedWarriors

 @HelpWarriors



Cause staff members participate in quarterly Caregiver Fairs at Walter Reed National Military Medical Center sponsored by the Yellow Ribbon Fund.



## Support Cause through Workplace Giving

Each year, Cause receives nearly \$10,000 from individuals across the nation who participate in the Combined Federal Campaign or other workplace giving programs. Cause staff members are available for presentations at local CFC/corporate events. Contact our office if you are interested in learning more about workplace giving opportunities or even different ways employee Volunteers can get involved!

Contact: [marketing@cause-usa.org](mailto:marketing@cause-usa.org)

**CFC #33011**



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A New Mission Focus • Dedicated Staff • Nurse Appreciation • Wait...No Gala?! • and more...

A Quarterly Insight into Cause Programs and Events

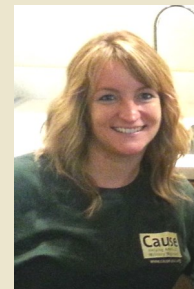
August 2015

# Cause SALUTES

Issue  
TWO

## Farewell to Dedicated Staff

We are fortunate to have a TEAM of dedicated staff members, contractors, and volunteers who perform the day-to-day tasks associated with providing world-class services! Unfortunately, we have to say goodbye to some wonderful people:



Our Ft. Belvoir UFC Fight Night event coordinator **Terry Upchurch** has spearheaded the event since its inception in 2013. Thank you for all your hard work and dedication, Terry!



Our Ft. Hood Massage/Reiki/Reflexology Program Coordinator Sharon Welsh is relocating to Arizona. Sharon has been instrumental in maintaining our partnership with the Warrior Reset Program.

**Best Wishes and Thank You!**

## Cause Expands Mission Focus

Each year, Cause reviews programs and activities to determine if what we're doing "works"—are we reaching the right people with the right services at the right time? We use a combination of metrics, reports, and direct feedback from program participants to make changes in what we do and how we do it.

Over the past few years, we have noticed a dramatic decline in our targeted audience: *those recuperating from injuries received in support of operations in Iraq and Afghanistan*. Numbers in Warrior Transition Units (WTUs) continue to decline and the Army recently announced 10 of the 25 WTUs will close by next summer. **This is GREAT news!**

Even though battle-related injuries have declined, we continue to see a steady stream of ill and injured service members who still need care. In some locations where Cause conducts programs, we reduced our level of services or eliminated program locations all together. In other areas, we formed new partnerships to provide the right services for warriors and families in need.

In June, the Cause Board of Directors adopted a new Mission focus:

**Cause organizes programs that promote recreation, relaxation, and resiliency for wounded, ill, and injured members of the US Armed Services and those supporting their recovery.**

This new focus allows us to:

- \* Remain on the installation serving those coming off the battlefield and those recuperating from injury or illness.
- \* Maintain and develop relationships with those who will need our services if the casualty load increases—Cause will be able to respond when needed.
- \* Contribute to the growth and expansion of local and regional veteran support networks.

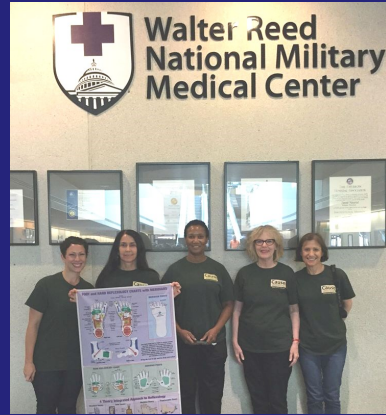
Cause is successful because of the hard work and dedication of hundreds of people who contribute their time, talents, and resources to our mission. With your continued support, our new mission focus will ensure we remain...**here for those who are there for us.**

on the road >>>

## Celebrating Nurse Appreciation and Staff Resilience

Cause is proud to celebrate the role nurses play in delivering the highest level of quality care to patients in our military medical treatment facilities. During National Nurses Week in May, we delivered care packages to the ward nursing staff at Walter Reed in Bethesda, MD. These dedicated nurses advocate for patients while providing compassionate and consistent care. Care packages were made possible by a generous donation from the Army Officers' Wives' Club of the Greater Washington Area.

Cause also participated in the Walter Reed Staff Resilience and Wellness Fair in June. Several of our Massage, Reiki and Reflexology providers offered free sessions to hospital workers, providing a quick respite in the middle of a normally hectic day. Not only did the event offer a chance to unwind, but it also raised awareness for Cause's weekly Massage/Reiki/Reflexology program available to recovering service members and their families. FREE sessions are available every Wednesday evening from 5:30 to 8:30 pm at the USO Warrior and Family Center right next to the Hospital.



## Cause Postpones 2015 Annual Fundraising Event Wait....No GALA?!

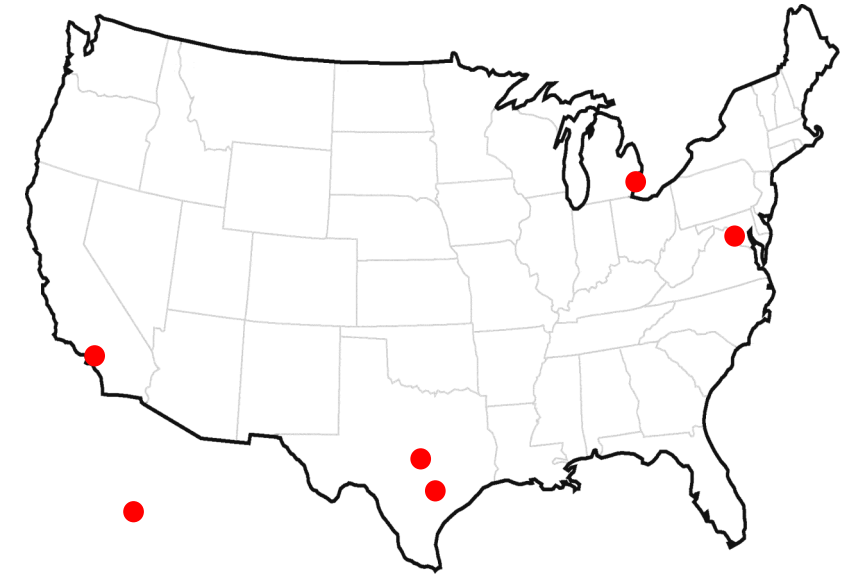
Even with our expanded Mission focus, Cause expects to eliminate or reduce programs and activities in calendar year 2016. It is still important for us to maintain a presence in key Military Medical Treatment Facilities here in the US and in Germany. We will continue to provide quality services at a level appropriate for each location. The map shows our projected program locations at the start of 2016.

If and when hostilities increase, putting service members at risk, we are poised to implement and expand services at these and other strategic locations.

Reduced programming comes with a reduction in staff time and resources, allowing us to reduce our projected operating budget for 2016. As part of our fiscal policy, Cause raises funds a year in advance to facilitate sound planning and budget practices. The money we raise in 2015 will fund our 2016 operating budget.

We currently have sufficient funds for a majority of our 2016 operating budget. *Since our Annual Gala raises around \$250,000 each year, we would be raising much more money than we currently need for next year.* It would be a breach of trust to raise funds for programs and activities that may or may not be conducted in 2017 and beyond. Cause raises funds when we need them for specific purposes.

In the coming months we will have a clearer picture of our future fiscal needs, allowing our Gala Committee to begin work on a 2016 event. Until that time, Cause will seek and accept smaller individual, corporate, and civic donations to fund our work. We appreciate the trust you place in us to be responsible stewards of your contributions and support.



### 2016 and Beyond Program Locations

- Walter Reed National Military Medical Center – Bethesda, MD
- USO Warrior & Family Center – Fort Belvoir, VA
- Hunter Holmes McGuire VA Medical Center – Richmond, VA
- Washington DC VA Medical Center – Washington, DC
- John D. Dingell VA Medical Center – Detroit, MI
- Audie L. Murphy VA Hospital – San Antonio, TX
- Warrior Transition Unit, Ft. Hood, TX
- Balboa Naval Medical Center – San Diego, CA
- Landstuhl Army Regional Medical Center – Landstuhl, Germany

## Cause Receives \$10,000 Contribution to Honor the Caldwelles

A longtime Cause supporter made a special contribution in June to honor the hard work, dedication, and longstanding service of John and Judy Caldwell. Mrs. Sally Winkel of Albuquerque, NM, wanted to publicly thank the Caldwelles for their work serving Wounded Warriors and our nation. Their selfless service and dedication to Cause is the reason our organization continues to flourish.



Cause Board Members: Ed Sullivan, Harry Jorgenson, Leslie Lavalleye, John Caldwell, Judy Caldwell, and Jack London.

LTG (R) John Caldwell has served as the Chairman of the Board of Directors for Cause since its founding in 2004. His wife Judy has chaired the Annual Gala Committee and other special events, raising hundreds of thousands of dollars to support our programs and activities. They are true Ambassadors for our mission! The donation gave us an opportunity to recognize their behind-the-scenes work and the tremendous impact of their actions.

Sally's husband, Brigadier General (R) Ray Winkel, was a 1967 graduate of the US Military Academy at West Point. He passed away in September 2011. Members of the Class of 1967 founded Cause in 2004 to meet the pressing needs of Wounded Warriors undergoing treatment and recovery at Walter Reed.

When presented with the donation at a recent Board meeting, John exclaimed, "This gift recognizes the enormous work that a lot of people do to make Cause and its work possible. The amount of time Judy has put in over the years dwarfs my own time! God bless Sally for honoring us in this way. She knows that this is our passion and that it comes straight from the heart."

## Humanitarian Award Donated to Cause



Jane Hyde Kordish, LMT was presented the Performance Health Humanitarian Award at this year's Florida State Massage Therapy Association's Annual Convention in July. The award honors individuals in the massage therapy industry for their efforts in improving the welfare of their clients and demonstrating selfless devotion to others.

Jane distinguished herself by volunteering her own services and coordinating other volunteers to provide chair massages for those serving at MacDill Air Force Base near Tampa. In addition, she trains LMTs to provide services for the Wounded Warrior Athletic Reconditioning Program.

In accepting her award, Jane designated Cause to receive \$500 to directly benefit our recovering wounded, ill, and injured service members, as well as their families and caregivers.

During her acceptance speech, Jane remarked, "We as massage therapists share many traits in common with our military service members, veterans, retirees, and their families such as commitment, dedication and a code of ethics. Let's strengthen the ties between us at every opportunity."